



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 2020



A CANNABIS-CENTERED WORKSHOP

Tuesday, February 4, 2020

10:00 am

Le Cambridge:

340 Hymus Blvd,
Pointe-Claire, Qc

SPRING LUNCHEON & RECEPTION FOR NEW MEMBERS

TBD. March 2020

11:45

Le Saucier Dining Room
8310 Rue George, LaSalle, Qc



Best Wishes for a Happy New Year

Meilleurs vœux pour la nouvelle année

WHAT COMES IN, MUST GO OUT

The start of a new year can be the perfect time to declutter your house. One option for discarded items is recycling, like donating old clothes and items to charity shops or church bazaars. Now here's an idea that combines those approaches with the increasing penchant for people to shop online.



Not only do the products arrive, but you also have to deal with the boxes they come in. Enter Ariel Meadow Stallings, the publisher of Offbeat Home & Life, whose New Year's resolution is to fill every box that comes in with discarded items and send it back out the door. "Any packaging that enters my home must now be filled up with old stuff, and given away," Stallings explains. "This is just a version of 'one in, one out' ... but on a very tangible, practical level."

Reference: Windsor Star, 11 Jan 2020 Colin McClelland, Postmedia

Inside this issue:

Editorial	2
People Behind the Scenes	3
President's Message	4
QPARSE on Bill 40	5
A Memo to Younger Self	6
QPARSE Panel Discussion	8
Spotlight on Members	9
Sicily in March	10
Our Monday Morning Music	11
Whereabouts of Members?	12
Do You Know?	13
In Memory	13
QPARSE Event - Cannabis	14
Publisher's and Editor's Tips	15
ABEE Bill 40 Brief	15
Holiday Celebration	16
Welcome New Members	17
L'heure sonne pour réduire	17
Recipe	18

Savez-Vous?

Le nombre de retraités au Canada grimpe rapidement: selon une étude de 2019, les 9.2 millions de babyboumeurs au pays atteindront l'âge de retraite d'ici 2030. Puisque les retraites axées sur les loisirs perdent en popularité, ceci indique un nouveau modèle de vie post-carrière.



"C'est une nouveau début et réorientation." dit Suzanne Cook. Il faut suivre ses passions et relever un nouveau défi.

Editorial

“There are only two days in the year when nothing can be done. One is called “yesterday” and the other is called “tomorrow. So “today” is the day ! Author unknown

Happy New Year! On behalf of the QPARSE News team, Terrie, Renate, Claudia, Patrick, Harold, Tom, Katherine, Anne, and I, we extend our very best wishes for an exciting 2020 ahead! May the year be filled with much health, happiness and exciting new experiences, and may we also live each day mindfully and fully.

With the start of another year, it's very fitting that the theme for this edition of QPARSE News puts the focus on Downsizing: from Pack Rat to Minimalist . *All of us have been there - whether it is downsizing prior to a move, trying to purge the “stuff” we collect/ hoard, or just decluttering our home to make room for a little more oxygen.* Intellectually we all understand the importance of streamlining, but the difficulty is to call up the motivation to actually get rid of stuff.

If there is one guru in the world of decluttering, it would have to be Marie Kondo, a Japanese organizing consultant. Marie Kondo is well known for the decluttering whirlwind that she has unleashed across the world. The KonMari method involves a two-step formula. Reach for what you have and ask yourself” Does it spark joy?” If it doesn't, thank it for its service and get rid of it! The next step is to place all the meaningful and “joyous” belongings in an accessible and easy-to-reach place.

In a nutshell Marie Kondo has basically eight lessons for us:

1. Tackle categories of things not rooms....i.e. start with clothes
2. Respect your belongings....i.e. consider feelings of crammed clothes in closet
3. Remember nostalgia is not your friend
4. Purging feels good... i.e. put all clothes in a pile & put back only a subset
5. Fold don't hang
6. Master Kondo's vertical folding technique
7. Love your closet....appreciate the space between your prized possessions
8. Rediscover your style now that you can see everything in your cupboard

Reference: Eight lessons our editor learned from the decluttering bible onekinglane.com

Why not let the beginning of the 2020 new year be the start of a journey to your version of minimalism. Marzia's version of minimalism involves grabbing a black garbage bag, filling it, recycling or donating it to charity. If the first two choices are not doable, throw out the bag and it's contents. Meanwhile, enjoy the articles in this issue and remember to contribute to the next edition of QPARSE and send us your comments on Bill 40.

