



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, 1st Edition 2026

Volume 17, 1e édition 2026



Wednesday
Sept. 9

Welcome Back Lunch
Ottavio Restaurant

Tuesday
Oct. 6

Bird Watching for
Beginners

A Special Experience

Travelling for work may be tedious for some, when the sights most often seen are airports, hotels, classrooms, and offices. For me, the thirteen years of guiding McGill dietetics students in Caribbean internships was, for the most part, a delight! It started with one student in Barbados and increased to as many as twenty-two each year on several islands. I took regular trips to Barbados and Grenada, as well as visits to Dominica, Antigua, and Trinidad, usually for meetings at the Ministries of Health, hospitals, and community organizations to discuss the hosting of McGill students. Each of the islands offered memorable experiences.

Barbados was my first venture and one of the most welcoming islands. Often, when asking for information or directions, a proud Barbadian would accompany me at least part of the way, while extolling the virtues of sites and scenes not to be missed. The unexpected politesse continued. One day, I was standing on the sidewalk close to the road, just pondering what to do next. The traffic going in both directions came to a sudden halt and waited for me to cross the street. Feeling embarrassed, I crossed, waited until the cars had moved on, and then I slid back to where I had been, hoping no one was watching me. An interesting experience for a Quebec resident, but the usual traffic etiquette for Barbadians.



The island gained independence from Britain in 1969 and celebrates on November 30th each year with an impressive parade. The students and I attended dressed in their national blue and yellow colors, as many tourists and natives did. Barbados is well equipped for its tourist industry with beautiful gardens, mysterious caves, boat cruises, snorkeling, swimming with the turtles or down to a shipwreck,



(Continued on page 6)

Inside this issue:

Editorial	2
President's Message	3
Cathrine Le Maistre	4
Ron Silverstone	5
Our Furry Friends	7
QPARSE Events Program	9
Hosting Foreign Students	10
QPARSE Annual Meeting	13
My Beginnings	14
Dealing with Retirement	17
Welcome New Members	18
Slam pour les élèves	19
Memorial	19
Pet-friends	20
Events with Senior Action	22
ACER/CART News	23
About us	26

Editorial

Every edition of QPARSE News is a small window into the lives and contributions of QPARSE members. That is especially so in this edition, because this is the Quebec Provincial Association of Retired School Educators' 65th year of inauguration. Happy Birthday dear QPARSE members!

In this edition, read about our remarkable award-winning educators whose dedication has helped shape Quebec's English education system. Read about Kate Le Maistre, whose decades of leadership and scholarship continue to influence education, and Ron Silverstone, whose efforts helped grow the adult and vocational education sector and guide many a new administrator.

In the front page article, we travel with Maureen Rose through the Caribbean, experiencing island cultures and the challenges of guiding students during their internships far from home. Travel, in any of its forms, is the theme of this edition of QPARSE News.

On page 7, we laugh with Tom Conti's imaginative squirrels, who show a lighthearted view of the world. These playful "furry friends" remind us that humour is a powerful lens through which to look at politics. A perspective we need more of on some days!

We also catch a glimpse of members who opened their homes to foreign students from around the world. Then on page 14, we travel back in time as Renate shares an excerpt from her well-written recent memoir. Also, make sure to check out the spotlight on our well-loved QPARSEs' pets.

There's more, so just enjoy the stories and happy reading,

M. Michielli
Editor
Mmichielli@icloud.com



THE QPARSE NEWS TEAM

Marzia Michielli – Editor
Terrie Kozaczynski - Publisher
Contributors:
Renate Sutherland, Katherine Snow,
Claudia Thierry, Lynn Travers,
Richard Bastien, Tom Conti,
Naile Kudeki, Patrick Clarke,
Kate Gardner, Maureen Rose

**Next Deadline:
August 30, 2026**

**Theme:
What is A.I.
Anyway?**

Send us an article

President's Message - Message de la présidente

The Quebec Provincial Association of Retired School Educators (QPARSE) has celebrated another year filled with highlights. The Board organized outings, such as group museum visits and seasonal luncheons, and offered practical Zoom lectures on topics like Artificial Intelligence and wellness. In addition, our triennial newsletter has evolved into the QPARSE News Magazine, now celebrating its 65th year of operation! I hope you enjoy this latest edition, expertly edited by our Editor-in-Chief, Marzia Michielli.

With these events and initiatives, and in collaboration with the Quebec Provincial Association of Teachers (QPAT), we hope to recruit more members. Our present active membership is slightly below last year's and now stands at 960 members. If you know anyone who is thinking of retiring or has already retired, please invite them to join us. After all, you are our *raison d'être*!

This year, we have also set up two Board sub-committees. The first is to examine QPARSE's Constitution to determine what changes are needed to better reflect our changing times. The second will focus on membership and, specifically, membership dues. We look forward to sharing their findings with you, the members, at the 2027 AGM.

In 2025, the provincial government enacted a new Personal Information Protection Act that applies to QPARSE. The Board is reviewing the Act and will update our practices and appoint a privacy contact. A compliance policy will be developed within the next year. Meanwhile, our website will explain what personal data we collect, how it is used, and who to contact for privacy matters.

At our recent Annual General Meeting, we elected the following officers for 2025-26: Lynn Travers (President), Richard Bastien (Vice-President), Katherine Snow (Past President), Marisa de Angelis (Treasurer), Claudia Thierry (Recording Secretary), Maureen Rose (Program), Marzia Michielli (QPARSE News Editor), Theresa Kozaczynski (Membership/media), and Members at Large: Patrick Clarke, Kathleen Gardner, Carol Klein, Jan Langelier, Renate Sutherland, and Paula Turner.

After the elections, Cathrine Le Maistre received the Distinguished Service Award for her leadership and dedication, while Ron Silverstone was honoured with Life Membership for his longstanding commitment. Guest speaker Heidi Yetman, QPAT President, outlined specific changes in Quebec legislation and discussed direct effects on educators. Her engaging remarks prompted thoughtful discussion among members. The recorded speech will be available on our website soon.

QPARSE is now looking forward to yet another jam-packed 2026-2027 year!

See you at QPARSE activities.

Lynn Travers
President
traversman@videotron.ca





Cathrine Le Maistre

Recipient of the QPARSE Distinguished Service Award for 2026

Cathrine, or I should rather say Kate, is this year's very deserving recipient of the QPARSE Distinguished Service Award for 2026. Like many others in the world of Quebec Education, I have known Kate for many, years; in fact, it is coming up to 40 years! I first met Kate when as a new educational consultant, she joined the English sector of the now-defunct Jerome Le Royer School Board. We immediately connected, becoming professional colleagues and good friends.

