



# 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



**DUE TO THE COVID-19, ALL EVENTS ARE CANCELLED UNTIL FURTHER NOTICE.**

## "THE COVID-19 SQUIRREL SAGA"

This COVID-19 pandemic is certainly changing the way we think and live! At the same time, it is providing us with the opportunity to explore new avenues and ways to cope while we all do what is necessary to "flatten the curve". What follows, is a series of "selected" and I hope, humorous texts that I have been sending daily to family and friends, expanding this "circle" over time...I started on March 21st!! It is a way for me to stay in touch and hopefully bring a smile, or maybe even a "chuckle" to its audience. Keeping a sense of humor, I believe, is so very important at this time!

The idea was inspired while on one of my daily walks as I noticed the many squirrels running around and Corona virus free!! The texts quickly began to morph, integrating "real time" events and observations from the daily onslaught of news reports. They have come to be known as the "COVID-19 SQUIRREL SAGA"!!! I hope you enjoy them as much as I enjoy writing them...it helps to keep me sane!!!

### MARCH 21

I can't take much more of this...I'm moving in with my squirrel neighbors...they can't infect me...bringing peanuts to share with them!!!

I'm presently hanging wallpaper in my new nesting home. I like a more traditional look but my furry roommates seem to like a more outdoorsy look...we've settled on something in between!!!

### MARCH 22 UPDATE:

Sad & depressing news to share: the squirrels have moved out...leaving me alone up a tree!! Guess they really didn't like my choice of decor!!!

### MARCH 22 UPDATE:

My furry friends were found near the St. Laurent library, all practicing "social distancing"!

### MARCH 24 UPDATE:

My furry friends are planning a concert to raise nuts for those in need. "Alvin" of the "Chipmunks" will be the guest performer...they are doing this in deference to the federal government's inability to get the relief package passed! Stay

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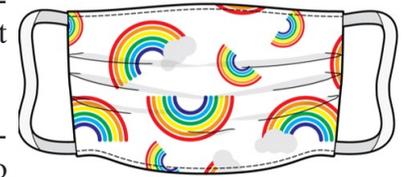
## EDITORIAL

If we've learnt anything from the COVID-19 protection measures, it's that "we're all, definitely, in this together". We see how our resilience, patience, discipline and determination have a direct impact on the number of total COVID-19 cases pinpointed everyday by the media reports. We digest the reports with a view to whether we are "flattening" or "planking" the curve. Oui, "Ça va bien aller" ....eventually....given that Montreal is a hotspot! Meanwhile, we at QPARSE hope that those in your circle of friends and family are in good health and that you are handling the lockdown in a positive manner.

Emergencies bring out the best in people and we see it all around us, those shopping for elderly friends and family, volunteers at CHSLD, those who keep shelves stocked and delivery people who help us transition more towards online shopping. We hone new skills. We especially admire the many healthcare workers who put their lives in harm's way on our behalf. Nonetheless, some days are harder than others. As for me, the 1000 piece puzzle, the growing seedlings in front of the window, the two pairs of knitted slippers, ZOOM meetings and the loaves of baked bread are all products of COVID-19 that have helped to keep me busy.

For eight weeks we've been sheltering in place against a virus that's so contagious that one person can infect about 2.6 other people. To be asymptomatic and possibly still pass it along is a concern. Nonetheless, provincial governments are starting to ease restrictions. The English Community in Montreal was especially concerned that the return to school may have been premature.

As CBC reporter Kelly Crowe says: "it's a pandemic paradox, the nasty pathogen that drove us inside is still spreading — but now we're told it's time to go out and face the risk." All elementary schools in the Greater Montreal area will not reopen until August or September, instead of May 25 as was previously planned. Premier Legault has also delayed the reopening of businesses in Montreal until May 25. But there are still risks for people returning to work and using public transit. Masks are essential.



As you can see, the QPARSE News team decided that the theme of this newsletter should be COVID-19-related. We ask you to check out COPING WITH COVID-19 on page 4 and the humorous article by Tom Conti on the front page. It's a hefty newsletter, but we thought you might appreciate hearing what our members are doing and how they are handling the COVID-19 shelter-in-place. Given the circumstances, we apologize for not mailing the paper edition of this QPARSE News, but we do intend to mail the paper version the fall edition.

Meanwhile, please take care of yourself, stay safe, keep healthy and share QPARSE News with friends and family.

Stay positive,

Marzia Michielli  
Editor

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	<p><b>Next Deadline:</b>  <b>August 30, 2020</b>  <b>Theme:</b>  <b>What we learned from the</b>  <b>COVID-19 pandemic.</b></p>

## PRESIDENT'S MESSAGE - MESSAGE DE LA PRÉSIDENTE

Dear QPARSE Members,

It has now been about two months that we have been living a very different reality. Each of us is living a different experience, with some of us living alone and suffering from that isolation, Others are worrying about our families and friends and others still working in one way or another, and usually from home. In all cases, we are weathering a storm but doing so in different boats.



As we move forward, we can be thankful for friends and family who can communicate with us virtually, for the technology that allows us to keep up-to-date with vital information and allows us to voice our opinions. We can be thankful for the opportunity to slow down, take time to read or do some handy work or to write down our experiences for future generations.

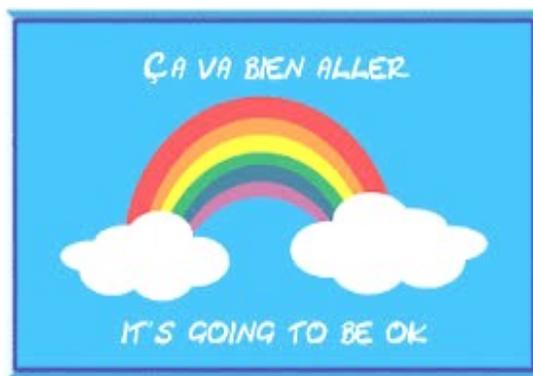
Our planet is showing how quickly it can recover from the reduction in pollution due to fewer cars on the road and less industrial production. Animals and birds are reappearing in places where they have not been seen for a long time. We need to think about the message being sent to humanity so that when we do come out of this pandemic, we will change our ways to benefit our environment.

As retirees and one of the most vulnerable groups, we need to adhere to directions to stay home, to protect ourselves if we do need to go out and not be too proud to ask for help if we need it. Our children and grandchildren need us to be there when we can once again be an active part of their lives. So be patient and persevere.

As retired educators, you are probably following the developments here in Quebec as the government announced plans to gradually reopen elementary schools in a week or two. You may have also been following the outcry of alarm from parents, teachers and administrators as the government moves in that direction. The English school boards association (QESBA) has taken the position that they should be the ones deciding if schools under their jurisdiction are safe to open and are making it clear that they feel that the timeline announced is not allowing for proper preparations to be put in place. School boards in the greater Montreal area are particularly worried that the containment of the virus in this area is not yet under control. So School Boards are expressing even more concern for the health and safety of students and staff in their schools. We should be hearing much more on this topic soon. One thing is sure, we are all looking out for what is best for our students and staff.

