



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 60th Anniversary Edition - 2022 Édition 60e Anniversaire APPEAQ - 2022



**Thursday,
October 27**

Sandra Cohen-Rose
"Art Deco Montreal"

**Tuesday,
November 22**

Barbara Arzooni
"Rewire your Brain for
Happy, Healthy Aging"

QPARSE WALL OF FAME

On June 6th, guests at the QPARSE 60th anniversary celebration left us with a memory of years gone by, an anniversary wish for QPARSE or just a comment they wanted to share with us. It was a lively and animated tea party! Their writings were collected and are included on our **QPARSE WALL OF FAME**.

If you would like to share memories of your early times in education, kindly send them along to me, at mmichielli@icloud.com. Happy Anniversary QPARSE!

Teaching Memories

Algonquin School – Snow!

Being the second bus run, and stuck as we were amidst the snow, the caretaker Alex Nohos, who had an apartment in the school, invited the West Island contingent for a meal. A meal offered while we waited for the roads to be cleared!

It must have been eight or thereabouts, before we were ok'd to leave – there were no cell phones back then, and the family hoped for a safe drive home. It was very slow on the Metropolitan expressway and the Trans Canada. "Cleared" was a misnomer –there were trucks, cars and more. facing every which way. How fortunate for me that my car was up to the challenge!

Janet Ward

Memories of Teaching

One day, I was teaching High School in a closed special education class, I and used the Gazette as a teaching tool. One student as we were looking at the obituary section, raised her hand and said, "Look Miss, everyone died in alphabetical order". The whole class nodded and said: "...Cool, yeah".

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Editorial

Here's wishing a very Happy 60th Anniversary to QPARSE, and to you its members! For many years, QPARSE has been a gatherer of like-minded educators who are not only the foundation of its success, but also represent QPARSE's most precious asset. Thank you dear members for helping to make QPARSE such a success....Your participation is greatly appreciated!

In this edition, on pages 5, 7 and 8, you will get to know the QPARSE award winners presented on June 6th—Ed Zegray, Alan Lombard, Gary and Bev Crandall. They are truly outstanding individuals!

Then on page 12, Renate will take us on a trip down memory lane, as we reminisce about QPARSE's early years. We continue to explore the theme of this newsletter, "QPARSE 60 years young!" by sharing a number of pictures taken at the Afternoon Tea on June 6th. Also, on page 16 read some of the messages shared by the members who attended this lovely event. Some left anniversary wishes, some shared teaching memories of years past, and some just shared their thoughts that afternoon. One of our members, even made and wore a fascinator which she designed and produced in honour of this special anniversary. Thank you Tonia Cifarelli, you are a very creative lady!



Meanwhile, we invite you to send us your thoughts, as you reflect on your years of involvement in education, or an anniversary wish. Mail it to mmichielli@icloud.com and QPARSE News will be happy to print your text in the next edition.

Let's hope that the coming years for the organization will be just as prosperous and fulfilling as the previous ones! QPARSE's anniversary is a great reason to continue the celebration, so join us at the next event.

On behalf of the QPARSE News working group, Happy Anniversary!
All the best,

M. Michielli
Editor
mmichielli@icloud.com

 <p style="text-align: center;">Editor of all</p>	<p>Newsletter working group members</p> <p>Marzia Michielli - Editor Terrie Kozaczynski - Publisher Contributors: Renate Sutherland, Tom Conti, Katherine Snow, Patrick Clarke, Claudia Thierry, Anne Brohan, Lynn Travers</p>	<p>Next Deadline: January 6, 2023</p> <p>Theme: Connectivity and Volunteerism in Retirement</p>
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President's Message - Message de la présidente

Dear Fellow QPARSE members,

We celebrated our 60th anniversary in the spring of this year. It was wonderful. I have included below what I said in welcome to everyone who celebrated with us.

I want to add a couple of notes for the upcoming year just to keep you posted. QPARSE, for the first time, will be hosting the Eastern Conference of the Canadian Association of Retired Teachers, in October of this year. We are very excited, and we hope to have a report, with photos, for you in the next newsletter.

Finally, please check your inboxes regularly as Carol and Claudia will be sending you information about the fabulous activities they and their committee have planned for you.



President's Welcome to the QPARSE 60th Anniversary Celebration and Tea

Welcome to QPARSE 60th Anniversary Celebration. What a great day!

Today we are celebrating the first 60 years of QPARSE, as well as some very special guests who will be receiving extra recognition for their service and dedication to educators and the English Education system in Quebec.

I would like to give a warm welcome not only to our special award recipients and our members but also to our super seniors who have been members of this organization for a long time, some for 35 years! Bravo!

My name is Katherine Snow it is my honour and privilege to be the president of QPARSE. I am fortunate to be surrounded and supported by the most incredible executive, most of whom are here celebrating with us today. You can recognize them by the plastic name tags they are sporting. Please feel free to approach any executive member. We all love to chat!

I received a lovely email wishing us well today and I would like to share it with you.

Hi Katherine - It seems to me your 60th anniversary celebrations are coming up in the near future. Congratulations and the very best of wishes as QPARSE celebrates 60 years of working on behalf of the well-being of retired educators. Doing so has been, to say the least, a challenge over the last two plus years and I commend you and your leadership team for meeting the challenge of finding new ways of reaching out to and engaging QPARSE members. As you gather in celebration, do so with joy in being with each other, honoring your past and looking towards the future.

