



QPARSE News

The newsletter of the Québec Provincial Association of Retired School Educators

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

QPARSE/APPERQ

Spring of 2016



A Galápagos Island Adventure

What an adventure!!! The Archipelago of Galápagos Islands is situated in the Pacific Ocean, and are famous for their vast number of endemic species which were studied by Charles Darwin during and after his famous 19th century scientific voyage around the world. Darwin was amazed by the discovery of how different animal species, over time, managed to adapt to the often hostile environments. His observations and conclusions laid the foundation for his famous, but at the time controversial, "Theory of Evolution of Species".



Male Frigates

It would be a stretch of imagination to call our voyage a pleasure trip. Our ship, named the Expedition, carried only 98 passengers, so in no time we all knew each other. Every morning started at 8am for breakfast, after which we would don our life jackets and ride Zodiac pontoons in groups of 16 to various islands for exploration and adventure. Each tour was led by a Naturalist, a well-trained local guide. They were extremely knowledgeable and friendly but also strict about the rules. We could only watch the animals and admire nature, but there

was no touching permitted and no collection of souvenirs. The only item that could be left behind was our footprints. After each island walk, it was back to the Zodiac boat for a short ride to the ship, for a shower, lunch, some free time to relax, and then get ready for a 3:30 pm afternoon Zodiac ride to a different island. Here we would see different animals and vegetation or

go snorkeling to see the wonders in the water. We usually got back to the ship by 6 pm., had a nice dinner by 7:30 and by 10 pm most passengers were tired, ready for bed and for the next day's adventure.



Blue-footed Boobies

The islands were formed by volcanic activity. Some islands are very "young" and are covered mostly with black, hardened lava while "older" ones featured rich, lush vegetation typical to tropical islands. Seeing the islands made us realize that we were witnessing thousands of years of "life" in various stages of development. On the youngest island



Galapagos Penguin

On the youngest island

(Continued on page 4)

UPcoming EVENTS

Wed. September 7
At noon
Welcome Back Lunch
Restaurant Ottavio

Thurs. September 15
1:00 p.m.
Winery Tour & Supper
in the
Eastern Townships

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The Editorial

Travel, travel and more travel, easily a favourite activity; it teases us with novelty, surprises us with mind-etching awesome views, tests our ability to drink in all the details of a visit, allows us to meet new people and spurs the nomadic spirit in us. As a result, we hope that you can connect with the travel theme for this edition of QPARSE News.

Half the participants in retirement workshops, when asked the question, "What do you want to do when you retire?" They answer without hesitation "...travel". Whether we travel at home, abroad or via a good book - as retirees we enjoy going places. We hope that you will enjoy reading some of our members' favourite travel stories.

For those who like to voyage via the pages of a good book, I recommend "Be Frank With Me", the story of Frank, a special needs child. In fact, if you are an avid reader, you can join the Afterword Reading Society of the National Post (theafterword.ca) request a free book and have some of your thoughts published in the Tuesday edition of the National Post newspaper.or even the pages of our own QPARSE news, we need book reviewers too!

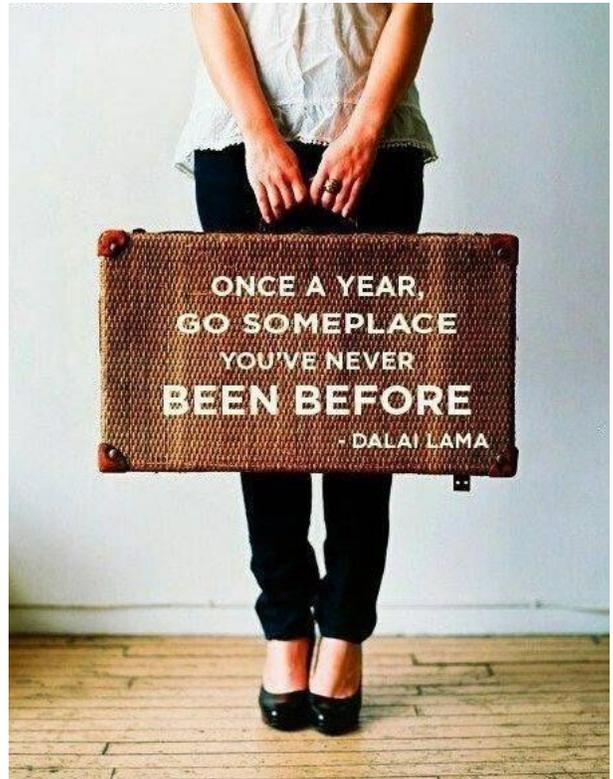
In the next edition of the newsletter, it would be interesting to read your travel recommendations or your suggestions for good books to read. We encourage you to submit to QPARSE News on the present travel theme, or the upcoming theme of healthy aging.

