



QPARSE News

The newsletter of the Québec Provincial Association of Retired School Educators

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

QPARSE/APPERQ

Printemps/Spring 2021



**Friday,
September 17**

Janet Torge

“Senior Housing: It’s Time for a Fundamental Re-think”

**Thursday,
October 14**

Dr. Dolly Dastoor.

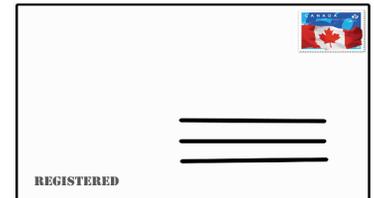
“Managing Difficult Behaviors in Dementia and Alzheimer Disease”



The Envelope

Diary entry, November 30, 2016

The day began like any other; however that was not to be for very long....I was carrying an envelope. An envelope which was to be sent registered mail. Its contents have been the subject of much thoughtful reflection, and on some days much internal turmoil. In a grounded moment, I know that I am on the cusp of a breakout and that an opportunity is around the corner. In a moment of panic, the life-changing decision seemed overwhelming. Change is sometimes difficult to prepare for, let alone assimilate. I cannot clearly fathom what my day will be like during retirement but the momentum for change is growing. With envelope in hand, there is hesitation but one final time. Truth be told, bolting out of the post office line-up was a real and imminent consideration! I could wait no longer, my turn for drop-off of my retirement letter was taking far too long. Should I leave? Should I stay? I had to reach for a pen in my purse; had put my retirement envelope down on a box, and suddenly could not find it when reaching for it again. The all-important document - missing! Could that be an omen?.. Self-sabotaging behaviour? Oh yes, that was definitely an omen!



Before I had a chance to acknowledge my feelings, it was time to move forward. The clerk had called "next" but I was momentarily frozen in position. I lurched forward and found myself face-to-face with the postal clerk. She was part of my gateway, this was one of the first concrete actions that would move me a big step closer to retirement. It was such an inauspicious event! Life happens one small moment at a time, and that is how my retirement took flight, and that's when the calm returned.

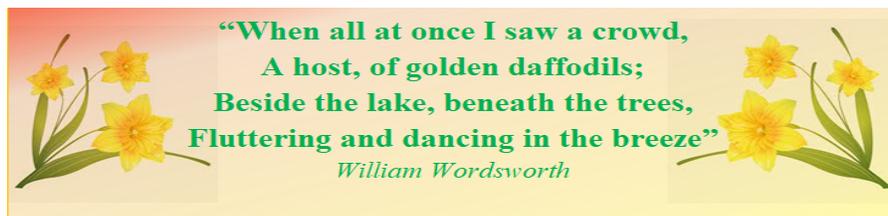
Retirement Barista (RB)

Excerpt from a memoir on retirement entitled “The Last Hundred days....the First Hundred Days- musings of a retirement barista”

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Editorial



With the daffodils, May brings the much anticipated warmer weather that we have all been waiting for. Especially after 14 months of COVID, we look forward to more outdoor activities, cleaning and planting our gardens, leisurely walks, greeting our neighbours and enjoying the sun.

We hope that the slowly decreasing number of COVID cases and the increase in vaccine shots distributed, will allow us to gather soon! Nevertheless, until about 75 percent of people are vaccinated, we will still have to be careful...but, there is a feeling of optimism in the wind! Recently it was the first time in Canada, that 400,000 vaccine doses were administered in a single day. With the reopening plans just announced, there is even more good news that is worth repeating:

May 28

The curfew is removed.

Restaurants can reopen terraces.

Travel within Quebec is permitted

Up to eight people can gather in a backyard.

May 31

High school students are back in school full time

June 11

Outdoor team sports are back

Bars reopen on terraces

In this issue, we spotlight two outstanding QPARSE award winners on page 7 and 6. Congratulations to Lynn Travers and Brian Rock for their exceptional and ongoing contributions to education! We also spotlight a new member on the QPARSE Board of Directors, Paula Turner. Welcome Paula!

It is with great sadness that we share the news of Graeme Sutherland's passing. He was an active QPARSE member, a thoughtful and kind man, and dear friend. We extend our condolences to Renate Sutherland and her family. With a heavy heart we heard that Kathleen Malcius's husband passed away in the same week as Graeme. Our sympathies go out to Kathleen and her family as well.

In this issue we would like to announce the winner of the Amazing Friend Pet Contest. It's a pleasure to share pictures of our loyal friends with the membership. Congratulations to Marisa De Angelis. For the next issue, we ask that you send us a favourite picture of your travels. Although we can't travel yet, we can continue our virtual trips via photos. We will recognize the most interesting picture sent to us.

By the way, did you notice the new logo?! QPARSE is 60 years old this year, that will call for a celebration when the time is right. Special thanks to Terrie Kozaczynski for her creativity and for marking this special event.

Meanwhile, please stay safe, enjoy the summer and we will see you on ZOOM at the next QPARSE program activity!