Again, congratulations and the very best of wishes.

Marg Urquhart East Coast Representative, ACER-CART

Thank you for joining us.

Katherine Snow
President



QPARSE PROGRAM CALENDAR

**PRESENTATIONS VIA ZOOM
REGISTRATION REQUIRED
10 AM STARTING TIME**

2022

Thursday, September 8	Welcome back lunch, 11:30, Brasserie Manoir, NDG. 6810 rue St Jacques H4B 1V8
Thursday, October 27	Sandra Cohen-Rose, author and dietitian will talk about " <i>Art Deco Montreal</i> "
Tuesday, November 22	Barbara Arzooni, QPARSE member: " <i>Rewire your Brain for Happy, Healthy Aging</i> "
Thursday, December 8	Holiday lunch, 11:30 at the Baton Rouge, Decarie

2023

Thursday, February 9	Vincent Wesley from Desjardins, " <i>Fraud Prevention; you can protect yourself</i> "
Wednesday, March 15	Sam Watts, Executive Director of Welcome Hall Mission, " <i>Initiatives to Eradicate Chronic Homelessness and Hunger in Montreal</i> "
Tuesday, April 18	Ann Lambert, Montreal author, returns to talk about her latest book, " <i>Whale Fall</i> "
Monday, May 8	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

**RÉUNIONS VIRTUELLES VIA ZOOM
PAR INSCRIPTION
ET DÉBUTANT À 10 HEURES**

2022

Jeudi le 8 septembre	Lunch de bienvenue à la Brasserie Manoir, NDG, 11 :30. 6810, rue St Jacques, NDG, H4B 1V8
Jeudi le 27 octobre	Sandra Cohen-Rose, auteure et nutritionniste, « <i>Art Deco Montréal</i> »
Mardi le 22 novembre	Barbara Arzooni, membre de AP- PERQ, « <i>Reconnectez votre cerveau pour vieillir heureux et en bonne santé</i> »
Jeudi Le 8 décembre	Lunch pour célébrer les fêtes au Baton Rouge, Decarie

2023

Jeudi le 9 février	Vincent Wesley de Desjardins, « <i>Prévention de fraude; vous pouvez vous protéger</i> »
Mardi le 15 mars	Sam Watts, Directeur de Mission Bon Accueil: « <i>Des initiatives pour combattre l'itinérance chronique et la faim à Montréal</i> »
Mardi Le 18 avril	Ann Lambert, auteure Montréalaise, retourne pour nous parler de son dernier roman, « <i>Whale Fall</i> » .
Lundi le 8 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





SPOTLIGHT ON AWARD WINNERS



Gary and Bev Crandall

Recipients of the QPARSE Distinguished Service Award - 2022

What a wonderful occasion to celebrate not only QPARSE'S 60th Anniversary but also to acknowledge the invaluable contributions made by our QPARSE colleagues, who have made a significant difference in the lives of others! I am delighted to introduce Gary and Bev Crandall, joint recipients of the 2022 *QPARSE Distinguished Service Award*, for their outstanding volunteer service for more than 10 years to the Robinson Residence for Retired Teachers in Cowansville, Quebec.

After serving in the Quebec education sector in the St. Bruno South Shore region for 34 years, Bev and Gary retired in 1998 and moved full time back to Knowlton, their much-loved hometown, where they volunteered and engaged in a number of local community activities, including their commitment and dedicated efforts in serving the residents of the Robinson Residence.

Professionally, Bev, a primary school teacher, and Gary, an elementary school teacher commenced their teaching careers in 1961 and 1962, in Chambly and St. Bruno, respectively. When Bev went to St. Bruno in 1964, she met Gary there and they were married in 1966.

Gary moved to Mount Bruno School in 1980 in the French Immersion Program teaching English in grades 4-6 and English as a second language, becoming an assistant principal and then principal. In 1993, Gary was transferred to Chambly as principal for 5 years and retired from there, ending 34 successful and enjoyable years in elementary education.

Once their two daughters grew more independent, Bev returned to school as a substitute teacher and had the responsibility of testing for the government, the children wanting to enter the Protestant School system. She then became a full-time teacher at the St Hubert Air Base and, upon its closure was transferred to Terry Fox School in St. Hubert teaching kindergarten.

Upon their retirement in 1998, Gary became warden of his church and President of the Knowlton Food Bank. He joined the Lions Club and the Knowlton Harmony Band travelling on a three-week tour to France playing tympani with Bev. Together they volunteered at the local museum, organized the Meals on Wheels, enjoyed their square-dancing group and sang monthly in two local senior homes.

