



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 2022



Join us
for the
**QPARSE 60th
Anniversary
Celebrations**

Time:
1:30 pm

Where:
Centre SartoDesnoyers
1335 CheminBord du Lac,
Dorval



Spotlight on Karen Bray

Over breakfast at the Manoir with a group of L'ARSE retirees, I chatted with Karen Bray about the chance encounter that brought her to the city of Montreal, where she has now spent most of her life.

Karen had grown up in rural Ontario near Belleville, and the oldest of five siblings. Since her mother was busy with her teaching career, Karen had an active part in the upbringing of her four brothers. At age nine, polio struck and left her with a paralyzed left arm and weakened right shoulder. Her brothers were also exposed but, thankfully, did not contract the dreaded disease. Shortly thereafter, a vaccine was discovered.

At the time, the government was offering free university tuition, residence and book costs which were included for those afflicted by the disease. This was a godsend, and Karen took advantage of the offer to take a four-year Honours BA at Victoria College, University of Toronto. She studied modern languages and literature; French, English and Spanish. She also took a U of T summer course on the islands of St. Pierre and Miquelon. This was followed by a year at the College of Education in Toronto. She then started her teaching career in Toronto. She wanted to further improve her spoken French and got an interesting summer job in Rennes, France. It was in a maternity ward!

Love of different cultures and languages took Karen to Geneva to participate in a one-year program at the University of Geneva. She also taught at the Migros Language School and decided to stay another year to study under Piaget, the celebrated pedagogue who bicycled everywhere. After an enjoyable teaching stint at the École Internationale de Genève, she decided now



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Editorial

"My hobby is my work. I love it so much, it is not work." – Dick Vermeil

So, what is a hobby? It's defined as « something that we think about, something we do often », and is a source of happiness for us. According to pre-COVID research, Canadians with no hobbies in retirement tended towards depression more than their counterparts who had hobbies. What's more, researchers claimed that the study group of retirees, had never been depressed before retirement.

In this, as in the previous edition of QPARSE News, we show some of our members' hobbies on page 11 and 12, it's always fascinating to share in member interests. What is the most popular hobby? According to research, the most prevalent hobby among happy retirees is volunteering. We know with volunteering that there are a lot of possibilities! Happier retirees tended to be active and also did some form of exercise.

Please send us pictures of your hobbies, it's great to share ideas and perhaps become inspired! As for me, my next project is making 'hypertufa' outdoor containers. Hypertufa is a mixture of Portland cement, perlite and peat moss. It can be used to make pots or planters. It's a great do-it-yourself hobby, and we can make our own molds out of buckets and plastic containers. Hypertufa projects have been on my list of things to try for over a year now - so I'm not sure I'll be generating any creations soon. Nonetheless, I entertain the possibility!

Also on my list, is playing pickle ball, the beloved sport that is a cause for modifying Municipal tennis courts to include pickle ball court markings. Check out Kathleen Malcius's article on page 4 for this very popular retirees' sport!

Also in this edition of QPARSE, flip to page 7 and 8, for Renate's walk down memory lane via selected archive pictures, and her dynamite Fruit Flam recipe on page 18. On page 17, read Richard Huint's "Then and Now" article about a cherished school. Also included on page 9 and 10 is a powerful article on perseverance which is authored by Beverly Townsend.

Happy 60th Anniversary QPARSE!!! We look forward to seeing you in person at QPARSE activities (page 5) as we celebrate this 60th anniversary milestone. See you on June 6th at 1:30 pm.

See you soon,
Marzia Michielli
Editor
mmichielli@icloud.com



How are these pots made? See
<https://www.youtube.com/watch?v=mgcpeTeiztw>



Editor of all

Newsletter working group members

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

Next Deadline:
September 12, 2022
Theme:
Connectivity and Volunteerism
In Retirement

President's Message - Message de la présidente

What an exciting few months we have had, both with QPARSE and with the morphing of the COVID virus. Everyone seems grateful for the fourth jab and are wondering if a fifth will be planned for the fall. To travel or not to travel? Hmmmm...

The QPARSE Zoom events that were planned by Carol and Claudia and their committee of fabulous volunteers have been hugely successful. We have been able to reach so many of our members who live all over the world. Thank you for supporting our events and for giving us such positive feedback.

