



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'hiver/Winter 2021



Monday, February 22
"If you forget, is it Alzheimer?"

Guest Speaker:
Dr. Dolly Dastoor

Tuesday March 23
"Trends in Downsizing- Senior Living Options & Maximizing the value of your home"

Guest Speakers: Matt Del Vecchio and Stefanie Cadou



Best Wishes for a Happy New Year
Meilleurs vœux pour la nouvelle année

Squirrel Saga

Dear readers,
Many of you (?) have been asking what has been happening with our furry friends during this continuing Covid-19 pandemic. You may remember that back in June they went on hiatus and...never returned! I reached out to some of the squirrel elders for some input. I hope you can find some humor and levity in what I learned, we can sure use some right now!

"Masking For Canada"...a small squirrel start up business, begun in Montreal late last March, has mushroomed into a Canada wide operation. It now employs over 2,000 of our furry friends in major cities across the country! Most of the profits realized, go to improving the quality of life for many of the elderly squirrel population.

Several boroughs in Montreal are presently experiencing some of the highest rates of Covid-19...Saint Laurent being one of them. I was wondering why I have been seeing fewer squirrels on my daily walks. It seems that many of our furry friends have moved south...to the Town of Mount Royal...saying something about better trees and overall safer living conditions??!!

Our furry friends, with their keen and superior vision (have you ever seen a squirrel wearing glasses?!), have once again noticed that the Prime Minister's hair is getting long and somewhat unruly. The owners of "Squirrely Cuts" have offered to give him a haircut and a free manicure. They are hoping Justin will take them up on their offer...of course not until non-essential businesses are re-opened!

Many of our four legged friends are reportedly happy to see the re-opening of schools. Seeing so many young people congregating on street corners during the day makes the 8pm to 5am curfew more bearable! But, they do wonder if infections may continue to rise via kid transmission...they may have a point.

The squirrels are "over the moon" with the arrival of the Pfizer and Moderna vaccines. However, many are visibly upset that they are dead last on the priority list to get vaccinated. They point to the many ways they have been pitching in over the last ten months to help fight the pandemic...mask making, emotional support, just to name a few. They insist that they are providing essential frontline services!!

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Editorial

In 2020....

We baked banana bread, and continue to bake,
 We cooked and cooked, and continue to cook some more,
 We watched much television, and now try to reduce,
 We worked on the 1000-piece puzzle, that's close to completion,
 We learned how to ZOOM, and it's now a staple,
 We found silver linings, one day at a time,
 We wrote gratitude journals and continue the entries,
 We checked on neighbours, friends and family,
 We did that and more!

Congratulations, we weathered 2020 and hopefully became more resilient in the process.



Although the past year has been challenging and somewhat of a rollercoaster; we still have a lot to be thankful about. The vaccine rollout has begun, so help is on the way to move us towards better times. 2020 was the start of a tipping point for change, a pivotal year, and as such we are living through history in the making. Some days, we must remind ourselves that just getting through the day is good enough! Tomorrow will be a better day! If we can be of assistance - please feel free to reach out to any member of the QPARSE Board of Directors. We would like to help, even if it is just to be a receptive ear!

On behalf of QPARSE News, we wish you and your loved ones much health and happiness for the New Year. May 2021 be an excellent year!

In this issue we thought we would highlight the work of vocational education teachers. We shine a light on Patrick Clarke, a retired professional cuisine teacher (page 5) and Marisa De Angelis, a business education teacher (page 4). In addition, the adventures of our squirrely friends are back by popular demand, because we need a little levity!

Our pets are a constant source of support and we thought a contest would be a fun way to highlight all of our special friends, check out page 8 for contest details. Send me pictures of your pets and you'll have a chance to win a prize.

By the way, if you have some time on your hands and would like to submit an article for QPARSE NEWS, we'd be happy to include it! If it's a topic of interest to you, then I'm sure it will be of interest to QPARSE members as well. The theme for the next newsletter is always included at the bottom of this editorial page.

Meanwhile, check out the QPARSE program and make plans to join us for our virtual activities and remember to friend us on Facebook (www.facebook.com/QPARSE).