We honour them for their volunteer work in the Knowlton community and in particular, for their faithful commitment and their dedicated leadership in the administration of the Robinson Residence for Retired Educators in Cowansville, which they began in 2000 until its closure in 2011. For ten years, Bev and

(Continued on page 6)



(Continued from page 5)

Gary were actively involved in serving on the Board's House Committee of the *Robinson Residence*, which at that time housed 10 residents and had 3 vacancies. This responsibility occupied a very large amount of their time. The Robinson Residence, opened in 1967 and was operated on a non-profit basis by the Protestant Retired Teachers' Homes and Benefits Corporation (the PRTH & B Corporation). As members of the PRTH&B Board of Directors, Bev and Gary worked tirelessly for the well-being of its residents, by managing the staffing, maintaining the building and the overall day-to-day operation of the Residence. We remember with fondness, their gracious hospitality at the Residence, when members of both Boards enjoyed the residents' Annual Christmas Party and, when QPARSE members from Montreal would arrive in two to three busloads to attend the Annual Spring Tea and Garden Party and enjoy a day in the country.

In the last ten years with the increase of new health codes and rules, the Residence had to meet numerous inspection calls and go through a new process of certification to satisfy Quebec's requirements. In spite of the challenges, Gary and Bev's well-coordinated team approach managed it all superbly and always with a smile.

However, there came a time when Gary said, "we are no longer able to afford to keep the building and laws were much more severe and we would have to hire a nurse. Many tears were shed during that fall as all residents left us by December 31st, 2011!" The closing of the Residence and the "winding- up" of the sale and its business procedure had begun. Legal procedures for the sale and the distribution criteria from the Letters of Patent had to be put in place. The final task in the dissolution of the PRTH & B Corporation came with the distribution of the \$635,000 equity, as was advised by the Board of Directors and its accountants. Seven Senior Residences and five organizations, all serving seniors in the province of Quebec in not-for profit organizations, were the recipients. For Gary and Bev this had been an intense full-time job indeed! It is to Gary and Bev, to whom we, at QPARSE owe our sincere gratitude and appreciation for their invaluable volunteer service to ensuring that the dream and raison d'être of the founders of the "Provincial Association of Protestant Retired Teachers" (P.A.P.R.T.) in 1962, namely a residence for retired teachers, would continue and be fulfilled. It can be truly said that Bev and Gary have achieved, "Mission accomplished with pride and fulfillment!"

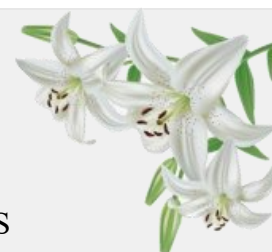
It is with great pleasure that the QPARSE Distinguished Service Award is presented to Bev and Gary Crandall. They managed the many duties and responsibilities with efficiency, thoughtfulness, caring and commitment beyond the call of duty. We wish you good health and continued enjoyment of all you hold dear. Congratulations to you both!

Renate Sutherland

In Memory of Our Dear Friends *we send our deepest condolences to the friends and family of the following:*

Anslow, Reginald—White Rock, BC
 Gamble, Lois—Westmount, QC
 Hackett, Joseph—Lachine, QC
 Rene De Cotret, Helen—Brossard, QC

Deif, Michael—Montreal, QC
 Gummer, Gladys—Windsor, NS
 Leadbetter, Ronald—Westmount, QC
 Stracina, Mary—D.D.O., QC





SPOTLIGHT ON AWARD WINNERS



Ed Zegray

Recipient of the QPARSE Distinguished Service Award - 2022

Ed Zegray began his career as a Mathematics and Physics teacher in 1965, having received a B.S. degree and a B.Ed. degree. Ed enjoyed teaching the sciences and the students enjoyed his classes. After 4 years of teaching, and one year as Mathematics Department head, Ed became the Mathematics and Computer Consultant with the Montreal Catholic School Commission. Ed was on the move!

Over the years, Ed worked in many capacities including Inner-City Education Consultant, on loan of service to the MEQ. He helped organize the 1992 Seventh International Congress on Mathematics Education. In addition, he worked for the Federation of English School Catholic Teachers Union. From 1997-99 he worked as an Executive Assistant. In 2002, after 37 years of teaching, consulting and a sterling career, Ed decided to retire from the EMSB in 2002.

Even in retirement Ed continued to provide his expertise to his retiree buddies. He took up the study of Tai Chi in 2003, and has continued to practice it ever since. He enjoys sharing his love of this oriental art with other seniors. Ed excels in everything he does! His calm, caring and giving character always shines.



QPARSE benefitted from Ed's expertise with pension issues as he represented us along with AAESQ retirees, ACRA retirees and QART retirees on the Groupe de travail des associations de retraités until the dissolution of this group in 2016. Ed was a member of QPARSE Executive from 2013-16, served on the Executive Committee of ACER-CART (Canadian Association of Retired Teachers) and chaired the political action committee as well as the health services committee of this association. As you can see, Ed likes to be active!

Through the years, Ed continued to give freely of his time, and was the Montreal regional representative on the Retirement committee of the Association des retraités de l'éducation et autres services publics du Québec (AREQ) serving from 2013 to 2017.

As you can see, Ed exemplifies the kind of person deserving of the Distinguished Service Award, and it also shows quite well, that there is indeed life after retirement!

Congratulations to Ed Zegray on receiving this award. Hats off to you!!

Jan Langelier



SPOTLIGHT ON AWARD WINNERS



Alan Lombard

Recipient of QPARSE Honourary Life Membership Award - 2022

For some of you, Alan Lombard may not be someone whose name you recognize; but for many of us, he is a very important person in the lives of all teachers in this province. As for me, he is also a very good friend and valued colleague. So let me introduce you to Alan Lombard.

