



# QPARSE News

The newsletter of the Québec Provincial Association of  
Retired School Educators

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



QPARSE/APPERQ

L'hiver/Winter 2023



**Thursday, February 9**

**Vincent Wesley**

*"Fraud Prevention; you  
can protect yourself"*

**Wednesday, March 15**

**Sam Watts**

*"Initiatives to Eradicate  
Chronic Homelessness and  
Hunger in Montreal"*

**Tuesday, April 18**

**Ann Lambert**

*"Talks about her latest  
book Whale Fall"*



## THE VILLAGE OF PUBNICO

The village of Pubnico, Nova Scotia is where my friends live, it is situated about 35 kilometres from Yarmouth, Nova Scotia. It was established over four centuries ago when the French first came to visit its shores. Lobster fishing is a huge industry and people are fiercely proud of their Acadian roots.

Dennis Point Wharf is where everything happens. The fishing fleet is ready on the last Monday of November to go out and catch lobster. They call it Dumping Day. In the early morning they sail out to the fishing grounds which can lie as much as 50 to 60 kilometres offshore. One might think an invasion is underway by the roar of the motors, Department of Fisheries' surveillance planes and the cheers of all the people gathered along the shore, for the big send off.

We might say it compares to D-Day in Europe and that is not exaggerating too much. But some of the local characters have a tendency to add a bit to their stories because Pubnico is also the home of the famous Liar's Club.

Nevertheless, the harsh winter climate renders the seas dangerous and challenging. The fishing boats have evolved over years and now contain some of the most modern equipment available. Many are valued at over a million dollars. For months, and until the end of May, numerous trucks can be seen leaving Dennis Point Wharf hauling the precious cargo to Halifax



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## Editorial

Happy New Year Everyone,

According to a December 27 article in the Montreal Gazette, only one Canadian in five has a New Year's resolution. This was revealed by a Léger poll gauging individuals' reactions as the pandemic "waned". Of those who did have a resolution, it involved being more active, losing weight, being more financially responsible and/or being healthy.

This year my New Year's Resolution was not to make any resolutions! I'm happy to report success, a great sense of accomplishment at having already met my objective for 2023! On behalf of the Newsletter Committee, we wish you a New Year filled with health, peace of mind and much joy. We also want to thank you for reading QPARSE News, and for contributing to it when you can. We greatly appreciate your involvement!

The theme for this edition of QPARSE News is volunteerism, and QPARSE News also has some very special content from our sister retiree organizations in the Maritimes. At the October Eastern Conference of Retired Teachers Organization (ECRTO) which was organized by QPARSE, we met Robert Primeau from SERNB and... I was fascinated by the traditions in lobster fishing and asked them to send along their writings on the happenings during fishing season. QPARSE members will surely be interested in sharing their Atlantic perspective, and we may even wish to travel out to the Maritimes! Check out the front page article on this topic. On page 12 read another article by a prolific Nova Scotian author.

Although I could not attend the Holiday Luncheon, I missed a great and successful activity. This was evidenced by the pictures on page 7. At the luncheon, members spoke a little about their volunteerism activities, and Claudia Thierry recorded these volunteerism activities to share with you ( see page 9). Thank you Claudia for sharing this!

As for me, early December brought a wonderful gift - another granddaughter..... this was a very special gift! I hope your holidays were filled with family and friends, as we look forward to the unfolding of 2023.



By the way, the Newsletter Committee members toast to your good health and continue warmest wishes for 2023 and happy reading,

M. Michielli  
Editor

	<b>Newsletter working group members</b>	
<b>Editor of all</b>	Marzia Michielli - Editor Terrie Kozaczynski - Publisher Contributors: Renate Sutherland, Tom Conti, Katherine Snow, Patrick Clarke, Claudia Thierry, Anne Brohan, Lynn Travers	
	<b>Next Deadline:</b> <b>May 3, 2023</b> <b>Theme:</b> <b>Financial Challenges</b> <b>of</b> <b>Retirement in 2023</b>	



## President's Message - Message de la présidente

Happy New Year! I hope that you enjoyed the 60<sup>th</sup> anniversary edition of our newsletter. Truth be told, we are still celebrating. Thank you for sharing your articles with us. We always welcome your input.

Your Board of Directors had a table at the QPAT convention this fall. It was so much fun to be there, and to visit with so many teachers. Rick Mercer was the key-note speaker, and he was very funny and very interesting. We had many teachers apply to win the free QPARSE membership draw.