Best wishes for 2021,

Marzia Michielli
 Editor
mmichielli@icloud.com

Newsletter working group members	
	Marzia Michielli - Editor
	Terrie Kozaczynski - Publisher
	Contributors: Renate Sutherland, Tom Conti, Katherine Snow, Patrick Clarke, Claudia Thierry, Anne Brohan
	Next Deadline: April 30, 2021
Editor of all	Theme: Anticipating New Beginnings

President's Message - Message de la présidente



Dear Friends and Colleagues
Chers Amis et Collègues

Welcome to 2021! May this year be a good one for you in terms of health and happiness.

In preparing to write this New Year message, I looked back at what I wrote last year before the full outbreak of the pandemic. I was recovering from a bout of laryngitis and said that I had learned to slow down and smell the flowers. Little did I know that the rest of 2020 would be indeed slowed down, and it would allow me plenty of time to smell the flowers.

Bienvenue en 2021 et que cette année soit une bonne année pour vous en santé et en bonheur.

En me préparant à écrire ce message du Nouvel An, j'ai repensé à ce que j'avais écrit l'année dernière avant le déclenchement complet de la pandémie. Je me remettais d'une laryngite et je disais que j'avais appris à ralentir et à sentir les fleurs. Je ne savais pas que le reste de 2020 serait effectivement ralenti et me laisserait beaucoup de temps pour sentir les fleurs.

This year, I am suggesting that we look back at 2020 to see what lessons we have learned and to plan for a new normal way of living in which we enjoy every day. Every day, we should take time to reach out to friends and family (even if only on Zoom!!), be grateful for living in a country like Canada and count our blessings. As we become more encouraged by the increasing availability of a vaccine, we must continue to protect ourselves with simple measures such as wearing a mask in public, washing our hands more frequently and avoiding meeting in large groups. Hopefully these safety measures will become a standard way of life, even once this pandemic is brought under control. These simple measures can only be helpful in making us all more secure in all health situations.

At QPARSE, we continue to work to provide our members with virtual ways of getting together, consider hearing from interesting speakers, or just to have some fun. Please be sure to check out the upcoming events planned for this spring. Our Program committee is working hard to provide these wonderful opportunities.

Chez QPARSE, nous continuons à travailler pour fournir à nos membres des moyens virtuels de se réunir pour entendre des conférenciers intéressants, ou simplement pour s'amuser. Assurez-vous de consulter les événements prévus pour ce printemps. Notre comité du programme travaille fort pour offrir ces merveilleuses opportunités.

We are also continuing to produce our newsletter based on themes that are captivating and informative. Our Newsletter team, led by Marzia Michielli and Terrie Kozaczynski, put in many hours of time to produce excellent newsletters and I thank them for this.

In 2021, I encourage you all to live each day fully and joyfully. Keep busy with activities that stretch your minds, bodies and spirits. Take time for yourself and reach out to others when you feel the need. May Peace, Love, Joy and Hope be with you all.

En 2021, je vous encourage tous à vivre chaque jour pleinement et joyeusement. Tenez-vous occupés avec des activités qui étirent votre esprit ainsi que votre corps. Prenez du temps pour vous et tendez la main aux autres lorsque vous en ressentez le besoin. Que la paix, l'amour, la joie et l'espoir soient avec vous tous.