Alan studied at McGill University where he received his B.A. in English (1968), his diploma in Education (1972) as well as a Masters in Administration. He started teaching English in the Gaspé in 1968 and then, in 1972 continued as an English teacher at Laurentian Regional High School in Lachute. In 1974, Alan taught for the Lakeshore School board and it is then that he began his work for the teachers' union,. It is for this work that he is most remembered. From 1977 to 1987, Alan was the Chief Negotiator for the PAPT and worked closely with our French colleagues to make significant improvements to the teachers' collective agreement.

In 1987, Alan took on the role of Executive Director of Provincial Association of Protestant Teachers (PAPT), a role he had until his retirement in 2018. It would be during this part of his career that many of you would have come to recognize Alan's name and to learn what a valuable resource he was for all teachers across the province. His great interest in legal matters, and his no-nonsense approach to dealing with serious issues, made him the first person we all spoke to whenever there was a problem. During my time as a local union President, I would often cross the hall from our office to the PAPT side of the building, to ask a question. Or even more often, it was just to discuss a situation with Alan - knowing that his advice was golden!

It was during my presidency of PAPT, that I really got to know Alan and learned how much we depended on him for support in negotiations, in legal matters and in all other aspects of the Association's work. Alan was completely dedicated to teacher welfare, and to our professional presence in all matters concerning the education of our students.

Alan was very involved, and played a key role in the important work that we did in advocating for the creation of English and French school boards, in place of the confessional school boards. In 1998, he and I signed the Canadian constitutional amendment which allowed for this creation to happen. We also, worked to replace our Protestant teacher unions with amalgamated unions, in conjunction with the Catholic teacher unions of the PACT.

Another very important piece of work had Alan involved with the initial evaluation of our jobs as teachers in the salary equity dossier. This work concluded with significant changes in salary for all teachers. It goes without saying that Alan Lombard is very deserving of the award he received from QPARSE and I know I speak for many in congratulating him. Congratulations Alan on being named the Recipient of QPARSE Honourary Life Membership Award for 2022!

Jan Langelier



60th ANNIVERSARY CELEBRATION



60th ANNIVERSARY CELEBRATION cont'd

60th ANNIVERSARY CELEBRATION cont'd



Do you know the whereabouts of the following 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.

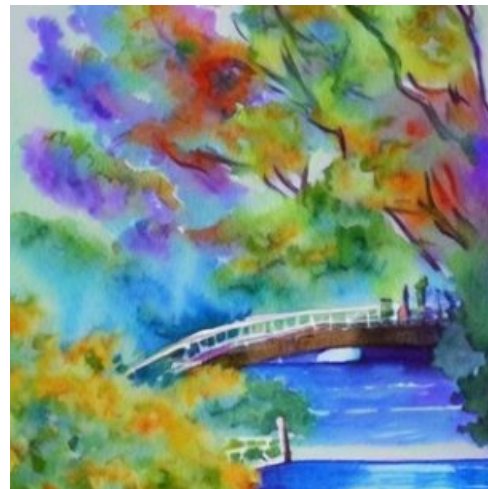
Arsenault, Lorraine—DDO, QC
 Juliano, Terry—Ile Bizard, QC
 Tomkinson, Robert—Chambly, QC
 Wright, Frances—Ste. Geneviève, QC
 Jensen, Nancy—LaSalle, QC

Herscovitch, Gail—Ile Bizard, QC
 Merry William—St. Antoine Abbey, QC
 Viger, Dolores—Joliette, QC
 Thomas, Marjorie—Knowlton, QC
 Rue, Beverly—Chateauguay, QC

A Brief Trip Along Memory Lane

QPARSE 60th ANNIVERSARY

A brief historical given by Renate Sutherland on June 6, 2022 at the QPARSE Anniversary Celebration



It is interesting to note that as I researched some of the archival records, I came across the date of June 5, 1961 (today being the 6th of June) when the First Incorporated Executive Meeting of the Provincial Association of Protestant Retired Teachers (P.A.P.R.T.) took place.

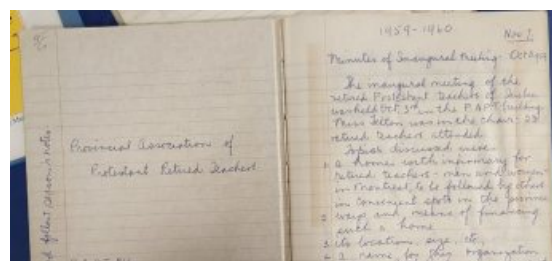
I joined QPARSE when I retired in 1999 and in 2000 was elected to the position of Secretary. The association was 40 years old and it was very exciting for me to meet up again with many of my former colleagues, Ann MacLeish, Phyllis McGlashan, Ian Trasler, Ernie Spiller, Bob Smith, Art Henderson, Don Peacock, to name but a few, with whom I had taught and served on the PAPT Board of Directors, the Teachers' Credit Union and the Montreal Teachers' Association (MTA) thirty years before. It was wonderful!