Our planning committee has switched into high gear for our exciting 60th anniversary celebration. It will be held on Monday, June 6th at the Centre Sarto Desnoyers in Dorval. The beautiful invitation has been sent to you, so please check your inboxes and RSVP quickly. There is a limited number who can attend due to the size of the hall, outdoor balcony, and COVID precautions. We will celebrate our history and the people who have helped us to be a strong, relevant organization for over half a century.

A different planning committee is actively working on the Eastern Conference of Retired Teachers Organization (ECRTO) conference. This meeting of delegates from six organizations, representing retired teachers in eastern Canada, promises to be interesting and very informative.

The Annual General Meeting of the *Association canadienne des enseignantes et des enseignants retraités/ Canadian Association of Retired Teachers* (ACER/CART) will be held in June. QPARSE will be represented by Kathleen Malcius and me. I shall be able to give a small highlight from that meeting - the first in-person one since 2019. There will also be more updates on the Canada-wide focus on senior care support, sustainable budgets for senior home support, and national pharmacare advocacy.

I would like to celebrate, for the second time this year, our QPARSE Super Seniors for 2022. Thank you for your dedication to QPARSE, and for sharing your personal memories to help in our 60th anniversary celebration. We are building the next 60 years on your solid foundation and dedication.

Sincerely,

Katherine Snow
President of QPARSE



Spotlight on Karen Bray

(Continued from page 1)

was the time to return home to look for a job and restart her life in Canada. It was tough tearing herself away from this charmed life in Geneva.

As luck would have it, on a train from Lausanne to Geneva, there was a chance encounter with a Montrealer, Mme Lafontaine, who was involved in creating “Le sablier” a new French Second Language program. It was she who urged Karen to contact M. LeGuillou at the PSBGM.

Upon her return to Canada, Karen took a bus from Toronto and went directly to her interview at the school board. M. DaSilva hired her on the spot when he saw the credentials. He immediately sent her, with her luggage and all, to see the principal at one of their schools. Karen found her way to the school in question, via two long bus rides. Just as she arrived, the vice-principal came rushing into his office to say that a student had jumped out of a third-story window. Now Karen was wondering what she had gotten herself into! This was a far cry from École Internationale de Genève! They were challenging times but Karen enjoyed her long career with PSBGM.

Coincidence can change lives. Another chance encounter occurred when she and her friend were crossing a street and the friend bumped into an acquaintance, a handsome young widower with two young boys. Karen and he became a couple, thus cementing Karen’s future in Montreal. With her love of travel and her wanderlust I wondered if Karen would have stayed in Montreal, had she not met Eddy. She assures me that, yes, she loves Montreal with its rich cultural heritage and there was never any question about settling anywhere else. She says, “I love Montreal because of the French element.”

Claudia Thierry

Interested in Pickleball?

About five years ago, pickleball was introduced to the members of the Dollard-des-Ormeaux Seniors Centre. I decided to give it a try. Although I had almost never played tennis, ping-pong, or badminton, I was able to learn the rules of the game and start playing almost immediately. I’ve since read that pickleball is among one of the fastest growing sports in North America, especially for seniors.

My pickleball games have been interrupted due to COVID restrictions, but I have since started playing again with friends. It can be played both indoors or outdoors, in singles or doubles, and scores are kept. The only equipment needed is a paddle, balls and running shoes.

Fortunately, pickleball is played on a court which is smaller than that required for tennis, and therefore doesn’t require a lot of running. In order to play, you need a sense of balance, ease in walking, and the ability to eventually hit the ball in the right direction. It is very satisfying to see the ball sail over the net and land where it should. Scoring points is a bonus!

Finally, it is a friendly game with lots of laughs. I have made some new friends and we enjoy our time together on the courts. I hope to be able to continue playing for many more years and I encourage you to give this exciting sport a try.

Kathleen Malcius



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, Décarie

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

KUDOS

Congratulations to Robert Wilkins, a QPARSE member and author, on his book launch and the signing of the book entitled *Grandad's Montreal 1901*. The book launch is on Saturday, June 4, from 10-2 at Librairie Clio in Plaza Pointe Claire.



It Had to be from Above

Oliver was a child prodigy. If you just heard him play, you knew he was special. Both Oliver Jones and my mother were born in 1934 in Montreal.