Marzia Michielli
Editor



Newsletter working group members

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

Next Deadline:
September 5, 2021

Theme:
QPARSE: Celebrating
60 years.
Highlights of the last 60 years

Editor of all

President's Message - Message de la présidente



It's with excitement that I greet all of you as your new president. Thank you to the membership for participating in the 2021 QPARSE AGM, and electing me and all the board members for next year's tenure.

The members of the board and I share our deepest sympathy with two fellow board members, Renate Sutherland and Kathleen Malcius, whose husbands Graeme and Raymond each passed away suddenly, in the same week. I know that all our members mourn with Renate and Kathleen and we extend our sincere sympathies.

Special thanks to Jan Langelier, our new past-president for all the work, care, and love that she put into the president's job during her tenure. I have a big challenge ahead of me! I am also extending tremendous recognition and a huge thank you to Joan Ebbett for her too-many-to-count years of service to QPARSE. Special appreciation also goes out to Robin Friedman for rejoining the board this past year as secretary. That is a huge job and Robin is a pro. I am happy to welcome back the members who offered to continue to serve on the board and I am also proud to welcome our new board member, Paula Turner.

We have had an active year at QPARSE considering we were under COVID restrictions. Our activities, all held on ZOOM, were hugely successful. Although we did not get together in person, we shared our greetings and experiences, we socialized virtually, and we learned many different things. Thank you to Carol and Claudia for a year of extremely interesting programming, and we assure you that the program for the coming year is fabulous! I invite you to attend all of the sessions!

Plan to attend the Canadian Association of Retired Teachers (ACER/CART) session at 1:00 pm on June 3, 2021. Speakers will address the pertinent issues of a Senior's Strategy for Canada and a National Pharmacare program. Both of these issues have huge implications for us. Participants must register, so please look for the announcement of this free event on the ACER/CART website. Gerry Tiede, the president of ACER/CART spoke to the membership at the AGM, and brought us news of the June 3rd conference session. He also invited interested QPARSE members to join one of several pan-Canadian committees organized by ACER/CART. The meetings are always virtual and in the comfort of your own home. I encourage you to check out the ACER/CART website and to consider volunteering. It is so important to have voices from across Canada!

Also, please invite your colleagues and friends in education, who are retired or who will be retiring within the next five years, to join us and become QPARSE members. They can just fill out the form found at the end of this newsletter.

QPARSE has been interested in political issues. We have actively followed, in our observer status, the maintaining of school boards in the English system, the law pertaining to the wearing of religious symbols and the constitutionally-protected right to hire whomever the boards deem qualified for positions, regardless of visible or non-visible religious affiliation. We are grateful to long-time board member and past president Renate Sutherland, who has kept us informed on all the discussions and decisions as they happen.

(Continued on page 4)

(Continued from page 3)

At the annual General meeting, our Honorary Life Membership award for 2021 was given to Lynn Travers. Lynn retired the first time from the regular class and from teaching children with special needs. She then worked as a vice-principal and principal. Her present job is as secretary of ABEE, and we are so pleased that Lynn accepted this award.

Our Special Service award for 2021 was presented to Brian Rock. Brian worked on the North Shore for most of his teaching and administrative career. In retirement, Brian's second career was as president of the Federation of Home and Schools, and currently he works as a journalist for various newspapers in Western Quebec. We are grateful to Brian for keeping us informed on educational issues, and are glad that we were able to recognize him for his contributions.

Finally, I would like to thank all our board members and in particular our treasurer Marisa who has navigated us through the accounting, tax season, our transfer of investments and the financial hit from Covid. In addition, a huge thank you goes to our newsletter editor, Marzia and our publisher, Terrie for keeping us motivated to have the best possible newsletter. Just to let you know, this QPARSE newsletter has a national circulation. Awesome!

See you soon,

Katherine Snow

SPRING SQUIRREL SAGAS!

Are you wondering what our furry friends have been up to lately? Here are just a few highlights which hopefully will make you smile!

Police are seeing a rise in squirrel gatherings not respecting present health guidelines. It seems that some of our furry friends have been spotted in tree nests, mixing "bubbles", not wearing masks and sharing peanuts! Authorities are planning to remove these nests and replace them with tiny bird houses!!

Unofficially, a growing number of squirrels across Canada have been patrolling our parks and green spaces, attempting to annoy the hell out of large, illegal groups of gatherers until they disperse. They call themselves the CRMP...Canadian Rodent Mounted Police!

Pfizer has been developing a Covid-19 vaccine for exclusive use with our furry friends. Clinical trials are ongoing and so far the only negative side effect is a marked increase in the squirrels' libido. Scientists are working hard to eliminate this, as god knows there are enough squirrels already!

Postscript:

Despite the stress and anxiety being felt over this continued pandemic, please know that there is light at the end of the tunnel. Our furry friends will still be here when it is finally all over. Luckily, they may not have to adjust to some "new" normal...besides, they were never big on shaking hands, enjoying a hug or hanging around too long! Stay safe everyone!

