



QPARSE News

The newsletter of the Québec Provincial Association of Retired School Educators

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



QPARSE/APPERQ

L'automne /Autumn 2019

Welcome To AAESQ Readers Enjoy the newsletter!



Introduction to Memoir Writing

Tuesday, Nov. 12 10:00am
QPAT Building

Holiday Lunch

Friday, Dec. 6, 11:30am
Via Marcello Restaurant
1790 Blvd. Côte-Vertu

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Dealing with Alzheimer A Caregiver's perspective



The following article on "Dealing with Alzheimer's" is written from a personal experience and perspective. It is not meant to be an overview of the disease, it chronicles in a condensed fashion, my own mother's "journey" and how as a family we dealt with it. This most common form of dementia is most often diagnosed in people over 65 years of age. My mother's diagnosis was made when she was 83. Even so, the early signs were present, though subtle at first, approximately seven years before.

Although the course of the disease is unique for every individual, there are many common symptoms, with the earliest often mistakenly thought to be age-related concerns... "Oh mom is just getting older and forgetful" or "She's just stressed". We noticed that our mother became quieter, less engaged in conversations and less interested in cooking or inviting family for meals. At times, she exhibited some confusion in larger social settings or unfamiliar ones. Living alone in her condo, the dishwasher became the depository for her hand washed dishes to dry and the microwave was no longer being used. Her inability to acquire new memories or to forget more recent ones became more prevalent. Initially, I remember getting upset and frustrated with her, sometimes verbally lashing out at her saying things like "You can't remember, you're forgetting!" My two sisters and I recognized that these types of responses only served to create more anxiety for her and ultimately increase our own guilt...it wasn't her fault. We needed to become more flexible and patient and find ways to circumvent the resistance, frustration and denial we were increasingly witnessing in her. On the issue of hygiene for example, my sisters told her that they would assist her with showering only to prevent her from falling...this she accepted. On the issue of medication, I prepared a "book" with a daily check off chart with dates and times that she needed to take her pills...which she did.

We continued to include mom in family gatherings, stays up at the cottage

(Continued on page 4)

Editorial

“You can do anything, but not everything.” As it relates to caregiving— David Allen

Through years of conditioning, September is the month that we as educators earmark as the start of a new year, even though the rest of society uses January as their starting point. I hope you are enjoying your yearly new beginnings, the fall colours, travel, a new book or whatever else inspires you. Being retired gives us this choice, and also saves us from having to contend with Montreal traffic at peak times.

Meanwhile, we have all been, or will be caregivers at some point, and the Newsletter Committee thought it appropriate to explore the “Caregiving” theme in this QPARSE edition. Read a first-hand account by Tom Conti on dealing with a parent that has Alzheimer and gain insights that only experience can show, or the read the article by Roslyn Penn Malin on how to navigate placement for a loved one.

It’s difficult to know when a parent or loved one can’t live alone any longer. Usually it’s a trip to the hospital or a crisis that precipitates this reflection, but it’s always best to have a plan. As caregivers, we have to remember that although we can do almost anything, we can’t do it all!

So I thought I would share some questions to keep in mind and that are raised by the CSSS (formerly the CLSC) when having a loved one assessed:

- Are they taking all their medication?
- Have medical conditions that were under control, now become acute?
- Is there a system, such as pill organizers, that can be used to see if they are managing and taking their medication well?
- Are they able to prepare and eat their own meals?
- Is food in the fridge spoiled or way past the due date?
- Are they still able to do their own grocery shopping?
- Is mail picked up regularly and opened?
- Are bills and credit card statements paid on time and cheque books balanced?
- Has the amount of social contact changed greatly and there are more limited visits with close friends?
- Have friends or neighbours noticed any changes?
- Are they able to use a phone on their own?
- Have there been more fearful calls to family?
- Has there been a change in hygiene, dress or appearance?
- Has tidiness decreased from a neat home, to a cluttered and unkempt home?
- Are there signs of unusual behaviour, turning the furnace off in winter or storing an iron in the fridge?
- Has a spouse or caregiver recently taken ill or passed away?



On behalf of the Newsletter Committee, we hope that you enjoy reading this edition of QPARSE News and we look forward to seeing you at the activities.

