



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 2020



Tuesday, Sept. 29, 2020
"Annual General Meeting"
 Registration required to be included in the AGM

Wednesday, Oct. 7 10:00 am
"Introduction to Memoir Writing"
 Guest Speakers: Julie Nadler & Malcolm McLean

Thursday, Nov. 12 10:00 am
"An update on Bill 40 & its impact on Public English Language Education in Quebec"
 Guest Speaker: Geoff Kelley - former MNA & co-chair of APPEL-Québec

Gwen Lord

2020 Recipient of the Special QPARSE Service Award



Gwen Lord

Congratulations to Gwen Lord, this year's recipient of QPARSE's "Distinguished Service Award"!

Having graduated with a Bachelor of Science degree from Sir George Williams College in 1956, Gwen began her 34 year career in education after having completed her Class I Teaching Certificate at MacDonald College in 1960. As one of the first Black teachers to be hired by the PSBGM, she taught Science at Northmount High School. A loan of service to the Department of National Defense in Hemer, Germany, as a Science teacher, followed in 1966 to 1968.

Upon returning to Montreal, Gwen taught at Westhill High School for two years. She then became the Liaison Officer between the PSBGM, now EMSB, and the Black Community of Montreal...a perfect fit given the racial issues of the time. Administrative positions soon followed with a one-year position as Vice-Principal at Willington School and then at Northmount High School from 1975 to 1983. Scott Conrod, the outgoing principal, recounted that he went to see Marcel Fox, to say that Gwen "was the only person to replace him". A problem solver, she was able to put out "fires" even before they began. Respected by all students, she was not afraid to step into a fight between two students and calm the waters. It was not uncommon to see Gwen in the halls, talking to students and supporting them. Well organized and of strong opinion, she was also supportive of her teachers, the latter appreciating her no nonsense approach which was always student success driven. Gwen was also active in the community, having served as president of the Black Community Resource Centre and with numerous other groups.

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Editorial

I hope you've had the chance to thoroughly enjoy this exceptionally good summer, as we spent most of our time outdoors to air out the effects of the COVID-19 lockdown. Yes, we have restrictions on congregating, but just being outside with friends or family has done a world of good! As the saying goes: "summer is a state of mind".

In this edition of QPARSE News and on the lighter side, check out the continuation of the "COVID Squirrel Saga" by Tom Conti. On the resilience side, this edition brings a powerful first-hand account by Rena Entus of her sparring with COVID-19, and there is also a glimpse into a CHSLD via the testimonial of an elder care volunteer and teacher.

Also in this edition, we turn a spotlight on the QPARSE award Winners. Gwen Lord is an educational Maverick and community leader. She was also the principal when I started teaching at Northmount High School. Thanks go to Gwen for the support she has given me, and to so many other teachers and students. Congratulations on your outstanding achievements and on being the recipient of the 2020 Special QPARSE Service Award!

Congratulations also go to Jim and Betty Mackinnon on being named to receive the QPARSE Honorary Life Membership. Join us for the ZOOM QPARSE Annual General Meeting on September 29th at 10 a.m., when Gwen, Jim and Betty will be presented with their awards. Please remember to register virtually ahead of time.

Meanwhile, the return to school "has brought much anxiety, some of us are more anxious, some of us may be less so," says Chris Shelley in a recent National Post article, where he discusses our response to the COVID-19 situation. He points out that, we in Quebec; seem to be a little more laid back than the rest of Canada.

A similar sentiment exists in the 2016 book entitled, "Cracking the Quebec Code", that looks at what makes francophone Quebecers unique. Surveys asked both francophones and anglophones in the rest of Canada, whether "living in the present moment" or "preparing for the future" was more important- 54 per cent of anglophones chose preparation. Only 26 per cent of francophones agreed with that. Does this statistic reflect our notion and behaviour towards emergency preparedness as well? What we do know, is that all active teachers and administrators need as much support as possible. These are challenging times! As educators we function best when we can exert an abundance of caution and there is a feeling among our active colleagues that this is being done only with difficulty.

A recent Gazette article showed that the government is unable to generate an accurate list of schools that have COVID-19 cases, yet a recent parent-generated website can identify these Quebec schools simply by using parent volunteers' input. Only when a letter from the principal, in the affected school is mailed to parents, does that school's name get included on the parent-generated website, showing schools that have COVID-19. Hopefully, generating such a list will not continue to be a challenge for the Ministry. Parents need the information and the transparency. We hope things will get easier soon.

Join me in sending our active colleagues positive vibes of support! Meanwhile, plan to be a part of the ZOOM series of QPARSE events shown on page 5. Enjoy reading QPARSE News!
See you in the virtual world soon,

Marzia Michielli
Editor

Newsletter working group members	
 <p style="font-size: small; margin-top: 5px;">Editor of all</p>	<p>Marzia Michielli - Editor Terrie Kozaczynski - Publisher Contributors: Renate Sutherland, Tom Conti, Harold Penn, Katherine Snow, Patrick Clarke, Claudia Thierry Anne Brohan</p>
<p>Next Deadline: Dec. 6, 2020</p> <p>Theme: Adjusting to the World's new normal.</p>	

Share our Newsletter with others!



President's Message - Message de la présidente

Dear Colleagues,

I hope you are all keeping well and that the summer was a pleasant one for you. Hopefully, you were able to get out in the sunshine and to have some visits with family - at a distance of course. As the Fall approaches and we are all holding our breath to see what is in store for us as the COVID-19 situation develops and a second wave of the virus seems imminent, I hope you will continue to take care of yourselves and to keep as active as you are able.

We are all anxiously watching what will happen as our schools reopen. Many of you have told me that you are just relieved that you are not still actively involved at school but we are all thinking about those who have this huge responsibility to allow our students to get back to a more normal way of life. The uncertainty has caused many to be fearful and the stress levels are high. Let's all do what we can to support our colleagues in schools with messages of hope and encouragement.

On another note, over the past few months, many of you have received a letter from the Ministry of Education indicating that there had been a breach of confidential information that involved anyone who was in a teaching position going back many decades. The letter was very clear about the steps you could take to register for free access to a financial credit verification service. The letter is very clear about how to register for this service. I mention this situation because some members were concerned that this was a hoax. It is not a hoax and I encourage you to carefully consider what you can do to protect yourself from fraud.

If you have not yet received such a letter, contact the Ministry of Education for information at <https://www.quebec.ca/en/education/data-breach-ministere-education/>

Finally, the program committee of the Association has had to rethink what activities they could offer to you all as it is impossible to meet in person. Please check out the virtual program opportunities described in this newsletter. I hope you find something of interest to keep you in touch with us.

Best wishes to you all,

Jan Langelier

Chers Collègues,

J'espère que vous vous portez tous bien et que l'été a été agréable pour vous. J'espère que vous avez pu sortir au soleil et avoir des visites en famille - à distance bien sûr. Alors que l'automne approche et que nous retenons tous notre souffle pour voir ce qui nous attend alors que la situation COVID-19 se développe et qu'une deuxième vague de virus semble imminente, j'espère que vous continuerez à prendre soin de vous et à rester aussi actif, comme vous le pouvez.

