



# QPARSE News

The newsletter of the Québec Provincial Association of  
Retired School Educators

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

QPARSE/APPERQ

Printemps/Spring 2017



**September 6**  
**Wednesday 11:30am**  
**"Welcome Back Lunch"**  
**"Restaurant Ottavio's"**

**October 12**  
**Thursday 9-9:30am**  
**"Fall Excursion - Eastern**  
**Townships Bus Trip to**  
**Knowlton"**  
**Museum Tour and Lunch**

## Health of our Brain, Mind and Body



On April 12<sup>th</sup> at QPAT, Dr. Dolly Dastoor, Chair of the Education Committee of the McGill University Research Center for Studies in Aging, shared with us her experience and knowledge on **"Strategies for Healthy Aging: An Active Brain"**. She pointed out that although aging is inevitable, one can potentially delay the effects and severity of this process, if our lifestyle at different ages serves the purpose of life itself. We can preserve the "Health of Brain, Mind and Body" when the three levels of being – biological, intellectual and spiritual – work in harmony. Thoughts, emotions and attitudes are also key determinants of how we age. The importance of our adaptation and acceptance of disability & disease as part of life is necessary to heal oneself even though a cure may or may not be possible. Dr. Dastoor outlined the following:

### TO DELAY THE EFFECTS OF AGING

- ♦ Mental and Physical exercise - 30 min/day; 3 times a week
- ♦ Diet (omega-3 fatty acids, protective antioxidants)
- ♦ Staying intellectually engaged
- ♦ Maintaining social and friendship networks
- ♦ Develop cognitive reserve
- ♦ Although stress accelerates brain aging, managing stress it is a must

### SECRET STEPS TO AGING GRACEFULLY AND HEALTHY

- ♦ Accept and understand the physical and mental process of aging
- ♦ Accept the inevitability of aging and adapt
- ♦ Learn and practice what to do to keep our mind and body in good working condition through all phases of life
- ♦ Learn to live in appropriate ways to maximize health and happiness
- ♦ Doing what you love can add to your years
- ♦ Keep your brain in top shape
- ♦ Manage Stress and build a good support system

### Inside this issue:

Editorial	2
President's Message	3
Mr. Ernest Spiller	4
Mr. Leo LaFrance	5
QPARSE Program Calendar	6
Travel Insurance	7
New Members	8
In Memory...	8
Members give Feedback	9
Spotlight on Members	10
QPARSE Activities	11
Annual General Meeting Pics	12
QPARSE Financial Report	13
ACER-CART	14
Pension News	15
Une faim immordérée	17
About Us	19

Renate Sutherland

## Editorial

*One of the secrets of life is to make stepping stones out of stumbling blocks." — Jack Penn*



The hundreds of volunteers that helped those in distress during the rising flood waters in Quebec is reminiscent of the helping spirit that was also evident during the notorious ice storm. Today, volunteers everywhere try to do what they can to alleviate the burden for those that were, or still are, challenged by the flood waters. From children helping their parents make sandwiches for the volunteers, to those bagging sand for improvised protection barriers -everyone uses their goodwill to "make stepping stones out of (our) stumbling blocks". As always Quebecers step up during emergencies.

Meanwhile, if any of our members still need help, please ask us. Reach out to us and we will try to assist in any way that we can. Also, if you have some time to help, kindly signal your willingness to volunteer and do so by phoning or texting me or Jan Langelier ([langelier.jan@videotron.ca](mailto:langelier.jan@videotron.ca) or (514)453-7103).

The theme of this newsletter rests on the questions "How do we structure a satisfying retirement? How do we fill our day?" Dr. Dastoor's workshop gave us tips on how to support a healthy mind and body so that we are in a better position to fill our day with activities that nourish us. As the article on page 14 attests, there are some for whom their best accomplishments occur during their senior years. The awards given to Ernest Spiller, Leo LaFrance and the accomplishments of Richard Huint and Ed Zegray are a testament to their energy, drive and activism. Hats off to Ernie, Leo, Richard, Ed and the many other QPARSE members who also make a difference in retirement. Whether you are a devoted grandparent, spouse, friend, or volunteer, we celebrate you!

Finally, I am certain that you join me in showing our appreciation and thanking Renate Sutherland for her years of work in leading QPARSE during an important organizational transition. Renate's genuine concern and unselfish sharing of her time has helped QPARSE grow, and she has been a motivating force as president for the association. Like birds in flight on a long journey, Renate will now continue as a QPARSE Board member and Jan Langelier, a very capable lady, takes the helm. Thank you Renate and Jan for your volunteerism!