Have an awesome fall season,

Marzia Michielli
Editor



President's Message - Message de la présidente

At the time of writing this message, the days are getting shorter, the nights are cool and the trees are starting to change colour – l'automne s'approche!! However, for us retirees, it is a lovely time of the year to be able to relax, plan outings, enjoy activities, and rejoice that we are not tied down to a school schedule. Remember that keeping active and engaged with others is an important way to enjoy a longer and healthier life. Please take a moment to check out the calendar included in this newsletter and join us.



Je vous encourage toutes et tous à participer aux activités planifiées par le comité de programmes et événements à l'APPERQ ou dans d'autres activités que vous avez déjà planifiées

Cette année est pleine de sorties et d'activités intéressantes et d'opportunités de se rencontrer pour le dîner.

In the next few months, there will also be interesting and challenging political events, including a Federal Election in October and a proposed Quebec law concerning the abolition of elected school board commissioners as we know them today. In both of these cases, stay tuned for information that will be sent to you by email as it becomes available. Although we are retired, we must still stay involved in political decision-making as it can impact us into the future or may have long term consequences for our children and grandchildren.

Membership in QPARSE has many benefits and we have recently changed our bylaws to allow people approaching retirement to join us before they retire. If you know of anyone in this category, please advise them to look into this possibility and to contact me or the Membership Chairperson Terrie Kozaczynski for further information. We can be reached at information@qparse-apperq.org. Over the years, we have learned that the personal touch in encouraging someone to join us as a member works the best. Please help us recruit new members.

Etre membre dans l'APPERQ a beaucoup de bénéfices et nous avons récemment changé nos règlements pour permettre aux gens qui s'approchent la retraite à devenir membre avant de prendre leur retraite. Si vous connaissez des gens dans cette catégorie, svp les encouragez à nous contacter – moi ou Terrie Kozaczynski à information@qparse-apperq.org. On sait que le contact personnel est la meilleure façon d'encourager l'adhésion, alors on compte sur vous.

Once again, I wish you all a lovely autumn season with continued health and happiness. I look forward to seeing many of you throughout the year.

Encore une fois, je vous souhaite une belle saison automnale avec beaucoup de santé et bonheur. J'ai hâte de vous rencontrer à la cour de l'année.

Jan Langelier



Dealing with Alzheimer – a Caregiver’s perspective

(Continued from page 1)

and other significant events. But as time went on, it became more evident that she would require greater structure. We realized that mom could no longer live alone, isolated for the most part, in her condo. So, we encouraged her to sell it and move into a seniors’ residence...which she did. At this point, we had won her confidence and trust which clearly made the task and move easier. It was also at this time that her diagnosis had been made, ruling out any other physical ailments or other causes that could be contributing to her changes in behavior. Involving her in the process as much as possible, we wanted three basic things: a safe environment, planned meals and most importantly, the opportunity to meet and mingle with other seniors.

The move met its desired results but as time went on inevitably mom's Alzheimer's worsened. No longer able to take her own pills we told her that the government had a law that people over eighty had to have their pills administered by a qualified professional to ensure that they were being properly taken. A little white lie but it worked! Clothes were organized for her and laid out the night before. A call from the residence front office to remind her to come down for meals was also established as well as the hiring of a "companion" to spend several hours during the day with her. All of these interventions served to reduce mom's stress and anxiety.



Alzheimer's knows no limits and it continued to slowly rob mom of her mental abilities to understand, think, remember and communicate. Eventually unable to distinguish day from night, she would get up several times during the night, fully dressed, and was found wondering, usually outside the dining room insisting that it was time to eat! Patience and understanding, as much as they are important, were not enough.

After some diligent research, working with an agency specializing in gerontology and the assessment of the needs of the elderly, we moved mom to yet another private residence. This time however, into its newly opened "memory loss" unit. Adjustment to this change was initially more difficult with mom often knocking at the locked door trying to get out. Mom's medication was adjusted to include a prescription to lessen her anxiety and agitation. Sharing mom's "life story" with the staff also helped them to work with her, adjusting to her likes and dislikes as best they could but always treating her with dignity and respect. She was now receiving assistance in almost all aspects of her daily life...washing, dressing, feeding etc. As time went by, her ability to communicate verbally significantly decreased and we would have to rely on her behavior to figure out what she was trying to tell us. Despite these changes, mom's social graces remained intact and her infectious smile was always present. She continued to walk unassisted, often arm in arm with another resident. She enjoyed "watching" TV and listening to music. She especially enjoyed the presence of children with a particular attraction to babies. All these things being a part of who she used to be.