Nous observons tous avec impatience ce qui se passera à mesure que nos écoles rouvriront. Beaucoup d'entre vous m'ont dit que vous étiez simplement soulagés de ne pas être encore activement impliqué à l'école, mais nous pensons tous à ceux qui ont cette énorme responsabilité de permettre à nos élèves de retrouver un mode de vie plus normal. L'incertitude a fait craindre beaucoup de gens et les niveaux de stress sont élevés. Faisons tous ce que nous pouvons pour soutenir nos collègues des écoles avec des messages d'espoir et d'encouragement.

Dans un autre ordre d'idées, au cours des derniers mois, un bon nombre d'entre vous ont reçu une lettre du ministère de l'Éducation indiquant qu'il y avait eu une violation de renseignements confidentiels concernant toute personne occupant un poste d'enseignant depuis plusieurs décennies. La lettre était très claire sur les étapes à suivre pour vous inscrire et accéder gratuitement à un service de vérification de crédit financier. La lettre est très claire sur la façon de s'inscrire à ce service. Je mentionne cette situation parce que certains membres craignaient qu'il ne s'agisse d'un canular. Ce n'est pas un canular et je vous encourage à réfléchir attentivement à ce que vous pouvez faire pour vous protéger de la fraude. Si vous n'avez pas encore reçu une telle lettre, contactez le ministère de l'Éducation pour plus d'informations. <https://www.quebec.ca/education/vol-donnees-ministere-education/>

Enfin, le comité de programme de l'Association a dû repenser les activités qu'il pouvait vous proposer à tous car il est impossible de se réunir en personne. Veuillez consulter les opportunités de programme virtuel décrites dans ce bulletin. J'espère que vous trouverez quelque chose d'intéressant pour vous garder en contact avec nous.

Meilleurs vœux à vous tous,

Jan Langelier

(Continued from page 1)

Named Regional Director, PSBGM, for Region III in 1987 until her retirement in 1995, she continued to champion the cause of "grey-area" youth, many students from low-income neighborhoods. Students who were sometime neglected in the school system.

A pioneer of Montreal's Black Community, Gwen was a role model and a trail blazer in the education field. She was among a small group who moved into restricted job areas and pushed open many doors, serving as an inspiration to a generation of Black Montrealers. Not bad for, in her own words, "A small black girl from lower Westmount (who) was able to achieve her goals..." She credits her own teachers who saw her and believed in her. Clearly, many others along her journey did as well. Now in her early 80s, Gwen lists her occupation on Facebook as "happily retired"!

Tom Conti

International Nurses Day

There are angels in heaven
With wings lined with gold.
There are angels on this earth
With stories untold.

These are our nurses
Working hard every day
In all our hospitals
Where the sick do lay.

And now with this new virus
More than ever before
They risk their own lives
While we stay safely indoors.

When this pandemic is over
It may take some time
There is one thing we all know
They are truly the front line.

We thank you, we thank you
We owe you a lot
Our angels on this earth
We will forget you not.

Tom Conti

Un bras droit du premier ordre

L'éclair de son sourire
Allume ses yeux
Et calme les souffrants.

Un bras de fer,
Or, exténué par le sillage
Du virus mystère,
Il casse, n'est-ce pas que
Pour un salaire de misère?

Privés de leur chouchou
Ses grabataires tremblent de terreur.
Esseulés, l'isolement gruge
Leurs cœurs.

Les assiettes intouchées,
Les ventres creux,
Les yeux endeuillent.
Ils attendent.

A la fenêtre, les dernières lueurs
Perdent d'ardeur.
La nuit éternelle paraît au loin.
Et ils attendent.

©Sunny

QPARSE PROGRAM CALENDAR

THERE WILL BE NO RESTAURANT LUNCHESES
VIRTUAL MEETINGS ONLY
REGISTRATION REQUIRED TO ATTEND THESE
MEETINGS

2020

- Tuesday, September 29** “*Annual General Meeting*”
Registration required to be included in the AGM
More info to follow
- Wednesday, October 7** “*Introduction to Memoir Writing*”
Guest Speakers: Julie Nadler & Malcolm McLean
Rescheduled from November 12th, 2019
- Thursday, November 12** “*An update on Bill 40 & its impact on Public English Language Education in Quebec*”
Guest Speaker: Geoff Kelley- former MNA & co-chair of APPELE-Québec (Alliance for the Promotion of Public English Language Education in Quebec)

2021

- Monday, February 22** “*If you forget, is it Alzheimer?*”
Guest Speaker: Dr Dolly Dastoor- from the McGill University Research Center for Studies in Aging
- Tuesday, March 23** “*Trends in Downsizing- Senior Living Options & Maximizing the value of your home*”
Guest Speakers: Matt Del Vecchio (CJAD radio host, President of Lianas Inc) and Stefanie Cadou
- Thursday, April 29** “*Spring Bus Excursion –Akwasasnee Casino, NY (must have passport)*”
TENTATIVE DEPENDING ON CIRCUMSTANCES
- Tuesday, May 4** **Annual General Meeting**

FOR MORE INFORMATION CONTACT:

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

PROGRAMME DES ACTIVITÉS DE L'APPERQ

IL N'Y AUCUN DÉJEUNER AU RESTAURANT
RÉUNIONS VIRTUELLES UNIQUEMENT
INSCRIPTION REQUISE POUR ASSISTER À CES
RÉUNIONS

2020

- Mardi** «*Assemblée Générale Annuelle*»
Le 29 septembre 10h00
Inscription requise pour être inclus à l'AGA
Plus d'infos à suivre
- Mercredi** «*Introduction à la rédaction de mémoires*»
Le 7 octobre 10h00
Conférenciers invités: Julie Nadler et Malcolm McLean
Reprogrammé à partir du 12 novembre 2019
- Jeudi** «*Une mise à jour sur le projet de loi 40 et son impact sur l'enseignement public en anglais au Québec*»
Le 12 novembre 10h00
Conférencier invité: Geoff Kelley - ancien député et coprésident d'APPELE-Québec (Alliance pour la promotion de l'enseignement public en anglais au Québec)

2021

- Lundi** «*Si vous oubliez, est-ce la maladie d'Alzheimer?*»
Le 22 février 10h00
Conférencière invitée: Dr Dolly Dastoor - du Centre de recherche de l'Université McGill pour Études sur le vieillissement
- Mardi** «*Tendances de la réduction des effectifs - Options de vie pour les aînés et maximisation de valeur de votre à la maison*»
Le 23 mars 10h00
Conférenciers invités: Matt Del Vecchio (animateur radio CJAD, président de Lianas Inc) Et Stefanie Cadou
- Jeudi** «*Excursion en bus de printemps - Casino d'Akwasasnee, NY (passeport obligatoire)*»
Le 29 avril
TENTATIVE SELON LES CIRCUMSTANCES
- Mardi** **Assemblée générale annuelle**
Le 4 mai

POUR PLUS D'INFORMATIONS, CONTACTEZ:

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



Spotlight on Members

2020 Recipients of the QPARSE Honorary Life Membership



Jim MacKinnon



Jim MacKinnon has enjoyed and experienced many aspects of our educational system for he has worked in Quebec's public school system as a teacher, department head and administrator.

After leaving Lindsay Place High School, where he was principal for fourteen years, Jim moved into the field of mentoring. He worked for a number of years for the Lester B. Pearson School Board mentoring new administrators. Those involved in the mentoring project were given the opportunity, under Jim's guidance, to hone their administrative skills with the end goal of becoming truly effective educational leaders. The sharing of ideas with a focus on such essentials as listening skill and building relationships formed the bedrock of the program. He believed in the adage, "They don't care how much you know until they know how much you care" and encouraged his protégés to build relationships based on two pillars, trust and respect.

