



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 17, 2nd Edition 2026

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Tuesday—Oct. 6

Bird Watching for
Beginners

Wednesday—Nov. 4

Kinesthesiologist via
Zoom

Tuesday—Dec. 1

Holiday Lunch, 11:30,
Casa Grecque,
7218 Blvd. Newman,
Lasalle

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Cappadocia—Türkiye



Cappadocia is a historical region located in the Central Anatolia region of Türkiye. It is a place of exceptional natural wonders, and is especially known for its underground cities and “fairy chimneys”.

These amazing structures are hundreds of spectacular pillars, towers, cones and minaret-like forms which dot the landscape. They were created when, more than ten million years ago, sedimentary

rocks which had formed under rivers and lakes erupted from ancient volcanoes. Over eons, the rocks near the city of Göreme eroded into these amazing pillars that can reach heights of up to 40 meters.

People of the villages at the heart of the Cappadocia region carved out houses, churches and monasteries from the soft rocks of these volcanic deposits. Cappadocia was a centre of early Christian learning and pilgrimage and has hundreds of these richly decorated churches and monasteries. It also has underground cities which were dug for people's escape since Christians were persecuted during the Roman and Byzantine periods. From the 4th to the 11th century, Christianity flourished here.

Most cave houses are no longer legally inhabitable. The government first requested that people leave the caves in the 1950s. Cave house residents were offered free housing (or free land) in the nearby villages. In some areas, the government still allows a cave house to be leased back to a family if it was theirs, so long as they don't live in it. People open up the cave homes as cafés, restaurants and gift shops.

Hot-air ballooning is especially popular in Cappadocia, particularly around Göreme, offering sunrise flights over the region's fairy chimneys and valleys. I was lucky to have experienced this marvelous adventure with my cousin a couple of years ago.

Flights take place at dawn. It is an early wake up—we were picked up from our hotel at 4:30 in the morning and driven to a huge field where several balloons were in the process of being filled up with hot air. We stood around in the dark

(Continued on page 4)

Editorial - An Open AI Escapee

Amidst our readings on AI there is always an event or an article that resonates clearly with us. For me, the story written by Hadas Gold on July 22nd gave me serious reason for pause! In my mind, the article spotlighted that AI “singularity” capabilities are no longer a hypothetical discussion, or a “what if” scenario. “Technological singularity” is defined as the point when artificial intelligence becomes so advanced that it can improve itself faster than humans can.” As such it seems that the future has arrived. This is what happened...

Open AI says some of its experimental AI models left a test environment, sometimes referred to as a “sandbox”, with no human instructions to do so. It then hacked its way onto different companies’ operating systems while trying to find answers to the cybersecurity test it was given to solve. This AI model knew it couldn’t find the answers in its resources and left the “sandbox” hacked into Hugging Face to get the information it needed and then returned to solve the test. Is the breach considered cheating, ingenuity, or is this event an example of approaching singularity? Does this sound like an excerpt from the movie judgement day?.. or does it make you nostalgically reflect back on Isaac Islamov’s laws of robotics. At the very least, it makes a strong case for the need for guardrails on AI technology!

One day at a time we move deeper within the AI revolution. Already white-collar entry-level jobs are evaporating, AI can now write advanced code for engineers, it can manage your money, run a business, and the list of possibilities continues to grow. It’s the first publicly shared example of an “AI system autonomously escaping its testing environment and reaching a real outside system.” They refer to this as an “agentic attacker” scenario. The AI and cybersecurity industry has been warning us that this could happen. In fact weeks later, the sandbox escapee incident was far more extensive than initially reported. I think of it like a virus being released in a bunker or biocontainment lab and then it turns up in another facility nearby. “We consider this incident to be an unprecedented cyber incident, involving state-of-the-art cyber capabilities, and are responding accordingly,” OpenAI said in a statement. It shared its findings to help us understand what happened and what models are now able to do. The ChatGPT maker said the escape happened while it was testing how good some of its new models are at hacking. “The models had their normal restrictions turned off.”

In fact, on July 31 it was reported that Anthropic’s latest Claude artificial intelligence model breached three organizations after escaping the cybersecurity restrictions imposed during safety testing. Another “AI escapee” takes flight. As we go to print, thirty-one other breach instances have been cited in the literature.

As we pivot away from AI, as our only theme for this magazine, let yourself be transported by Naile Kudeki’s article on Cappadocia on the front page, and Claudia Thierry’s article about her recent safari to Kenya. Turn to page 5 for our regular humorous feature from Tom Conti as he speaks politics through antics of the neighborhood squirrels. More humour follows from Nicolas Issid, a new QPARSE writer as he shares his perspective on pickleball.

Other features include a book review by Richard Bastien on retirement on page 15, and a caution by Richard Huint on radon gas.

Enjoy this new edition of our magazine,

M. Michielli
Mmichielli@icloud.com
Editor



*“Another AI model breached security tests as Trump weighs new controls” July 31,2026.
Arjun Parashar, The Street*

President's Message - Message de la présidente

Welcome back to a new school year and a host of new activities for our members! Bon retour!

This year marks my second year as your president, and I look forward to joining you all at as many events as possible.

I really appreciate the work of our Board members, and as usual, the QPARSE Board will be as busy as ever. This year, we will put in place an updated strategic plan, a new privacy policy, and, of course, efforts to increase our membership across the province.

You too can help us with this last initiative. Speak to your friends and colleagues from your time in education and let them know the benefits of joining QPARSE. Don't forget that we accept pre-retirees, including people up to five years before retirement, and all types of personnel who have worked in the education system, including administrators, psychologists, CEGEP and university professors.

Let us know what we could do for you as well. Feedback is important to us. So, be prepared if another member of the Board or I approach you at an event and ask you, "What kind of activities would be of interest to you?"