I am very happy to report to you that in October we hosted, for the first time in Quebec, the Eastern Conference of Retired Teachers Organization (ECRTO) conference. We are part of the eastern province division (conference) of the *Association canadienne des enseignantes et des enseignants retraités/Canadian Association of Retired Teachers* (ACER/CART). We delayed this event for two years and we are extremely happy to have had such a successful conference. The delegates enjoyed themselves completely and your QPARSE team really showed up and produced the best conference ever! Yes, I had to use the superlative.

I am part of the ACER/CART Political Action Committee (PAC), with representatives across Canada. We will be meeting in early January and will have a lot to discuss. We met with the ACER/CART Health committee in November as the Political action is mainly, but not exclusively, focused on health issues. We are pushing to have an independent advocate for seniors in every province. The pharma care bill that is being pushed through Parliament is not even close to what Canadian advocates have proposed. In addition, the PAC will continue to push for a universal home care plan with transparent funding.

I think that it is important for us as retired educators and seniors to be as informed as we can about the political and societal world in which we live. If you feel that way, please do not hesitate to check out the Quebec Community Groups Network (QCGN) website, the Senior Action Quebec website, The Canadian Association of Retired People (CARP) website and any other ones that address the political and social needs of not only older people but also of the people around us.

Finally, with much joy, we welcomed Ruth Rosenfield to the Board of Directors this fall. She has volunteered to sit on the ACER/CART Pension Committee. One of the areas they will be discussing is ways to ensure provincial associations of retired teachers across Canada have a seat on the provincial pension boards. Historically QPARSE has been invited to have a delegate sit on the Quebec pension board, but our candidates have never been accepted.

Congratulations to our new Super Seniors, and to our Super Seniors who will shortly be Awesome Centenarians. You rock!

Happy 2023,  
Katherine Snow  
President of QPARSE



## Eastern Canadian Retired Teachers' Organization (ECRTO) Regional Conference 2022 - A Rousing Success

After a two year postponement, due to COVID, QPARSE finally hosted the Eastern Canada Retired Teachers' Organizations conference on October 18-20!

Held at the Double Tree by Hilton, located just off Blvd St. Jean in the West Island, it brought together two representatives from each of the five eastern province associations which are listed at the end of this article.

The planning committee, made up of Katherine Snow, Renate Sutherland, Jan Langelier, Kathleen Malcius, Marisa De Angelis and yours truly, worked very hard to put an interesting and diverse conference program together. Mention should also be made of Claudia Thierry. and Terrie Kozaczynski who helped out at the actual conference.

It began with a cocktail reception on Tuesday evening which provided a good opportunity for the organizers and attendees to mingle. Wednesday was a full day of sessions which began with a comprehensive and informative presentation by our own Dr. Kate Le Maistre on "Why does Quebec need a distinct English School System?" A lighter interactive presentation on Cell Phone Photography" followed. I'm sure we all know now how to take better pictures using our devices, thanks to Marilyn Aitken and her husband David Hopkins!

After a wonderful buffet lunch, an eye opening presentation on "Fraud Prevention" and how we can better protect ourselves was shared by Vincent Wesley from Desjardins. Marg Urguhart, the ECRTO Regional Representative, led a round table session that concluded the next day. The topic under discussion was to develop an action plan for promoting ACER-CART (The Canadian Association of Retired Teachers). Many good and interesting ideas and practices, some already in place, were shared in these round table discussions. They will be forwarded to Marg for further consideration and action.

The Banquet sit-down supper, held in the hotel's restaurant, was superb and the wine was flowing!! Afterwards the fun really began with a lesson in line dancing! Everyone was on their feet...or tripping over them...which provided some great moments of laughter. Thanks to Nathalie Blais for her instruction and patience!

Another informative presentation on Thursday morning by Johanne Côté on the "Effect of the gender gap in STEM (Science, Technology, Engineering, Mathematics) and AI (Artificial Intelligence) on society" hit home the realities of the underrepresentation of females in these fields. This was followed by greetings from Martin Higgs, President of ACER/CART and closing conference remarks...and another buffet lunch!!

By all accounts and feedback received from the participants, the conference was a real success. Here is part of an email that Katherine received from Martin.

"The food and accommodations were first class, as was the program where we picked up a lot of valuable information...I didn't realize how capable even my I-phone 8 could be and will be much pickier about subject matter, lighting and background now."

Tom Conti



Martin Higgs of ACER/CART  
and Katherine Snow



Dr. Kate Le Maistre



David Hopkins



Vincent Wesley



Johanne Côté



# Eastern Conference of Retired Teachers' Organization (ECRTO)

## October 2022





## Eastern Conference of Retired Teachers' Organization (ECRTO) October 2022 - Banquet





# Holiday Luncheon 2022

“On December 8, a record forty-five QPARSE members turned out for the holiday luncheon at Baton Rouge. Although Tom Conti had to cancel due to illness, he sent along his word scrabble activity to get us into the festive spirit. The prizes to be won “heightening the suspense,” and the lively conversation spoke of the holiday cheer!