Tom Conti

Results of a recent poll found that 99% of our furry friends are prepared to get whatever vaccine is available to them. As they point out, life expectancy...especially in their case...is too short! The 1% who aren't "willing and ready" are confirmed believers in conspiracy theories!

**The Amazing
Pet
Contest**




"Tell tell us, who won the Amazing Pet Contest" Buddy, Chacci and friends want to know. The De Angelis dogs.



"Open the door if you want to share."
C. Thierry



Tiara loves Christmas decorations
T. Kozaczynski



Best Friends forever—Pinky (a foster) and
Emma De Angelis



"...hitching a ride?"
Marisa De Angelis



"Class, listen up..." Chacci
Rita De Angelis



"Still friends?" Buddy and friend
Marisa De Angelis



Family of Friends
Patrick Clark

Outstanding Contribution to Education Award

Brian Rock

This year's QPARSE Outstanding Contribution to Education Award was presented to Brian Rock, now retired from an illustrious career as a teacher and administrator. With his McGill education certification in hand, Brian began his outstanding career as an excellent English and Social Studies teacher. But for Brian this was not enough, since he also had a keen interest in politics and government, and a Bachelor of Arts degree in Political Science from Université de Montréal was a natural extension of that interest. This was then followed by a Masters of Education in Administrative Studies from Bishop's University. Brian was ringing up universities on his certification roster!

Brian taught secondary English for the PSBGM, English and history at Baie Comeau High school, had teaching assignments in adult education, in CEGEP and also at the University levels. He was a teaching assistant at Carleton University Department of Political Science in Ottawa and he taught advanced English as a second language at the CEGEP of Baie Comeau. Between the certifications obtained and his teaching assignments, you can see that Brian brings an enriched perspective to the universities, CEGEPs and high schools, that he has worked in.

Needless to say, Brian's leadership skills shone brightly in his career. Before retirement Brian was the President of the Baie Comeau Teachers Association, Principal of Baie Comeau High School and of New Richmond High School with the Eastern Shores School Board. His expertise and perspective were sought after, and he was asked to be a member of the Advisory Board on English Education, as well as Executive Director of the Regional Association of Western Quebecers.

On the volunteer front, Brian has been a member of QPARSE, of the Retirees Group of the Administrators Association AAESQ, of the Quebec Federation of Home and School Associations, of which he was the president, and of the Quebec Community Groups Network. His knowledge and interest in history and its curriculum steered him to be actively involved with the committee of the History of Quebec. His background and passion for all things political have led him to be a columnist with the Aylmer Bulletin, the Pontiac Journal and the West Quebec Post. As you can see, when Brian does something, he goes all out and ensures an in-depth understanding and becomes very actively and thoroughly involved! One of his core beliefs is "if you do something.... do it right".

I was struck by the many titles that Brian has held over his long, varied and illustrious career: coach, teacher, principal, advisor, member, president, representative, and chairman.

All of these titles show one thing – Brian is a doer and has always been actively involved in many areas of education, from teaching, to leading, to advising, to representing, and when needed to criticizing in order to right wrongs. Brian cares deeply about education and in particular about the rights of Anglophones in this province. We are all beholden to Brian for this dedication and commitment, and I am honoured to have known him. Brian cares deeply, expends great amounts of energy for the causes he believes in and makes things happen! His leadership skills shine as brightly as ever and QPARSE is proud to bestow the Outstanding Contribution to Education Award for 2021.

Congratulations Brian! You have the Midas touch!

Jan Langelier



A piece of the Rock

"Change will not come if we wait for some other person or some other time.
We are the ones we've been waiting for. We are the change that we seek."
Barack Obama

Honorary Life Membership Award

Lynn Travers

Even in retirement, education continues to be an important part of Lynn Travers' life, so it is fitting that QPARSE has chosen to recognize Lynn Travers for her outstanding and ongoing contribution to education with the Honorary Life Membership Award. "Lynn was an outstanding teacher, and it involved more than just expertise associated with excellent credentials" says Dr. Kate Le Maistre, the chairperson of the Advisory Board on English Education (ABEE). Lynn studied in England and received her certificate from Loughborough College of Education, and as always, believed in placing the needs of the children first and foremost in everything that she did! Lynn taught for five years, at first as a kindergarten teacher, and then chose to teach special needs children. In 1973, her keen interest in special needs children led her to a position at the Stoneham School for the Deaf. Her experience has been multifaceted and indeed, it was soon to travel across the sea.



When Lynn's husband found work in Montreal in his beloved photography domain, Lynn took her teacher certification, her sterling expertise and knowledge, as well as her passion for pedagogy with her to Montreal. She was a top-notch teacher even then, as she continued her studies at McGill. Here she received a Bachelor of Education - but she didn't stop there! Her strong commitment to the children motivated her to deepen her expertise and obtain a Masters of Education degree. As a teacher, Lynn taught at the La Dauversière, Wilfred Bastien and Honoré Mercier elementary schools. Her excellent skills and leadership were further recognized when she accepted a position as the vice-principal of Dante and later as the vice-principal of John Paul II High School and principal of McLearn Elementary School.

