



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 2021



**Thursday,
October 14**

Dr. Dolly Dastoor.
"Managing Difficult Behaviors in Dementia and Alzheimer Disease"

**Wednesday,
November 10**

Ann Lambert,
Montreal author. *"Social Justice Issues and Creative Writing"*

December - TBA
Special Celebration for the QPARSE 60th Anniversary

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Celebrating Super Seniors

Frances Nemetz

Meet Frances Nemetz, a QPARSE super senior, who recently shared some of her teaching memories with me. Frances was born in Warsaw in 1928 and immigrated to Montreal at the age of 7 ½. She attended Bancroft and later Edward VII schools. She was a teacher in the making even at a young age!



Frances received her Bachelor of Arts and education certificate from McGill University and later her Masters in Mathematics and Science degree from Concordia University. Frances was employed by the PSBGM in September 1950, and had a long and happy career as a teacher and Mathematics consultant. Frances taught at Gardenview, St. Laurent High School, Northmount High School, and her final years in teaching were at Mt. Royal High School as department head. She was married in 1951 and took sabbaticals along the way, to have her three children.

Frances has very good memories, and only positive comments of the many students who were part of her classes. Her love of teaching shines through her words, as she speaks of them. The feeling is reciprocal - the feelings that her students have for her are clear when they meet her. Two years ago, at our QPARSE Christmas luncheon, a retired teacher sat beside Frances, turned and introduced herself. The retired teacher quickly realized that she was sitting beside her former teacher, and her reaction was beautifully overwhelming to watch. She hugged Frances and her genuine affection was clear! She spoke of how Frances had made such an impression, that she was one of her motivations to become a teacher herself. When the yearly assignment of teachers had Frances going to another school, students went to the principal's office trying to have the decision to transfer Frances reversed. She was "loved" so much! It was heart warming to listen to the thanks that were shared, for her devotion and all that Francis did for her students. Today Francis is still very concerned about needy families, especially in the area of hunger and homelessness.

Frances resides at a private Senior Residence where she is still a going concern and loves life. Though she has found the last two years difficult, she maintained

(Continued on page 3)

Editorial

The beginning of September is always an important time for educators. It is filled with emotion as we transition from summer to fall, but also because our internal calendar year, does not start in January like the rest of the population, but in September with the start of classes. We have been conditioned throughout our working years! This transition is especially important this year - with a federal election, a municipal election, school board elections and loaded provincial legislation which can gravely affect the English community. All of this amidst our COVID canvas. To our credit, Quebec does have a very high vaccination rate, despite all of these upcoming events. We count our blessings for that!



In this edition, read Brian Rock's article on the elections, our resident-humorist Tom Conti's diary of the squirrels' meeting the fish with teeth, Sunny's poem in French, Kari's teaching experiences in the North and Sandra Aird's spotlight on Frances Nemetz. I always enjoy hearing about super seniors in our QPARSE midst. By the way, QPARSE super seniors are defined as anyone who is ninety years and older - they have so much wisdom to impart! As teachers, any number of us can be prolific writers if we decide to move in that direction. Therefore, take some time to drop us a line or two about your experiences in education. Send them to me, and we'll be happy to print your writings!

QPARSE is celebrating its sixty-year anniversary, and we've included some pictures from our time capsule - the QPARSE files. Send us some past pictures with identifications, and it will be a pleasure to include them in the winter edition of QPARSE.

Know that the QPARSE News readership has increased again, since the Retired Teachers' Association of Manitoba has asked to receive our newsletter too. They join QPARSE members and AESQ members in sharing our newsletter. We welcome our fellow educators!

Meanwhile, I hope you've received your two doses of the vaccine, are enjoying outdoor activities, are seeing family and friends and most of all...keeping safe! We will see you at QPARSE activities be they, on line or in person, as the situation allows.

Greetings on behalf of the QPARSE News working group,

M. Michielli
Editor
mmichielli@icloud.com



Editor of all

Newsletter working group members

Marzia Michielli - Editor
Terrie Kozaczynski - Publisher
Contributors:
Renate Sutherland, Tom Conti,
Katherine Snow, Patrick Clarke,
Claudia Thierry, Anne Brohan,
Lynn Travers

Next Deadline:
January 5, 2022
Theme:
Passport to Freedom –
Hobbies, Pass times and
Travel

President's Message - Message de la présidente

Welcome back to another year of wonderful activities organized by our Program Committee which is chaired by Carol Klein and Claudia Thierry.

I hope that you found a safe and comfortable place during the incredible heat experience we had during the summer. Water consumption was never such a fulltime activity!

This is a very busy year for us as Canadians, and it is particularly important for us as retired educators, to be aware of things that are happening around us at the school level, and both the federal and provincial levels. Please make sure that you are registered to vote in the school board elections, the federal election, as well as the municipal election. Wow!