Many of us are familiar with, serve in and actively participate in our QPARSE organization's programs, activities, advocacy work and partnership with the Canadian Association of Retired Teachers and, recently having to adapt to digital communication through website, Facebook and of course ZOOM meetings.

But how much do we really know about the EARLY BEGINNINGS of our Retired Teachers' Association, which has been served so admirably by so many volunteers? Here is a brief journey down Memory Lane:

EARLY YEARS BEGINNINGS – late 1950's and 60's

Oct. 3rd, 1959 twenty-three visionary P.A.P.T. retirees started an association for retired teachers, *the Provincial Association of Protestant Retired Teachers (P.A.P.R.T.)* under the dynamic leadership of Helen Shearing. By 1960 there were 237 members. Incorporation proceedings were completed in May 1961 and soon the association obtained a charter from the Quebec Government for the "Protestant Retired Teachers Homes and Benefits Corporation" (PRTH & B Corporation) which enabled them to issue tax receipts for any donations/ contributions to finance a retired home for teachers. The group planned a suitable residence for retired teachers as a Centennial project. Through rummage sales, sales of Canada Savings Bonds, and donations and legacies from individuals and associations such as the P.A.P.T., the members raised sufficient funds to purchase the Robinson property in Cowansville in 1967. The property was purchased from the Vilas family, owner of the Vilas Furniture Company, which produced the school desks for many of our schools. Annual membership fees were set at \$1.00 + .15 cents for bank charges, for retired teachers & wives and widows of retired teachers. In 1966 annual fees were \$3.00 OR \$45.00 for Life Membership and there were four classes of membership – ordinary members, courtesy members, honorary members and special members.



Inaugural Meeting - October 3, 1954

Meetings of both organizations were held in the PAPT Board Room on St. Mark Street, later at Westmount Junior High School and then, for many years (until the pandemic) at the PSBGM, now the EMSB, on Fielding Ave. in NDG. In the last few years meetings were also held at the QPAT office. Because the President of P.A.P.R.T., now QPARSE, was also the President of the P.R.T.H. & B Corporation Board of Directors,

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(Continued from page 12)

Annual General Meetings were always held in tandem.

The P.A.P.R.T. Board set up numerous Funds, which not only looked after the financial and personal needs of retirees since teachers' pensions were minimal but also, these funds encouraged donations and contributions to solicit funds to establish a retired home for Protestant teachers. The "*In Memoria Fund*" gave financial assistance to individual Protestant Retired Teachers as the need arose in any area of the province, or a donation in memory of a deceased person. It was possible to request a "*Book of Remembrance*" to honour any deceased person by a donation. There was also "*An Endowment Fund*" to which contributions could be conserved and invested as capital in legal securities and that interest be used by the Executive for the upkeep of any building that may be purchased for the benefit of retired teachers. "*The Residence or Building Fund*" was to be established so that that members might contribute funds to be used as full or part payment for land, building etc. The "*Good Will Fund*" was to help seniors in need.

The other work in those early days - the Pension Committee focused on Pension issues and improving Blue Cross coverage for retirees. They worked closely with PAPT to deal with revision of the Provincial Pension Act.

DID YOU KNOW that in 1960 the minimum pension, according to law was \$240 plus \$5.00/year for each year over 20 years of service? They also advocated for cost of living, to change pensions from being based on best 10 years to the best 5 years and raising the lowest pensions to \$600 annually.

By 2013, QPARSE had joined 11 other Quebec organizations representing 120,000 retirees and all receiving CARRA pensions. Ed Zegray was our representative and that group worked hard for improvements to the index formulary, particularly for the years 1982-1999.

P.A.P.R.T provided financial and personal support to retirees in need and encouraged the formation of local regional organizations in the Province - Chateaugay, Eastern Townships, Quebec City, Gaspé; western Quebec (Ottawa)

They set up programs, visiting places of interest such as the Montreal General Hospital, the Montreal Museum of Fine Arts; asking Dr. Penfield to speak on Geriatrics; organized the Annual Spring Garden Tea Party in Cowansville and initiated participation at Teachers' Convention.

We recall the "THE OLD SCHOOL BELL" and the Winter, Spring and Fall issues of the QPARSE Newsletters. They were beautifully illustrated by Art Henderson and Bill Hine and are now the root of our three digital version of the QPARSE NEWS.

It might be of interest to note that between 1977-2002, when under its Treasurer, Hal Goodwin, the investments yielded high returns for both organizations, P.A.P.R.T and later QPARSE. An amount of \$180,500.00 was donated to various organizations e.g. English Hospitals in Montreal, Pontiac, Cowansville, as well as The Montreal Oral School for the Deaf, the Montreal Association for the Blind, the Mackay Centre; the VON chapters in the Montreal area; the Alzheimer Society of Montreal; PRTH & Benefits Corporation; Fraser Hickson Library; MS Society; Thomas More Institute etc.

In the 1991 under the Presidency of Don McQuat, P.A.P.R.T, became a founding member of the Canadian Association of Retired Teachers, and once QPARSE was set up in 1998/2000, we became actively involved with them again.

I will ask Jan Langelier, former President of QPAT, to share her experience when, in 1999 the Government of Quebec legislated a restructuring of the educational system along linguistic lines, replacing the confessional system, and the name of P.A.P.R.T was changed to QPARSE.

