



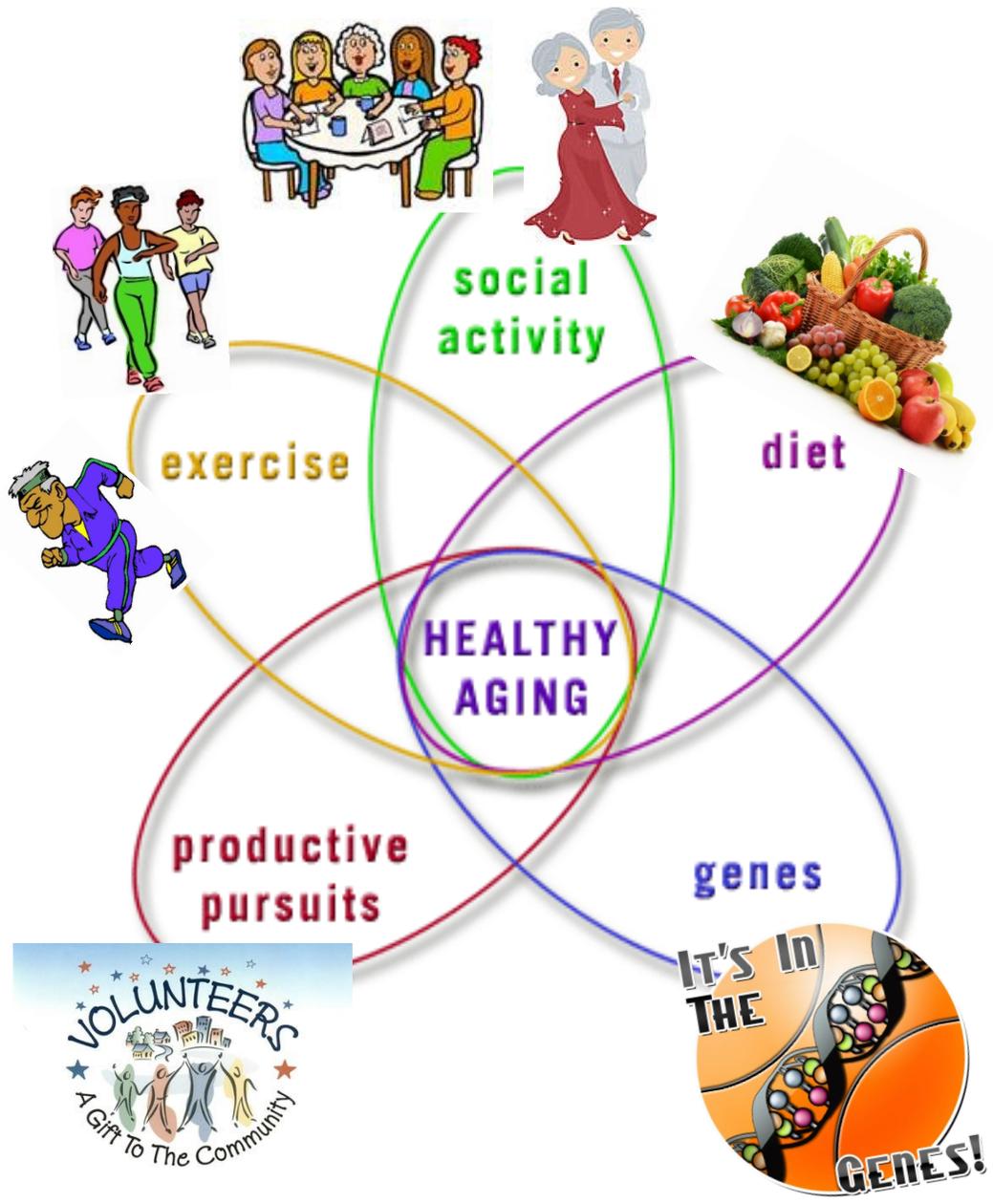
UPcoming EVENTS

Fri. November 4
11:45am

Fall Luncheon and Reception for New Retirees
Le Saucier Dining Room
Pearson School of Culinary Arts

Thurs. November 10
1:00 to 4:00 pm

Social Media Presentation
EMSB Laurence Patterson Room



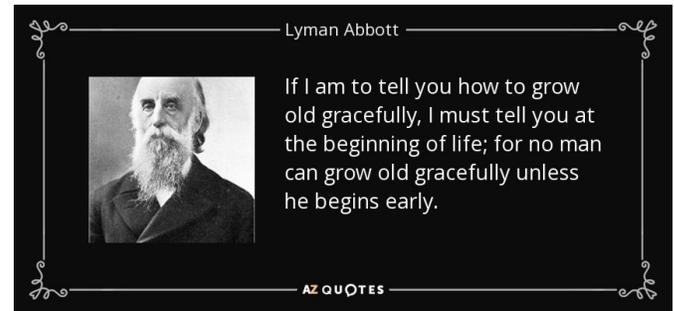
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Editorial

What is healthy and positive aging? Although each of us might define positive aging in a slightly different way, or perhaps not be able to define it at all; we surely can recognize positive aging when we see it and I believe, it is what we aspire to in our retirement.