Happy New Year,
Marzia Michielli



Editor of all

Newsletter working group members

Marzia Michielli - Editor
Terrie Kozaczynski - Publisher
Contributors:
Renate Sutherland, Tom Conti,
Harold Penn, Katherine Snow,
Patrick Clarke, Claudia Thierry
Anne Brohan

Next Deadline:
April 28, 2020

Theme:
The Changing Landscape in
Quebec Education – Bill 21,
Bill 40 etc.

PEOPLE BEHIND THE SCENES



Claudia—Contributor



Katherine and Harold—Contributors



Renate—Contributor



Terrie—Publisher



Anne and Tom—Contributors



Marzia—The Editor



Patrick—Contributor

Share our Newsletter with others!

President's Message - Message de la présidente



I am writing this message after spending most of my Holiday break with laryngitis and a very sore throat. This has kept me home and very quiet for over a week. What I learned from this is that I miss my active life with many friends to visit and talk to. It has also meant that I have learned a very important lesson – I need to slow down and smell the roses a bit more often and enjoy life.

It is the start of a New Year and a new decade. I wish each and every one of you the very best for a safe, happy, and healthy start to this new phase of our lives. Remember to remain active, get out with friends and family, try something new, keep up with activities that you love and MOST IMPORTANTLY – take time to smell the roses.

I came across a message in one of my online groups and I thought it was very appropriate, so I share it with you all.

Everything you need is around you in abundance. Whether you see this or not, is a personal choice or a state of awareness. I feel that much of the pain many of us experience (physical, mental or emotional) comes from a place of disconnection and a lack of grounding. Whether it's a disconnection to the Divine, or a disconnection to earth elements, there is a lack of taking "time" to reconnect

Something as simple as sun gazing at sunrise and sunset for just 1 min can create a huge shift over time. Do that with your feet directly on the earth and that will create an instant re-connection. Going for 15 minute walks every day, listening to the sound of water flowing (even if it's from an aquarium) and holding rocks or crystals in your hands can create a feeling of well-ness.

If you're feeling pain in your body, go to the park, lie down in the grass and feel the pain drain out of the body. Try meditation, swim, or bike?...JUST GET OUT THERE!

So... "If there is one way to start the year...let it start with your feet...by taking little steps forward so that you can begin to take power back over your own life."

"The journey of a thousand miles begins with a single step" -Lao Tzu

Happy New Year one and all!!

Jan Langelier



QPARSE on Bill 40

The Quebec Provincial Association of Retired School Educators (QPARSE) is an association representing approximately 1200 retired educators (teachers, administrators, support staff and non-teaching professionals) from all across the province. At a recent Board of Directors' meeting of QPARSE, it was decided that the association should prepare a statement expressing our main concerns with Bill 40, a complex model we believe is not necessary for the English school system.



We hope that the Commission will consider our perspective on the following points. The QPARSE Statement on Bill 40 was also presented to APPELE Quebec (Alliance for the Promotion of Public English-language Education in Quebec) on November 19, 2019. Click on [Facebook](#) to see the presentation.

Election Process and Electoral Lists –

We want an Election Process that is manageable and democratic. Bill 40 outlines in detail who can run for the Board of Directors of the service centers as well as outlining the qualifications for those who serve on Governing Boards.

To be truly democratic, the election system must allow:

- Everyone who pays school taxes to a service centre should have the opportunity to vote, even if they are French-speaking but with eligibility for English education or that they have chosen to pay taxes to the English system.

- Elections should be twinned with municipal elections and should provide different means to accommodate electors: on-line ballots, mail-in ballots, phone-in ballots etc.

- Nominations for the Community representatives should allow for any taxpayer to submit his/her candidature. Presently the bill limits who is eligible to run for the position of Community representative. In particular, members of the community who may have a background in education as a teacher, administrator or other related educational background are not eligible and we feel this removes the possibility for some very well-suited candidates to step forward.

- Since the Community Representatives are to be elected by universal suffrage, it is not clear on who the electors are and how the electoral lists are to be set up, maintained and updated.