From the beginning of his career in education, Jim viewed the teaching profession as something highly significant. He often stated, "As a teacher, I have to be the protector of the dream". For that reason, he felt teachers should be reclassified as "agents of hope". He regularly reminded himself of Maya Angelou's observation, "Long after they have forgotten what you taught them, they will remember how you treated them." He routinely reminded students in his care, "Please remember, we want the best for you, and we want the best from you".

Jim is presently a GCEL Program instructor in the Faculty of Education at McGill University. He continues to motivate his students and show leadership in all that he does; education continues to benefit from his expertise. Congratulations to Jim on being recognized!

H. Penn

Betty MacKinnon

Betty MacKinnon has committed her life to education, both as a student and as a teacher.

Betty graduated from the Graduate School of Education at Bishop's University in Lennoxville and started her secondary school teaching career at Macdonald High School in Ste. Anne de Bellevue. Betty retired from fulltime teaching at John Rennie High School in Pointe Claire after a thirty-five-year teaching career. In her last year of teaching, she helped to establish an onsite mentoring program to support both new and veteran teachers. She was then hired on contract to help both elementary and secondary schools set up onsite mentoring programs throughout the Lester B. Pearson School Board. At the same time, she worked as a field supervisor in the Faculty of Education at McGill University, supporting the next generation of teaching professionals. She presently is an instructor in the Graduate Certificate in Educational Leadership, Faculty of Education at McGill working with new administrators and with those whose goal is to go into administration.

Betty is passionate about educational leadership and gets much joy from helping people have success. Her mantra, as she attempts to support and encourage those with whom she has the privilege to work, is that "educators need to have their feet on the ground and their eyes on the horizon!"

Congratulations Betty!

H. Penn



[This Photo](#) by Unknown

Snowbirds planning to head south this winter face hefty health and financial risks.



We know that a lot of our Members look forward to escaping the snow for warmer horizons. However, for many of them, it's more than just a holiday.

There is a significant population of older adults who rely on their homes abroad to make ends meet, delicately balancing the cost of spending winters there with seasonal campground or cottage accommodations in Canada during May to October. For them, not being able to head South means carrying an extra half year's living costs to stay on Canadian soil—a financial hit many simply can't afford to take on top of the rest of the tolls taken by COVID-19.

CARP recently [spoke to the Toronto Star on this issue](#). The following is an excerpt from the article:

A May 17 Ipsos poll indicated that only 20 per cent of Canadians anticipate travelling outside Canada in 2020; 50 per cent would not be at all likely to do so. Undoubtedly, they are influenced by Global Affairs Canada's ongoing COVID-19 travel advisory, recommending that Canadians "avoid all non-essential travel outside Canada and to avoid all cruise ship travel until further notice." The ban has meant that Canadian insurers are not issuing travel health insurance for people who ignore the advisory, putting snowbirds at risk for health expenses related to COVID-19 and other ailments.

Currently, most Canadian insurers are no longer selling individual travel insurance because most policies have a clause that points directly to the government and the threat level in place.

Jana Ray, chief membership and benefits officer for CARP, the advocacy organization for older Canadians, says it's not surprising that Canadian insurers are hesitant to sell travel insurance. "Cases are so high in parts of the United States right now that I can't imagine insurers are ready to offer coverage at this time," she said. "Currently, insurers are taking it day by day and anticipating a second wave, so things are up in the air."

While some U.S brokers are offering travel insurance, CARP urges our Members to be extremely careful when considering their options. The financial risk could very well be balanced against you.

"If you have co-morbidities, such as heart issues, you should consider your travel options very carefully," Ray said. "We don't want people to be underinsured. When you talk about respirators and heart conditions, you could go through \$50,000 in coverage in a week, no problem."

We're always on the lookout for life-enhancing benefits that save our Members money where it matters most.

Do you know of any travel insurance products offering protection for illnesses, including complications from COVID-19? We'd like to hear about them.

Let us know by writing to benefits@carp.ca

THE COVID-19 SQUIRREL SAGA CONTINUES

Back by popular demand, more from our furry friends and their Covid-19 saga!

Unfortunately, due to a set of unforeseen events, the squirrels decided to suspend their daily entries in late June and have been on "hiatus" ever since! Still, it is hoped that you will enjoy some of their exploits up until that time!

Tom Conti

MAY 8 BREAKING NEWS!

A personal valet to President Trump has tested positive for the Corona virus. It is reported that "Potus" was "furious" when he heard this news! As a result, he has ordered that in future he only be surrounded by his relatives. It is unclear if this will include his squirrel "cousins". Nonetheless, our furry friends...of a Republican persuasion...will be happy to serve!!

MAY 9 UPDATE:

Our furry friends were excited to learn that more Canadian soldiers would be deployed to more Quebec & Ontario long term care facilities. Always impressed by a man (or woman) in uniform, some of the squirrels attempted to enlist. Unfortunately, they were rejected as they could not pass the physical due to poor vision, rapid heart beat and height restrictions! Nor did they do well on the written portion of the recruiting process...they can't read or write in either English or French! Dejected, they plan to have their eyes examined for glasses, pacemakers installed and enrol in language classes once the schools reopen.

They're hoping 3 out of 4 corrective measures will do the trick!!!

MAY 11 BREAKING NEWS!!

WHITE HOUSE NOT IMMUNE TO CORONA VIRUS

Upon learning that a second staffer tested positive for Covid-19, the president is blaming his bushy tailed "cousins" for this! Lately, he has been spotted scurrying around & around the oval office chasing the squirrels...without wearing a mask!! He's pretty fast on his feet but the squirrels are faster. They've had lots of practice avoiding "mutts"!!!

MAY 14 UPDATE

It's happened! I knew something was wrong a few days ago...I've tested positive for "ACUTE CABIN FEVER"!!! Symptoms include: watching too much Netflix, overeating, baking more bread than I can eat and waking up too often from a Trump nightmare! The squirrels have offered to provide me emotional & psychological support twice a week from my balcony...I plan to stalk up on peanuts!!!

MAY 15 UPDATE

Our SENIOR furry friends are delighted with the PM's proposed additional payments to both the OAS & GIS benefits!! It has now been two months that they haven't been able to forge for nuts, forcing them to have to order in with an added delivery charge! However, the squirrels are having a hard time convincing the government that since they don't live much past 15 years, they are OLD at 10!!!

MAY 18 UPDATE:

HAIR TODAY GONE TOMORROW??

Have you noticed lately that the PM's hair is reaching record lengths...unlike what could happen if he loses the next election?! It seems the PM lets his hair down on the weekends when he addresses the nation. Our furry friends have noticed and are thinking that they will soon be able to nest, undetected, in his unruly thick mop! Trudeau, for his part, welcomes the possibility of a few squirrels moving in with him at Rideau Cottage!!

MAY 20 BREAKING NEWS!

TRUMP ON DRUGS!!

The president recently announced that he has been taking Hydroxychloroquine daily for the last 2 weeks! What he didn't tell you are some of the severe side effects he has been experiencing. He's been spotted in the Rose Garden late at night burying nuts, drinking from the bird bath and trying to climb up trees!! He has also developed a nervous twitch whenever Melania gets too close to him. Our furry friends are hoping that these side effects will quickly subside as they feel that Trump is giving them a poor image in the public's eye!!!