In conclusion, I wish you all strength, patience, good humour and good health as we weather this storm together.

Jan Langelier



## COPING WITH COVID-19

### 26 avril, 2020 - Les années se suivent mais ne se ressemblent pas

En cette époque de confinement et comme on a le temps de réfléchir au temps qui passe, je me suis mise à penser à ce que je faisais l'année dernière à cette période. Je suis une septuagénaire qui fait de la consultation à l'occasion et en avril dernier j'avais un contrat pour faire du mentorat, ce n'était que quelques heures mais c'était très valorisant.

Je finissais d'organiser un voyage à Disneyland en Floride pour toute la famille, 2 enfants avec leurs conjoints, et 4 des 5 petits enfants.

J'allais une fois par semaine faire des étirements Essentrix, et je marchais 1 heure par jour dehors. Mais lors de pluie, je marchais au centre d'achat et je pouvais prendre un café et regarder les gens faire leurs courses.

On fêtait Pâques avec la famille incluant la chasse aux œufs de Pâques, et puis au mois de mai on célébrait l'onzième anniversaire de notre petit-fils avec un repas en famille.

Je pouvais aller me faire donner une pédicure et un manucure ainsi qu'une coiffure à ma guise. J'utilisais les cadeaux de spas et massage reçus à Noël pour me faire dorloter un peu.

On allait au concert Arion Musique Baroque, et aux Grands Explorateurs, et à l'occasion on allait au cinéma. On allait souper au restaurant ou quelqu'un nous servait et nous faisait la jasette.



Ces dernières semaines notre quotidien a changé, pour nous les septuagénaires et les plus âgés. La COVID-19 est bien mortelle donc pas de contact avec d'autres, pas de sortie aux épiceries ou à la pharmacie, pas moins de 2 mètres si on prend une marche dehors. On doit donc se replier sur nous-mêmes et inventer une nouvelle façon de vivre et de socialiser. Pierre et moi avons choisi de vivre notre confinement au chalet à St-Donat, une petite municipalité retirée et tranquille, mais solitaire. Toute communication se fait par téléphone ou par internet, l'épicerie et les achats à la pharmacie sont livrés sur le perron.

Amateur de Scrabble je joue par internet avec amis et famille. Je fais plus d'exercice et me connectant en direct avec deux professeurs, une d'Essentrix, l'autre d'aérobic et cela 5 jours par semaine plus une marche d'une heure par jour.

On cédule des invitations pour un apéro en direct une fois par semaine avec un couple d'ami à la fois. On essaie de le faire avec plusieurs amis tous à des jours différents. De même, avec la famille on Skype et on se parle. On envoie des cœurs et des bisous en emoji. Ce n'est pas pareil, mais cela fait quand même plaisir. J'ai repris le piano que j'avais délaissé depuis 50 ans.

En conclusion les années se suivent mais ne se ressemblent pas. Cependant, malgré l'éloignement on est en communication avec nos amis plus souvent qu'avant, n'allant plus au restaurant si souvent on cuisine plus à la maison et on mange plus sainement. En plus on sauve de l'argent! On reprend avec les choses simples de la vie, et on réalise comment la vie nous a bien traitée et quelle chance on a de pouvoir encore être en vie et en santé. On revoit les films des années antérieures que l'on a manqué. La vie ne sera plus jamais la même, mais elle aura eu pour effet de recentrer nos priorités.

Martha Kahne-Mercure

## COPING WITH COVID-19 *cont'd*

### Coping with the COVID-19 Lockdown

We are fortunate to be able to garden, and walk in the neighbourhood when so many are confined to their residence. I am knitting socks using up scrap yarn, jigsaw puzzling, reading and best of all babysitting our three year old granddaughter whose parents are working from home.

Claudia Thierry



### Notre vie avec le COVID-19

Il y'a beaucoup de changements pour moi avec ce virus, car il m'empêche de finir mon année scolaire avec les étudiants et cela me chagrine.

Néanmoins, Patrick et moi faisons une marche presque tous les jours, et nous la faisons à des temps différents. En plus, je suis la responsable de faire les commissions, ce que je déteste, mais je me dois de le faire étant la plus jeune. Je fais aussi les commissions pour deux personnes âgées, ma voisine de 91 ans et une amie de 78 ans. Patrick s'occupe avec ses jeux, ce qui lui permet de parler à plusieurs personnes à travers le monde.

Nous regardons les nouvelles et Patrick ajoute son grain de sel. Nous avons fêté l'anniversaire de Patrick en utilisant l'application Zoom. Nous avons invité quelques personnes à se joindre à nous pour les festivités.

En outre, j'ai un élève en francisation que je rencontre 3 fois par semaine avec Google Meet. Il habite en Ontario mais il fréquente notre école en Sport-Études. Le confinement se passe bien car il y a aussi beaucoup de Netflix, Video et Disney. ... Tout va bien aller.

Katherine Gardner



### Coping with COVID 19 Lockdown

Well...if I recall March 13th was when the reality hit, schools announced closure then Premier Legault got on the news two days later outlining the scope of the crisis. At first I was in complete shock and to a certain degree that hasn't worn off! Indeed I took and am taking it very seriously but never felt I was missing anything.

Staying at home has been an absolute pleasure! I would say the majority of my time has been spent doing home improvements, which include weeding things out and a lot of cleaning. My house has never been cleaner! Everything I do is at a slower pace, no rushing around at all which is a welcomed change. I have

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## COPING WITH COVID-19 *cont'd*

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found many moments to be thankful and appreciate living in the best country in the world despite our cold winters! Another area I have explored, well in fact the whole family has as we are all home, is cooking and baking but completely different kinds of recipes, many of which I am totally unfamiliar with.

There is however a constant worry about my family and friends throughout this time. I do not like going to the grocery store and have started ordering groceries to be delivered and this new normal might just stick, it is quite convenient.

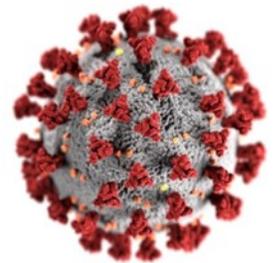
I think about the frontline workers and not long ago ran into one of my former students who handed me hand sanitizer as I entered the grocery store and I said “you are the heroes.....all of you are for working” and was met with a friendly smile! Walking and seeing the weather improve little by little gives me hope that this situation also will get better and it will one day be behind us. I remain thankful and vigilant and hope to see that rainbow ahead.

Sandra Trihey



## COVID-19 Lockdown

I watched the news and listened to the commentators, the doctors, the researchers, and the politicians. It was clear that this COVID-19 situation was becoming increasingly scary for everyone, and that I needed to take definitive action to keep me and my family safe. We left Montreal for our farm in the Eastern Townships. We have been here since early March and I have not been near other people for a long time. We order groceries on-line and have them put directly into the trunk of the car. We clean each item with Lysol wipes before it goes into the house.