Community Representation and Involvement-

This is an integral part of the culture of the English-speaking community. The schools are at the center of community life and our current system allows for much parental involvement and community representation at all levels of governance. The make-up of the proposed Board of Directors needs improvement

- There needs to be parity between the Parents and Community Representatives and Staff Representatives. The French sector configuration specifies parents from primary, secondary, and vocational schools, yet in the English version, it does not. There are only 4 Community Representatives and finding them to represent the community at large, especially from such large geographic areas in

(Continued on page 6)

(Continued from page 5)

the Quebec Region is unsatisfactory and not workable.

The English school system prides itself on its collaborative approach to governance which values parental and community participation in decision-making but which also recognizes the professional responsibility of teachers and administrators to make informed decisions that always have the best interests of students and learning at heart. The proposed changes risk jeopardizing this dynamic and, in our opinion, threatens the continued success of our English school system.

We question whether there are enough well-intended parents available and willing to sit on both the Governing Boards of schools and the Board of Directors of the Service Centres.

Remuneration for Directors –

All allowance for remuneration other than \$100 to attend a monthly meeting and cover travel expenses is removed by Bill 40. There is no incentive for parents to engage in committee work, especially if it is on top of work they are already doing for their Governing Board back in their schools. One could question the value being placed on the time commitment of the people who step forward to do this work. The success of our school systems will depend on the work of these volunteers and they surely should be properly compensated.

Student Success –

This restructuring of governance is very complicated and offers no justification or proof that it will enhance and improve student success, apart from the creation of a Commitment to Student Success Committee. The English system already has a high rate of student success along with a well-developed system of parental and community involvement. We do not see any reason to make the changes that are proposed in Bill 40. We think that if there are improvements to the existing system, they should be addressed within that system.

We are an Association of retired educators who have worked in all areas of the English school system. Although we have retired from active duty, we continue to be very concerned about our education system. After all, the students of today will be forming the society of tomorrow of which we will be members. We must continue to take an active interest and voice our opinions.

Thank you for considering our input,

A Memo to My Younger Self



1. The start to every new school year is like your first. A few days beforehand there are nightmares about not finding your classroom, or being unprepared. Know that this is normal and even continues into retirement. It takes a couple of months to adjust to new courses, a hundred and twenty or more new students as well as new co-workers. During these stressful couple of months, family at home should be wary and keep their distance!

2. A smile goes a long way both in greeting your students as they enter the classroom as well as in the corridors. Take a special interest in anyone looking glum. A word of encouragement may be just what is needed

(Continued on page 7)

(Continued from page 6)



NOTE TO SELF

to carry on with their day. We don't know what they have just experienced in their home life. This advice is equally valid in your encounters with staff members, including substitute teachers.

3. If you are lucky enough to have your own classroom, keep it uncluttered and clean. Desks should be kept free of graffiti. Yes, I am fanatic! The classroom is a sanctuary and should be restful but also inviting. Display projects and assignments of ALL your students on the walls. It shows you care. They love seeing their work posted and enjoy looking at their classmates' work too. This encourages their best work because they know it will be displayed. Parents also like to compare their child's work to other students. Of course, respect the wishes of those who would prefer not to have their work posted.
4. Use evaluation sheets for marking larger assignments. Students will know ahead of time exactly what is expected and how many points each section is worth. The use of the evaluation sheet is now common practice, but I learned about it only later in my forty-five year career. It's also great for explaining marks to parents.
5. Correct student's work often and promptly. They appreciate speedy feedback in order to know how they are progressing and where they might need extra help. Parents appreciate this too. Leaving evaluation to end of term may be too late to rectify any glaring incompetency.
6. Technology has changed the way we teach. Keep up with it and use it to your advantage.
7. Know that students have different learning styles. Be positive in dealing with those who have difficulty with academics. Being people-smart and having a pleasant personality are important to future career success. It is heartwarming to run into former students who had difficulty with academics but have nevertheless succeeded in life and career.
8. Learn to say no sometimes. Do not take on too many extra voluntary jobs if your teaching tasks take up most of your time and energy. Remember your first priority is doing a good job teaching your students. You are there for them. Try to keep absences to a minimum, especially when sitting on committees that give you "leave time" from the classroom.
9. Take time out for lunch. Sit with other adults in a restful environment other than the classroom. Take time to socialize and recharge, ready for the afternoon.
10. The fondest school memories of students is the time they spend bonding with their friends and teachers during excursions, sports and extended field trips. Try to make this a part of your life.
11. Be true to your values and stand up for them, even if new policies contradict what you feel is right. This is integrity.
12. When life gets tough or hectic, take time to walk in the woods and nature. You will feel refreshed and ready to tackle whatever.
13. The older you get, the faster time seems to fly. Don't wish it would go faster. Enjoy every moment of your career and do not regret mistakes. We all make them and they are a learning experience. Before you know it, you too will be a retiree, cherishing the memory of the good old days.