Enjoy the summer, enjoy reading QPARSE News and see you at the next QPARSE event.

Marzia Michielli  
Editor  
[mmichielli@videotron.ca](mailto:mmichielli@videotron.ca)  
(514)965-6299

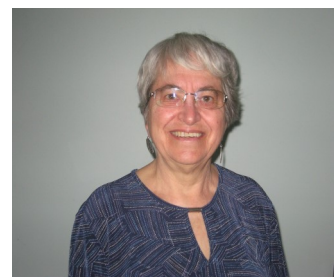
	<p><b>Newsletter working group members</b></p> <p><b>Next Deadline:</b> <b>August 15</b></p> <p><b>Theme:</b> <b>Starting New Endeavours: a new career, new business or the start of retirement</b></p>
<p>Editor of all</p>	<p>Marzia Michielli, Terrie Kozaczynski, Renate Sutherland, Harold Penn, Katherine Snow, Jean Le Guillou, Patrick Clarke, Claudia Thierry</p>

**Share our Newsletter with others!**

## President's Message - Message de la présidente

*“Getting Old is Natural, Feeling Old is Optional”- Dr. Dolly Dastoor*

For the past eighteen years, and for the last three years as your President, I have had the honour and opportunity to serve and witness QPARSE succeed in living out its **mission statement**, “To promote and enhance the interests and well-being of retired educators through social responsibility, advocacy and cooperation with other organizations on matters of common concern”, to its full potential. This statement doesn’t just happen. Carrying out this mission requires thoughtful deliberate planning and hours of dedicated hard work executed by the members of your Board of Directors.



It was wonderful to welcome more than sixty people to our **56<sup>th</sup> Annual General Meeting**, held at the EMSB on May 3<sup>rd</sup>. Our **guest speaker, Paul Barnes, QPAT Executive Assistant**, gave an update on the “Travel Insurance Changes 2017”. This year two educators, who have made outstanding contributions to English Education in Quebec were honoured.. **An Honorary Life Membership was awarded to Leo LaFrance and the first QPARSE Service Award was presented to Ernie Spiller.** We were delighted that so many of their former colleagues were able to attend. The Board also **acknowledged Ed Zegray’s 10 year long-time dedicated service to QPARSE and ACER-CART.** We are very pleased that Ed will continue to represent QPARSE at the “Groupe de travail des associations de retraités” (GTAR), a coalition of 12 associations of retirees, with a membership of 115,000, which deals with pension and indexation issues.

We continue to **improve our communication services.** We are starting to explore creative ways of connecting with our retirees in the other regions of Quebec. In planning our autumn excursion to Knowlton, we will have an opportunity to meet many of our members in the Eastern Townships.

**As a provincial organization** QPARSE’s role is evolving and, more and more, we are invited and being called upon to connect to and participate in the affairs of other retirees’ and educational organizations as well as government institutions. Jan Langelier has been appointed by the Minister of Education to sit on the Advisory Board on English Education. Also, 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 congratulations to Elizabeth Gluck, winner of the “Free Lifetime Membership in QPARSE“, who retired from the EMSB in January.

This edition of the QPARSE NEWS reflects how retirement continues to be an exciting time to explore and pursue one’s interests, engage in volunteerism and enjoy travel adventures. Once again, we are grateful to Senior Discovery Tours and the four QPARSE members who have travelled with them in 2016, for the 4% rebate of \$1,103.12. This revenue, together with many members’ generous donations for the newsletter mailings, helps our association’s financial sustainability. We are greatly indebted to the EMSB and QPAT for making available their premises for event meetings at no cost to our association.

As I leave the Presidency, I want to express my sincere appreciation and personal thanks to the members of the Board of Directors for their invaluable contributions and support. It has been a privilege to be part of such a dedicated team of highly motivated and capable individuals whose leadership is making a real difference to improving our association. On your behalf, I extend our very best wishes to my colleague and very capable successor, Jan Langelier and the newly-elected Directors Diane Fry and Claudia Thierry. Have an enjoyable summer and join us again in September!

Renate Sutherland



## Mr. Ernest (Ernie) Spiller

### 2017 Recipient of the QPARSE Service Award

Ernest Spiller, the first recipient of the *QPARSE Service Award*, has served education in Quebec for 34 years and for more than thirty years has also spent a very active retirement life.