ACER/CART our Canadian retired teacher organization has prepared pamphlets and questions that we can ask prospective candidates when they are campaigning. They are posted on the QPARSE website (give address) as well as, the ACER/CART website (give ADDRESS). National Pharmacare, a national senior's strategy, as well as a national long-term care strategy are very important issues. As we know, seniors vote!

The Quebec government is pushing forward on various pieces of legislation that are being challenged every step of the way. We need to pay attention to these prospective laws, as the rights of most Quebecers will be severely affected by them.

I hope to see you at our Zoom activities. I am sure that there is something to catch everyone's interest. Thank you to all our committee members for their work on the newsletter, the website, the finances, and generally keeping all of us relevant in the world.

Have a wonderful year! See you soon,

Katherine Snow



Frances Nemetz (Continued from page 1)

a positive attitude. She loves to walk, and with the help of her trusty walker, Frances takes very long walks without getting tired. Her goal is to be independent, maintain a good quality of life and to continue looking after herself. She still loves to travel and is leaving for Vancouver and Calgary at the end of September. Only the pandemic has prevented her from doing much more!

Frances enjoys going to Scarolies, her favourite restaurant to have her favorite meal - a rack of lamb. As an avid music lover, she particularly enjoys the big band era and Louis Armstrong's songs. She loves hockey and the Montreal Canadiens. She has many hobbies such as reading, crocheting and knitting. She knits hats, scarves, and dolls which are sent to Tanzania.

I have come to know Frances very well and I can fully understand what a fantastic teacher she must have been. She truly is a warm, caring human being and someone I am happy to call "friend."

When asked about her favourite saying, Frances pauses and says, "People plan and God laughs."

Sandra Aird

How is Your Retirement Progressing?

Douglas Nelson, a financial planner who wrote the book *Master your Retirement*, speaks of the five phases of retirement:

Phase 1 = 7 to 10 years before retirement

Phase 2 = first two years of actual retirement, where the person's net worth is the highest

Phase 3 = the active healthy years

Phase 4 = the time when illness strikes, and

Phase 5 = the death of a spouse

What phase of retirement are you in?

Paula Turner, who is in Phase Two of her retirement, had hoped to travel, spend more time with her two granddaughters, zooming with friends, reading more and baking. Now that pandemic restrictions have been eased and she is fully vaccinated, she happily reports that she is occasionally getting together with 3 or 4 friends for lunch, babysitting and taking a First Aid course to renew her skills to keep her options open for potential part time work. It sounds like Paula is beginning to "live" some of her retirement plans!

In Memory of Our Dear Friends

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

Alma Day of Wolfville, N.S.
William Bernhaut of Lacolle, QC
Sylvia (Levitsky) Neiss of D.D.O., QC





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Memories from teaching in northern Norway 70 years ago

My very first teaching assignment was in 1951, when I was 19. I had a certificate from the Conservatory in Oslo to teach Music at the Elementary level - and a few psychology correspondence courses. I signed up to teach in the north of Norway - as I was too young to enter Teachers' College. It was early October when I got there and the days were already short. Daylight would disappear in early December and return end of January.

Beginning of WWII most of the teachers had been arrested in Norway if they did not join the N.S.-the Nazi party. Many went underground teaching in homes, but many were sent to camps in Germany and too many did not return. There was a shortage of teachers after the war. I was offered a teaching position in 'Olderdalen' by the scenic 'Lyngenfjord' which is about 2100 km north from Oslo. It took me over 3 days to get there by train, coastal ship and 7 hours on a bus inland from Tromsø-near the border with northern Finland in Kåfjord county. It was very scenic but one of the poorest in Norway and a community of mostly women during the winter-when the men were away at sea fishing or working in the coal mines at Svalbard.



At the end of WWII, the 'Scorched Earth Policy' had been practiced in the north and only the church and a few barracks remained after the war. New homes had been built but my classroom was in an old barrack. The few broken windows had been replaced with cardboard, the paraffin lamp hung under the ceiling and a fire burned in a potbellied stove in the corner by the door. There was a large blackboard and chalk and a teacher's desk and 20 desks where my grade 1 students sat as I entered, looking in anticipation at the new teacher from the south. They had been without a teacher since June.

We started the day with a song I checked they all knew- and then we got to know each other. I always started our school day with a song. It set a positive tone for the day - yes, we sang a lot. Their dialect was something I had to get used to and they had difficulty understanding me in the beginning. But as the year progressed, we got along very well. The children came to school every weekday for two weeks and then went back to their families and homes -many at some distance -and then I would

teach grade 2 for two weeks.

The inspector visited shortly after my arrival with the curriculum but gave me a free hand. He returned on a regular basis and we had good meetings. He particularly enjoyed the frequent little plays we put on.

For Christmas I had planned a Nativity play until my grade 2 student who excitedly had accepted to play Maria- came crying to me the next day because her parents did not permit her to take part. Some families belonged to a sect with no curtains and flowers in their window sill. They lived a very strict religious life and did not even attend our Lutheran Church that was Norway's State religion until recently when Church and State was separated. The first lesson of every day in school was religion where I would teach Bible stories and hymns.