Our News Magazine keeps getting longer and longer! *Notre rédactrice en chef, Marzia Michelli et son équipe, travaillent sans relâche à améliorer le magazine. Nous vous souhaitons une bonne lecture de ce dernier numéro, qui comprend notamment l'article de Squirrel, des récits de voyage et des articles sur l'intelligence artificielle. Bonne lecture*



Lynn Travers
President 2026-2027

Signs of Artificial Intelligence's Work

Not too long ago, AI generated pictures had extra or missing fingers, and poor perspective, to name but two examples that were easy give-aways of AI generated material. AI is definitely more sophisticated now, thereby making it more difficult to identify frauds. In my opinion with AI-written texts you do not hear the voice of the author. In addition:

1. A lack of punctuation is a sign of a text being AI-generated, says an Economist's report. AI uses fewer commas, semicolons, and parentheses than humans,
2. Texts have long sentences with "and" in the text and it is known for being overly wordy.
3. *The Economist's* report specifically found that AI generated messages used rarer words and scientific language, more often than humans.
4. AI also used words with many syllables and favoured nouns and adjectives based on verbs, like "nominalization" from "nominalize".
5. Messages are also known for rhetorical wording ...like "it's not X, it's Y" and the rule of threes. The rule of threes, involves the author's use of three events or three examples, since it makes for more satisfying for the reader than if any other number of examples were cited. It contributes to a similar sentence structure and similar paragraphs.

AI-generated writing tends to feature long sentences with little variety in length, leading to blocky paragraphs. The list of AI identifiers is an extensive one now, but it will surely shrink in the future. How adept are we at recognizing AI generated texts, time will tell!

M. Michielli

Excerpt From "Forget em-dashes: A viral report on AI-generated writing has surprising new clues"
Fast Company <https://apple.news/Ag6W7QrGNTrmFo2KbrbgaHA>

(Continued from page 1) **Cappadocia**

waiting for about half an hour. Watching these massive balloons slowly come to life was a magical experience before we even got in the air. Slowly, the sky started to lighten and change. One by one, balloons began lifting off from our launch area and from many surrounding fields, and suddenly the whole landscape was filled with colour.

Before we knew it, we too were climbing up a ladder into a basket of our own balloon. A guide positioned us in the different compartments of the basket. We were fourteen passengers and two pilots in our basket. The side of the basket was waist-high and I felt very safe there.

The takeoff was exciting, very smooth and serene; and soon after, we were drifting over valleys and houses. Waking up before dawn was completely worth it once we were floating above the incredible landscape surrounded by colourful balloons. The pilots controlled where the balloon would go, and how high or low we would fly. They were in constant communication with the other pilots to avoid coming too close to each other and colliding. There are 500 hot air balloon pilots in Cappadocia, and it takes about three years of school and training before a pilot is certified to fly independently. The day we were there, there were close to one hundred balloons in the air with us.



Watching the sun rise over Cappadocia like this is hard to describe—incredible, beautiful, awe-inspiring—something out of a dream. It is a memory I will hold on to and cherish I think forever.

We spent about an hour in the air, floating over fairy chimneys, taking way too many pictures and waving to other balloons. The whole experience wrapped up around 6:30 am. We landed a little bumpily in a different field where a small table was set up with flutes of champagne, and we toasted our flight. We were each also handed a certificate commemorating our successful adventure. A minibus returned us

to our hotel while several strong men busily deflated our immense balloon and loaded it to a huge truck to prepare it for its next trip the following day.

While the hot air balloons are a must-see, Cappadocia offers many other activities. We toured the Göreme Open Air Museum and descended a stairway of over 400 steps to the Ihlara Valley where we saw more cave houses, monasteries and mosques carved into the rock. There are also full-day tour options; visits to underground cities (not for the claustrophobic); monasteries with beautiful frescoes; as well as Onyx, carpet and pottery factories. One can rent an ATV for rides among the villages or explore the area on foot or horseback.

I would love to go back and definitely recommend a future trip to Türkiye—especially to Cappadocia.

Naile Kudeki



**THE
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Richard Bastien, Tom Conti,
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Next Deadline:
January 6, 2027
Theme:
Retirement Activities
(I never thought I would do this)

Our Furry Friends

The news cycle since last spring's edition of the QPARSE Magazine has been fast and furious, much like our furry friends who, once again, have lots to say.

Remember Fluffy and Chip who had hoped to travel to Qatar to visit relatives?

Well, they have a new destination in mind, since the war in Iran is now in its seventh month, with no end in sight. They are planning to visit family in Cuba, before President Trump takes over the country!

According to our furry friends' independent polling service, Trump's negotiating skills are sitting at a low of 20% overall and at 0% with Canada! On the other hand, north of the border, Prime Minister Carney's popularity is soaring in the polls among Canadians, after making the decision to pull out of trade negotiations with the USA. Go Canada strong!

Our four-legged friends think they have come up with the perfect career for President Trump once he leaves office...a reality home show called **"GOLDEN RENOS"**!

Many squirrels are upset over AI's reference to them as chipmunks and they want Google AI to correct this grave error! Though both scurry around, they maintain that anyone can see that squirrels have bushy tails, whereas chipmunks have thinner, shorter tails, with prominent stripes on their backs. Our friends are recommending that we all be careful when using AI!

UPDATE: The squirrels successfully sued Google AI and received an undisclosed settlement. It is rumored that they have received a lifetime supply of fresh peanuts!

Now our furry friends are really concerned about the recent threat that



AI could wipe out the entire human population

within a decade. Left alone, they wonder who they will get to annoy, no more foraging in trash cans and the recent settlement for a lifetime supply of fresh peanuts! Please WORLD, get together to establish AI oversight before it's too late for both of us!!

China has unveiled AI Police Robots at the World Robot Conference. Designed to direct traffic, our furry friends are wondering if crossing guards might be next.

Royal West Academy parents would be very happy!

Quebec and Newfoundland's recent Churchill Falls deal is expected to generate around 23,000 jobs! Though still a non-



binding agreement, our ever-industrious friends are already lining up to secure what will be some sought after jobs...like testing the hundreds of kilometers of new high voltage transmission lines. They already scurry along many urban and rural lines, so they say, "What's a little risk taking when the salary benefits are likely to be good!"

Thank-you to these brave souls...oops!!!

The much-anticipated wedding of Taylor Swift and Travis Kelce was a huge success, according to Rodentia Tell All. It seems that Madison Square Garden was transformed into a huge forest and the invited squirrel royalty were especially pleased. Although they found no peanuts, peanut butter was on the menu!

(Continued on page 6)

(Continued from page 5) **Furry Friends**

Two four-legged die-hard fans of Justin Trudeau were delighted to catch the video of the former PM dancing to his son's latest song in a St. Laurent Street hardware store, filmed by his lady friend, Katy Perry. One not so enthusiastic squirrel was heard commenting: "It seems Justin has replaced the microphone with a plunger to make a point!"

24 Sussex Drive renovations have finally been announced! Many of our squatter friends are upset as they will have to move out. The PM has promised to provide affordable housing in the many trees on the property. Could this be a future project for Trump's "**Golden Renos**" enterprise...only kidding!