Meanwhile, I welcome the 2016-2017 Newsletter committee members listed below. Once again a hard-working group committed to bringing you information of interest.

Enjoy what will hopefully be a warm and wonderful summer and I look forward to seeing you at the next QPARSE event.

Happy reading,

Marzia Michielli
Editor



Newsletter working group members



Editor of all

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

Next Deadline:
August 20, 2016

Theme:
Healthy Aging

Share our Newsletter with others who might find it interesting.

President's Message - Message de la présidente

“Go confidently in the direction of your dreams. Live the life you have imagined.”

Henry David Thoreau



Spring has finally arrived and it's lovely to see more sunshine and daylight! It is an exciting time to explore the many wonders of the world. I invite you to enjoy the travel adventures of our retirees, who are sharing their travel experiences in this QPARSE NEWS Spring edition. We are grateful to Senior Discovery Tours and our QPARSE members who have travelled with them this past year, for their donation of \$1,814.12, which represents a 4% rebate to our association.

It was wonderful to see so many of you at the 55th Annual General Meeting, held at the EMSB on May 3rd. We welcomed Paul Barnes, QPAT Insurance Representative, who invited QPARSE to participate in a consultation on matters affecting our retired teachers' health insurance plan with Industrial Alliance; noting in particular, that some aspects of the travel insurance coverage will need to be changed.

I was pleased to report that QPARSE has finally received recognition from the Quebec civil service. We are the only group that has been asked to recommend potential candidates to sit on the pension committee for public sector retirement funds, now known as Retraite Québec.

We welcome newly-elected Director, Harold Penn, to the Board. This year, the winner of the "Free Lifetime Membership in QPARSE" is Cheryl Watt, who will be retiring from the EMSB in June 2016.

I want to thank everyone, who has made a tremendous effort to keep QPARSE and its activities running so smoothly. QPARSE has been blessed with a great team of Board members who are dedicated, diligent and work hard in their own sphere of responsibility. Thanks to them, our association offers varied program activities, a beautiful newsletter, a dynamic user-friendly website and Facebook page, an efficient system of electronic mailings, and an active partnership with ACER-CART. As an affiliated member organization of the Quebec Federation of Home & School Associations, we continue to participate in the meetings of the Coalition for the Future of English Education in Quebec.

Our sincere appreciation to Ed Zegray, who is leaving the QPARSE Board, but will continue to represent us at the Groupe de Travail des Associations de Retraités (GTAR), a coalition of 12 associations of retirees, which deals with pension and indexation issues. Ed has been nominated for the Executive position of ACER-CART Regional Representative – Eastern Region.

Membership recruitment remains an on-going challenge. To address this issue, the Board will be revisiting our QPARSE Mission and will be developing a strategic plan in this regard. We are greatly indebted to the EMSB and QPAT for making available their premises to our Board of Directors' and event meetings at no cost to our association.

Have a wonderful summer and enjoy your travels!

Renate Sutherland
renate.sutherland@bell.net

Fees and Health Care

Politicians rationalize that when the general public is aware that a situation exists and that it does not directly express opposition to it, then that means there is acceptance of the fact and even support for it. That's exactly the argument used by the Quebec Minister of Health in his defense of Bill 20. According to him, user fees are a common practice that is widely accepted in Quebec, therefore let's acknowledge the fact. With his Bill, the Minister played the "good cop", and only wanted to cap the fees paid to medical professional to a reasonable amount.



There is a certain numbness that develops as we are subjected to a gradual erosion of the Principles of the Accord, or perhaps we get accustomed to a general lowering of standards. At times for peace of mind, it seems easier to look the other way. But the line has to be drawn at some point, and on the eve of a renegotiated accord, the time has come.

ACER-CART should join its voice with those whom have already condemned the legitimization of user fees and other practices that weaken the Health Act. We need to remind those for whom we voted that we firmly believe in the Act and that it is in the best interest of retired teachers, retirees in general, and indeed of all Canadians that the new agreement needs to be an improved version of the previous one.

