



QPARSE News Magazine

Les Nouvelles d'APPERQ

The News Magazine of the Québec Provincial Association of
Retired School Educators
Le Magazine de Nouvelles de L'Association Provinciale du
Personnel d'Enseignement Retraité du Québec

Volume 16, 2nd Edition 2025

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Tuesday, Oct. 8

Aviation Museum tour
and picnic lunch, Mac-
donald College Farm, Ste
Anne de Bellevue.
10:30 AM

Wednesday, Nov. 12

Virtual Travel at Neme-
sis, 245J Pointe Claire
Plaza. 10 AM

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Dealing with Retirement

Things to Do Now that You're Retired by Jane Garton, with illustrations by Robyn Nield, is a brief, light read offering bits of advice, interesting quotes from famous people, as well as sound recommendations for coming to terms with and enjoying this part of your life.

"This time like all times is a very good one, if we know what to do with it." (Ralph Waldo Emerson)

This humorous guide to retiring more successfully covers some essential aspects of life after work, suggesting:

"Activity Rules" for planning your days and doing different things that "make you feel good" and for making time for "want to's" rather than "should do's".

Concrete ways to **"Recharge Yourself"** by staying fit and healthy with diverse physical activities such as power walking, Tai Chi, Pilates and ping-pong.

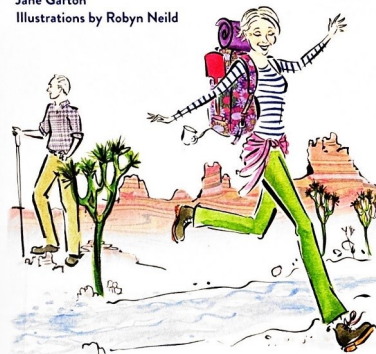
That we get **"Out and About"** by travelling to new places, choosing a country we love, for example, visiting all the places that interest us and perhaps even keeping a travel diary as a keepsake.

That we **"Stay Well"** by watching the foods we eat and the way we prepare them, replacing frying with grilling and baking with steaming, for example, and starting each day with breakfast foods that get us "through to lunchtime".

"Friends and Family" is a pivotal chapter in this guide, as Jane Garton recommends that we keep as close as we can to friends and family, especially at this time in our lives. The author adds that a strong family network can actually boost immunity and help protect against illness.

Things to do now that you're retired

Jane Garton
Illustrations by Robyn Nield



(Continued on page 5)

Editorial

A Milestone Edition

Although flight attendants are no longer required to do unpaid work while the plane is on the ground, and that's a positive, hopefully, the Air Canada strike did not affect your holiday plans. The QPARSE News Team hope it was an excellent summer for you, and that you're still enjoying the last bursts of the mini-heatwaves.

For retirees in the field of education, September is still a month of new beginnings - be it travel, new endeavours, different hobbies, a new sport like pickleball perhaps, volunteer work, or big projects that are now in line to be tackled.

For the QPARSE News Team, this is a special edition - the 50th edition of QPARSE News in its new iteration! So heartfelt thanks go to you, our readers, for helping to make our little magazine grow in scope and increasing demand. You'll notice a new masthead on the front page, and we thank our tireless Terrie Kozaczynski for her continued efforts in the publishing work needed.

We welcome Maureen Rose, a new member to the QPARSE News Team, and invite you to read page 7 for Claudia's introduction of Maureen. Once again, our political pundit, Tom Conti, gives us an update on the state of politics in these demanding times, via our furry friends the squirrels. Also included in this edition, on page 15, are the results from a recent, sample cohort, member survey on our changing economic times, which is the theme of this edition.

Of course, as retirees, we're always interested in how others transition to this new adventure called retirement. Page 11 features an insightful article from R. Naggar.

In this edition we also introduce our New President, Lynn Travers. Thank you Lynn for taking the reins and volunteering on our behalf. Here's a toast to you and to another successful year for QPARSE!

On page 9, check out some of the pictures from the welcome back luncheon on September 11, 2025.

Lastly, the entire QPARSE News Team wishes you an enjoyable fall season, and we look forward to seeing you at next activities.

Best regards,

Marzia Michielli

Mmichielli@icloud.com



OFFICIALLY

Retired

LET THE

NEXT ADVENTURE

Begin

QPARSE NEWS TEAM

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Claudia Thierry, Lynn Travers,
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Kate Le Maistre, Naile Kudeki,
Patrick Clarke, Kate Gardner,
Maureen Rose

Next Deadline:
January 6, 2026

Theme:
Healthy Living
Physical Fitness, Mental
Health, Finance, New Year's
Resolution 2026

Send us an article

President's Message - Message de la présidente

Welcome back! Bon retour!

I am QPARSE's new president, and I look forward to the year ahead, working on your behalf.

Firstly, I would like to thank the terrific QPARSE board for all the great work they do, from keeping the books and maintaining our membership list to updating our website and social media links, as well as organizing the events we will enjoy during the coming year. Everyone works with dedication to ensure that our members are served well.

Next, I would like to congratulate the QPARSE News team, led so effectively by Marzia Michelli. The News keeps us all up to date on all our events and stories from the field. This edition tackles "Changing Economic Times", a subject we have all been concerned with over the last year or two, but more particularly with the imposition of tariffs by the American President. Enjoy reading it!

En juin dernier, j'ai pu assister à la conférence de l'ACER/CART pour la région de l'Est au Nouveau-Brunswick. Le thème de notre conférence était « Vieillir chez soi », et nous avons eu droit à plusieurs présentations de premier ordre. L'une d'entre elles m'a particulièrement marqué : il s'agissait du rapport du défenseur des personnes âgées du Nouveau-Brunswick, intitulé « Comment tout s'est écroulé » (How it all broke). Pour plus d'informations, veuillez consulter le site web afin d'accéder au rapport : https://www.defenseur-nb-advocate.ca/files/ugd/72965a_b3998a34fadd4529b98f1c0252c26d2c.pdf

One of my goals for the coming year is to explore ways we can better serve our members, particularly those in the province's outlying regions. As a provincial organization, we are not attracting new members from all the school boards across the province. Jan Langelier and I hope to be meeting with the local unions to see what actions we could take to attract retiring teachers and others who have worked in education. If you have any good ideas on what we could be doing to attract a wider membership, please let me know. I can be reached by email: traversman@videotron.ca

J'ai hâte de rencontrer le plus grand nombre d'entre vous lors de nos prochains événements.

