



# 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

L'hiver/Winter 2019



**"Understanding Generic Drugs & Biosimilars"**  
Thursday, February 14  
EMSB Head Office

**Discussion of The Book-  
Montreal in 1909**  
Tuesday, March 19  
EMSB Head Office

**"Smart Shopping Montreal"**  
Thursday, April 11  
QPAT Building

**Annual General Meeting**  
Tuesday May 8  
EMSB Head Office

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*Best Wishes for a Happy New Year*

*Meilleurs vœux pour la nouvelle année*

## A Principal's Humility

After many years as a teacher and school administrator at the high school level, I became the principal of a small elementary school. I quickly discovered how hard elementary teachers work and how they must be prepared for any eventuality.

My humbling experience came in February of my first year in the position. The kindergarten teacher came to see me at noon one day to say that she had just had a call that her school-aged daughter (in another school) was running a high fever and needed her mother at home.

Now, we had a small staff with no possibility of arranging for substitution at that time of day – so who needed to take over the afternoon kindergarten? You guessed it – the principal.

The teacher had everything beautifully organized and written down. Activities changed every ten minutes or so except for the last hour which was to be devoted to artwork – and since it was early February they were to make valentine cards which involved red hearts which the teacher had cut out, ready to be pasted on a white background with glue.

Where was the glue? I asked the class and one little-miss-know-it-all was able to show me where. When we opened the cupboard, there it was, a basket containing individual glue containers. Eureka! I reached for the basket only to be told by my helper in a superior tone of voice that that basket was “the morning glue” and that the “afternoon glue” was in another basket behind it. Having got the glue situation straightened out, I explained to the class how the heart was to be glued to the white paper. It wasn't as straight-forward as I might have hoped but, done properly, it was going to make a lovely valentine. I spent the next half hour helping the children. Some valentines turned out better than others but I was sure that all the moms would appreciate the thought.

*(Continued on page 4)*

## Editorial

*"May your troubles be less, and your blessings be more, and nothing but happiness come through your door." Irish toast*

As another year closes, it feels as though 2019 arrived in the blink of an eye! Time seems to speed up in retirement! I hope your holiday season was the best yet, and one spent with family and good friends! Meanwhile, on behalf of the Newsletter committee, we have but one wish for you in 2019 - happiness and continued good health!

We all have funny stories that we accumulate throughout our teaching career, but I do believe that Kindergarten teachers have the best stories of all! Check out Graeme's anecdote on the front page and the story entitled "Adventures in the Home Economics Lab" by Claudia Thierry. L'Histoire drôle de Madame Clarke est incluse à la page 10. Humorous classroom anecdotes is the theme of this newsletter and we encourage you to reflect on the humorous moments in your career. But don't stop there.....kindly share the story with the QPARSE membership by sending it along to me and we will print it in the next newsletter.

In this edition, we also draw your attention to our special feature - the "QPARSE Members' Recipes" that appear in the digital version of this newsletter. Special thanks go to Terrie, our publisher, for her extra hard work in formatting and presenting the recipes that have been sent in. To all who submitted, thank you for sharing your family treasures with us.

Enjoy the start of the year, and we hope to see you at all the QPARSE activities. The program committee has been working diligently to organize great outings such as the trip to the casino that we had in the fall and the holiday luncheon (starting on page14) in December. We hope you will enjoy this edition of the newsletter and we look forward to seeing you!

Best wishes for the New Year,

Marzia Michielli  
Editor  
mmichielli@icloud.com



### Newsletter working group members

Marzia Michielli,  
Terrie Kozaczynski,  
Renate Sutherland, Harold Penn,  
Katherine Snow, Patrick Clarke,  
Claudia Thierry

**Next Deadline:**

**May 5, 2019**

**Theme:**

**Travel, Sightseeing in  
Montreal, Stay Vacations,  
Favourite places to visit**

All submissions in Word Document format, please.

**Share our Newsletter with others!**

## President's Message - Message de la présidente



*Hello Folks - Bonjour tout le monde,  
Bonne et Heureuse Année - Happy New Year!*

As I get ready to tackle the new year, I always look back on the year just over and count my blessings and mourn any losses I may have suffered. Then I am ready to move into the next year of my journey.

That being said, I am fitter and healthier as I start 2019 than I have been in a very long time. Since August 2018, I have embarked on a lifestyle change that has included better exercising, making some major changes in my diet and learning what I need to do to make my health non-negotiable. As a result, I have lost 50 lbs and am exercising almost every day. I have more energy than ever and feel younger than my age.

All of this bragging is not meant to impress anyone but rather to encourage you all to take time this year to consider your health and to look into what you can do to improve things. Every little change you make can result in a big difference. As we age, it is even more important to be proactive in keeping healthy.

Along with increasing activity and watching your diet, it is important to keep involved with friends and colleagues for improving your life. This Association offers opportunities for you to get out, meet friends, enjoy activities and learn new things. I encourage you to take careful note of the schedule of activities in this newsletter and choose something you would like to do. We would be very pleased to see you participating and catching up with your colleagues.

There is also an opportunity for you to join the Board of Directors which is responsible for planning and running the Association's activities. We are always looking for new ideas and the participation of new members helps us to make the Association relevant and responsive to your needs and interests. If you wish to join us on the Board, please let me or Renate Sutherland (past President) know.

I look forward to continuing my journey in health and happiness and wish the same to each and every one of you.

May 2019 be the best!! Que l'an 2019 soit le meilleur!!