At age three, Oliver's little mind was hungry for the piano's tones. He would wait all day long until his father came home. Then, Oliver would tug on his father's trousers, pleading to let him play on the piano before supper. Bemused, his father would sit on the piano bench, put little Oliver on his knee, and Oliver would play on the piano until supper was called. This was not the usual plunking of a feisty toddler – Oliver had perfect pitch. Before he reached four years old, Oliver was playing tunes he'd heard on the radio. His 13-year-old cousin recalled that, at the age of three, Oliver played *God Save the King* perfectly, after hearing it just once on the radio.



Before he started elementary school, Oliver's world opened up at the Negro Community Centre (NCC) nursery. This organization nurtured the creative and performing arts. What interested Oliver was that the Centre had pianos, drum sets, tam-tams, and an array of other instruments. Oliver never tired of exploring tones and sounds of all kinds of instruments, but he loved the piano the most.

It was not long before his natural talent became known in Montreal's small, tight-knit Black community. Rumors circulated about this young child. "Can we hear him play?" they asked. Before ever taking a single music lesson, Oliver had his first concert at five years old at the Union United Church.

The church hall was packed. "Master Oliver Jones" – the emcee announced his act, but Oliver froze. Some adults whispered that he was too small to play the piano. It seemed to be true because Oliver couldn't reach the top of the piano bench. Not missing a beat, Mrs. Wade picked up Oliver and put him on the bench. Then, as Oliver began to play, doubts and skepticism disappeared. Oliver could play as if he was an adult! Oliver finished that concert to a big round of applause. His friends were so proud of him.

Almost every day, Oliver found a new reason to play. On Sundays, the Sunday school let him play during their service. From Monday to Friday, at the kindergarten, Oliver filled his ears with a multitude of instruments at the NCC. Saturdays were radio night, when the family sat around and listened to American broadcasts of lively gospel music. Little did it matter where the music came from; Oliver would immediately run to the piano and recreate the joyful, soulful tunes. Yes, having perfect pitch is an extraordinary gift.

As Oliver grew up and learned to read, the adults around were no longer content to let him improvise. Despite his porter wages, his father hired a teacher to formally teach his son classical music. Very quickly, Oliver got bored and wanted to master complex jazz. However, to some in the community, particularly the elders who had aspired to the 'finer graces', jazz was not refined enough. They wanted Oliver to master Bach and Beethoven. So, Oliver grudgingly practiced when he had to, but when left to his own devices, the children down the road would hear Oliver playing swing and jazz, just smoking up the keys! Yes, he wanted to play like Oscar Peterson, another musical genius from the neighborhood. No one would yet compare the two, but like Oscar, Oliver got to play out his fantasy, when at the age of 10, he was hired to play in a nightclub on weekends and holidays. He was just a mere child, but way beyond his years, with his talent and zest for music. His friends were amazed and proud that Oliver could hold his own with adult pianists. His repertoire was vast, but Oliver loved jazz the most. A friend once recalled that "... Oliver played like

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It Had to be from Above

(Continued from page 6)

fire, fire! He would burn everybody. He was one piece with the piano!”

Oliver played wherever he could because he loved to entertain. He played mini jam-sessions in friends' homes. He accompanied bands and singers in public concerts and special shows at the Church or in the local Iverley Community Centre. He was called upon to play when dancers needed to practice at the NCC. Oliver shared his gift with the community.

Eventually, word of Olver Jones's musical gift, reached the ears of movers and shakers outside of his small downtown district. In 1948, not quite 15, as a member of his Scout troop, Oliver played a command performance for Governor General Vanier and visiting Lord Mountbatten. The word was that Oliver played his best and received a standing ovation!

Little Burgundy's Black community has much to be proud of over the years. This 'little village' raised and nurtured two Canadian musical giants, Oscar Petterson and Oliver Jones. Jones inspired others because he freely shared the beauty of his gift with friends and community. Their own words describe how they viewed him. "He had talent as natural as drinking a glass of milk! From what source he gained this knowledge? It had to be from above".