I hope that the time will come when the history of the English-speaking Retired Teachers' Association will be written.

Renate Sutherland

FROM THE PAST





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Teaching Memories (Continued from page 1)

At least they learned something...

Carol Klein

The earth

A special education student I taught, did not believe me when I said “The earth goes around the sun.” He thought the sun went around the earth (His daddy had said so.). I showed him a book, and took him to the principal who liked to help kids with science. But he still didn’t believe me! Then one day, he came to school and said, “You were right, the earth does go around the sun. I saw it on TV”.

Member Memory unsigned

First year

My first year of teaching was in 1968 at Nesbitt Elementary School. My grade one class had 28 children. Most lived in St. Leonard and spoke Italian very well.! In those days, I had no discipline problems. The Italian families were very helpful! It was a wonderful, inspiring and a great learning year for me!

Janina Jones

Guess

One day, I was testing children going into grade two and played a game. The game was “Guess a Number from 1 to 10”. Antonio, one of my students, said “Six”. I said higher. He looked at me and gathered all his strength and yelled, “S I X “

Kathleen Malcius

Angrignon Park

I first began teaching at 19 in a grade three class composed of 36 children of Greek and Chinese origin. It took two busses, a metro and another bus to get to the school.

One Saturday, I decided to take them to see the ice sculptures in Angrignon Park. Thirty-five students turned up (one was sick), so we travelled the journey. All of them with just me supervising. There were no field trip waivers at all back then!

Once there, I walked with them one quarter-mile to my parents’ home. There they ate hot dogs, Kraft dinner and hot chocolate which my parents made for all of us. Finally, there was the long trek back with all the students, and then came my trek home! My question is: Who in their right mind, today, would do this all alone?

Sandie Urquhart-Hall

Sharp memory

I remember having broken a bone in my back playing rugby on a Saturday afternoon, and managing with great pain, to stand up and teach the class on a Monday morning.

Cameron Gray

Teaching Adults

In 2013, I had a student who was an eager learner in the Health program. She started with the eight-month Préposé aux Bénéficiaire (PAB) program and excelled. In a few months, she enrolled in the Nursing Assistance program and had the highest marks. Needless to say, she continued to keep her passion for patients.

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Just recently she enrolled in an on-line program for Nursing, while she continues to work at the Lakeshore General Hospital. Her journey wasn't always easy with parenting two young, autistic sons with her partner. This student's ability to do all this, is sheer inspiration for me as a teacher!

Paula Turner, WICC

Hey Miss

I recall being called "Hey Miss" by my students at John Grant High School, where I taught for many years. I joined the staff on the condition that all students be programmed through my classroom. I taught Family Studies, according to the Quebec curriculum circa 1970. Needless to say, my students loved to come to my classroom as there was often food involved, and many of my special needs students were from low-income families. These are years gone by, since then Home Economics/Family Studies has been dropped from most curriculum.

Diane M. Shink

Remember Mark books

I remember averaging out marks by hand before we had calculators. I started teaching in 1969.

Claudia Thierry

Memories of Teaching

Five groups, five different programs all
quietly moving along,

All groups helping each other out
To finish the project,
Or
Just doing what they
needed to do.

One corner was building a city
At other times,
they baked the cookies themselves.



I was the smiling watchdog

Heidi Michaeli

QPARSE Anniversary Wishes

Thank you to all involved in QPARSE. We've had many fine and interesting events to make retirement an adventure and joy! Over sixty years of service to others is amazing!

Merritt Adams

Congrats to QPARSE for the 60th anniversary! Thanks to the members of the Board for all the dedication to the Association! I recall the lovely teas in the Eastern Townships! Thanks!

Tonia Mucci-Cifarelli

Happy Anniversary QPARSE! I have just enjoyed the outings we have had! I am now hooked on Quebec ice wine. May you have many more enjoyable years.

Erene Anthony

Welcome Back Luncheon

On September 8th, a group of approximately 35 enthusiastic people gathered at Brasserie Manoir in NDG for a Welcome back luncheon. The start of the school year has always been a milestone for us as educators, and it continues to be one even in retirement. The pictures show that this is always a good reason to celebrate and enjoy!



Christmas Eve

Blissful eyes on a bright and snowy Christmas Eve
A bustling house full of food, laughter and cheer
We gather at the table when we're all here

In organized confusion we sit elbow to elbow
She, in and out of the kitchen with platters of food, a perfect ebb and flow
Her footsteps around the kitchen, like an old dance, her feet know where to go

Through the cling and clang of dishes and subtle chatter
The music embraces the feast's clatter

Children excited to open presents under the tree's glowing light
But tired eyes must wait until midnight

For nonno, our most beloved and cherished Santa Clause, will hand out each gift
To eager children who gathered around the tree to sit

After all the kisses and hugs, tired eyes say goodnight
And everyone's off to sleep tight
With not a worry, for next year again we will gather
With the familiar routine and chatter

But every Christmas got quieter
Until there was no more chatter or place to gather
Her familiar dance was forgotten and the glowing lights from the tree have fallen

Now every year after a quiet Christmas night
Alone I stay up until midnight
In my heart an ember is still a flicker
Thanks to memories that keep it aglitter

Jessica Martella



Midlife health test: the 9 ways to check your brain and fitness - SUMMARY

These simple tests tell us the true condition of our mind and body. How many can you do? By Peta Bee

1. Stand on one leg for ten seconds

What it shows: If you can't stand on one leg for more than ten seconds on each leg, it's a sign that you are at increased risk of falls, fractures and health issues including stroke.