Born in Wales, Kate was an only child who grew up in industrial Swansea. Neither of her parents had the benefits of a high school education. Nevertheless, Kate did well in school and, after earning her BSc in Chemistry from the University of Exeter, she decided to immigrate to Canada in 1967. Once there, she spent her first few years teaching high school Mathematics and English in Brandon, Manitoba, where she made many good friends.

Then, in 1972, she was offered the opportunity to teach Chemistry and General Science at the new Chomedey Laval High School. Whilst at Chomedey, the Head of the French department, Betty Le Maistre, introduced her to her brother, Dudley. Their encounter sparked a whirlwind romance and marriage. They later were to welcome two children, Bethan and Philip, and, much later, two grandchildren. Family has always been at the heart of her life. Although Dudley passed away after 30 years of happy marriage, the warmth of family remains a strong presence.

Having spent some time in the schools and at the school board, Kate decided to further her education and enrolled at McGill to pursue her PhD. Shortly thereafter, she was asked to join the Faculty of Education at the same university, where she served as the Director of University Graduate in the Department of Integrated Studies in Education from 1995 to 1998 and from 2001 to 2002. Kate became an Associate Dean of Academics, from 2004 to 2007. In addition, she was the McGill University Marshall and, in this role, oversaw the technical coordination for the installation of McGill's first female principal, Heather Munroe-Blum.

She retired from McGill in 2009 and was appointed Chair of the Advisory Board on English Education (ABEE) by the Minister of Education in 2010. Until 2021, she authored numerous reports on English education in Quebec and earned notable respect, especially among the English-speaking community, for her work on the Board.

However, no matter how impressive her professional achievements were, it was Kate's personal qualities that set her apart as an educator. She was highly intelligent and used her intellect wisely. As a brilliant researcher, she paired rigour with practical common sense. With diplomacy, she took care not to tread on others' toes. She listened attentively, thanked people for their opinions, and considered those views seriously. Her kindness and thoughtfulness guided students and peers in making the best possible decisions.

Kate, it was a privilege to work alongside you, and I am grateful for your friendship and mentorship. QPARSE is delighted to present you with this award. Though you cannot be here today, we are so glad your daughter Bethan can accept it on your behalf. We will see you soon.

Lynn Travers

Presentation to Cathrine Le Maistre on May 5, 2026





Ron Silverstone

Honorary Life Membership Award 2026

As we present Ron Silverstone with the QPARSE Honorary Life Membership Award, I am pleased and honoured to speak about my great friend and colleague.

In 1964, Ron began his career as a History and English teacher at Northmount High School, in the then PSBGM. He remained at the PSBGM until 1974, and thereafter Ron moved into the Adult and Vocational Education field where he held positions as Centre Director, Assistant Director and then Director of Adult and Vocational Education at the PSBGM until 1998. This was followed by two more years as part of the newly created EMSB.

In those years, the Adult and Vocational education sector was becoming more and more important, as students recognized the importance of the trades. Ron played a central role in the development of this sector for the PSBGM and EMSB.

Ron retired in 2000. Then without skipping a beat, he became the Executive Director of the Association of Administrators of the English Schools of Quebec (AAESQ) - a very challenging job. I have known Ron since 2004, the beginning of my career in Administration. I was a newly minted Administrator and in my usual way, I had become involved with the local Administrators' association at Lester B. Pearson School Board. It was then that I met Ron and quickly knew that he was a very valuable asset to all administrators - especially new ones like me!

Ron was always available to answer even the most basic questions. Moreover, he stood beside us as we navigated our way through "negotiations" for our working conditions, as well as interpretations of both the local and provincial management policies when it became necessary. I consulted and depended on him in my years in administration.



Ron was a well-known and much appreciated colleague to all the administrators, in all of the nine English School Boards. His knowledge of the working conditions and the regulations affecting all administrators, both in-school and Board level, was extremely well appreciated. Thereafter, Ron decided to really retire, so he left AAESQ after 17 years of dedicated service. His goal was more time with his family and one of his favourite activities - golf.

I foolishly thought I would take on the role of Executive Director at the AAESQ, as I tried to fill the enormously huge shoes left by my friend Ron. Nevertheless, Ron continued to be of great support to me, in my time at AAESQ. He was always there for me when I needed his advice.

So here we are my dear friend Ron - many years later and we're still keeping in touch with each other, and both of us are enjoying what is a true retirement. There's lots of golf, family and friends.

Congratulations on receiving this award, and I hope you will be able to join us on some of our activities over the next few years.

Jan Langelier

Presentation to Ron Silverstone on May 5, 2026



(Continued from page 1) **A Special Experience**

descending in a submarine, enjoying street foods or classy restaurants, and lounging on amazing beaches. Our students, of course, took every opportunity on their free days and notably most of them jumped at, or should I say dived at, the chance to get certified as scuba divers.

Grenada earns the nickname of “Spice Island” due to its prolific production of spices, particularly nutmeg for which it is second only to Indonesia. Other notables include cinnamon, cloves, ginger, turmeric, mace, and bay leaves, with an abundance of interesting tours and tastings. One of the most striking features of the island, is the uphill downhill terrain. My usual hotel had a reception area on the main road with the chalets about 80 steps up from there and the restaurant 80 steps down. The result was 160 steps twice to go from my chalet to breakfast and back. With such inclines, the roads zigzag rather than going straight up and down and that together with the colorfully painted houses makes a lovely tapestry, like what we see in parts of Atlantic Canada. Another impressive view of Grenada is Saint George’s University where the interns and I presented graduate seminars in rooms almost hanging over the Caribbean Sea.



From Grenada, we went several times to **Carriacou**, one of the grenadine islands. Interestingly, with a population of only 6000 and with Hillsborough being the only town of any size, there are more than 100 rum shops on the island. Wisely, we didn’t visit the rum shops; we were more gainfully employed in giving nutrition education sessions in daycares, schools, and senior residences.

On a delayed flight, I landed in **Dominica** late at night for a meeting the next day at the Ministry of Health. The one-hour taxi ride across the island to the hotel was memorable. In the pitch black with pouring rain, the route was an uphill downhill ride with sharp bends one after another, giving me my first experience of motion sickness.

Traveling more leisurely around the island in daylight through beautiful unspoiled scenery was of course a more pleasant experience. Being 60% rain forest and known as the “Nature Island of the Caribbean,” Dominica flourishes as an eco-tourism destination, with waterfalls, rivers, sailing, hiking, zip-lining, and canyon swinging, which was described to me as “an exhilarating extreme sport that combines the thrill of freefall with the excitement of swinging across a canyon.” I didn’t try that; settling instead for visiting the many little craft kiosks sprouted up along the roads. What was most special was a chance meeting with a group of men carving a fishing boat out of the local hardwood with a stone axe. They were friendly, not to mention enterprising, and for a few dollars explained what they were doing and that they were part of the only remaining tribe of Carib Indians in the Caribbean.