Submitted by Claudia Thierry

Retired Home Economics and FSL teacher, from 1969-2014 for PSBGM and Lester B. Pearson School Board.

QPARSE Panel Discussion at Teachers' Convention

On November 19, in her introductory remarks for this session, Renate Sutherland, Moderator reflected on the following:

“As retirees from our educational careers, we continue to be challenged by what brings meaning and purpose to our lives and, what getting “old/older” really means. These were the questions posed by the late Cathy Carmody, a visionary in the field of aging consciously, whom I heard speak in Halifax at the Regional Conference of Eastern Canadian Retired Teachers Organizations (ECRTO) a few years ago. Cathy believed passionately that the choices and behaviours that carry us through life are all driven by the beliefs that one holds. Change your beliefs: change your life! As retirees, we continue to search for new approaches to the perceived ‘problem of aging’.

It will take resilience and determination on the part of each of us to stay healthy and strong, and to improve our health in new and creative ways as we grow older. Whether it is choices in relation to the food we eat, the way we move our bodies, how we think about ourselves, or the degree to which we believe we have potential until the day we die - it’s all about the CHOICES that we make, moment to moment. And one thing I am certain of- my outer physical strength and well-being REFLECTS the degree of my inner resilience, sense of self, and courage. Longevity, reintegration, reinvention and consciousness are becoming the key words for the day for living longer.”

With more than twenty people in attendance, four members of the QPARSE Board of Directors, Marzia Michielli, Harold Penn, Katherine Snow and Renate Sutherland, who retired 7, 6 and 20 years ago respectively, engaged their audience through a Panel Discussion, addressing the question “*What Can Life Be Like Once I Retire?*” The session did not address the Financial Issues/Options in preparing for Retirement (this is well looked after by QPAT’s Retirement Sessions), but heard from the panelist as they shared personal experiences and gave us some tips/guidelines as to what it means to LIVE CONSCIOUSLY WHILE GROWING OLDER i.e. continuing to ensure one’s sense of self- worth.

A common thread in their presentations was having more time for family commitments, and the opportunity to pursue other interests for which there had been little time before. For Marzia it is the journey of writing a book, for Harold it is being a mentor as he supervises McGill’s education students, and for Katherine it is painting and taking courses at McGill’s Lifelong Learning Program.

In addition to the three presentations, the hand-outs and distribution of the following references/links were very well received. Here they are for you to peruse, complete and enjoy!

OTHER REFERENCES/LINKS ON THE TOPIC OF WELLNESS and HEALTHY LIFESTYLE

QUIZ: Discover Your Real Age

[https://www.health.com/health/article/0,,20824577,00.html?](https://www.health.com/health/article/0,,20824577,00.html?utm_source=emailshare&utm_medium=email&utm_campaign=email-share-article&utm_content=20191109)

[utm_source=emailshare&utm_medium=email&utm_campaign=email-share-article&utm_content=20191109](https://www.health.com/health/article/0,,20824577,00.html?utm_source=emailshare&utm_medium=email&utm_campaign=email-share-article&utm_content=20191109)

What’s Your Real Age?

<https://www.doctoroz.com/article/whats-your-realage>

The AGE QUIZ: How Well Do You Know Your Own Body

<https://www.doctoroz.com/quiz/age-quiz-how-well-do-you-know-your-own-body>

November 2019 Teachers’ Convention- Renate Sutherland

QPARSE Session on “What Can Life Be Like Once I Retire?”



Spotlight on Members



Anne Brohan

Fourteen years into retirement, Anne recently found out about QPARSE and is now an active member. Anne came to Canada from England where she had been a youth employment officer. As Anne's qualifications were not recognized here she went the secretarial route, working for Zellers as a merchandizing coordinator. She eventually found a job with the North Island School Board placing students on job studies as coordinator of cooperative education with this board.