Mr. Ernest Spiller

Mr. Spiller commenced his career in education teaching English, French and History at Lachine High School for the Protestant School Board of Greater Montreal (PSBGM) in 1948, where he also was the school's representative to the Men's Teachers Association. As an administrator with the PSBGM he served in many capacities: District Superintendent, Regional Director, Director of Personnel and Deputy Director-General. He was the chief labour negotiator for the Quebec Association of Protestant School Boards during the first negotiations at the provincial level between 1967 and 1970. In 1975 he joined the Montreal Island School Council as Assistant Director-General, followed by his appointment in 1979 as Associate Deputy Minister of Education (Protestant) for the Quebec Ministry of Education.

Professionally Ernie has been active with the Provincial Association of Protestant Teachers (now QPAT), the Association des directeurs généraux des commissions scolaires and the Association of Directors General of English School Boards. He was the recipient of a number of awards, most notably the Quebec Home and School Associations' Gordon Paterson Award for Outstanding Service to Education of children, The Quebec Association of School Administrators' Distinguished Service Award for "an outstanding contribution to education in Quebec", the Canadian Association for Adult Education Medal and an Honorary Life Member of the Canadian Education Association.

In retirement, Ernie has volunteered and engaged in a number of local community activities in the Williamstown-Cornwall area, where he lives with his wife Lorna Snow. For years he has been actively promoting heart health education with Ontario's Heart and Stroke Foundation, fostering an appreciation for local historical venues, and the exchange of horticultural information in Williamstown. In September 2016, he was presented with the Sovereign's Medal for Volunteers by the Governor-General at a ceremony at Rideau Hall. "His passion and commitment have yielded wonderful results that continue to have a lasting and positive effect", said the office of the Governor General in honouring Mr. Spiller.

Throughout his life Ernest Spiller has made and continues to make an important contribution to those aspects of human activity in which he has been involved. As educators we are honoured that he chose to direct his energies to English education in Quebec. It is with great pleasure that I present our first QPARSE Service Award to Ernest Spiller.



With Mr. Spiller is Scott Conrad and Ron Patterson

Renate Sutherland

## Leo LaFrance recognized for his Contribution

Leo LaFrance has had an impressive career in education and is highly respected by his peers and colleagues. He is also a caring, compassionate and dedicated educator. So for these and other reasons, it is fitting that Leo LaFrance be the recipient of the 2017 QPARSE Honorary Life Membership Award. It is with great pleasure that this award was presented to Leo on May 3<sup>rd</sup> at the QPARSE General Meeting.



Mr. Leo LaFrance

Leo began his career teaching Physical Education and Science at Nesbitt and Mountrose Elementary Schools with the PSBGM. Then he went on to teach Physical Education, Mathematics and French Immersion at Beaconsfield High School and Lindsay Place High School. As a teacher Leo enjoyed making a difference with his students.

In 1986, Leo became an in-school administrator with the Lakeshore School Board, firstly as Vice-Principal and then as Principal of various elementary schools.

In 1995 Leo joined the ranks of the Board-level administrators serving as Assistant and then Director of Educational Services with the Lakeshore School Board. In 1997, he was named Assistant Director General of the Lakeshore School Board followed in 1998 by the Lester B. Pearson School Board. Leo was named Director General of the Lester B. Pearson

School Board in 2001 where he aptly steered the Board until 2006. Years passed and after his retirement, Leo took on the role of Assistant Deputy Minister with Services aux Anglophones, Quebec Ministry of Education.

Throughout his career, Leo was involved professionally with the Association of Directors General of English School Boards, with the Management Negotiating Committee for English School Boards and with the Lakeshore Association of School Administrators. Leo has won many awards for his contribution to English Education in Quebec including the Distinguished Service Award, the Outstanding Achievement Award and the Award of Merit from the Association of Administrators of English Schools of Quebec.

The Board of Directors of QPARSE believes that such outstanding contributions to Education in the English sector should be recognized and we are thrilled to bestow this honor on our good friend, Leo LaFrance.

Jan Langelier



Jan Langelier and Mr. LaFrance

## QPARSE PROGRAM CALENDAR 2017

**Wednesday  
September 6  
11:30am**      ***"Welcome Back Lunch"***  
"Restaurant Ottavio's"  
1134 Marcel-Laurin, St-Laurent, Qc,  
H4R 1J7

**Thursday  
October 12  
9-9:30am**      ***"Fall Excursion - Eastern Town-  
ships Bus Trip to Knowlton"***  
Museum Tour and Lunch  
**MORE INFO TO FOLLOW**

**Friday  
November 3  
11:45am**      ***"Fall Luncheon and Reception for  
New Retirees"***  
**Reservations Essential**  
Le Saucier Dining Room - Pearson  
School of Culinary Arts  
8310 Rue George, Lasalle, Qc, H8P  
1E5