One time, I arrived in **Antigua**, officially named Antigua and Barbuda, on a Saturday in May, not knowing that it was a long weekend celebrating Pentecost. For Christians, this period commemorates the Holy Spirit’s coming to Jesus’ disciples, as recorded in the New Testament of the Christian Bible. It was incredibly quiet; all shops, businesses, and restaurants were shuttered and the streets were deserted. I wandered around, stepping over a dog here and there just lying on the sidewalk. They knew it was a rest day and didn’t even bother to look up. It was a whole new level of quiet. My visit livened up when I learned there was a gospel music concert in the park that evening and a reggae concert the next evening. It turned out that the concerts were political rallies; a strange weekend mix of reli-



(Continued on page 8)

Our Furry Friends

A lot has happened since the last edition of the QPARSE NEWS! Our furry friends wanted to weigh in on some of the events and issues with their perspective. Happy reading!

Most of our furry friends had never heard of the Strait of Hormuz before President Trump's "excursion" began in late February. One bushy tailed family had hoped to visit relatives in Qatar, including a leisurely sail through the strait, but had to put their plans on hold. The kids, Fluffy and Chip, were looking forward to meeting their Middle Eastern cousins for the first time! They are also wondering if the president understands the difference between an "excursion" and an "expedition"!

A planned new tongue and cheek book entitled, **The Art of the Steal**, is soon to be published by **Abandon House Four-Legged Publishing Group**. With no official comment yet from the White House, the Commander in Chief is said to be overheard shouting "Sue baby sue"! This might be somewhat difficult to do, as for the most part, the publishing group live in trees scattered across the country with no permanent addresses!

The American Squirrel Army Reserve recently dodged a bullet. Though they wanted to heed the President's call for help over the war with Iran, they all have flat feet and don't meet the rigorous standards of the Department of War to see active duty. A collective "phew" was heard from within the ranks, as was reported by reservist, Fast Gun Eddy.

Closer to home, it seems that Prime Minister Carney has done a good job in attracting Conservative parliament members to join the Liberal party. As one politically savvy squirrel remarked, with an adage that has been echoed before, "If you can't beat-em, then you might as well join-em". Can't help wondering how Pierre P. is feeling right now.



"Trump Always Chickens Out", another popular interpretation, conducted by Nanos & Critters with over 100,000 squirrels participating in the survey, seems to favor "Trump Always Cashes In!"

Did you happen to catch the **"Bad Bunny"** halftime show at this year's Super Bowl game? There was quite a bit of controversy over the fact that it was entirely presented in Spanish. A group of innovative squirrels



It took the mayor of Montreal to learn a hard lesson in order to get moving on the repair of the city's numerous pot holes. She recently sustained not one, but two flat tires! Though her plan is a welcome relief to motorists, some squirrels aren't so sure. It seems that they had become accustomed to using the pot holes as short term storage facilities, while they foraged for peanuts. Leads me to think that not all our furry friends are that bright. Perhaps, with gas prices rising, they assumed there would be fewer vehicles on the road?!

Two of our friends were discussing the meaning of TACO, in relation to President Trump. Though many believe the acronym stands for

(Continued on page 8)

(Continued from page 6) **A Special Experience**

gion and politics. It was gospel music for the Labour party and reggae for the United Progressive Party. So, I found some entertainment and some great street food, while I pondered what music would represent each of our political parties.



Aloo Pie

Trinidad, officially part of the Republic of Trinidad and Tobago, felt different. It seemed busier and faster paced. I learned that the original name in the Arawakan language was Iëre which means "Land of the Hummingbird." In 1498, Christopher Columbus renamed it La Isla de la Trinidad, since shortened to Trinidad. I was there to consult at the St Augustine Campus of the University of the



Saltfish Buljol

West Indies on the development of a graduate dietetics program. I also facilitated a workshop for dietitians from surrounding islands on how best to guide interns in their professional practice. As the only guest at a small bed and breakfast lodging, I was treated to personal service with breakfasts that were a new experience for me. No bacon and eggs or oatmeal there. I was served carefully prepared traditional breakfast foods, such as Saltfish Buljol (salted cod with vegetables and spices), Aloo Pie (seasoned potato pie), and Doubles (fried flatbread filled with curried chickpeas).

LIAT AIR is the airline most often used for the sometimes "interesting" island to island flights. We've all heard of the expression "Caribbean time" or "Island time," usually said with a smile. LIAT takes this concept to the extreme and locals told me that LIAT means "Leaves Island at Any Time." The "flexibility" of the airline was evident in my supposedly one-hour direct flight from Barbados to Dominica. Sometime after take-off, we found ourselves in Saint Lucia for a three-hour wait without warning or explanation; simply told that we would be put on another flight to Dominica, arriving late at night, as mentioned earlier. The passengers, in typical island style, accepted this without complaints or demands. That "go with the flow" attitude is a lovely trait of island people, though I continue to be a work in progress in that area.

The Caribbean internships were, and continue to be, an enormous learning opportunity for the students; not just in dietetics practice, but in teaching and motivating those of different cultures with strongly held ideas about nutrition and health. In addition, it was not unusual for appointments, meetings, and presentations to be rescheduled or relocated at the last minute. This required our interns to put aside their focus on agendas and timelines and to adjust to the cultural norms; a valuable bonus of the internships and a huge and worthwhile learning curve.

Maureen Rose

(Continued from page 7) **Our Furry Friends**

are hoping to headline next year. A spokesman for the group, "**Fluff Stuff**", pointed out that they can dance, are extremely agile and talented, but most importantly, they don't speak any language! They believe that their performance is unlikely to upset anyone with a language issue...even in La Belle Province!

On the social scene, Rodentia Tell All, has an update on Justin Trudeau. It seems he was spotted at the Coachella Music Festival dancing with Katy Perry and skipped the recent Liberal Party Convention in Montreal. Rodentia writes, "It appears that love wins over politics, at least for now!"

And finally, if mankind can come together and successfully launch Artemis II, shouldn't we be able to come together to live in peace on this planet? I know our four-legged friends would agree.