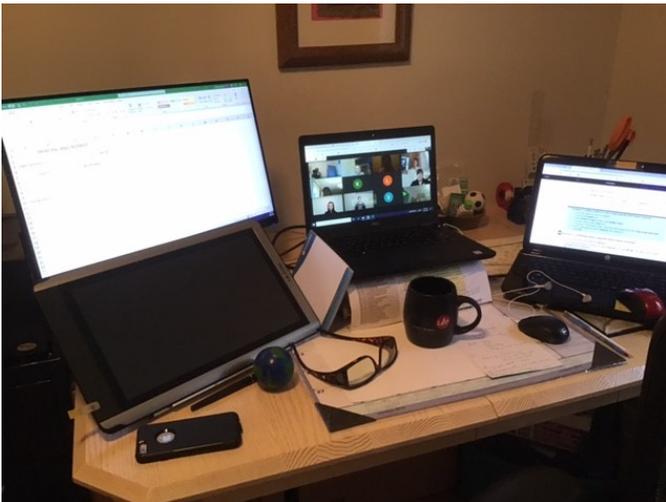
Jan Langelier
 President

Online Teaching

To train today's workforce is a vocation for Marisa De Angelis, and she takes this responsibility very seriously! The skills Marisa imparts will carry her students forward into their new chosen career. Marisa is a business teacher at the Lester B Pearson School Board, the Treasurer of the Quebec Business Teachers' Association and the Accounting Content Specialist for Recognition of Acquired Competencies (RAC) for the LBPSB. Marisa definitely keeps busy. She has been teaching in the Accounting Diplôme d'études Professionnelles (DEP) program since 1999. Marisa is on progressive retirement and also volunteers on the QPARSE Board of Directors as Treasurer. Marisa definitely keeps busy! Seeing that Marisa is still teaching we have asked her to give us some insight on what it's like to teach virtually in the present context in the vocational education sector.



Before Marisa starts her module, she has to upload all the materials that she will need to teach that class, she then invites all the registered students to the classroom via email. The platform Marisa uses is Google Meet to communicate with her virtual class. Online classes run from 8:30 to 3:30 daily, with a one-hour lunch break.



On Marisa's desk there are two computers and a writing tablet (which doubles as a monitor), one is for the classroom where she can see and observe everyone; one is to have access to the e-textbook or other resources. The writing tablet is used as a whiteboard where she can write on it with a pen to project and share materials with the students. It also doubles as a monitor so, when students are in breakout rooms, she would use this screen to communicate with the student. Breakout rooms are meeting areas that permit meeting one-on-one with a student or having the ability to assign students to a group to work together in a different room.

The major barrier that Marisa had to overcome was self-training, as no training had been provided. Therefore, the first go-around was quite difficult both for the teacher and the students, since the students are also trying to adapt to this method of learning and the use of technology. The other difficulty was non-compliance from students, especially in one module where she had 22 students and some students refused to complete the assigned work. The students were expecting Marisa to complete all the exercises for them. Another challenge was the students constantly using the chat box, to chat amongst each other during teaching time.

Marisa also recounts that a student who admitted having ADHD was constantly moving while in the virtual classroom. He would be jumping up and down (on his bed or chair) he would shout out questions by talking over others. This, she found very distracting on the screen. Eventually her only solution was to ask the student to keep his video turned off and he was given time every afternoon in the breakout room for one-on-one teaching.

In vocational education final marks come from a final exam with dichotomous markings —pass or fail. The students' are evaluated at the end of the module's teaching time. The exams are held in a computer lab at the centre, according to the rules of the Ministry of Education. On exam days, Marisa would go in early to sanitize the room

(Continued on page 10)



Spotlight on Members



Patrick Clarke



Meet Patrick Clarke - a Retired vocational education teacher in the field of Professional Cuisine at the Lester B. Pearson School Board. Patrick is not only an excellent chef, but a sommelier too! Naturally, he's very knowledgeable about food and wines and prior to retirement shared his love of the métier easily with his students.

Patrick loved teaching in the Professional Cuisine program, for so many reasons. The program is intense -13 months long. It gives the students the skills and basic qualifications that allow them to work in the trade, to move up in their careers and to move forward in life.

Patrick started his 19-year teaching career with the Pearson Adult Centre in 1995 following a long career in the hotel industry, that took him all over the world. His experience gave him a unique perspective and his students benefitted greatly from his diverse ultralight experience.

After graduation from the Hotelierie School in Britain in 1966, it opened the doors to his amazing career in the service industry. Likewise, he enjoyed shepherding his students to their newly chosen field.

During Patrick's experience teaching at the Pearson Culinary School, he was able to involve his students in so many interesting activities like catering for groups of teachers on location, on professional days. He had the students planning, creating and delivering 1500 meals for people in need. He arranged for the students to participate in six week long field experiences where they often found employment after graduation.

Patrick is so proud of the accomplishments of his students. He remains in touch with many of them and some have become important chefs in Quebec and across Canada. Speaking of keeping in touch, he still corresponds with students whom he taught at Toronto's George Brown College, the main Hotelier School in Ontario. Patrick worked at George Brown during the late 1970's while taking a break from CP Hotels and the hotel business in general.

He moved to Montreal in 1983 and ran the Hotel and Tourism program at LaSalle College. When Patrick was hired, he thought he would be teaching, but instead was asked to run the whole program. He did this for five years before returning to the hotel business as a maître d' at the Molson Centre in the Loge section, as well as a project manager in Montreal and the surroundings.