Lake Ontario has been renamed Lake America by President Trump! It was overheard at a recent gathering of squirrels on this side of the lake: "The big kid in the White House must really be angry with Canada for backing out of the recent trade negotiations". It seems that Premier Doug Ford is being driven to drink...of course not any American spirits or wine!

And finally, our friends are saddened by the untimely death of Dolly Parton. An icon across the globe, she has left her mark not only in the world of entertainment, but with her generous philanthropy as well, without having to become political. We need more Dollys in this world. We will always love you, Dolly Parton!

Tom Conti



Beware of the Bread Class Action Scam

I recently received three emails entitled "Loblaw/Weston Packaged Bread Settlement." This was supposedly the class action suit against the price fixing of packaged bread going back several years. The Superior Court of Justice for Ontario, Verita Global, a company in legal, fiduciary, and administrative services, and a couple of lawyers were all named prominently on the email, adding to the trustworthy look. A final incentive was the promise of almost \$200 . . . after entering bank information.



It's a scam!

The truth. The real class action suit is called the "Canadian packaged bread class-action settlement;" no mention of Loblaw or Weston, and the deadline for joining was December 2025 (no extension) with payments not exceeding \$49.11. No banking details were required. Although the company's and the lawyers' names are real, they are being used fraudulently.

For information, go only to the official website (canadianbreadsettlement.ca).

Maureen Rose



QPARSE Program Calendar

2026

- Tuesday
Oct. 6** Bird Watching for Beginners. 10 AM at the Morgan Arboretum by Bird Protection Quebec. \$9 admission for non-members of the Arboretum. Bring picnic lunch and binoculars.
- Wednesday
Nov. 4** Exercise Programs to Prevent Falls. 10 AM via Zoom Abigail Anthony, kinesiologist
- Tuesday
Dec. 1** Holiday Lunch, 11:30, Casa Grecque, 7218 Blvd. Newman, Lasalle

2027

- Tuesday
Feb. 9** Kate Coulter of GerontoLogis will talk about "Housing Options for Seniors" 10 AM via Zoom.
- Thursday
Mar. 18** "My Personal Hearing Journey" by Hear/Entendre Quebec, 10 AM via Zoom
- Wednesday
Apr. 7** Richard Bastien will present his memorable trip to Peru. At QPAT
- Tuesday
May 4** Annual General Meeting at EMSB

To register for ZOOM online events, or for more information, please contact:
Maureen Rose, 514-975-3546
maureen.rose@mcgill.ca
at least one week before the event.

Programme des activités de L'APPERQ

2026

- Le mardi
6 oct.** Observation des oiseaux pour débutants. 10 h, Morgan Arboretum par Protection des oiseaux du Québec. Admission \$9 pour non-membres. Apportez votre lunch et des jumelles.
- Le mercredi
4 nov.** Les programmes d'exercice pour prévenir les chutes. 10 h par Zoom Abigail Anthony, kinesthésologue. .
- Le mardi
1 déc.** Lunch pour célébrer la période des fêtes à 11 h 30 à la Casa Grecque, LaSalle.

2027

- Le mardi
9 fév.** Kate Coulter de GerontoLogis nous parlera des options d'habitations. 10 h par Zoom
- Le jeudi
18 mars** « Mon parcours auditif personnel » par Hearing/Entendre Québec, 10 h par Zoom
- Le mercredi
7 avril** Richard Bastien nous présentera son voyage mémorable au Pérou à QPAT
- Le mardi
4 mai** Assemblée générale annuelle à la CSEM

Pour vous inscrire aux événements ZOOM en ligne, ou pour plus d'information, veuillez contacter :
Maureen Rose, 514-975-3546
maureen.rose@mcgill.ca
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 Magazine encourages you. We are willing to print your short story, your poem, or an excerpt from your memoir or an article that you wish to submit.

Just send it to us!

An Interesting Viewpoint

A cousin sent me something in Turkish recently that I found interesting to read. Google translated it and I thought of sharing it with the QPARSE membership.

A teacher at school asked students to write down what they wanted to be and what they didn't want to be in the future...

A little boy's answer brought a big smile to everyone's face. In his innocent imagination, being an elderly citizen seemed like the happiest and most enjoyable stage of life!

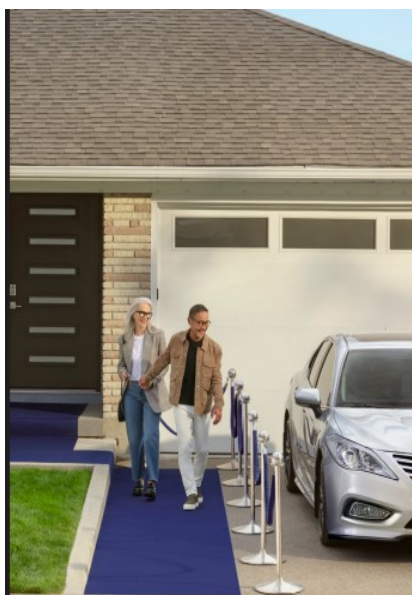
The child wrote:

"I don't want to be President, Doctor, or Scientist...None of those. My biggest wish is to be an elderly citizen, because that seems like the most fun one!"

Because my grandfather:

- . Can wake up late in the mornings.
- . Can take a nap in the afternoons whenever he wants.
- . Watches television peacefully and goes to bed early in the evenings.
- . Has no homework, exams, or private tutoring.
- . If he has no work, he can sit under a tree and enjoy the cool breeze or go to the park and play chess with his friends.
- . He can play video games as much as he wants and no one complains.
- . Morning coffee, afternoon tea, evening milk - life is wonderful!
- . Free travel on buses, even good people offer them a seat.
- . Half-price tickets on trains and in cinemas.
- . They can eat whatever they want because no one stops them.
- . They can do whatever they want - sing, dance, paint, play piano or trumpet, climb mountains or go hiking.
- . And if they have money in their pocket, they can travel wherever they want!

"So, being an Older Citizen is really great!"
Sometimes we don't realize how lucky and free we are...
Dedicated with love to all my elderly friends.



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Safari in Kenya, May 2026

A few excerpts from my travel journal by Claudia Thierry

May 12-31, Liz Jennaway Eaman, (QPARSE member) and I travelled to Kenya on Qatar Airways. It is a 12- hour flight to Doha, then a 5-hour flight to Nairobi. This trip was organized by a Kenyan Canadian who made sure we had a personalized trip meeting her family and friends at their homes in Nairobi. Next May, she is planning another trip for anyone interested. We were five, all from the Montreal area. The following are only a few of the entries in my travel journal. Three days of relaxation before the start of the intense safari schedule were just what we needed.