I formed a small choir with girls from the senior classes and we would sing in our local church and bike over a weekend to a church in another community. Once I rowed with a few from the choir across the fjord to a secluded settlement where we sang. Thinking back, I can't believe the danger we all could have been in and no one had safety gear. A wonder that there was no objection from the parents.

(Continued on page 6)

No Sami children were in my classes but evidently there was Sami blood in some of my students. One day in the spring, we heard a noise like thunder coming down the valley between two mountains to the north, behind us and then hundreds of reindeers ran past our windows and out into the fjord where they swam across and continued up the mountain on the other side. The men in their colourful Sami dress with star caps and leather boots tied up their legs followed in boats with the dogs. I can still feel the impact of that experience.

Food was still rationed in Norway in 1951 and we brought our pink card when shopping at the local store that sold everything from food to equipment and a large barrel of salted herring was strategically placed by the front door. Next to the mayor, I had the highest salary in the community with a bonus for teaching that far north and I could buy as much of the rationed chocolate as I wanted being too expensive for most.



I had a small room on the second floor of the mayor's house next to his offices that I shared with the 3rd grade teacher for two weeks at a time when she came to our school from across the fjord- her other teaching assignment. The outhouse was in the back up the hill a few meters and we fetched water in the nearby stream and had our own paraffin lamp for light. Fortunately, I had my battery - operated radio with me. We had our dinner with our host.

At first when I arrived and the days were getting shorter and the daylight disappeared, I was terribly homesick. Closer to Christmas when I was going to Tromsø to spend the holidays with my parents' friends and family it helped -and when I returned ,the days were getting longer- the daylight reappeared and I felt good about my life in the north.



Later in the year when the community centre was built, the offices were moved over there and we got a larger living room and two small separate bedrooms overlooking the fjord and the magnificent Lyngen Alps. Eventually, the sun was shining day and night and I had to cover my windows with extra blankets to keep the light out at night and the sound from the children who sometime played outside until 2:00 in the morning. People visited for coffee at 3 or 4 in the morning and they laughingly told me that they had slept all winter so they could be awake in the summer and enjoy the light.



The darkness during the winter months did not really bother me in Olderdalen because of the brilliant moonlight on glittering white snow and the Northern Lights, the Aurora Borealis dancing over the sky like waving curtains in green and white and sometimes intense red -like fire. I'll never forget on January 26 in 1952, we saw the sun for the first time that year for a few minutes. It was visible from across the fjord to the south between two mountain tops. That was a big event and we all rushed out of our house and shared the joy.

The wind was at times very strong and once when I was skiing to school and had the wind at my back, it blew me beyond the barrack- I had to throw myself on the snow and crawl back to the school door. The students were waiting inside -having made it safely.

It was at times also bitterly cold and I would sleep with socks, a sweater even a tuque and mitts. I chopped my own wood for my little stove but it did not always burn through the night.

The touring cinema was coming to Olderdalen, a big event and I counted the days. It was on another one of the freezing, cold days but some of us huddled inside the barrack waiting while the technician struggled to start the movie. He finally gave up because the camera had frozen. I could have cried.

The community centre had its official opening in May and most of the men had returned home. After the speeches, when the music started, I noticed the younger men hanging around by the door and outside and I asked my friend why they looked different when they opened their mouths to speak. With a slight smile she said; "They left their teeth at

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Letter to the Editor

Dear Marzia,

So many of us around the world are thinking, and saying to themselves, "How much longer is this COVID epidemic and the restrictions going to last?" Sometimes it is quite unbearable!

So, then I sat down one day, and composed a poem. Perhaps, it may be of some help for everyone to think about, as they go about their daily work and play.

Be Grateful

Be grateful for your eyes and ears, and nose
Mouth and fingers and even toes.
So many of us around the world,
Do not have some of those.

So,

Do remember to see good things around you.
Listen to wonderful sounds of life too.
Smell the scent of flowers and food,
With fingers to help guide these things to you.

Your toes on your feet will help you on your way.
To enjoy being alive, each and every day.



All the best to you and your committee,
(Mrs) Heather Jamieson

Special thanks to Heather for reaching out and sharing this poem with us

Memories from teaching... *(Continued from page 6)*

home- and came to fight". It was time for the teacher to leave. With no dentist around many got dentures as a confirmation present! The next day I bought toothbrushes for my students and had a lesson on dental hygiene. Thinking of my own elementary school of about 700 pupils in Oslo in the 1930's where we had our very own dental office, dentist and nurse who came around regularly and our teeth were checked twice a year.

The school year was nearing its end. It was a great satisfaction that the students had thrived and had learned to read and write during their first year. I realized I would miss them very much. For those of you who have been a teacher for the younger grades you have also experienced 'hero worship' and know it is easy to get used to. I made mistakes during my first year but recognizing this I hope it made me a better teacher. The year in the north matured me and turned out to be a very good learning experience – and college was beckoning.