Two years into her stay we decided that it was time to consider a more permanent long term placement for mom...one that would be able to take her to her final days. Recognizing that her physical needs would only increase...she was now using a walker, when cued...we needed a setting that could provide a host of interdisciplinary resources to eventually meet these new challenges that were not available in her present setting. Working with social services at the local CLSC and based on the full assessment made of her needs, we selected a CHSLD that we hoped would be a good fit.

(Continued on page 5)

Dealing with Alzheimer – a Caregiver’s perspective

(Continued from page 4)

Several months later the center we chose...you only get to choose one...was deemed appropriate by the committee that oversees these placements and mom's name went on the waiting list. A little over two years later, I received a call in early February 2017 to say that a place was available and that mom had to be there the very next day otherwise she would lose her spot...that's how the system works! This move was less traumatic as mom had now reached the latter stages of her disease...but there was still some "knocking" at the door of the "protective unit" that mom now shared with seven other residents. Assessments by the members of the interdisciplinary team...dietician, physiotherapist, occupational therapist, psychologist and social worker...were initially conducted and adjustments continually made throughout the course of mom's stay. Mom passed away at the age of 92 on November 24, 2018, peacefully and seemingly at her own will. It was as if she had decided it was her time to go. As a family, we were spared the anguish of watching her develop other related health complications that are so often present in the final stage of Alzheimer's.

There is a growing body of knowledge to help those caring for someone with Alzheimer's disease. Learning continues everyday as both families...like mine...and professional caregivers increase their understanding of the disease and its effects. As well, information is available on what steps need to be taken when one can no longer do it alone. I hope that by sharing my mother's "journey", I have been able to provide you with some "food for thought". Her name was Mary.



Tom Conti

Call for applications for Children’s Literacy Resource Guide

A Canadian Heritage grant was given to Quebec Federation of Home and School Association, to update the Children's Literacy Resource Guide produced the organization for parents. This guide was created in 2005 by Marion Daigle and Dorothy Nixon.

Someone with solid experience in early childhood, elementary, and secondary education is needed to update the guide. The work can be done from home over a period of 6 months.

If this assignment is of interest to you kindly apply with:

Carol Meindl

Executive Director

Quebec Federation of Home & School Associations (QFHSA)

3285 Cavendish Blvd., Suite 560, Montreal, Qc, H4B 2L9

Tel: [514-481-5619](tel:514-481-5619) Fax: [514-481-5610](tel:514-481-5610)



August 25, 2019

Dear Friend,

I learned an important lesson about the Quebec Health Care system this year. My father, born in 1920, was living in a retirement residence since my mother passed away in 2017. After being hospitalized three times this year and spending more than a month in a rehabilitation hospital, he returned to his residence, fell, and within eighteen hours was back in emergency and hospitalized.

We were told we would have to "put" him in a long-term care facility. I think it was the word "put" that pushed a button. I envisioned the nightmarish scenario of rows and rows of seniors strapped in wheelchairs "waiting for Godot". After a family discussion, my brother and I felt my father deserved more preparation both mentally and strategically before being "put" anywhere. We came to an understanding with his residence that he was to return with full time private care to prepare for the impending transition to a long-term care facility. We felt to discharge him directly would be signing his death warrant. He deserved better.

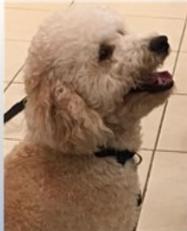
We hired interim private caregivers. We understood, or thought we understood, that our father was a priority and we expected him to move within a short period. Unfortunately, the province has many, many, many top priorities. A very difficult situation was made worse because we learned, after the fact, that the discharge from hospital to long-term care facility could have been done directly, due to the seriousness of his case. We prolonged a bad situation thinking we were doing the right thing. In retrospect, with a little more knowledge we could have saved wear and tear on many people at many different levels.