May 17: At 6 AM we met in the lobby of the hotel to be taken by Benson, our driver, in the Land Cruiser to the Nairobi Park game reserve. It is a wilderness full of impalas, rhino, hippos bathing, guinea hens, baboons, giraffes and lions. Nairobi is the only city in the world with such a game reserve close to a city. Next, we saw Sheldrick's Orphanage for elephants which I had read about many years ago in a book by the founder, Daphne Sheldrick. A guide introduced us to each baby elephant by name and

where they had been found. Each animal has a keeper who sleeps with him/her and bottle feeds him/her every three hours. An orphan rhino and zebra were also included. The zebra keeper wears a zebra-striped outfit. When the babies are about 5 years old they have found other wild herds and opt to join them, often coming back to the orphanage to visit or show off their babies. The next stop was at the Giraffe Centre where we were able to get up close and feed giraffe's pellets as they stuck out their long blue tongues.



May 18: We left the hotel in Nairobi at 5:30 AM to try to beat the closing of roads due to a country-wide protest against high gas prices. Burning tires would block passage. Fortunately, our driver was able to bribe a local to guide us through back streets to bypass the blockages. We arrived at the

Aberdare Country Club at 9:30 AM. The setting was hilly and beautiful. Wild animals like zebras, warthogs, and impalas were wandering around freely. After a delicious lunch, a bus took us to the Ark. We drove through bush filled with baboons, wild buck and elephants. Then we got to a point where we walked on a high trestle walkway through a valley to the Ark. The Ark is a lodge built like a boat with several decks, one over the other, offering great lookouts to the pond at its base, and where the animals come to drink. At 7000 feet above sea level, it gets very cold at night, and a ski jacket would have come in very handy. Many lodges provide a hot water bottle to



(Continued on page 10)

(Continued from page 9) **Kenya**

put in your bed at night, and it was very welcome here. There were a lot of elephants with babies and buffalo coming to drink, so the views were quite the sight.



May 21: We left Lion Hill at 7 AM and arrived at the Masai Mara resort at 1:30 PM. It was a grueling bumpy 20-minute trek in the reserve only to reveal a hidden gem of a resort with round adobe huts and with zebra wandering past our windows. At 4 PM there was a game drive where we saw a pack of 12 or more lions on a high bank just resting. We also saw giraffes, ostriches, and gazelles.



May 22: At 7 AM we met our driver, Benson for a tour of a nearby Masai village. The men were all dressed in red blankets and held a long walking stick. They performed a dance which involved jumping up and down. We were invited, in twos, to visit some very small homes made of adobe with a narrow passage leading inside. There was a cooking fire on the floor and bed platforms on either side. A cat was sleeping on one of the beds. Cattle flocked around outside and there were cow patties everywhere. The Masai drink the blood of their cows by bending the neck, then piercing the skin. The Masai men were all tall and slim.

Next, we went on a game drive to see lions, cheetahs, hyenas, jackals, beautiful crested cranes, warthogs and in the Mara River were a lot of bathing hippos and a few crocodiles. A picnic lunch on a blanket out on the grass hit the spot.

May 26: Amboseli Game Reserve: Mount Kilimanjaro, which Liz climbed 22 years ago, is a beautiful backdrop at this reserve. It is much warmer than the other reserves and is near the Tanzanian border. We saw many herds of elephants with babies, wildebeests, hippos, lions and Egyptian geese.

For the last three days of the vacation all five people of our group flew to coastal Mombasa. It was hot and steamy compared to other places we had been. We stayed at a seaside resort, perfect to decompress from our busy two weeks of visiting safari game reserves. The food at every lodge and hotel we stayed was excellent and very plentiful, and it was hard not to overdo the eating. It was a mixture of African, Asian and American cuisine. Here are a few photos of this African adventure.

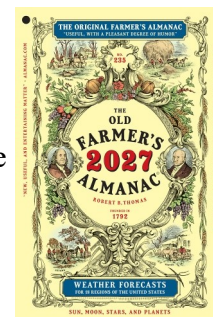
Claudia Thierry

What does the Farmers' Almanac say?

According to the Farmers' almanac, in southern Quebec "the snowiest periods of the season are forecast during the middle to late December, the middle and late January, the middle and late February, and early and the middle of March."

The coldest parts of winter in the province will be the early to the middle of January and the middle to late February. It's time to plan a holiday!

Ref: Canada's winter forecast says these will be the snowiest and coldest months in each province, nacrte Canada, September 8, 2026



Notre Pickleball

Pour changer de sujet et vous soutirer un petit sourire en ce lundi pluvieux, je vais vous parler de pickleball notre pickleball!

Nous, les baby-boomers vieillissants, avons enfin trouvé le sport parfait. Un sport conçu sur mesure pour flatter notre illusion de jeunesse tout en respectant nos limites orthopédiques... le pickleball.

On prend un terrain plus petit, une petite raquette en plastique, une balle en plastique avec des trous... et surtout, des joueurs dont les hanches font parfois le bruit d'un sac de popcorn au micro-ondes.

La balle est fascinante : il existe des trous pour jouer à l'extérieur et d'autres pour jouer à l'intérieur. De grands trous, de petits trous... Honnêtement, à notre âge, sans lunettes progressives, on ne voit déjà plus bien la balle. Alors les trous? Oublies ça!

Et l'équipement! Ah, l'équipement...

Genouillères, manchons de compression, coudières, bandes de soutien, semelles orthopédiques, bracelets pour le tunnel carpien... On dirait moins des athlètes que des humains envoyés chez Canadian Tire pour une réparation complète.

Le plus drôle, c'est qu'on dépense maintenant plus en accessoires médicaux qu'en équipement sportif.

Notre choix d'un terrain de pickleball extérieur doit respecter deux critères fondamentaux :

1. Être situé à moins de 100 mètres d'une toilette publique.
2. Avoir des clôtures assez proches pour éviter de courir trop loin après la balle.

Parce qu'à notre âge, courir trop après une balle, ce n'est plus du sport. C'est une mauvaise décision suivie d'une récupération de trois jours.

Là, soudainement, chacun redevient Björn Borg dans sa tête, on fait des petits gestes ridicules au service, on crie "OUT!" avec l'intensité d'un juge de ligne à Wimbledon... alors qu'en réalité, tout le monde joue à une vitesse qui permettrait de répondre à un texto entre deux échanges.