Kari Balzer Sen Quraeshi
Member of QPARSE

Stay tuned for Part II in our next edition

QPARSE PROGRAM CALENDAR

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

2021

Thursday, October 14	Dr. Dolly Dastoor. "Managing Difficult Behaviors in Dementia and Alzheimer Disease"
Wednesday, November 10	Ann Lambert, Montreal author. "Social Justice Issues and Creative Writing"
December	TBA. Special Celebration for the QPARSE 60th Anniversary

2022

Tuesday, February 15	Janet Kennedy and Alain Lamarre. "Armchair Travel, South Africa"
Wednesday, March 23	Sylvie Corbeil. "Teaching in a Cold and Windy Place...in Time of Covid" (Nunavik)
April	TBA
Thursday, May 3	Annual General Meeting

To register for ZOOM online events, please contact via email one of the following at least one week before the event:

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

2021

Jeudi le 14 octobre	Dr. Dolly Dastoor. « Gérer les comportements difficiles dans la démence et la maladie d'Alzheimer »
Mercredi le 10 novembre	Ann Lambert, Auteure Montréalaise. « La justice sociale et l'écriture créative »
Décembre	À annoncer. Célébration spéciale pour fêter le 60 anniversaire de l'APPERQ

2022

Mardi le 15 février	Janet Kennedy et Alain Lamarre. « Voyage en fauteuil : Afrique du Sud »
Mercredi le 23 mars	Sylvie Corbeil. « Enseigner dans un endroit froid et venteux pendant la période de Covid » (Nunavik)
Avril	À annoncer.
Jeudi, le 3 mai	Assemblée générale annuelle

Pour vous inscrire svp contactez les suivants adresses courriel au moins une semaine avant la date. On vous contactera avec la connexion ZOOM un jour avant l'événement.

POUR PLUS D'INFORMATIONS, CONTACTEZ:

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

Do You know the whereabouts of these members ?

We are still searching for the following members whose mail has returned or whose email has changed. If you know anything about any of them, please let Terrie Kozaczynski know by email at terriekoz@yahoo.com or by telephone at 514-334-2203.

Barr, Janette—Sussex, NB
Johnson, Alene—Gatineau, QC
Mackay, Linda—Seattle, WA
Raubach, Roberta—Ottawa, ON
Taylor, Jean—Ottawa, ON

Goldwater, Mrs. J.—Cote St Luc
Juliano, Terry—Île Bizard, QC
Marksfield, Sylvia—North York, ON
Richard, Madeleine—Montreal
Viger, Dolores—Joilette, QC

Hetherington, Evelyn - Ottawa, ON
Kogut, Edward—Willowdale, ON
Mingie, Walter D.—Ottawa, ON
Still, Ruth Mary—Barrie, ON
Wright, Frances—Ste. Geneviève, QC

Travel Memories



Reliving our 1972 honeymoon in
2019 - Morocco
Claudia Thierry



Reliving our 1972 honeymoon in 2019
- Morocco
Claudia Thierry



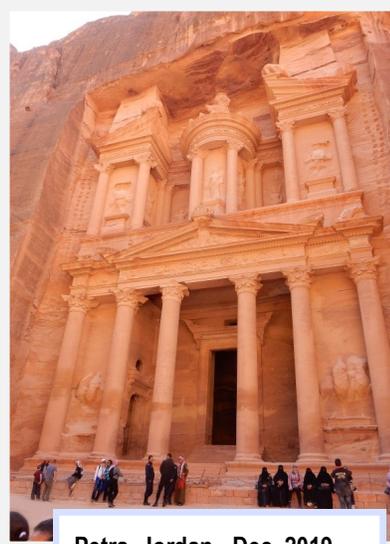
Sampan Rower in Dry Halong
Bay, Vietnam - 2019
Lynn Travers



Illuminée Show in Laval
October 2020
Marzia Michielli



The road less travelled,
Eastern Township
Katherine Snow



Petra, Jordan - Dec. 2019
Terrie Kozaczynski

Please send us your favourite travel pictures.

Home Economics Teachers Reminisce

" Retired PAPT Home Economics teachers meet to celebrate "Sisterhood" in Claudia's garden. Some of us have worked together on an international "Uplift Project" with Home Economics teachers in Nepal, Pakistan and India in the 1990's. Wonderful to get together to reminisce."



From left to right: Kari Quraeshi, Margaret Wallace, Mary Ellen Montague, Sue Piffer, Elizabeth Jennaway-Eaman, Francine Ranger-Smith, Hélène Ansell, Emily Reid, Claudia Thierry.

Zéro Heure

Une jeune fille, la face abattue,
Attend son bus de minuit
Dans les ténèbres de la nuit ;

En un jean, la coupe
Aux hanches ; son décolleté
Laisse voir le dos à nu.