## QPARSE PROGRAM CALENDAR

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

### 2023

Thursday, February 9	Vincent Wesley from Desjardins, "Fraud Prevention; you can protect yourself"
Wednesday, March 15	Sam Watts, Executive Director of Welcome Hall Mission, "Initiatives to Eradicate Chronic Homelessness and Hunger in Montreal"
Tuesday, April 18	Ann Lambert, Montreal author, returns to talk about her latest book, "Whale Fall"
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](mailto:cthierry@aei.ca)  
OR Carol Klein (514) 696-3447 / [retired0821@gmail.com](mailto:retired0821@gmail.com)

## PROGRAMME DES ACTIVITÉS DE L'APPERQ

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

### 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, «Whale Fall » .
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](mailto:cthierry@aei.ca)  
OU Carol Klein (514) 696-3447 / [retired0821@gmail.com](mailto:retired0821@gmail.com)

RTANL - Retired Teachers Association of Newfoundland and Labrador  
QPEIRTA - Prince Edward Island Retired Teachers Association  
RTONS - Retired Teachers Organization of Nova Scotia  
NBSRT - New Brunswick Society of Retired Teachers  
SERFNB - Société des Enseignant(e)s Retraite(e)s Francophones de Nouveau Brunswick

## 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](mailto:terriekoz@yahoo.com) or by telephone at 514-334-2203.

Patricia Graham— Cote St. Luc, QC	Gail Herscovitch— Ile Bizard, QC	Janet Broadbelt— Lachine, QC
Tom Booth— LaSalle, QC	Beverly Rue— Châteauguay, QC	Nancy Jensen— LaSalle, QC
Lorraine Arsenault— D.D.O., QC	Robert Tomkinson— Chambly, QC	William Merry—St. Antoine Abbey, QC
Frances Wright— Ste. Geneviève, QC	Terry Juliano— Ile Bizard, QC	





# Spotlight on Members



## Volunteerism

There are numerous mental, emotional and physical benefits of volunteering. It connects you to other people, gets you out of the house and reduces stress and depression. At the QPARSE holiday lunch on December 8, members were asked to write a brief account of what they do and what they feel are the benefits of volunteering. Here is what they had to say.

**Kari Quraeshi:** Where we live at Sélection Retraite, I volunteer as a staff writer in our monthly newsletter. Great camaraderie among the staff and it is good for the brain.

**Tom Conti:** I began volunteering several years after retiring in 2015 at the CHSLD where my mother, who had Alzheimer's, was living. I became involved with the Residents' Committee, first as its vice-president for two years, followed by serving as its president for two more.

The primary role of the committee is twofold: to promote the rights of all the residents and to assist in the improvement of their quality of life. Many residents could not advocate for themselves and many did not have significant others who could...and in great measure was what spurred me on to become involved.

One of the most satisfying aspects of my tenure was getting to know many of the residents and family members and to share their concerns with management in order to seek needed change and/or improvements to the services being provided. One example was the recognized need for more on-site laundry services as at the time, there was only one laundry facility on the third floor. It took some time, but I am pleased to say that a second laundry room was created due, in very large part, to the continued efforts of the Residents' Committee!

Though I am no longer actively involved, I continue to stay in touch with the present committee members to keep abreast of developments on a number of projects initiated during my time at the centre. Change is a slow process and COVID-19 did not help, as it provided many challenges that needed to be addressed first.

I would recommend to anyone so inclined, to consider volunteering at a long term care facility. The need is great and the personal satisfaction derived is even greater!

**Cameron Grey:** I am a Church representative and President of the Geography Association

**Jan Langelier:** I participate in the church choir, fundraising, board of directors. Active with various organization, QPARSE, L'ARSE and AAESQ many roles, many activities.

**Kathleen Malcius:** I volunteer as a pickleball teacher; my best job ever!

**Carol Klein:** Nova West Island Center and in school, reading.

**Litsa Pelonis:** Fundraising, baking, knitting and donate items, .

**Hilda Hacikyaner:** I volunteer as painter, can teach art and donate clothes.

**Sandra Aird:** WIAF Roxboro food bank volunteer, teach canasta to seniors, supervise students teaching seniors with iPads, board member for seniors' retirement home, and help with Military Whist set-up.

**Anonymous:** Count collection and do deposits at church.

*(Continued on page 10)*

## Volunteerism *(Continued from page 9)*

**Katherine Snow:** I spend time reviving a church community in the Eastern Townships and am involved with retired teachers and administrators; support/ work in a fledgling community association in the Townships trying to break social isolation and eventually work with tutoring and young parent support.