As a teenager, I had a mental list of traits that told me that a favourite aunt or uncle was aging "gracefully ." At the top of the list, was the fact that they did not complain or correct people. This positive outlook on life was, for me, a very telling sign. I also noticed whether they had good posture, and if they were somewhat active. But most of all, the aunts and uncles who aged "gracefully " seemed to connect with all age groups and had tremendous empathy. Their chronological age did not matter and it faded into the background. They were not old at all!

Fast forward a few years into retirement and my teenage perceptions point to traits I would like to own. I was fascinated by a recent survey that shows that those who have ten activities in retirement, generally report having a very good retirement. If you have five to seven activities during retirement, the survey results indicated that the retirees classify theirs as a good retirement. At five activities, retirees classify their retirement as average. There is a very strong correlation between the number of activities and satisfaction level associated with retirement. These activities can be the very simple things that we enjoy day-to-day and allow us to age gracefully.

I hope you will enjoy this edition of the QPARSE newsletter as we contemplate whether we are aging in a healthy manner. Meanwhile on a different note, if you have some time to volunteer; we would like to have people available to drive some of our super seniors to QPARSE activities. We hope that you will volunteer by sending me, or Renate Sutherland your name, coordinates, and the geographic location where you would be willing to pick up a member.

As the new school year begins, may we all drink a toast to aging gracefully!

Marzia Michielli
Mmichielli@icloud.com
 Editor

Newsletter working group members



Editor of all

Terrie Kozaczynski
 Marzia Michielli
 Renate Sutherland
 Harold Penn Katherine Snow
 Jean Le Guillou, Patrick Clarke

Next Deadline:
December 5, 2016

Theme:
Easing into Retirement

Share our Newsletter with others who might find it interesting.

President's Message - Message de la présidente

Autumn greetings to one and all!

I hope that summer has brought you the energy of the sun, special gatherings with family and friends and a time to enjoy the outdoors. We know that these things are important as we take the time to explore and nurture the many aspects of “Positive and Healthy Aging”, the theme of the QPARSE NEWS fall edition. It’s a theme that resonates with many of us as we continue to be inspired by its many challenges.



It is now well documented that, when we’re healthier and make time for a regular self-care practice and provide practical strategies for incorporating better habits into our life, we’re happier. It is what Cathy Carmody of Halifax (www.cathycarmody.com) refers to in her reflections as “*Living Consciously While Growing Older*”, it’s all about consciously choosing our future.

In her Letter # 15: *To be of service: Obligation or Choice?* Cathy Carmody writes:

“As we step away from our midlife work (traditionally called retirement), rather than racing out to immediately find something to do to keep us ‘busy’, we would be wise to take time to enter a search for what we are passionate about in the world, what we really care about, what we long for, and what can/will create meaning and purpose in our lives for the years ahead. We could begin by remembering what/who we dreamed about becoming when we were younger... Often times, our thoughts are so latent, so well hidden from ourselves that it takes time and ‘paying attention’ to get them out into the open, where they become the fuel for our intention for moving forward. Out of this remembering may come a desire to create ‘legacy work’ - either paid or of a volunteer effort- as a way to contribute to the larger good.”

QPARSE Directors on the move and making a difference! I am pleased to report that Jan Langelier has been appointed to the Advisory Board on English Education by Education Minister, Sebastien Proulx.

Congratulations to Ed Zegray who was elected to the Executive position of ACER-CART Regional Representative – Eastern Region! As your President, I will be attending the Regional Conference of the Eastern Canada Retired Teachers’ Organizations (ECRTO) on October 26th and 27th in St. John’s, Newfoundland.

Together with other retired teachers’ groups, four Directors represented QPARSE at a June consultative meeting with Paul Barnes, QPAT Insurance Representative. Changes to our Industrial Alliance’s health insurance plan, in particular to the travel insurance coverage, are anticipated.

QPARSE has been invited by the Senior Citizens’ Forum of Montreal to participate in the *International Day of Older Persons’ Parade* at Victoria Square in downtown Montreal on October 1, 2016

Enjoy reading what QPARSE is up to this year, access our website www.qparse-apperq.org and Facebook www.facebook.com/QPARSE for more detailed information and join us at our monthly program events.

I wish you a restful, reflective, nourishing autumn filled with peace and tranquility.



Renate Sutherland
renate.sutherland@bell.net

Important Insurance Plan Changes on the Horizon



There are two significant changes happening that may affect QPARSE members.

Home and Car Insurance

After many years together, QPAT and ESSOR are parting ways. The Executive Committee of QPAT has decided that La Personelle will handle the home and auto group policies in the future.