Dans l'allée en arrière
Au volant d'une auto bleue

Un jeune homme, les yeux
Mordus, lui brandit un petit
Sourire bête or trompeur,
Et lui fait signal d'y monter :

"Hey! Viens-t'en!"

Une intense chaleur
Pesante attise l'ardeur.
Du coup, il avance.

"Non, désolée!" s'écrie-t-elle,
Le rabrouant du regard.

"Salope!" dégomble-t-il,
Puis, il frotte les lèvres ensemble
Et crache sa bave buccale.

Comment se dépêtrer
De cet effroyable traqueur ;
De ce vicieux loup à la chasse

Errant, que les flammes
De la passion ravagent?

Elle tente d'occulter
Une énorme frayeur
Qui l'agrippe et la frappe
Comme un séisme fatal.

Dans la distance, les phares
Du bus se voient. Le cœur
Palpitant, or elle regagne
Peu à peu, sa quiétude résiliente
Qui oui, sera triomphante.

Ce poème est dédié au souvenir des
victimes de féminicides et de foeticides.

© Sunny

Le Canada a connu une hausse affolante de femmes tombées victimes de violence conjugale durant la pandémie. Pour remédier à cette tragédie, il est essentiel de croire la femme quand elle craint que sa vie est en danger et elle demande de l'aide, sans la juger ou d'exiger des preuves, dans l'espoir de sauver sa vie. Il reste beaucoup de travail à faire à ce sujet pour changer d'anciennes mentalités et de stéréotypes.

© Sunny

Référence à lire:

<https://ici.radio-canada.ca/nouvelle/1778820/meurtres-femmes-violence-conjugale-canada-augmentation>





Spotlight on Members



Margaret Wallace

Margaret, newly married, arrived from Scotland with her husband in 1960. Since there were no job openings in high school, Margaret consented to doing a six-month replacement in a Grade 4 class at a PSBGM multicultural inner-city school. There were 36 students in her class and Margaret thoroughly enjoyed teaching all the subjects, including French. Some of the mothers had heard about this strange woman with the funny accent and came to check her out. Margaret remembers the principal who called her a colonial and told her that she would never make it here. She was vindicated when at the end of the school year he asked her to stay on.



Pat Holcomb, consultant, was instrumental in getting Margaret a high school home economics position at Malcolm Campbell the following year. Several years later Margaret and her husband returned to the UK and then after four years, came back to Montreal. She then taught at Northmount and Outremont High schools.

In 1972 Margaret became the PSBGM Home Economics consultant, and later assistant director of all vocational programs for which she oversaw the programs and the budget. During this time she was also a founding member of the Quebec Home Economics Association and soon thereafter president of the Canadian Home Economics Association in the 1980's. It has been said of Margaret that she has a great capacity for work. Her dedication to her profession and her leadership skills were much esteemed.

Margaret was passionate about Scottish country dancing which is no longer possible due to balance issues. In retirement she began volunteering at the Royal Victoria Hospital which she loved, until covid hit. Travel is on hold, however Margaret has been fortunate to have traveled to Europe, South Africa and cruised through the Panama Canal. These days her interests include knitting for a church charity, reading, OSM concerts, Tai Chi, and seeing virtual plays at the Segal Centre. Margaret is also on the board of the St. James Literary Society which offers a lecture series, nowadays via Zoom.

As a former student teacher under Margaret's tutelage and later as a colleague, we share many years of memories.

Claudia Thierry



A PIECE OF THE ROCK

The Calling of the Federal General Election: A Commentary by Brian Rock



A Piece of the Rock

The 44th federal general election need not have been held until Monday, October 16th, 2023, as determined by the fixed-date provisions of the **Canada Elections Act** which requires federal general elections to be held on the third Monday in October in the fourth calendar year after the polling day of the previous election.

As we finally exited the third wave of the pandemic and praying that any fourth wave will have minimal effects, there was no valid reason to call an election until 2023. Mr. Prime Minister, political expediency is not a valid reason to demand an election writ from the Governor General - especially, when the various polls do not guarantee that you will achieve the “Holy Grail” of a parliamentary majority. Recent polls reveal that the most popular party leader is Jagmeet Singh, and that the Prime Minister and the Leader of the Official Opposition both seem to be spinning their wheels. And furthermore, the polls also clearly demonstrate that the majority of electors see no reason for an election, even a majority of the voters who normally support the Liberal Party of Canada.

Complicating measures are not only the government introduction of Bill C-32 in the House of Commons promoting asymmetrical federalism, but also the actions of the Prime Minister, his cabinet, and the overwhelming majority of M. P.s voting in favour of the Bloc Québécois motion introduced by BQ Leader Yves-François Blanchet in support of the constitutional amendments 90Q.1. and 90Q.2. in Bill 96 which was introduced in the National Assembly of Québec by the Coalition avenir Québec government:

“CONSTITUTION ACT, 1867

159. The Constitution Act, 1867 (30 & 31 Victoria, c. 3 (U.K.); 1982, c. 11 (U.K.)) is amended by inserting the following after section 90:

FUNDAMENTAL CHARACTERISTICS OF QUEBEC

90Q.1. Quebecers form a nation.