"Lynn expressed her passion for education as a well-respected teacher and principal before taking up a position in the Ministry of Education as an Education specialist. Several Assistant Deputy Ministers made good use of Lynn's pedagogical expertise, her knowledge of the education system, and especially her dedication to everything she tackles" states Dr. Kate Le Maistre. Lynn has been the secretary of the Advisory Board for English Education since 2009, and I have seen first hand her commitment, attention to detail, clear perspective and her willingness to make things happen. How did Lynn step into this job? Well, when she retired, Leo LaFrance was looking for someone to work two days a week with the Advisory Board as the Secretary for ABEE. Having previously worked with Greta Chambers on the Board for a year, she already had the experience needed to step into the position.

When Lynn was at the English services of the Ministry, she particularly enjoyed the collegiality, and the opportunity to work with like-minded people who were passionate about education. She helped to guide change with her colleagues, who like her, were deeply involved and knowledgeable about the English education system and strove to find ways to increase the capacity of school boards and schools to make a difference to the students they served. "Working with like-minded people has been the best part of my career. Being part of the group that wanted to move education forward has always motivated and encouraged me." This dovetailed perfectly with her philosophy that "you have to care about children and be non-judgmental, since that is the foundation of good education." Lynn is most interested in the social equity aspect of education and ensuring that educators are able to provide for the needs of all students, because: "Children don't all start out with the same opportunities."

Lynn would like to see more emphasis on life-long learning and more opportunities available for that in the public domain. Why not have multi-generational schools to increase learning opportunities for all ages? Her guiding principle is that if you are there for people, they invariably will be there for you too!

Having the privilege to work with ABEE over the years, has helped her keep a pulse on education. "It's im-

(Continued on page 8)

Lynn Travers (Continued from page 7)

portant to be present in the educational community as we speak for the English community.” In ABEE, our role is to highlight the challenges faced by the English schools and suggest remedies. However, we also have the opportunity to share with the Minister all the great initiatives taken by the schools and the boards, and their successes.

Lynn has had 12 years in retirement thus far, and she is still very involved in education. She plans to remain active in retirement by dabbling in cooking, reading and travel. Lynn considers herself lucky to have traveled extensively with her husband before he passed away. She enjoys visiting with her family over the pond, and now one of her sisters is her travelling companion.

In her spare time, Lynn organizes walking tours in Montreal neighborhoods for her friends, be they literary tours, art, history, or graffiti tours throughout many of the Montreal Boroughs, be it Saint Henri, Hochelaga-Maisonneuve or others.

You may not be aware that in retirement, Lynn also completed post graduate studies at Concordia in translation. Lynn walks her talk as a life-long learner! As a result, she operates translation and document writing services mostly in the educational field. She was often asked to translate documents quickly, from French to English while working, and since she liked doing that, “when I retired, I decided to keep my hand in it for two or three days a week.” says Lynn. “You learn a lot and it is mentally challenging.”

As you can see Lynn is only partially retired, at best, and still contributing much to the field of education. Not only is she a versatile master teacher, a representative for the English Community, and active Mom, but also a concerned and involved member of the community for the future of English education in the province.

Congratulations on the well-deserved Honorary Life Membership Award for your achievements and for your ongoing contributions to education! Chapeau Lynn!

Marzia Michielli

For the Record

For the article Spotlight on a *Moment in History - Miss Regina Reid* on page 11 of the QPARSE Winter 2021 issue, the last sentence of the third paragraph should have read. “ Like Viola Desmond, I have always thought that Miss Regina Reid should be recognized as a pioneer in her own right.”

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Spotlight on Members



Paula Turner



Paula, the newest member of QPARSE's Board of Directors, is a retired vocational education teacher from the Health Department at LBPSB's West Island Career Centre. Her education, training, work and life experiences prepared her well for her eventual teaching career.

Born and raised in Montreal, Paula began her career journey in the late seventies at LaSalle Catholic High School in the Licensed Practical Nursing program (LPN), completing the second year at Westmount High School. This early training boded well for her since years later as a teacher, Paula was able to relate to her students by sharing that she had "been where you are", and it helped to put them at ease in their own learning.

Paula began working at the Montreal General Hospital, after completing the LPN program. She was attracted by the teaching component of this facility. She was also "Blessed" with a wonderful mentor and they are still friends today. After three years, with a lot of encouragement from her now husband and other family members, she enrolled in Vanier College's three year Nursing program while still working part-time at the hospital. Upon graduation, she worked for five years in the Burn Unit.

A family, a daughter and son, soon followed and in the early nineties, Paula applied at the Lakeshore General Hospital (LGH) because it was closer to home. She worked part-time at LGH for the next twenty years, fifteen of them at night, all the while balancing a family and numerous community volunteer positions.

One day, she saw an ad in the newspaper where the LBPSB was looking to hire teachers in Vocational Education. No stranger to challenges, she applied and was hired in 2002. Needing her Brevet to continue teaching, she enrolled at McGill to meet this requirement. While teaching part-time in the Health Department at the Pearson Adult Career Centre, she also continued to work part-time at the Lakeshore Hospital. Paula described this time in her life as "school-home-sleep-work-repeat". She did however, give up some of her volunteering!