Anne became president of the Quebec Association of Cooperative Education, both at the provincial and the national level and president of L'Association Québécoise Alternance École-Travail. Her last employment was as consultant for Measurement and Evaluation for her school board.

In retirement Anne enjoys sailing at the Pointe Claire Yacht Club and is an active member of the Montreal Lakeshore University Women's Club. In addition, she is a member of the Pointe Claire Horticultural Society and loves gardening.

Travel takes Anne to England regularly to visit family. In January, Anne is planning a trip to New Zealand to visit a niece and her family. She has fond memories of previous visits and in participating in the youngster's unusual kindergarten.

"Last year I spent 3 months in Invercargill, New Zealand. On many days I accompanied my great niece Lauren and nephew Mack to Kindergarten. It was an amazing place. It was attached to a primary school but was a separate building with its own extensive grounds. The school adjoined an area called a Bush. This was a tract of land with only native trees and plants. There is a path of a little over a km round this bush. It is a truly beautiful place with lush vegetation, including many birds, and tree ferns which are really amazing. During my nephew's last term in kindergarten the children spend one day a week, rain or shine, in the bush, learning about the vegetation and how it can be protected, the birds and animals who live there and playing in the trees and creeks. There are no poisonous insects or animals so the children can play in the leaves and climb trees etc. without fear."

Lauren was three, nearly four when I visited, and she was allowed to go for one day a week when some of the older children were in the bush. Each of the three-year olds had to be accompanied by a parent or guardian. The room was divided into activity areas: painting, play-dough, dolls and doll houses, writing and colouring, with real staplers and scissors and group activity (often singing in Maori and English) and lunch areas. There were big double doors opening on to the outside area where most of the children spent much of the day rain or shine. There was an enormous sand pit with a running hose in it where the children dug rivers and built bridges and ponds and had great fun, getting soaked in the process. There was a construction area with a bench, real saws, hammers and nails and all sizes wood. The only advice given for supervising a child in this area was to never hold a nail when they were hammering. There were other tubs of water where children could pour water from one container to another and play with an assortment of water toys. There were climbing frames, swings and a great many toys. Children moved freely from one area to another with parents and teachers sitting watching and only intervening if there were problems. It was fascinating to see these busy children learning through playing."

"Once a teacher always a teacher", it is the sort of thing that we notice and appreciate when we travel. We welcome Anne to QPARSE!

Claudia Thierry

Sicily in March

When we were browsing the brochure from Senior Discovery Tours, we were looking for somewhere warmer than Montreal in March, some place with an interesting history, and a region that we really knew little about. We settled on Sicily and we were not disappointed!

While it has been part of Italy since 1860, (remember Garibaldi who, from Sicily, led the fight for Italian unification?), Sicily has its own distinctive culture which has melded influences from all its many occupiers over the centuries – the Carthaginians, the Greeks, the Romans, the Arabs, the Normans, the Ottoman Turks, the Spaniards, the Bourbons – which are still reflected in its ruins and its present-day architecture. Sicily is mountainous, earthquake-prone and sports the largest active volcano in Europe – Mount Etna. Its people speak a distinctive dialect in addition to standard Italian. The food and wine are excellent.



Mount Etna revealed

We stayed for a week at Mazara del Vallo, a small town on the west coast which became our stepping stone to the spectacular fortress at Erice, Palermo and the magnificent tiled Norman cathedral at Monreale. Near Marsala, we visited a well-known winery famous for its flavourful wines, and the Greek temples at Segesta and Selinunte.



View from our hotel in Taormina

We spent our second week at Taormina, a charming town which hangs on a steep cliff on the eastern shore about an hour's drive from Mount Etna. On our way from Mazara to Taormina we visited well-preserved Greek ruins at Agrigento. Taormina, too, has its ancient Greek theatre which serves as a venue for plays and



This bistro appeared in The Godfather

concerts during the summer. From our hotel we could see Mount Etna, but for several days clouds hovered over its crown. From Taormina we took side trips to Catania with its beautiful cathedral, Syracuse a fascinating old town. One day we spent exploring Savoca and Forza d'Agro, ancient small villages high in the mountains reached by narrow winding switchbacks (kudos to the bus driver!) where The Godfather movies were filmed. Savoca has a monument in its main square to Francis Ford Coppola, as well it might, for The Godfather transformed its sleepy pastoral economy into a mecca for tourists. On our final day the clouds lifted from Mount Etna revealing its massive size and, avoiding its gently fuming vent, we took a tour to admire its spectacular beauty.