**Thursday  
November 23  
Evening -  
TBA**      ***"Everything you need to know about  
taxes and retirement"***  
***a workshop by the Canada Revenue  
Agency***  
at Teachers' Convention, Hyatt Re-  
gency Montréal, 1255 Jeanne Mance  
Sponsored by QPARSE  
***Possible topics include: OAS, tax  
info, TFSA, pension splitting etc.***

**Tuesday  
December 5  
11:30am**      ***"Holiday Lunch"***  
"Via Marcello Restaurant"  
1790 Blvd. Côte-Vertu  
(corner Marcel-Laurin) St-Laurent, Qc  
H4L 2A6 - **DONATIONS TO NDG  
FOOD BANK**

\*\*\* IF YOU ARE ATTENDING THE LUNCHEONS,  
PLEASE INFORM EVENTS COORDINATOR:  
Ken Cooke (514) 485-9118

\*\*\*FOR PROGRAM INFORMATION, PLEASE  
CONTACT: Carol Klein (514) 696-3447

## PROGRAMME DES ACTIVITÉS DE L'APPERQ 2017

**Mercredi  
6 septembre  
11:30**      ***"Lunch de bienvenue"***  
"Restaurant Ottavio's"  
1134 Marcel-Laurin, St-Laurent, QC,  
H4R 1J7

**Jeudi  
12 octobre  
9-9:30**      ***"Excursion de l'automne – Balade  
en autobus à Knowlton"***  
Visite du musée et Lunch  
**DÉTAILS À VENIR**

**Vendredi  
3 novembre  
11:45**      ***"Lunch de l'automne & réception  
des nouveaux retraités "***  
**Réservations obligatoires**  
Salle à manger Le Saucier – Institut  
culinaire Pearson  
8310 Rue George, Lasalle, QC, H8P  
1E5

**Jeudi  
23 novembre  
En soirée – à  
déterminer**      ***"Les impôts et la retraite – tout ce  
que vous devez savoir"***  
***- un atelier de l'Agence du revenu  
du Canada***  
Au Congrès des enseignants, Hyatt  
Regency Montréal, 1255 Jeanne  
Mance  
Parrainé par l'APPERQ  
***Sujets possibles : PSV, info impôts,  
CELLI, retraite partagée, etc.***

**Mardi  
5 décembre  
11:30**      ***"Repas des fêtes "***  
Restaurant "Via Marcello"  
1790 Boul. Côte-Vertu  
(coin Marcel-Laurin) St-Laurent, QC  
H4L 2A6 - **DONS À LA BANQUE  
ALIMENTAIRE NDG**

\*\*\* SI VOUS PRÉVOYEZ ASSISTER AUX LUNCHS,  
VEUILLEZ EN AVISER: Ken Cooke (514) 485-9118

\*\*\*POUR TOUT RENSEIGNEMENT SUR LES PRO-  
GRAMMES, CONTACTEZ: Carol Klein (514) 696-3447

**CUSTOM MADE / TRAVAUX SUR MESURE  
KITCHENS, BATHROOMS & WALL UNITS**

CUISINES, SALLES DE BAIN & UNITÉS MURALES

**NIRkitchen.com**

**514.781.4250 . info@nirkitchen.com**

156, BRAESIDE, DOLLARD DES ORMEAUX, QC H9A 2B3



**Would you like to place  
an ad in the next  
QPARSE Newsletter?**

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

Contact HaroldPenn@hotmail.com



## Travel Insurance Changes 2017

### WHY?

- QPAT and its members own the policy
- We accept ALL liability
- Costs must be spread amongst ALL members
- Our responsibility is to protect the plan for EVERYONE and keep costs down

### ESCALATING HEALTH CARE COSTS ABROAD

- Almost \$1.5 million worth of claims out-of-country during the past two years!
- Most costly destinations: USA (Florida), Costa Rica, Mexico, Puerto Rico
- Reselling of invoices has been occurring in Mexico and other Central American countries which may inflate costs to near American levels!
- Risk of losing coverage altogether if claims experience continues to escalate!

### EXISTING PLAN

- 180 days per trip
- \$4,000,000 lifetime liability
- NO coverage if trip exceeds 180 days

### NEW PLAN

- 90 days per trip
- \$5,000,000 lifetime liability
- NO coverage if trip exceeds 90 days

### STABILITY CLAUSE

If ANY of the following situations arise within 90 days prior to departure call Industrial Alliance to confirm travel eligibility (CanAssistance) 1-800-203-9024:

- Medical treatment, exam or consultation for any symptom or health problem
- Increase or worsening of any symptom or health problem
- Change in medical treatment
- Change in medication
- Hospitalization for treatment or examination in connection with a medical problem
- Medical treatment or examination in planned or for which results are pending, in connection with a health problem.