Tom Conti

QPARSE PROGRAM CALENDAR

2026

- Wednesday
Sept. 9** Welcome Back Lunch at Ottavio, 11:30. 1134 Marcel-Laurin, Ville St. Laurent
- 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 Abigail Anthony, Kinesthiologist. via Zoom
- 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 mercredi
9 sept.** Lunch à 11 h 30 chez Ottavio, 1134 boul. Marcel Laurin, Ville St. Laurent
- 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 Abigail Anthony, kinesthésiologue. Par Zoom.
- Le mardi
1 déc.** Lunch pour célébrer la période des fêtes à 11 h 30 au 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 Hear/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

Contactez:

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 encourages you. We are willing to print your short story, your poem, or an excerpt from your memoir.

Just submit it to us!

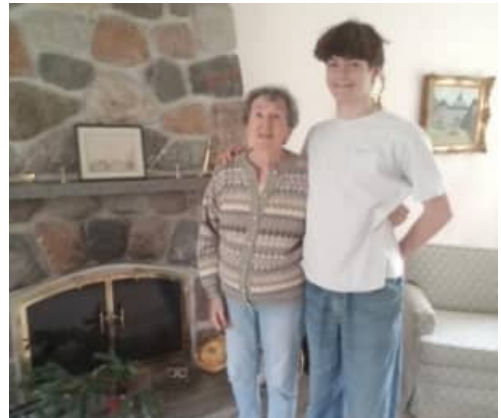
Hosting Foreign Students

Shortly after I retired 29 years ago, I was at a Delta Kappa Gamma meeting. That evening I was asked by Cathy Sidorenko, Dean of Student Services at John Abbot College, whether I would be willing to host a German or Chinese student attending the college. To be honest, I was not sure, but after speaking to my husband, we decided to give it a try. We opted to request a German student who would have similarities with our backgrounds (I was from the UK). Charles was Canadian born, but his parents came from Switzerland. My cooking was more reflective of Europe. Another consideration was that the German students would stay for a semester, whereas the Chinese students were spending a year at the college. We felt a year was a long time if things did not work out! As well we had quite a few German friends, whom we felt could help if any of the students were homesick! I am happy to say we never had a homesick guest!

So, our first student, Johannes, came. He was the spitting image of Harry Potter! He was the best introduction to being host parents and he established the path forward for us.

Over the years we hosted 20 some students, mostly from Germany. However, we did host two students from each of the following countries, Brazil, Mexico, Saudi Arabia and Spain. In addition, our horizons broadened when we were asked by the Alexander von Humboldt School in Baie-d'Urfé to host some of their students.

I have to say that being a host parent is a most rewarding experience, for these young people become an integral part of the family. As such they are included in many of our activities. When friends come to dinner they always eat with us. The interesting thing that I have noted over the years is the tone of conversation around the table. As many of us age, there is a tendency to dwell on our ailments! However, with vibrant young people around, the conversation is far more technological in nature and reflecting of world affairs. My adult children and my grandchildren (now in their late 20's) have always played a part in hosting our students. We were most thankful for their involvement.



When my husband was alive, we would take trips to Ottawa, Upper Canada Village, Île D'Orléans, Québec City to name a few. Our Liberal MNA at that time was Geoff Kelly. He would tour us and our student(s) around the National Assembly.

Once my husband took two of our students to see the Expos game, at the Olympic Stadium. We had been given tickets by a good friend who worked for the Expos, doing the animations and score board. Imagine Simon and Philina's surprise when they saw their names on the big screen, welcoming them!

When Charles and I were going to visit his cousins in Switzerland, the German students who had stayed with us insisted we visit them. As a result, we extended our vacation in order to visit Wiesbaden, Bonn, Berlin, Munich, Borden and Cologne. We had the most wonderful stays with their families and were treated like royalty. Four years ago, I attended the marriage of one of our students in Hamburg.

Of course there can be some drawbacks. When you host, you are the legal guardian and responsible if they get sick. Presently my young house guest from Gran Canaria fell while skiing at Mont Tremblant during Easter week and fractured her shoulder. Her parents and brother were here for a week over the holiday. Her father and brother flew back to Las Palmas, but thankfully her mother has stayed on to help with her care. However, Alejandra is still being seen at the Montreal Children's Hospital and will be there again tomorrow.

(Continued on page 11)

(Continued from page 10) **Hosting Foreign Students**

row. I will drive her and her mum there. Also, I have been driving her to and from school this week. Before the accident she was taking the MUCTC bus. Presently it is not feasible.

Of course, you also have the responsibility of making the daily meals and the extra cleaning. However, I truly believe that the lives of my husband and I have been, and continue to be enriched through these young people.

The advantages of hosting international students far outweigh any disadvantages. It has been a real pleasure for me, and I am thankful that Cathy asked me all those years ago to become a host parent.

Valerie Delacretaz



Twenty Years of Hosting Students

I was made aware of the possibility of hosting foreign students, from a friend, when I shared my concern for both company and a source of financial supplementation following a divorce. A local German school, was looking for homes on the West Island for teens attending their 6 month "stage". The students came mostly from Germany, but also from Brazil, Egypt, and anywhere else where this international school had operations.



These teens came from privileged backgrounds, and therein lay the greatest source of conflicts. Housekeeping, responsibility for their rooms, helping with grocery shopping, washing a car, yard work, adjusting to appropriate dress code and makeup, were challenges for them. Their attitudes varied, but on the whole, they expected to be served, pampered, and excused from any physical labour. It took a lot of patience, and on one occasion, a long-distance call to Cairo, to set some boundaries.



All in all, the experience was a learning curve for everyone. I have stayed in touch with the majority of my "kids". One has become a surgeon in Hannover, another a doctor and professor in China. They are married with children of their own now, and we laugh and reminisce about their antics while living in Beaconsfield.

A. Shtychno



The Pocket Hug

It is small, but I wanted to give you something that costs less than a coffee, but lasts much longer. What is the story about it?

A few years ago, I was going through a really overwhelming time. Then, a friend gave me a small token, just like this one. He told me, 'Whenever you feel like the world is too loud, or you are too busy, put this in your pocket. It's a physical reminder that I am in your corner, even when I'm not standing right next to you. I always kept that token in my pocket.

It became my 'calm down' button. Whenever I touched it, I remembered ... I wasn't alone.

So, I'm giving this to you. It's not about its material value; it's about having a tangible piece of support in your pocket on the days you need it most.

When you feel overwhelmed, hold this, and know - I'm thinking of you."

N. Tannous



Carefree Travel, Worldwide Adventures!

Ready for your next unforgettable journey?

As Canada's leading travel specialist of over 100 guided tours and cruises, Senior Discovery Tours takes care of all the details, so you can relax and enjoy every moment!

Trusted for over 50 years, we offer a selection of amazing trips for travellers over 55. Wherever you yearn to explore, and whatever your tour style, we can take you there!

For every QPARSE member that travels with Senior Discovery Tours, the QPARSE will receive 4% commission per booking!