What does this mean for you?

If you are currently insured with ESSOR, you will continue to receive the same quality service as you have had in the past. **There is NO requirement to switch.** If you choose, as a member of the QPAT retiree group, you may request a quote from La Personelle when your renewal comes due and decide at that point whether to switch.

Why has QPAT switched?

We hired an actuarial firm with expertise in the home and auto insurance field to evaluate ESSOR and La Personelle. The conclusion was that while ESSOR provides excellent service and claims support, La Personelle should be able to provide a similar quality of service at a more attractive price.

Travel Insurance

Due to a recent large increase in the cost of travel claims, QPAT is evaluating whether changes need to be made to what is currently a very generous travel insurance package.

There are two possibilities that are being looked at:

Tightening “pre-existing condition” restrictions and/or reducing the number of days a member may remain abroad.

To date, **NO** decision has been made and therefore the 2016-2017 fall/winter travel period will NOT be affected.

Should there be changes, they will come into effect no sooner than the fall of 2017.

We will let our retired members know if and when a decision is made so, please, do not call for updates.

Paul Barnes
Executive Assistant, QPAT

The Brave New World of Podcasts



During a winter visit, my eldest daughter, Karyn, lured me to the Community Centre track in Niagara on the Lake, and as an incentive, she showed me how to listen to podcasts on her iPhone. I was immediately hooked. The broadcasts cover a huge range of interests, and they are a great way to ease the boredom of walking in circles over and over again.

Later, after watching YouTube videos on how to make a podcast, I ordered a decent microphone, downloaded a free software Windows program called *Audacity* (I like its implication) and proceeded to start generating my own podcasts, something that any of you can do with your own special interests. You might even like to include your grandchildren in the process!

My podcasts are geared to travel and retirement, the former called *What Travel Writers Say*, a natural extension of my travel website at www.whattravelwriterssay.com. *The Retirement Coach* is a light-hearted approach to retirement based upon 48 *rules* that I have devised to help create a successful retirement. When I retired from teaching, for 16 years, I wrote *Retired eh*, a humor column.

Podcasts are available at myriad servers which include Libsyn, iTunes, Stitcher Radio, Podcasts.com, CBC, NPR and more.

Most podcasts can be subscribed to via an RSS feed, often called Really Simple Syndication, which publishes updated entries, news headlines, audio and video. RSS feeds allow me to syndicate my data automatically. Subscribing to a website RSS removes the need for the user to manually check the website for new content. Instead, your browser constantly monitors the site and informs you of any updates. The browser can also be commanded to automatically download the new data for you.

My RSS feeds are as follows:

The Retirement Coach RSS feed - web address: <http://theretirementcoach.libsyn.com/rss>

What Travel Writers Say RSS feed web address: <http://whattravelwriterssay.libsyn.com/rss>

Podcasts are perfect for anyone who walks, commutes in a car, works out either in a gym or outside, travels by bus, or is too tired to read. They vary in length from 5-6 minutes all the way up to one hour in length. Try one; you will like it.

Mike Keenan
Retired Teachers' of Ontario

The Vicarious Voyager

“Don’t leave home without it!” In the days now gone, such was the admonition to the traveller from those whose task it was to promote the use of travellers’ cheques.

But why leave home at all? Why face the very real possibility that in some remote corner of a foreign clime you’ll be mistaken for an escaped lunatic or eaten by a crocodile? Why not travel vicariously? Any good library or bookstore can provide you with everything you need to make a trip to almost anywhere. Don’t leave your favourite arm chair.

Does Africa beckon? “*Farewell to the Serengeti*” is the widely-travelled Alan Moorehead’s account of a trip he made to the fabled Serengeti plains when they were still home to vast herds of wild creatures. In “*The Blue Nile*” and the “*The White Nile*” he tells of the trips he made into the valleys of these little-known tributaries of the Nile. The unorthodox Irish wanderer Dervla Murphy takes her readers to another Africa. His quixotic meanderings... on foot, by mule and on a bicycle have delighted many readers. Look for “*Full Tilt*”, “*Cameron with Egbert*” or “*Muddling Through in Madagascar*”.

Asia, too, has attracted the literate traveller. “*The Big Red Train Ride*”, Eric Newby’s evocative account of a 1930’s trip across the USSR on the fabled Trans-Siberian Express make for absorbing reading. In addition, so do several of the author’s books set in India. Among the recommended books are “*A Short Walk in the Hindu Kush*” and “*Slowly down the Ganges*”. Meanwhile, Philip Glazebrook’s “*Journey to Kars*” provides an intimate look at Asiatic Turkey, while Janson Elliott’s “*An Unexpected Light*” based on his wanderings through Afghanistan after the Soviet departure, offers insights and perspectives that challenge some conventional views.