Paul Barnes, QPAT Executive Assistant

## Welcome to New Members of QPARSE

Leah Auclair, Sima Brockstein, Cyndie Duncan, Nicole Finn, Carollynn Jones, Michelle Linke, Penny Male,  
Lorraine Moreault, Claire Murphy – Cook, Maria Pacifico – Monaco, Maria Palmieri, Diane Pontkes,  
Wendy Stormont – Rindress, Cheryl Watt, Robert Whittal, Margaret Whittal

**Congratulations on your retirement!**

## In Memory of our Dear Friends

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

Stephen Adams  
Charles Bethel  
William Boswell  
Matthew Taylor Craig  
Ethel Davis  
Marianne Davis  
Margaret Drummond  
Anne Drury  
Elaine Evans  
David Flanagan

Julie Kaplan-Bilske  
Loretta Keays  
Andrew Kelley  
Margaret McCardel- Smith  
Mary Metcalf  
Joan Moore- Charles  
Dora Parsons  
Mary Pearl Jay  
Muriel Perrie  
June Rosevear

Royston Seaman  
Anne Stencel  
Anne Stephens  
Howard Stutt  
Ruth Toohey  
Verna Vowles  
Doreen Walsh  
Ina Wierzbicki  
Louis Winikoff  
Joyce Yudkovitch



## Do You know the whereabouts of these members ?

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

**Gloria Bellam (Brantford)**  
**Arline Bleser (Abercom)**  
**Marguerite Hayes ( Deux Montagnes)**  
**Hubert Radoux ( St. Nicholas)**  
**Nancy Snow ( Sherbrooke)**  
**Elizabeth Stewart ( Napanee)**  
**Goldie Welik (Montreal)**  
**Yvette Wilson (Toronto)**



## Members give feedback



This year we have continued to encourage members to go digital but there are still a significant number of members who require mailed copies of newsletters and other information. With the cost of mailing being so high, the QPARSE Board decided to approach those who receive mailings for donations towards the costs. The response was incredible! We so far have received donations from 85 members who collectively donated over \$2000.00 to help us.

What is most heartwarming are the notes accompanying the donations - here are a few of the comments:

**Norma Westman** “I am more than happy to contribute to mailing costs. It is 39 years since I retired but I enjoy receiving your letters.”

**Pat Hodge** “Thank you for sending the newsletter throughout the year. I enjoy the different articles, especially those related to medical or pension information. All of the Executive does a wonderful job in helping us retirees to be well informed.”

**Marilyn Gollan** “Thank you to all who work to put the newsletter together. It is always interesting, beautifully designed and something I look forward to receiving by mail.”

**Lyse Bouliane** “Je suis toujours heureuse de recevoir par la poste le Bulletin de Nouvelles de QPARSE. Même si je ne participe pas à vos activités, je veux vous féliciter pour votre dynamisme et votre jeunesse. Les photos sont bien choisies. Comme je demeure plutôt loin (à Arvida) c’est la seule raison pour laquelle je ne peux me joindre à vous. C’est le Bulletin qui nous unit.”

Special thanks to Joan Ebbett for her dedication to our Super Seniors Club, to whom she sends birthday wishes. Meanwhile, the membership dossier passes to another member of the Executive, Terrie Kozaczynski who, with her technological skills, will easily take on this sometimes challenging dossier.



Jan Langelier

## Did you know that at QPARSE ...

The 25 year club has 215 members

Super Seniors (over 90 ): 25

Active members: 1180

Inactive members: 41

Total membership: 1221

*Ctrl-Click on the new 10 dollar bill and see how it came about.*

Celebrating Canada's 150th  
1867 - 2017





# Spotlight on Members



## Richard Huint

Congratulations to Richard, who recently received a prestigious award from HRH Prince Michael of Kent and personal congratulations from Her Majesty, Queen Elizabeth at a reception in Buckingham Palace. It was the HRH Prince Michael of Kent Certificate of Merit, awarded for making a significant contribution to the Royal Life Saving Society in its mission of drowning prevention.

While teaching full time, Richard also sat on the Technical Committee of the Lifeguard Program here in Quebec and developed training programs for lifeguards and water safety standards for water parks. In this capacity he had the chance to attend conventions that took him and his wife, Doreen to different cities all over North America.