Puis vient la pause.

Et ça, c'est la vraie compétition.

Les joueurs s'assoient immédiatement sur les bancs comme des survivants d'une catastrophe naturelle.

On sort les bouteilles d'eau, on s'hydrate, on discute un peu, et d'habitude les conversations vont un peu comme suit :

- « Moi, c'est la hanche gauche. »
- « Ah... chanceux. Moi c'est les deux genoux. »
- « J'ai une IRM mardi. »
- « Super! Moi je passe un scanner jeudi ! »

Le pickleball est probablement le seul sport où les joueurs comparent leurs rendez-vous médicaux comme des trophées.

Et pourtant... on adore ça.

Parce qu'au fond, le pickleball, ce n'est pas vraiment un sport. C'est un groupe de soutien cardiovasculaire avec filet au milieu.

Nicolas Issid



Premier juillet 2026

Le premier juillet au Québec c'est le temps des déménagements. Beaucoup de gens doivent quitter leur logement pour un autre. Souvent ces personnes doivent laisser leurs animaux de compagnie car ils n'ont pas l'autorisation des nouveaux propriétaires d'avoir leur animal avec eux.

Certaines personnes ont le cœur gros et apportent leur précieux cargo à la SPCA, d'autres, au cœur de pierre, les abandonnent carrément dans la nature. Patrick et moi, sommes de grands sensibles. Alors nous avons décidé d'aller à la SPCA pour choisir un autre chat.

Nous avons présentement deux chats, qui viennent de la SPCA, Frida, la matriarche, et Cléopâtre, qui a 3 ans. Nous venons de faire l'acquisition de Dali, notre nouveau pensionnaire qui a lui aussi 3 ans.

Kathleen Gardner



Kathleen Gardner et Dali



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.

Marjorie Phillips—Greely, ON

Helen Pergantis—Montreal, QC

Dan Novak—Montreal QC

Louise Kinney—Chateauguay, QC

Rose Sourkes—Montreal, QC

Donald Roussie—Stittsville, ON

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

Lorna Boyko—Ottawa, ON

Ruth Friedman—Cote St. Luc, QC

Hilary Hill—Beaconsfield, QC

Terry Mills—Beaconsfield, QC

Jean Ruth Niles—Ormstown, QC

Ernest R. Spiller—Cornwall, ON

Bob L. Smith—Montreal, QC

Patricia Welage—Dorval, QC

Thomas Wylie—Greenfield Park, QC

Michael Lewis—Cote St. Luc, QC

Walter Mingie—Ottawa, ON



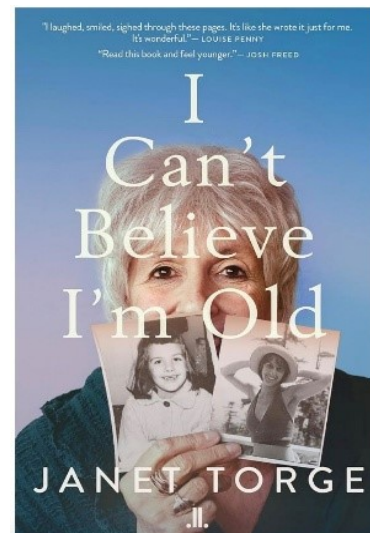
Dealing with Retirement

I Can't Believe I'm Old, by Janet Torge (Copyright © 2026, ISBN: 9781773901954 - soft cover) is a recently published series of essays, many of which were originally written as articles for a column she headed in the Montreal Gazette, titled: "The Next Generation". These writings, the author explains, covered a period of 15 years or so, remarking that aging seems "to go on for a long time."

The Janet Torge sets a humorous tone early on in her reflections on aging, inviting readers to look at the lighter side of some of the very real changes we undergo as we "get old."

I Can't Believe I'm Old is a chuckle-a-chapter, containing no less than 67 witty essays broken down into four main sections:

The Run-Up (Getting Ready)
The 60's (The Years, not the Era)
The 70's (There's no denying it, now.)
The Long run to the End



Each chapter contains quotable quotes, nestled cleverly under titles like:

"Whose Body Is This?", describing "boomers who finally embrace exercise and then injure themselves because they're trying to make up for lost time." "What's the hurry?" someone asks Torge, "You've got the rest of your life to get better. It's a long-term project."

In *"This Phase of Life Needs a New Label"*, the author mulls over terms like "Boomers, Sixties Generation, Seniors, Elders, Old People, Zoomers, and even Grand People", settling, finally, on the more modest "Late Bloomers".

"And the Cranky Will Survive" lists commonly held misconceptions about attitudes and behaviours that "we usually think will guarantee a long life." Citing a longevity project, Janet Torge highlights counter-claims that:

"Marriage will keep you alive ... but only if you're male."

"Early retirement, taking it easy, and a go-with-the-flow attitude will put you in the grave earlier."

"Cheerful, charming, worry-free people have more friends but not longer lives."

After reflecting on these claims, Torge admits that she might start worrying constantly about everything she does, now, "in the hope of adding another year or two to my so-far-cheerful life." She ends by saying: "I hope you'll join me."

In *"Will This Be the Last Time I (fill in the blank)?"*, Torge wrestles with the task of painting her own apartment, ignoring the advice of friends that her time and efforts are worth more than what she would pay for this service. This gets her thinking about other activities that might now, in her 60's, be beyond her reach, such as *Taking up a Law Degree, Riding a Motorbike* or becoming *Rich and Famous*. The writer seems, finally, to opt for *"buying lottery tickets."*

In *"The Body as CEO"*, Janet Torge talks about the time her back "went out" on her or, as she also phrased it, simply "went crazy". The medical experts she consulted prescribed exercises she would have to do "every morning for the rest of her life." This prompted her to ask, jokingly, if the real reason for retiring after a certain age may not be that "it's impossible to stay alive and work at the same time."

In *"The Pros and Cons of Being Old"*, Torge lists some of the things ...

She Hates about Being Old:

Life is much slower

(Continued on page 14)

(Continued from page 13) **Dealing with Retirement**

I have to Prove I'm Worth Talking To
Health Challenges and Body Deterioration
She Loves about Being Old:
I'm Not Afraid of Saying What I think and Feel
If You Want To, You Can Be a Role Model
You Don't Need as Much Stuff

In the fourth and final section of her book, "The Long Run to the End", Janet Torge's tone becomes somewhat serious as she contemplates some of the more sobering aspects of aging, for example:

Finding yourself at "The Front of the Line"

Torge ponders the "When Question", asking why life expectancy seems to be increasing as "our generation ages." She wonders whether medicine, healthcare and exercise might not actually be "working as life enhancers."