We are eating well and enjoying a glass of wine after a hard day's work on the land. We have had a bumper year in the maple syrup department, and our vegetable gardens have never been prepared so well and so early. There is no problem with being apart from people - as there are no people around. I am fortunate to be able to self-isolate in this way, but I am also filled with anxiety. My mother who suffers from dementia is in a residence and I cannot visit her. I try to talk on the phone, but frequently she is sleeping and does not always say anything. Video conferencing is the best option, but it has only recently been set up. I feel fortunate that, at least, I can see her.

I miss my friends and going out for coffee. I am impressed with the teachers and how they continue to reach out to their students. I am grateful to the caregivers and the people involved in the medical field. I am confident that one of the brilliant researchers will develop a life-saving vaccine. I hope that the small business owners will be able to hold on, and that the workers who have been temporarily let go will be able to work again soon.

By the way, we have a rainbow in our window.

Katherine Snow



## COPING WITH COVID-19 *cont'd*

### Caring and Sharing

I feel for the families and friends that have lost loved ones to this COVID-19 and pray daily for the safety of the frontline workers who must continue to care for those who have succumbed to the virus.

In the midst of this horrendous event, life goes on. Daily, I have tried to make the best of it. For me, the past two months have had more highs than lows. I have taken the time to call friends and family throughout the globe. Friends and neighbours have also taken the time to check to see how I am doing, or if I am in need of anything. I am truly grateful for the caring and sharing. ...and yes! This has also given me the time to do the cleaning and sorting.

The What's App information, gossips, jokes and opinion pieces are sometimes overwhelming; but you know, now they help fill the day and much of it has to be passed on.

After having attended the funeral of a classmate's sister in January, I joined a daily Blog with my high school classmates. The opportunity to meet a dozen or more friends in Antigua, sing our favourite school hymns at the funeral created the most positive bonds that have encouraged and supported me through this crisis.

For the most of my caring and sharing, fastidiously, after my daily devotion I respond to a Blog of now 20 or more friends. Four of the "girls" are Pastors, in the USA, Canada, Zimbabwe and England and the daily prayers and words of encouragement come through. We spent much time sharing incidents and events that took place at school, dissecting our teachers and bringing back the memories as if it were yesterday. We shared the foods of the day and described them in a mouth-watering way. We reminisced, and in the midst of it all we mourn the loss of many we knew.

When this is all over, I will continue to do my daily online exercise and make lighter groceries. I am so grateful for my High School friends who share and care so much.

Erene Anthony

### Coping with COVID-19 Isolation

These are certainly unprecedented and challenging times that we are all experiencing. I am grateful that our family and friends with whom we are in touch regularly, are in good health and all are looking forward to the start of normalcy in our lives. Though that may take some time yet.....!

Life is not boring but more cherished. I now have more time for yoga exercises, meditation and daily walks along Lac St. Louis. Together with the daily updates of the COVID-19 pandemic on TV and the CBC radio, I also enjoy PBS programming, Netflix and reading the Gazette and Globe & Mail with my morning coffee.

For me, the isolation we are all facing, does not seem to stop the work of the not-for profit organizations with which I am involved in presently. Most days I continue to be "inundated" with emails and Zoom meetings. Adjusting to Zoom is a new learning experience! I am also the contact person for a 102 year old family friend who lives independently in a Seniors' Residence (luckily no COVID-19 outbreak to date), and the support person to my 95 year old Alzheimer aunt, who is being cared for at her home in Longueuil. All that, together with connecting with family in the rest of the country and in Germany, leaves me with little "down-time" but with the knowledge that there will be better days ahead.

Renate Sutherland



## Income tax filing and payment deadlines: CRA and COVID-19

### Individuals – Deadlines for Quebec and Canada

Filing date for 2019 tax year	June 1, 2020
Payment date for 2019 tax year	September 1, 2020 Includes the June 15, 2020, instalment payment for those who have to pay by instalments.



For more information on Income Tax filing please contact the Canada Revenue site:  
<https://www.canada.ca/en/revenue-agency/campaigns/covid-19-update/covid-19-filing-payment-dates.html>



For more information on Quebec Income Tax filing please contact the Quebec Revenue site:  
<https://www.revenuquebec.ca/en/coronavirus-disease-covid-19/faq-for-individuals/>

## GOOD NEWS

### Canada's COVID-19 Economic Response Plan

#### Providing a one-time tax-free payment for Seniors

We are providing a one-time tax-free payment of \$300 for seniors eligible for the Old Age Security (OAS) pension, with an additional \$200 for seniors eligible for the Guaranteed Income Supplement (GIS).

This measure would give a total of \$500 to individuals who are eligible to receive both the OAS and the GIS, and will help them cover increased costs caused by COVID-19.



For more information on this and other Economic Response Plan please contact the Canada government site: <https://www.canada.ca/en/department-finance/economic-response-plan.html>

## RAGING

The COVID-19 is raging  
 My life is a mess.  
 I live in pyjamas  
 And don't have to dress.  
 I'm in isolation  
 Just staying at home,  
 And would give my last dollar  
 To be free to roam.

I'm seriously at risk  
 (or that's what they say)  
 Telling me to stay in  
 And not go out each day.  
 In my head I'm so young,  
 Though my licence reveals  
 I'm a 70-plus senior  
 (but that's not how it feels!).

When I run out of food  
 And deliveries are late,  
 I have to buy groceries  
 Between 7 and 8.  
 So early in the morning  
 I head out to restock  
 And discover a line up  
 That winds 'round the block  
 With social distancing seniors  
 All 6 feet apart.

Makes me wonder just when  
 I became an old fart.  
 My meals are repetitive  
 (a lot like my gas!)  
 And I'm tired of discussing  
 Why trump is an ass.  
 My latest new outfit  
 Is gloves and a mask,  
 And I'm starting to wonder  
 If I'm up to this task.

I wash all my groceries  
 All fruit, meat and veg....  
 Will this additional precaution  
 Tip me over the edge?  
 My beautiful brown hair

Has wide roots of grey,  
 No hairdressers around  
 To help wash them away.

I've been talking to myself,  
 Now I'm answering back.  
 Is it Monday or Friday?  
 I've really lost track.  
 I've stopped doing housework,  
 It's weeks since I've dusted  
 And I know without visitors  
 I'll never get busted.

I FaceTime my friends  
 Or we group chat on zoom,  
 And try to pretend  
 We're all in the same room.  
 Thank god liquor stores  
 Are considered 'essential'  
 Without daily drinks  
 This would drive us all mental.

Every once in a while  
 It is good to reflect,  
 On what this all means  
 And what we can expect.  
 It's a time to be grateful  
 For all that we've got,  
 Like a warm house and food  
 That others have not.

The bottom line here  
 By the time this all ends,  
 Is that we'll get through it  
 With our family and friends.  
 So even if your partner  
 Is a bit of a grump,  
 You can really be grateful  
 You're not married to trump!