In addition to writing lifeguarding manuals, Richard invented two rescue devices for use by lifeguards in wave pools. One was called Res-Q-Flote and was designed to replace the hard red buoy often seen in movies. This new design was soft rather than hard and designed to be worn on the hip rather than around the neck.

Richard retired ten years ago after an active 37-year teaching career starting in elementary and ending in high school physical science and computers. He finished his career at Rosemont High, having also spent some time at Argyle Academy.



Although officially retired, Richard and Doreen spend time volunteering at Rosemont High, recording and photographing concerts. There is even a Richard Huint Award for Science and Music at the school.

They live in the Laurentians for six months over the summer season, sailing, kayaking, biking and beekeeping as well as tending a large vegetable garden. In fact Richard and Doreen actually ran a market garden for years and sold their produce to the tourists. Oh, did I mention they raised chickens too!

So next time you run into Richard and Doreen, there is a fountain of knowledge, willing to be shared and no shortage of topics of conversation.

Submitted by Claudia Thierry





# A glimpse of QPARSE activities

**Cabane à sucre**



**Strategies for Healthy  
Aging: An Active Brain  
Seminar  
Guest Speaker  
Dr. Dolly Dastoor**



## *The Annual General Meeting May 3, 2017*





**QUEBEC PROVINCIAL ASSOCIATION OF RETIRED SCHOOL EDUCATORS**  
**STATEMENT OF INCOME AND EXPENSES**  
**January 1, 2016 - December 31, 2016**

<b>Income</b>	<b><u>2016</u></b>	<b><u>2015</u></b>
Membership Fees	\$1,877.00	\$1,360.00
From Capital	\$7,253.49	\$7,300.00
Program	\$1,662.10	\$1,701.55
Donations	\$200.00	\$50.00
Bank Interest	\$0.00	\$0.00
Senior Tours	\$0.00	\$1,814.12
Newsletter Ads	\$250.00	\$0.00
<b>Total Income</b>	<b><u>\$11,242.59</u></b>	<b><u>\$12,225.67</u></b>
<b>Expenses</b>		
Newsletter	\$3,647.37	\$3,666.84
Membership	\$1,309.40	\$787.56
Annual Gen. Mtg	\$583.03	\$557.94
Program	\$1,814.63	\$2,184.18
Goodwill	\$23.00	\$19.50
ACER-CART	\$1,231.43	\$1,244.94
Taxes	\$509.78	\$987.49
Website	\$703.21	\$253.83
Exec. Expenses	\$0.00	\$0.00
Misc	\$117.00	\$50.00
Donations/Gifts	\$50.00	\$111.50
<b>Total Expenses</b>	<b><u>\$9,988.85</u></b>	<b><u>\$9,863.78</u></b>
<b>Net Income/Net Loss</b>	<b>\$1,253.74</b>	<b>\$2,361.89</b>

**Year End Bank Reconciliation**

	<b><u>2016</u></b>	<b><u>2015</u></b>
Bank Balance forward Jan. 1	\$10,465.55	\$8,269.51
Plus total income	\$11,242.59	\$12,225.67
Less total expenses	-\$9,988.85	-\$9,863.78
Less outstanding cheques from 2015	-\$34.15	-\$200.00
Plus outstanding cheques	\$0.00	\$34.15
<b>Balance, Dec. 31, 2016</b>	<b><u>\$11,685.14</u></b>	<b><u>\$10,465.55</u></b>

**Assets at Dec. 31**

	<b><u>2016</u></b>	<b><u>2015</u></b>
CI Investments	\$87,779.23	\$92,447.07
Bank Balance, Dec. 31, 2016	\$11,685.14	\$10,465.55
<b>Total Assets Dec. 31, 2016</b>	<b><u>\$99,464.37</u></b>	<b><u>\$102,912.62</u></b>

## ACER – CART NEWS



As a follow up to the ACER – CART Annual meeting of June 2016, the QPARSE Board of Directors authorized that we become part of a coalition of Seniors' organizations. QPARSE authorized the signing of the Seniors' Voice declaration which was originally called Seniors' Vote during the lead up to the Federal election. The purpose of the renamed group was to keep the voices of Seniors heard by the government, as decisions and programs for seniors were being discussed. There is an active website that we can access for more information on this group: [www.seniorsvoice.org](http://www.seniorsvoice.org).

As a member of the coalition of Seniors' Organizations, we have been given access to websites allowing us to keep in touch with our politicians. These websites are posted on our website. [www.honouryourpromise.ca](http://www.honouryourpromise.ca) or [www.respectezvotrepromesse.ca](http://www.respectezvotrepromesse.ca). These websites provide a tool called "Tell your MP". We suggest you use this tool to contact your Member of Parliament.