Patrick feels very fortunate to have had an interesting and varied world-wide career in the very demanding hotel and service industry, as well as a wonderful and very rewarding second career in teaching Professional Cooking at the Pearson Adult Centre. He retired from teaching in 2015 and is now enjoying his retirement.

Katherine Snow

QPARSE PROGRAM CALENDAR

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

2021

**Monday,
February
22
10:00 am** *“If you forget, is it Alzheimer?”*
Guest Speaker: Dr Dolly Dastoor-
from the McGill University Re-
search Center for
Studies in Aging

**Tuesday,
March 23
10:00 am** *“Trends in Downsizing- Senior
Living Options & Maximizing the
value of your
home”*
Guest Speakers: Matt Del Vec-
chio (CJAD radio host, President
of Lianas Inc) and Stefanie Cadou

**Thursday,
April 29** **To be Announced**

**Tuesday,
May 4** **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

**Lundi
Le 22 fé-
vrier
10h00** *«Si vous oubliez, est-ce la mala-
die d'Alzheimer?»*
Conférencière invitée: Dr Dolly
Dastoor - du Centre de recherche
de l'Université McGill pour
Études sur le vieillissement

**Mardi
Le 23 mars
10h00** *«Tendances de la réduction des
effectifs - Options de vie pour les
aînés et maximisation de valeur
de votre à la maison »*
Conférenciers invités: Matt Del
Vecchio (animateur radio
CJAD, président de Lianas
Inc) et Stefanie Cadou

**Jeudi
Le 29 avril** **à annoncer**

**Mardi
Le 4 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.

Poulter, Bernice - Grenville-sur-la-Rouge, QC

Taber Smith, Beverly - Richmond, QC

Niiya, Donald H. - Dorval, QC

FIGURER-VOUS

Les rayons doux matinaux,
Qui caressent un ciel azuré
Illuminent les visages à moitiés endormis,
Jusque-là tapis dans l'obscurité.

Certains émergent en toute hâte
En dépit du spectre réel du fléau,
Les regards vitreux et vides,
Pourtant placides, les bouches cachées
Aux postillons létaux.

Ils évoluent sur le trottoir encombré
Et usurpe le passage pour passants,
Filant rejoindre une file d'attente
Devant un restaurant.

Par ailleurs, d'autres, les lèvres retroussées,
Vomissent une fumée obscurcie
Et étouffante qui transgresse
De loin les confins permis.

Un bon nombre erre,
Fixés sur leurs mobiles, sourds
À ce qui se passe tout autour.

En plus, les camions à ordures
Garent dans les zones des piétons,
Les coupant de leur dernier refuge
Contre les postillons.

© Sunny

PAROLES DE SAGESSE



À quel âge on devient vieux ?

Se demander à quel âge on devient vieux, c'est comme se demander à quelle hauteur est-ce que c'est haut ?

On devient vieux quand on n'a plus d'intérêt dans ce qui se passe autour de soi.

On devient vieux quand on n'a plus rien à espérer.

On devient vieux quand on n'intéresse plus les gens.

On devient vieux quand on ne veut plus entendre le rire joyeux des enfants, ni écouter leurs histoires.

On devient vieux lorsque tout le monde a tort et qu'on a toujours raison.

À quel âge devient-on vieux ?

On peut devenir vieux à vingt ans, trente ans et quatre-vingt ans, cela dépend de notre attitude face à la vie...

Source : Le blogue de Normand Nantel -

<https://normandnantel.com>



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BEST FRIENDS Contest

Our pets are so important to us and they become an integral part of our family. So we thought we would give you the chance to **spotlight your pet and their BEST FRIEND**. Whether it is your dog and cat, your two birds, two cats who are best friends, or any other pet - send us your pictures with them in action! We would love to share these photos with the membership. We will publish the pictures in the next edition of QPARSE News, and send the winner a prize.



Spotlight your best friend with their best friend.

Send your submissions electronically to: mmichielli@icloud.com by **February 26**. All the pictures will be posted on our Facebook account and the winners will be featured in the next edition of QPARSE News!

SEND IN YOUR PHOTOS!

Squirrel Saga

(Continued from page 1)

Recently, a number of our friends were fined...peanuts...for breaking the curfew rules. They again insist that they are essential workers, as they pick-at and pick up garbage on the streets —especially at night and the early hours of the morning. Unfortunately, they were caught on police video camera going through City of Montreal provided garbage disposal containers... a no no...and not curb side pick up!