So you should be aware that QPARSE supports the following motion:

That ACER-CART communicate with the Prime Minister, the Minister of Health and the opposition leaders to: reiterate our strong belief in the Canada Health Act and its Principles, and that Medicare in Canada be reinforced with the renewal of the Accord; denounce the fact that certain jurisdictions are violating the Principles of the Act by introducing user fees and by encouraging privatization of services, and implore parliament to act and demand that all jurisdictions respect the Principles of the Health accord and correct any anomalies under threat of sanctions.

Stay tuned, we will keep you posted on further developments.

Ed Zegray

A Galápagos Island Adventure

(Continued from page 1)

there was primitive vegetation, while the oldest island featured well-developed trees, gigantic plants and bushes, and giant tortoises. These slow giants live for over 150 years. There was a famous tortoise called Lonesome George, who just died a couple of years ago; he was a legend! Unfortunately, he could not mate, or would not...hence the name. It was most exciting to see the famous "Blue Footed Booby Birds". They are endemic to the Galápagos. Their feet are really blue...a bright blue! We saw frigates, penguins, sea lions, and flightless cormorants.

When crossing the Equator for the last time, we had a completely unexpected visit from the emperor of the oceans – "King Neptune". In surprisingly good English, King Neptune kindly informed us that he admitted us all to his kingdom as his faithful subjects and he handed us all certificates of our newly acquired citizenship.



Our group on the Zodiac

As all good things must ultimately come to an end, so did our Galapagos expedition. We left the islands both mesmerized and also a bit sad. We had an impression that all these beautiful animals, living in complete peace and harmony and oblivious to the world's troubles, showed us what true life is all about. And yes, we left our footprints behind and brought back only great memories.

Terrie Kozaczynski

A Fan of Discovery Tours



Renate and I have taken trips with Senior Discovery Tours for fifteen years – and what a variety! Spain and Portugal, Turkey, Greece, Croatia, a three-city trip to Budapest, Vienna and Prague, the Amalfi coast including Sorrento and Capri, and a river cruise from Moscow to St. Petersburg. Breaking out of



Hungarian Parliament Building in Budapest

our European mould, in November we're off to South-East Asia (Viet Nam, Laos and Cambodia). We know friends who've gone to southern Africa to see big game, others who've gone to China, some to Peru, and others to the hilltop towns of Italy. There are all sorts of tours: from those that require frequent changes of venue and a fair amount of walking, to those where you stay in one or two places and are taken by coach on day trips. We've opted for active tours because we're fortunate to still be able to participate in them, but as time goes on we know there will still be tours we can enjoy.

Why do we travel on a tour? For ten years Renate organized student exchange tours to Germany, so we are under no illusions how much work that entails. Frankly, now that we're retired, we don't want to spend hours planning where to go or what to see, where to stay or where to eat. A tour gets you to all the highlights and many of the smaller places you might have otherwise overlooked. With Seniors Discovery Tours, not only do you get a great tour with knowledgeable



Positano, Italy

local guides and friendly participants, you're picked up from your home, taken to the airport and returned when the trip is over. Cancellation insurance and a comprehensive insurance package (included in the cost) are valuable components for tours designed for seniors. Fortunately, we have never had to use the insurance. We have, however, observed first-hand the careful attention that was given to a participant who broke her leg near the end of the tour. Apart from the excellent medical service she received locally, she was transported back to Canada using three airline seats so that her leg could be properly supported.



Dubrovnik, Croatia

Graeme Sutherland

Correction

In the last edition of the QPARSE newsletter Ann Stephenson, was incorrectly identified as having passed away. This is not so, and we extend sincere apologies to Ann for our error.

Prague in Springtime

Two weeks in the Czech Republic – what a marvelous adventure! We arrived in Prague to be met by our dear friends. We were tired but ready to explore! In the center of town, we had our first of many meals in a charming pub with great beer. Prague is a beautiful city and well worth visiting. The churches are beautiful, the castles are everywhere and the Czech government is working very hard to preserve the history and beauty of their buildings. The Czech Republic has many UNESCO Heritage sights.

We visited the Church of Our Lady Victorious which houses the 400-year old “Infant of Prague” who is said to have protected the city for centuries. From there, we ventured outside the city, to visit the Karlstein Castle and at night we managed to change things up a little. We went to a jam session in the basement of a Blues/Jazz pub. Music is everywhere in the city of Prague and the beer well, it was just as good!