Author Unknown



*(Continued from page 1)*

tuned to find out how you can get your tickets!!!

#### MARCH 25 UPDATE:

Squirrels have been in rehearsal all day. Alvin is being a real pain in the a., always singing off key. I guess some things never change!!! Hopefully, they will be ready for prime time soon. Choreography is a bit difficult to nail down...they seem to have a short attention span!

MARCH 26 UPDATE: Unfortunately, the squirrel concert, so anxiously awaited, has been cancelled!! It was discovered that several squirrels scurried across our southern border, though with good intention, to join their northern "cousins" to assist in the planned extravaganza. They were quickly found out...thanks to the quick work of the RCMP...and were fast tracked for testing. Alas one RODENT has tested positive!! They were sent scurrying back "home" but unfortunately all the hoped concert participants have been quarantined for 14 days...including Alvin...at the Big "O"!!!

#### MARCH 29 UPDATE:

The squirrels sequestered at the Olympic Stadium are upset that they are not being provided shelter from today's rain and a lack of peanuts. This is causing many of our furry "friends" to become increasingly anxious & depressed. To meet these concerns, the federal government has established a "Squirrel Hot Line" where volunteers will be available to listen, console & support them...no peanuts though!!! Hang in there everyone and wash your hands!!!



#### MARCH 31 UPDATE:

The squirrels are pitching in to help out during the COVID-19 Pandemic!!!

Fifty sewing machines and bolts of remnant cloth have been delivered to the stadium so that they can produce masks! They will be colorful and distinguishable by the following imprinted logo: "Squirrels Masking For Canada"!!!!

#### APRIL 2 UPDATE

Great news for the indigenous squirrel youth population!!!

The federal government has just announced that it will continue to provide eligible costs to First Nations Child & Family Services to youth who would have otherwise aged out of care...which varies from province to province. This said, it is unknown how many of the squirrels will actually benefit as the average life span of our furry friends is from 15-18 years!!! Still, it should go a long way to improve relations with our indigenous peoples!!! Kudos Mr. Trudeau!!!

#### APRIL 5 BREAKING NEWS!

##### SQUIRRELS TURNING THE OTHER CHEEK!!!

Upset by President Trump's decision to prevent 3M from providing protective masks to Canada & other South American countries, they are asking all Canadians to "turn the other cheek"! When asked why they believed this was their right course of action to take, a furry representative said: "We are working for peanuts, where do you think peanuts come from...the state of Georgia!!!!" He added: "You figure it out"!!!!

PS: Translation: "Don't bite the hand that feeds you"! Georgia produces the most peanuts in the USA!!!

#### APRIL 7 BREAKING NEWS!

There is mounting evidence emerging to indicate that the COVID-19 virus can also be transmitted by talking & breathing!!! Given this latest revelation, Canada's special Corona virus committee is recommending that all Canadians stop talking!!! No decision has been taken as to whether or not breathing will be eventually banned as well. Given the latter possibility, one very astute reporter pointed out: "This will effectively

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solve the Corona virus pandemic...at least in Canada...we'll all be dead"!!! Our furry friends are reacting very badly to this latest directive and are now on strike, refusing to make any more masks! They argue that they work in teams & must communicate with each other to ensure a quality product. They are being very VOCAL in their opposition...move over Mr. Scheer!!!

PS: Wish we could get Trump to stop talking!!!

#### APRIL 9 BREAKING NEWS!

##### SQUIRRELS DESCEND ON MOUNT ROYAL AVENUE!!!

Since Mayor Valerie Plante has halted all traffic/cars on a portion of the street, our furry friends feel safe that they won't become roadkill!!! But, as of April 15, they will have to watch out for the BIXI bikes!!!

#### APRIL 10 BREAKING NEWS!

##### GROUNDHOGS JOINING THE FIGHT AGAINST COVID-19!

I saw a groundhog the other day...shared that he & his cohorts are wondering how they can help out during this pandemic. I suggested he speak to the squirrels' union rep to see if they can act as the transporters of the masks our furry friends are making by using the numerous underground network of tunnels they construct. Of course, careful packaging of the PPEs will be necessary to preserve their sterility & quality...soggy masks won't pass inspection!!! Still, it's nice to see these larger rodents wanting to help out!!!



PS: I'm told some of these tunnels reach all the way to Rideau Cottage!!!

#### APRIL 15 BREAKING NEWS!

After listening to King...oops...President Trump's verbal diarrhea at last night's White House COVID-19 task force update, many of our furry friends, who have dual citizenship, are seriously considering renouncing their American status! This will be a loss in the president's bid for re-election in November as most of the squirrels identified as Republicans are staunch "Trumpeters". "Told ya squirrels are smart!!!"

ber as most of the squirrels identified as Republicans are staunch "Trumpeters". "Told ya squirrels are smart!!!"

#### APRIL 17 BREAKING NEWS!

##### SQUIRRELS READY TO VOLUNTEER!

Our furry friends have responded to Premier Legault's plea for volunteers to help out in our CHSLDs!!! They believe that they can be a calming influence for many of the residents who might be anxious or depressed during this COVID-19 outbreak. Having a squirrel to sit on your lap and stroke is always uplifting! They don't require much space, don't weigh much and promise to wash their hands and feet often as well as wear their masks at all times. Call it "Squirrel Therapy"!!! They are waiting for a response from the premier.

#### APRIL 18 BREAKING NEWS!

##### SQUIRRELS SHUT OUT!!

The federal government has turned down our furry friends' applications for the Canadian Emergency Response Benefit. It seems that when you work for peanuts you are not eligible! This appears to be another loophole in the program that the squirrels argue needs to be addressed. They say that they need the money now to help defray the costs of "ordering in"!!! Moreover, they claim that they should be considered as "seasonal workers" as they tend to hibernate a good part of the year!!!

#### APRIL 25 BREAKING NEWS!

##### MURDEROUS PLOT UNCOVERED!!!

Early this morning, the RCMP uncovered a plot by several of our furry friends & groundhogs to tunnel to

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Washington to "zap" President Trump with ultraviolet light to see if this can cure him of his insanity!!! If this doesn't work, Plan B is to consider a massive dose of disinfectant as he lies asleep in his tanning chamber!!! The RCMP decided not to alert the White House of this plot!!!

**APRIL 28 BREAKING NEWS!!!**

**SQUIRRELS UPSET WITH QUEBEC'S SCHOOL OPENING PLANS!**

"Herd" Premier Legault announced yesterday that Montreal area daycare centers & schools will re-open on May 19th. Our furry friends are reacting very badly to this news as they say it is this population that bugs the hell out of them the most...chasing, teasing, threatening, not to mention their screaming voices, leaving the squirrels no choice but to scurry up a tree!! Reaction to this news has been mixed, as some feel the squirrels have had it good for the last 6 weeks and it's time to get with the plan! Besides, these behaviors are nothing new to teachers!!!