In a related story, many squirrels feel that they are being unfairly signaled out as they often forge for food after 8 pm when they feel safer on the streets. But, as one police officer put it, "Since we are fining the squirrels with peanuts, they should stop complaining!"

In an unrelated story, a number of our "snow bird" friends, who travelled south during the recent holidays, have been quarantining since returning home. They are hoping to profit from the CANADA RECOVERY SICKNESS BENEFIT (CRSB), or as they like to call it CANADA STAY AT HOME BENEFIT (CSHB). Clearly, many, if not all of these not so nice friends, do not meet the necessary requirements to receive this handout. The squirrels have once again reached out to Julius Grey!!

On a different note, and speaking of south of the border, our furry friends were disgusted with the recent storming of the US Capitol. In fact, so much so, that they are calling out their American cousins who were spotted scurrying around on the Capitol floor! The FBI is investigating. Rumor amongst their American "cousins" indicate that President Trump and Melania may have some difficulty making Mar-a-Lago their permanent home, after they leave the White House. Some of our entrepreneurial Canadian friends...sympathetic to their plight...are offering the couple the opportunity to purchase one of their two story well-constructed nests in the exclusive "Maple Tree" development that overlooks the Canada-USA border. These come with indoor plumbing but unfortunately the toilet seats are not lined with gold! Melania is said to be considering the offer as are Jared and Ivanka.

And finally on a more personal note:

My "ACUTE CABIN FEVER" has returned!!! Not only am I subjected to a lockdown but I have run out of good Netflix shows to binge on and finding myself having to watch reruns! My furry friends, as enterprising as ever, have once again offered me their "Squirrel Therapy" support...this time via Zoom only!!

Tom Conti

Working with Mi'kmaq Health Care Workers, a Fond Memory

During the summer of 1985, Mount Saint Vincent University in Halifax was the site of a summer course I once taught while I was at Riverdale High School. My students at 'The Mount' were a group of Mi'kmaq Health Care workers and one student, who was part Inuit from Labrador. She told me that her grandfather had been a sailor from Norway who had settled in Labrador, and jokingly said that we could be related. Living together on the campus made us share many stories over time. The 20 participants came from all of the Maritime Provinces and were between 25 and 60 years old.



Pauline Young -Mi'kmaq Artist

On the flight over at the start of my assignment, I had sat next to a lady whose ancestors had come up through the 'Underground Railroad' in the mid-19th century. As we landed, she wished me good luck with my summer course and said: "You'll be lucky if they all show up for the morning classes, because they'll spend the evenings in the Bingo Hall." They did show up and one student even won \$100 one night at Bingo!

We spent an interesting three weeks together, and as usual in my teaching, I learned much from my students. The Health Care workers were there to get help with information on Nutrition and how to teach their Mi'kmaq communities in the Maritime Provinces. My partner, a young professor at the University, was responsible for the nutrition part and I did the methodology of the course. The students' main concern was how to bring the message across. The main health problems in their communities were Diabetes and Obesity. The doctor came into their communities about twice a month, and the workers had the responsibility to spread the message and deal with some health problems in between.

The students impressed us with their creativity. They produced a 'Health Guide' using the format of the Canadian Food guide, but with the food from their communities, consisting of plants, berries, grains and all sorts of seafood. I was so impressed with this food chart, that I had it published in a local newsletter in Quebec for Indigenous people.

On an outing to Peggy's Cove for lunch, we celebrated the oldest student's 60th birthday with a nice lunch and cake. Her name was Martha and we had often talked about her childhood on a 'Reserve' in Nova Scotia. In her youth there were schools for the Indigenous people taught by nuns. I once visited such a school for Cree students from the Lac Saint-Jean area in La Tuque, it was Quebec-run by the Anglican Church. I remember the lack of privacy in the bathrooms as there were no doors and the younger children in particular, were homesick as they were taken far from their families.

Martha had pointed out that the children were not permitted to speak their language, and were punished when they did not speak English properly, which often happened. In her school they were severely punished for various infractions by being hit over the knuckles with a ruler, if some schoolwork was not up to standard, or if they did not sit straight. Sometimes they were put in isolation or deprived in other ways.