**Anne Brohan:** I am on the Advocacy Committee of MLUWC; QPARSE newsletter committee; member of executive of the Pointe Claire Horticultural Society.

**Julie Leger:** Bingo for the Montreal Association of the Blind. I also wash dishes or help prepare food at the Lachine Handicap Club. There is much appreciation for what I do and I also enjoy the people there.

**Renate Sutherland:** I wash dishes for Meals on Wheels, which provides hot nutritious meals to home-bound or isolated seniors and those with reduced autonomy. I am also an "Elder in Residence" at the Montreal City Mission, a social justice ministry of the United Church of Canada, which was named one of Montreal CBC's Charity of the Year 2022. It seeks to advocate and empower those most vulnerable in our society to be part of a caring community in downtown Montreal. Member of the Advocacy Committee of the Montreal Lakeshore University Women's Club (MLUWC)

**Claudia Thierry:** Growing vegetables for local food banks at the Garden at Fritz, Baie d'Urfé, provides physical benefits as well as socialization, while providing much-needed fresh produce for those in need.

**Halina Waverchuk:** I retired from my 42-year teaching job on July 1st 2021. There wasn't much to do due to Covid restrictions, and being a "can't sit and do nothing" person, I decided to combine my love of Ukrainian embroidery with my charity work.

I have volunteered at my church, St. Sophie's Cathedral for most of my adult life, helping with the preparation of the varenyky, the Easter Bazaar, the Ukrainian Festival, Sunday School, coffee hour and now I'm helping the refugees fleeing the war in Ukraine.

I hand-embroider the design and then make Christmas ornaments, with all proceeds going to the church. It takes between 2 to 3 hours to make one ornament. I've made over 300, many given to my family and friends. Others I have sold. I will be donating around \$2,500 to the church on January 22nd at our annual community Christmas luncheon.

I have over 12 different designs. I can also make personalized ones, as you can see from the pictures. Place your orders for next year! ...LOL.



## Canasta

We are wondering if there is anyone who can teach canasta? Please contact Katherine Snow at [katherinejsnow@gmail.com](mailto:katherinejsnow@gmail.com)





## All I ever needed to know

*(As educators most of us have shared this article with students or staff during our career in education. Robert Fulghum's article appeared in the Kansas City Times on September 17, 1986. It always provides pause for reflection to revisit these simple but thoughtful comments)*

Most of what I really need to know about how to live, and what to do, and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school mountain.



These are the things I learned: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work every day some.

Take a nap every afternoon. When you go out into the world, watch for traffic, hold hands, and stick together. Be aware of wonder. Remember the little seed in the plastic cup. The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.

Goldfish and hamsters and white mice and even the little seed in the plastic cup – they all die. So do we.

And then remember the book about Dick and Jane and the first word you learned, the biggest word of all: LOOK. Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation, ecology and politics and sane living.

Think of what a better world it would be if we all – the whole world – had cookies and milk at 3 o'clock every afternoon and then lay down with our blankets for a nap. Or if we had a basic policy in our nation and other nations, to always put things back where we found them and clean up our own messes. And it is still true, no matter how old you are, when you go out into the world. It is best to hold hands and stick together.

## Un rai qui inspire le bonheur et l'espoir

Dans la vigne qui malingre  
Une pousse se préparait  
A poindre,

Jusqu'alors comme la proie  
Perclus d'un miasme  
D'une puanteur putride

Elle suffoquait.

Puis, grâce aux prémices de pluie  
A l'approche des vendanges,  
Un vent frontal, vigoureux  
Verse des effusions d'air pur  
Et salulaire



Qui purgent ces polluants  
Pilonnant et meurtriers  
A travers le pré.

La pousse se redresse, surmonte sa souffrance  
Et assoie sa présence.

Elle se cabre contre le carburant  
Avec leurs comburants révoltants.

Et affiche enfin sa fleur de bravoure  
Dans une percée de prolifération  
Évanescente.

@ Sunny

## Big Catches, Lobster Capital and The Golden Eggs

For years I have been asking questions to the local fisherman, and for years they have been graciously giving me answers and (hopefully) reading my features. Recently, while sipping my green tea at the local coffee house across from Dennis Point Wharf, I posed this question: “What would be the total lobster landings at Lower West Pubnico on the first day of this year’s 2006 fall lobster season” ... Not too difficult a question and an “educated guess” would satisfy my curiosity.

The boy calculated the average catch for the first day, and simply multiplied this with the number of boats (75 boats) and came up with the amount of 420,000 pounds. This is only a guess and some felt that half a million pounds would be an even better guess. ....In any case, if they had all been dumped into the parking lot it would’ve been the biggest pile of lobsters that anyone had ever seen.