Jan Langelier



## A Principal's Humility *(Continued from page 1)*

Suddenly I looked at my watch. Only fifteen minutes before the final bell. We had to set the valentines out to dry, clean up and get into winter clothes so as not to be late for the bus. The priority had to be getting into their snowsuits since some years before I already had been through the snowsuit business with my own sons. First of all, fifteen children had to wash the glue off their hands in one sink before tackling their snowsuits. While some children were fairly adept, most needed some help and a few obviously had learned to rely on the closest adult to dress them. Eventually they were all dressed – hats and scarves askew, buttons in the wrong buttonhole, mittens linked by strings that somehow were over the snowsuit rather than under it. They lined up and we paraded out into the hall. Teachers of grades one and two were out in the hall making sure their children were properly dressed. They took one look at the kindergarten class, then at me – and started to laugh! The kids all got on the bus and home safely. The principal went back into the kindergarten room and spent some time washing the glue off the desks and straightening out the room. The glue on the valentines dried.

The next day the kindergarten teacher was back (thank goodness!) and my adventure was the talk of the staff room amid much hilarity. The afternoon class had French with the specialist that day. She asked them about what happened the previous day. One child, likely little-miss-know-it-all, said that the “prissipal” was their teacher “and he didn’t know anything”. She was right. Hats off to kindergarten teachers!

Graeme Sutherland

## Retiree's issues - the top ten!!!

1. Greater government assistance with the cost and social burden of caring for individuals with dementia or cognitive disabilities.
2. Adequate facilities and caregivers for people with dementia and other cognitive issues.
3. The need for more geriatric doctors to care for older people. Sweden with nine million people has 500 geriatric doctors. Canada with 32 million people has 233 geriatric doctors.
4. Reducing poverty for the 25 percent of seniors that live below the poverty line.
5. Given an increasingly aging population, ensuring there are enough well-run retirement homes with reasonable wait-times for anyone needing a spot in one.
6. Decreasing poverty among Canadian seniors.
7. Ensuring available support services, so that it is more feasible for seniors to stay in their homes as long as possible.
8. Ensuring that there are enough affordable long-term care facilities so seniors don't end up in acute care hospital beds instead.
9. Ensuring that pharma care is available to all Canadians. For example, Tylenol extra strength can cost \$16.99, the generic brand can cost \$5.99. More access is needed to generic brands.
10. Having sufficient financial resources throughout retirement.



Are there any other seniors' issues that should be included? Write to let us know at [mmichielli@icloud.com](mailto:mmichielli@icloud.com)

*Reference: adapted from ACER-CART article Seniors' Issues, prepared by BCRTA, 2015. [www.acer-cart.org](http://www.acer-cart.org)*

## QPARSE PROGRAM CALENDAR - 2019

**Thursday,  
February  
14<sup>th</sup> 10:30am**  
Coffee and  
Cookies

**“Understanding Generic Drugs & Biosimilars”**  
**11:00am-12:30pm**  
**Guest Speaker:** TBA  
**PLACE:** EMSB Head Office-Laurence Patterson Room  
6000 Fielding Ave, NDG, QC, H3X 1T4  
(corner Cote-St-Luc Rd)  
**LUNCH OPTIONAL** B&M Restaurant  
6200 Somerled Ave (corner Grand Blvd)

**Tuesday,  
March 19<sup>th</sup>  
10:30am**  
Coffee and  
Cookies

**“Discussion of The Book- Montreal in 1909”**  
**11:00am-12:00pm**  
**Guest Speaker: Robert Wilkins: Retired teacher, author and journalist**  
6000 Fielding Ave, NDG, QC, H3X 1T4  
(corner Cote-St-Luc Rd)  
**LUNCH OPTIONAL** TBA in NDG

**Thursday,  
April 11<sup>th</sup>  
10:30am**  
Coffee and  
Cookies

**“Smart Shopping Montreal”**  
**11:00am-12:30pm**  
**Guest Speaker:** Sandra Phillips: Author, “schlogger” and media guest  
**PLACE:** QPAT Building  
17035 Brunswick Blvd, Kirkland, QC,  
H9H 5G6  
**LUNCH OPTIONAL:** @ Elixor Restaurant 3237 Sources Blvd., DDO

**Tuesday,  
May 7<sup>th</sup>  
10:30am**  
Coffee and  
Cookies

**Annual General Meeting**  
EMSB, Laurence Patterson Room  
**11am-12pm** Guest speaker TBA

**IF YOU ARE ATTENDING THE LUNCHEONS,  
PLEASE CONTACT:**

**Claudia Thierry (514) 457-2499 / [cthierry@aei.ca](mailto:cthierry@aei.ca)**

**IF YOU ARE ATTENDING THE PROGRAM, PLEASE  
CONTACT:**

**Carol Klein (514) 696-3447 / [retired0821@gmail.com](mailto:retired0821@gmail.com)**

## PROGRAMME DES ACTIVITÉS DE L'APPERQ - 2019

**Jeudi  
14 février  
10h30** Café et  
biscuits

**« Comprendre Les Génériques & Biosimilaires »**  
**11h00-12h30**  
**Animateur invité :** à préciser  
**LIEU:** Siège social EMSB – Salle Laurence Patterson  
6000 Ave Fielding, NDG, QC, H3X 1T4  
(coin Ch. Côte-St-Luc)  
**LUNCH FACULTATIF,** @ Restaurant  
B&M, 6200 Ave Somerled (coin boul.  
Grand)