90Q.2. French shall be the only official language of Quebec. It is also the common language of the Quebec nation.”

So how are Anglophones, Allophones, federalist Francophones, and libertarians – quite a coalition of electors – supposed to vote in the next federal election? This significant population of dissatisfied citizens has a plethora of options before them: just decide to stay home; spoil their ballots; hold their noses and vote Liberal; or vote for one of the other “*federalist*” options: Conservative, the New Democrats, Green, or one of the Independent candidates, especially if one openly campaigns against Bill C-32 and Bill 96.

What else can you do? You can volunteer and get involved with one of the groups opposing Bill 96 and Bill C-32: a member organization of the **Quebec Community Groups Network (QCGN)**, or the new group, the **Task Force on Linguistic Policy**, that has been busy at work establishing regional chapters across the province rallying support to challenge both Bill 96 and Bill C-32 if and when those pieces of legislation pass third reading and receive assent in the National Assembly of Québec (Law 96) and the House of Commons and the Senate (Law 32)

Furthermore, you can also call the offices, email, and/or write and send snail mail letters regarding Bill C-32 and the Bloc Québécois motion to: the Prime Minister, the Minister of Economic Development and Official Languages, and/or your Member of Parliament (M. P.); AND/OR regarding Bill 96: to the Premier of Québec, the Minister of the French Language, and/or your Member of the National Assembly (M. N. A.) expressing your views politely, but firmly.

But always be prepared to vote your conscience because:

“They say if you don't vote, you get the government you deserve. . . And if you do, you never get the results you expected.”
— *E. A. Bucchianeri*, author

What are QR codes?



Now that most of us have a QR code for the vaccinations that we received, many of us have asked ourselves what is the QR code and how does it work.

First of all QR stands for "Quick Response."

While they may look simple, QR codes are capable of storing lots of data. But no matter how much they contain, when scanned, the QR code should allow the user to access information instantly – that is why it's called a Quick Response code.

For example: those of us that have a smartphone and have downloaded the app called Vaxicode have a QR code that pops up. Those of us who do not have a smartphone have a printout with the QR code on the paper.



In Quebec we have to show our Vaxicode or QR code when we enter a restaurant, gym, or any event where a lot of people gather. When the person is checking your Vaxicode, that person on his smartphone has a QR scanner and therefore will be able to see instantly that you have had 2 vaccinations, where they were taken and when they were taken and your name.

A QR code is a type of barcode that can be read easily by a digital device and which stores information as a series of pixels (includes lines, squares, dots, polygons or other geometric figures) in a square-shaped grid. Standard barcodes can only be read in one direction – top to bottom. Think of how your groceries are scanned. That means they can only store a small amount of information, usually in an alphanumeric format. But a QR code is read in two directions – top to bottom and right to left. This allows it to contain significantly more data.

The data stored in a QR code can include website URLs, phone numbers, or up to 4,000 characters of text. QR codes can also be used to download an app, authenticate online accounts and verify login details, access Wi-Fi and many more uses.

So, if you have on your smartphone a QR scanner app or some smartphones have a built-in QR scanner in their camera, you will be able to scan a QR code wherever you may see one. For example on television, when you see some products for sale, you scan the QR code and it will take you directly to the site.

For a more detailed account of QR codes, please refer to the reference listed below.

Terrie Kozaczynski

Ref: <https://www.kaspersky.com/resource-center/definitions/what-is-a-qr-code-how-to-scan>

Breaking News: Squirrels Seeking a New Smile: A Fishy Story!

You may have read about the 9 pound Sheepshead fish that was caught in North Carolina that was sporting human-like teeth. Our furry friends have reached out to the famous fish to know how they can improve their own look. Alas, the fish has responded that it was idly swimming in shallow water and being naturally curious, accidentally sucked up a set of human dentures that had been lost in the water by a retired senior!

Undaunted by this response, the squirrels have contacted the Canadian Dental Association to see if it can help them out...especially now that they will likely come into contact with more of us humans this fall, as pandemic protection rates go up.

A dedicated group of CDA member dentists, from across Canada, have "pooled" together and are actively working on a squirrel denture prototype. A pleasant smile they feel, will hopefully go a long way to bring man and rodent closer!

The cost for this research is to be borne by the federal government...another election promise?! The squirrels are ecstatic with this news as no matter which party wins the election, all have included this promise in their respective platforms. Who said minority governments can't work?! Stay tuned or perhaps I should say congratulations to the winning party...the squirrels!! Our furry friends are happy to report that their vaccination rate has reached 98%!

Tom Conti



Mitigating the effects of Climate Change?