2. How many press-ups can you do?

What it shows: The number of press-ups you can do at one time is a good indicator of your risk of cardio-metabolic health problems, cardiovascular disease and falling as you get older. Count how many full press-ups you can manage consecutively (with no long pauses) .. According to figures set by the American College of Sports Medicine, 10-21 is good for men and women in their fifties and sixties.

3. How many times can you sit and stand from a chair in 30 seconds?

What it shows: The number of times you can sit and stand from a chair in half a minute is a good test of your lower-body strength, balance and mobility. Sit upright in a chair, your arms folded across your chest and feet flat on the floor, shoulder-width apart. Raise yourself to a standing position, before sitting down again.

4. Get up from sitting on the floor without using your hands

What it shows: Getting up from the floor using only your core muscles is a measure of muscle and skeletal fitness that can predict mortality risk in middle-aged and older people. "It's also a useful indicator of flexibility, leg and core strength and balance in all ages," Wong says.

5. Walk as far as you can in six minutes

What it shows: This is a measure of endurance and aerobic capacity. The six-minute walk test (or 6MWT) is an established measure of aerobic capacity developed by the American Thoracic Society. If you don't get farther than 350m on a flat route it may be an indication of poor cardiovascular function. Aim for 400 - 700 meters.

6. How many animals or fruits can you name in 60 seconds?

What it shows: This test can warn you of early signs of memory loss and cognitive decline. Ask someone to set you a task of listing (aloud or on paper) as many animals, fruits, countries or something else as you can in a minute. Aim for 20-25 correct words. If you repeatedly score 10-15 on tests of different lists, it could be a sign of memory problems.

7. Can your link fingers behind your back?

What it shows: This simple test gives an indication of your upper-body and spinal mobility, and postural decline. Place your right hand over your right shoulder with your fingers extended and your left hand behind your back, fingers extended. Top marks if you can link your fingertips. Your aim is to get your fingertips as close to touching as possible on both sides.

8. Can you draw an accurate clock face?

What it shows: This simple test is a key to your mental status, visual and spatial abilities and possible cognitive decline. Draw a clock face from memory on a plain sheet of white paper. Ask someone to select a random time, then draw the hands at the appropriate time. This test is considered a reliable early measure of cognitive decline, and Dementia.

9. Do 25 calf raises in 30 seconds

Doing calf raises in a set time tests the muscle and tendon strength of your foot, lower leg and ankle, important for walking. They are a great indicator of power and fitness.

The article appeared in the Sunday Times, August 21, 2022

The Eldest Refugee

On September 27, 2018, I was surrounded by all four of my children and nine grandchildren. That was the last dinner I had with my family members. Everyone knew that I was leaving and wouldn't be coming back. I had very mixed feelings at that moment. I enjoyed travelling the world so much, but we all knew that I had a one-way ticket out. I knew that night, that everything would be different, even my name! Yes, my name would be 'The Eldest Refugee'.

At this point, I had been living in Alexandria for 72 years. I knew each street, each Coopry (bridge) and I knew all the family secrets of the community through their photos. I was a photographer and owner of a photo shop for more than fifty years. Everyone trusted me, and I had the pleasure of serving them in return.

While taking the taxi toward the airport, my heart was beating uncontrollably. I told myself that this would be the last time I would see my lovely neighbours, I couldn't help but think that I would not see the baker who holds the bread plate on his shoulders, or drink my morning coffee with my friend at Kafagha Coffee in my neighborhood, Alwradian. I would greatly miss sitting with my neighbour and friend, Abdo, while he would smoke his pipe.

I still ask myself why I made this choice. Why did I decide to leave everything behind and start a new life, especially at my age? Why? I had a wonderful family. I had their support, emotionally and financially, and I had a job that I loved. It's not an easy question to answer. No one would leave their loved ones easily.

I was the co-founder of the Photographer Union in Alexandria in 2015. Since then, I have had to deal with many policing issues that I cannot mention here, because I fear for my family's safety, since they still live there. Military regimes feared that unions could organize their members to act against the government. However, I can say that the police actions made my life unbearable, which greatly limited my personal freedom.

Now, I am 75 years old, but I feel young. I know I can start a new life and a new career despite any challenges that may come my way! I came with the huge expectation of hope to find a better life here.

Like many of my refugee friends, we found a wonderful and welcoming community in Montreal and its community organizations. I felt very excited when I arrived in September 2018. The weather was perfect for a "tourist". I enjoyed every minute of the long days walking around the city. At first, it felt like a vacation, or like being in heaven. However, the daily life of a newcomer is not easy, especially at my age. I met many people, learned from them about the challenges of the refugee process, daily life challenges, what it is like to suffer from isolation, and dealing with bureaucracy. Some of these challenges included living in a single room, obtaining a work permit, and applying for Medicare. This helped me to understand more about what life is like as a newcomer to Montreal. I didn't feel so alone anymore. I felt like I was beginning to create a new life here.