A great and memorable trip.

Graeme Sutherland

Our Monday Morning Music Man

In the distant days of my childhood school days, specialists of any kind were rare indeed in elementary schools. So in the elementary school that I attended, we were considered to be especially favoured to have a part-time music specialist. The enigmatic itinerant made an appearance every Monday morning, bestowing his blessings on our Grade VII boys, among others.

In the absence of a special music room, music was dispensed in a corner of the boys' basement area, where the school piano, covered with a white sheet awaited the master. Every Monday, the sheet was cast aside, and a number of the hard, shiny, battleship-grey benches that passed for basement furniture, were arranged before it.

Our Mr. Ogletghorpe had a flair for the dramatic. Even as we took our places in the makeshift music venue, he was hard at work, staring straight ahead, his eyes seemingly fixed on some distant source of melodic inspiration, pounding out a medley of lively airs apparently quite oblivious to our arrival. Then, as if suddenly released from his trance-like reverie, he brought his impromptu recital to a dramatic fortissimo conclusion. At the same time, he turned around to survey us with an ingratiating smile clearly pleased with what he regarded as a virtuoso performance. This accomplished, he threw

himself into the lesson proper with infectious enthusiasm. One suspects that he may even have enjoyed these weekly trysts, however impoverished the setting, and however unpromising the clientele.

His mainstay was *The Empire Songster*, a publication of Montreal's Renouf Publishing Company, and wisely he seems to have concentrated on the more strident selections in the sturdy *Songster*. We responded with spirited, if not always harmonious renditions of *Rule Britannia*, *Heart of Oak*, *John Peel* and the like.

That said, he also took us into quieter waters from time to time, introducing us to a number of hymns, to

Home Sweet Home, *All through The Night* and of course *Auld Lang Syne*. Indeed, to this day, I occasionally find myself humming tunes such as *Annie Laurie* or the *Ash Grove*. Perhaps Mr Ogletghorpe achieved more than we ever imagined he was doing.

C.E.E.

QPARSE Member using a nom de plume



Do You know the whereabouts of these members ?

We are still searching for the following members whose mail has returned or whose email has changed. If you know anything about any of them, please let Terrie Kozaczynski know by email at terriekoz@yahoo.com or by telephone at 514-334-2203.

Barr, I. Janette - Sussex

Berridge, Alison - Lachine

Desloges, Suzette - Lion's Head

Fox, Joyce E. - Dorval

Goldwater, Mrs. J. - Cote St. Luc

Hetherington, Ruth Evelyn - Ottawa

Hicks, Gail A. - Maidstone

Kogut, Edward M. - Willowdale

Lynn, Margaret Esther - Lachine

Mathew, Perumpral M. - Port Hope

O'Brien, Lise - Beaconsfield

Raubach, Roberta D. - Ottawa

Richard, Madeleine - Montreal

Stanley, Malcolm - Unionville

Stanley, Joan - Unionville

Still, RUTH Mary - Barrie

Taylor, Don - Pointe Claire

Taylor, JEAN Charlotte - Ottawa

Viger, Dolores C. - Joliette

Wale, Janina - Montreal

Wilby, Marjorie - Lakefield, Gore



Did you know?

Several income tax changes will appear on Canadian pay stubs in 2020. The basic personal amount — annual income Canadians can keep tax free — will rise by \$931, to \$13,229, part of a gradual increase to \$15,000 by 2023. Also, the tax brackets have been adjusted for 2020 based on a 1.9 per cent rate of inflation. Employment insurance premiums will edge down, but Canada Pension Plan premiums are rising.