**Mardi  
19 mars  
10h30** Café et  
biscuits

**« Discuter le livre - Montréal en 1909 »**  
**11h00 - 12h00**  
**Animateur invité: Robert Wilkins: Enseignant retraité, auteur et journaliste**  
6000 Fielding Ave, NDG, QC, H3X 1T4  
(coin Cote-St-Luc Rd)  
**LUNCH FACULTATIF:** à préciser

**Jeudi  
11 avril  
10h30**  
Café et biscuits

**“Trucs, trouvailles, économies à Montréal et environs”**  
**11h00-12h30m**  
**Animatrice invitée :** Sandra Phillips: Auteure, “schlogger”, et personnalité des média  
**Lieu: Édifice APEQ**  
17035 Boul. Brunswick, Kirkland, QC,  
H9H 5G6  
**LUNCH FACULTATIF:** @ Elixor Restaurant 3237 boul. des Sources, DDO  
**Assemblée générale annuelle**  
CSEM Salle Laurence Patterson  
**11h00-12h30** Animateur invité à déterminer

**SI VOUS PRÉVOYEZ ÊTRE PRÉSENT AU LUNCH, CONTACTER**

**Claudia Thierry (514) 457-2499 / [cthierry@aei.ca](mailto:cthierry@aei.ca)**

**SI VOUS PRÉVOYEZ ÊTRE PRÉSENT AU PROGRAMME,  
CONTACTER**

**Carol Klein (514) 696-3447 / [retired0821@gmail.com](mailto:retired0821@gmail.com)**

### *Attention, on parle!*

**P***olitiquement conforme* est le terme que les linguistes recommandent de dire plutôt que l'anglicisme *politiquement correct*. Cependant, par le temps qui court, l'on témoigne que les gens font de moins en moins d'efforts pour éviter de risquer de blesser ou de choquer. Les commentaires, critiques, etc. même ceux des plus affreusement désobligeants sont exprimés souvent de façon rustre et brutale, sans ambages.

De plus, les media d'information de nos jours, et surtout les plateformes internet, incitent les gens à d'épancher leur bile haut et fort et sans réserve. Malheureusement, beaucoup d'internautes s'en servent des blogues, des réseaux sociaux, etc. comme moyens pour véhiculer des propos racistes, sexistes, haineux et même violents.

Quant aux enseignants, leur rôle c'est aider les parents à comprendre l'importance et le fonctionnement des logiciels de contrôle parental. Leur influence est essentielle pour que les enfants ne tombent pas victimes des sites Internet aléatoires qui risquent de contenir du contenu inapproprié pour les jeunes d'âge mineur.

© Brian Ostrovsky

## Adventures in the Home Economics Lab

After a couple of months of Textiles and Clothing studies, students begged to have another cooking session in the foods lab - just for old time's sake! They showed such great excitement, that even the fact that the Foods Lab had not been used in a long time, left them undeterred.

So with great enthusiasm, off we went in search of creative culinary pursuits. When it was time to wash the dishes, a piercing scream came from one of the kitchenettes: "Look! ... Oh My God! ...Look!" This was quickly followed by more screams, and a classful of students running out the door.

"What is happening?" I wondered. Cautiously I approached the sink, and there was what appeared to be a small rat that had come floating up through the drain. "Aaah!" said the students as some of the boys inched their way back behind me.

"Miss", said one of the boys, "Are we making ratatouille today?"

Claudia Thierry



### Mark this Date

The date for **Teachers' Convention** this year will be **November 14 and November 15, 2019** at Place Bonaventure



## 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.

Neita Black—Morrisburg

Joan Dix—Ottawa

Elly Hadlock—Fulford

Graeme Higgs—Mont Tremblant

Lea Marjatta Langlois—Lery

Gerry Meuris—DDO

Elizabeth Pilley—Westmount

Heather Rathwell—Wakefield

Marjorie B. Sellars—St. Laurent

Elizabeth Stewart—Napanee

William A. Walker—Baie d'Urfé

Muriel L. Brand—Picton

Thelma Doherty—Smith Falls

Ruth Hamilton—Oakville

Barbara Jackson—Montreal

Dorothy Logan—Montreal

Evelyn Perry—Orillia

Carole Pocetti—St. Laurent

Morris Rathwell—Arundel

Patricia Skene—Nashville TN

Rose Szasz—Ile Bigras

Yvonne Wilson—Toronto

Marilyn Dingman—Airdrie

Estella Ferguson—Lorraine

Margaret Hayes—Deux Montagnes

Catherine Kendall—Ayer's Cliff

Maisie Macrae Simms—Fredricton

Ruth Olive Peter—Sillery

Joan Pollard—Pierrefonds

Mair Richards—Montreal

Nancy Snow—North Hatley

Doris Trute—Montreal

Elizabeth Ann Richard—Candiac



# Spotlight on Members



## Dave Chandler

*QPARSE member exhibits art work*

During the month of December H el ene Mann and Dave Chandler collaborated for an exhibit of their art at the C ote Saint-Luc library. The display consisted of some sixty works of digitally-created art . The only difference between this and any other flat art is the method of applying the ink/ paint to the support medium: an ink-jet printer.

Several of H el ene's images are completely original works. Both artists use photographs and with the various tools available in graphic software are able to create new and exciting images. This includes digital filters and creative cropping to produce montages or collages (in traditional terms!). The flexibility of the modern graphics computer allows some amazing images to be created.