Lynn Travers

President

traversman@videotron.ca

2025-2026

Retirement is a blank sheet of paper. It is a chance to redesign your life into something new and different. - Patrick Foley



Our Furry Friends

Our furry friends have a lot to say and share since last spring's News magazine, so much so, that I found it hard to decide what to include in this edition...but here goes!

Once again, our "tails up" friends want to thank President Trump. The tariffs that he has imposed on Canada have forced us to look at both inter-provincial and European trade possibilities. Already, our Ontario "critters" are looking to cut a deal with Quebec. Their latest mantra reads, "We forage them and you make the peanut butter". There isn't a big peanut industry in Canada, but every little bit helps the economy!

Other good news is that the Canada Strong Pass this summer has seen a 15% increase in National Museum attendance, and 10% in Park Canada free admission visits. The squirrels are happy for the most part, but have seen a 20% increase in being chased more than usual!

Both WestJet and Porter airlines benefited from the recent, but short lived, strike by Air Canada employees, which is still not resolved. Porter offers a free drink on its flights and some entrepreneurial squirrels are hoping to negotiate to provide peanut butter and crackers on the airline's menu soon. A warning about a peanut allergy will be included on the packaging.

Educationally, LaSalle College in Montreal is being fined by the provincial government for having too many English students enrolled. The squirrels are relieved that their students speak neither English or French and will be spared any governmental action.

Sticking with the educational scene in Quebec and the initial funding cuts that were made to schools, the head of the Squirrels Teachers Union recently commented that the CAQ "taketh away" and then "giveth back", especially when the polls aren't looking too good. Of course, not all the budgeted money was returned!

The fiasco over the SAAQclic overspending has our friends up in arms...okay tails. It seems that they knew all along that the costs would soar well over budget. They defended their belief by citing their long tradition of keeping their "noses to the ground", something that the premier and his caucus might consider doing!

Overheard at a recent backyard squirrel family BBQ, that Larry Ellison has now surpassed Elon Musk as the world's richest man by a whopping eight million dollars! One family member was quick to point out that that amount of money could surely buy a lot of peanuts, while another humorously shared that he might need the money to pay alimony to his five former wives!



President Trump's "Big Beautiful Bill" has been renamed the "Working Family Tax Cut". It must be a reaction to his and its sinking popularity in the polls. Our furry friends' political pundit, "Rush Scampa", thinks that a better name for the Bill would be "Bad Badder Bust"!

A group of squirrels recently saw the play "Hamilton" at Place des Arts and couldn't help remarking on how the role of King George III reminded them of President Trump. "The people love me", both have been known to voice more than once!

(Continued on page 5)

(Continued from page 4) **Furry Friends**

Bill Mayer recently commented on RFK Jr, calling him "just too nutty". Many of our four-legged friends took offence, until they understood the context of Bill's words. I knew those squirrels were smart!

President Trump wants no more wars, but peace in the world. Our politically astute friends feel that the only peace he wants is the Nobel Peace Prize!

"I'm sick and tired of all the bad news" said social media star, Rodentia Tell All, on a recent podcast. She thanked Taylor Swift and Travis Kelce for bringing a smile to millions of followers, when they announced their engagement. It nearly broke the internet!

Two senior squirrels, sitting on a park bench, were lamenting today's realities of cell phones, IT, AI and social media. "Oh, for the good old days of rotary phones, party-lines, when you could look someone in the eye and know he was real and above all socially interact in real time!" "Sorry, I missed that last one" responded his friend, "I got a call on my cellphone"!

Our friends would like to end on a more serious note. The recent assassination of the American political activist and influencer, Charlie Kirk, should be a lesson to all of us. Though we don't always agree on things, be they political or otherwise, our furry friends agree that his tragic and senseless murder is never the answer. Let us all say a prayer for real peace.

Tom Conti

*(Continued from page 1)* **Dealing with Retirement**

"There is no hope except in human relations." (Antoine de Saint-Exupéry)

The final chapter of this guide focuses on **"The Inner You"**, suggesting that retirement should also be a time for reflection and personal/spiritual development. The author suggests that what we believe about life, death and spirituality shapes our outlook. There is no right or wrong belief, she adds, but if we know what we believe, we'll achieve inner peace. (p.148)

The author ends this last chapter by recommending that we make sure to have at least one activity in our life that nourishes our soul, such as gardening, painting, music or just helping others, and to have plenty of passion to "fire up your soul and keep your mind alive and alert." (p.158) . The final quote of the book seems to sum everything up well: *"Just slow down and enjoy it all."* (Dr. Wayne Dyer) Happy Reading!

Richard Bastien

QPARSE PROGRAM CALENDAR

2025

**Tuesday,
Oct. 7** Aviation Museum tour and picnic lunch (\$12), Macdonald College Farm, Ste Anne de Bellevue. 10:30 AM

**Wednesday,
Nov. 12** Virtual Travel at Nemesis, 245J Pointe Claire Plaza. 10 AM

**Thursday,
Dec. 4** Holiday Lunch, 11:30 at Bâton Rouge, 5385 rue des Jockeys, (corner Décarie)

2026

**Tuesday,
Feb. 12** How is Artificial Intelligence (AI) Changing Lives?" via Zoom by Indra Kubicek CEO of Digital Moment 10 AM

**Tuesday
March 10** Seniors Action Quebec founder Ruth Pelletier, via Zoom "Senior Issues" 10 AM

April Visit to Montreal's Pointe-à-Callière Museum, date TBA. Old Port.