We spent my birthday in Prague. I and our friend’s s elderly aunt, a retired world-renowned flamenco dancer and choreographer, share the same birthday. My friends enjoyed a little morning party with her, in celebration of her 104th birthday. Then we set out to explore Vysehrad Castle and the new Heritage Museum. We were also very fortunate to go to the Veletrnzi Palac Museum, which is part of the National Museum. In this museum we saw the magnificent Mucha Slavic Epic Murals.

We travelled to the countryside and spent two nights at a winery that our dear friend has owned for about 25 years. The cellars are about 1000 years old, hand excavated in the sandstone, and the wine is in ceramic vessels.

From there we traveled to spend some time at Zamek Lednice Chateau. This gorgeous chateau is situated on lovely grounds at one end of a lake. At the other extreme of the lake is a huge Minaret that is under repair. We saw interesting structures on our walk around the lake, as well as beautiful trees and gardens. Speaking of flowers, we explored the largest greenhouse I have ever seen. The flowers were everywhere and so beautifully placed.

We stopped at a café on the way to Cesky Krumlov in a small heritage site village called Telc, visited the UNESCO Heritage site called Cesky Krumlov, and explored the Prague Castle and garden. We also heard a magnificent concert in St. Nicholas Church. The church was exquisite and the acoustics were perfect. They gave us blankets during the concert because it is so cold inside the church.

Our final day was spent walking in the Wencelas Gardens by the Senate building in the Prague Castle grounds and then we went to the Petrin Hill Park. By the Senate were peacocks who, although aware of people, seemed to pose for photographs. The funicular was closed at Petrin Hill so we enjoyed a lovely walk through orchards. Finally, we stopped at a café that overlooks the city. What a view! The coffee was the most expensive in town but the setting was priceless. Did I mention we had the best apple strudel ever as we overlooked this beautiful scenery? We had the trip of a lifetime and I encourage you to include Prague as one of the places you must visit. You won’t be disappointed!



St. Charles Bridge in Prague



Cesky Krumlov

Katherine Snow

More than a Holiday

My Winter Getaway was more than just a holiday. It was an opportunity for me to visit Santa Clara, Cuba to meet my family members. My mother's brother, Allen, had left Antigua to work in the cane fields of Santa Domingo. As a young girl, and throughout my adult years, she lamented not having heard from this long lost brother. She had heard that he was last seen in New Orleans.

When I arrived in North America in 1968, I was charged with the task of searching for him. I called all the Josiahs I could find in the U.S.A. as well as in Canada, and came up empty.

Then lo and behold, 20 years ago when an Antiguan Tourist Delegation visited Havana, they were approached by a sport psychologist who asked about an area in Antigua where his late father was born. One of the delegates knew the Josiah families from Old Road and made contact. This sport psychologist turned out to be Edmundo, the son of my Uncle Allen. Edmundo as we now call him, was born in Santa Clara and had found his father's sister who was the last of eleven siblings. The welcomed news spread quickly throughout the clan of extended Antiguan families.

Edmundo soon arrived in Antigua to stay for a short while with my sister and my Mom, his 90 year old Aunt Diana, then the matriarch of the family. He has since settled in Aruba and my sister and I had an opportunity to spend a day with him there three years ago catching up on stories about Uncle Allen.

It was a treasure when I received a copy of my uncle's passport and birth certificate from Edmundo. Uncle Allen had stopped in Antigua by boat in 1958 on his way to Dominica. The Port was thirteen miles from Old Road and there was no telephone to contact relatives. The stamp of his entry to Antigua was painful for me to accept. He was so close and yet had made no further contact with family.

I learned that he was a victim of the revolution 57 years ago in Santa Clara. His business property on Colon St. was confiscated. He was a successful surveyor then. He died two years later in 1962 of a heart attack. His last daughter Silvia who was in Santa Clara until mid- January and his grandson Luis in Havana were as anxious to meet me and my sister as we were to meet them. Luis took the three hour ride from Havana to Santa Clara to meet us on our first morning and returned the next day. The warmth

and attention was overwhelming. The joy and love we shared will always be treasured.