**APRIL 30 BREAKING NEWS!**

**TRUMP'S BLOODLINE REVEALED!!**

When he wasn't looking, a genetic sample was taken from the president to establish his ancestry...secretly requested by former President Obama!

It turns out that Trump is a 5th generation descendant of the squirrel family!!! Most striking resemblances are his small hands, beady eyes and his hair when it blows in the wind, looking very much like the bushy tail of our furry friends! However, that's where the similarities end...THE SQUIRRELS ARE SMART!!!

Tom Conti

## WHAT IT MEANS TO BE ON A VENTILATOR

*(This article has been fact checked by Paula Turner, RN)*

**F**or those people who don't understand what it means to be on a ventilator, but want to take the chance of going back to work or socializing...

For starters, it's NOT an oxygen mask put over the mouth while the patient is comfortably lying down and reading magazines. Ventilation for Covid-19 is a painful intubation that goes down your throat and stays there until you live or you die.

It is done under anesthesia for 2 to 3 weeks without moving, often upside down, with a tube inserted from the mouth to the trachea and allows you to breathe to the rhythm of the lung machine. The patient can't talk or eat, or do anything naturally - the machine keeps you alive.

The discomfort and pain they feel from this means medical experts have to administer sedatives and painkillers to ensure tube tolerance for as long as the machine is needed. It's like being in an artificial coma.

After 20 days from this treatment, a young patient loses considerable muscle mass, and gets mouth or vocal cords trauma, as well as possible pulmonary or heart complications.

It is for this reason that old or already weak people can't withstand the treatment and die. Many of us are in this boat ... so stay safe unless you want to take the chance of ending up here. This is NOT the flu.

Add a tube into your stomach, either through your nose or skin for liquid food, a sticky bag to collect the diarrhea, a Foley to collect urine, an IV for fluids and meds, an A-line to monitor your BP. This is completely dependent upon finely calculated med doses, teams of nurses, personnel to reposition your limbs every two hours and lying on a mat that circulates ice cold fluid to help bring down your 104 degree temp. Does anyone want to try all that out? Stay home. Stay safe and well!

Author Unknown



# Spotlight on Members

## Kari Quraeshi



Since moving from her home a year ago, Kari Quraeshi had been enjoying the many activities offered at the Selection Seniors' Residence in Pointe Claire. That is until March 15<sup>th</sup>, when "THE LOCK-DOWN" began and life took a new direction.

Kari assures us that at age eighty-eight she is doing well and thankful that she has the company of her husband Saeed. Others in the residence are not so fortunate, one neighbour with a sense of humour has taken to talking and dancing with her plants, and counting cracks in the wall!



As many of us are noticing, eating has become a new focus and Kari is no exception, especially after one year of four-course dinners at the Selection. With new-found skills in 'Zooming', Kari is able to join an on-line weekly class on body typology which includes health, nutrition and an exercise program. A reading list is provided and with the help of the Pointe Claire library, she has been able to borrow the required reading material digitally on line. Participants come from all over North America so interaction on Zoom gets interesting.

"Facetime" with family and visits through her seventh floor window are all the human interaction allowed at the moment. During Easter they were barred from going for walks and there is a security person checking anyone trying to enter the building. The garage doors are temporarily locked, preventing even a drive to check out the spring flowers. For the extra precaution though, Kari is thankful and there have been no reported cases of COVID-19 in the residence.

Meals are now cooked at home with groceries delivered to the door. Those residents with a meal plan have meals delivered to the door. Lately, residents who own their condo in the new building are allowed out for walks. She and Saeed are careful to wear masks and gloves and try to walk a kilometer a day.

Activities at the residence have been cancelled for now. Kari used to enjoy aquafit, painting classes, a knitting group, choir, a trivia group and a discussion group. She is a contributor to the residence's monthly newsletter which will continue in spite of the lockdown. Fortunately, Kari can still keep in touch with her Zonta group through Zoom.

It is a time for reflection on a life well-lived. A fond memory is the recent Riverdale High School reunion when a former student confessed that Kari had made a difference. This girl had aspired to become a nurse but didn't have the math skills to get into the John Abbott program. Kari sat with her after school until the concepts were clear. The end result is that this student went on to become a head nurse in a Calgary hospital and has recently retired. She is indebted to Kari for paving the way.

Kari is determined to come out of this lock-down a healthier person, focusing on nutrition and exercise. It has also been a good opportunity to view old photos and learn new technological communication skills.



Claudia Thierry

## RIVER VIEWS

Nature has provided Canadians with a cornucopia of lakes and rivers, and those of us who happen to live on the Island of Montreal are among the members blessed with special opportunities to enjoy this wonderful watery legacy. A day-trip to one of the many inviting spots along the shores of the island, are all accessible by public transit, and can be a great way to get in touch with nature.

A good example near the western tip of the island comes to mind the parkland and promenade alongside the locks that flank the Ottawa River in the pleasant town of Ste. Anne-de-Bellevue where the impatient waters of the Lake of Two Mountains begin their swirling journey downstream, to join those of the mighty St Lawrence.



An even more dramatic experience awaits in Parc des Rapides at the foot of Bishop Power Boulevard in the borough of LaSalle. Here you can stand only feet away from the white-capped fury of the surging Lachine Rapids, with not a strand of protective fencing to impede your view. As a bonus, and if you are lucky, you may even spot a heron or some other shy resident of the sanctuary that gives its name to the island just across from the tumbling waters.

Downstream in Verdun, Nun's Island offers a tranquil contrast to the tumult of the rapids. At the western end of Boulevard-de-L'Iles-des-Sœur, near Hall Street, a little path leads

down to a well-kept trail that extends for many kilometres in both directions along the banks of the island. The trail overlooks the tranquil waters of Laprairie Bay, a broad, quiet expanse of water at the foot of the Lachine Rapids, barely visible in the distance.

A final suggestion, among several possibilities, is the appropriately named Promenade Bellerive. This is a long, narrow strip of parkland in Mercier. It stretches along Notre-Dame Street East from Liebart Street to George V street. Here we see the river in its role as a commercial artery. Ocean-going freighters and the occasional cruise ship slide purposely up and down the buoy-marked channel, competing with tiny pleasure crafts that scurry hither and yon.

A pleasant stroll along the river may be more feasible than you thought!

CEE



## LA RENTRÉE, FINALEMENT

En ce début de la rentrée,  
L'aire de jeux résonne  
De cris et de rires plus vibrants  
Que mille voix enjouées de fumeurs  
Et de buveurs sur un café-terrasse.

Comme ils sont ravis, ces enfants,  
De se revoir, enfin face à face!

En outre, claquemurés dans la salle  
De repos durant leur heure  
Du dîner, et pas moins loquaces,

Les enseignants, aux prises  
Avec un budget déficitaire,

Discutent et planifient  
Des stratégies en vue de  
Dépêtrer ces jeunes  
De leur marasme scolaire.

Pourtant, leur répit-dépannage  
Estival, parfois décrié par des  
Quoilibets et affronts, ne les découragent  
Aucunement.