She asked me if one day I could accompany her to visit a former teacher, a Nun now in her late 80s, living in the « Mother House ». I was pleasantly surprised by this - remembering the stories she had told me, I thought it was a generous gesture on her part, and I gladly obliged when she explained: "I want her to see what I have become- because she was so cruel to me"! Martha's comment made me speechless as her experience of abuse happened a lifetime ago. However, for Martha, the scars ran deep. I do not know what finally happened, as the course ended and we all went home. I never heard from Martha again.

Today, in Québec, the schools are in the various Indigenous communities like Cree, Mohawk and Inuit. There are problems with drugs, dropping out and depression among young people. And there is abuse- a subject for another article. More help is needed with counselling - and additional activities in sports and culture are offered to help the young stay in school and adjust to a changing future. So much more needs to be...

By 'KATRI' Kari Quraeshi

REMEMBER ME

An old man meets a young man who asks: "Do you remember me?"

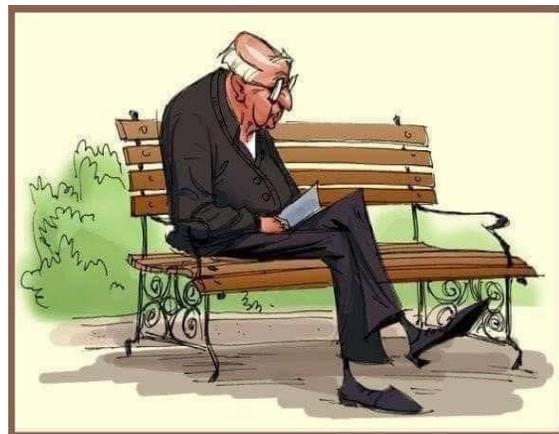
And the old man says no. Then the young man tells him he was his student, And the teacher asks: "What do you do, what do you do in life?"

The young man answers: "Well, I became a teacher."

"Ah, how good, like me?" Asks the old man.

"Well, yes. In fact, I became a teacher because you inspired me to be like you."

The old man, curious, asks the young man at what time he decided to become a teacher.



And the young man tells him the following story:

"One day, a friend of mine, also a student, came in with a nice new watch, and I decided I wanted it. I stole it. I took it out of his pocket. Shortly after, my friend noticed that his watch was missing and immediately complained to our teacher, who was you.

Then you addressed the class saying, 'This student's watch was stolen during classes today. Whoever stole it, please return it.'

I didn't give it back because I didn't want to. You closed the door and told us all to stand up and form a circle. You were going to search our pockets one by one until the watch was found. However, you told us to close our eyes, because you would only look for his watch if we all had our eyes closed. We did as instructed. You went from pocket to pocket, and when you went through my pocket, you found the watch and took it. You kept searching everyone's pockets, and when you were done you said 'open your eyes. We have the watch.'

You didn't tell on me and you never mentioned the episode. You never said who stole the watch either. That day you saved my dignity forever. It was the most shameful day of my life. But this is also the day I decided not to become a thief, a bad person, etc.

You never said anything, nor did you even scold me or take me aside to give me a moral lesson. I received your message clearly. Thanks to you, I understood what a real educator needs to do. Do you remember this episode, professor?

The old professor answered, 'Yes, I remember the situation with the stolen watch, which I was looking for in everyone's pocket. I didn't remember you, because I also closed my eyes while looking.'

This is the essence of teaching: If to correct you must humiliate; then you don't know how to teach "

Author Unknown

Online Teaching

(Continued from page 4)

and computers. Correcting exams, classwork and prepping for class is all done before or after the 6-hours online class.

One of the challenges that Marisa had to overcome is sitting in front of the computer for almost six hours. She started experiencing eyestrain and headaches. With the purchase of eyeglasses to block out the blue light the situation improved slightly.

When asked if online learning is effective, Marisa indicated that it is as long as the students are actively participating. The difficult aspect of online learning is the lack of human connection. As teachers we are always ready to go up to the student and show or help them with a problem, with online learning this cannot happen.