**Tuesday,
May 5, 2026** Annual General Meeting at the English Montreal School Board

To register for ZOOM online events, or for more information, please contact

Claudia Thierry (514) 457-2499

cthierry2680@gmail.com

at least one week before the event

PROGRAMME DES ACTIVITÉS DE L'APPERQ

2025

**Le mardi
7 octobre** Visite guidée et pique-nique (12\$) au Musée de l'Aviation à la ferme Collège Macdonald, Ste-Anne-de-Bellevue. 10 h 30

**Le mercredi
12 novembre** Voyage virtuel chez Némésis, 245J Plaza Pointe-Claire. 10 h

**Le jeudi
4 décembre** Lunch à 11 h 30, au Bâton Rouge pour célébrer la période des Fêtes. 5385 rue des Jockeys (angle du boul. Décarie), Montréal

2026

**Le mardi
10 février** «Comment l'intelligence artificielle (IA) change la vie?» via Zoom par Indra Kubicek, PDG de Moment Numérique. 10 h

**Le mardi
10 mars** Présentation par la fondatrice d'Aînés Actions Québec, Ruth Pelletier, via Zoom « Problèmes des personnes âgées ». 10 h

Avril Visite au Musée Pointe-à-Callière. Date à déterminer. Vieux Port, Montréal

**Le mardi
5 mai 2026** Assemblée générale annuelle - Commission Solaire English-Montréal

Pour vous inscrire aux événements ZOOM en ligne, ou pour plus d'information, veuillez contacter

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Au moins une semaine avant l'événement

O pportunities in retirement present themselves when you least expect it. If you want to try your hand at writing a short story, QPARSE News encourages you. We are willing to print your short story, your poem, or excerpt from your memoir.

Just submit it to us!

Spotlight on Dr. Maureen Rose



Many of you have already met Maureen when she presented a nutrition workshop to QPARSE a year ago. She had just retired from McGill University, joined QPARSE, and this year became a director of our organization. We are indeed fortunate to have her as she has a very varied background of experiences.

Maureen was born in Yorkshire, England, married, had a first child, then decided to go back to high school at age 27 to get more science background. There was a special babysitting program at the school for the little one and Maureen thoroughly enjoyed the interaction with teenage students.

Next, Maureen got a diploma in business management and then worked as a recruitment and training officer in the fashion industry.

In 1980, Maureen's husband was offered a job at CAE in Montreal, so the family moved from England to the Montreal area. Having a love of learning, she decided to study further and in 1981 registered in the dietetics program in McGill's School of Human Nutrition. She worked at the Royal Victoria Hospital as a dietitian before getting a position at McGill in 1989 as "Stage" Coordinator, guiding students' competency development in clinical nutrition, community nutrition, and foodservice management. While working, she took a Masters in Educational Psychology, specializing in adult education. Next, she did a PhD in Educational Psychology focusing on competency-based professional education.

In addition to supervising Stages, Maureen taught many courses related to dietetics practice. In 2014 she became a senior faculty lecturer and in 2021 was awarded the McGill Principal's Prize for Excellence in Teaching. She says that this was largely due to covid and her new method of teaching online, including "at home labs," instead of holding standard campus-based labs. Students made specific food products at home, submitted videos and photos and shared their outcomes online with their classmate group. Because of Zoom, for the first time, Maureen got to speak to each of her 110 students individually each week, as she moved from room to room on Zoom, over several periods of group discussion. This innovation was such a success that the students nominated Maureen for the Excellence in Teaching Prize.

Maureen sent students to do their "Stage" in the Montreal area as well as such faraway places as the Caribbean, Ghana, Nunavut and northern Quebec where McGill students were in high demand. Of course she had to visit them for evaluation purposes, and she found that such experiences were invaluable to the students and the number of students increased dramatically as McGill's reputation grew. In northern Quebec, Hydro Quebec received some of these students for six-week stints and provided transport to and fro in their private planes, so they could return home on weekends.

When a former mayor of Baie d'Urfé approached McGill to ask about the possibility of offering nutrition education to their seniors, Maureen took up the challenge, organizing graduate students to give monthly lectures and a lunch related to the lecture content. So far, over 60 themes have been presented. This is where I first met Maureen. When she first retired, I asked if she would talk about nutrition for seniors to the QPARSE membership and her talk in the QPAT building was very popular. Maureen's varied experience and managerial skills will be a bonus to our association.

Claudia Thierry

QPARSE at QPAT Teachers' Convention, November 6 -7, 2025

Once again, your Board of Directors will be participating in this year's Teachers' Convention, to be held at Montreal's Hotel Bonaventure in downtown Montreal.

QPARSE will have an Information Table and is sponsoring a Retirees' Workshop Session, with a Panel Discussion on the central theme, **"Retirement - Aging as an Adventure"**.

As retirees, we continue to be challenged by what does getting 'older' or 'aging' really mean?

This was the question posed by Dr. Bill Randall, Emeritus Professor of Gerontology, St. Thomas University. Dr. Randall, whom Lynn Travers, Katherine Snow and I heard speak in Fredericton at the June ACER-CART's Regional Conference of Eastern Canadian Retired Teachers Organizations (ECRTO), sees aging as being either a narrative of Discovery or one of Decline. The decline narrative sees aging as inevitable, something that happens, something that must be fought. The discovery narrative sees aging as a time to make discoveries about your world and your role in it.

As we age, our bodies change, but we can control how fast and how much we change. We develop biographically not just biologically. Our perspectives, our energies, priorities and perceptions change. The key to aging well is to have a sense of meaning and purpose, to grow old rather than get old. It is an uncharted and uncertain and exciting future. Seniors are leading the way into the unknown.

It will take resilience and determination on the part of each of us to stay healthy and strong, and to improve our health in new and creative ways, as we grow older. Whether it's choices in relation to the food we eat, the way we move our bodies, how we think about ourselves, or the degree to which we believe we have potential until the day we die - it's all about the CHOICES that we make, moment to moment—a person's outer physical strength and well-being REFLECTS the degree of one's inner resilience, sense of self, and courage.