Bill Bryson makes a fine travelling companion for a trip “Dow Under”. “*A Sunburned Country*” is an account of an extensive trip the much-travelled Bryson made to almost every corner of the world’s largest island. His entertaining narrative is spiced with the little-known facts and interesting anecdotes that make for absorbing reading.

For some chair-bound rovers, the mode of travel is important. Paul Theroux has a penchant for trains, as in “*The Great Railway Bazaar*” and the “*The Old Patagonian Express*”. This is an account of a trip, mostly by rail, that started in Boston and ended at the southern tip of South America.

For some, the sea is king! In two engaging reads “*Slow Boats to China*” and “*Slow boats home*” Gavin Young celebrates the pleasures of travel by “slow” boats: ferries, fishing boats, tramp steamers and the like. These books involve leisurely, often uncertain wanderings from one sleepy outpost to the next – places never exposed to the cruise passenger.

Ted Simon’s vehicle of choice is the motorcycle. As a young man, he made a 120,000 km trip across six continents on his two-wheeled steed, “Jupiter” sharing the experiences of his remarkable journey in “*Jupiter travels*”. At age 67, he repeated the feat and that gave birth to “*Dreaming of Jupiter*” and this book is filled with incident and anecdote.

(Continued on page 8)

September Activities with QPARSE

“Welcome Back Lunch” at Ottavio’s

The first QPARSE activity was a delicious lunch at Ottavio's on Marcel Laurin! The group was very animated, the food was excellent and reasonably priced, and we even celebrated a birthday. Best wishes to Margaret Zipay, the birthday girl at the event!

We were especially pleased to see Scott Farrant join us at Ottavio's. Scott retired from the EMSB in 2006, he retired again from Education Plus five years later and he had one more retirement in his past, and that was from his banking job.

Our resident sommelier, Patrick Clarke, gave a recommendation for a Mexican red wine called L.A. Cetto. Try it if you like red wines!

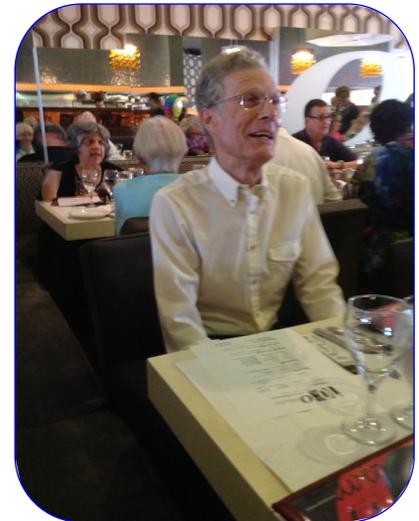
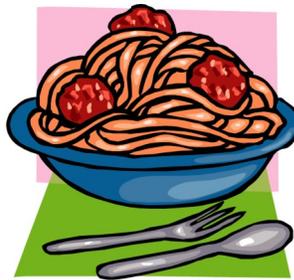
Special thanks go to Carol Klein for organizing the event. See you at the next QPARSE event November 4th!



Brenda Bertram, Heather Lightfoot, Margaret McKee, enjoy a great pasta meal.



Our resident sommelier, Patrick Clarke



Scott Farrant celebrating with the group



Happy Birthday! Margaret Zipay



The Vicarious Voyager cont'd

(Continued from page 6)

Finally, consider Wilfred Thesinger and Michael Asher. In *Arabian Sands* Thesinger chronicles years of his largely solitary wanderings in the remote wastes of western Asia; while in *Impossible Journey* Asher describes how he and his wife became the first people ever to cross the Sahara from east to west on foot.

All are samplings to spur us as travellers.... Vicarious voyaging anyone?

Editors' Note: *This author and QPARSE member writes under the pen name C.E.E., does a good deal of travel reading and the article submitted draws on that experience.*

GTAR Update

The coalition, Groupe de Travail des Associations de Retraités (GTAR), – a working committee of associations of retirees from the public sector - was formed in 2007 to continue in dialogue with the government on issues of retirement, and the protection of purchasing power of retirees including indexation of pensions. Ever since that time, GTAR has asked the government to create a standing committee where retirees' viewpoints could be expressed and solutions to their loss of purchasing power be sought out.

Fast forward to February 2015. As a result of a successful Press Conference held on February 9th, representatives from GTAR got an audience with the Chair of the Treasury Board, Martin Coiteux, later that month. After some consideration, in June 2015 Minister Coiteux confirmed that he was willing to create a "tribune with associations of retirees" to examine the situation. A first meeting to determine the composition, choice of members, topics of discussion and meeting schedule of such a committee was held with representatives from the Treasury Board on January 28, 2016. It so happened this was the exact day that a new Chair of the Treasury Board was sworn in.