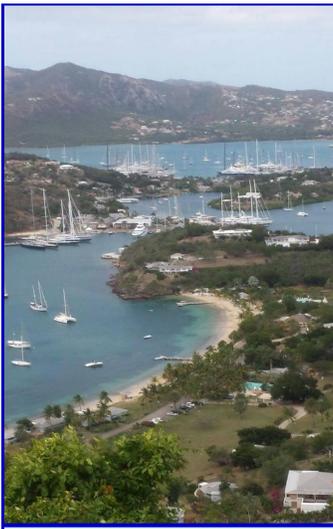
Uncle Allen's granddaughter, also called Silvita traveled to Antigua 6 years ago to stay with one of my cousins and improved her English during those years. Her husband followed 3 years ago, then one daughter followed 18 months ago. Her other daughter, Diana will join her at the end of March when she finishes school. Her mother, Cousin Silvia 78 years old, joined her daughter mid-January and is happy to make Antigua her new home.

Quick stops in Havana, Turk & Caicos Island and then 10 days in Antigua, reluctantly summoned me back to winter.

The photographs of my Cuban experience will always bring back fond memories. For the love of family,



Catedral de San Cristobal de la Habana



Nelson Dockyard- English Harbour Antigua



Our Taxi of Choice - Santa Clara

Erene Anthony

As one of my former bosses used to say, BE CAREFUL!

March has been identified as fraud prevention month. But considering that fraudsters are not unemployed the rest of the year, it is better to develop good habits than have regrets later.

The Government of Canada has brought together a wealth of information to help us prevent becoming victims of these scams, to protect us, and to report incidents that have occurred. Whether it be telephone or email scams, scammers often target seniors, and sometimes students (take note, if you have grandchildren). These are some examples of fraud: you have won a prize, or a loved one is in urgent need of money, romance scams over the internet, vacation rental scams, or phishing scams impersonating your bank for personal information and passwords.

For more information, visit the following site: <http://www.antifraudcentre-centreantifraude.ca/news-nouvelles/fpm-mpf-eng.htm>

And above all, do NOT share personal information with strangers.



Ed Zegray

La vigilance s'impose

Mars est le mois choisi comme le mois de la prévention de la fraude. Mais considérant que les fraudeurs ne flânent pas le reste de l'année, il est mieux prendre de bonnes habitudes plutôt que d'éprouver des regrets plus tard.

Le gouvernement du Canada a regroupé une foule de renseignements pour nous aider à ne pas devenir victimes de ces escroqueries, pour nous protéger et pour signaler des incidents qui se sont produits. Qu'il s'agisse d'arnaques téléphoniques ou par courriel, les fraudeurs ciblent parfois les aînés, parfois les étudiants (vous avez peut-être des petits-enfants). Voici quelques exemples d'escroquerie : vous faire croire que vous avez gagné un prix ou qu'un proche a un urgent besoin d'argent, recourir au stratagème amoureux ou vous offrir des vacances frauduleuses, ou se faire passer pour votre banque pour obtenir des données personnelles, en particulier vos mots de passes.

Pour plus de renseignements, vous pouvez consulter le site suivant : <http://www.antifraudcentre-centreantifraude.ca/news-nouvelles/fpm-mpf-fra.htm>

Et, surtout, ne partagez JAMAIS des renseignements personnels avec des inconnus.



Ed Zegray

QPARSE PROGRAM CALENDAR 2016

**Wednesday,
September 7
12 Noon** **“Welcome Back Lunch”**
Restaurant Ottavio,
1134 Marcel Laurin Blvd. (corner
Côte Vertu)

**Thursday,
September 15
1:00 p.m.** **“Winery Tour & Supper in the
Eastern Townships”**
Combined LARSE & QPARSE
Event; **Cost: \$80.00**

**Wednesday,
October 26
Date & time
TBD** **“Fall Luncheon for 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

**Thursday,
December 8
Time TBA** **“Holiday Celebration” Details**
TBA
Dix Mille Villages Table (arts &
crafts, jewelry & gift items) and
donations to NDG Food Bank
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'APPERQ 2016

**Mercredi
7 septembre
Midi** **« Lunch de la rentrée »**
Restaurant Ottavio
1134 Boul. Marcel Laurin. (Coin Côte
Vertu)

**Jeudi
15 septembre
13 :00** **« Route des vins et souper dans les
Cantons de l'Est »**
Événement conjoint LARSE et AP-
PERQ; **Coût : 80,00\$**

**Mercredi
26 octobre
Date et heure
à déterminer** **« Lunch de l'automne pour les retrain-
tés »**
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

**Jeudi
8 décembre
Horaire à
détermine** **« Célébration des Fêtes » détails à
déterminer**
Table Dix Mille Villages (artisanat, bi-
joux, cadeaux);
Dons à la Banque alimentaire NDG
Lunch (facultatif)

L'édifice de la CSEM est situé 6000 avenue Fiel-
ding, NDG (Coin Chemin de la Côte-St-Luc)

Veillez signaler votre présence aux lunches au
coordonnateur des événements,
Ken Cooke (514-485-9118).