Reminder: Members travelling with SDT should notify Renate Sutherland at 514-695-1970 or renate.sutherland@bell.net with booking details.

Use promo code: **QPARSE** at time of booking

Request a brochure
1.800.268.3492
SeniorDiscoveryTours.ca



QPARSE ANNUAL GENERAL MEETING

MAY 5, 2026



Guest Speaker
Heidi Yetman - President of QPAT



Bethan Le Maistre receiving the Distinguished Service Award for her mother Cathrine Le Maistre



Honorary Life Membership
Ron Silverstone

QPARSE ANNUAL GENERAL MEETING

LUNCHEON



My Beginnings: – My Grandparents and Parents

Excerpts from “MY STORY: Memories and Reflections” 2025

“My *paternal grandparents*, Sofia and Simon Bidner, like their generations before them, lived in the small farming village of Jaad (now Livezile) in the northern part, which is known today as Transylvania, Romania. My great-great grandparents were Transylvania Saxons, who were brought from the German Rhineland region to Eastern Europe in the 1830’s to protect the eastern borders of the Austrian Hungarian Empire from the Ottoman Turks. When the Saxons arrived there, they built villages and fortifications and were able to retain their German dialect language and culture, their Protestant religion and manage their own schools. That culture and way of life didn’t change when Romania was set up after WWI. I never knew my paternal grandfather who went missing during the First World War in the Crimea and was declared dead in 1929. My grandmother Sofia lived in Jaad until she died in 1960. I never knew or met her because we never were able to get there, nor was she able to get out of Romania. My parents had hoped that maybe after WW II she could leave, but with the Iron Curtain preventing people from leaving Eastern Europe, it just wasn’t possible.

That’s where my father Simon, born in 1908, speaking also Romanian and Hungarian, grew up and became a horticulturalist. During his military service in the Romanian army, he trained as a paramedic. Following a very brief marriage and subsequent divorce, my father moved to Berlin, Germany where he met and married my mother Lilo Voigt in 1940.

My *maternal grandparents*, *Opa* Paul and *Oma* Elise Voigt, lived in Berlin, Germany where I was born in 1941. I do remember them well, and just after the war my family lived together with them in an apartment in the American Sector of Berlin. Both my parents were working at that time, my mother as a stenographer, and my father as a security guard for a Berlin Insurance Company, where my grandfather also worked. My grandmother was kind, gentle and very caring and looked after me and my brother and sister. She died suddenly in 1948. Mein Opa would do anything for his grandchildren and often rewarded us with a little money when we shared our report card with him. Eventually he married a colleague who was an alcoholic. The relationship between her and my parents- between the whole family- was very strained. Had my Oma lived, I don’t think we would have immigrated to Canada, but because the relationship between my mother and her father and his wife had deteriorated so badly, my mother agreed to the move to Canada. My grandfather died of a heart attack in 1954, a year after we moved from Berlin to Huntingdon, Quebec, so we never did see him again. We did see his alcoholic widow again in Berlin, when my sister Astrid and I went to visit our relatives in Germany in 1965.”

A half-brother?

“As a young child, I did not know that my father was married before, or that he had a son in Romania. I only found out once we were in Canada, when I was 13 years old and we were living on a farm in Athelstan, near Huntingdon, Quebec where my father was working as a hired man. One day there was a letter in the mailbox with my father’s handwriting. It was addressed to my father Simon Bidner from Simon Bidner. I took the letter and asked my mother, “Why is father writing a letter to himself?” Because that’s the way I saw it. She said, “You ask your father.” My father was not one to be confronted with such a question, but he sat us down, the three of us, and told us, yes, he had been married before and that this letter was written by his 20 year- old son Simon, who was born in 1933 and lives in Jaad, Romania. We were flabbergasted!”

(Continued on page 15)

(Continued from page 14) *My Beginnings*

“Our father then told us that Simon’s mother had remarried, that he had eight more siblings and that he now lived with his grandmother Bidner on the homestead in Jaad. It was my mother who insisted that my father respond to him because there had been no communication until that letter arrived. According to my half-brother Simon, it was towards the end of the war when he met his father, who was stationed in Transylvania with the German army. It was the first time ever that Simon saw his father, and then only for about ten minutes- he was ten years old. In the 1950’s and ’60’s, my parents applied to sponsor Simon and family to come to Canada. At that time, the Romanian government did not allow Romanian citizens, especially young families, to leave.”

“By 1965, all my family had met young Simon on our frequent trips back to Germany. He was ‘a spitting image of my father in physical appearance and personality traits’. Other than with young Simon, we had very little contact with my father’s extended family still in Romania. That changed in 1969 when the Romanian government allowed the Transylvania- Saxons of German origin, especially the elderly and their families, who still lived there, to immigrate to Germany. That included young Simon and family and my father’s cousins, who all settled in the Karlsruhe and Stuttgart areas.

How enriching it was to connect to my father’s roots after all these years! That became even more of a reality, when Simon took my family on a memorable trip to Transylvania in May 2002. Together with Graeme and our son Ian, we visited my father’s homestead in Jaad and the cities of Oradea, Cluj and Bistritza. We had a wonderful time with Simon, who wanted us to know all about his life, and we saw it through the lens of how it was when he grew up.”

Renate Bidner Sutherland

Coyotes in the city?

More and more people are seeing coyotes in their neighbourhood, but at first glance coyotes may look like a dog. Look again! Their presence in urban areas is an adaptive behaviour - after all where else would they access such an easy buffet of food. Coyotes are usually as tall as the height of an adult’s knee, with gray fur and black flecks on its bushy tail. They don’t necessarily pose a danger to us.

“Suggestions and tips for a safe coexistence:

1. If you come across a coyote, stay calm. Give it space to move away and don’t allow your dog to interact with it. Make sure you slowly back away and don’t turn your back on the coyote.
2. If a coyote comes too close, make noise or wave your arms.
3. Keep your dog on a leash at all times.
4. Never feed a coyote and do not leave food out on your property.
5. Never approach a coyote, even if it seems calm or injured.

If you do see a coyote, advise your borough so that measures may be taken to investigate the issue.”



Reference: *Le journal Ville de DDO, Winter 2026*

A Dry Topic: Dehydration in Older Adults

Not drinking enough can have serious repercussions on the health of seniors. The most alarming issues are post-stroke mortality and risk of serious impairment, with dehydrated patients being twice as likely not to survive and more than twice as likely to suffer impairment post-stroke than those who have adequate liquid intake. Dehydration can make you tired, weak, and dizzy, increasing risk of falls. It can affect cognitive functioning, including memory, attention, and ability to concentrate. Other common harmful effects of dehydration include low blood pressure, decreased kidney health, and constipation.