After five years, she was tapped to apply for a position at the West Island Career Centre which was opening up a Health Department in the fall of 2007. Paula, along with another colleague, was instrumental in developing the program, including establishing remedial practice for students, lesson planning and classroom management techniques. The Préposé aux bénéficiaires (PAB) program was her next big project.

Not confined to the classroom, Paula was a "content specialist" for the board's Recognition of Acquired Competencies (RAC), a formal recognition of the competencies one has already acquired, leading to a Diploma of Vocational Education. This at a time, when there was virtually nothing available in this regard for English health programs. She was also part of a committee to help establish a new Home Care Program that began in 2019. If all this was not enough, she also served on the centre's Staff Council, Grad Committee, and participated Adult Learner's Week for a number of years.

Tom Conti

Highlights of the 2021 Federal Budget Published Apr 20, 2021



On Monday, April 19, Deputy Prime Minister and Minister of Finance, Chrystia Freeland, delivered the federal budget for 2021.

Below are select highlights of Budget 2021:

Personal Income Tax Measures

Tax treatment of COVID-19 benefit amounts

Budget 2021 proposes more options for those who received and subsequently had to repay COVID-19 benefits (e.g., Canadian Emergency Response Benefit (CERB), Canadian Emergency Student Benefit (CESB), Canada Recovery Benefit (CRB), etc.). With a proposed amendment to the Income Tax Act, individuals would be allowed to claim a deduction for the year the benefit was received rather than the year the repayment was made. This option would be available for benefit amounts repaid at any time before 2023.

Old Age Security

Proposal to increase Old Age Security (OAS) for Canadians 75 and older in two steps:

To meet immediate needs, a one-time payment of \$500 in August 2021 to OAS pensioners who will be 75 or over as of June 2022.

Proposed legislation to increase regular OAS payments for pensioners 75 and over by 10% on an ongoing basis as of July 2022.

Disability Tax Credit

The Disability Tax Credit (DTC) is a non-refundable tax credit that is intended to recognize the impact of non-itemizable disability-related costs on the ability to pay tax. For 2021, the value of the credit is \$1,299. To ensure that the eligibility criteria for the DTC better articulate the range of mental functions necessary for everyday life, Budget 2021 proposes expanding the eligibility criteria for the purposes of the DTC.

Defined contribution pension plans

The budget also proposes to permit employers to correct certain under-contribution errors made in the prior five years via additional contributions to an employee's account under a defined contribution pension plan, subject to a dollar limit. The proposals would also permit plan administrators to correct for employee pension over-contribution errors for any of the five years prior to the year in which the excess amount is refunded to the employee or employer, as the case may be, who made the contribution.

Important information:

Budget 2021 as released is in draft form and subject to parliamentary approval. To read the government's full proposed budget, go to the [Government of Canada's website](https://www.government.ca).

Commentary from Edward Jones does not consider your specific situation, but provides a general summary of the 2021 federal budget release. Commentary is provided in relation to the released information available on the date of publishing.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. Please consult a qualified tax specialist or lawyer for professional advice regarding your specific situation.

In Memory of Our Dear Friends



Graeme Sutherland

It is with deep sadness, but with gratitude for a life well-lived, that we announce the sudden passing of Graeme Sutherland on April 26, 2021. He suffered a brain bleed at home a couple of weeks ago and even with the best of medical care in the ICU at the Neuro and the love and prayers of oh, so many, a choir of angels has sung him to Glory, home to the heart of God. He slipped away peacefully, covered with a prayer shawl, in the early hours one morning.

Graeme's influence in his 81 years was wide-reaching. He was a teacher, school principal, lifelong learner, mentor, man of faith, singer in choirs including Cedar Park's and Cantabile, world traveller, and volunteer extraordinaire. Graeme's deepest love was for Renate and their family. We hold Renate and their sons Ian and Peter, daughter-in-law Megan, Peter's partner Pasquale, and their cherished granddaughter Lauren in our prayers. They were always topmost in Graeme's heart.

Graeme and Renate were generous with their time, talents and treasure, supportive of one another's many volunteer endeavours. Graeme was Chair of the Board at CPU twice, in 1979-80 and again in 2002-04. He served in many leadership, administrative, and behind the scenes capacities with Cedar Park United and numerous other organizations in Montreal and the Eastern Townships.

Graeme made everyone he met feel worthy, uplifted, and heard. I'm sure this line from a popular musical will resonate with hundreds upon hundreds of people: *"Because I knew you, I have been changed for good."* Let's each continue his legacy of caring for others.

A Celebration of Graeme's Life will be held at Cedar Park United when it is safe for us ALL to gather together.

Farewell, dear Graeme, and thank you. You will live in our hearts forever. We will meet again.