Our father did move to a long-term care facility this year. To put a positive spin on the situation, by the time he moved he fully understood he had no choice, as his residence could no longer address his needs.

I am writing this letter, hoping to help any adult children faced with the difficult decision of parent placement. Gather all pertinent facts and discuss the parameters of placement waiting periods directly from a hospital discharge versus arriving from home or a retirement residence. We all want what is best for our loved ones, our parents, as well as our children. Sometimes, we can try to make things easier while we are just prolonging the inevitable. The move eventually proved to be a positive one for my father.

Roslyn Penn Malin
Retired Teacher



Newsletter working group members	
	<p>Marzia Michielli - Editor Terrie Kozaczynski - Publisher Contributors: Renate Sutherland, Tom Conti, Harold Penn, Katherine Snow, Patrick Clarke, Claudia Thierry</p>
Editor of all	<p>Next Deadline: December 5, 2019 Theme: Downsizing: from Pack Rat to Minimalist</p>

Share our Newsletter with others!

Why did I do it?

When I retired from teaching like many of you, I travelled, was busy volunteering and doing all the things I dreamt of doing. I decided to sell my house and move to an apartment for more free time so as not to have the up-keep and financial responsibilities associated with a house.



Ten years into my retirement I went through three years of severe medical problems. During that time, I realized how alone I began to feel. You can have many friends and family, but it is “you” who has to deal with the everyday issues both physically and mentally. As you get older, living in a house or apartment, the loneliness begins to settle in. Calls and visits are only occasional and the hours in the day drag on. Yes, if you can, you involve yourself in activities, but as the years go on it gets more difficult.

Attending a senior’s day in Dollard Des Ormeaux Civic Centre (while working at a QPARSE stall) I took a break to visit other exhibits. I happened upon an organization that would take me to visit Senior Residences. I gathered the information but said, “I’m not ready right now but maybe in the future.”

In the year that followed I dealt with many varying comments when I disclosed what I had investigated. These comments were; “you are not old enough, you don’t want to live in an old people’s home it will make you old, you don’t want to deal with people who are sick, use walkers, and dribble!” Very few friends were positive about my intentions but thankfully there were some. The feeling of loneliness continued even though I was very socially active. I also had anxiety of reaching an age where moving would be too difficult.

In the early Spring of 2018, I started my visits without informing anyone what my intentions were. After visiting several places, I was taken to **Le Cambridge in Pte. Claire**. To say I fell “in love” with the place goes without saying. It was not easy to make the decision but it was at that time I involved friends who were supportive. I moved in May 2018. The only way I can describe **the Cambridge**, it is like being on a cruise ship without the water. The administrators and service personnel could not be more helpful and friendly. They are very supportive. The emotional security also comes when you need the nursing staff and they are right there. The activities and facilities are never ending. There isn’t anything you can’t ask for, that isn’t there. I have also made some “new” good friends.

I become very upset when a reference is made that it’s an “old people’s home.” Children of aging parents should make themselves aware of what is available and not advise their parents to stay in their homes based on their childhood memories. It means they are often leaving their parents living in a difficult situation. Home caretakers do not adequately replace the personal interaction needed.

An aging senior or their family should not shy away from considering an independent living environment based on the overall lack of knowledge. Cost is based on size and apartment location. You are welcome to come and join me in the outdoor salt water pool, play mini putt, or just sit in the most beautiful garden. **THAT’S WHY I DID IT!**



Sandra Aird



Spotlight on Members



Renate Sutherland

A year ago Renate received a letter from the Canadian Federation of University Women (CFUW), choosing her as one of a group of 100 Notable Women, to be honoured in August 2019 at their Annual General Meeting in Winnipeg. The CFUW organization was celebrating their 100th Anniversary in the city of its birth and on land that is the traditional territory of several indigenous groups.

What did Renate do to merit this honour? Her accomplishments are many. We at QPARSE have had the benefit of her administrative skills and leadership for quite some time. This award though, focuses on her accomplishments under the umbrella of CFUW.