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MAY 23 BREAKING NEWS!

SQUIRRELS CAUGHT CHEATING...BUT OFFER TO MAKE GOOD!

A significant number of our furry friends have been caught cheating on the Canada Emergency Response Benefit (CERB) program as they are not eligible to receive benefits. As the minimum age to receive the benefits is 15, this excludes most of the squirrels...but it didn't stop several thousands from applying!! To make restitution, they have offered to act as guinea pigs for Health Canada's first serological testing for Covid-19 antibodies. Alas, once again they have been turned down as they don't carry the virus! Nice try guys! They will have to wait & see how the federal government will respond to this fraud!!

MAY 26 BREAKING NEWS!

SQUIRREL CONSTRUCTION BOOMING!!

Our furry friends, never ones to miss an opportunity to benefit from federal handouts, are furiously building high rise nests for at least 10 tenants in order to qualify for the Canada Emergency Rent Assistance Program. The competition amongst the squirrels for suitable trees to conduct these temporary housing units is fierce! Units of one or two bedrooms will be available as early as next week...outdoor plumbing only will be provided!!!

MAY 31 BREAKING NEWS!

TRUMP JUST MIGHT BE OUT OF THIS WORLD IN MORE WAYS THAN ONE!!

The US Federal Government's push for a Corona virus vaccine, known as "Operation Warp Speed", has hit a huge snag. It seems the president thinks this means an airborne ship is needed to complete this operation, similar to Star Trek's "Enterprise"...and he wants to be captain!! He has signed a presidential order instructing the military to build a similar craft as soon as possible. He has also reached out to "Captain Kirk", alias William Shatner, to give him a crash course in flying the craft. Our furry friends, dumbfounded, are convinced the president is off his "rocker" and living in an alternate world. They are launching their own plan to have Trump's aircraft...with him on it...intercepted & sent spiralling into outer space for an undetermined number of light years!!! Kudos to the squirrels!!!

JUNE 1 UPDATE:

Our furry friends are over the moon with the demand for their newly constructed nests! In fact, it outstrips supply by three to one!! These very entrepreneurial squirrels are likely to receive a large chunk of money from the Canada Emergency Commercial Rent Assistance Program...or CECRAP. Interestingly, if you sound out this acronym it sounds like "see crap"! The squirrels insist their new rentals are built with only the best materials and are asking the feds to consider renaming the program!!!

JUNE 4 BREAKING NEWS!

SQUIRRELS ONCE AGAIN WORKING FOR CANADA!!

General Motors, which has contracted with the federal government to produce PPE materials, has hired 50 of our furry friends to assist in making face masks...this given their past experience in doing so while being quarantined at the "Big O" in late March. In fact, several will act as supervisors overseeing production! The 50 sewing machines from the Olympic stadium have already been relocated to the GM plant. This will also save both the government & GM some money as the squirrels, as we know, don't require much in the way of payment!! Once again, they will be "MASKING FOR CANADA"!!!

JUNE 6 BREAKING NEWS!

SQUIRRELS ARE DEVASTATED BY ARMED FORCES REPORTS!!

Our furry friends always knew that the situation in long term care facilities was not perfect but never to the horrific extent described in the recently released army reports. They point to their own system of caring for their elderly which includes: bird baths every 2 days...rain or shine; 65 inch flat screen TVs...and free Netflix; gourmet meals prepared by chef graduates from the "Squirrel School of Peanut Delights"; natural fresh

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air in all nests; extensive entertainment & recreational activities tailored to the needs & abilities of the residents; large, welcoming & esthetically pleasing venues to congregate, mingle & greet family & friends; and most importantly, a qualified, friendly, caring & empathetic staff!! Their motto being: "NO SQUIRREL LEFT BEHIND"!!!

JUNE 8 BREAKING NEWS! SQUIRRELS LAUNCH CONTEST!!

Our furry friends, for the most part nonreaders, are confused by all the new programs the federal government has created to support Canadians during the Covid-19 pandemic. In fact, they find many acronyms used especially difficult to decipher...ECSF, ESB, NMRS, CERB, EWSP, PCTF, CSSG...just to name a few. The squirrels believe they are not alone in this confusion and have launched a challenge to us humans in the form of a contest. The first three people to identify at least five of the above list of acronyms will win an all-expense paid trip for two to "Walt Squirrly Land"! Go to: www.youthinkimdumb.ca for contest rules. All entries must be postmarked no later than midnight, June 13, 2020.

JUNE 15 UPDATE: CONTEST RESULTS REVEALED!

Our furry friends are pleased to announce the winners of their recent contest to decipher the federal government's Covid-19 related acronyms. They feel vindicated in that like them, few people were able to correctly answer five to win. Several "creative" entries deserve special mention:

ECSF...Emergency Canadian Socks Fund

ESB...English School Benefit

CERB...Canada Emergency Readers Benefit

CSSG...Canada Seniors Smut Grant

The winners must agree to have their pictures taken for publicity purposes and incredibly are:

President Trump...no stranger to having his mug shot taken!

Premier Legault...who will pose wearing a mask!

Alvin...who surprised everyone that he can read!!!

JUNE 18 BREAKING NEWS! THERE AIN'T NO RIVER WIDE ENOUGH...

Now that the border will remain closed until July 21st, several of our furry friends have joined forces with two famous groundhogs, Canada's "Wiarton Willie" & America's "Punxsutawney Phil". They have offered to provide safe passage to a pregnant couple who find themselves stuck on opposite sides of the border. Initially, the pair couldn't decide on who should make the trip, using the underground network of tunnels. Our clever squirrels pointed out that since "Jane Doe" (real names being omitted for fear of prosecution) is eight months pregnant & as big as a house, the tunnels would be too narrow for her to make the journey safely. "Joe Doe" is excited that he will be able to witness the birth of his son...despite his fear of damp, dark places!!

JUNE 22 UPDATE: SQUIRRELS REVELING IN GARDENS OF EDEN!

Our furry friends have been enjoying the many decorative items that are springing up in our gardens...especially the variety of gnomes that are popping up! They find them cute and a great place to sit on as they are short in stature and don't scare easily. But what's really making the squirrels happy are the growing number of gardens available for foraging for fresh vegetables, herbs & fruit! The downside is that there's also been a spike in the sale of chicken wire!!!

Tom Conti





Spotlight on Members



Kathleen Gardner



Although Kathleen is still teaching French at John Rennie, she is looking into progressive retirement, and full retirement as soon as the house has been paid for, in three or four years. Kathleen has been able to join us in some QPARSE events in the meantime, along with husband, Patrick Clarke who is an active member.

Kathleen started teaching pastoral animation in the French system, being paid by the church. Discovering that working directly for a school board was much more lucrative, she decided to get her certificate in language education. After a few years teaching at an alternative school, she landed her dream job at John Rennie High School where besides French, Kathleen teaches photography and digital media. In addition she teaches an extra francization course after school for students with little or no French knowledge.

A favourite memory from the classroom is of a student who had a mental block about French. With a project building a toy from recycled material, his mental attitude changed completely and from October on, loved French class. Another favourite memory is tutoring a figure skater who Kathleen is looking forward to seeing in the Olympics one day.