Elizabeth Chown Lafrenière
Church Administrator
Cedar Park United

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

Amar, David—Town of Mount Royal, QC
Erskine, Margaret Isabell—Cleveland, QC
Morrison, Joan—Cleveland, QC
Robertson, Donald—Georgeville, QC
Saikali, Saadat—Town of Mount Royal, QC

Asbil-Negm, Verna—Rawdon, QC
Haigh, Maureen—Pointe Claire, QC
O'Brien, Lise—Beaconsfield, QC
Roy, Elizabeth—Ormstown, QC
Spitz, Dieter—Wakefield, QC



QPARSE PROGRAM CALENDAR

THERE WILL BE NO RESTAURANT LUNCHEES
VIRTUAL MEETINGS ONLY
REGISTRATION REQUIRED TO ATTEND THESE
MEETINGS

2021

Friday, September 17	Janet Torge. <i>“Senior Housing: It’s Time for a Fundamental Rethink”</i>
Thursday, October 14	Dr. Dolly Dastoor. <i>“Managing Difficult Behaviors in Dementia and Alzheimer Disease”</i>
Wednesday, November 10	Ann Lambert, Montreal author. <i>“Social Justice Issues and Creative Writing”</i>
December	TBA. Special Celebration for the QPARSE 60 anniversary

2022

Tuesday, February 15	Janet Kennedy and Alain Lamarre. <i>“Armchair Travel, South Africa”</i>
Wednesday, March 23	Sylvie Corbeil. <i>“Teaching in a Cold and Windy Place...in Time of Covid” (Nunavik)</i>
April	TBA
Thursday, May 3	Annual General Meeting

To register for ZOOM online events, please contact via email one of the following at least one week before the event:

FOR MORE INFORMATION CONTACT:

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

PROGRAMME DES ACTIVITÉS DE L'APPERQ

IL N'Y AUCUN DÉJEUNER AU RESTAURANT
RÉUNIONS VIRTUELLES UNIQUEMENT
INSCRIPTION REQUISE POUR ASSISTER
À CES RÉUNIONS

2021

Vendredi le 17 septembre	Janet Torge. <i>« Maisons de retraites : il faut repenser le concept. »</i>
Jeudi le 14 octobre	Dr. Dolly Dastoor. <i>« Gérer les comportements difficiles dans la démence et la maladie d'Alzheimer »</i>
Mercredi le 10 novembre	Ann Lambert, Auteure Montréalaise. <i>« La justice sociale et l'écriture créative »</i>
Décembre	À annoncer. Célébration spéciale pour fêter le 60 anniversaire de l'APPERQ

2022

Mardi le 15 février	Janet Kennedy et Alain Lamarre. <i>« Voyage en fauteuil : Afrique du Sud »</i>
Mercredi le 23 mars	Sylvie Corbeil. <i>« Enseigner dans un endroit froid et venteux pendant la période de Covid » (Nunavik)</i>
Avril	À annoncer.
Jeudi, le 3 mai	Assemblée générale annuelle

Pour vous inscrire svp contactez les suivants adresses courriel au moins une semaine avant la date. On vous contactera avec la connexion ZOOM un jour avant l'événement.

POUR PLUS D'INFORMATIONS, CONTACTEZ:

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

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, Janette—Sussex, NB	Goldwater, Mrs. J.—Cote St Luc	Hetherington, Evelyn - Ottawa, ON
Juliano, Terry—Ile Bizard	Kogut, Edward—Willowdale, ON	Mackay, Linda—Seattle, WA
Poulter, Bernice—Grenville, QC	Raubach, Roberta—Ottawa	Richard, Madeleine—Montreal
Still, Ruth Mary—Barrie, ON	Taylor, Jean—Ottawa	Viger, Dolores—Joilette
Wright, Frances—Sainte Geneviève, QC		

My vaccination

Patrick Clark

Beforehand I was a little worried. Was it a long wait standing up? Was it going to hurt...would there be after-effects? Like many others, I am afraid of needles!

My closest vaccination centre is Square Decarie, so with that in mind I made my reservation online. The process was well-explained, quick and painless, and we just had to follow the instructions. A Sunday morning at 9.30am wow! They are open on Sundays.

Upon arrival there were a couple of people waiting at the door and two minutes later, I entered this huge hall full of stations. There were six or seven people ahead of me but within minutes it was my turn and I was sent to the first verification centre. Here they checked my credentials and my Medicare card. Then on to another station where they asked me a series of questions about my health. I have to say that everyone was very pleasant and smiling. My third table was the vaccination table where I got my jab from a very pleasant young man who was very efficient. I did not even feel it! It was that easy and painless. Thereafter, I was sent to an area where I had to wait for 15 minutes to ensure no after effects.

The whole process from start to finish took 35 minutes including the after shot-waiting period. I was given a date and time for my second shot, some three-and-one-half months later. It was a great experience and I congratulate the organisers. By the way, weeks later I received my QR code, as proof of my vaccination.



Our Vaccination Day

Terrie Kozaczynski

On March 4th, my mother and I set off to the vaccination center in her area. Seeing that I am her caregiver, I was also scheduled for the vaccine at the same time. My mother is the type of lady that likes to be on time, and to make sure we would be on time, I had to pick her up early.