Dr. Dorothy W. Williams

Dr Dorothy W. Williams is a historian and Specialist in Black Canadian History. She is also the author of "Blacks in Montreal 1628 to 1986", and "The Road to Now: A History of Blacks in Montreal". The chronology, quotes, and attributions come from Oliver Jones the Musician, the Man by Marthe Sansregret, XYZ Publishing, 2006

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From the Archives



Robinson Residence 1988 Annual Tea
Garden Party - Cowansville



Robinson Residence in Cowansville



Nov. 2012



Fall 2017
New Members
Lunch

Welcome back
Luncheon 2018



Fall 2013



Spring 2018
A day at the
Casino



Annual General
Meeting 2019



June 2013

Oct 2017



At a Workshop
2019



Maple Sugaring off
Spring 2017



My Personal Definition of Perseverance

Writing this article was reliving the experience. Completing this article was indeed an exercise in perseverance.

After reflecting on numerous aspects of perseverance, knowing what to write became more complicated when I started asking the following questions:

What is perseverance?
 How or why does one persevere?
 When is it best to persevere?
 Is perseverance always good?
 When does perseverance become stubbornness?

This had me looking back on January 1986, sitting on the crater of Mount Kilimanjaro at 10 A.M. at a temperature of -40 Celsius. I questioned how I had managed to arrive there. The rare air, unstable terrain, and unforgiving weather conditions depending on the time of year, usually results in a rough average of 6 hours to complete the last 4340 feet, or just over one kilometer distance from the last hut to the crater.

What occurred during the last 10 hours, leading to the peak, that kept me going? The final and most difficult part of the climb is the almost indescribably difficult push to the summit.

However, the real question was: How did we get there in the first place? This happened five years after our first trip to Africa, when my husband, my 2 young children and I all laid eyes, for the first time, on its massif in the early morning in Amboseli Park, while on safari, and decided that we would return.



The first two and a half days of the 5-day climb were emotionally exciting, geographically magnificent, and physically uneventful.

However, after setting out for the final thrust towards the crater, both my sixteen-year-old son and my thirteen-year-old daughter could no longer persevere, due to oxygen deprivation and a frozen and swollen ankle, respectively, which deterred them from continuing.

Despite these setbacks, I continued on my journey, even though I could no longer feel my frozen feet. The guide told me that I would reach the peak if I would proceed slowly. I wanted to reach the peak as fast as I could. I kept asking myself "when?" and each time the question popped into my mind, I would convince myself that my legs could keep me going and that I would get there.

When my husband, moving in the opposite direction around Hans Meyer's Cave, less than 100 meters from Gillman's Point, tells me, in his most unselfish fashion, that he has chosen to accompany our 13-year-old daughter with her frozen swollen ankle back to Kibo Hut. This decision was made to enable the guide to continue with me. I immediately knew that I had to do this for all of us. Prior to this, another guide accompanied our son, for his own safety, on a stretcher even further down the mountain.

Seven hours later, it was now daylight and we trudged upwards at a snail's pace. I never once thought about turning back. It was just the constant question of "how much longer would my feet keep

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My Personal Definition of Perseverance

(Continued from page 9)

going?”

Physically, my Lamaze breathing exercises at the birth of my son years prior kicked in. Over the years, deep breathing had been my mainstay whenever there was pain involved. At this time, my deep breathing overcame the fear of not achieving my goal. Eventually, I sat on the crater at Gillman's Point 18 640 feet above sea level, in total awe of the wondrous glaciers reflecting in the glorious sunlight. I sat on a boulder and removed my boot from my right foot and massaged it. Washed in mixed emotions, there was total elation followed by utter sadness, knowing that I was alone, except for the guide.

When is tenacity worth being prolonged? Exhausted, I still wanted to reach Uhuru Point – one more mile – at least one more hour there and another hour back to Gillman's Point. The guide would have nothing of it. We were the last on the crater, and he insisted that the ice was too dangerous because of the temperature and blowing winds, and no one had crossed to Uhuru that morning. He calmly showed me the essence of the difference between perseverance and stubbornness. He also explained that I would only be given a short break at Kibo because we had to continue the descent immediately to the next level. New groups going to the summit would be moving into Kibo by the time we got there. So, after helping me put my sock back on my swollen foot and getting it back into my boot, we started our trek back after roughly 15 to 20 minutes on the stunning glaciers of Kilimanjaro's crater.