As a result of our more active interest in these Seniors coalitions, we also started following information on the Montreal Senior Citizens' Forum. We are now members of this group. On October 1, 2016, Renate Sutherland, Ed Zegray and I represented QPARSE, at a rally in downtown Montreal celebrating the International Day of the Older Person. It was the first time that an organization representing retired teachers from English school boards participated and we were enthusiastically welcomed. Renate also represented QPARSE at the Montreal City Hall for the unveiling of a flag for International Seniors' Day.

QPARSE also endorsed the Declaration Concerning a National Health Care Strategy for Seniors. It included the following principles: quality care, wellness and prevention, health system integration, primary care, training of health care providers; appropriate prescription medications; home care and community support; acute and specialty care; long term care and assisted living facilities, palliative care, end of life care and end of life decisions.

Ed Zegray, an active member of our association and past Director to ACER–CART, was the Eastern Regional Representative to the ACER–CART Executive this past year and represented us very well. He has decided to step down for next year's Executive and we would like to thank him very much for his hard work on our behalf.

Jan Langelier

## Did you know?

"Sam Walton didn't start Wal-Mart until he was 44. Colonel Sanders opened his first Kentucky Fried Chicken at 65. Wallace Stegner wrote his best novels in his 60s. Roget didn't invent his thesaurus until he was 73. Today the pipeline is just as full. According to the Los Angeles Times, about a quarter of new entrepreneurs are now aged 55 to 64, up from 15% two decades ago. "



Reference: It's time to sync our life plans with our life spans. February 21, 2017: Editor's Picks, Professional Women, **Jody Greenstone Miller**

## Consultation on the Québec Pension Plan

The Minister of Finance, overseer of *Retraite Québec*, Carlos J. Leitão, has just announced an online consultation concerning changes to the Québec Pension Plan that are being proposed by the Government. The public is invited to take a few moments to voice their opinions on the proposed measures by completing the following [online questionnaire](#) (click on the hotlink, then on “Follow link” just above “Ok”, and this will take you to the *Retraite Québec* page to start the process). Alternately, you can go to the *Retraite Québec Home page*, click on “English” in the upper right corner then, choose “questionnaire” in the “News” section to begin the process.



Please consider that it is probably to our advantage if the general public end up with an enhanced QPP yielding a more decent income at retirement. We, recipients of a *Retraite Québec* pension (which we paid for throughout our careers, remember to state that whenever possible), wouldn't be seen as much as outliers anymore, that is, as sticking out from, or being better off than, retirees in the private sector. Note, this is a time-sensitive consultation. It will be **online only until May 24, 2017**.

### Bill 126 – Restructuration of the Pension Plan for Management Personnel (PPMP)

This Bill only concerns certain administrators who contributed to and are receiving benefits from the *régime de retraite du personnel d'encadrement* (RRPE, or PPMP in English). The Parliamentary Commission for Public Finances studying the Bill has adopted revisions. In particular, it now appears that the suspension or absence of indexation of this pension will be for a six-year period.



## Consultation au sujet du plan de retraite du Québec

Le Ministre des finances, responsable de *Retraite Québec*, Carlos J. Leitão, vient d'annoncer la consultation en ligne au sujet des modifications proposées par le gouvernement au Plan de pension du Québec. Le public est invité à prendre quelques moments pour exprimer son opinion au sujet des mesures envisagées en répondant au questionnaire suivant questionnaire en ligne. [online questionnaire](#) (cliquer sur le lien, puis suivre “Follow link” juste au-dessus de “OK”, ce qui vous amènera à la page *Retraite-Québec* pour démarrer le processus.) Ou bien vous pouvez aller sur la page d'accueil de *Retraite-Québec*, cliquer sur « English » dans le coin supérieur droit, puis choisir « questionnaire » dans la section « News » pour démarrer le processus.

Veuillez noter qu'il est probablement à notre avantage que le public soit bénéficiaire d'un plan RRQ plus avantageux à la retraite. Nous qui sommes bénéficiaires d'une pension de *Retraite-Québec* (auquel nous avons contribué durant toute notre carrière, rappelez-le à chaque occasion) ne serions plus considérés

(Continued on page 16)

(Continued from page 15)

comme un groupe externe, se démarquant, ou étant favorisés par rapport aux retraités du secteur privé. Veuillez noter que cette consultation est limitée dans le temps. Elle se fait **en ligne seulement jusqu'au 24 mai 2017**.