Luckily, it is possible to avoid these harmful effects by keeping up balanced fluid intake throughout the day. The daily expectation of 8 to 10 cups of H₂O can be achieved by drinking water as well as other liquids and consuming foods that have a high-water content. Having incontinence problems should not inhibit you from getting your daily water intake. A dry topic: Dehydration in Older Adults.



Pat Thiesen

REFERENCES

Search “Mayo Clinic Dehydration and Falls”
 Search “Healthline Seniors Dehydration”
 Reprint from the Spring 2026 issue of PostScript

Dealing with Retirement

What Will I Do All Day? by Patrice Jenkins, Ph.D., (Copyright © 2011, ISBN: 978-0-692-00213-1) shares numerous observations and recommendations for changing the way we think about retirement and designing a life that we “want to wake up to each morning.”

As a retirement and career consultant, Patrice Jenkins draws on several real-life stories of people dealing with their concerns about retirement, while offering them concrete suggestions and activities for identifying and pursuing the kinds of things that give their lives meaning and purpose.

This book is comprised of 40 brief chapters or presentations that address some of the fears and questions people have about retiring, with frequent fill-in exercises to help readers develop their own action plans to get them “over retirement and on with living.”

Chapters 2 and 3 highlight the importance of knowing who we are and what things are essential for each one of us in planning a rewarding retirement.

Chapters 5 to 8 describe retirement as a process that should begin 2 to 4 years before the retirement party. Changes in attitude often occur during the waiting period, as people become more comfortable with the idea of this important life change. The author recommends looking at retirement more as “The Next Stop” than “The Last Stop”.

Continuing with the notion that “Retirement is a Process”, the author cautions against making retirement plans too far ahead. She recommends, rather, creating a plan or exciting vision for yourself over the next two years. A shorter time frame may also, the author says, allow for the planting of “a seed for the future”.

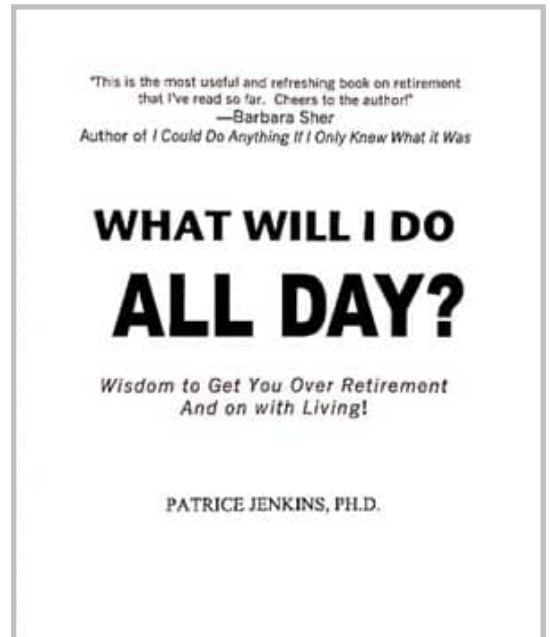
In Chapter 16, Jenkins further develops this idea by suggesting that we not worry so much about “Finding Passion” during our retirement as much as “Creating a Purpose” for ourselves from things that we already do and enjoy. Purpose, as the author explains, can change a to-do list of obligations into “meaningful events that contribute to your overall life satisfaction”. The author tops this off, once again, with another handy exercise designed to help readers reflect on and plan their own Statement of Purpose.

In a later chapter, titled “Use Your Gifts,” the author points out the considerable benefits and life satisfaction that come from using our “personal gifts in challenging and rewarding ways”. The exercise questions proposed in this chapter bring the readers to reflect on situations when they might have encountered experiences of Flow (as defined by Mihaly Csikszentmihalyi in 2009).

In the final chapters, Jenkins underlines the importance of retirement and how it may impact important relationships in our lives. She explains that many couples underestimate how much retirement can change their respective patterns and expectations toward one another from the time when both partners spent many their days away from each other. The exercise proposed at the end of this chapter invites readers to play a “Retirement Game”, where each partner is asked to respond to specific questions about retirement as they might expect the other partner to respond.

Patrice Jenkins concludes this wide-ranging, interactive presentation on dealing with retirement on a day-to-day basis, by suggesting that the time to prepare for and experience a happy and fulfilling retirement is now, and that unless we commit to doing so, we may well end up without an answer to “What will I do all day?”

Happy Reading!
Richard Bastien



World Happiness Scale

The World Happiness report *for 2025, once again, showed that Finland was rated as Numero uno! The “people in Finland have a high level of life satisfaction.” [In the] World Happiness Report, they don’t actually ask if people are happy, they ask if they are satisfied with their lives.

Finlanders have a very high level of satisfaction, and there are several factors identified as the reasons for this high life satisfaction phenomenon. They are:

1. There’s less of a desire to lie about emotions. For example, if they’re asked “How are you?”, they are less likely to say “good” if they aren’t feeling well. They have fewer bottled-up feelings.
2. Work-life balance is prioritized.
3. They have lots of access to nature. Finlanders are outdoorsy people, and they enjoy nature.
4. Learning new skills is encouraged. Learning new skills could mean something as simple as trying a new recipe, trying a new hobby or taking a vacation to a never-before visited area. It doesn’t have to mean a big endeavour like learning a new language.
5. It’s a very trusting society.
6. People experience a feeling of contentment rather than over-whelming happiness. It’s all in the little day-to-day things that they undertake, these contribute to their feeling of happiness.



What about Canada’s rating you ask? Well, Canada slipped from 18th place to 25th place. As little as approximately ten years ago, we were rated as number five in this report.

**Excerpt From: “6 Things People Do Differently in Finland, The Happiest Country in The World” Jillian Wilson, HuffPost*

https://apple.news/AD_PflfBMTR6U7qPqoFRbvw

Welcome New Members to QPARSE

Congratulations on your retirement!

Eric Angen—Montreal Ron Silverstone—St. Laurent
 Marie-Antoinette Iammatteo—Dorval
 Krystyna Koelblen—St. Lazare, QC

Slam pour les élèves

Le temps

Le passé

Rester dans le passé à ressasser ce qui est arrivé, la gorge nouée à ne pas bouger, ronger, fermer s'en est assez ! Je veux dépasser ce temps achevé et découvrir ce que me réserve l'avenir.

Le futur

Le futur, c'est ce qui arrivera. Comment le savoir ? Je ne suis pas là. Je peux faire des prédictions sur ce qui arrivera, mais en réalité, je ne le sais pas. Comment aller de l'avant, si ce n'est qu'en vivant le moment présent ?