Renate has been a member of the Montreal Lakeshore University Women's Club, (MLUWC), a local group under CFUW, for the past 45 years (President 1986-88). Her name was submitted as one of three candidates by this group. During this time she organized a wellness interest group with monthly speakers on such topics as reflexology, reiki, yoga, meditation, reflexology and anything else to do with health. For over ten years, Renate organized the Club's annual trip to the Stratford Festival and has also volunteered as Club archivist. In 2000 she set up the MLUWC Scholarship Fund and served as its first Chair.



One of Renate's first endeavors for the MLUWC was to become coordinator of public affairs. You will remember Bill 1 in the mid 1970's, the forerunner of Bill 101, which made French the official language of Quebec. The MLUWC prepared a brief in response to Bill 1 and Renate was a delegate to present this brief to then-Minister of Education, Camille Laurin. Her involvement with education was a powerful asset to the MLUWC, and another reason that contributed to her being honoured as a CFUW Notable Woman.

A surprise at Friday's "Celebration Banquet for the Notable Women" in Winnipeg, was the unexpected attendance of her son Ian, all the way from Halifax. It was a proud moment for Renate's husband, Graeme and son Ian.



Modest as ever, Renate claims she could not have done it without the opportunities and support given by her local University Women's Club and the numerous other associations with which she is affiliated, including QPARSE.

Renate serves on the boards of QPARSE, the Montreal Council of Women, the Zonta Club of Montreal and the Quebec Federation of Home and School Associations. She chaired the McGill Ecumenical Chaplaincy and serves on several committees of the United Church's Quebec Region. From 1986-99 in conjunction with The Study School, where she taught for 13 years, Marianopolis and Vanier colleges, Renate organized a student exchange program with Hamburg, Germany. She and Graeme are avid travellers and in her spare time she helps friends and family with driving, medical appointments and visiting shut-ins.

Claudia Thierry

Congrats to Dave Chandler!

Congratulations to our resident artist and photographer Dave Chandler, for being part of a juried contest and a winner !!

There was an end-of-year art exhibit at the Cote St Luc library where all the previous year's exhibitors showed three pieces. This year Dave exhibited his work at the Cote St Luc Library.

The prize in the contest was a three-month exhibit in the library entrance foyer. "A Sort of a mixed prize!" as Dave would put it. The next time you walk into the Cote St Luc Library, look for Dave's winning productions.

Best wishes for more success!!!

https://m.facebook.com/story.php?story_fbid=10156690301121379&id=676436378&sfnsn=xwmo



In Memory of Our Dear Friends

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

Mary Elizabeth Black of Waterloo, QC
 Helen Lorraine Shutt of Glen Robertson, ON
 Edwaard McDougall Orwell of Green Valley, ON

June Howie-Bullock of Whitby, ON
 Jacqueline Stevens of Montreal, QC



RESTAURANT DORVAL

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 H9S 1A7
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(514) 631-2233

HOURS:
 Monday - Friday
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One insertion 1/8 page (business card) is \$50.00

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QPARSE PROGRAM CALENDAR 2019-2020

Tuesday, November 12 10:00am Coffee & Cookies	“Introduction to Memoir Writing” Guest Speakers: Julie Nadler & Malcolm McLean 10:30am-12:00pm QPAT Building, 17035 Blvd. Brunswick, Kirkland, Qc, H9H 5G6 LUNCH OPTIONAL in the West Island
Friday December 6 11:30	“Holiday Lunch” 11:30am Via Marcello Restaurant 1790 Blvd. Côte-Vertu (corner Côte-Vertu) St-Laurent, Qc, H4L 2A6 DONATIONS TO NDG FOOD BANK
Thursday February 6 10:00 am Coffee & Cookies	The <i>Healing Power of Nature—Seniors and Medicinal Marijuana</i> Guest speaker: Anne Lapointe (Director of Education and Training @Aurora. 10:30am -12: EMSB 6000 Fielding, NDG H3X 1T4

IF YOU ARE ATTENDING THE LUNCHEONS/ PROGRAM,
PLEASE CONTACT EITHER:

Claudia Thierry (514) 457-2499 / cthierry@aei.ca
Carol Klein (514) 696-3447 / retired0821@gmail.com