Pourtant, le stagiaire, retiré dans son coin,  
Masque bien son petit malaise  
Par un sourire béant,

Et réfléchit :

<<Comment pourrais-je  
Payer l'effort d'abregnation  
Afin de personnifier  
Mes ambitions, ici?>>

Sunny Ostrovsky

## A SNAIL MOMENT

A Snail Moment  
Tired lazy state of mind  
Stormy winds are roaring

Time to stop  
Snail went inside her house

Prompted to Listen  
To the  
Quiet  
Stillness  
Peaceful  
Encouraged  
Resting  
Finding Peace and calm within  
Being at Home  
Focus on The Blessings  
Unknowingly  
Knowing  
She cannot achieve it if she doesn't try

Sense of Energy is restored  
The Power of Love returns to the heart  
Bubbling over  
Ready to be shared

God  
Softly whispers in your heart  
Time to finish the assignments  
Time to come out of your shell  
Smile  
Enjoy life  
Move forward You are never alone  
Dance with a Smile

Hurry Slowly Heidi  
Also known as  
Heidi Michaeli



## THE SECOND AND FINAL SIGNATURE

After my first year of teaching in Lachine, I was assigned to another old school near my house where I had been a pupil in 1950 and 1951. The same woman principal and grade 7 teacher were both still working in the same manner that had existed since “time began”. I was given an adorable class of little grade 2 cuties, seated so erect and smiling in old wooden desks screwed to the floor with a flip-up seat and desktop complete with an ink holder hole and groove for a pencil. I remembered them from back in 1950. The thick black, slate chalk boards were at the front and side walls, huge double windows needing a long heavy pole to open, all along the side facing the street and a huge tack board and book shelves at the back where I could display a lot of work the class made. As I had trained in early elementary education, at last I had some young pupils to enjoy. A smiling lady came every week to assist us, we were told, but she only sat at the back, nodded and smiled, then tip-toed out. The inspector was due before the last report card was issued so we were expecting him around mid-April. I wanted to get that blasted signature that year and not in the third year of service. Then I would be assured that I would keep my job.

One morning a note was delivered to the door, “He’s here!!!”. So, I told the children the same story as I had the last year, that they were going to be inspected for neatness, good work and behaviour, as we had done for the first evaluation. A gentle knock on the door, a smiling gentleman quietly tip-toeing in didn’t upset the class or me at all. He just sat for a bit at the back, looked at the notes on the board and the neat little books the “angels” had

written in and lined up along the rail under the black board, then quietly crept out. He had the same name as the Monster Man from the last year, but so understanding and helpful we all relaxed and when the class left he returned and praised me for the work I had done. He even showed me a fun way to do the additions for 9 that the kids found hard to remember. Then the principal stopped me the next day and dropped a “bomb shell!!”

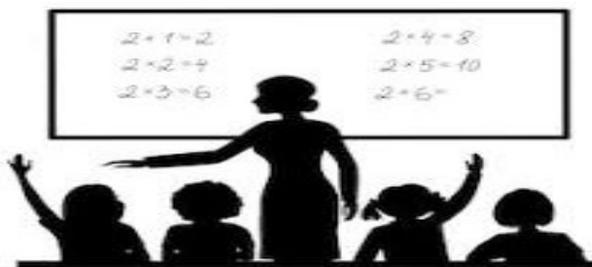


“You would like your signature this year wouldn’t you”???? Of course, I said: “YES”. To this she said: “... to improve, change, do this and that etc.” I would not get that blasted paper until the next year. So I told her to come in at any time, note all my mistakes and inform me in order that I could correct my teaching methods before June, I wanted to keep my job! Then a sly, rather strange- looking smile, or expression came over her face, and she said,

“That won’t be necessary”. No more Mr. Monster guy, only a Miss Monster. In mid-May Mr. Gentleman (definitely no longer monster-like), came in after class and so pleasantly congratulated me and actually handed me my evaluation papers in an envelope, shook my hand and even took the time to show me another fun thing to do in Math. Now I was a qualified Elementary School Teacher for the P.S.B.G.M one of the top 3 school boards in Canada.

A wonderful job I held for 33 years, filled with fun and challenges!

Catherine Pollock



## STAYING IN CONTACT WITH FAMILY AND FRIENDS

*As the days run into weeks, self-isolation due to the Coronavirus will start to affect our mental health if we don't stay connected with family and friends.*

Consider setting something up sooner rather than later which will enable you to stay in touch. There are many ways of doing this and here are a few:

### Use your phone as a telephone.

Make the call! Follow through on the desire to get in touch with someone by giving them a call. Let your friend know you're wondering what they're up to, and give them a quick update on your life.

- a. Know that it doesn't have to be a long call to be meaningful. Just hearing someone else's voice will put a smile on one's face.
- b. Keep in touch with friends in far-away places.



### Get on FaceTime or Skype or What's App.

Video calls are even better, as they allow you to keep in touch visually and simply provide a greater feeling of togetherness, no matter where you are in this world. Several video-chat applications are especially easy to use, as well as freely available.

- a. FaceTime is limited to Apple products, but is literally as easy to use as it is to make a call – the button for FaceTime shows up automatically during your call.
- b. Skype is also easy to use, though you must install the program on your phone, tablet, or computer and set up a free account. You can also make audio calls and send text messages through Skype, anywhere you have internet access.
- c. What's App is also easy to use, but you do have to install the app on your phone, or tablet. You can have face-to-face conversations for when voice or text just isn't enough. WhatsApp voice and video calls use your phone's Internet connection, instead of your cell plan's voice minutes, so you don't have to worry about expensive calling charges.



### Send them a text.

Texts are a great way to send someone a quick note, or simple "thinking of you" message. Don't let the majority of your communication with an old friend happen through texts.

- a. Using Facebook's Messenger is free as long as you are connected to Wi-Fi.
- b. What's App also allows you to text for free as long as you are connected to Wi-Fi.



### Send an email.

While lots of email accounts allow chatting with other users that are online, don't hesitate to send long a good old-fashioned electronic letter. Emails benefit from the potential intimacy and breadth of an actual letter, and you can send them literally whatever you please.



### Whatever you choose...

Whichever option you go for whether it be a PC, a smartphone or even if you decide to stay with your good, old-fashioned landline please do try and speak to someone at least once a day – it can be a real morale booster, especially if you live by yourself.



Terrie Kozaczynski

## PUBLISHER'S TIPS

## EDITOR'S PICKS

Click on the picture to link to the article or video.