Renseignements sur les programmes, contactez
Carol Klein 514-696-3447

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Ian Ramsay
BSc. P.T.
Retired Teacher

Welcome to New Members

As of April 18, 2016, we welcomed:

**Lucie Chiovilli, Ralph Davidson, Angela Halikas,
Judy Labow, Mary Metcalf, Dan Novak and Jacqueline Wall Strays**

as new members of QPARSE.

Congratulations on your retirement!



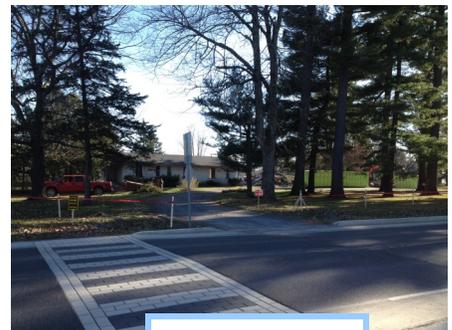
Do You know the whereabouts of these members ?

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.

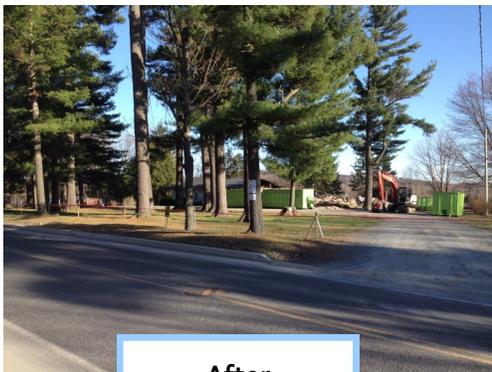
**Doris Canavan, Poltimore, Qc
Charles Haynes, Sept – Iles. Qc
Albert Sabbah, Cote St. Luc, Qc
Rose Solomon, Cote St. Luc, Qc
Joyce Taylor, Dartmouth, Nova Scotia
Ina Wierzbicki, Montreal, Qc**

“The Robinson” is no more

It is a sad story. We have received word from Gary Crandall, formerly President of the Protestant Retired Teachers’ Homes and Benefits Corporation, that the beautiful home for retired teachers in Cowansville (The Robinson Residence) was torn down at the end of April to make way for a four-story building. The PRTH&B Corp. had operated the home for over forty-five years, closed it in 2011 and sold it to a couple who had run it as a seniors’ home for a few years prior to selling it to a developer.



Before



After

The destruction of the building has caused an uproar in Cowansville. The community collected more than enough signatures to prevent the change in zoning that would have allowed the erection of a four-story building on the property. According to the local newspaper, without the clearance, the property may be developed as a park. We will see what the future brings!

Graeme Sutherland



ACER-CART Celebrates

In June 2016 the Canadian Association of Retired Teachers (ACER-CART) will reach a significant benchmark in its history - its 25th anniversary! Looking back to the first tentative discussions in the 1980s, and the eventual success of this organization today, one realizes that it took good will and hard work to be able to celebrate in 2016.

Today this national association has 13 provincial/territory retired teacher association members representing 136,968 retired teachers, and it has continued to improve in its influence at the national level.

Growth in ACER-CART's influence over 25 years has been steady. Its bylaws, policies and positions have reflected the commitments of its members. In the mid-1990s the importance of being a bilingual organization was recognized, and into the 2000s the importance of group and collaborative advocacy was accepted. This perspective reflected back upon the issues at its founding - support for quality education, health care in all its aspects, and the safeguarding of retiree pensions.

ACER-CART proved its adaptability by updating its executive membership over the years to better reflect the size and location of its members, and in seeking ways to collaborate with other like-minded national organizations.

The development of a political advocacy strategy and support documents for the 2015 Canadian election were significant achievements that were well received across the country by retired teachers and others.

The 2016 AGM will celebrate the many individuals who, along with their provincial members, have contributed their time and talents since 1991 to energize the national association.