PROGRAMME DES ACTIVITÉS DE L'APPERQ 2019-2020

Mardi, le 12 novembre 10h 00 Café et biscuits	<i>Introduction à l'écriture des mémoires</i> (en Anglais) 10h 30-12h 00 Invités: Julie Nadler & Malcolm McLean QPAT Building, 17035 Blvd. Brunswick, Kirkland, Qc, H9H 5G6 DINER OPTIONNEL dans le West Island
Vendredi le 6 décembre	<i>Diner des Fêtes</i> Via Marcello Restaurant 1790 Blvd. Côte-Vertu (corner Côte-Vertu) St-Laurent, Qc, H4L 2A6 DONS AU NDG FOOD BANK
Jeudi, le 6 février 10h 00 Café et biscuits	<i>Le pouvoir de guérison de la nature – les aînés et le cannabis médical</i> Anne Lapointe (Directrice d'Éducation et Formation @ Aurora) 10h 30-12h 00: EMSB 6000 Fielding Ave, NDG, QC H3X 1T4

SI VOUS AVEZ L'INTENTION D'ASISTER AUX LUNCHS / PROGRAMMES, CONTACTER:

Claudia Thierry (514) 457-2499 / cthierry@aei.ca
OU Carol Klein (514) 696-3447 / retired0821@gmail.com

Introduction to Memoir Writing

Have you ever thought of writing a novel? Perhaps you have a family history of interest to your children and grandchildren. If so then this workshop is for you. Retired English teacher, Julie Nadler, and Malcolm McLean will guide us through the process. Julie will start with a reading from her memoir/novel, “Both Sides Now” before sharing her journey from manuscript to publishing. Her husband, Malcolm will talk about the difficulties of finding a publisher and how you can self-publish. Julie is presently writing a second book about memories from the classroom and will finish her talk with a short reading from this latest venture. “Both Sides Now” will be available on site for \$20. (Limit 50 people for this workshop)

When: Tuesday, November 12.
Time: 10 AM Coffee and Cookies, 10:30 Presentation
Where: QPAT Building, 17035 Brunswick, Kirkland QC H9H 5G6
Lunch: at Del Friscos is optional (3237 Sources Blvd, DDO)

Holiday Lunch

Where: Via Marcello Restaurant, 1790 Côte Vertu Blvd, St Laurent H4L 2A6
Date: Friday, December 6, 2019
Time: 11:30 am

Need a lift? Let us know. Ample parking. Close to Metro Côte Vertu and close to Bus 121 (West direction)

Donations to the NDG Food Bank

Publisher's TIPS

Editor's Picks

Click on the picture to link to the article.



IMPORTANCE OF DOING NOTHING:
ART OF RELAXATION



WAYS TO COMBAT JET LAG



5 BENEFITS OF A GOOD NIGHT'S SLEEP



WHAT ARE WEB COOKIES?



CAREGIVERS: A MULTITUDE OF JOURNEYS



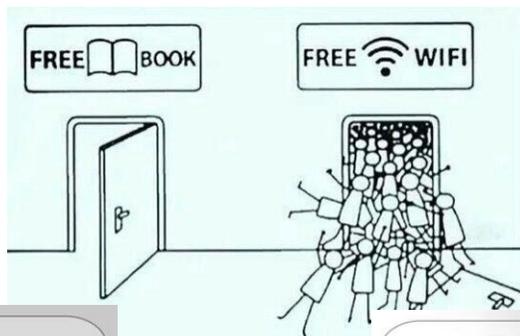
WHAT HAPPINESS LOOKS LIKE AROUND THE WORLD



WHY OKINAWANS LIVE SO LONG



FACEBOOK IS FUNDING BRAIN EXPERIMENTS TO CREATE A DEVICE THAT READS YOUR MIND



Today's Reality



Lots of Friends on Social Media



No Best Friends

Usefulinfo360

Today's Reality



Big House



Small Family

Usefulinfo360

A glimpse of QPARSE activities

Welcome Back Luncheon

Sept. 10, 2019



To Keep Your Job in 1957 !

Back when I started teaching in September 1957, teachers were needed, anyone who looked as if they could teach was hired, well....sort of. As for me, after receiving my Intermediate Certificate I could teach from grade 1 to 9 as I had my grade 12 level matriculation results.