STAY AT HOME

TIPS ON LOOKING AFTER YOURSELF WHILE IN ISOLATION



10 WAYS TO MAKE FAMILY VIDEO CALLS MORE FUN



TIPS FOR HOW TO STAY HAPPY IN TROUBLING TIMES



RELAX, TAKE 20 MINUTES TO GO AROUND THE WORLD



19 GARDENING SHORTCUTS THAT SAVE TIME, MONEY AND EFFORT



TOM FOOLERY. A CORONA VIRUS STORY



TWO MEDICAL SYSTEMS, TWO PANDEMIC RESPONSES



THE ART OF LIVING WELL



STATEMENT FROM QESBA ON BILL 40



NOW IS THE PERFECT TIME TO DECLUTTER YOUR HOME



# Welcome to New Members of QPARSE

Elizabeth Fulton Findlay, Deborah Angelus,  
 Kathleen Gardener, Patricia Humber-Rogers,  
 Janice Tessier-Murray, Maureen Coote  
**Congratulations on your retirement!**



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 letter?

One insertion 1/8 page  
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 L'assurance pensée pour vous

---

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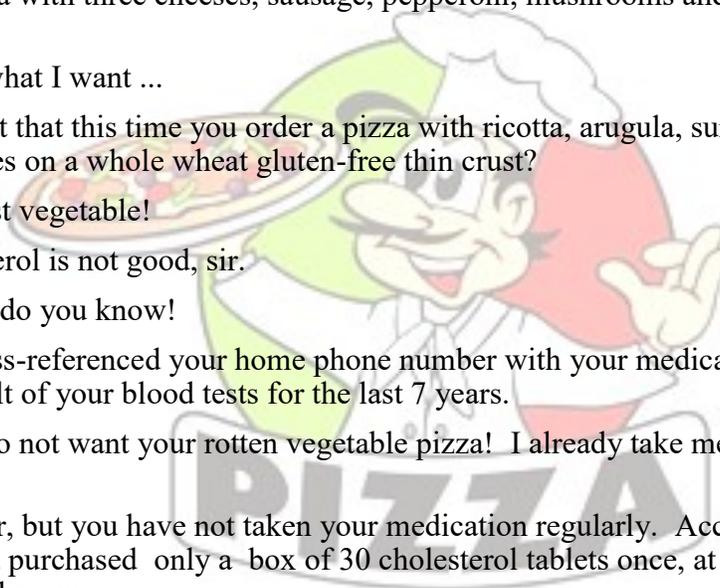
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Assureur de groupe auto, habitation et entreprise  
 Tarifs de groupe: Service unique.

Home, Auto and Business Group Insurer  
 Group rates. Preferred service.

## ORDERING PIZZA IN 2020

- CALLER: Is this Gordon's Pizza?  
**GOOGLE:** No sir, it's Google Pizza.
- CALLER: I must have dialed a wrong number. Sorry.  
**GOOGLE:** No sir, Google bought Gordon's Pizza last month.
- CALLER: OK. I would like to order a pizza.  
**GOOGLE:** Do you want your usual, sir?
- CALLER: My usual? You know me?  
**GOOGLE:** According to our caller ID data sheet, the last 12 times you called you ordered an extra-large pizza with three cheeses, sausage, pepperoni, mushrooms and meatballs on a thick crust.
- CALLER: OK! That's what I want ...  
**GOOGLE:** May I suggest that this time you order a pizza with ricotta, arugula, sun-dried tomatoes and olives on a whole wheat gluten-free thin crust?
- CALLER: What? I detest vegetable!  
**GOOGLE:** Your cholesterol is not good, sir.
- CALLER: How the hell do you know!  
**GOOGLE:** Well, we cross-referenced your home phone number with your medical records. We have the result of your blood tests for the last 7 years.
- CALLER: Okay, but I do not want your rotten vegetable pizza! I already take medication for my cholesterol.  
**GOOGLE:** Excuse me sir, but you have not taken your medication regularly. According to our database, you purchased only a box of 30 cholesterol tablets once, at Drug RX Network, 4 months ago.
- CALLER: I bought more from another drugstore.  
**GOOGLE:** That doesn't show on your credit card statement.
- CALLER: I paid in cash.  
**GOOGLE:** But you did not withdraw enough cash according to your bank statement.
- CALLER: I have other sources of cash.  
**GOOGLE:** That doesn't show on your last tax return unless you bought them using an undeclared income source, which is against the law.
- CALLER: WHAT!  
**GOOGLE:** I'm sorry, sir, we use such information only with the sole intention of helping you.
- CALLER: Enough already! I'm sick to death of Google, Facebook, Twitter, WhatsApp and all the others. I'm going to an island without internet, cable TV, where there is no cell phone service and no one to watch me or spy on me.  
**GOOGLE:** I understand sir, but you need to renew your passport first. It expired 6 weeks ago...



## A CANNABIS-CENTERED WORKSHOP



## CANNABIS

Nicole Lascelle is the Quebec government and municipal affairs manager for Aurora Cannabis, one of the world's largest and leading cannabis companies and is based in their Kirkland corporate office in Montreal. Nicole presented a cannabis-centred workshop on February 4, 2020 at the Cambridge Residence. It was very well attended.

Nicole was there to explain “What do Quebecers need to know about cannabis legalization and why are more seniors interested in/ or are using cannabis for medical purposes? What are the complications of edible cannabis?”

Cannabis has been legal across the country since October 2018. In December 2019, next generation cannabis products including mints, chocolates, topical creams and vape pens became available in all jurisdictions in Canada except for Quebec. Nicole spoke about cannabis legalization in Canada, oversight of the adult use market by Health Canada, and why more and more seniors are interested in or using cannabis for medical purposes.

## CORONAVIRUS' LETTER TO HUMANITY

The earth whispered but you did not hear.  
The earth spoke but you did not listen.  
The earth screamed but you turned her off.

And so I was born...  
I was not born to punish you..  
I was born to awaken you..  
The earth cried out for help...  
Massive flooding. But you didn't listen.  
Burning fires. But you didn't listen.  
Strong hurricanes. But you didn't listen.  
Terrifying Tornadoes. But you didn't listen.

You still don't listen to the earth when,  
Ocean animals are dying due to pollutants in the waters.  
Glaciers melting at an alarming rate.  
Severe drought.  
You didn't listen to how much negativity the earth is receiving.  
Non-stop wars.  
Non-stop greed.

You just kept going on with your life..  
No matter how much hate there was..  
No matter how many killings daily..  
It was more important to get that latest iPhone than worry about what the earth was trying to tell you..

But now I am here.  
And I've made the world stop on its tracks.  
I've made YOU finally listen.  
I've made you take refuge.  
I've made you stop thinking about materialistic things..

Now you are like the earth...  
You are only worried about YOUR survival.

How does that feel?

I give you fever.. as the fires burn on earth.  
I give you respiratory issues.. has pollution fill the earth air.  
I give you weakness as the earth weakens every day.  
I took away your comforts..  
Your outings.  
The things you would use to forget about the planet and its pain.  
And I made the world stop...  
And now...  
China has better air quality.. Skies are clear blue because factories are not spewing pollution unto the earth's air.  
The water in Venice is clean and dolphins are being seen. Because the gondola boats that pollute the water are not being used.

YOU are having to take time to reflect on what is important in your life.

Again I am not here to punish you.. I am here to Awaken you...