We'd love to see you at our **QPARSE Information Table** or join us at the **Workshop Session**.

Renate Sutherland

Did You Know

"9 Things Eye Doctors Say You Should Never, Ever Do"

According to this HuffPost article written by C. Bologna, and posted on August 9th, you should avoid these things to protect your eyes.

DON'T

1. Sleep with contact lenses
2. Stare at a screen without breaks
3. Smoke or vape
4. Ignore sudden vision changes
5. Stare at the sun
6. Sleep with eye make up on
7. Eat food high in sugar and fat
8. Skip doctor visits
9. Rinse contact lenses with water



Welcome Back Luncheon - September 11, 2025 at the Ottavio Restaurant



“Escaping” After Retirement

Like many of us, I enjoy watching the BBC program, “Escape to the Country.” I love the scenery, enjoy the back stories of the escapees, learn about the local crafts and foods and the variety of recreation opportunities in the country, and find the personable hosts (including the handsome and charming Jules) easy to watch.

Sometimes the participants want to escape from an area which has seen an increase in traffic and noise and to move across the country for a quiet, rural, often remote, location. Some of the desired features that seem common to many of the people moving are: a log burner; room for their dog to run; a large garden or acreage to set up holiday rentals; enough kitchen/diner space to entertain large groups of friends; a thatched roof; and, of course, the views of the countryside.



All these are manageable for young retirees, but have they thought about their needs and abilities five or ten years from now? Can we learn from them as we consider whether or not to downsize?

Who will carry in the logs or empty out the ashes from the log burner? How will the rest of the house (often several hundred years old) be heated? Who will look after the acreage or manage the sought-after holiday rental opportunity ten years from now? Are craftsmen available to maintain the thatched roof? Will those quaintly winding narrow stairs be accessible to aging bones and muscles? Is public transport readily available? How close is medical support? How easy will it be to break into the social scene and make new friends in a close-knit rural community? I’ve never seen a young couple ask about the quality of the schools for their children, nor any of the buyers ask about the quality of the WiFi signal. And when their beloved dog inevitably dies, will they really need a large garden and be able to maintain it?

Quaintness is often one of the desired factors, and we shouldn’t diminish the “wow factor” on first viewing a desirable property, but will quaintness compensate for the lack of some of the more practical needs? Wouldn’t it be interesting to revisit some of the successful bidders in five years? The buildings, climates, services in Britain are obviously different from Canada, but the message is the same: Plan ahead!

Enjoy your viewing!

Kate Le Maistre

Did You Know

In an August 5th SELF article written by Erica Sloan entitled: “5 Injuries ER Doctors See All the Time—and How to Avoid Them”, it’s important to be aware of the types of injuries that lead to the hospital visits most often:

1. Tripping or falling down the stairs
2. Cutting your finger or hand in the kitchen
3. Falling or hurting yourself on a bike, e-bike, or scooter
4. Falling off a ladder or step stool
5. Getting a foreign object in your eye



Knowing this, we can try to guard against such accidents. Stay safe.

Reflections on Retirement

Though it has been around twenty years since my retirement, reading Marzia's beautifully written "100 days before and 100 days after retirement" stimulated my interest to jot down my thoughts, impressions, worries and experiences "before & after my retirement "...though my memory is not as clear as it was many years ago.

I had been working full-time as an anesthetist for thirty-two years, a strenuous full-time job; 18 years at an Institute for cardiothoracic surgery, then on to a university hospital for another 14 years. That's when the idea of early retirement started to germinate in my mind. Although strenuous, an anesthetist's job was a very satisfying one for me. I loved being by the patients' side, especially if I could calm them or relieve their pain. But what a great responsibility it was!

When the idea of early retirement started to bloom, it was to ease the worries and tension both my husband and I carried home with us at the end of the working day. That idea was part of my motivation. Also, while we were both working, it was quite difficult for us to plan a holiday. If he was free, I was busy and vice versa.

I also noticed that lately, my husband was starting to tire easily. I wanted to be there for him. I wanted him to come home to a peaceful atmosphere free from stress.

He was always there for me when I needed him, and now it was my turn. The idea to retire was present, but how could I apply it? I found it very difficult to make such a serious decision.

I discussed it with my boss, who at first refused the idea completely. Then, when he saw my determination; he suggested a three-day workweek for a few months, instead of full-time work. I tried it, but it did not help.

A list of retirement pros and cons followed, and discovered that I was not yet psychologically prepared to take such a serious step and completely change the pattern of my life. Was I afraid of the vacuum that would result from having too much free time on my hands?

My reflection was followed by enumerating all the things I could do if I retired. I always wanted to write...I could take a course in creative writing and

try my hand at short stories. I could learn needlework, and create some beautiful napkins etc., or I could relax and listen to classical music- something I always loved to do but never had enough time. Or I could read books. I always felt that good books were like good friends - to be valued and appreciated. They are good company when you need them, and leave you alone when you crave solitude. If you find you don't particularly like the book you are reading, you can just put it away; it won't reproach you for doing so.

Two considerations kept cropping up again and again: a) The financial side that I would need to readjust, and b) The pride one feels as one goes to work each morning, or was it self-importance?

I spent sleepless nights thinking and rethinking the scenarios, but I could not reach any conclusion. I became a nervous wreck. The more tired I became, the less clearly, I could think. I felt very disturbed and decided to go and discuss this with my pastor, who is also a very dear friend, and whose opinion is always greatly valued. He was a good listener, never biased, honest and very sincere.

That was really a great idea. After I left his office, I was at peace with myself, my mind was clear. I had made my decision...I was retiring! The next day my resignation letter lay on the hospital Director's desk. I had done it at last. No regrets.

A month later my husband fell sick. Thank God I was free, and could stay by his side and focus on his needs. God had helped me make the right decision, because He had a plan for me. I was at peace with myself; not torn between two opposite poles - my husband and my work.

When we had to travel abroad for a medical consultation, I was by his side. When he was admitted to the hospital, I was there. These were very hard times, but we worked our way through them together, and what remains now are precious memories of our time together ...now that he is no more.