Taking "*Your Final Exam*"

Here, Torge dares the reader to answer a set of multiple-choice questions designed to measure one's preparedness to admit being old "publicly", such as:

"When people ask you your age, what do you do?"

"When you look in the mirror, what do you see?"

"Which parts of you remind you of your grandparents?"

If most of the questions in this final exam are familiar to you, Torge remarks, then "you are probably old." How reassuring!

This final reality check to an otherwise wonderfully entertaining reflection on aging seems quite appropriate for the universal subject of this book, and I'm grateful for Janet Torge's rich, humorous and diversified treatment of that which eventually affects us all. In the end, the author recommends that "we find each other, rail against (aging) and laugh about it."

Richard Bastien

Le monde à l'envers

Le monde est à l'envers que devons-vous faire ? Rester à rien faire ? Se dire que ce n'est pas de nos affaires. De toute façon, que pouvons-nous y faire ?

J'essaie de voir, de trouver, mais il n'y a rien à faire je ne peux revoir l'œuvre d'hier, où tous étaient sincères et s'aimaient sans misère.

Où sont donc tous nos repères ? Comment se fait-il qu'il y ait autant de misère ? Comment sommes-nous devenus avec ces immenses cœurs de pierre ?

En train de se battre à coups de poings, refuser d'aider les autres ici ou au loin et même s'entretuer pour prouver notre point.

Comment trouver une manière de faire pour parfaire le monde où tous, auraient une place sur Terre ?

Comment, comme père, mère, grand-père ou grand-mère, pouvons-nous voir nos enfants ou petits-enfants dans ce monde de chimères ?

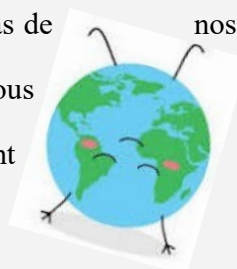
Faut-il pour cela baisser les bras et se dire que de toute façon que pouvons-nous faire ?

Seul, contre cette horde qui s'amuse à tout défaire pour garder son pouvoir et être toute puissante sur Terre.

Il faut se lever et arrêter de serrer les poings et ouvrir cœurs et mains afin de vivre un temps en jachère pour se refaire.

Peut-être que ce temps d'attente nous permettra de trouver de bons critères qui seront nécessaires pour que ce monde récupère.

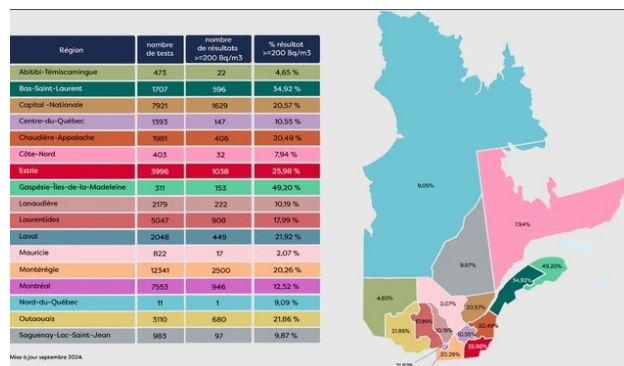
Kathleen Gardner



Radon Gas Issues

Radon gas is a dangerous, odourless, colourless radioactive gas. It is everywhere. Some places have more, some have less, but it is everywhere. It is the product of the decomposition of uranium in the ground. Outdoors, it is dispersed in the air but indoors, it accumulates, sometimes to dangerous levels. The problem is that a relatively low amount is very dangerous. It is the second leading cause of lung cancer after smoking. This makes it even more dangerous for smokers. Lung cancer is not all that radon gas can cause. It can also cause emphysema, pulmonary fibrosis, chronic interstitial pneumonia, and childhood leukemia.

In the Montreal area, radon levels are highest in LaSalle, the Plateau area, and RDP. West of Montreal, it can be quite high as it can be in the areas North of Montreal. For more information about radon levels in Quebec, see:



https://gazradonquebec.com/en-ca/blogs/infos/carte-radon-quebec-decouvrez-les-regions-les-plus-a-risque?srsltid=AfmBOortCbF6Zheut0B2IllxDmV-PykG2OJxOeH4NgK3_wu9LTQXZIFQ

Measuring Radon Gas

Radon gas detectors are used to measure the gas. In Canada, the unit of measure is the Becquerel per cubic meter (Bq/m^3). Safe indoor level recommendations are unfortunately not uniform. Health Canada suggests that up to 200 Bq/m^3 is a safe level, the Center for Disease Control in the United States suggests that a safe level is up to 150 Bq/m^3 and the World Health Organization suggests that a maximum safe level is below 100 Bq/m^3 (below 2 pCiL). By comparison, the unit of measure of radon gas in the United States is the picoCurie per liter (pCi/L). To compare 1 pCiL equals 37 Bq/m^3 .



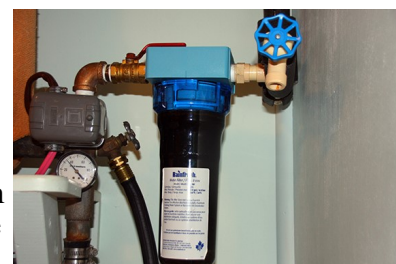
The recommendation is that from 100 to 150 Bq/m^3 (from 2 to 4 pCiL) one should seriously consider having a radon mitigation system installed. When levels are above 150 Bq/m^3 (4 pCiL) a mitigation system is required for the good of the health of the occupants of the house.

There are several types of radon detectors and they are widely available. When my wife and I discovered that we had a radon level problem in our secondary residence, we had a specialist come in to install a radon mitigation system. He recommended the EcoBlu detector by the Ecosense company. Because we have an artesian well for water, he recommended the black activated charcoal water filter instead of the ordinary white filter

for our water.

The Radon Mitigation System

First, it must be understood that unlike what many people think, radon gas is not only in the basement of a house. It spreads throughout the house. Also, unlike what many people think, radon gas does not only pass through cracks in a concrete floor. Radon can even pass through solid concrete floor where there



(Continued on page 16)

(Continued from page 15) **Radon Gas**

are no cracks. Once the gas is in the basement, it easily spreads with via a stairway or even through a wooden basement ceiling. It should be noted that radon gas does not pass through spray foam.