Reference: Montreal Gazette, January 2020

In Memory of Our Dear Friends

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

J. Carson Collins - Vankleek Hill, On
 Lucille Favier - Lachute, Qc
 M. Catherine Kendall - Ayer's Cliff, Qc
 Peter Neufeld - Brossard, Qc
 Mary Heather Rathwell - Wakefield,, QC

Dan De Silva - Montreal, Qc
 Iris F. Hall - Fergus, On
 Mary Anne Mullally - Montreal, Qc
 Diana Pierce - Pointe Claire, Qc



RESTAURANT DORVAL

15, boul. Bouchard
 Dorval, QC
 H9S 1A7
 Canada
(514) 631-2233

HOURS:
 Monday - Friday
 6am - 11pm
 Saturday – Sunday
 7am - 11pm



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

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

Contact HaroldPenn@hotmail.com

Service unique, protections adaptées
L'assurance pensée pour vous

The service you want, the coverage you need.
Insurance that works for you.

1 888 476-8737
lapersonnelle.com/apeq
thepersonal.com/qpat

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

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

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



A CANNABIS-CENTERED WORKSHOP

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?

DATE: Tuesday, February 4, 2020

TIME: 10:00am (Coffee and Cookies)
10:30am-12:00pm Presentation (Guest Speaker –Nicole Lascelle: Quebec Government and Municipal Affairs Manager for Aurora Cannabis)

PLACE: Le Cambridge 340 Hymus blvd,
Pointe-Claire, Qc, H9R 6B3 (between St- Jeans and St-Charles)

** IMPORTANT INFORMATION **

Additional parking in the Pointe-Claire parking lot (corner Hymus and Stillview)

Lunch optional @ Brasserie Le Manoir (corner Hymus/ St Jean)

600 Blvd St Jean, Pointe-Claire, QC H9R 3J9

EVERYONE IS WELCOME including spouses, friends and family!!

PLEASE RSVP by: Friday, January 31st, 2020 (for program and lunch)

Claudia Thierry @ 514-457-2499 / cthierry@aei.ca
Carol Klein @ 514-696-3447 / retired0821@gmail.com

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 will be presenting a cannabis-centred workshop on February 4, 2020 at 10:30 at the Cambridge 340 Hymus Blvd, Pointe Claire , H9R 6B3. All are welcome to attend.

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. What do Quebecers need to know about cannabis legalization and the products currently available in the province's SQDC stores? Learn 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. See you there!

Publisher's TIPS

Click on the picture to link to the article.



TABLET OR LAPTOP
FOR OLDER PEOPLE?



7 OF THE BEST PLACES
IN THE WORLD TO SEE
THE NORTHERN LIGHTS



FIVE WAYS TO IMPROVE
YOUR READING TIME
THIS WINTER



IMPORTANCE OF DOING
NOTHING:
ART OF RELAXATION

Editor's Picks



8 LESSONS OUR EDITOR
LEARNED FROM THE DE-
CLUTTERING BIBLE



EVEN IN RETIREMENT, PEOPLE
HAVE TROUBLE SPENDING
TIME HOW THEY WANT TO



DOWNSIZING COUPLE FOL-
LOWED THE LIGHT.



10 PERSONAL REFLECTION
QUESTIONS FOR SUCCESS
AND HAPPINESS IN 2020

ABEE - BILL 40 Brief and the English Education System in Québec Summary

In preparing this brief, the Advisory Board on English Education (ABEE) has explored the research literature on models of governance in education and listened very carefully to the reactions of schools and the wider community to Bill 40. The brief questions the relevance of the reform by asking: What problem is it trying to solve? Currently, English-language schools have an excellent success rate on provincial, national and international measures of achievement and focus on providing students with the means and options to do even better. ABEE appreciates that a form of suffrage for English boards has been maintained but feels that it falls short of the English-speaking community's expressed expectations of universality. ABEE, along with others, has long urged the government to reform the electoral process with a view to improving voter participation. We believe that with modifications to the process, elections can be cost effective and encourage increased participation. The Board further believes that the present system of election by universal suffrage every four years has served the English-speaking community well and that any failures in governance should be dealt with on a case-by-case basis. ABEE welcomes the Bill's intent to provide mandatory training for service centre board members and school governing board members.

[READ MORE](#)

Holiday Celebration



Welcome to New Members of QPARSE

Elizabeth Fulton Findlay, Deborah Angelus,
Kathleen Gardener
Congratulations on your retirement!

Et ça reste un mystère

C'était un professeur
D'esprit inventif,
Prisé pour son humanisme
Et sa douceur.

Son humeur lénifiante requinquait
Immanquablement le bonheur
De tous ses collègues
Et élèves.