This is a question which has been bothering me for some time. Here in Canada, we live a somewhat spoiled life. I feel I have lived a very privileged life, having been able to work and earn for 43 years. I have always had enough to eat. I was able to buy a house and have earned a pension and am now living my retirement years, not rich but financially secure in my own house.

But I am part of a generation who have been great consumers and will leave behind us oceans polluted with plastic and other even more toxic substances, a world experiencing enormous challenges from extreme weather conditions caused in large part by human induced greenhouse gas emissions, water shortages and huge areas of new deserts.

You may feel that one person cannot do much and that you are not using plastic bags is not going to make much difference. However, every little helps and I have looked at the ways I might try to reduce my carbon footprint. Here are some of the ways I am trying and would encourage you to do the same and try to get others in your network to try as well.

Reduce, reuse, and recycle are the ways we can make a difference.

Reduce: Use of water and energy:

Install water saving faucets in the house. Run the dishwasher only when full. Wash clothes in cold water and hang them to dry rather than using the dryer. Install LED lighting. Caulk windows and doors. Buy only energy efficient appliances. Match the pot to the burner on the stove by always using a burner smaller than the pot. Turn down the heat in rooms you are not using. Use your computer to communicate rather than paper, to pay bills, send in your taxes etc. Reduce meat consumption. Livestock create an enormous amount of greenhouse gas.

Plastics:

Avoid as much plastic packaging as possible. Use reusable shopping bags. Use mesh bags for fruit and vegetables rather than the oh so convenient plastic bags. Use glass rather than plastic for storing food.

Buy local:

Buy locally grown food and other goods to reduce transportation.

Reuse:

Make sure every plastic bag is used more than once. Send clothes you no longer use to the charity shops or consignment shops to ensure they are re-used. Reuse glass jars for storing foods and hardware items such as nails and screws.

Recycle:

Recycle everything you can. Be aware that very little glass put in recycle bins actually gets recycled. Find out if your municipality has a special glass recycling program.

If you already do all these things pat yourself on the back. Because you are already trying to save the planet you probably have lots of other ideas. Feel free to send them to me and we will post them in the next Newsletter.

Ann Brohan

abrohan@gmail.com

A Blast from the Past



Spring 2017
Fall 2017



Fall 2013



Nov. 2012



Spring 2019



June 2013

Oct 2017



Spring 2017



My First Day On The Job!

On my first day of class in September 1957 at age 19, with an Intermediate Certificate in hand in Lachine, I met my “double grade” of grade 5 and 6 pupils. Today, we call it a “5/6 split class”, back then we called it a double grade and there were 11 students from each grade. I had trained in early education, so I had no idea what to do with a double grade, or a grade 5 or 6 for that matter!

I let the class in, opened the register, and started to take attendance in a game sort-of-way. I wanted them to see that I used “fun” as much as possible to help them learn. That was my first mistake!!



I asked them to say their surname when I called their first name. The first boy, Bryan, age 16, in grade 6, a Marlon Brando look-a-like and my favourite actor then, answered politely, “Dey, thank you, ma'am”. I praised him for his good manners and continued on with “Wayne”. “Wayne” answered “Shuster”. I praised him also, for being so clever. However, I later learned that he tended to be visited by the Police three times every month for stealing purses from ladies at the market in Lachine. I continued, “Roy” answered “Rogers”, and his answer was followed by more praise for being clever. Then a little grade 5 boy, “Billy” answered the “kid”. Praise again was quickly shared.

“Robert” couldn't think of anything to say so I suggested “Young” from “Father Knows Best”. They didn't know who that was, and I realized that the children were underprivileged – they had no TV and no extra toys or books for them. These I later provided as the year went on. As attendance-taking continued, the girls answered correctly and politely, and I completed the roll call. I then asked them to copy a list of items needed for the month, only to discover that they had no paper or pencils. Unfortunately, neither did I, so since the time to leave had come, I dismissed them. They could copy the list tomorrow, and off I went to stock up on coffee, and tell my story.

We were taught to be sure we had complete control of the class, the discipline and authority, by the end of October. Or as conventional wisdom stated, all “H---” would break loose! We were also told to carry out whatever “threat we made”. I was beginning to worry.

Just after Thanksgiving Roy Rogers was acting up really badly, for a day or two, and I blew my cool!! “Enough Roy, or you shall get the Strap!! Spilled the words from my mouth. ...What did I say?! I nearly fainted, as I had never hit a kid in my life. I told the head teacher what had happened, and all I knew is that I wanted a way out of this situation – it was an empty threat.

The next day Roy and I went up to the Office, he with a big grin and I shaking like a leaf. The Head took out a huge, leather satchel with large brass handles, opened it and out came a huge leather ledger, in which she wrote the date, actual time, teacher, pupil, and actual number of STRAPPINGS !! My God, what do I say and do now??? I choked up and didn't know what to do. In another heavy box there it was the STRAP!! I could not do this! I held his forearm, and slowly touched him with it. I did not hit him but what a show he put on, an Academy Award performance even though I had not hit him with the strap.