Commuting from Montreal to Pointe Claire by bus or train is a pleasure, especially watching the new REM train construction progressing along the way. However due to fears of Covid, Kathleen will start off the year commuting by car. As Patrick, being a little older, is more vulnerable to this disease, Kathleen is ready to take precautions. When arriving home from work she will put her clothes in a plastic bag and have a shower.

Health of course is paramount to enjoyment of retirement. This past spring, Kathleen suffered from some debilitating issues that were resolved when the doctor diagnosed gluten intolerance, surprisingly surfacing only now. With dietary restrictions and slow reintroduction of foods, life is thankfully back to normal now.

Kathleen and Patrick each have two children from previous marriages and they look forward to a family fishing holiday next summer including the six grandchildren and some of the “exes” who all get along.

Once travel restrictions are lifted, Patrick and Kathleen dream of a trip around Great Britain and Ireland, with many more trips down the road. In the meantime reading, teasing Patrick and walking five kilometers most days will have to suffice.

Claudia Thierry

Editor's Note: Special thanks to Kathleen for being a contributing member of QPARSE in addition to her teaching load. Welcome to the membership!

My Story since March 13, 2020....and COVID-19

Like everyone across the Global world I was aware of the pandemic. I followed the protocol, washed, and wore a mask. However I did go out to shop for my husband and me. I didn't go to many places; I only went to Costco, IGA and my local fruit store, all this against my children's better judgement.

Around 10:00 a.m. on April 1, as usual, I was sitting at our desk in the computer room when my husband stopped by the door. He stood, looked at me and gave me a beautiful big smile to say good morning. Little did I know that this would be the last smile, and the last words he would say to me.

He nodded, went to the front door to get the newspaper. I heard him pull out the kitchen chair. I continued working. Working? I am retired; but I have several full time jobs.

All of a sudden there was a loud crash coming from the kitchen; (I was sure someone or something crashed through the ceiling from the fourth floor). I called Eddy's name as I ran to the kitchen. The only one there was Eddy lying on the floor. Since I had no response from him, I immediately picked up the phone and called 911. Even without a medical degree I could see it was a stroke.

After Eddy left I sent an email out to the immediate family. Our remaining 5 children live all over the world as do our grandchildren. I also emailed the children of one of our friends, one of whom works at the CHUM.

Eddy was taken to the CHUM Hospital out east; we were not allowed to visit. Eddy had a massive left brain stroke which left him without speech, without the ability to swallow, and without the ability to respond to the simplest of instructions.

During that week, our friend Moishe, the doctor, saw Eddy every day. He Face Timed so that we could see Eddy too. It was a great comfort to see him. I am very fortunate to have a large circle of friends and a wonderful family to support me.

I knew that I would have to deal with the loss of my husband. I was prepared for that. I knew that I would not be alone and without support.

However, I also had some family members who wanted me to allow them to speak to the doctors on my behalf; I refused their request. I felt capable. They ignored me.

These same people kept urging me to put a feeding tube into Eddy. I refused their harassing suggestion. Needless to say this was stress I didn't need.

After one week of consultation with doctors using FaceTime, we made the decision to let nature take its course. So, on April 8 Eddy was moved into palliative care. One family member only was allowed to be with him; I volunteered myself. My daughter was allowed to join me on his last 2 days, April 14 & 15.

On April 15, Eddy passed away in my presence and my daughter's. The funeral on April 17th took place at the cemetery with only 10 people present; obviously very different from normal.

Usually after the cemetery the mourners go back home where they are comforted by family and close friends, are fed, and comforted by a steady stream of people. The purpose of Shiva is to remind the mourners that they are not alone and that they are surrounded by community.

Well, in the world of a pandemic I went home alone. I was actually happy to be alone for several reasons. I was happy to quarantine.

What I have left out of my story is that I really wasn't feeling well. I was feeling exhausted, tired and generally lousy. At first I attributed this to the fact that I had spent 2 weeks watching and preparing to lose my husband. But, to tell you the truth, I was concerned that it was something else. I was concerned I might be sick. That is why at the funeral standing on the cemetery every time one of my children attempted to come within 7 feet of me I made a big fuss. (I wasn't about to break the physically distancing protocol.) Actually all those present at the funeral did follow the protocol.

(Continued on page 13)

(Continued from page 12)

So for 1 week I sat Shiva at home, alone. I fed myself and survived the week.

On April 25, 2020 around 6 a.m. I found myself standing in the kitchen. (That is not unusual.)

What was unusual was that I noticed something on the floor near the kitchen table. As I bent to touch it, I was dizzy and felt pain on my forehead close to my eyebrow. I touched my forehead and found my fingers were bloody. In the bathroom mirror, after I washed the blood off, I saw a big cut near my eyebrow. Before I went back to the kitchen I realized that what was on the floor was dried blood. I figured that I must have passed out, and banged my head on the kitchen table. I have no recollection of doing that. Nor do I recall standing up. Nor do I recall getting dressed or how I got to the kitchen.

After telling this saga to a few people, a doctor in the family suggested that I go to the hospital to be checked.

Brilliant me.... I didn't want to infect anyone, so I did not call my daughter, or a friend, or even a cab; I drove myself. When I got to emergency I was immediately given a tetanus shot, registered; I was put on a heart monitor, had a CT brain scan (I do have a brain... hard to believe based on what I had just done), chest x-ray etc. etc.. They did all the usual things for a woman of 81 who passed out and smashed her forehead. But, being pandemic time, they also did a Covid test. I was sure they found my brain during that test too.

After 4 hours they could see that I could breathe on my own and that there was no reason to keep me in the hospital. I got dressed and drove myself home.

Oh, I forgot to mention that by this time I had called my Montreal daughter to tell her where I was and to let the rest of the family know. Needless to say they were livid with me. (They were right. I should never have driven alone either going to or coming home from the hospital.)

The next day I received the call to say I tested positive for Covid-19. I stayed at home in bed all by myself. (I did not want anyone to stay with me.) People were more valuable to me on the outside. They brought me food and drink.



Rena Entus' partial-selfie, May 1, 2020

For 1 month I quarantined, ate 3 meals and a snack each day. (Not a lot; but I ate.) I forced myself to drink. I had to survive.

My children and grandchildren set up a telephone chain to call every hour on the hour to see that I was alive. They sent me an oximeter, to monitor my oxygen level; they sent me special lights to treat my chest area (the lungs); they sent me special vitamin C, and special pills to help my lungs work better.

I was taking those pills and Tylenol for the fever. I stayed in bed for 3 weeks... lethargic, looking like I lost the fight. I was grateful to be alive. I was happy to be alone and not have to talk to anyone. In fact I did not answer the phone except to assure my children on facetime that I was alive and coping.

Several weeks later, when the Covid test bus came into my area I went for a second test, and tested positive again. Was I contagious? I doubt it, as did the nurse. But I had to go back into quarantine for another 2 weeks.

Thank g-d I have been training my whole life to be strong and deal with whatever comes my way

Do I have any lingering side effects? Well, I hope that my hair that I lost grows back. If not, so be it. I hope that my lung capacity reaches the level it was before Covid. Is the damage to my heart or any other organ? Your guess is as good as mine.

Today, September 3, I became a participant in a Covid study by donating several vials of blood.

At least now I can say I am good for something!

I am a very lucky woman. I am grateful. I am thankful for all my support..