H el ene's images tend more towards the collage type while Dave's are more typically a single photo which is then manipulated. For more information you can contact them at [helene.b.mann@hotmail.com](mailto:helene.b.mann@hotmail.com) or [dhchandler43@gmail.com](mailto:dhchandler43@gmail.com).





# Spotlight on Members



**Robert Wilkins**

**Montreal 1909**

*Text adapted from a book review which appeared in the Quebec Family History Society Connections, July 2018.*

**R**obert Wilkins a retired Montreal history teacher spent two decades wandering through microfilm copies of the defunct Montreal Star. Choosing 1909 as a representative year for the Edwardian period, Mr. Wilkins takes us through the year as seen through the prism of the leading English daily of the time. At least one entry for each day is quoted and commented on.

Thus, we learn that the Saturday, January 2, 1909 issue “the Star” featured annual statistics from the seven departments of the city administration - police, fire, roads, hygiene and statistics, finances, water and lighting.”

On July 19, the paper picked up the campaign against the “automobile terror”. It suggested that a rapid motorist could be brought to a halt by means of a rope stretched across the road.

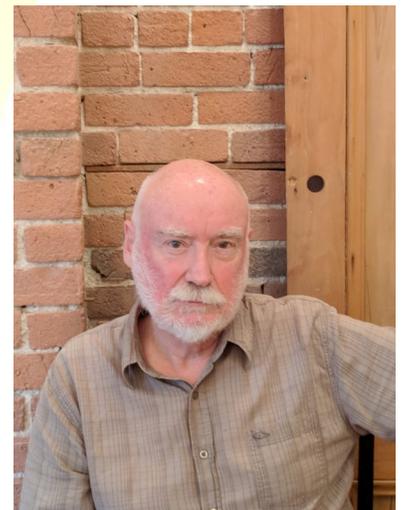
Another topic, then as now, was a concern to Montrealers. A letter to the editor on October 14 complained about “a bad hole... a menace to the horses and all kinds of vehicular traffic...where is the road inspector” it asked.

“Puny children by the Dozen Work in Factories” headlined the Star the next day. If some of the children are fourteen-years-old as they pretend to be, instead of the nine or ten, as they look, it only illustrates what a puny community is growing up.”

In November, a Board of Morality was finally formed and charged with a long list of duties:” to scrutinize moving pictures.. for evil effects upon the morals of people, conduct raids on disorderly houses and stamp out illegal liquor selling.” Inspector O’Keefe claims that with four good men, to work under him, sweeping reforms could be made.

Rob fills this absorbing book entitled **Montreal 1909** with such stories and comments. Because the book is structured in days and months, it can be read for hours or in five minute sittings.

Rob Wilkins, a former colleague, from my early years as a high school teacher will be speaking about this interesting period on March 19, 2019 at the English Montreal School Board.  
See you there.



M. Michielli

## The Financial Corner

### Can cash lose its value?



In the 2018 budget, the Canadian government proposed that legal tender designation be removed from some bank notes that are no longer produced.

- . The \$1 and \$2 notes stopped being issued in 1989 and 1996.
- . The \$25 note was a commemorative note. Both it and the \$500 note were discontinued in 1935
- . The \$1000 note stopped being issued in 2000

Removing the legal tender status means that the older cash might no longer be used to buy things at the store; but these bank notes would not lose their face value. You could still take them to a bank to redeem its value.

In any case, most of the older bank notes produced have a higher collector value than their face value.

*Excerpt from Royal LePage documentation 2018*

## Welcome to New Members

Josie Agostinelli-Silvano, Anne Boutet Knerr, Maryanne Boyle Topolniski, Barbara Bubis, Jeanne Houweling, Robert Johannson, Barbara Johannson, Naile Kudeki, Marg McEwen, Howard Miller, Terry Smiley, Angela Soda-Bozzer, Roslyn Trepid, Sandra Trihey, Jane Uleryk

**CONGRATULATIONS ON YOUR RETIREMENT!**

Terrie Kozaczynski



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## Roll call

A grade two teacher will never forget this story. At the start of the school year, as she always does, the teacher took attendance as usual, she asked the children their names, their mother's name and their father's name.

These were easy questions, and one child after another gave the requested information to the teacher. Except when she came upon this one little boy, and she asked him the same questions.



“What is your name?” The teacher asked. “Mathew” he answered. “What is your mother's name” the teacher continued. He answered quickly and with confidence.

Then the teacher asked him: “What is your father's name?” The boy paused, looked up at her, and said that he didn't have a father. But he said: “I have many uncles that come in the evening.”

It was the first time this situation arose, she didn't know whether to laugh or cry.

Terrie Kozaczynski

## Les Examens de Juin

Il y a plusieurs années, nous sommes en juin, examen de fin d'année. Certains élèves ont le droit à la technologie selon leur plan d'intervention individuel. (IEP)

Cet étudiant fait son examen écrit en classe avec un ordinateur portable. Je reçois sa version via courriel.

Je fais une copie et mes yeux n'en reviennent pas!! Je vois différentes polices d'écriture. Je commence à lire et je ne peux comprendre le texte. Nous sommes trois enseignantes qui essaient de le comprendre. Voici quelques exemples

« Un putin de l'âne »

« Ma mare a dit que je put pas mensonge » dit Johnny.