In a letter of introduction and follow-up sent February 24, 2016 to the then recently appointed Chair of the Treasury Board Sam Hamad, GTAR identified itself as a grouping of twelve associations representing 115 000 retirees from the public sector. Further, this letter stated that GTAR is the most representative group of retirees as it has members retired from the fields of health and education as well as from the civil service, and this from both the Francophone and Anglophone communities. The letter then expressed hope that the new Chairman will bring renewed energy to the government's commitment to create a tribune of discussion with retirees.

But the dust hadn't yet settled, when just seven weeks later, on April 13, 2016, Carlos Leitão was sworn in as the new Chair of the Treasury Board. This appointment was in addition to his duties as Minister of Finance with responsibilities for Retraite Québec (which has been in operation since January 1, 2016). This past June 16, 2016, GTAR wrote to the Minister, taking the opportunity to introduce itself once more while deploring the fact that the government has named all the members of the Board of Directors of Retraite Québec except those representing retirees. It is obvious from Minister Leitão's response dated July 7, 2016 that the files of the retirees sent in from the previous call for nominations have been misplaced during the cabinet shuffles, and so the Minister asks that associations re-submit their candidates by mid-August.

Somehow this whole saga reminds me of the myth of Sisyphus, who was continually facing an uphill battle. Plus ça change, plus c'est la même chose. Well, it does beat sitting in a rocking chair all day, but I still wonder what 2016-17 will bring?

September 2016
Ed Zegray

**QPARSE PROGRAM
CALENDAR
2016 - 2017**

**Friday
November 4
11:45 a.m.** **“Fall Luncheon and reception
for New Retirees”**
Le Saucier Dining Room, Pearson School of Culinary Arts,
8310 Rue George,
Lasalle, QC H8P 1E5

**Thursday,
November
10
1:00 p.m. –
4:00 p.m.** **“Social Media” Presentation**
(MS Word, Excel, email etc.)
EMSB Laurence Patterson Room
Bring your own Ipad or tablet
Cost: \$10.00 for materials

**Tuesday
December 6
10:00 a.m.-
12:00 noon** **“Holiday Sing-A-Long”**
St. Thomas Anglican Church Hall
4810 Rosedale NDG (corner Som-
erled)
Dix Mille Villages Table (arts &
crafts, jewelry & gift items) and
donations to NDG Food Bank
Lunch (optional)

**Wednesday
February 8,
2017
11:00 a.m.** **“Travel with Senior Discovery
Tours”**
EMSB Laurence Patterson Room;
Coffee: 10:30 a.m.
Lunch (optional)

**Thursday
March 16,
2017
9:30 a.m.** **“Cabane à Sucre” excursion to St.
Eustache**
BUS: 9:30 a.m. /EMSB/10:00 a.m.
Fairview
Cost: \$35.00 (members)
\$40.00 (guest)

**Wednesday
April 12,
2017
11:00 a.m.** **“Strategies for Healthy Aging: An
Active Brain”**
Guest speaker: Dr. Dolly Dastoor,
McGill University Research Center
for Studies in Aging
QPAT Building, 17035 Brunswick
Blvd., Kirkland
Lunch (optional) West Island

**Wednesday
May 3
11:00 a.m.** **Annual General Meeting**
EMSB Laurence Patterson Room
Guest speaker TBA
Coffee: 10:30 a.m. (Lunch optional)

The EMSB Building is located at 6000 Fielding Avenue,
NDG (corner of Cote St. Luc Road)
Please inform Events coordinator
Ken Cooke (514-485-9118), if you are attending the
luncheons.
Program information, contact
Carol Klein 514-696-3447

www.qparse-apperg.org

**PROGRAMME DES ACTIVITÉS DE L'AP-
PERQ
2016 - 2017**

**Vendredi
4 novembre
11:45** **« Lunch et réception de l'automne pour
les nouveaux retraités »**
S.A.M. Le Saucier, École de cuisine
Pearson
8310 Rue George,
Lasalle, QC H8P 1E5

**Jeudi
10 novembre
13:00-16:00** **Présentation « Réseaux sociaux »** (MS
Word, Excel, courriel...)
Salle Laurence Patterson CSEM
Apportez votre tablette ou I-Pad
Coût : 10,00\$ pour fournitures

**Mardi
6 décembre
10:00-12:00** **« Célébration des Fêtes »** Le hall de
l'église anglicane St Thomas
4810 Rosedale NDG (coin - Somerled)

Table Dix Mille Villages (artisanat, bi-
joux, cadeaux);
Dons à la Banque alimentaire NDG
Lunch (facultatif)

**Mercredi
8 février
2017
1:00** **« Voyager avec Senior Discovery
Tours »**
Salle Laurence Patterson CSEM;
Café: 10:30
Lunch (facultatif)

**Jeudi
16 mars
2017
9:30** **« Cabane à sucre » excursion à St. Eus-
tache**
BUS: 9:30 /CSEM/10:00 Fairview
Coût : 35,00\$ (membres)
40,00\$ (invité)