The first few years after my retirement, I was busy twenty-four hours per day with my dear husband. He passed away peacefully seven years ago and left an un-fillable gap in my heart and home. I felt my life

(Continued on page 12)



(Continued from page 11) **Reflections**

had stopped. At times, I wished that I was still working. At least, I told myself, I would have a schedule to follow and not feel so empty. However, changing plans after so many years in retirement was out of the question. I saw no choice but to re-orient my life. That, I did with God's help. It worked.

Years earlier I had started German lessons at the Goethe Institute, which I had not kept up as my work schedule was too erratic, and I was obliged to miss many classes.

So I re-applied, and became a regular student. We were given homework which kept me busy, and that was a good thing. I arranged to travel to Germany for two weeks every summer, by booking a German course in a different town in Germany to practice my German. The courses consisted of both language and culture; language courses in the morning and a cultural program in the afternoon. Of course, I was usually the oldest student! The others were between 20 and 40 years old, but their friendliness helped me feel young.

I also joined creative writing courses that were given by a British poet. That was very interesting; I benefited a great deal from those sessions, and even wrote a modest little book about my childhood and youth.

Studying gave me great satisfaction. I was at peace with myself and with the world around me, in spite of its madness. I even took up needlework, something I had never done before.

This year it's art classes for me, with weekly visits to an art gallery not far from where I live. It is fascinating I started by drawing objects, then landscapes and this was followed by drawing portraits. The next step will be learning to paint.

So, there you are. NEVER A DULL MOMENT!

Being blessed with generally good health for my age, that is a Godsend. Sure, I have bone and joint aches and pains, sometimes I get dizzy, am a little hard of hearing, have the beginning of a cataract in one eye...but who cares...it is part of growing older. As long as I can walk, and see where I am going, I feel greatly blessed and thankful.

So, dear friends, if you are thinking of early retirement, do so and enjoy it. I have not regretted it one bit.

R. Naggar

Welcome New Members to QPARSE

Congratulations on your retirement!

**Sylvie Allard
Lori Litvack**

**Susan Hawker
Francine Massue**

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.

Janet Wilson—Westmount, QC

Jane Egerton—Pointe Claire, QC

Patricia E. Hamelin—Bryson, QC

Angela Piacek—St. Laurent, QC

Ronald Cappelli—Bois des Filion, QC

Gillian Williams—Glen Robertson, ON

Advertising Scams on Social Media

Every time I opened up Facebook or Instagram, I kept seeing this Pink Salt Diet. I see Oprah and other celebrities selling this diet and using their own voice, telling us how great it is. Sometimes I feel I just don't know what is real anymore. Is this diet a miracle to quick weight loss or is this a scam to get my money? Well, I decided to investigate.

Marketing and Scamming Tactics Are Rampant

Scammers use emotionally charged ads, celebrity deepfakes, countdown timers, fake testimonials, and other high-pressure tricks, in this case to sell pink salt products. Many buyers end up enrolled in recurring charges, get low-quality or no products, and face great difficulty obtaining refunds.

Claims that Himalayan pink salt can significantly boost metabolism or burn fat are unsupported by research. The nutrients it contains are in such tiny amounts that you'd need to consume dangerous levels of salt to benefit—something no one should do.



Health Risks from Excessive Salt Intake

Despite the marketing angle, pink salt is still mostly sodium chloride—just like table salt. Overconsumption can raise blood pressure, increase the risk of heart disease, stroke, kidney problems, bloating, electrolyte imbalances, and even contribute to mineral deficiencies like iodine. The core health focus should always be on limiting overall sodium intake.

The Verdict: Is It a Scam?

Yes. The pink salt diet is rooted in marketing hype rather than science. It leverages common weight-loss desires with slick tactics and sells false hope. It's definitely not a shortcut to weight loss—and might even be harmful if used imprudently.

Calling the pink salt diet a scam isn't exaggeration—it's aligned with what experts and credible sources consistently say. It's a trendy ruse with **no** real health payoff.

Think of the adage, "If it sounds too good to be true, it probably is," so investigate before buying!

Terrie Kozaczynski

If not sure as to what you are seeing, contact: <https://www.snopes.com/contact/>

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

Cochrane, Heather — Montreal, QC

Gregor-Pearse, Beverley — Beaconsfield, QC

Klein, Ingrid — Pointe Claire, QC

Phelps, Brinley — Long Sault, ON

Wright, Frances — Ste. Geneviève, QC

Cumming, Kathleen — Lachine, QC

Johnston, Elizabeth — Westmount, QC

Lipscombe, Robert — Montreal, QC

Russell, Jean — Pointe Claire, QC



Là où l'indicible choque

Maude, une maman sans enfant?
Mais, comment?

Aujourd'hui, en se réveillant
D'une sieste, Maude sent
Un souffle d'alcool de la chambre
De sa petite fille.

Mais, sa fille n'y est pas.
Puis, par la fenêtre, elle constate
Qu'à pas furtifs son ex-mari, Lyon,

L'amène, avec sa nouvelle passion,
Vers son fourgon, en claquant.

Paumée, les yeux collés au Soleil gris,
Elle balise, et braille, la bouche béante
De peur. Puis, elle perd pied en toussotant.

L'afflux de ses pleurs
Ouvre grandes les vannes
Du deuil de son cœur ;

Pourtant, le chatouillement des rayons
L'insuffle un petit confort d'espoir,
Comme fait la force des flammes
Dès qu'on se met auprès d'un foyer
En hiver.

D'ici peu, l'arrière-goût laissé
Par le délit la choque, or en secret.

Maude et Lyon vivaient comme deux solitudes
Depuis longtemps. Et lui, il avait la turpitude

De lui voler son petit ange.

En remâchant ce drame elle revoit :
Le châle de couleurs poignantes
Qu'elle portait, puis la pièce déserte,
Puante d'alcool. Et la scélératesse
De Lyon..

À force de se libérer
De cette cage de chagrin
Elle finit par se remettre du fléau.