« Tu veux mettre votre argent ou ton bouche est » dit Paul Johnny répond avec « frisson le »

« Putin de l'âne » nous avons fini par trouver Google translate Jack ass

« frisson-le » Chill out

Nous sommes en juin alors le fou rire nous a pris et encore aujourd'hui je peux dire putin de l'âne et nous partons à rire.

Kathleen Gardner

## In Memory of our Dear Friends

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

Myrna Anderson - Montreal, QC

Margaret Bretzlaff - Shawville, QC

Jessie Emerson - Kingston, ON

Jean S. Laird - Montreal, QC

Eileen (Cornell) Wales - Comox, BC

Phyllis Bennett - Beaconsfield, QC

Elena Castracane - Montreal, QC

Talip Kudeki - Pointe Claire, QC

Myrtle E. Nunn - Whitby, ON



## Kobe, Japan

After being on the road for over 24 hours, we awoke to a lovely spring-like day in Kobe, Japan. With breakfast thoroughly enjoyed, we were off to the center of the city where there was a display of beautiful chrysanthemums in a lovely park-like setting. There was carp in the pond at the centre of the park, waterfalls and interesting bridges. We admired the thousands of beautiful flowers, bonsai trees and displays. By the small lake, there was even a newly-wedded couple in their traditional outfits having their pic-



ture taken along with cute little girls, also in traditional dress.

Later we visited a huge shopping street called the Motomachi mall. In the evening, we enjoyed an authentic Japanese restaurant where we took our shoes off at the entrance, sat on cushions on very low tables and had appealing dishes brought to us at various intervals. The Japanese beer and cold saki were excellent! Next on the agenda was a cab ride to our new home in Kobe where we spent nine days of our holiday.

The streets in Kobe are very clean, there is no graffiti or garbage anywhere, and the people are very polite and friendly. By the train station where we walked past, there were about a hundred bikes and scooters just neatly lined up—no locks on any of them. Apparently, the people leave them there for the day while they take the train to work and then pick them up at the end of the day. No one touches them all day!

The price of things are rather expensive—especially fruits and vegetables. The portions served are very small, but very beautifully arranged. Every meal is an artistic treat.



Kobe is a great place to visit and a trip there is highly recommended. Sayonara!

Naile Kudeki

### Did you Know?

The percentage of Quebec's population that is 65 or older is 18.5 %. Across Canada, the average is 17.9 percent. Quebec also has fewer residents that are 20 years or younger - 20.6 in Quebec versus an average of 21.6 across Canada.

*Reference: Gazette, Dec 7, 2019*



## Publisher's TIPS

Click on the picture to link to the articles.



7 WAYS TO STAY HEALTHY  
THIS WINTER



SENIORS AND FINANCIAL  
ABUSE



POWERS OF ATTORNEY (FOR  
FINANCIAL MATTERS AND  
PROPERTY) AND JOINT BANK  
ACCOUNTS



HOBBIES BEST OF THE WEB

## Editor's Picks

Click on the picture to link to the articles.



THE BIOLOGY OF SUGARS



THE HEALTHIEST PEOPLE IN THE  
WORLD DON'T GO TO THE GYM



WE ASKED 105 EXPERTS WHAT  
SCARES AND INSPIRES THEM MOST  
ABOUT THE FUTURE?



MEDICAL ADVANCES COULD  
SOON SPARE PATIENTS SURGERY

## Je n'aime pas le français

Il y a plusieurs années, il y avait un élève dans ma classe et à chaque fois qu'il arrivait, il croisait les bras et avait un air boudeur. Il refusait de faire quoi que ce soit. Nous sommes en novembre, et rien n'avait changé. À chaque jour il entraînait en classe l'air boudeur, les bras croisés.

Je commence une activité où les élèves doivent en équipe réaliser un jouet avec des matériaux recyclés. Pour la première fois Jim\* s'implique et travaille. Il aime tellement ce projet qu'il arrive maintenant avec un sourire. Quel beau jeune homme avec le sourire. Un revirement à 360 degrés.

Après cette activité, il demande aux autres élèves de parler français dans ma classe. et il arrive toujours avec un sourire. Merci Jim!!

\* *Jim nom fictif*

Kathleen Gardner

## Pour une communication réellement efficace

Les caractères stéréotypés  
Et les émojis pour les textos,  
Des réseaux sociaux,  
Ne sont que des figures figées  
Sans vie et vide d'humanité;

Après tout, cette absence d'authenticité  
Présente tant opportunités  
Pour prendre la fuite

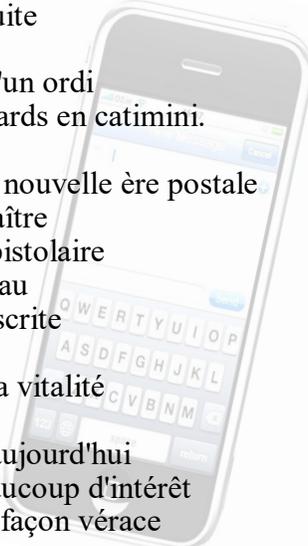
Derrière l'écran d'un ordi  
Et lâcher des bobards en catimini.

En revanche, une nouvelle ère postale  
Commence à renaître  
Où la prouesse épistolaire  
Insuffle de nouveau  
La missive manuscrite

De son charme, sa vitalité  
Et sa délicatesse.  
L'on est en train aujourd'hui  
De témoigner beaucoup d'intérêt  
De s'exprimer de façon vérace

Par une missive manuscrite; non virtuelle,  
Griffonnée par une écriture  
Immanquablement identifiable  
Et qui effectue une liaison quasi-visuelle  
Émaillée de souvenirs inoubliables.