Then I asked my favourite lobster question: Why are the fall season catches so big today compared with the catches of the “old days” forty years ago. The answer is always the same: “Lobsters have lost their predators now that the mighty cod has been mostly fished out.”, a good answer, perhaps, but surely there must be more than one reason. One must consider the fact the powerful lobster boats are getting bigger and deeper with each passing year, fishing as far as 50 miles from shore goes on night and day. Fishing goes on through the winter no “hauling up” in January like years ago; traps are now wire and larger etc. etc. They land more lobsters in a day than my grandfather and his brother could do in 10 years. It is as if God had forgotten to switch off the lobster-producing machine. Considering all this, why is the fish stock now depleted? I guess that was my next question.



One of the main players in the fishery business invited me to his top floor office, overlooking the fishing empire, to show me charts and answer my number one question. Yes, the depletion of the cod fishery is very much a factor, but not the only one. Warmer waters play a major role with lobster molting perhaps more often than in the past, I was told. Add to that, Browns Bank, is an area closed to lobster fishing and the home of jumbo lobsters, many of them egg bearing females. “The lobster that laid the golden egg “lives there, as a matter of speaking and of course the strong high tides working in our favour. There are also, at times, “boxed in restricted areas” according to the fisherman where no fishing of any kind is allowed. The big female lobsters in these areas that are not being fished, release millions and mil-

lions of eggs, or larvae, which is picked up by the strong tides of the Bay of Fundy. There they are later carried to Lobster Bay and along the Baie Sainte Marie of Digby County and all the way to Halls Harbour and areas. These lobster larvae also float to Shelburne County and up Liverpool way and beyond. So, you see, if the stronger tide was the receding tide, we would have very little lobster stock in our area. We can be thankful, I was told, that the stronger tide is high tide flowing in our direction.



*(Continued on page 16)*



## Seniors Action Quebec

QPARSE members may be interested in learning about Seniors Action Quebec, an organization that “works to maintain and enhance the vitality of English-speaking Quebec seniors.” Recently, they partnered with the English Language Arts Network (ELAN) to create a series of 22 videos that feature entertainment, activities, and conversations. Wine Pairing with Ana, Bird Watching with Joel, and Gardening in Small Spaces with Graham are just some of the videos well worth checking out!

If you are keen to learn more, visit their website at: <https://seniorsactionquebec.ca>

And have you heard of Educaloï? This web resource has a wealth of helpful information about your legal rights and, in particular, the rights of seniors. For example, this link provides some valuable tips on wills and estates. Check it out at <https://educaloï.qc.ca/en/categories/wills-and-estates/>

Finally, E.N.C.O.R.E. offers seniors “stimulation through education to those who wish their retirement years to be a period of intellectual growth and development.” To find out more, click on the following link: <http://encoreseiors.com/home.html>

Submitted by Lynn Travers

## Rester connecté

Il est même plus important de rester connecté socialement et intellectuellement tout au long de la retraite. Avoir un but et une raison de se lever le matin sont essentiels pour contrer les symptômes de l'isolement et de l'ennui qui risquent d'aboutir à une dépression.

Un employeur établit les conditions de travail quant à la tâche que l'employé doit exécuter, l'horaire qu'il doit respecter, et ses autres exigences.

Lors de la retraite, après de nombreuses années, n'ayant plus d'horaire ni de routine imposé par son employeur, le retraité est obligé de se prendre en charge et trouver un sens à sa vie.

Une solution pourrait être de faire du bénévolat, comme par exemple une enseignante de 91 ans à la retraite, que lisait à des jeunes élèves.

<https://ne-np.facebook.com/udaf91/videos/lire-et-faire-lire-vous-avez-plus-de-50-ans-vous-aimez-la-lecture-et-la-littérat/2260828747425755/>

Saviez-vous qu'il y a des universités qui offrent des programmes conçus pour les seniors comme Seniors Audit non crédit, et Learning in Retirement?

Être-vous au courant des sites en ligne comme Coursera, où l'on peut s'inscrire parfois comme auditeur libre?

<https://www.coursera.org>

Et aussi celui du : <https://catalogue.edulib.org/fr/>

Étudier par Internet offre la possibilité d'étudier selon ses disponibilités, sans quitter le confort de sa maison, ce qui pourrait beaucoup aider les personnes à mobilité réduite,

Découvrir un sens à la vie, ou un "sens à notre existence" comme disait Viktor Frankl, c'est nécessaire à chacun des stades de la vie.

Référence :

<https://www.lapsychologiepositive.fr/decouvrir-un-sens-a-sa-vie-resume-du-livre-de-viktor-frankl/>

© Sunny

## THE VILLAGE OF PUBNICO *(Continued from page 1)*

where it is rapidly shipped to all parts of the world.