Peu à peu, une ère fraîche éclot
Pour lui faire cesser ses sanglots
Et qui l'inspire d'une dose de culot.

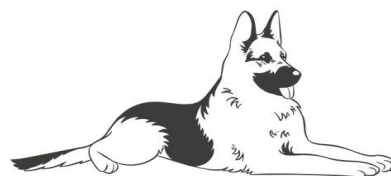
Plus tard, elle adopte un chien
Dont l'oreille curieuse devient
Son pivot de salut.

© Sunny

« une femme qui montre de la peur est déjà vaincue. », George Sand ; Elle et lui.

Ce dicton s'applique également à quiconque dans une position d'autorité comme un(e) enseignant(e) ou un(e) président(e), par exemple.

© Sunny



Did you Know?

Stanford University scientists have successfully deciphered the silent thoughts in a person's head, with an accuracy of close to 74%. The article entitled "*US scientists decode inner speech with 74% accuracy with mental password tech*," is one of the latest interesting engineering feats.

This fascinating article written by Mrigakshi Dixit in Interesting Engineering on August 14, speaks of a "new brain-computer interface (BCI) technology that can translate a person's thoughts into words, when they "think" a specific mental password." "This is the first time we've managed to understand what brain activity looks like when you just think about speaking," says Erin Kunz, another author from Stanford University.

Economic Sentiment Survey for QPARSE Retirees

On September 11, 2025, as part of our ongoing efforts to understand how economic changes are affecting retirees in Quebec, we invited a small cohort of QPARSE members to participate in a brief, copilot assisted, anonymous survey. Their insights are valuable in helping inform future support and policy initiatives. QPARSE members responded to these questions below:

- 
1. Are you making a greater effort to buy Canadian-made products?
 - Yes, always 55.9%
 - Yes, when available 32.4
 - Occasionally 5.9
 - No change in behavior 5.9
 - No, I prefer imported goods
 - Other: _____
 2. How concerned are you about the impact of tariffs on your cost of living?
 - Extremely concerned 50.0%
 - Moderately concerned 29.4
 - Slightly concerned 14.7
 - Not concerned at all 2.9
 - I'm not aware of any tariffs 2.9
 - Other: _____
 3. What cost-saving measures have you already put in place due to rising prices?
 - Buying in bulk 11.8%
 - Switching to lower-cost brands 17.6
 - Reducing non-essential purchases 58.8
 - Cutting back on travel or leisure 8.8
 - No changes made 23.6
 - Other: _____
 4. If prices continue to rise, how do you plan to manage your expenses?
 - Reallocate retirement savings
 - Delay or reduce discretionary spending 58.8%
 - Seek financial advice 20.6
 - Rely more on government support 8.8
 - I'm unsure 7.6
 - Other: _____
 5. How anxious do you feel about the economic situation caused by tariffs?
 - Very anxious 20.6%
 - Somewhat anxious 54.7
 - Neutral 8.8
 - Not very anxious 2.9
 - Not anxious at all 2.9
 - Other: _____
 6. Do you plan to travel to the United States in the next 12 months?
 - Yes, definitely 2.9%
 - Possibly, depending on costs 5.8

(Continued on page 16)

(Continued from page 15) **Survey**

- No, I've cancelled plans due to tariffs or exchange rates 5.8
- No, I don't travel to the U.S. 41.2
- Only if in transit or to visit family 32.4
- Other: *Not while Trump is in power* _____

7. Have tariffs influenced your views on cross-border shopping?

- I avoid cross-border shopping now 52.9%
- I still shop across the border but less frequently
- No change in behavior 8.8
- I never shopped across the border 32.4
- I'm not sure 5.9
- Other: _____

8. Do you believe the Canadian government is doing enough to protect consumers from the effects of tariffs

- Yes, they're doing a good job 38.2%
- Somewhat, but more could be done 35.3
- No, they're not doing enough 8.8
- I don't know 5.8
- I don't follow government policy
- Other: *Not sure* 2.9

9. How has your retirement lifestyle been affected by recent economic changes?

- Significantly impacted 0.0%
- Slightly impacted 38.2
- No impact so far 52.9
- Improved, surprisingly 2.9
- I'm not retired yet 0.0
- Other: _____

10. Please give us your views on the economic situation, rising costs, tariffs, counter-tariffs or the government's anticipated measures to address the situation.

The following are some of the comments provided by QPARSE members in response to question number 10.

- I still maintain my "snowbird" activity as my health is severely impacted by winter conditions in Quebec. Since my activities across the border are minimal, I do very little shopping, and I only purchase essential items.
- There is too much changing information.
- I worry about the next generation.
- I have always supported Quebec, supported Canadian businesses, its produce, etc.
- I worry about the next generation.
- I'm really waiting to see how it plays out, before making too many decisions.
- I think we have four years of this, until Trump leaves office. We need to adapt.

(Continued on page 17)

(Continued from page 16) **Survey**

- Selon moi, la situation économique est plus difficile, et même après ce Président. Ce sera difficile de re-devenir à ce que nous avions avant.
- I believe in “fighting back” by visiting elsewhere, buying Canadian, and posting anti-Trump lunacy.
- As of now I have not been affected - only on food prices so far. The government is doing the best for Canadians in this volatile situation.
- I think the government is doing the best it can.
-Concerned about people living below the poverty line.
- I consider the impact of recent U.S. tariffs quite serious and anticipate that the situation is likely to deteriorate even more in the next couple of years. We need a change in political leadership in the United States - the sooner the better.
- Corporate greed is fueling instability, and chaos. World actors are living the high lifestyle, while we “will eat cake”(Marie Antoinette)

The survey results offer a fascinating snapshot of how QPARSE retirees are responding to economic pressures, particularly tariffs and rising costs. The co-pilot assisted analysis of QPARSE results, and key insights are as follows:

CA National Loyalty & Consumer Behavior

- 88.3% of retirees are making an effort (definitely or somewhat) to buy Canadian-made products.
- This suggests a strong sense of economic nationalism, driven by tariff-related issues.