©Brian Ostrovsky



## Savoir quelle route emprunter

Pour qu'un argument  
Soit convaincant

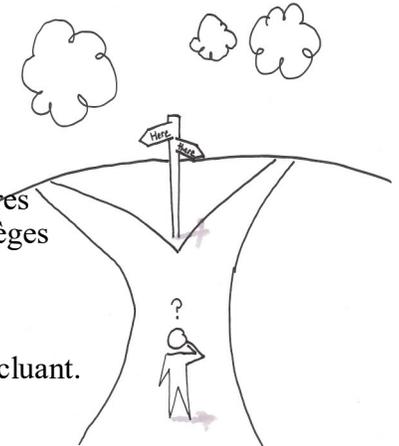
Porter attention  
De ne pas t'écartier  
Du chemin certain.

La bonne route  
Pour atteindre ton but

C'est celui où les phares  
Illuminent tous les pièges  
Déroutants

Qui risquent obstruer  
Un raisonnement concluant.

Brian Ostrovsky



### ARE YOU INTERESTED?

*Niki Gouskos of the EMSB's Human Resources Department is looking for retired teachers who would be willing to be substitutes, especially for French and the Resource (special needs) area.*

*If interested and available, please contact Ms. Gouskos at [ngouskos@emsb.qc.ca](mailto:ngouskos@emsb.qc.ca) or 514-483-7200 ext. 7277*



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# Casino Day!!



# Fall Luncheon and Reception for New Retirees



# Holiday Celebration



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 or are considering retirement soon.**



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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.

### Contact Us

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



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### Reminder



Members travelling with Senior Discovery Tours should notify Renate Sutherland, so that we may receive the 4% allocation back to our organization.

Renate Sutherland can be reached at 514-695-1970 or

Email address:

[renate.sutherland@bell.net](mailto:renate.sutherland@bell.net)



## Recipe Section



### CREAM OF LEEK SOUP WITH STILTON CHEESE

¼ cup Margarine or Olive Oil

6 Leeks

6 Medium Potatoes, peeled and diced

1 Small Bag of Shallots

3 Cloves of Garlic

64 oz. Chicken Stock

Sauté leeks, garlic and shallots in margarine or oil until soft then add diced potatoes and cook for another 5-6 minutes. Add chicken stock, bring to a boil, and then simmer for about 30 minutes until potatoes are soft. Set aside to cool and use a blender until smooth.

Add:

1 tbsp. Lemon Juice

¾ cup Light Cream (10% is O.K.)

1 tsp. Salt

1 tsp. Nutmeg

Serve hot with grated Stilton Cheese and Chives to garnish.

Serves 10 to 15



## Curried Lentil Soup in Crockpot

Freezes well too!

### Ingredients

- pkg. (2 ½ cups – 16 oz.) dried lentils, rinsed
- 2 medium carrots, cut in slices (1 cup
- 2 medium stalks celery, cut in small pieces (1 cup)
- 1 medium onion chopped (1/2 cup)
- 2 garlic cloves, minced
- 2 chicken or vegetable bouillon cubes
- 3 tsp. curry powder
- 1 tsp. salt
- 2 bay leaves –discard before serving
  
- 1 can (28 fl. oz.) diced tomatoes
- Some coarsely chopped fresh spinach\*\* optional
- 1 tbsp. plain yogurt \*\* optional

Combine all ingredients except last THREE

Cook on high (5-6 hours) OR on low (8-9 hours)

30 minutes before serving, stir diced tomatoes into soup and cook till heated.

Serve with or without optional topping. DO NOT FREEZE optional topping!

Renate Sutherland



## Linzer Bars

1 1/3 cups butter softened  
1/4 cup sugar  
1 egg  
1 tsp grated lemon peel  
2 1/4 cups flour  
1 1/2 cups whole almonds, ground  
1/2 tsp ground cinnamon  
3/4 cups raspberry or apricot preserve  
Powdered sugar to sprinkle on the top (optional)

Preheat the oven to 350 degrees.

Grease a 13 by 9-inch baking pan.

In a large bowl with mixer at medium speed, beat butter with sugar until light and creamy. Beat in egg and lemon peel until blended. Mix in flour, almonds and cinnamon until well blended. (If dough looks too crumbly, add about 1/4 cup of water so the dough sticks together.)

Press 2 cups of dough at the bottom of the prepared pan. Spread preserves. Spread the remaining dough on the top a little at a time.

Bake 35 to 40 minutes until golden brown. Cool. Sprinkle with icing sugar.



## OVERNIGHT BRAN MUFFINS

- 3 c all bran cereal.
- 1 c boiling water
- 2 ½ c flour
- 2 ½ tsp baking soda
- 1 tsp salt
- ½ c canola or other salad oil
- 1 c sugar
- 2 large eggs
- 2 ½ c buttermilk
- 2 c natural bran
- 1 c raisins or other dried fruit such as cranberries or blueberries.

Pour boiling water over the 3 cups of bran. Mix and let stand to cool.

Combine flour, soda and salt.

In large mixing bowl cream oil and sugar and then add eggs, one at a time.

Add flour mixture alternatively with buttermilk, starting and ending with the dry ingredients.

Add natural bran and raisins and combine just until blended.

Cover tightly and let stand in refrigerator over night.

Do not stir.