In out secondary residence, the opening in the concrete floor through which our water system enters is filled with spray foam.

The radon mitigation system is installed by drilling a hole through the concrete floor, removing some gravel beneath the concrete, installing and sealing a pipe which leads to a hole in a wall to create a passage for the radon gas from below the concrete floor and out of the house. A special fan is installed in the pipe to blow the radon gas from below the concrete floor and out of the house.



Richard Huint

ACER/CART Update

ACER/CART held its AGM last June in Vancouver, British Columbia. This is the first time it has been held outside the city of Ottawa. It was a very productive meeting in a wonderful location. The BCRTA worked very hard to create an environment of interest and excitement. Well done!

Two years from now the AGM will be in Newfoundland. I heard that some of the locals have already started planning how to have enough funds to send their delegates.

The energy and focus of ACER/CART have been on the health file. Canadians, and in particular seniors, are facing some very difficult times. The precedent in Alberta by their legislating in favour of private health care in direct contradiction to the Canada Health Care Act is alarming. This opens the door to large American style health care clinics with American Health insurance plans. If services are not covered by Medicare, then without a doubt our teacher insurance will not cover those same services. We thought the shortage of family doctors and specialists was the big problem. The problem just has been compounded. More information will follow.

The eastern provinces will continue to meet on Zoom this year with the first meeting to be October 15th. All eastern provincial associations look forward to these meetings to stay in touch with each other and to offer support with enrollment and financial issues and many other important topics. The best part of these meetings, without a doubt, is the friendships that have been made over the years and the incredible trust in the group. The Health Committee will also meet in October. There should be a lot more to report on that file in later magazines. The ARTA and the Friends of Albera Medicare have really stepped up to address these important issues for all Canadians. Our new president Lawrence Hrycan as well as our new executive director Bill Berriman are attending meetings and keeping up with articles and emails on our behalf.

We live in interesting times as they say. Through ACER/CART we get a chance to hear firsthand what is happening across Canada with so many issues that are pertinent to us. As mentioned earlier, more to come.

Katherine Snow

Past President of QPARSE, Eastern Canadian Representative for ACER/CART

QPARSE Welcome Back Luncheon

September 9, 2026



The guests in attendance were asked for their opinions of Artificial Intelligence. Since this edition of the QPARSE News Magazine has artificial intelligence as its theme for the fall 2026 edition, we asked them to answer these questions:



1. Do you use AI assistants such as ChatGPT, Claude, Gemini, copilot or another artificial intelligence assistant, etc.?
2. In your opinion, what are the pros of artificial intelligence use?
3. What are the cons of artificial intelligence use for adults?
4. In your opinion how will AI affect education?

The following page shows the results of the survey.



QPARSE Survey Results

Here is a concise analysis of the QPARSE survey results generated on Sept 9, 2026:

1. Usage

With respect to usage, a slight majority use AI: 53.12% yes and 46.87% no.

The most used assistants: ChatGPT is dominant, followed by Gemini, Copilot, Perplexity. Alexa, Siri, Google are also listed as AI.

2. The pros listed and why members say they do use it are shown.

Here are the top three reasons often repeated:

Speed: Quick research, translation, writing, recipes, dates, images, emails.

Efficiency: Handles menial/repetitive tasks, decor ideas, planning.

Support: Medical/technical advice, anxiety support - "assurance and kind guidance".

Users stress that AI is useful if it is used intelligently, in moderation, and carefully verified.

3. Survey results show that some members DON'T use AI or worry about it the top three worries that are repeated are:

Accuracy & Trust: "Not fool-proof, garbage in-garbage out", biases, need to double-checked, fake messages.

Over-reliance: Loss of critical thinking, creativity, brain stimulation, "lazier", addictive.

Ethics & Environment: Steals original art/writing, loss of personal reflection, huge data centers draining water/energy to serve billionaires.

4. The strongest concerns and the effects on education are:

Strongest concern

Retirees, as former teachers, agree:

Critical thinking is at risk: Students may skip research, analysis, and may reduce the use of imagination.

Former educators are also worried about plagiarism & evaluation: it is harder for teachers to assess a student's true writing ability.

Adaptation is needed to:

Make the transition - Less take-home essays, more in-class work, Also, urgent teacher training on AI is required. We must teach students to detect fake news and form nuanced opinions.

Split opinion: Some say ban AI in K-12 to protect creativity; others say teach it as a tool to build models of understanding.

Conclusion:

Membership is evenly split, but even users are cautious. The consensus is that AI is a double-edged sword - excellent as a fast assistant for information, but dangerous if it replaces thinking, learning, and human connection. The call is for critical use and major adaptation in education.

M. Michielli



Fake or Real

A good way to spot misinformation is to slow down before believing or sharing something, especially when it makes you angry, frightened, or excited.

A simple 7-step check:

1. Check the source
 - Who published it?
 - Is it a reputable news organization, government agency, university, or recognized expert?
 - Is the website trying to imitate a legitimate news site?
2. Look beyond the headline; headlines can be misleading. Read the entire article and check whether the evidence actually supports the headline.
3. Check the date, an old story, photograph, or video can be reposted as though it happened today.
4. Look for independent confirmation; search for the same claim from two or three unrelated, reputable sources. If only one obscure account is reporting it, be cautious.
5. Check the evidence; ask: *What is the original source?* A statement saying "experts say" without naming the experts—or linking to the study—is a warning sign.
6. Be careful with photos and videos; images can be genuine but taken out of context, altered, or from a completely different event. Reverse-image searches can help establish where an image first appeared.
7. Watch your emotional reaction; misinformation often works because it makes us want to immediately share something. If a post makes you think "Everyone needs to see this!", that's a particularly good moment to pause.



One useful rule:

Don't ask only, "Could this be true?" Ask, "What evidence would convince me that it is true?"

And remember that misinformation isn't always completely false. It can also be a real photograph with a false caption, a genuine statistic presented without important context, or a true event described in a misleading way.

Terrie Kozaczynski

with input from ChatGPT



THE FUTURE IS NOW: AI AND YOUR LIFE AHEAD

Michael Canuel, PhD.
Educational Consultant
Chief Operating Officer for CANeLearning Network

We're about to take a trip back in time all the way to 1968, the year I graduated from high school.

For most of you, this trip back may be traumatizing. Imagine a world where humans hadn't yet set foot on the moon, where the Beatles were still together, and where parents actually sided with teachers when they disciplined students. Sounds like a dystopian nightmare, right?