I went into the hiring room at MacDonald College, up to the PSBGM table as the whole province I think, had school board representatives signing people up. Then I learned that it was only a temporary job, as we needed 2 Inspectors' signatures within 3 years, or we were out with no job. We had to prove that we were Protestant with a document from our Minister and present all our marks from our education classes. After a hard first year, teaching two grade levels in the same class, I was inspected by Mr. Monster. He was the most feared guy in the world we were told, who tried to undermine our authority and the work we did with the class.



My class was so special and helpful to me that I couldn't believe how well the inspection went. The Head teacher said that she would send a note when he came, saying – HE'S HERE !! , then we should tell the class that they were going to be inspected, and that we were so proud of them (which I was) that they should show how well they worked, listened, wrote and more. They sure did! Grade 6 students had work to copy from the front board, then they had to do written problems in their notebooks, while at the side board I started with oral work for Grade 5 students. We did all kinds of math and the times tables mostly since I knew they enjoyed “showing off” their good memory.

By mid-afternoon that day, I heard a gasp from the kids while at the side board with Grade 5 students, then a loud scraping and banging across the front of the floor to the corner by the Flag Pole. I looked and there he was standing on my chair, taking down the Union Jack by whacking it with a small water pan. I whispered “shush”, pointed to their notebooks and tried to continue my job, rather shaken and mad as “h-e- double hockey sticks”. Then he got the flag off, turned it up the correct way, which I had not realized but had learned about as a young Brownie years before, and hammered it back on with that pan.

By now the poor kids were really upset but they were so good and quiet that I smiled and motioned to them to put their heads down and relax while I shook with anger. What a “bugger”! He dragged the chair back, slammed it into the desk, and left with a wicked grin on his face. Soon dismissal time came, I praised the kids profusely because they were the best they could be, and I was so proud of them! Then exhausted, I collapsed into my chair.

Shortly thereafter, the smallest Grade 5 boy, Billy, jumped up telling me to not sit down as that awful man had dirtied my chair with his dirty shoes. Billy cleaned it with his white handkerchief and then I sat. After the class left I was cleaning the blackboard and tidying up when Mr. Monster barged in, smoking a pipe. “You know what was wrong with your flag,eh?” he said. I said, “yes, it was upside down” and that I knew what that meant. “It means you are in distress”, he grinned and blew out a long fume of smoke. “Yes, with a double grade and all the lessons I teach, I am always in distress”, I replied in a loud, rather shaky and somewhat angry voice. To this he said, “Good for you, I guess you want this!” and threw a long, white piece of paper onto my desk. It rolled from the middle of the desk to the far outer edge, and I prayed that it would fall onto the floor, where as far as I was concerned, it would sit 'till the cows came home. But it just dangled there and he walked out.

I picked it up and read all the fancy lingo declaring that I had successfully completed my first year and here was my signature, only one more to get, hopefully, next year. There would be no more Mr. Monster as the school closed down and I was assigned close to home for the next 10 years. One of the other 2 teachers unfortunately cracked under a similarly abusive inspection, and 2 years later she got the signatures she needed. Since, he had managed to mess up her class so badly, we felt that she was the bravest of us to continue teaching..

Never give up, just beat the challenges as they come !

Catherine Pollack

Kindly share this poster with friends and colleagues.

Less than 5 years from retirement? QPARSE can help with the transition. Register now!

The Quebec Provincial Association of Retired School Educators (QPARSE) provides a support system to help you enjoy your well-deserved retirement. We provide interesting events, important information and a chance to make new friends.



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Contact us for more information:

Quebec Provincial Association of Retired School Educators (QPARSE)

Email: Jan Langelier: jangelier.jan@videotron.ca

Contact us via our website: <http://www.qparse-apperq.org/>

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Avant leur grand départ

Octobre s'annonçait
Par les derniers chants
Des hirondelles errantes.

Très haut dans l'azur céleste
Où une brise vivifiante
Les portait,

Leurs silhouettes dessinaient
Des séries de guirlandes symétriques
Qui émerveillaient.

Puis, dans la cour d'école,
Devant la marmaille
De gamins qui piaillent
Un professeur s'affole.