### Bill 126 – Restructuration du plan de retraite pour le personnel de cadres (RRPE)

Ce projet de loi concerne seulement certains administrateurs ayant contribué et reçoivent les avantages du *régime de retraite du personnel d'encadrement* (RRPE, or PPMP in English). La Commission parlementaire sur les finances publiques a adopté des révisions à ce projet. En particulier, il semblerait que la suspension ou l'absence d'indexation serait pour une période de six ans.

Ed Zegray

## Click on a picture for more information

Jeremy Myerson: "Stigma of growing old must be creatively challenged"



Yves Béhar's Aura Power Clothing helps the elderly with mobility



Alice Morby | 12 January 2017 | 4 comments



A grandmother's graduation success story



## La faim dans le monde

Selon Oxfam International il y a un manque criant de produits alimentaires dans des pays comme Afrique de l'Est, le Yémen et le nord-est du Nigeria. L'existence d'une famine a déjà été signalée pour le Sudan du Sud, À peu près 30 millions d'habitants de cette partie du globe connaissent les malheurs causés par la faim quotidienne.

© Brian Ostrovsky (auteur)

Réf: <https://www.oxfam.org/fr/urgences/crise-alimentaire-et-famine>

## Une faim immodérée

Lorsque les  
arômes  
D'une pâtisserie,  
Fraîchement sortie  
Du four

Aiguisent l'appétit,  
Une faim bestiale  
S'installe.

À première vue  
Bien que le ventre repu  
L'aspect succulent  
Du fondant

Suffit à requinquer l'envie  
De dévorer à belles dents.

© Brian Ostrovsky. (auteur)  
Publié dans L'Organe – Magazine francophone  
de Concordia. Été 2017 09 Faim. P.50.



### VOTRE LIEN PRIVILÉGIÉ

... POUR VOS ASSURANCES AUTO, HABITATION ET ENTREPRISE

### YOUR PERSONAL CONNECTION

... TO HOME, AUTO AND BUSINESS INSURANCE

### LA PERSONNELLE, VOTRE NOUVEL ASSUREUR DE GROUPE POUR LES MEMBRES DE L'APPERQ.

► 1 888 476-8737

► [lapersonnelle.com/apeq](http://lapersonnelle.com/apeq)

► [thepersonal.com/qpat](http://thepersonal.com/qpat)

THE PERSONAL, YOUR NEW GROUP INSURER FOR QPARSE MEMBERS.

La Personnelle désigne la Personnelle, assurances générales inc. Certaines conditions, exclusions et limitations peuvent s'appliquer.  
The Personal refers to The Personal General Insurance Inc. Certain conditions, limitations and exclusions may apply.

+

+

The Quebec Provincial  
Association of Retired  
School Educators



Association provinciale  
du personnel  
d'enseignement retraité  
du Québec

## Application Form / Formulaire d'adhésion

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

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

Given name: \_\_\_\_\_ Family name: \_\_\_\_\_  
Prénom: \_\_\_\_\_ Nom de famille: \_\_\_\_\_

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

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Ville: \_\_\_\_\_ Province: \_\_\_\_\_ Code postal: \_\_\_\_\_

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

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

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

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

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

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



## Board of Directors

### About Us

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

### Contact Us

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

President/ACER-CART	Jan Langelier
Past President	Renate Sutherland
Vice-President/Program	Carol Klein
Treasurer	Kathleen Malcius
Asst. Treasurer	Diane Fry
Recording Secretary	Katherine Snow
Director/Membership/ Facebook/Liaison Web Site	Terrie Kozaczynski
Director Events	Ken Cooke
Director Newsletter Committee	Marzia Michielli
Director	Sandra Aird
Director	Joan Ebbett
Director	Erene Anthony
Director	Claudia Thierry
Director	Patrick Clarke
Director	Harold Penn



Join and like us on  
**Facebook**  
Click here

**Come and visit our webpage**

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

Click here

Senior  
**Discovery**  
tours

Voyages  
**Découvertes**  
Senior

**TRAVEL WITH SENIOR TOURS  
AND MAKE \$\$\$\$ FOR QPARSE**

FOR EVERY QPARSE MEMBER WHO TRAVELS WITH US, WE REBATE 4 % BACK TO YOUR ORGANIZATION. SPREAD THE WORD AND SIGN UP FOR ANY OF OUR WONDERFUL TOURS.

THE LEADER IN TOURS  
FOR THE 50 + TRAVELLER

CALL FOR A FREE BROCHURE  
514-344-4500 OR 1-800-268-3492

[www.seniordiscoverytours.ca](http://www.seniordiscoverytours.ca)  
1828 Sherbrooke St. West  
Montreal H3H 1E4