Haddock is also fished, usually at end of the lobster season.

I may add that the historical Acadian Village is an interesting place to visit. One can observe how the smaller fishing crafts were built in the past. Local characters will make your visit a worthwhile experience and may even invite you home. I have seen it happen. That's the way it is in Pubnico, a place unknown to many, an area where people will go out of their way to make you feel at home... Plus, the lobster and haddock are delicious.

I want to thank you for the wonderful way we were received in Pointe Claire earlier this fall. The meetings were well organized, the speakers were very interesting and you made us feel at home.

Merry Christmas and Happy New Year!

Robert Primeau of SERNB



## TWO SQUIRREL ENTRIES

Many of our furry friends...you remember the squirrels...have received letters from the Federal Department of Employment stating that they received COVID-19 overpayments and demanding repayment. This is extremely concerning to them, as they were paid in peanuts! They wonder how they will survive the long, cold winter if they now have to return some, if not a good portion of their already stashed peanut reserve! "Nuts to this" commented one of the affected squirrels. And on Parliament Hill, the Minister of Employment could be heard singing: "Chestnuts roasting on an open fire!"



A recently overheard conversation between two of our American furry friends went something like this: "Can you believe what's going on in the House of Representatives to get a speaker elected?" "Yeah, it's crazy and if it goes on much longer the house commissary will run out of peanut butter!" "Yeah, the next thing you know they'll be asking us to hand over our peanuts!" Seems like nothing is different for our furry friends on either side of the border...just the circumstances!!

Tom Conti

At the recent QPAT conference, a contest for a free QPARSE membership saw many entries. Recently at the Holiday Luncheon Danny Olivenstein won the membership contest we had at the QPAT convention. Bernadette Julien whose birthday it was on Thursday drew his name. We wished her well and then asked her to do the honours.

Katherine Snow

## Welcome to New Members of QPARSE

**Barbara Randle—Pincourt, Caryn Shacter—Montreal,**

**Susan Winn—Baie D'Urfé, Anne Presz—D.D.O.,**

**Elizabeth and Jim MacKinnon—Beaconsfield,**

**Habza Shedlack—Cote St. Luc, Danny Olivenstein—Riguad**

**Congratulations on your retirement!**



## Airport Marathon

We have travelled quite extensively in the past my husband and I and we would love to continue to travel, but we are finding that airports are getting bigger and less friendly towards older travellers. But I also realize that my problem with asthma exacerbates the whole situation and makes the airports feel even bigger.

On a recent trip to Hawaii with my husband, we flew to Vancouver and got on a ship to Hawaii. It was a fabulous trip as we got to visit the big island of Hawaii, then we went on to Maui ending in Oahu. Then, of course, it was time to go home. We got to the airport in Honolulu in good time for our flight to Vancouver. And that is when things started to unravel.



After having gone through security we had to get to our gate. Where is our gate - of course, at the other end of the airport. We were walking and walking and it seemed like there was no end to this walking. Finally, we asked someone how much further to the gate and the fellow said about 15 minutes. Maybe for him it was 15 minutes, but for me it was more like another half hour. Because of my asthma and being forced to wearing a mask, I found myself having to stop and take a breathing break quite often. Anyway, after a total of 45 minutes of walking we did finally arrive close enough to our gate, only to see a crowd of people getting off a bus. I asked one person where they picked up the bus; apparently one could get on the bus when you pass security. Why did we not see any signage for this? Anyway we made it to our gate, exhausted and got on an overcrowded plane.

Arriving in Vancouver, we had to go through customs, which was fine. Now it was time to find our gate for our plane to Montreal. Since we landed in the international side of the airport, we had to go through security again on the domestic side. Where is the domestic terminal? We had to go upstairs. Once there, we asked someone show us to where the security is. Surprise, the security was at the other end other end of the airport. We walked and walked, I started having trouble with breathing because of the mask. My husband managed to stop one of those trolleys that ride around the airports. They agreed to give us a lift to security. We passed through security, got to the other side and found that our gate was at the other end again. Found a trolley to give us a lift, it seemed like the gate was 2 kilometers away. We were so tired. We made it just on time to get on the plane. We had a Boeing 777. Lots of room, yeah, we were happy.

Arriving in Montreal, we found out that the plane had landed in the international area because the Boeing 777 was going to be used for international flights to Europe. Where was our luggage? You guessed it, in the domestic area where we should have landed! Here we go again, walked all the way to domestic luggage. There were no trolleys visible because they were all parked in one corner not being used, the moving sidewalk was not moving, but somehow we made it to our luggage and home sweet home.