Son visage qui sue, trahit
Une panique qui s'éveille
En lui.

Lui, il a hâte, encore plus
Que ses élèves,
Dissipés et enfiévrés,

Que cette journée
S'achève.

Bientôt ces hirondelles
Disparaîtront du ciel.

Sera-t-il tenté
De hausser les yeux
Et les voir,

Pour les remarquer
Et admirer leur cadence
Mesurée,

Avant leur grand départ?

© Sunny Ostrovsky; été, 2019.

Des ressources pour aider les aidants

Les aidants font un travail inestimable. Une formation est importante pour les sensibiliser aux besoins d'un proche dépendant. Une bonne connaissance des ressources disponibles pour les aider et savoir comment trouver des réseaux de soutien sont également essentiels. Une assistance financière est offerte aux proches aidants. Celle-ci a pour but de contribuer à une aide rémunérée qui leur permettra de s'absenter de leur travail. Ceci est souvent nécessaire pour pourvoir de soins adéquats à ceux qui sont gravement malades ou à la fin de leur vie.

Voici des sites web qui offrent beaucoup d'information à ce sujet:

https://tevaaidants.com/?gclid=EAIaIQobChMIrunf_-iZ5AIVgx6GCh2biAekEAAYASAAEgKKovD_BwE

https://www.lappui.org/?gclid=EAIaIQobChMIrunf_-iZ5AIVgx6GCh2biAekEAAYAiAAEgJiefD_BwE

<http://raanm.net/autres-ressources>

<https://www.canada.ca/fr/services/prestations/ae/proches-aidants.html>

<http://raanm.net/autres-ressources>

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Welcome to New Members of QPARSE

Joan Crossley, Esther Marovitch, Carol Morrison and
Heidi Michaeli

Congratulations on your retirement!

Pumpkin Harvest Loaf



(Preheat to 350F)

- * 3 ½ cups flour (all purpose)
- * 2 cups sugar (brown or white or mixed)
- * 2 tsp baking soda
- * 1 tsp baking powder
- * 1 cup cooking oil
- * 4 eggs
- * 3 ½ tsp pumpkin spice
(or 1 tsp each nutmeg, allspice, cinnamon, cloves)
- * 2 cups cooked or canned pumpkin purée
(2/3 cup water if using canned pumpkin)
- * 2/3 cup chopped nuts and raisins

1. Sift together flour, baking soda, baking powder and spices.
2. In a separate bowl, mix the sugar and oil, add eggs and beat till fluffy.
3. Add pumpkin (and water if using canned pumpkin). Stir.
4. Stir in the flour mixture, raisins and nuts.
5. Pour into two greased loaf pans or one large Bundt pan. Bake at 350F for 1 hour and 5 minutes for loaf pans and 1h 15 minutes for the Bundt pan, or till done. Muffins are another option.

Keeps moist and freezes well. This recipe has been a family favourite for many years, using up the Halloween pumpkin, cooked, packaged and frozen in two-cup quantities for use throughout the year. It tastes not of pumpkin, but like a spice cake, with the added nutrition of vitamin A-rich pumpkin. I took the liberty of eliminating the salt and substantially reducing the sugar from the original recipe.

Claudia Thierry



The Quebec Provincial
Association of Retired
School Educators



Association provinciale
du personnel
d'enseignement retraité
du Québec

Application Form / Formulaire d'adhésion

Veuillez retourner avec votre chèque de 85\$ au nom de APPERQ à:
Please return with your cheque for \$85 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 nous n'avons pas de bureau.
Pour des informations supplémentaires contacter Terrie Kozaczynski à
terriekoz@yahoo.com*

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



Board of Directors

About Us

- We are retired teachers, administrators, professionals and support personnel who have been employees of an English school board or private school in Quebec.
- We organize social, educational and community service activities with our members.
- We represent the interests of seniors through our participation in [ACER-CART](#) (the Canadian Association of Retired Teachers).
- We publish a [newsletter](#) three times a year.

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Members travelling with Senior Discovery Tours should notify Renate Sutherland, so that we may receive the **4% allocation** back to our organization.

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Email address:
renate.sutherland@bell.net