The descent was swift and formidable as there was no foothold on the loose shale or scree. Seeing the steepness of the descent is just as frightening because the ascent is all done in the dark. The need to ease the stress on one's lungs overrides most other thoughts or feelings. One just wants to reach a place of comfort as quickly as possible.

As a stubborn teenager, my core belief was “the best is yet to come”. It has seen me through much more than half a century of daily challenges with civility, success, and an upbeat attitude in the majority of situations.

Twenty-two years later, I faced the most formidable obstacle of all overwhelming grief – that came with the untimely passing of Emru, our son, aged 39 years, from leukemia in 2008. How does one persevere while dealing with the daily mental and emotional anguish of this experience? With many examples of living our lives with determination and purpose, we knew that we had taught him how to live. When facing death, he persevered to the end by beating the odds to find a bone marrow match and then going to Ottawa for the transplant when Quebec refused to perform the transplant. He had been advised that he had a rare chromosome – Monosomy 7, which would prevent survival after any treatment. For his own 7-year-old son and wife, he felt that he owed it to them to show his grit and determination. Once he had faced all the obstacles, he chose to remove all life support and allow his body to close down on its own. In death he showed us how to die, persevering to the end to ensure that his love of life was most important because it was also a life well-lived.

I would conclude that the power of optimism gives unbelievable strength which leads to perseverance, especially when the right thing is being done, no matter what the cost. Therefore, can perseverance be good or bad in itself?

Looking at these two situations that I experienced, is it possible to determine which weighs more – dealing with mental or emotional obstacles as opposed to physical ones?

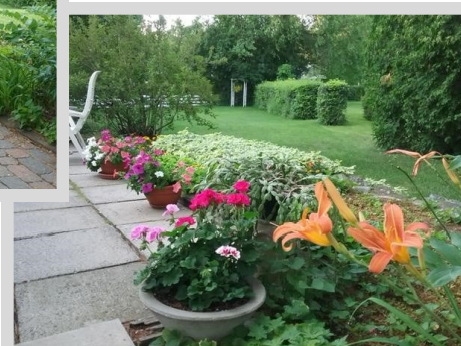
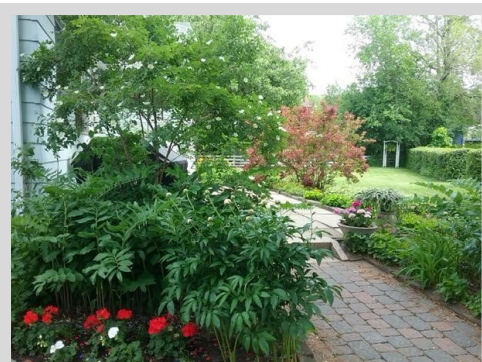
Beverly Townsend

Beverly Townsend is a retired EMSB School Administrator, a recipient of the Montreal Council of Women-Woman of the Year – 2000 award. This article is reprinted with permission from GEOSCOPE: Fall 2020 Edition, pages 25 to 28, and with permission from the author.

Members' Hobbies

Renate Sutherland

loves to spend her summer days gardening and enjoying the outdoors.



Christiane Dabbagh: Acrylic painting

This painting was generated with the help of an artist who provides all the materials and guided my daughters, nieces and me through the painting process. This was part of an "Eat, Sip and Paint-type" of activity. It was held in a restaurant.

I am not an artist, but I do like trying new things.



Marzia Michielli: Multi media

This canvas was made with 117 pieces of coloured paper, leather (for the deer), small appliqués and oil paint.

Ceramics- This ceramic tree required three firings and uses glass pieces for lights.



Members' Hobbies cont'd

Naile Kudeki Quilting and Cake making hobbies

We are a group of quilters who have been together for over 17 years. We make quilts for various charities and every year we also give over 100 quilts to the Paediatric Intensive Care Unit of the Montreal Children's Hospital.

During the pandemic, I have also been experimenting with different cakes for family occasions. Among others, I made the number 40 for my son's birthday and a number one for my grandson's first birthday.



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.