Yes, one can make arrangements to be picked up because of mobility problems, but I never felt I needed help so far. I also, never expected to have to walk such great distances and go through security many times on a single trip. I believe that these trolleys should be on the lookout for people that are in a hurry or have trouble walking fast or long distances. I remember when I flew into Amsterdam once and had to catch connecting flight to Montreal, the trolleys were waiting at the arrival gate to take people to their connecting flights if the need was there.

If you do need any kind of assistance, here is a link to the Montreal airport's accessibility guide and remember - wear comfortable shoes.

<https://www.admtl.com/en/guide/accessibility/services-facilities>

Terrie Kozacynski

## Big Catches *(Continued from page 12)*

This is what I learned and it may not be the whole story: of course, it was not always like this. When I was a hired hand with my uncle “Charlie Muir”, aboard the “Laurent & Remi” 45 years ago, if we got 700 pounds on the first haul of the lobster season, this was considered very good. I could “peg” the whole catch with wooden lobster plugs without any help from the captain. He was busy locating the “lobster grounds” and finding where lobsters were. The important role of the “Bander”, the one who attaches rubber bands on lobster claws, was not invented yet. Oh! Yes. It was a different time...



Today many places in Nova Scotia, New Brunswick and Maine will advertise in promotional brochures catering to the tourist trade as being “Lobster Capital” of the world. Maybe so, but as boastful as this may seem, I wonder how many of those Lobster Capitals can lay claim to having landed close to half a million pounds of the crustaceans on the first day of the fall season.

Laurent D’Entrement, 2006

## In Memory of Our Dear Friends

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

Reginald Anslow—White Rock, BC

Gladys Gummer—Windsor, NS

Ronald Leadbetter—Westmount, QC

Pat Steele—Westmount, QC

Margaret Willmott—Montreal, QC

Michael Deif—Montreal, QC

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Bernice Poulter—Ottawa, ON

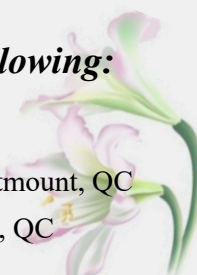
Mary Stracina—D.D.O., QC

Lois Gamble—Westmount, QC

Jean Laird—D.D.O., QC

Helen Rene De Cotret—Brossard, QC

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## More Teaching Memories

I began teaching in my thirties, with my post high school education at the time, in theology and biblical studies. I had no teacher training prior to my immigrating to Canada.

In 1965, I had acquired a BSc in Theology, and had pastoral experience in the State of New Jersey, which was later augmented in the State of Vermont, and coincidentally by that time, with my teaching adventure. When I arrived in Sherbrooke, QC, I was married, with four children, a United States Naval veteran of the Korean War era, with a blue-collar background, in trucking and oil furnace repair. Not exactly what would prepare one for teaching! The nearest training, I guess, would have been the teaching of adult Bible classes as a clergyman. I was, truthfully, somewhat surprised that I had been hired by our school board, but hired I was, and gladly so for the next 28 years!

In August of 1967, I was hired by the Eastern Townships Protestant School Board, in Sherbrooke, and posted to teach the teenagers of the Ayer's Cliff High School. I was assigned a variety of subjects not being taught by the specialists - such as Canadian History (my favorite), World History, Canadian and World Geography. In addition, I taught a General Science Grade 7 course, and a chemistry lab picked up from a Grade 7 teacher, who was petrified by the prospect of teaching chemistry! It made for a full timetable, since we all had to take on extra-curricular duties

To help the school run smoothly, I volunteered to cover all of the sporting activities, such as noon hour basketball, soccer, softball, and ping pong, and intra-mural coaching. The first soccer game that I had ever seen, was the first game I coached - not a pretty sight!

I loved that school, and was blessed by a principal, who gave me all the room in the world, to learn my trade. This past year, shortly before she died, I wrote a personal letter, to thank her for her patient tutelage, and the role that she played in getting me on the way to the career, that I learned to love. This was the case right up to my retirement, in 1995.

Two years later, all of our small country schools became part of our new Regional High School. Using an old navy expression, I was part of the Provisional Staff Council of the new school, so I am able to say that I was "a plank owner" therein! I can happily look back on 26 years, of teaching such courses as Canadian History, World History, and the new course called Moral and Religious Education. Due, however, to a shortage in Guidance Personnel, I was also asked to become a half-load Teacher Specialist in Guidance, and continued in that sphere for a good part of my annual workload. I only left the classroom in my last several years, to be a combination Guidance Counsellor, and Protestant Chaplain. This was my routine throughout my 26 years at Galt, and I have fond memories of it all. I should add, however, that when Galt opened, I had still not obtained my teaching diploma, so my first few years there were a bit further complicated. I would run to McGill University throughout three summers, to earn that document. In addition, I had been warned that to continue teaching in Canada, I would have to become a Canadian Citizen. This was a decision that I have never regretted!