Le présent

Le présent, quel beau mot, en réalité c'est un cadeau. Il nous permet de devenir qui on est lentement, si on lui laisse le temps.

Le présent, c'est aussi vous qui êtes devant moi. C'est le plus beau cadeau que j'ai reçu. Tous les jours, je remercie Dieu de pouvoir, en ce moment, partager un peu de mon temps avec vous pendant presque un an.

Kathy Gardiner

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.

Angela Piacek—St. Laurent, QC Terry Mills—Beaconsfield, QC
Jean Ruth Niles—Ormstown, QC Noreen Philip—Chateauguay, QC

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

Helen Slavin—Côte St. Luc, QC

George Marcus—TMR, QC

Mary Katherine March—Montreal, QC





Pet-friends

Pets are a very important part of our lives. Our pets become family members in their own way, and even provide emotional support at times.

Maybe it's not even your own pet, but the neighbour's dog that you babysit. No matter, send us a picture and we'll print it! So QPARSE News has decided to spotlight our special friends, by showcasing them in this edition and next edition of the QPARSE News magazine.

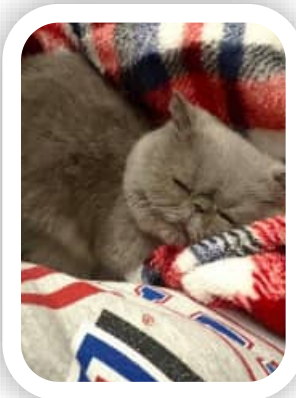
Kindly send in your favourite pet-friend picture, their name and a description of the cat, dog, budgie etc. that lives in your home. What is their claim to fame or their "super power"? Thank you for sharing!

Marzia Michielli

Mes Animaux

Pablo est notre petit chien, un Teckel à poils longs. Il est né durant la COVID, et il aime trois personnes Patrick, Olivier, son fils et moi. Il est très affectueux et aime les caresses. Pablo est plus le chien de Patrick que le mien.

Il fait souvent les yeux de biche pour avoir ce qu'il veut. Patrick succombe tout le temps, c'est un vrai caramel mou pour lui.



César est mon perroquet. Il est arrivé à la maison au mois d'octobre. C'est un conure à queue rouge. Les conures peuvent parler, mais beaucoup ne le feront pas. Il est encore jeune alors le temps dira s'il parle ou pas. Il aime bien être sur mon épaule et manger avec moi. Il aime le pain, les pommes et les carottes. Sa cage est dans notre chambre et elle n'est pas couverte le soir. Quand nous dormons, il ne nous dérange jamais, même lors des siestes d'après-midi.

Kate Gardiner



Stella

Stella was a rescue kitten, almost one year old, when we adopted her. She is now 8 years old. Stella has the run of the house and sleeps to her heart's content in any sunny spot she can find. She enjoys being petted and cuddled, of course only when she deems it appropriate!

Stella sits in her favourite spot on the sofa to "watch TV" with us in the evening, everyday at 7 am & 4 pm like clockwork. Stella "demands" to be fed by meowing so loudly, we say "just wait a minute"!

When we arrive home, she is waiting at the front door, sometimes as if to say, finally they are home! She is our precious fur baby and we love her unconditionally!

Paula Turner



Zoya and Grizzly

My cats' names are Zoya and Grizzly. They are both males. Zoya on the left is 11 years old and has been with us for almost 7 years. He was a rescue cat. Zoya is very vocal and makes sure to always let us know what he needs. He has his routine, and we have no choice but to follow it. Grizzly on the right is 14 years old and we have had him for just over a year. I inherited him from my cousin who passed away. Grizzly is very affectionate and cuddly. Unlike Zoya, he is not at all vocal but just waits patiently to be fed. They are both great companions but boy, do they keep us busy! I keep saying that they need their own butler! Life would not be the same without them.

I have dedicated a poem to Zoya, written when I only had him, which I am happy to share with you.

Lucie Taddeo

THE ABUSIVE RELATIONSHIP

First, I tried to ignore you
but your insistence made me finally give in.
You could be very convincing
with your sly, captivating ways.
So, I agreed to share my life with you.

But I soon realized that your gentle touches
could suddenly become vicious
if things didn't go your way,
or if I tried to put my needs and desires first.
Little did I know that I would no longer
be master of my time.

Though you would show me comfort and warmth
it soon became obvious that it was self-serving.
You made sure that my life
would revolve around you.
Nevertheless, I still love you.

Who knew that a cat
could steal my heart and take over my life.

Lucie Taddeo



A Blast From the Past

If anyone has pictures from the past, kindly direct them to Richard Bastien for enhancement and publication to QPARSE News.

The email address qparsephotos@gmail.com

Event with Seniors Action Quebec (SAQ)

Addressing “The Challenges and Needs Our Seniors Are Facing”, Ruth Pelletier, founder of Seniors Action Quebec and a long-time advocate for seniors, presented us with invaluable information as we adjust to the changes in our life as seniors:

- the importance and benefits of having a purpose in life and staying involved and connected to our social network;
- maintaining a sense of belonging and of making a difference in the lives of others;
- taking time for self-care, health and wellness, and putting your affairs in order

Ruth Pelletier encouraged us to check out their website and become an SAQ member for \$20/year. They address and advocate for many senior issues, and organize conferences and workshop sessions in person and on Zoom.

Ruth sent us a *list of resources*, which our members might find helpful:

- 1) SENIORS ACTION QUEBEC: www.seniorsactionquebec.ca
Sign up for the newsletter, and you can take out membership online. Our past webinars are on our website and on our YouTube channel. Check out our interactive map listing resources available throughout Quebec.
- 2) EDUCALOI: www.educaloi.qc.ca
This non-profit offers legal information in easy-to-understand language- they do not take on cases, but online or printed material can be shipped to you.
- 3) COMMUNITY HEALTH AND SOCIAL SERVICES (CHSSN) www.chssn.org
This provincial organization has a great deal of research on its website on the English-speaking minority in Quebec and a list of Seniors Wellness Centers located throughout Quebec.
- 4) Planning to downsize and move? Not sure how to proceed. These companies will help you plan. Get organized, they will take you to visit sites, at no cost to you.
 - a) *Helping Seniors- Stay or Move- Marie-Claude Giguere* info@HelpingSeniors.ca
514-209-5888
 - b) *LIANAS Senior Transition Support & Premier Home Care Matt Del Vechio-* Matt can also provide Assessments. www.lianasservices.com **514-622-8074**
 - c) *Vis-à-Vis – Finding seniors’ residences, free of charge* **514-383-3383**

BUDGETING HELP- *ACEF Montréal- Association coopérative d'économie familiale*
Budget Planning/Consulting (bilingual services) branches throughout Quebec www.acefest.ca **514-362-1771**

SINGLE SENIORS FOR TAX FAIRNESS- Elizabeth Brown – Director
www.singleseniorsfortaxfairness.com; singleseniorstax@gmail.com

Renate Sutherland

ACER/CART News

The Eastern Canada Retired Teacher Organizations (ECRTO) is the Eastern Canadian division of the Canadian Association of Retired Teachers (ACER/CART). This group of wonderful retirees from eastern Canada meet on Zoom three times per year. These same dynamic people join the members of the Canada wide group three to four times per year. The representatives tend to be the presidents and members of the local provincial associations and work very hard to keep their retirees up to date and supported.