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

Guilhamet, Margaret—Ayr, Ayrshire
 Merry William—St. Antoine Abbey, QC
 Viger, Dolores—Joilette, QC
 Moore, Elizabeth—Brighton, ON

Soixante ans plus tard

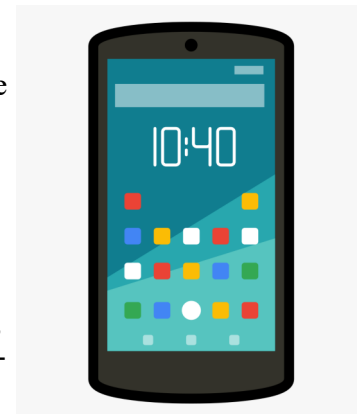
Soixante ans plus tard, le chasseur céleste donne une chance à la mère de Marie de voir comment on vit aujourd'hui dans le monde moderne. C'est tellement différent, se dit-elle, moitié riante, moitié susurrante; des gens semblent parler à eux-mêmes, tous seuls. En réalité, ces gens se discutent sur leurs téléphones mobiles ; les yeux caressant l'écran de leurs téléphones. Et pourquoi ne peuvent-ils pas sortir de la maison sans leurs mobiles, se demande-t-elle.

Tout ce qu'on peut faire avec ces téléphones sans fil l'émerveillent ; photos, jeux, Internet, appels, textos, SMS, pour en nommer quelques-uns. On dit qu'ils ne peuvent pas sortir de la maison sans leurs mobiles.

Quand elle entend des voyageurs dans un autobus, elle murmure, sont-ils conscients du bruit qu'ils font en forçant les autres voyageurs à entendre leurs bisbilles téléphoniques?

« En mon temps les familles étaient plus contentes de discuter dans intimité de leurs foyers face à face, sans l'entremise du combiné téléphonique », elle se lamente.

©Sunny



Protect yourself from scammers

To help protect you from scammers that attempt to impersonate Amazon:

1. **Never feel pressured to give information (such as your credit card number or account password) over the phone, especially if the call was unexpected.** Scammers may try to use calls, texts, and emails to impersonate Amazon customer service.
2. **Never pay over the phone.** Amazon will never ask you to provide payment information, including gift cards (or "verification cards", as some scammers call them).
3. **Trust Amazon-owned channels.** Always go through the Amazon mobile app or website when seeking customer support.
4. **Be wary of false urgency.** Scammers may try to create a sense of urgency to persuade you to do what they're asking. Be wary if told you must act now.

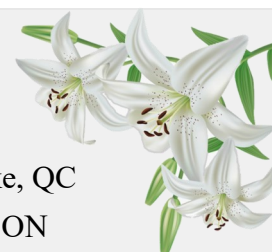
For more information on how to stay safe online, visit the [Amazon Customer Service page](#)

This article is a partial summary based on an Amazon communication to its customers.

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

George Chubb—Burlington, ON
 Sylvia Marksfield—North York, ON
 Judith Schurman—St. Lambert, QC
 Irene May Lathe—Cowansville, QC
 John Barta—Montreal, QC

Jacqueline Duval—Sherbrooke, QC
 Norman Feigen—Burlington, ON
 Marie F. Suzane Tunca—St. Leonard, QC
 Rosa Szasz—Laval, QC



Le téléphone crie

Une nuit automnale d'un ciel
Éclairé par la lueur de la pleine
Lune, le chasseur céleste guette
Du sein des nuées étoilées,
Inaperçu.

Son œil blanchâtre projette
Ses rayons éclairants qui
S'ébranlent sur le visage de Marie,
À son insu,

Elle est allongée dans son lit,
Où la fatigue l'emporte dans
Un profond sommeil serein.

Du coup, au son du trois heures
La sonnerie du téléphone
Lui martèle les oreilles ;

Marie se précipite à toute allure
Le visage hagard, les yeux aveuglés
Et pénètre l'intérieur de la cuisine ;



Elle décroche le récepteur
Avec stupeur.

Rien qu'un gémissement,
Des soupirs et un silence
D'étouffement : les dernières
Exhalaisons de sa mère,

Pour lui signaler son ascension
Au paradis par une passerelle
Dans un arc-en-ciel ;

D'une beauté sublime qui l'éblouit,
La mystifie et l'inspire, à l'ombre
De la fêrue et des yeux braqués
Du chasseur céleste.

L'appel était aussi pour
Lui dire qu'elle
L'aime tant.