Spoon batter into oiled or paper lined muffin cups.

Makes 12 extra large or 24 medium muffins.

Bake 400F 24 minutes or until tester inserted in the centre comes out clean.

## Rice Pudding a la Jan

*(My Mom's favourite recipe and very good)*

### Ingredients

1 cup cooked rice  
 3 tbsp. sugar  
 2 eggs  
 ¼ cup raisins  
 2 ½ cups milk or cream  
 1 tsp nutmeg  
 butter

### Method

Beat the eggs with sugar,  
 add rice and raisins, mix in bits  
 Place butter on top and add nutmeg

Jan McConnell



## Gazpacho Cold Soup

### Ingredients: (serves 6)

1 clove garlic  
 ½ small peeled onion  
 ½ green sliced pepper  
 3 bright large tomatoes  
 1 small peeled cucumber  
 1 tsp. salt  
 ¼ tsp. pepper  
 2 tbsp. olive oil  
 3 tbsp. wine vinegar  
 ½ ice water

Blend all in Osterizer /Blender and serve with shallots and croutons.

Renate Sutherland



## BAKED LEMON PUDDING

2 tbs butter  
1 ½ c sugar  
¼ c flour  
2 c milk  
4 large eggs  
2 lemons

Preheat oven to 350F.

Lightly grease baking dish.

Separate the eggs and stiffly beat the whites.

Cream butter and sugar and add the flour.

Lightly beat the egg yolks and add to the mixture.

Zest and juice the lemons and add.

Gradually stir in the milk.

Carefully fold the beaten egg whites into the mixture.

Pour into prepared casserole and place in larger pan in the preheated oven.

Add hot water to about halfway up side of dish.

Poach 40 to 50 minutes or until knife inserted in centre comes out clean.

Remove from water bath and cool.

Serve chilled or at room temperature.

Joan Ebbert



## SPINACH SALAD – Serves 6

|                     |                     |
|---------------------|---------------------|
| 2 tbsp wine vinegar | 3 eggs, hard-boiled |
| 6 tbsp olive oil    | 8–10 strips bacon   |
| 1 tsp garlic powder | 1 lb. fresh spinach |
| Salt to taste       |                     |

Make dressing with first four ingredients and refrigerate.

Fry bacon, drain and set aside.

Wash spinach, dry it. Tear it in small pieces, put it in bowl and refrigerate.

When ready to serve, chop eggs and crumble bacon and add to salad.

Toss with dressing and serve.

Can be varied with Parmesan cheese or croutons.

Renate Sutherland



## Fruit Flan

### Base:

Pastry ingredients for a 12" fluted pastry spring form:

6 oz. or 150 grams flour  
2 ½ oz. or 65 grams sugar  
1 tsp. baking powder  
egg  
oz. or 70/75 grams margarine or butter

Sift flour, sugar and baking powder into a mixing bowl. Add margarine/butter, cut into dice and blend lightly with fingertips until mixture resembles fine breadcrumbs. Beat egg and work in lightly. Press or roll out dough unto slightly greased and floured base of pastry form.

Bake at 300 for 20 – 30 mins. until baked but not brown.

Cool pastry. I often prepare the pastry the day before.

### Topping:

Two packages of Dr. Oetker Clear Glaze

Fresh fruit

- strawberries, blueberries, tangerines, oranges, grapes, bananas, kiwi fruit, peaches etc.  
(Well drained canned fruits can also be used, though I really prefer the fresh fruit).

Whipped cream or Reddi Whip

Prepare TWO packages of Dr. Oetker Clear Glaze as per instructions and let cool

Arrange any combination of fresh fruit (washed and dried) on baked pastry base.

Pour cooked glaze, slightly cooled, over prepared fruit and refrigerate.

Serve chilled with whipped cream or Reddi Whip/per serving, as desired.

N.B. I usually put on the fruit and the glaze the day, I'm ready to serve it.

The fruit flan usually keeps for 2 days, without getting soggy.

Renate Sutherland



## Veggie Vegetarian Chili

My friend sent me this recipe ages ago after a party at her home. It has been a hit ever since. She found it in a magazine from Lil Photog. It can feed a large group or it can keep for days. Serve with a sprinkling of cheese. Sour cream or thick yogurt goes well with it. You may also add a 12-ounce pack-

age of vegetarian burger crumbles after the ingredients come to a boil.

### Ingredients

- 1 tablespoon vegetable oil
- 3 cloves of garlic, minced
- 1 cup chopped onion
- 1 cup chopped carrots
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 2 tablespoons chili powder
- 1 1/2 cups chopped fresh mushrooms
- 1 (28 ounce) can whole peeled tomatoes with liquid, chopped
- 1 (15 ounce) can black beans, undrained
- 1 (15 ounce) can kidney beans, undrained
- 1 (15 ounce) can pinto beans, undrained
- 1 (15 ounce) can whole kernel corn, drained
- 1 tablespoon cumin
- 1 1/2 tablespoons dried oregano
- 1 1/2 tablespoons dried basil
- 1/2 tablespoon garlic powder

### Directions

1. Heat the oil in a large pot over medium heat. Cook and stir the garlic, onion, and carrots in the pot until tender. Mix in the green bell pepper and red bell pepper. Season with chili powder. Continue cooking 5 minutes, or until peppers are tender.

Mix the mushrooms into the pot. Stir in the tomatoes with liquid, black beans with liquid, kidney beans with liquid, pinto beans with liquid, and corn. Season with cumin, oregano, basil, and garlic powder. Bring to a boil. Reduce heat to medium, cover, and cook 20 minutes, stirring occasionally.