ACER/CART has focussed on several areas of interest to retired Canadians including Pharmacare – Quebec and six other provinces cannot benefit from the Federal plan because no agreements have been made with the provincial governments – a Federal Minister for Seniors, home care for seniors, and access to the Federal Dental Care plan.

The Annual General Meeting of this organization will be held in June in Vancouver. Your representatives will benefit from meeting members from across Canada and learning about how the various organizations work on common themes like membership, activities, accessible meetings, and dissemination of important information to their members, etc.

The Political Action Committee meets regularly and coordinates efforts with the Health Committee. Each province has issues that affect retirees substantially and not always in a good way. Sharing the issues in each province allows us to have a more in-depth view of what is happening across Canada. Each representative can bring ideas and information back to their provinces and perhaps work together to improve things.

The ECRTO has looked at ways to support students in some way from a concentrated effort together. Right now, each association gives awards or scholarships in very different ways. It is a bit of a dream, but we are looking at ways to fund a scholarship for students in the field of Education who are aspiring to become teachers.

As one of two representatives for Eastern Canada, I am looking forward to chairing the next meeting in May, just after the QPARSE AGM. After that, I will go on to Vancouver and meet with the representatives from across Canada. I value this experience. I know I will be able to share so much with QPARSE members. Here's hoping the planes will still be flying out west!

Katherine Snow
Eastern Canada Representative to ACER/CART



Quebec Provincial Association of Retired School Educators
Income Statement

REVENUE	2025	2024	2023	2022
Memberships	\$ 510.00	\$ 785.00	\$ 425.00	\$ 510.00
Program	-	-	-	-
QPAT Teachers Conference	350.00	-	350.00	-
Donations	165.00	2,435.00	300.00	3,680.00
Senior Discovery Tours	233.00	2,055.56	1,504.76	-
LaPersonnel - Referral Revenue	-	-	-	-
Newsletter Ads	375.00	375.00	375.00	375.00
Capital Gains/Loss	4,603.82	1,788.03	1,141.47	1,394.09
Dividend Income	577.09	942.74	819.62	1,037.83
Investment Transfer	-	-	-	5,000.00
ECERTO Conference	-	-	-	4,100.00
TOTAL REVENUES	\$6,813.91	\$8,339.33	\$4,915.85	\$16,096.72
EXPENSES				
Newsletter Expense	\$ 2,912.08	\$ 2,278.99	\$ 2,010.47	\$ 3,192.49
Membership Expenses	93.88	101.68	24.38	18.27
AGM - Annual General Meeting Exp	170.97	140.93	236.35	118.81
Meeting Expenses	-	-	-	-
Program/Workshops/Events Exp	25.28	232.71	7.18	108.29
Goodwill Gifts	22.98	151.74	13.80	118.63
ACER/CART	160.34	1,252.17	1,204.44	1,105.15
QPAT Teachers Conference	-	-	293.39	-
QFHSA MEMBERSHIP	-	-	-	-
Accounting Expenses	454.15	431.16	431.16	402.41
Website Expenses	365.92	-	288.97	265.03
Office Supplies Exp	-	-	91.28	22.66
Bank Charges	22.50	21.50	-	3.60
Government Registration Fees	39.00	38.00	37.00	2.00
Parking	-	-	-	94.50
Investment fees	-	-	-	-
Donations	150.00	345.00	50.00	50.00
ECERTO - Conference Special Events	-	-	-	5,994.16
60TH Anniversary Event	-	-	-	1,240.48
TOTAL EXPENSES	\$ 4,416.88	\$ 4,993.88	\$ 4,688.40	\$ 12,734.46
NET INCOME	\$ 2,397.03	\$ 3,345.45	\$ 227.45	\$ 3,362.26

Year End Bank Reconciliation

	2025	2024	2023	2022
Ledger Bank balance January 1	\$ 7,202.12	\$ 6,324.83	\$ 8,119.83	\$ 7,190.59
Add: Total Deposits	1,400.00	5,871.17	2,954.78	13,699.00
Less: Total Cheques issued	4,416.88	4,993.88	4,688.40	12,769.76
Add: Outstanding cheques		0	61.38	281.91
ADJ Bank Balance December 31	\$ 3,944.63	\$ 7,202.12	\$ 6,324.83	\$ 8,119.83

Assets at December 31	2025	2024	2023	2022
Investments, Market Value	\$ 113,231.83	\$ 100,490.12	\$ 87,431.08	\$ 80,266.86
ADJ Bank Balance December 31	\$ 3,944.63	7,202.12	6,324.83	8,119.83
Total Assets December 31	\$ 117,176.46	\$ 107,692.24	\$ 93,755.89	\$ 88,386.79

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: _____ **Family name:** _____
Prénom : _____ **Nom de famille :** _____

Street: _____ **Apartment:** _____
Rue : _____ **Appartement :** _____

City: _____ **Postal Code:** _____
Ville : _____ **Province:** _____ **Code postal :** _____

Telephone: _____ **Email:** _____
Téléphone : _____ **Courriel :** _____

School board at retirement: _____
Commission scolaire à la retraite : _____

Year of retirement: _____ **Date of Birth:** _____
Année de la retraite : _____ **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

Email: information@qparse-apperq.org



Join and like us on
Facebook [Click here](#)

Board of Directors

President	Lynn Travers
Past President	Katherine Snow
Vice-President	Richard Bastien
Treasurer	Marisa De Angelis
Recording Secretary	Claudia Thierry
Director/Membership/ Facebook/Liaison Web Site	Terrie Kozaczynski
Director Program	Maureen Rose
Director News Magazine Committee	Marzia Michielli
Director	Renate Sutherland
Director	Jan Langelier
Director	Paula Turner
Director	Carol Klein
Director	Kate Gardner
Director	Patrick Clarke

Come and visit our webpage

www.qparse-apperq.org [Click here](#)



THE QPARSE BOARD OF DIRECTORS