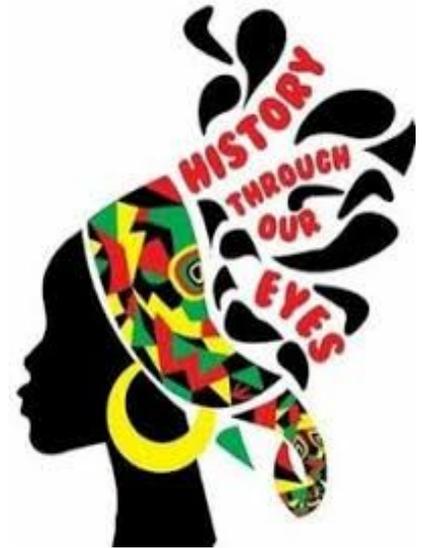
Hopefully, one day soon we can all return to some normalcy, whether it is a new normalcy or our old one.

Terrie Kozaczynski

Spotlight on a Moment in History - Miss Regina Reid

A pioneer hired at the Montréal Protestant Central Board was Miss Regina Reid who taught at William Dawson High School in the elementary division during the 1940's. She then transferred to Delormier School when William Dawson was transferred to the Catholic system and it became Cardinal Newman High School in June 1951. Miss Reid and Miss Jesse Emo were the only teachers remaining in the elementary division at William Dawson and both stayed at Delormier School until it too, closed five years later.

Delormier School was then staffed by Miss Emo, Grade 1, Miss Morris, Grade 2, Miss Reid and Mrs. Roy who alternated between Grades 3 and 5, and Miss Pleua Grade 4. Mr. Martin was the teaching principal during the first year, and Mr. Jefferson, referred by the students as "Pops", was the custodian. Both teachers, Reid and Emo, were at some point transferred to other schools - I believe towards the northeastern part of the city, although I am not sure which ones.



Miss Reid was a contemporary of Jackie Robinson who debuted with The Montreal Royals in 1946, in the same year Viola Desmond was arrested and fined in Halifax. I have always thought Viola Desmond should be recognized as a pioneer in her own right.

With the assistance of Lovell's Directory I discovered that Miss Regina Reid, in the 40's clearly identified as "teacher, William Dawson" and lived at 3133 St. Antoine Street West, with her widowed mother Mrs. E. Reid. Looking at her address and her place of employment, Christophe Colombe between Gilford and St. Joseph Blvd, she would have made her way to the Craig Street streetcar terminus, thence northward on Park Avenue to Mount Royal for the final eastward ride, Mount Royal to Amherst, all on streetcar. A short walk from Mount Royal to Gilford brought her to work.

Neighbourhood rumour, and I have no evidence of this but hearsay at the time, is that she applied from the U.S, had all of the appropriate requirements and was hired sight unseen. Investigating this, I have been told that it was easier, and quite common, for Montreal's black students who sought higher education to get acceptances in the States than to acquire equal certification in Canada. School boards were desperate for qualified teachers in this era. Male teachers were in short supply due to the war, and the female teachers who normally staffed elementary schools were often lured away to better paying jobs in wartime manufacturing. Thus the hiring of a qualified teacher without an in person interview is credible. Similarly, the fact that her parents were apparently established here, supports the suggestion she was sent south in search of credentials.

I can say with pride that although this teacher may have been hired in spite of likely managerial and bureaucratic bias, living in working class east-end Montreal, in the five years I was in the same school as she, I never heard a single word of prejudice or racism. It is a worthy testament to the families of that era and area as the children, if exposed to such attitudes at home, surely would have imported them to the school.And this is a moment in time!

Ron Macfarlane

THE BORDER CLOSURE MAKES SENSE. BUT I'M AMERICAN AND I MISS CANADA

CONTRIBUTED TO THE GLOBE AND MAIL

SEPTEMBER 22, 2020

For the past 25 years I've spent the summer on the shores of Lake Massawippi in Quebec. I'd always arrive on June 30, and the next morning, head out on a 12-kilometre hike. I'd take the back roads, with the hills of the Eastern Townships spreading out before me, and walk past hay fields, barns full of Holsteins and acres of Christmas trees. If I left early enough, I'd arrive in the town of Hatley to hear O Canada over the loudspeakers and watch the Canada Day parade: floats, bagpipers, fire trucks, farm horses and the occasional goat. But this year I couldn't cross the border. COVID-19 is keeping me and millions of other U.S. citizens away from Canada. That's a good thing. I live near New York. Canadians don't want our microbes. I don't want to give my microbes to Canadians.