**Mercredi
12 avril 2017
11:00** **« Stratégies pour vieillir en santé: un
cerveau actif »**
Présentateur invité: Dr. Dolly Dastoor,
Université McGill Centre de recherche
sur le vieillissement
Édifice APEP, 17035 boul. Brunswick.
Kirkland
Lunch (facultatif) dans l'Ouest-de-l'île

**Mercredi
3 mai
11:00** **Assemblée générale annuelle**
Salle Laurence Patterson CSEM
Animateur invité, à déterminer
Café: 10:30 (Lunch facultatif)

L'édifice de la CSEM est situé 6000 avenue Fielding, NDG
(Coin Chemin de la Côte-St-Luc)
Veuillez signaler votre présence aux lunchs au coordonna-
teur des événements,
Ken Cooke (514-485-9118).
Renseignements sur les programmes, contactez Carol Klein
514-696-3447

www.qparse-apperg.org

Welcome to New Members



**Angela Halikas, Judy Labow,
Dan Novak, Jacqueline Wall, Maria Palmieri**

as new members of QPARSE.

Congratulations on your retirement!

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 Jan Langelier know by email at langelier.jan@videotron.ca or by telephone at 514-453-7103.

**Ralph Davidson, Knowlton, Qc
Loretta Keays, McMasterville, Qc
Mary Metcalf, Westmount, Qc
Albert Sabbah, Cote St. Luc, Qc
Joyce Taylor, Dartmouth, NS
Ina Wierzbicki, Montreal, Qc
Yvonne Wilson, Toronto, On**

Letter from Sylvia Marksfield

It was with deep regret that I learned of the sad news of the deaths of Stella Lendon and Steve Zakaib.

Stella and I had been very active in the F.P.W.T. (Federation of Protestant Women's Teachers) as well as the P.A.P.T (now QPAT). She was a charming friend and a very capable educator. In addition, I am so sad to learn of the death of Steve Zakaib. We had been students in high school and had both graduated from Middlebury College in the French School. Both were fine educators and contributed much to the English School System.

I miss my Montreal contacts very much. Receiving the QPARSE News is so welcome.

Sincerely yours,

Sylvia Marksfield

North York, Ont.



TEXTE MERVEILLEUX

*Voici un très beau texte
plein de philosophie, dont
on ne connaît pas l'auteur;*



Viellir en beauté, c'est
vieillir avec son cœur;
Sans remord, sans regret,
sans regarder l'heure;
Aller de l'avant, arrêter d'avoir peur;
Car, à chaque âge, se rattache un bonheur.

Viellir en beauté, c'est vieillir avec son corps;
Le garder sain en dedans, beau en dehors.
Ne jamais abdiquer devant un effort.
L'âge n'a rien à voir avec la mort.

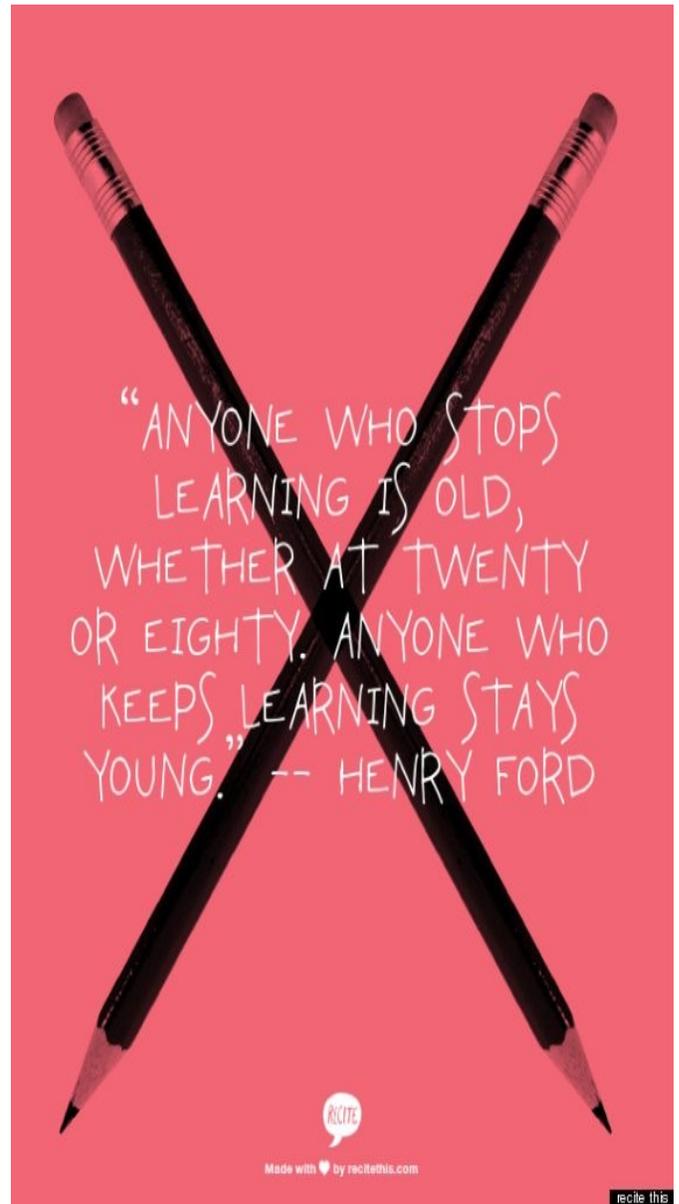
Viellir en beauté, c'est donner un coup de pouce
À ceux qui se sentent perdus dans la brousse,
Qui ne croient plus que la vie peut être douce
Et qu'il y a toujours quelqu'un à la rescousse.