When all this is over and I am gone... Please remember these moments..  
Listen to the earth.  
Listen to your soul.  
Stop Polluting the earth.  
Stop Fighting among each other.  
Stop caring about materialistic things.  
And start loving your neighbors.  
Start caring about the earth and all its creatures.  
Start believing in a Creator.  
Because next time I may come back even stronger....

Signed,  
Coronavirus

Written by: Vivienne R Reich

## In Memory of Our Dear Friends

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

### Jean Le Guillou



It's with great sadness that we share news that, on May 1, Jean Le Guillou passed away at the age of 90. Jean leaves his three children Alain, Yvonne and Robert, as well as his three lovely grandchildren.

You may know Jean Le Guillou as the translator for QPARSE News, or as the author of articles he often submitted, such as the ones on volunteering and those about his experiences during the war. I knew him to be a prompt, kind, helpful man who was always ready to assist in any way that he could. He was part of QPARSE newsletter committee for a number of years.

Jean worked for the PSBGM (now EMSB), teaching French at John Grant High School. He retired from the Board's Personnel Department, where his responsibility was the reclassification of teachers who were coming in from abroad.

Jean always gave freely of his time and was very big on giving back. Once a week he loved to volunteer his time to help the elderly at a nearby retirement home. Jean had a quiet energy and wonderful disposition, and he will be missed by all who knew him. Our deepest sympathies and condolences go out to Jean's family.

Marzia Michielli

### Alston Narick of Outremont, QC

A well-loved high school teacher of English at Baron Byng and Mount Royal (PSBGM), passed away April 15, 2020. Upon retirement in the 90's, he joined the QPARSE Board and was instrumental in organizing our first luncheons, often with a guest speaker. Our loving thoughts and prayers are with Pearl (his wife) and her family at this difficult time.

Renate Sutherland

### Andrew Raymond Mitchell Roy of Calgary, Alberta

A well-known educator and member of QPARSE was Andrew Raymond Mitchell ROY, who died on April 20, 2020, in Calgary, Alberta the age of 95. He taught in the Eastern Townships, at the PSBGM and in 1965 became the Secretary of the Protestant Committee of the Superior Council of Education (Quebec City). In 1970 Andrew became Director General of the Greater Quebec School Board. He was also an Honorary life member of the Quebec Association of School Administrators. We extend our deepest condolences to his family and pray for Andrew.



Renate Sutherland

### Alison Berridge of Lachine, QC

### Joan and Malcolm Stanley of Unionville, ON

## MEMORIES FROM MY PRIMARY SCHOOL

**M**øllergaten/ The Millerstreet school was located in the center of Oslo. It was a school with a history and a good reputation. The school band of about 40-50 boys, where my father had played the clarinet in his day, looked very smart when they took part in parades through the city streets in their white uniforms with a wide red sash around their waist. My father had attended the school from 1905 to 1912 and I started in the fall of 1938 at 6 years old. I had attended a nursery school for 2 years, could read and after psychological testing was admitted a year early.



**Møllergaten School -Today**

Our school had about 700 students at that time. It was renowned for its new, large swimming pool and well equipped gymnasium in a new 4 storey building with a breakfast room where each morning the students came for their breakfast at 8:00 a.m..

The well-known 'Oslo Breakfast' consisted of a bowl of milk ½ pint, two thick slices of Rye Crisp bread or Multigrain bread with slices of brown Goat Cheese and a vitamin 'C' rich fruit like ½ an orange, imported, or a thick slice of rutabaga. We brought a spoon for the Cod Liver Oil we were given as we left. A formidable lady, Mrs. Eek, with her hair in a braid around her head, walked around the large room with her arms folded over her ample chest to check that we sat and ate 'properly'. On the white painted wall was written in large red letters: "Do not drink with food in your mouth"!



We had an office for our own doctor and nurse and a dentist with the dreaded chair and his nurse who would come around to all the students and teach us how to brush and giving brushes to those who did not have their own at home.



**End of grade 1. in our school yard**

I only enjoyed 2 years in that school building as the school was taken over by the Germans when they invaded Norway in April 1940 and the school, with the modern facilities, was used for delousing of the soldiers when they came from the Front. Hundreds of soldiers lived in the school in the many classrooms, meanwhile we had school in our homes. During the winter we would bring logs of wood to help with the heating of the home.

A few years into the war, one morning, there were women in the classrooms. Some were hanging out of the open windows talking in a language we did not understand. We learned they were Russian prisoners from the Ukraine and had no idea of where in the world they were. They had come by train all the way through Europe, north through Poland, Germany, Denmark and Sweden to Oslo. One of my friend's father had Russian background and was able to communicate with them. They were hungry, asked for food and we children would throw sandwich packages, from our limited rations, to them when the German guards did not see. From the third floor someone sent a string down and we tied the sandwich package tightly as she pulled the string up. After so many years, I remember vividly one day a German officer came around the corner and started shooting with his pistol up in the air and down into the street and we scattered and ran for our lives hiding as well as we could.

Suddenly one morning the women were gone- who knows where? I think of those women from time to time and wonder what happened to them. But my old school is still there.

Kari Quraeshi

## Apple Cheddar Drop Biscuits (modified from Canadian Living) FAST, EASY, TASTY



### SIFT TOGETHER:

1  $\frac{3}{4}$  cups all-purpose flour

4 tsp. baking powder

1 tbsp. granulated sugar

$\frac{1}{2}$  tsp salt (optional)

**ADD:** 1 cup grated extra-old Cheddar cheese



### IN SEPARATE BOWL COMBINE:

1 cup peeled and cored grated apple (about 1 apple)

2 green onions, minced

$\frac{1}{4}$  cup vegetable oil

$\frac{3}{4}$  cup milk.



Add liquid ingredients to the dry, stirring with a fork just until moistened. Using large spoons, drop batter onto parchment paper lined cookie sheets, about  $\frac{1}{4}$  cup at a time.

Bake at 425 F in a preheated oven, about 15 minutes.

**Note:** The original recipe called for cold butter cut into the flour with two knives or a pastry blender. Of course nothing beats butter for taste, however the oil version is also delicious and speeds up the preparation process. Makes about twenty. .

They are a tasty accompaniment to soup, stew or chili.

If you have a favourite recipe you would like to share, just forward it to the editor.

Claudia Thierry

The Quebec Provincial  
Association of Retired  
School Educators



Association provinciale  
du personnel  
d'enseignement retraité  
du Québec

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Telephone : \_\_\_\_\_ Email: \_\_\_\_\_  
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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 and/or application form to teachers  
who have recently retired or are considering retirement soon.**



## 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.

### Contact Us

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

President/ACER-CART	Jan Langelier
Past President	Renate Sutherland
Vice-President	Katherine Snow
Treasurer	Marisa De Angelis
Recording Secretary	Sandra Trihey
Director/Membership/ Facebook/Liaison Web Site	Terrie Kozaczynski
Director Program	Carol Klein
Director Events	Claudia Thierry
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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)