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Publisher's TIPS

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FATIGUE AND HOW
TO REDUCE IT



MAKING A PLAN
FOR RETIRING FROM
DRIVING



STRESS RELIEF
FROM LAUGHTER?
IT'S NO JOKE



ARE YOU A HONEY
BEE OR A FLY?

Editor's Picks

Click on the picture to link to the article.



DOING THIS MAY ADD 7
YEARS TO YOUR LIFE



LIFELONG LEARNING IS THE
MOST POWERFUL LIFESTYLE
INTERVENTION FOR A BETTER
LIFE



HOUSING FOR PERSONS
IN LOSS OF AUTONOMY:
WHO DECIDES?



WHEN STOCKS ARE
DOWN, 'DON'T WATCH
THE MARKET CLOSELY'

Think about it?

- 1) If you could create your perfect day, what would that look like?
- 2) If you could travel to any year in a time machine, what year would you choose and why?
- 3) If you could change one thing about yourself, what would it be?
- 4) What's one of the most fun childhood memories you have?
- 5) What's your favorite movie?
- 6) What's your favorite season?
- 7) What's your biggest fear?
- 8) What's the best advice you've ever received?
- 9) What's a bad habit you had that you've overcome?
- 10) What's your dream road trip destination?
- 11) What's your favorite food?
- 12) What are three items on your bucket list?
- 13) What's your biggest regret?
- 14) If you were an ice cream flavor, what would it be?
- 15) What's your favorite song?



**Quebec Provincial Association
of Retired School Educators**



**Association Provinciale du
Personnel d'Enseignement
Retraité du Québec**

**Quebec Provincial Association of Retired School Educators
Income Statement**

REVENUE	2021	2020	2019	2018
Memberships	\$ 255.00	\$340.00	\$850.00	\$1,707.00
Program			1,785.00	3,684.00
Donation	90.00	50.00	375.00	3,090.75
QPAT Teachers Conference		391.00		
Senior Discovery Tours			2,576.72	863.52
LaPersonnel - Referral Revenue			390.00	440.00
Newsletter Ads	375.00	375.00	525.00	650.00
Investments				
Capital Gains/Loss	113.83	112.82		-0.78
Dividend Income	4,038.82	2,546.83	2,772.35	2,633.77
TOTAL REVENUES	\$4,872.65	\$3,815.65	\$9,274.07	\$13,068.26
EXPENSES				
Newsletter Printing Expense	\$ 2,879.84	2,051.30	4,026.46	2,954.05
Membership expenses	16.33			556.67
AGM - Annual General Meeting Exp	215.18		750.29	547.11
Meeting Expenses		115.70	130.22	87.33
Program/Workshops/Events Exp	197.96	100.33	2,200.11	5,022.37
Goodwill Gifts	261.86	50.00		104.33
ACER/CART	374.50	383.60	1,074.88	1,946.21
QFHSa MEMBERSHIP		50.00	50.00	50.00
Accounting Expenses	344.93	344.93	344.93	1,034.78
Website Expenses	312.90	248.43	308.71	401.31
Office Supplies Exp	39.45		391.19	306.89
Bank Charges			7.50	9.40
Donations	500.00		100.00	100.00
Government Registration Fees	36.00	35.00	34.00	39.53
Taxes				
Parking		256.32	33.00	83.82
Investment fees	143.72	1,290.40	1,573.92	1,556.89
Misc				
TOTAL EXPENSES	\$ 5,322.67	\$4,926.01	\$11,025.21	\$14,800.69
NET INCOME	-\$450.02	-\$1,110.36	-\$1,751.14	-\$1,732.43

Year End Bank Reconciliation

	2021	2020	2019
Ledger Bank balance January 1	\$ 8,702.58	\$ 5,981.49	\$ 9,555.12
Add: Total Deposits	3,720.00	6,240.00	6,416.72
Less: Total Cheques issued	5,294.65	3,518.91	9,990.35
Add: Outstanding cheques	62.66		
Bank Balance December 31	\$ 7,190.59	\$ 8,702.58	\$ 5,981.49

Assets at December 31	2021	2020	2019
CI Investments	\$ 93,457.90	\$ 90,307.78	\$ 94,109.95
Bank Balance December 31	7,190.59	8,702.58	5,981.49
Total Assets December 31	\$ 100,648.49	\$ 99,010.36	\$ 100,091.44

A Very Sad Day in Tetreaultville

For those who are not familiar with the area, Tetreaultville is a small community in the east end of Montreal. Tetreaultville is located in the area from the Louis Hippolyte Lafontaine Highway to George V Avenue (the border of Montreal East) from west to east, it is bordered by the St. Lawrence River to the south and Yves Prevost Boulevard (Ville d'Anjou) to the North.