We arrived at the center a half-hour early. We had to wait of course, because there were people waiting ahead of us. The whole vaccine process was all organized by appointment. However, while waiting to be seen, it began to feel very warm in the vaccination centre. Of course, when it is very warm and dry, my asthma kicks in! So right on cue with the increase in temperature - the coughing fits began! In such situations, all I do is suck on a candy, or have some water to moisten my throat and the coughing stops.

Well, everyone heard my coughing and they sent a nurse to exam me. The nurse said that if I am sick I cannot have the vaccine. I tried to tell her that I was not sick. She told me and my mother to wait until she returned. Ten minutes later she returned with a blood pressure machine. She ended up taking my vitals. She checked my blood pressure, temperature, and blood oxygen level. All were fine, so my mother and I were good to go! We got the Moderna vaccine and we are now scheduled for the second shot of the vaccine on June 24. I was very impressed with how the whole process was handled, and that they are concerned enough not to vaccinate a person that is not feeling well.

Départ anticipé

Ses derniers moments
 Au bercail de son enfance
 Lui font ruminer les jours
 De bon temps éblouissants
 De gaieté, en compagnie des êtres chers,
 D'ores et déjà disparus.

Mourant de désespoir et de langueur
 Son âme soupire de goûter encore
 Ces saisons de joie et d'aisance.
 Comment vaincre ce deuil tenace
 Et assouvir cette souffrance?

Puis alors, des bouffées de chaleur
 Rougissent et dévorent son visage
 Terriblement ému.

Ses yeux embués et chauds
 Libèrent ses pleurs,
 Qui coulent à flots.

Or, plus tard! dans le fourgon,
 Tout plein, sa nouvelle copine à ses côtés,
 Son regard souriant et fougueux
 Se fixe au loin :

À de nouveaux horizons.

C'était l'arrivée du printemps
 Où lui, il venait d'atteindre
 Quatre-vingts ans.

© Sunny

Some Useful Tips for Coping with Anxiety, Depression and Stress

From Dr. Sydney Miller, PhD. C. Psych,

QPARSE presentation of April 29

Here is how to cope:

Every time you are stressed, ask yourself these **key questions**:

“What am I stressed about?” You may say, “I don’t know”. But it is crucial that you identify what it is that is causing you stress. You must answer this before going to question 2.

“Is it happening or not?” We get stressed over the “what ifs”. All “what ifs” are irrational and you have to let them go. If it is happening, then go to question 3.

Serenity prayer: God grant me the Serenity to accept the things I cannot change,
 Courage to change the things I can and
 Wisdom to know the difference.

You see more anxiety in the unknown than the known. Once you **do** have a reason to be stressed, you are better off to deal with it than worrying about “what ifs”. You cannot fix something that has not happened.



Quebec Provincial Association of Retired School Educators

Income Statement

REVENUE	2020	2019	2018	2017	2016
Memberships	\$340.00	\$850.00	\$1,707.00	\$1,360.00	\$1,877.00
Program		1,785.00	3,684.00	1,680.95	1,662.10
Donation	50.00	375.00	3,090.75	3,717.00	200.00
QPAT Teachers Conference	391.00				
Senior Discovery Tours		2,576.72	863.52	1,999.48	
LaPersonnel - Referral Revenue		390.00	440.00		
Newsletter Ads	375.00	525.00	650.00	425.00	250.00
Investments					7,253.49
Capital Gains/Loss	112.82		-0.78		
Dividend Income	2,546.83	2,772.35	2,633.77		
TOTAL REVENUES	\$3,815.65	\$9,274.07	\$13,068.26	\$9,182.43	\$11,242.59
EXPENSES					
Newsletter Printing Expense	2,051.30	4,026.46	2,954.05	3,595.91	3,647.37
Membership expenses			556.67	667.76	1,309.40
AGM - Annual General Meeting Exp		750.29	547.11	565.38	583.03
Meeting Expenses	115.70	130.22	87.33	327.06	
Program/Workshops/Events Exp	100.33	2,200.11	5,022.37	2,094.47	1,814.63
Goodwill Gifts	50.00		104.33	33.49	23.00
ACER/CART	383.60	1,074.88	1,946.21	1,106.94	1,231.43
QFHSA MEMBERSHIP	50.00	50.00	50.00		
Accounting Expenses	344.93	344.93	1,034.78		
Website Expenses	248.43	308.71	401.31	269.17	703.21
Office Supplies Exp		391.19	306.89		
Bank Charges		7.50	9.40		
Donations		100.00	100.00	276.28	117.00
Government Registration Fees	35.00	34.00	39.53		
Taxes				68.07	509.78
Parking	256.32	33.00	83.82		
Investment fees	1,290.40	1,573.92	1,556.89		
Misc				38.45	50.00
TOTAL EXPENSES	\$4,926.01	\$11,025.21	\$14,800.69	\$9,042.98	\$9,988.85
NET INCOME	-\$1,110.36	-\$1,751.14	-\$1,732.43	\$139.45	\$1,253.74