Rena Entus

Témoignage - CHSLD



Je m'appelle Alain Rimbault et je suis enseignant de français langue seconde à l'école secondaire publique Macdonald, à Sainte-Anne-de-Bellevue. Suite à l'appel de notre premier ministre Legault pour envoyer des bras pour aider en CHSLD, j'ai donné mon nom à la fin juin sur le site "Je contribue". Aussitôt que j'ai été contacté, j'ai eu deux jours de formation et je suis ADS, Aide de service dans un CHSLD de la rive sud de Montréal. Du 1er juillet au 21 août 2020. J'ai aidé les préposées aux bénéficiaires.

Je m'occupe de nos aînés. Je fais des lits, je nettoie, je plie le linge, je vide les chariots, je donne à manger aux résidents, je participe à leurs toilettes, je me promène un peu avec eux et je les écoute. C'est triste, mais ça m'est arrivé que je les accompagne dans leurs derniers moments. J'ai constaté que, en plein pandémie, de nombreux étudiants du domaine médical et des latino-américains ont commencé à travailler où je suis. L'espagnol est la deuxième langue parlée par les employés, derrière le français.

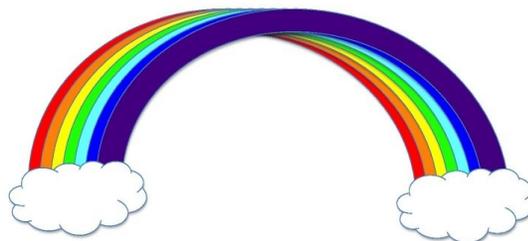
Mon CHSLD n'a plus rien à voir avec les descriptions d'horreur d'il y a quelques semaines. Il y a du monde dans les services (ADS, préposées, stagiaires), on a du temps pour les résidents, la climatisation est dans toutes les chambres et les salles communes et comme nous sommes nombreux, les préposées sont plus calmes. Il y avait des résidents malades de la Covid-19 quand je suis arrivé début juillet, mais à présent ils sont tous guéris. C'était la fin de la première vague. La zone rouge a été désinfectée et supprimée. Tout le monde est testé tous les jeudis. Je travaille avec lunettes et masque, et parfois des gants. ...Et on respecte la distanciation sociale.

Ceci n'était pas la situation auparavant mais je décris ce que je vois. J'ai vu des chambres vides aussi. Je sais qu'il y a eu beaucoup de morts avant mon arrivée, en pleine pandémie. On dit que les gens sont "partis" pour éviter de dire qu'ils sont morts. Il y a aussi des gens vraiment très vieux et très faibles qui ont attrapé la Covid mais qui sont guéris. Une collègue en a conclu: "Mourir, c'est une décision." Je travaille principalement dans deux ailes de Centre et j'ai vu "partir" trois résidents très vieux dont certains souffraient beaucoup. Ce n'est pas facile de voir des gens souffrir, et c'est une situation vraiment émouvante d'apprendre leur décès, après les avoir côtoyés dans leurs derniers jours et voir leurs dernières heures. Je constate que mon Centre a beaucoup appris des premières et terribles semaines de la pandémie. Il est prêt pour une éventuelle deuxième vague, les procédures sont en place.

Je retiens de mon travail que la présence humaine est indispensable au bonheur de nos aînés. Plus nous serons disponibles pour eux, plus la famille leur rend visite et plus agréables sont leurs vieux jours. Ils sont si fragiles, si vulnérables, j'espère que le Québec a appris sa leçon et que les gouvernements présents et futurs vont les traiter avec le respect que je vois à présent dans mon CHSLD. La situation n'est pas idéale, on peut toujours mieux faire, mais on est sur la bonne voie selon moi.

Alain Rimbault

#Çavabienaller



Family Fun and Classroom Humour



This actually happened to me at a local supermarket. I saw a young mother with a child in the produce department. It was obviously her first child because she was spending so much time explaining to the child that what looked like a birdcage was really a scale. The child kept saying birdcage, and the mother was putting apples and grapes on the scale explaining to the child the correct name of the scale. I watched for a few moments and just as the child said scale, and the mother beamed, I walked over and said loudly, "What a strange place to put a birdcage". As the child smiled, the mother turned to me and glared, but then burst out laughing and said to the child, this scale is for the birds!

A *kindergarten* teacher was doing an art class and asked the children to draw a memory and tell the class about the picture. One child drew a house on fire and a fireman coming out the house. When they told the story to the class, the child told the other students he had seen a house on fire and the fireman came out of the house pregnant. The teacher asked the child what he meant by pregnant. The child looked at the teacher in amazement saying you know pregnant, he was carrying a child.

A *mother calls* an elementary school and speaks to the secretary. She says I understand that if I am not comfortable about sending my child to school because of Covid, I can keep her home. The secretary responds, that is correct and asks for the child's name and grade. The mother replies, her name is Anne Brown and she teaches grade three.

"Dad, can you write in the dark?"

"I think so. What is it you want me to write?"

"Your name on this report card."

H. Penn

Good Advice

We may have to live with C19 for months or years. Let's not deny it or panic. Let's not make our lives useless. Let's learn to live with this fact.

1. You can't destroy C19 viruses that have penetrated cell walls, by drinking gallons of hot water - you'll just go to the bathroom more often.
2. Wearing a mask when required, washing hands and maintaining a two-metre physical distance is the best method for your protection.
3. Packaged cargo, gas pumps, shopping carts and ATMs do not cause infection. If you wash your hands as much as possible, live your life.
4. C19 is not a food infection. It is associated with drops of infection like the 'flu. There is no demonstrated risk as such, that C19 is transmitted by food.
5. You can lose your sense of smell with a lot of allergies and viral infections. This is only a non-specific symptom of C19.
6. An aerosol or droplet doesn't hang in the air for too long. This is a respiratory droplet infection that requires close contact or poor ventilation.
7. The air is clean; you can walk through the gardens and through parks (just keeping your physical protection distance).
8. It is sufficient to use normal soap against C19, not necessarily an antibacterial soap. This is a virus, not bacteria.
9. You don't have to worry about your food orders. But you can heat it all up in the microwave, if you wish.
10. You can't be protected from the virus by taking vinegar, sugarcane juice and ginger! These are not a cure.
11. Unless medically contraindicated, wearing a mask for long periods does not interfere with your breathing and oxygen levels.
12. Wearing gloves can have pitfalls; the virus can accumulate into the glove and be easily transmitted if you touch your face. Remember not to touch your face.
13. Even if you eat immune boosting foods, please go out of your house regularly to any park/beach.



Be smart and stay informed!

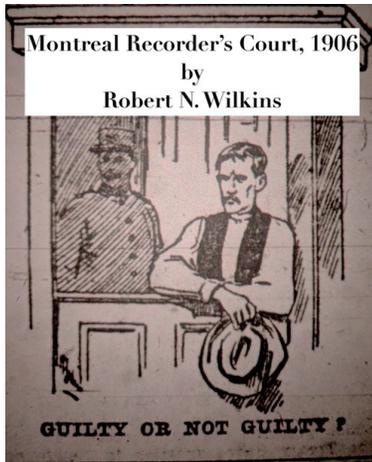
Live life sensibly and to the fullest.

Be Kind...Be Calm...and Be Safe...