The Head really had to laugh, quietly thank goodness, as Roy had surely put on a great show. As we neared the classroom door that I had left open, I asked him to wait while I listened and not a peep was heard from the class. In we came, and Roy added more emotion to his act, and collapsed into his chair. I too collapsed into my chair, took a deep breath and tried to calmly ask the class to write out some times tables until the last ten minutes of the morning were over.

The whole experience took only a few minutes, but it has remained in my head and my heart up to the present day. It had lasting effects on the class however, as they went out of their way at all times to do their best, behave, listen and learn for the rest of the year.

From that day on, I never threatened corporal punishment again, positive psychology was the best technique, no threats or medication (as I hear about today) were necessary. Even repeating the year over and over, as Bryan had done, I felt was wrong too.

I retired in 1990 after 33 years of the best work and fun ever, always grateful for choosing such a wonderful career.

Catherine Pollock

Publisher's TIPS

Click on the picture to link to the article.



CELL PHONE
ADDICTION



PREPARE TO PAY
CAPITAL GAINS



THE IMPORTANCE
OF ADVANCE CARE
PLANNING



HOW STRESS HITS WOMEN'S
BRAINS HARDER—AND WHY
MEN DON'T ALWAYS GET IT

Editor's Picks



THE PERKS OF BEING AN
OLDER ADULT



THE LONGEST-LIVING PEOPLE
IN THE WORLD EAT THESE 4
ANTI-INFLAMMATORY SPICES
EVERY DAY



WHO INVENTED THE
DISHWASHER, WIND-
SHIELD WIPERS ETC.?



THE AMAZON
RIVER VIDEO

What is a paraprosdokian?

Used for humorous or dramatic effect, a paraprosdokian is a figure of speech, in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader or listener to re-frame or re-interpret the first part.

Some paraprosdokians not only amend the meaning of a phrase, but also play on the double meaning of a particular word, creating a form of syllepsis.

Winston Churchill loved them, hopefully you'll love them too. Here are a few:

1. If I could just say a few words, I'd be a better public speaker.
2. I haven't slept for ten days, because that would be too long.
3. Money can't buy happiness, but it sure makes misery easier to live with.
4. Change is inevitable, except from a vending machine.
5. If I agreed with you, we'd both be wrong.
6. War does not determine who is right - only who is left.
7. I sleep eight hours a day and at least ten at night.
8. On the other hand, you have different fingers.
9. She got her good looks from her father; he's a plastic surgeon.
10. A fly was very close to being called a land, because that's what it does half the time.
11. A bus is a vehicle that runs twice as fast when you are after it as when you are in it.
12. I didn't say it was your fault; I said I was blaming you.
13. The voices in my head may not be real, but they have some good ideas!
14. Where there's a will, I want to be in it.
15. I can read minds, but I'm illiterate.
16. I thought I wanted a career; turns out I just wanted paychecks.
17. I always take life with a grain of salt, plus a slice of lemon, and a shot of tequila.
18. The difference between stupidity and genius is that genius has its limits.
19. If everything seems under control, you're just not going fast enough.
20. You're never too old to learn something stupid.

Moroccan-Spiced Chicken

from a Martha Stewart magazine



Prep time: 5 minutes, **Total Time:** 50 min

- 1 tsp ground cinnamon
- 1 tsp ground coriander
- ½ tsp turmeric
- ¾ tsp pepper
- 1 or 2 tsp salt
- ¼ tsp cardamom
- ¼ tsp cumin
- 2 tablespoons extra-virgin olive oil
- 4 lb chicken pieces, with or without skin
- Coarse salt and fresh ground pepper
- 1 lemon, quartered



Place a rimmed baking sheet on the centre rack of oven. Preheat to 450 F. (I put it at 425F) Mix spices, 1 or 2 tsp salt, ¾ tsp pepper and oil in a small bowl. Rub spice paste all over chicken.

Arrange chicken in a single layer on hot sheet and arrange lemon wedges around the chicken. Bake until chicken registers 165 F internally, 30-35 minutes. Let stand 10 minutes and season with more salt and pepper if desired. Serve with pan juices and lemon wedges.

Note: If you would like to thicken the drippings, use 2 tsp of cornstarch mixed with a little cold water, add about 2 cups of pan juices and zap in the microwave until thickened. The chicken is even tastier if you let it soak in the spices for a while before roasting. Oven-roasted slices of eggplant (no seasoning required just brush with olive oil), and a bed of rice or couscous make a nice accompaniment. My favorite is the tangy roasted lemon wedges, skin and all.

If you would like to submit a recipe or have any questions regarding the above recipe, I can be reached at cthierry@aei.ca or call 514-457-2499.

Submitted by Claudia Thierry



The Quebec Provincial
Association of Retired
School Educators



Association provinciale
du personnel
d'enseignement retraité
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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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