Tariff Impact on Personal Finances

- 74.6% report that tariffs have affected their economic behavior.
- 80.4% are concerned about tariffs increasing their cost of living.
- 80.2% have changed buying habits due to rising prices.
- 72.6% have adjusted budgeting or expense management.

These results reflect a wide shift in consumer habits and financial planning among QPARSE retirees, showing that tariffs are not just abstract policy—they’re felt in daily life.

Perception of Tariff Effectiveness

- Only 26.3% believe tariffs have definitely protected Canadian industries.
- A combined 40% are skeptical (not really or not at all).

This shows a disconnect between the purpose of tariffs and public perception of their effectiveness.

Travel Behavior

- 65.8% say tariffs have affected their travel plans.
- 69.8% are less likely to travel to the U.S.
- 57.3% would avoid countries impacted by tariffs or unfavorable exchange rates.

Travel decisions are clearly influenced by economic policy, with a shift away from U.S. destinations.

Consumer Confidence & Government Trust

Shopping Habits

- 56% have changed shopping habits due to costs or tariffs.
- 47% report no change in cross-border shopping, but 32% shop less across the border.

(Continued on page 18)

(Continued from page 17) **Survey**

This suggests a cautious approach to cross-border spending, with tariffs acting as a deterrent.



Government & Policy Perception

- 52% believe the government isn't doing enough to protect consumers.
- 41% say their view of government policy has worsened.
- 46% say their view of trade policy has worsened.

There's appears to be an erosion of trust in government responses to economic challenges.



Lifestyle & Sentiment

- 43% say their lifestyle has been affected by economic changes.
- 48% have strong views on the situation—indicating growing polarization or frustration.



Overall Takeaways

Overall, there is strong concern over the cost of living and necessary financial planning adjustments, the dichotomy of Nationalism vs. Globalism, and a preference for Canadian goods as evidenced by reduced cross-border shopping and U.S. travel.

Clearly the economic changes are reshaping daily habits and long-term plans for QPARSE members.

Kindly note that in processing the survey results, not everyone answered all questions, and in some cases some respondents chose multiple answers on multiple questions. Hence the percentages in the analysis portion may appear to be skewed for certain questions.

Lastly, the QPARSE News team would like to thank all the participants who took the time to respond to the survey and share their views with us.



Food for Thought

“Ever since I was a teenager, I've tackled every big new problem the same way: by starting off with two questions. I used this technique at Microsoft, and I still use it today.

Here they are: Who has dealt with this problem well? And what can we learn from them?”

Bill Gates



A Taste of Italian Cuisine

The goal of our recent trip to Italy in April, was two-fold: to revisit my husband, Angelo's family and to once again savor the authentic cuisine that some of Italy's regions have to offer.

In Rome, being treated to two home cooked meals was the 'icing on the cake', so to speak!

The first meal was a penne-type pasta with homemade tomato sauce, and it was garnished with fresh parmigiano-reggiano cheese, large buffalo bocconcini slices (which taste entirely different from those sold here!), pane (cheese bread), fried eggplant (melanzana) and red peppers. This hearty meal ended with espresso coffee, served in those charming demi tasse cups. Dessert consisted of mouth-watering Sicilian pastries. This feast was all prepared by my husband's aunt - all except the pastries. She was so pleased that we savored all of it.



The next day brought another wonderful meal. It consisted of lasagna cooked with mozzarella cheese, fresh basil, rosemary and a homemade meat sauce. The dish that followed was baked Orata fish... with their heads and eyes still intact!! After the initial look, I admit it took me a while to taste it. But when I did, the fish was juicy and tender. I did not eat the head of that fish! It came with a large green salad drizzled with olive oil, and flavorful piadina flat bread. For dessert, we were treated to a delicious cappuccino along with roasted chestnuts and walnuts. My husband's cousins prepared this amazing meal.



And that was only day two of our 10- day journey!

Pizza, being the number one meal in Italy, and is in itself a dish, comes with many different toppings. Pizza varieties come with your choices of cold cuts such as mortadella, prosciutto, Genoa salami... need I could go on!

I opted to play it safe and have the traditional Margherita pizza while my hubby had one with prosciutto, basil and Romano cheese.

In the southern part of Abruzzo, we visited the village of Pescasseroli. We were there to revisit my late father- in- law's home town. The inside of the house he grew up in was somewhat more modern than it was 20 years ago but the outside reminds the same. Our cousins from Rome go there to spend a few weeks in the summer.

We went to the neighbouring village of Opi and ate with our cousins. Here we were treated like royalty in the quaint Ristorante La Vecchia Locanda. We were served four pieces of large ravioli stuffed with ricotta and spinach, and topped with a delicate mushroom sauce. A green salad with house specialty virgin olive oil dressing and 'pasta madre' bread made its way onto our table. Added to the plate were generous slices of provolone cheese. We were served veal fillets along with fresh French fries! We appreciated the delicate taste of our tiramisu for dessert.

A cup of amazingly delicious cappuccino ended the lunch. Afterwards a walk around the picturesque village of Opi was a must!

Venezia took us on a journey of mouth-watering spaghetti with meatballs in tomato sauce. I just had to tell the waiter that the taste was almost comparable to

(Continued on page 20)



(Continued from page 19) **Italian Cuisine**

my mother-in-law's cooking. He was so pleased at this compliment!

In Pisa, after our phenomenal gondola ride, we relished a plate of penne with salmon and basil sauce.

The meals at a particular restaurant close to our hotel were served with great care and attention. The waiters would recommend various options on their menu. We tried lamb and linguine served in tomato sauce, and that was my favorite meat. Even the baked chicken with roasted potatoes and broccoli was scrumptious.

One evening they served a seafood platter of calamari, scallops and shrimp, and it was to die for! We had a dish of farfalle with meat sauce that was so delicious.

And the wine... what can I say...each glass of white wine that I tried had a distinct, flavorful taste. Semplicemente delizioso!!