(Excerpts of ACER-CART press release: March 1, 2016)

Un accro-techno

C'est encore lui qui,

Comme tous les dimanches
Dès le petit matin,

Il est assis sur
Son banc dur
Favori;

Avec son appareil
Tout riquiqui
En ses mains.

Il bascule l'écran
De haut et en bas
À vive allure,

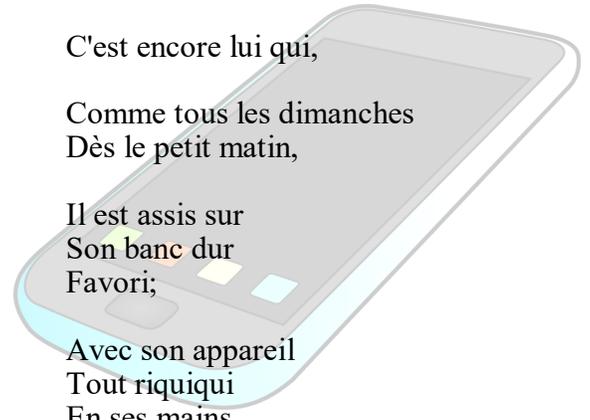
Indifférent aux odeurs
Pisseuses
Émanant du vide-ordures
À côté.

À la mise fripée
Et le dos arqué;
Esseulé,

Il surfe sur la Toile
En quête des dernières vidéos

Virales.

© Brian Ostrovsky (auteur)



In Memory of our Dear Friends

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

Gordon Bown	Jennie Goldman	Therese Massinon
Helene Cooper	Stella Johannson	Pat Santangelo
Eileen Cotton	Hilde Little	Stephen Zakaib
Lois Elliott	Erica Martin-Drummond	



Spotlight on Members



Liz Biernat

Liz was born and raised in Montreal and went through the convent system of schooling. After she graduated from O'Sullivan Business College, Liz worked in business and management for many years before joining the public school system.

Liz became politically active as a parent school commissioner in the Sault St. Louis School commission after she had her two children Jason and Amy. She began work at the board office of the Montreal Catholic School Commission at around the same time she became a school commissioner. Eventually she moved to John XXIII, then to St. Raphael's then to St. John Bosco Schools. The boards merged and became the EMSB during her time at St. John Bosco. When that school closed Liz moved to St. Monica School in N.D.G. and then retired from that post.

Liz was the heart of every school in which she worked. Her accounting, business and office management skills were highly valued. Her professionalism was all-encompassing. Liz's pet peeve continues to be unedited memos, newsletters and general documents. Her passion is always her family with whom she spends as much time as possible. She often takes them to her favorite restaurant La Perle where she usually enjoys the sesame beef dish which she claims is the best in Montreal.

Liz's fondest memories of working in the schools are the children. She always talked about them as her own kids. She was often the first one to cry at the yearly graduation. Liz's goal in life has been and continues to be - to make other people happy! She has achieved this goal many times over.

Liz's favourite sports team is the Montreal Canadians. She is a long-time fan and makes sure that she and her family are well outfitted to watch the games when they get together.

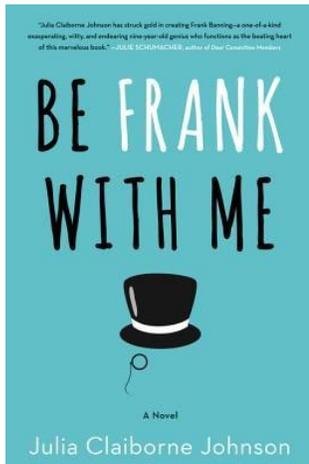
Liz has been thinking about travel again. She has taken long weekend trips and a week here and there with her family to the United States. She isn't sure exactly where she would like to go but is thinking about a cruise to celebrate her 45th wedding anniversary with her husband Paul. We hope that her cruise plans go forward for her. Inevitably there will be enough music to suit her eclectic taste on the voyage and we hope there will be creativity in performances and that there will be poetry readings to suit her love of that genre.

In the end Liz will use her pragmatic statement "It is what it is" whatever the future holds for her.