As the title says... A very sad day in Tetreaultville... Because of construction/repairs in the Lafontaine Tunnel, several streets have either been closed or rerouted from Hochelaga southward. This has created a significant number of detours in the area. If you are familiar with the neighbourhood, it is one of these detours which brings us to Lebrun Street. Returning home from a shopping trip one morning, my wife and I drove along Sherbrooke Street East and south down Lebrun to Notre Dame. (Tetreaultville School was located at 3075 Lebrun. It also had a second door at 3077 Lebrun.)



Tetreaultville School—Then

Shock and surprise... Tetreaultville School is no more. It has not been in use for several years. The French board had occupied it for a while - first with students, and then with offices. The city of Montreal even had offices in there at one point. But, today, Tetreaultville School is no more.

That was my first school as a young teacher. Yes, the PSBGM closed it in 1973 and we were moved to Dalkeith School. That is OK, but I always thought that they could use that nice little school for other students... there is always the claim that more schools are needed in the area for more students.

After we had passed, we went home, grabbed a camera, and headed right back to take pictures of the site.

That really hit me. I began to think about what they were going to do with the property... a new school, low rent housing, or more condos? It is in such a pleasant residential area, surely they would not build anything else there.



Tetreaultville School—Today

A bit of research led me to the web sites of a couple of small, local newspapers which told me that the school was not in good condition and that it would be replaced by a new school. Not in good condition... what does that mean? Perhaps the roof needed repairs, maybe it had even leaked. Perhaps either the heating or plumbing systems had not aged well given that the school was not in use.

I last visited it on April 13, 2020 to take souvenir pictures of the school, but I did not go behind the school. Perhaps there had been vandalism or even break ins... Whatever the case, the school is gone but it will be replaced. But, in my mind, it will never be the same. Nothing can replace that nice little school and make it what way it was.

As for me, I had really enjoyed getting to know that community way back in 1970. In fact, given that I was working at Dalkeith School in Ville d'Anjou at that time, I decided to move to that community in 1979. I had always thought that my best students lived on De Beaurivage Street, so I found a place to live on that street and have been there ever since. And yes... it is still as nice a neighbourhood as I had known it, way back then.

Richard Huint

MIXED FRUIT TART FLAN



Base:

Pastry ingredients for a 12" fluted tart pastry spring form:

- ◇ 6 oz. or 150 grams flour
 - ◇ 2 ½ oz. or 65 grams sugar
 - ◇ tsp. baking powder
 - ◇ 1 egg
 - ◇ 2/3 oz. or 65 grams margarine or butter
- Sift flour, sugar and baking powder together into a mixing bowl.
 - Add margarine/butter, cut into dice and blend lightly with fingertips until mixture resembles fine breadcrumbs.
 - Beat egg and work in lightly.
 - Press or roll out dough onto slightly greased and floured base of pastry form.
 - Bake at 300 F for 20 – 30 mins. until baked but not brown.

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

Topping:

- ◇ Two packages of Dr. Oetker Clear Glaze (unflavoured gelatin)
 - ◇ Fresh fruit - strawberries, raspberries, blueberries, tangerines, oranges, grapes, bananas, kiwi fruit, peaches etc.- arrange fruit into an attractive design
 - ◇ *(Well drained canned fruits can also be used, though I really prefer the fresh fruit).*
 - ◇ Whipped cream or Reddi Whip
- Prepare TWO packages of Dr. Oetker Clear Glaze as per instructions and let cool
 - Arrange any combination of fresh fruit (washed and dried) on baked pastry base.
 - Pour cooked glaze, slightly cooled and thickened, over prepared fruit and refrigerate.
 - Serve chilled with whipped cream or Reddi Whip/per serving, as desired.

Note: I usually put on the fruit and the glaze on the day I'm ready to serve it.
The fruit flan usually keeps for 2 days, without getting soggy.

Renate Sutherland

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:
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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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