Year End Bank Reconciliation

	2020	2019	2018
Ledger Bank balance January 1	\$ 5,981.49	\$ 9,555.12	\$11,824.59
Add: Total Deposits	6,240.00	6,416.72	10,435.27
Less: Total Cheques issued	3,518.91	9,990.35	13,243.80
Add: Outstanding cheques			539.06
Bank Balance December 31	<u>\$ 8,702.58</u>	<u>\$ 5,981.49</u>	<u>\$ 9,555.12</u>

Assets at December 31	2020	2019	2018	2017
CI Investments	\$ 90,307.78	\$ 94,109.95	\$86,058.08	\$ 90,197.16
Bank Balance December 31	8,702.58	5,981.49	9,555.12	11,824.59
Total Assets December 31	<u>\$ 99,010.36</u>	<u>\$ 100,091.44</u>	<u>\$95,613.20</u>	<u>\$ 102,021.75</u>

Publisher's TIPS

Click on the picture to link to the article.



BEST EXERCISES AND STRETCHES FOR YOUR BACK



RESPONDING TO DEMENTIA HALLUCINATIONS

I can AND I will

DIFFERENT TYPES OF MOTIVATIONS



VISIT FIELDS OF FLOWERS THIS SUMMER

Editor's Picks



EXPERTS SAY THAT MANY OF US ARE EXPERIENCING LANGUISHING — HERE'S HOW TO COPE



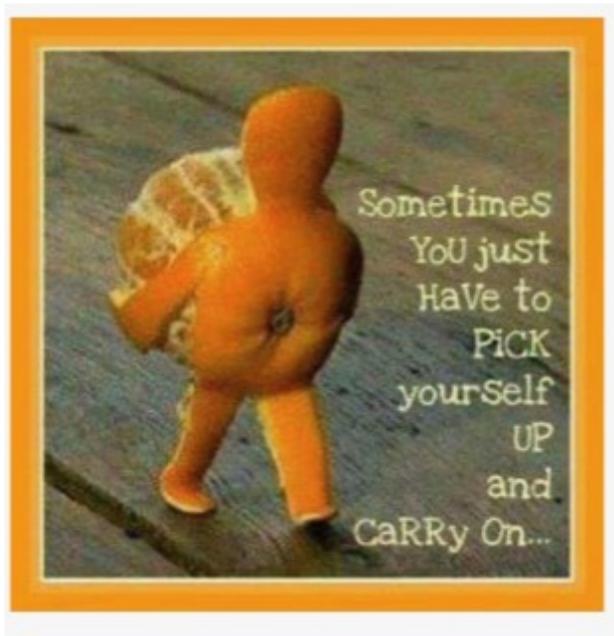
55 BUDDHA QUOTES ON HAPPINESS, FRIENDSHIP, LOVE & PEACE



LEARNING IN THE FUTURE ON 3-D LAPTOPS



FIGHTING FRAUD 101 AND WAYS TO PROTECT YOURSELF.



Strawberry Cream Puffs



Makes 12 large puffs
Elegant and so easy to make

Preheat oven to 425 F.

Put in a saucepan:

1 c boiling water

½ c butter

Heat until the butter melts. Add all at once:

1 c all purpose flour

Stir hard until a ball forms in the center of the pan. Remove from heat. Let stand 5 minutes. Add:

4 eggs, one at a time, beating until well blended. The mixture should be very stiff. If not, let stand 10 minutes.

With a tablespoon, spoon 12 mounds onto a cookie sheet, two inches apart. Bake at 425F for 20 minutes, then reduce heat to 375F and bake for another 10-20 minutes or until the puffs are firm and crusty. If underdone, the puffs will sink. With a small, serrated knife, slice the tops off and let the puffs cool and dry a bit before filling with a spoon of strawberries and whipped cream. Add the lids. Dust the tops with icing sugar sprinkled through a sieve.

Filling: fresh sweetened strawberries or strawberry preserves and whipped cream

Whipping Cream: Beat ½ litre of 35 % cream to desired consistency. Sweeten to taste with icing sugar.

Strawberry Preserves: 4 c fresh or frozen berries, ½ c granulated sugar, 1 tbsp. cornstarch. In saucepan combine strawberries, sugar and cornstarch. Cook over medium heat, stirring constantly until juices run. Continue to cook 5 more minutes, until thickened. Cool and store in a tightly covered jar in the fridge up to 2 weeks. Also delicious on ice cream or yogurt.

Note: This is a family favourite and my daughter requests this for all her birthdays, rather than a traditional birthday cake. The grandkids love to get involved in putting these together!

If you have any questions, please call or e-mail me and if you would like to share your favourite recipe, we would love to showcase it in the QPARSE newsletter.

Claudia Thierry, 514-457-2499 or cthierry@aei.ca

The Quebec Provincial
Association of Retired
School Educators



Association provinciale
du personnel
d'enseignement retraité
du Québec

Application Form / Formulaire d'adhésion

Veillez 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.

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

Email address:
renate.sutherland@bell.net