Katherine Snow



## Scones

to serve with the Vegetarian Chile  
or any time

Scones have been a life long favourite of mine. My mother made scones all the time. Sometimes she added cheddar cheese or raisins. You can also use the recipe to make butterscotch pinwheels, another family favourite, but that's for another day.

2 cups sifted flour  
1 tbsp sugar  
4 tsp baking powder  
½ tsp salt  
½ cup shortening  
1 beaten egg  
2/3 cup milk

Sift dry ingredients.

Cut in shortening.

Add beaten egg to milk, or measure 2/3 cup milk in measuring jug and beat the egg right in it.

Add liquid all at once to dry ingredients.

Mix LIGHTLY only until all is dampened adding more flour if necessary. Dough should be very LIGHT.

Turn out and knead LIGHTLY about 20 strokes.

Roll to about ¾ inch thickness.

Cut firmly into desired shapes without twisting cutter. *May also be kneaded and rolled out directly on baking sheet to be scored with a knife as desired.*

Brush tops with milk and bake at 450 degrees F. for 10 – 14 minutes according to size.

Makes about 2 dozen 2" scones. Recipe doubles easily.

Katherine Snow



## Banana Bread

Preheat oven to 350F

In a small bowl, combine:

1 ¼ cup flour

1 cup sugar (I use ¾ c)

1 teaspoon baking soda

In a large bowl beat:

½ cup butter, softened

2 or 3 mashed bananas

2 eggs

With a whisk or fork, add dry ingredients to banana mixture, stirring only until dry ingredients are moistened. (Overmixing once flour has been added causes a tough, rubbery product)

You can add nuts and/or raisins if desired. Bake at 350 F for 1 hour in a greased, wax paper lined loaf pan.

**Hint.** Collect your over-ripe bananas, by storing them in the freezer, with the skin. When you have enough, thaw them and use in the recipe.

Claudia Thierry



## Connie's Blueberry Biscuits

2 cups of all-purpose flour  
1 tablespoon baking powder  
1 tsp salt  
¼ cup sugar  
½ cup cold butter (1 stick) cut in half inch pieces  
1 cup blueberries  
1 cup milk

Preheat oven to 450°F

- In food processor combine flour, baking powder, salt, sugar and butter. Pulse until butter is pea size pieces.
- Place flour mixture into a bowl. Add blueberries coat with flour mixture. Add milk, mix until mixture forms soft dough. DO NOT OVER MIX
- Line cookie sheet with parchment paper. Drop heaping tablespoons of the mixture 1 inch apart. Sprinkle top of biscuits with sugar. Bake 12 – 15 minutes until golden. Makes 20 biscuits.

Hope you enjoy them



## CITRUS SALAD – individual serving

Leaves of Boston lettuce  
3-4 slices of Avocado per serving  
4 slices of oranges per serving  
Green grapes  
Bacon crisp

### Vinaigrette

1 cup salad oil  
¼ cup orange juice  
2 ½ tbsp. lemon juice  
1 tbsp. vinegar  
1/3 cup sugar  
1 tsp. salt  
1 tsp. grated onion  
Cut up shallots

Fan out, alternating avocado and orange slices on lettuce leaf. Add grapes and sprinkle bacon crisp and shallots on salad. Top with vinaigrette.

Renate Sutherland



## BAKED RATATOUILLE

### Recipe ingredients:

1 small eggplant  
2 large tomatoes  
1 large onion  
1/2 lb. (225 g) zucchinis  
1 sweet pepper  
2 cloves garlic  
4 Tbsp. (60 mL) olive oil\*  
Thyme, oregano and basil  
Salt and pepper  
Parmesan

### Preparation:

Peel the eggplant and slice 1 cm (1/2").  
Slice the tomatoes, onion and zucchinis.  
Slice sweet pepper in strips.  
Crush garlic; stir in oil; add herbs.  
Grease an oven dish with a little oil.  
Layer the vegetables; sprinkle with salt and pepper.  
Cover; bake at 375°F (190°C), 60 to 90 minutes. Sprinkle with parmesan.  
Serve hot.



## Nutrition Packed Curried Lentils with Spinach

### (Makes 5 cups)

|  |  |
|--|--|
| 1 tbsp. plus 1 tsp. (20 ml) extra-virgin olive oil | 1 19 oz. can (540ml) lentils<br>(drained and rinsed) |
| 1 onion, diced                                     |  |
| 1 tbsp. (15 ml) curry powder                       | 1 28 oz. can (796 ml)<br>diced tomatoes              |
| 1 tsp (5 ml) ground cumin                          | 4 cloves garlic, minced                              |
| 1 tsp (5 ml) ground coriander                      | 4 cups (1 l) baby spinach leaves                     |
| ¼ tsp (1 ml) turmeric                              |  |

Heat a saucepan over medium heat. Add olive oil & onion. Sauté 2 minutes.

Add curry powder, cumin, coriander and turmeric and mix well.

Cook for 1 minute, stirring constantly.

Add lentils and diced tomatoes. Stir well. Bring to boil, then cover and reduce heat. Simmer for 15 minutes, stirring occasionally.

Remove lid and turn heat to medium. Add garlic and mix well. Add spinach.

(I use 1 whole bag). Stir until spinach wilts. Serve.

(Delicious with crusty bread and a salad.)