Since my arrival in Montreal, I have been learning English and some French, while also taking part in several multi-cultural projects with the Montreal City Mission (MCM). Having made many new friends from all over the world, this gave me a great sense of belonging. I contribute to my new community of friends, by volunteering as a photographer for the MCM's intercultural/interfaith events.

Honestly, I left my home country looking for better and safer opportunities, and I truly believe that I have found them here!

Reprinted with permission: The Eldest Refugee, Page 35 and 36, Hassan Photographer, GEOSCOPE

Mathilde réalise son rêve

Les yeux transis
Et nuancés de nostalgie,

Mathilde réalise son rêve;
La pierre angulaire
Qui couronne sa carrière,

Elle achève cette grande
aventure,
Triste mais triomphante.



Mathilde quitte son équipe
Qu'elle adore tant, pourqu'elle s'ouvre
Aux savoirs de la simplicité pour mieux respirer
Et qu'elle savoure dès lors chaque instant
De chaque jour pleinement.

La, rendue à la retraite,
Elle contemple les pages fraîches
De son agenda et elle envisage
Parallèlement, ses nouvelles conquêtes,
Sans plus de conditions suffocantes
Imposées.

Elle privilégie ces moments vivifiants
Qui filent aussi vite et gaîment
Que les heures œuvrées passaient
Piane-piane et à grand-peine.

Pour Mathilde, la retraite n'est pas une fuite
Des affres d'un fléau.

C'est en revanche, la prise d'une dose de douceur
Qui déclenche le relargage pour que l'immensité
Du stress et de ses douleurs

S'envolent à toute allure comme par les ailes
Des elfes ravissants, que les brises
Emportent et qui balayent un ciel gris,

Et puis s'enfoncent posément dans des nuages
d'orage
Et disparaissent à jamais, loin d'elle.

© Sunny

Top Ten Happiest cities

These are the top ten happiest cities in the world, according to a recent study:

1. Lisbon, Portugal
2. Barcelona, Spain
3. Athens, Greece
4. Rome, Italy
5. Sydney, Australia
6. Madrid, Spain
7. Toronto, Canada
8. San José, Costa Rica
9. Istanbul, Turkey
10. Bangkok, Thailand



Reference : Can you guess the happiest city in the world?
This new list ranks the most joyful places to visit across the globe
Written by Sophie Dickinson Thursday 23 June 2022

WISDOM

You know time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young and embarking on my new life. Yet in a way, it seems like eons ago, and I wonder where all the years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. However, here it is the last quarter of my life and it catches me by surprise.

How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those older people were years away from me and that I was only in the first quarter and that the fourth quarter was so far off that I could not visualize it or imagine fully what it would be like.

Yet, here it is my friends are retired and getting grey - they move slower and I see an older person now. Some are in better and some worse shape than me, but I see the great change. They're not like the ones that I remember who were young and vibrant but like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become.

Each day now, I find that just getting a shower is a real target for the day and taking a nap is not a treat anymore. It's mandatory because if I don't of my own free will, I fall asleep where I sit. And so, now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did.

But at least I know that, though I'm in the last quarter and I'm not sure how long it will last, that when it's over on this earth, it's over. A new adventure will begin! Yes, I have regrets. There are things I wish I hadn't done; things I should have done but truly there are many things I'm happy to have been done. It's all in a lifetime.

So, if you're not in the last quarter yet, let me remind you that it will be here faster than you think. So, whatever you would like to accomplish in your life, do it quickly. Don't put things off too long. Life goes by so quickly. So, do what you can today, as you can never be sure whether you're in the last quarter or not.

You have no promise that you will see all the seasons of life. So, live for today and say all the things that you want your loved ones to remember - and hope that they appreciate and love you for all the things that you have done for them in all the past years. 'Life' is a gift to you. Be Happy! Have a great day! Remember, it is health that is real wealth and not pieces of gold and silver.

You may think: Going out is good - but coming home is better! You forget names - but it's okay because some people forgot they even knew you! You realize you're never going to be really good at anything like golf - but you like the outdoors! The things you used to care to do, you aren't as interested in anymore - but you really don't care that you aren't as interested.

You sleep better on a lounge chair with the TV on than in bed - you call it 'pre-sleep'! You miss the days when everything worked with just an 'On' and 'Off' switch! You tend to use more 4 letter words - 'what' and 'when'. You have lots of clothes in your wardrobe, more than half of which you will never wear - but just in case!

Old is good - • Old is comfortable • Old is safe • Old songs • Old movies • and best of all, • Friends of old! So, stay well, 'Old friend!' Have a fantastic day! Have an awesome quarter - whichever one you're in! Take care! It's not what you gather but what you scatter that tells what kind of life you have lived.

Unknown Author

Submitted by Terrie Kozaczynski



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: Prénom: _____		Family name: Nom de famille: _____
Street: Rue: _____		Apartment: Appartement: _____
City: Ville: _____	Province: _____	Postal Code: Code postal: _____
Telephone : Téléphone: _____		Email: Courriel: _____
School board at retirement: Commission scolaire à la retraite: _____		
Year of retirement: Année de la retraite: _____	Date of Birth : 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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