Viellir en beauté, c'est vieillir positivement.
Ne pas pleurer sur ses souvenirs d'antan.
Être fier d'avoir les cheveux blancs,
Car, pour être heureux, on a encore le temps.

Viellir en beauté, c'est vieillir avec amour,
Savoir donner sans rien attendre en retour;
Car, où que l'on soit, à l'aube du jour,
Il y a quelqu'un à qui dire bonjour.

Viellir en beauté, c'est vieillir avec espoir;
Être content de soi en se couchant le soir.
Et lorsque viendra le point de non-recevoir,
Se dire qu'au fond, ce n'est qu'un au revoir.

Author Unknown



In Memory of our Dear Friends

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

Stephan Adams

William Boswell

Elaine Evans

Earle Howard

Andrew Kelley

Muriel Perrie

Eli Schneider

Ruth Toohey

Doreen Walsh





Spotlight on Members



Dan Novak

Now retired after working in education for the last thirty-seven years, thirty-four of them in the Montreal area, Dan Novak is looking forward to “Life in B.C.” He’ll enjoy his travels back and forth while also spending time on his property and cabin on Savary Island on the B.C. coast. Here Dan has the wonderful opportunity to pursue his hobby of carpentry and interior design.

Dan was raised in Welland, southern Ontario where he enjoyed great success in high school athletics and team sports. His best memory was growing up in a very supportive family who gave him the freedom to participate in many sports. Most people would be surprised to hear of Dan’s athletic pursuits, especially his interest in Judo. Had he not gone into education, he would have pursued the physical training and discipline of a career in Judo.

After graduating from the University of Toronto, Dan moved to Montreal in 1979 and for the first eight years taught mentally handicapped kids at Peter Hall. After spending two years in Corner Brook, Newfoundland where he taught deaf children, he returned to Montreal to teach at Vezina Alternative H.S. and the Montreal Children’s Hospital adolescent psychiatry department, where he taught English, French and Math. Working for many years with mentally challenged adolescents at all these schools, Dan recognized the importance of developing their interest and capabilities in sports. Many of his students were talented hockey players, while others participated and excelled in judo. Some of the kids he taught competed in cross country skiing and snowshoeing in the Special Olympics.

On being asked, “Do you miss teaching?” Dan responds “Yes, some days”. However, his main joy and focus these days is in spending more time with his 14 year old son and enabling him to explore those things which he had been privileged to enjoy in his youth.

As a long term resident of Montreal, Dan is an avid fan of the “Les Canadiens” hockey team. He also enjoys eating out at the “Mange-Moi”, his favourite Burger restaurant in the Plateau. Dan’s passion is music - he loves playing the flute and listening to Elton John songs.

Making the most of every moment, “Carpe Diem”, continues to be his motto as he looks forward to exploring interest groups with other retirees. Anyone interested in group cycling?

Renate Sutherland



Spotlight on Members



Jacqueline Wall

Jacqueline Wall is the daughter of refugee parents, raised in London, England and then moving to Montreal when she was 13. One of Jaqui's early memories is of adapting to life in Canada and learning to appreciate her family's rich cultural heritage.

Jaqui spent 37 years in education, most of which as a teacher at Batshaw Youth & Family Services where she worked with institutionalized female adolescents. This alternative high school is part of the Lester B. Pearson School Board. Here she taught English, French, Ethics and History. Since classes were small, Jaqui got to know each of her students very well. These at-risk students face very real and significant challenges in their lives, and through her caring and compassion Jaqui was able to help make a difference in the lives of many.

Fast forward to retirement, and Jacqueline's goal is now to write a young adult novel based on her experience in the alternative school system. Of course, that goal fits in between travel plans. Jaqui is already world-travelled; but now she is able to be more foot loose and free to take off at any time she wishes to go wherever she likes. Jaqui retired in January and she has been traveling much of the time since then. We look forward to hearing about Jaqui's travels.

When asked about her hobbies, Jaqui said that she has no particular pastimes, other than the gym, but that she has a motto in whatever she decides to do. She said: "You bring who you are to whatever you do". Jaqui loved teaching and she is taking the same enthusiasm and commitment to all she decides to tackle in retirement.