Mais oui, le rapport choc
De sa disparition mystérieuse,
Frappait fort;

Malgré tant d'échanges de vues
On n'arrivait pas à de faire du sens

À son absence déchirante.

Son sourire insouciant unique,
N'était-ce qu'une voile,
Qui dérobaît à nos yeux
Une angoisse, aussi affreuse
Qu'impérieuse, devenue
Insupportable?

Qui aurait pu
Soupçonner que bientôt
Cette âme si gracieuse
Ne serait plus?

© Sunny Ostrovsky

Quand l'heure sonne pour réduire et alléger

Réduire la quantité de ses effets personnels, est-ce pour améliorer sa qualité de vie? En fait, se délester de ses affaires rendues inutiles dues à leur image, qualités désuètes, etc. libère de l'espace pour les articles importants et nécessaires. Cela permet à mieux s'organiser pour maximiser l'efficacité. Toutefois, comment jeter à la poubelle des possessions d'une importance sentimentale, comme des souvenirs d'enfance, de voyage, des anciens cahiers d'exercices, cadeaux de fêtes, cartes de souhaits, etc.? Une solution pourrait peut-être de donner ce qui est en bonne condition et utilisable à une organisation de bienfaisance.

En bref, il s'agit d'éliminer ce qu'est surplus pour garder le nécessaire. Du coup, il est important de redéfinir ses besoins, alors, de séparer le bon grain de l'ivraie, une corvée difficile au premier abord. En revanche, cela pourrait être une occasion de nettoyer la maison de fond en comble.

© Sunny Ostrovsky



Références

<https://vivreavecmoins.com/reduire-ses-besoins-pour-vivre-plus-simplement/>

https://www.usherbrooke.ca/gef/fileadmin/sites/gef/documents/synthese_projets_recherche/2012_-_Reduction_des_effectifs-rapport.pdf

https://www.la-croix.com/Famille/Parents-Enfants/Dossiers/Couple-et-Famille/Famille-et-societe/Le-desencombrement-pour-alleger-sa-vie-et-se-liberer-l-esprit- NG_-2012-03-21-780587

Masoor Dal (Spiced Red Lentils) a vegetarian dish



2 tbsp. vegetable oil
1 cup finely chopped onion
1 medium sweet potato, finely diced
1 tbsp. minced ginger root
2 garlic cloves, minced
1 Thai or bird's eye red chili
1 cup red lentils

2 tsp ground coriander
2 tsp ground cumin
2 tsp turmeric
1 tsp ground ginger
1 cup canned chopped tomatoes
salt to taste
(3 tbsp. chopped cilantro for garnish)

DIRECTIONS

1. In large saucepan over medium-low heat, heat oil and sauté onion until softened. Add sweet potato and sauté 5 minutes. Add minced ginger and garlic; stir and reduce heat to low.
2. Finely dice chili pepper, adding more if you like it hot. Add chili and the rest of the spices. Stir in the lentils; add tomatoes and 4 cups water. Raise heat to bring to a boil. Reduce to a simmer. Cook uncovered until the lentils and sweet potatoes are done, stirring occasionally, about 25 minutes.
3. Season to taste with salt (optional) and continue to simmer until thickened, about 10 minutes. Place in serving bowl and garnish with chopped fresh cilantro if desired.

Note: The new Canada's Food Guide is encouraging us to eat pulses and cut down on meat. Red lentils are high in protein. Sweet potatoes are high in Vitamin A, so this is a tasty and nutritious alternative to meat and potatoes, especially if you enjoy Indian cuisine. It is also a great pot-luck contribution that can be made ahead.

Claudia Thierry

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*

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

**Kindly pass this newsletter/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

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
Director Newsletter Committee	Marzia Michielli
Director	Sandra Aird
Director	Joan Ebbett
Director	Erene Anthony
Director	Kathleen Malcius
Director	Tom Conti
Director	Patrick Clarke
Director	Harold Penn



Join and like us on
Facebook
Click here

Come and visit our webpage
www.qparse-apperq.org
Click here





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

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

THE LEADER IN TOURS
FOR THE 50 + TRAVELLER

CALL FOR A FREE BROCHURE
514-344-4500 OR 1-800-268-3492
www.seniordiscoverytours.ca
1828 Sherbrooke St. West
Montreal H3H 1E4



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