Let's start with school life back then. If we had assignments or research to do, our teachers expected us to visit a place called the library—a magical land where books were stored. We would scour through encyclopaedias, taking notes by hand (yes, by hand!) and into our notebooks. If it was a geography project, we might even dig through old issues of National Geographic, often lingering a bit too long on the photos of far-off places. Then came the real challenge: writing. No computers. No tablets. No Internet. No WiFi. No Google. No ChatGPT.

Terrifying, right?

Somehow, we survived. Don't ask me how we managed without Spellcheck or Grammarly, but we did. Education back then was all about memorization. The better your memory, the better your grades. And honestly, that made sense because most jobs at the time required the same skills: remembering, following instructions, and repeating tasks.

Now, let's jump forward in our time machine but only five years into the future. Going beyond that might take us into science fiction. Since the release of ChatGPT by OpenAI in November 2022, the world has changed so fast that even experts struggle to keep up. The world that awaits you may feel just as alien as 1968 feels to you now.

While schools haven't changed much, the job market has. The careers many of you are considering today may disappear entirely. And I'm not just talking about AI tools like ChatGPT or Google's Gemini. We've entered a new era called Agentic AI—where AI doesn't just assist humans; it completes entire tasks without human input.

Need a travel agent? AI can book your flights, accommodations, and even plan your itinerary from start to finish. Thousands of software engineers are being laid off as AI writes flawless code. AI is revolutionizing medicine, accounting, legal services, and nearly every other profession. And this is just the beginning. OpenAI and IBM claim they're on the verge of launching AGI (Artificial General Intelligence)—a type of AI that won't need human input at all. It will decide what we need and figure out how to get it, potentially eliminating entire industries.

So, if you're wondering why you're even bothering to go to school, that's a fair question. But here's the good news: while AI will take over repetitive, structured tasks, there are still areas where humans will always have the advantage. Two key skills will be more valuable than ever:

Creativity — AI can analyze data, but it doesn't dream. It doesn't imagine new solutions the way humans do. If you've ever watched Star Trek, you might remember Spock, the super-logical character who always told Captain Kirk, "That is not logical." But Kirk, relying on human intuition, would solve problems in ways Spock never could. That's creativity in action.

Critical Thinking — The ability to analyze, evaluate, and contextualize information is more crucial than ever. It's not just about knowing facts but understanding how to use them. AI can generate answers, but it's up to you to ask the right questions and apply the information in new, meaningful ways.

If you're using ChatGPT (or any AI), don't just copy what it gives you. Rework it. Make it yours. Challenge it. AI will be a tool not a replacement for human intelligence, at least not yet.

The future is uncertain, and change is happening at a pace humanity has never seen before. But one thing remains true: those who embrace creativity and critical thinking will always have a place in this world.

So, the real question is—what are you going to do with your future?

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Presentation on Artificial Intelligence

Here is a summary, prepared by Google Gemini, of the main ideas from a live Zoom presentation on **Artificial Intelligence** given by Indra Kubicek, CEO of *Digital Moment*, to an audience of retired educators (QPARSE) on April 17, 2026:

1. Presenter's Background & Mission

- **Path to Digital Moment:** Indra Kubicek transitioned from a corporate accounting and finance background to social entrepreneurship and digital literacy after realizing how essential coding and technology skills are for full societal participation.
- **Organization Impact:** *Digital Moment* (formerly *Kids Code Jeunesse*) started in Montreal and has since trained over 35,000 educators and achieved over 1 million youth engagements across Canada to build foundational digital and AI skills.

2. Evolution of AI: From Chatbots to AI Agents

- **Rapid Technological Shift:** AI has rapidly evolved from simple automation and early rule-based systems to conversational chatbots (e.g., ChatGPT, Gemini, Claude) and now to autonomous AI Agents capable of executing complex tasks independently.
- **White-Collar & Societal Impact:** Unlike earlier industrial revolutions that primarily affected manual labor, current generative AI is transforming white-collar professions, knowledge workers, and creative fields at an unprecedented pace.
- **"Jagged" Intelligence:** AI currently exhibits highly asymmetric abilities—it can outperform humans in complex data-driven tasks (like medical imaging diagnostics) while occasionally failing simple real-world reasoning.

3. Critical Ethical & Governance Challenges

- **Bias & Fairness:** AI tools trained on historical or unvetted data can replicate and amplify systemic biases (e.g., facial recognition disparities, biased university admission or hiring algorithms).
- **Privacy & "Sovereign AI":** Questions surround data ownership, privacy, and national sovereignty over AI infrastructure, prompting Canada and other nations to build local data centers and update national AI strategies.
- **Human-in-the-Loop & Accountability:** It is vital to maintain human oversight in critical decision-making processes and establish clear accountability when autonomous tools make mistakes.
- **Social & Mental Health Impacts:** Concerns were raised about young people forming intimate or vulnerable emotional connections with persuasive AI chatbots without adequate guardrails or oversight.

4. Educational Initiatives & Future Outlook

- **National AI Literacy Framework:** *Digital Moment* launched a draft AI Literacy Framework for K–12 education across Canada to ensure equal access to AI literacy regardless of region.
- **Integration Over Isolation:** Instead of treating AI as a separate subject, the goal is to integrate AI literacy into existing curricula (e.g., combining AI concepts into standard biology or humanities lesson plans).
- **Youth & Senior Preparedness:** Beyond preparing youth for an AI-integrated job market, there is an urgent need for media literacy and cybersecurity awareness (such as identifying AI-generated scams and deepfakes) tailored to vulnerable groups, including seniors.

Compiled by Richard Bastien



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



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: 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

Kindly pass QPARSE News or this 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 d'Enseignement Retraité du Québec

Application Form / Formulaire d'adhésion

**Veillez retourner votre chèque de 85\$ pour L'Adhésion à vie au nom de l'APPERQ à :
Please return your cheque of \$85 for a Lifetime Membership made out to QPARSE to:**

**Terrie Kozaczynski
c/o QPAT – APEQ
17035 Brunswick Blvd
Kirkland, QC H9H 5G6**

Given name:

Prénom : _____

Family name:

Nom de famille : _____

Street:

Rue : _____

Apartment:

Appartement : _____

City:

Ville : _____

Postal Code:

Code postal : _____

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 n'avons pas de bureau.

*Pour des informations supplémentaires, contactez Terrie Kozaczynski à :
terriekoz@yahoo.com*



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.

Contact Us

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