Patrick Clarke

Vacances à Cuba

Quelle belle expérience nous avons vécue à Cuba cet été. Nous étions hors saison et Sun Wing nous a trouvé un centre de villégiature exclusivement pour adultes. Le Blau Cayo Libertad est une petite île située juste à côté du Blau Marina. Avec une possibilité de 150 personnes à cet endroit, 20 personnes y séjournaient en même temps que nous.



La plage, le bar et la piscine étaient presque entièrement libres pour nous. Ce temps de repos avant que mon épouse, une enseignante, reprenne le chemin du travail était très attendu.

Ce temps de l'année hors saison, nous a permis de recharger nos batteries. Le beau temps, un bon service, de la nourriture convenable et SURTOUT, le rhum à volonté!

Nous étions toujours heureux! La journée commençait avec un petit déjeuner, une visite à la plage, la piscine, un rhum ou deux (Havane spécial) une douche, et le repas du midi au buffet du grand hôtel Blau Marina. Certainement, il y a du vin à volonté, suivi d'une petite ou longue sieste. Au lever, nous étions de retour à la plage, la piscine et nous avons bu encore quelques Havane spécial. Ceci était suivi d'un souper dans un des nombreux restaurants à la carte. Nous avons eu le privilège de manger des langoustes dans une ambiance avec trois musiciens violons et violoncelle et servis par trois personnes très sympathiques.

Ce fut neuf jours de vacances très reposants!

Patrick Clarke


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Application Form / Formulaire d'adhésion

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

*Nous sommes une organisation de bénévoles et nous n'avons pas de bureau.
Pour des informations supplémentaires contacter Jan Langelier à
langelier.jan@videotron.ca .*

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

ACER- CART Report

ACER-CART, now representing over 137 000 retired teachers across Canada, held its 25th Annual General Meeting on June 3-4, 2016 in the Ottawa office of the Canadian Teachers' Federation (CTF). Twenty-six participants from eleven of the thirteen member organizations were in attendance. Ed Zegray attended as QPARSE Delegate and Jan Langelier was Observer.



This being the 25th anniversary, a special session on Strategic Planning was held on Thursday afternoon prior to the AGM. The objective was to identify strengths, weaknesses and suggest future orientations and long-term goals. The Friday evening banquet also highlighted ACER-CART's anniversary with presentations of certificates to the representatives of the founding member associations. Ed Zegray received the founding member certificate on behalf of QPARSE. For the history buffs among you, Bill Munro attended the June 15, 1991 founding meeting at the CTF's office in Ottawa as a representative of the Provincial Association of Protestant Retired Teachers (PAPRT). With the move to linguistic school boards in 1999, PAPRT became QPARSE.

On Friday, when participants gathered for the AGM, they received reports from the Executive officers and the standing committees. This was followed by a presentation about the Canadian Health Coalition (CHC). The CHC is a public advocacy organization dedicated to the preservation and improvement of Medicare. It runs a number of campaigns namely: Keep Health Care Public; National Public Drug Plan; Seniors Care; and Health Accord. The AGM also serves as an opportunity for Members to report on activities they undertake in their respective provinces and territories and to discuss issues of concern. The business meeting was completed on Saturday with the setting of priorities, the passing of motions and budget, and the election of the Executive.

The ACER-CART priorities for 2016-2017 are to:

- Maintain co-operation and collaboration with other groups on issues of similar concern;
- Continue to work on being a voice of seniors at the national level;
- Continue to advocate for health goals identified in the strategic plan and from Members' resolutions.

These Motions were approved at the AGM:

That ACER-CART lobby the federal government to: establish a ministry for seniors; establish a National Seniors Healthcare Strategy; and implement a national pharmaceutical formulary;

That ACER-CART communicate with the Prime Minister and the opposition leaders to: reiterate our strong belief in the Canada Health Act and its Principles; denounce the fact that certain jurisdictions are violating the Principles of the Act by introducing user fees and by encouraging privatization of services; implore Parliament to demand that all jurisdictions respect the Principles under threat of sanctions.

ACER-CART recommends that QPARSE and other Members consider endorsing the "Declaration Concerning a National Health Care Strategy for Seniors". Among its Principles are: Wellness and Prevention; Training of Health Care Providers; Appropriate Prescription Medications; Home Care and Community Support; Long-term Care and Assisted Living Facilities; and Palliative Care.

The following were elected as ACER-CART Officers for 2016-17:

President: Brian Kenny (ON); Past President: JoAnn Lauber (BC); Vice-President: James MacAuley (PE); Regional Representatives - East: Ed Zegray (QC); - Ontario: Norbert Boudreau (ON); - West: Wayne Hughes (MB).

Submitted by
Ed Zegray and Jan Langelier



QPARSE Board of Directors

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Past President	Sandra Aird
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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.

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