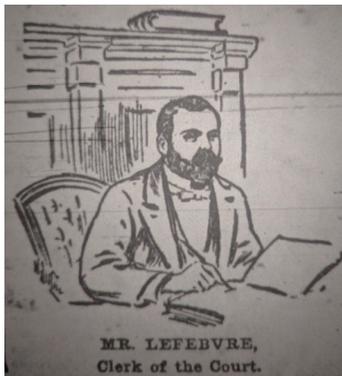
Author Unknown

Montreal Recorder's Court, 1906

By Robert N. Wilkins



In that regard, a total of 12,091 cases passed before the Recorder's Court in 1906, the majority of which ended in summary convictions.



L.A.Lefebvre, Prosecuting Attorney and Clerk of the Court
(The Montreal Star, May 4, 1901)
Picture caption

The 196-page book is divided into three parts.

The first section aims to put this study into some vital historical context. What was happening in Montreal in 1906, the origin of this city's Recorder's Court, and, finally, a wistful look at the old city jail at St. Mary's Current are just a few of the topics that are examined in some considerable detail in the early part of the book. Some vintage newspaper images accompany the narrative.

The second part concentrates on the children who were brought before the Recorder for prosecution. Many were so young that they could barely be seen over the half opened Dutch door in the prisoner's dock portrayed in the image above.

Kids got into all kinds of trouble during the Edwardian Period for all sorts of reasons - some serious, some less so. In the latter category, boys were often brought before the tribunal for taking part in various games on the roads of

the city, like tobogganing in the winter and playing ball in the summer. Many also liked to frighten adults by dropping firecrackers on the street – something I regretfully remember doing as a youngster!

In the more consequential category of crime, however, breaking and entering was not an unheard-of activity for young boys – some *very* young, as the book details. It seemed that a number of the more juvenile cash-starved lads needed money to pay their entrance fee into the various sordid movie houses that were popping up here and there, often in the more disreputable corners of city. These tawdry theatres were, sadly, very popular with children, including many girls.

The final section of the book dwells upon the adults who were brought to the municipal court, more often than not, by city police. As mentioned above, the reasons for their apprehension were as diverse as they were numerous. Some were seemingly trivial (as, for example, failing to remove ice from a rooftop) while others were far more serious (like summertime sexual shenanigans on Mount Royal and in Lafontaine Park). Occasionally, just occasionally, individuals were discovered parading around naked in one of the two cemeteries on the slopes of Mount Royal. One such case involved a 25-year-old by the name of John Howard, who, as a consequence, was brought before the Recorder's Court (fully clothed, I might add!) in June of 1906.

All such escapades are covered in considerable detail in the rather, at times, explicit story line of the Edwardian Period.

(Continued on page 18)

(Continued from page 17)



Children outside Montreal theatre in 1913 (Massicotte Collection / October 25, 1913)

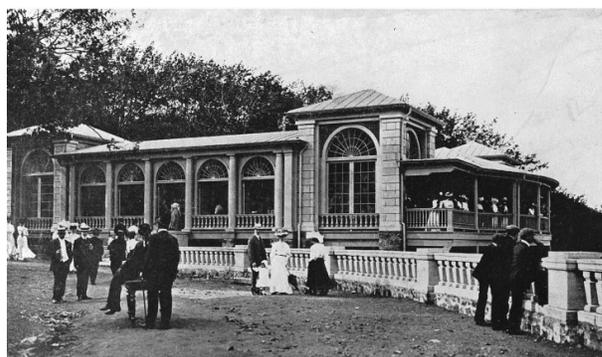
The Recorder’s Court in 1906 mirrored Montreal as it was for so many at the time. Its seeming indifference to much that we hold precious in the age in which we now live, particularly our children, is difficult to comprehend. The very thought of a child summoned before a fully-fledged court of law, let alone possibly sentenced to an adult prison, causes us to recoil with both astonishment and shame.

While ‘*Montreal 1909*’ was published by Shoreline Press, ‘*Montreal Recorder’s Court, 1906*’ is self-published. Although it is available at this city’s iconic Argo Bookshop at 1915 St. Catherine West as well as Paragraph Bookstore on McGill College, it is also easily procured directly from me via Canada Post. The book price is \$20, which includes postage costs. All of the \$20 is being donated to two city charities for homeless men and women: Chez Doris and St. Michael’s Mission.

If interested, my e-mail address is: robertnwilkins@yahoo.ca or at telephone number 514-524-5247



Park Avenue rooftop icicle formations Winter 1906



Mount Royal Park, 1906



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In Memory of Our Dear Friends

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

French-Christie, Mary June—Dollard des Ormeaux

Hanna, Joan Skinner—Baie D'Urfé



Do You know the whereabouts of these members ?

We are still searching for the following members. 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.

Barr, I. Janette—Sussex

Goldwater, Mrs. J—Cote St Luc

Mackay, Linda—Seattle

O'Brien, Lise—Beaconsfield

Still, Ruth Mary—Barrie

Wale, Janina—Montreal

Bellman, Anne—Cote St Luc

Hetherington, R. Evelyn—Ottawa

Mathew, Perumpral M.—Port Hope

Raubach, Roberta D.—Ottawa

Taylor, J. Charlotte—Ottawa

Desloges, Suzette—Lion's Head

Kogut, Edward M.—Willowdale

Morgan, Jan—Westmount

Richard, Madeleine—Montreal

Viger, Dolores C.—Joliette

MY SOUL HAS A HAT

I counted my years
and realized that I have
Less time to live by,
Than I have lived so far.

I feel like a child who won a pack of candies: at first he
ate them with pleasure,
But when he realized that there was little left, he began to
taste them intensely.

I have no time for endless meetings where the statutes,
rules, procedures & internal regulations are discussed,
knowing that nothing will be done.

I no longer have the patience
To stand absurd people who,
despite their chronological age,
have not grown up.

My time is too short:
I want the essence,
my spirit is in a hurry.
I do not have much candy
In the package anymore.

I want to live next to humans,
very realistic people who know
How to laugh at their mistakes,

Who are not inflated by their own triumphs
and who take responsibility for their actions.
In this way, human dignity is defended
and we live in truth and honesty.

It is the essentials that make life useful.
I want to surround myself with people
who know how to touch the hearts of those whom hard
strokes of life
have learned to grow, with sweet touches of the soul.

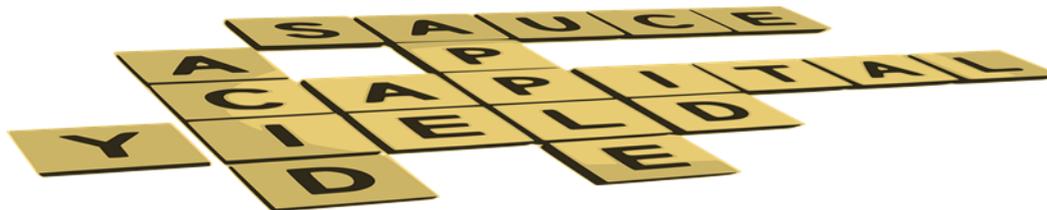
Yes, I'm in a hurry.
I'm in a hurry to live with the intensity that only maturity
can give.
I do not intend to waste any of the remaining desserts.

I am sure they will be exquisite,
much more than those eaten so far.
My goal is to reach the end satisfied
and at peace with my loved ones and my conscience.

We have two lives
and the second begins when you realize you only have
one.