Katherine Snow



“Book Review: Be Frank With Me”



"Be Frank With Me " is a transformative journey in the life of an eccentric, intelligent, whimsical, and demanding eight-year old boy, as he pulls those closest to him, into his vortex of struggle and self-discovery. Mimi his mother, and author of a single juggernaut best seller, is keenly aware of her grave financial situation after she becomes the victim of devastating Ponzi-type fraud. With no funds and a special needs child to support, she comes out of self-imposed isolation and sets out to write, what she hopes will be, one more award-winning book.

Her publisher sends help as an insurance policy towards the completion of this new book, in the person of Alice Whitley. Every day is an adventure in the Banning household and Alice travels from being a staff member to one of Frank's trusted friends.

On a daily basis, Frank, our main character and vintage-loving fashionista, teeters on the cusp of a tantrum and gives us a compassionate and humorous look into what it means to be "Frank". Throughout the book, the author makes good use of this humour as she helps us to develop a rapport, understanding and appreciation of Frank.

In the end, we know Frank will be ok, and thanks to him, the saviours in his life are actually the ones being saved. A book with depth, endearing idiosyncratic characters, and great kindness - a must read!

Marzia Michielli



Light a Dream

Seeing the Abilities in Disabilities

The students of Light A Dream (LAD) continue to stuff, stamp and label the QPARSE newsletters for us. Congratulations on a job well done? We appreciate your help!

LAD is a non-profit organization that supports adults with disabilities. Students and graduates learn life and work skills in a safe and welcoming store setting. The students produce and sell candles, soaps and gift items.

Light a Dream / Illuminez un Rêve
475 Avenue Dumont, Suite 102

Store hours:
Monday to Friday
10:00 am – 4:30 pm



The 3 A's of Awesome

Neil Pasricha's blog 1000 Awesome Things savors life's simple pleasures, from free refills to clean sheets. In this heartfelt talk from TEDxToronto, he reveals the 3 secrets (all starting with A) to leading a life that's truly awesome. **Ctl-Click** on the Awesome clipart to see the video.



QUEBEC PROVINCIAL ASSOCIATION OF RETIRED SCHOOL EDUCATORS
STATEMENT OF INCOME AND EXPENSES

January 1, 2015 - December 31, 2015

Income	<u>2015</u>	<u>2014</u>
Membership Fees	\$1,360.00	\$2,380.00
From Capital	\$7,300.00	\$8,600.00
Program	\$1,701.55	\$1,600.00
Donations	\$50.00	\$320.00
Bank Interest	\$0.00	\$7.75
Senior Tours	\$1,814.12	\$1,436.07
Total Income	<u>\$12,225.67</u>	<u>\$14,343.82</u>
Expenses		
Newsletter	\$3,666.84	\$3,454.96
Membership	\$787.56	\$568.16
Annual Gen. Mtg	\$557.94	\$545.02
Program	\$2,184.18	\$2,022.05
Goodwill	\$19.50	\$353.07
ACER-CART	\$1,244.94	\$420.00
Taxes	\$987.49	\$0.00
Website	\$253.83	\$1,173.81
Exec. Expenses	\$0.00	\$813.87
Misc	\$50.00	\$263.25
Donations/Gifts	\$111.50	\$0.00
Total Expenses	<u>\$9,863.78</u>	<u>\$9,614.19</u>
Net Income/Net Loss	\$2,361.89	\$4,729.63

Year End Bank Reconciliation

	<u>2015</u>	<u>2014</u>
Bank Balance forward Jan. 1	\$8,269.51	\$4,624.58
Plus total income	\$12,225.67	\$14,343.82
Less total expenses	-\$9,863.78	-\$9,614.19
Less outstanding cheques from 2014	-\$200.00	-\$643.45
Plus outstanding cheques	\$34.15	\$200.00
Balance, Dec. 31, 2015	<u>\$10,465.55</u>	<u>\$8,910.76</u>

Assets at Dec. 31, 2015

	<u>2015</u>	<u>2014</u>
CI Investments	\$92,447.07	\$98,481.34
Bank Balance, Dec. 31, 2015	\$10,465.55	\$8,910.76
Total Assets, Dec. 31, 2015	<u>\$102,912.62</u>	<u>\$107,392.10</u>



QPARSE Board of Directors

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	Joan Ebbett
	Patrick Clarke
	Harold Penn

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 **CART** (the Canadian Association of Retired Teachers).
- We publish a **newsletter** three times a year. Booklets of poems, jokes and puzzles are shared among senior members once a year.

Contact Us

Email: information@qparse-apperq.org



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Contact HaroldPenn@hotmail.com