After visiting the Pizza di Spagna, we sat at a nearby cafe to cool off with gelato. I had a tasty chocolate, lactose-free gelato while hubby opted for a sweet tasting licorice gelato. It was a most refreshing treat on a beautiful spring day.

As we boarded the plane for home, we were happy to have seen all the family, and enjoy true Italian cooking in a manner that only an Italian can cook!

I'll share a little secret... It does help that my husband comes from Italy and enjoys cooking.

So here at home, we do have meals that are as authentic as possible!

... "il cibo non è solo cibo, è una storia che viene raccontata attraverso i sapori...Food is not just food, it's a story that is told through flavors." Ciao!

Paula Turner





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An Average Salary

In a NARCITY article dated September 1, 2025 entitled “*Here's how much you need to earn to have an 'average' salary in every Canadian province.*” It’s interesting to see the wide range in what is considered an average salary, as well as the percentage increase in earnings required, when compared to last year’s salary.

Alberta → \$71,225/year
Increase: +2.8%

British Columbia → \$67,819/year
Increase: +2.6%

Saskatchewan → \$65,744/year
Increase: +3.7%

Manitoba → \$60,844/year

Ontario → \$69,397/year
Increase: +3.5%

Quebec → \$65,432/year
Increase: +5.1%

Newfoundland & Labrador → \$66,076/year
Increase: +2.9%

New Brunswick → \$62,121/year
Increase: +5.4%

Nova Scotia → \$59,659/year
Increase: +2.8%

Prince Edward Island → \$59,529/year
Increase: +7.9%

“Sharing Education Photos through the Years”

In preparation for the QPARSE News 50th Edition Celebration, we would like to invite you to share some of your favourite education photos from years gone by. Any photos you might have relating to your own experience in education would be greatly appreciated. Please include the names of people, places and dates for each of these photos.

In order to be included in QPARSE publications all photos should be submitted in digital form. Each photo file should have a **minimum resolution** of at least **1 Megapixel (1024 x 768 pixels)** to come out clearly on a computer screen or in printed format. Should you need to **scan** printed versions of your photos, make sure to set your home **printer/scanner** to produce a minimum **image size of 300 DPI** (dots per inch).

Sending your digital photo files as email attachments may require that you divide your attachments into different emails. It is best not to reduce the size of your photos if you are offered this option before sending them over the internet.

Please feel free to contact me directly if you have any questions regarding this matter.

Thank you,

Richard Bastien

qparsephotos@gmail.com



Un message de l'APPERQ
Association provinciale du personnel d'enseignement retraité du Québec

ÊTES-VOUS :	En réflexion à propos de la r _____?
ÊTES-VOUS :	À moins de 5 ans de prendre votre « RETRAITE »?
ÊTES-VOUS :	Intéressée à connaître ce que NOUS savons sur la retraite?
LE SAVIEZ-VOUS?	Vous pouvez vous joindre à l'APPERQ jusqu'à 5 ans avant votre départ à la retraite!
AVANTAGES :	Nous offrons un système de soutien qui vous aidera à profiter de votre retraite bien méritée : événements intéressants, information importante sur les assurances et les rentes et l'occasion de nouer de nouvelles amitiés!
NOTRE MISSION :	Promouvoir et soutenir les intérêts et le bien-être des retraitées de l'éducation par la responsabilité sociale, la sensibilisation et la collaboration avec d'autres organismes sur des sujets d'intérêt commun
POUR EN SAVOIR PLUS OU VOUS JOINDRE À NOUS	Visitez notre site Web : http://www.qparse-apperq.org ou Suivez-nous sur Facebook : www.facebook.com/QPARSE ou Écrivez-nous à : info@qparse-apperq.org



JOYEUSES
Action de Grâce!



A message to you from QPARSE
Quebec Provincial Association of Retired School Educators

ARE YOU:	Thinking about the "R" word?
ARE YOU:	Within 5 years of "RETIREMENT"?
ARE YOU:	Interested in learning what WE know about that "R" word?
DID YOU KNOW:	You can join QPARSE up to 5 years before you retire?
WHY JOIN?	We provide a support system to help you enjoy your well-deserved retirement: interesting programme events, important information on insurance and pensions, and a chance to make new friends!
OUR MISSION:	To promote and enhance the interests and well-being of retired educators through social responsibility, advocacy and cooperation with other organization on matters of common concern.
FOR MORE INFO: OR TO JOIN?	Check our website at: http://www.qparse-apperq.org or Follow us on Facebook: www.facebook.com/QPARSE or Email us at: info@qparse-apperq.org

Powerful Passports

According to an article entitled “**The most powerful passports of 2025: The US and the UK fall, while India rises.**” Countries are ranked on the number of places that their passport holders can travel to without needing a visa.

The ranking may show Canada low in this excerpted list, but it is still among the heavy hitters!

1. Singapore
2. Japan, South Korea
3. Denmark, Finland, France, Germany, Ireland, Italy, Spain
4. Austria, Belgium, Luxembourg, Netherlands, Norway, Portugal, Sweden
5. Greece, New Zealand, Switzerland
6. United Kingdom
7. Australia, Czechia, Hungary, Malta, Poland
8. **Canada**, Estonia, United Arab Emirates



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Learn iPad basics and borrow one to practice what you've learned.

Phishing Scams and Internet Safety  **October 30**
October is Cybersecurity Awareness Month! Recognize phishing scams and protect yourself on the Internet.

Accessing Government Documents  **November 13**
Navigate federal and provincial websites and other essential online services.

Digital Documents  **November 27**
Create, organize, and store your digital documents. Explore popular tools and platforms to share and access your files.

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10 - 11 AM or 11 - 12 PM

Register
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clerk@literacyunlimited.ca

For more information on the many events see: <https://literacyunlimited.ca/calendar/>

Kindly pass this newsletter/application form to teachers who have recently retired or are considering retirement soon.

The Quebec Provincial
Association of Retired
School Educators



Association provinciale
du personnel
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Province: _____			
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
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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 News magazine three times a year.

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