But there's so much that I could add in terms of interesting memories for me. When I started at Ayer's Cliff, I learned from my students' parents that they got a kick out of telling them, that they enjoyed learning their Canadian History, from their "Yank" teacher! As well, surprised that there were no Canadian flags in the class ("Pearson's Flag" was brand new then!), I bought one and proudly mounted it above the chalk board, so that we could respect it together! Not having



*(Continued on page 18)*

## Teaching Memories *(Continued from page 17)*

bothered to lock the classroom door, I was somewhat chagrined to return to class following lunch, to see it gone! Deciding that not making an issue of it was the best course to take, it unceremoniously returned to my desk three weeks later, in a rather deplorable state. So I washed it, and put it back higher, and tacked it to the corkboard there. This time later found it defaced by chalk. So in our next history class, I told them that I wanted to know, without any threat of judgment, what was going on. This is where I began the journey of listening – it's been a good journey! I should add, that in my two years there, we were the only place in the school, that I know of, where our Maple Leaf flag flew. What a beautiful flag it is!



Also, because I was a newcomer teaching their history, I challenged them to watch for any errors that I might have inadvertently made, and bring them to my attention. I asked only that they do so respectfully, and be able to prove their point. Parents later told me that their children really enjoyed my approach, but were amazed that I was so willing to open myself up to such scrutiny. Some of my teaching colleagues were not so generous, and warned me that I would be sorry! Also with the chagrin of my senior colleagues, I developed a multiple choice quiz. Keener students, upon completing their tests ahead of time could evaluate their teacher – me! They didn't even have to sign it. I am still gratified with how positively my students completed such assignments, and I learned many valuable lessons from what they said. I did learn the sad lesson, that the less secure of my colleagues, felt dreadfully threatened by this technique. Students would ask other teachers why they did not do the same. so I did not continue this practice for long. I always enjoyed being able to try new methods that deviated from the run of the mill. A parent recently told me, in my retirement, that she still had the poem that I had written, indicating flattering qualities of each of my students that I had noticed. She was amazed that I had taken the time to get to know the students so well. That meant a lot to me, because I had always assumed that it was a cardinal quality of good teaching to do so! I always wondered if it was one of the qualities that led my superiors to suggest my placement in the guidance role.

In closing, I must be honest in saying that not every class, or every student that I had always reacted positively to my methods. I had my share of less than ideal situations! This was especially so in the teaching of Moral and Religious Education. All in all, I take a happy pride in my career, and on my last day of teaching before retirement, left with a warm sense that I had done my best, and that it was a lovely ride. My past wife was also a teacher, and one of the best, and together, we felt blessed. I attended the funeral recently, of an old friend and colleague, and had a lovely chat with his daughter, who I had not seen in many years. She is now, and has been for many years, a lawyer, and she kindly told me that she still had all of the material that I had taught her about our Canadian Law, and intimated that she felt it had had a positive influence on her decision to enter her profession! ~ Could any teacher ask for more?!

Harold Brown

### Memories of teaching years ago

One of my vivid memories in preparing for lesson plans for teaching, is one of me getting a crash course on power point from my daughter. At the time my daughter was at McGill University, but we were Skyping from Brussels, Belgium. From a long distance away, she kept saying, “Okay Mommy, go to the folder ...press this ....copy that!” That situation was a real hoot!

Another memory is of me at the Lakeshore School Board teaching two classes at the same time, at Lindsay Place High School. In addition, teaching esthetics was quite a challenge too!

Barbara Arzooni



## Apple Cinnamon Muffins



Preheat oven to 425 F.

**Sift together and make a hole in the center:**

1 ½ cups all purpose flour (or 1 c. whole wheat, ½ c all-purpose)

½ cup sugar

2 tsp baking powder

½ tsp cinnamon

¼ tsp nutmeg

**Mix together in separate bowl and add to dry ingredients:**

½ cup milk

½ cup oil

1 cup chopped or grated apple with the skin

1 egg

- 1) Stir just until all dry ingredients are moistened. Overmixing gives a tough product.
- 2) Fill greased muffin tins  $\frac{3}{4}$  full.
- 3) Sprinkle top of muffins with wheat germ or mixture of  $\frac{1}{4}$  cup sugar and 2 tsp cinnamon.
- 4) Bake at 425 F till golden brown, about 18 minutes. Makes 12

Claudia Thierry



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For further information contact Terrie Kozaczynski at [terriekoz@yahoo.com](mailto:terriekoz@yahoo.com)*

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- 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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