*Written by Mario de Andrade (San Paolo 1893-1945)
Poet, novelist, essayist and musicologist. He was
one of the founders of Brazilian modernism.*

One of my favorite pastimes



For many years, I have had a fascination with the game “Words with Friends.” It is a scrabble-type game that you play online with other people from all over the world. With a few people, I also chat online and learn all sorts of interesting details about everyday life where they are. There is a retired pharmaceutical laboratory technician in Australia, who occasionally comes up with these weird medical words which I have never heard of, and that is what got me to start chatting with her.

As you all know, when it comes to Covid-19, Australians are now in their winter season and going through what we can expect within a few months, when we are all in school. You have also probably heard of Victoria, which is the city where she lives. In Victoria, they are now, once again, in stage four phase of Covid and the people are going through what we may refer to as a second wave. I have put a number of questions to her, which I hope will help us all to better understand what we can expect this Fall and Winter.

In general, this outbreak is getting better and they believe that by the end of September the outbreak will be completely under control. The Australians, in general, do not believe there will be a third wave.

Schools across the country vary in the number of students in classes and the type of mask wearing measures in place, as well as social distancing measures. As in Canada each area is somewhat different. If students or teachers get sick, they close down the school and everybody is in quarantine for 14 days. For the time being, restaurants and bars are closed again and only take-out is allowed for restaurants.

People who refuse to wear masks are paying huge fines in the 1000s of dollars; the rules to follow, in general, were very strict at the onset of the pandemic but have now been relaxed a little. The advice from our friends on the other side of the world is to continue to wash hands, wear masks and social distance.

The flu vaccine this year was a very efficient one in Australia and there were very few cases. In Canada we usually prepare for the same strains that are used in Australia.

I do hope this helps to better understand what is happening on the other side of the world.

Patrick Clarke

What have we learned from the COVID-19 Pandemic?



BE INFORMED:

Know Your Risk During COVID-19

On a scale of 1 to 10, how risky is...

Ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases.

Please assume that participants in these activities are following currently recommended safety protocols when possible.



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15 secondes qui ont chamboulé mon monde!

Un coup de téléphone, pour une rencontre avec une personne.

Elle peut dire oui, elle peut dire non. Elle a dit oui et ce fut bon !

15 secondes qui ont chamboulé mon monde

Elle a dit oui et j'en fus ravie, peut-être un homme nouveau dans ma vie

Un premier rendez-vous et je dois passer le test Cashew.

Il a un chien qu'il me présente si je l'aime j'ai une chance !

15 secondes qui ont chamboulé mon monde !

Rencontre avec les enfants

Quatre garçons c'est essoufflant

Olivier, Pierre-Olivier, Matthieu et Julien

Deux sont à lui et deux sont les miens !!

Quatre enfants presque toujours là

C'était toujours un branle-bas de combat

Ça bougeait tout le temps, sport, école

Je pensais vraiment devenir folle.

Quatre ados dans le frigo j'en faisais une syncope

Le frigidaire ressemblait toujours à un stroboscope !!

15 secondes qui ont chamboulé mon monde !

Vacances au bord de la mer quelle chance

Que de bons moments quand j'y repense !

Sa sœur habite près d'une plage magnifique

Quels moments magiques !!

15 secondes qui ont chamboulé mon monde !

Ça fait maintenant 20 ans et l'amour est encore plus grand!

Mais ils ont grandi et sont partis faire leur vie !

Encore deux à l'école changement de carrière !

Enfin comme parent toujours on espère !

15 secondes qui ont chamboulé mon monde

Les garçons sont tous accompagnés

Enfin j'ai des filles à mes côtés !!!

15 secondes qui ont chamboulé mon monde

Aujourd'hui c'est le grand bouleversement

Nous sommes devenus grands-parents.

K Gardner

Enseignante FLS, Photography and Digital Media

John Rennie High School

Together

With each other cooperation

Together

It is up to us

It is up to all of us

So let's do it

Let's do what needs to be done

Let's do what needs to be done

Me and you

You and me

We are the We

The Human Race needs Us

Plain and Simple

Cooperation is needed

Together we can



Heidi Osterhues Michaeli



Painting #138 "The Golden Reachable Connection"
By Heidi Osterhues Michaeli

Publisher's TIPS

Click on the picture to link to the article.



OSTEOARTHRITIS AND
EXERCISE



CORONAVIRUS DISEASE
(COVID-19): TRAVEL
RESTRICTIONS, EXEMPTIONS
AND ADVICE



CANADIAN SENIOR
FRAUD PROTECTION
KIT

Editor's Picks



TAKING STOCK AND
MAKING GOALS DURING
THE CRISIS



HOW MANY HUMANS WILL BE
NEEDED TO COLONIZE THE
RED PLANET



WHY WE'RE HAPPIER
WHEN WE'RE OLDER

The NILE Virus (Type C)

I thought you would want to know about this virus. Even the most advanced computer anti-virus programs from Norton, McAfee, Malwarebytes and others cannot take care of this one. It appears to target those who were born prior to 1960. This lockdown seems to be increasing the chances of being affected!

Virus Symptoms

1. Causes you to send the same e-mail twice. (Done that)
2. Causes you to send a blank e-mail. (That too)
3. Causes you to send an e-mail to the wrong person. (Yup)
4. Causes you to send it back to the person who sent it to you. (Ah-ha)
5. Causes you to forget to attach the attachment. (Done that)
6. Causes you to hit SEND before you've finished. (Oh no, not again)
7. Causes you to hit DELETE instead of SEND. (Hate that)
8. Causes you to hit SEND when you should DELETE. (Heck, now what?)

This virus is called the C-NILE virus !

A lot of us have already been inflicted with this disease and unfortunately as we age it gets worse. And if you can't admit to doing any of the above, you've obviously caught the other strain - the D-Nile virus.

Author Unknown



One Bowl Chocolate Cake

(adapted from an old Fry's cocoa recipe booklet)



- | | |
|----------------------------|---|
| 1 ¾ cups all-purpose flour | ¾ tsp salt (optional) |
| 1 ½ cups sugar (or less) | ½ cup vegetable oil (instead of shortening) |
| ½ cup Fry's cocoa | 2 eggs |
| 1 ½ tsp baking powder | 1 ¼ cups milk |
| 1 tsp baking soda | 1 tsp vanilla |

Preheat oven to 375F. Grease pan or line the bottom of flat pan with parchment paper.

In large bowl sift together the dry ingredients. Add wet ingredients and mix on medium mixer speed until smooth.

Cupcakes: Bake 20-25 minutes . Makes about 19.

Layer cake: Bake two 9 inch layers 35-40 minutes.

Eight inch square pan: 55 min.

9 x 13 inch pan: 1 ½ recipe, 55 min.,

10 x 15 inch pan: 2 times recipe. Bake 55 min.

Large Bundt pan: 1 ½ recipe. Bake 40-45 min.

Very large layer cake, (ie Black Forest Cake): 1 ½ recipe. Bake in three 12- inch pizza pans, 12-15 min.

Allow to cool 10 min in pans, remove and complete cooling on racks.

Chocolate icing: Melt 3 tbsp butter or margarine and add 4 tbsp Fry's cocoa. Stir until smooth. Add ½ cup icing sugar. Stir in 3-4 tbsp milk. Add 1 ½ cups sifted icing sugar. Let cool a little if you wish so it thickens, otherwise it is perfect to pour over a bundt cake as a glaze.

Claudia Thierry



The Quebec Provincial
Association of Retired
School Educators



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



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- 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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