I think that the border closure makes total sense. But that doesn't mean that I'm happy. I'm what they call a wannabe. I wannabe a Canadian. I've always wanted to be a Canadian. Some of my compatriots don't understand why. They think Canada has no cachet. And funny policemen And too many trees. But Canada, for me, is just a really good place to be. "You idealize us," say one of my Canadian friends, Sooky, who lives in Ottawa and seems quintessentially Anglo-Canadian. Sooky's patriotic, in that low-keyed Canadian way, and she's self-effacing I think she may have once received a medal from the Queen, or whoever gives out medals, for volunteering. "We Canadians are not really anything special," she says, with a humble look on her face that nevertheless tells me that she wouldn't trade her little blue passport with the St. Edward's crown for any other in the world. Maybe Sooky is right. Maybe there's nothing special about Canada. But I find the lack of self-promotion very relaxing. Coming to Canada is like vacationing at the home of an old friend.

When I'm in Canada, I don't have to be, well, self-conscious. Canadians are almost like me, I'm almost like a Canadian. And yet it's the subtle differences which soothe my spirit. I love the Canadian vibe, so subtle you might miss it From my perspective, Canadians are more physically reserved, more self-effacing, more hygienic and neater in appearance than Americans. If I wander into a drug store and look around, I know immediately that I'm not in the U.S. There are no flashy characters. No one looks like they're dressed for Halloween in the middle of July. No one is talking in a loud voice.

The cashier greets me. A decent "Hello" or a "Bonjour," or sometimes both, at least in the Eastern Townships. The fact that I am actually greeted tells me that I am in another part of the world. Friendly. Familiar. Foreign and near. Yes, the drug store may look just like a drug store in the U.S., with the same endless band-aids and liquid soaps lining the shelves, but human interactions take place with way more respect. No one cuts ahead of me, no one complains because the line is slow. No one seems to be in a particular hurry. Maybe they are in a hurry, but they don't show it.

And the laid-backness is contagious. I take my time in Canada because other people do. I'm no longer in a place where a New York minute is not fast enough.

(Continued on page 13)

(Continued from page 12)

Another relaxing thing about coming to Canada is the lack of one-upmanship. I never feel as if Canada is trying to show itself off. Canada is plenty gorgeous.



Stunningly gorgeous in some places, from the Bay of Fundy to Banff. But no one is holding up an applause sign. No one is waiting for me to say, "Wow!"

It seems to me that Canadians don't dwell on comparisons. Or if they do, they're discreet about it. When I go to Italy, for instance, I'm always aware of the gap between me and Florentine women. How they wear elegant little leather pumps just to go to the fishmonger's, while I clump about in a pair of New Balance, extra wide. That doesn't happen to me in Canada. I can clump around in whatever I want and Canadians aren't paying the slightest bit of attention. They are a model of discretion. They know when to stare and when not to stare. Sometimes on the streets of Montreal, the women are amazingly chic. But they don't rub it in. The only time a Canadian has commented on my appearance was when I was wearing a bike helmet backward on a bike trail at Lac des Nations in Sherbrooke, Que. A kind man pedalled up to me and simply said, "Le casque est à l'envers," gesturing at my head. "You might want to turn that thing around."

Being in Canada makes me feel as if I am visiting a family that is comfortable in its own skin. Some families are like that. They don't have to prove anything. They don't have to impress you. They treat each other pretty nicely and they treat you pretty nicely, too. But they don't fawn over you. They put a shirt on for dinner, but if you don't wear one, they just look away. They might play bridge or boules after dinner, but if you're not in the mood, that's okay. À chacun son goût. And most of all, they're happy to be Baxters or Michauds, Duntons or Pirellis, Wongs or Banerjees.

I think Canadians are genuinely grateful to be Canadians. They should be. Sure, there are social and political problems, but I think most people feel fortunate to live in the True North.

"You're idealizing again," my friend Sooky would say. Maybe that's true. But I know what being in Canada feels like to me, as an outsider. And I feel it acutely this year, when I am deprived of my Canadian fix.

If all goes well, I'll be back next summer. I hope to stand on the village green in Hatley and sing O Canada with the real Canadians. I won't sing at the top of my lungs, because that would be déclassé and very un-Canadian, but I'll sing with all my glowing heart.

Gabriella Brand lives in Connecticut.

Source: [The Globe and Mail](#)

In Memory of Our Dear Friends



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

Desloges, Suzette - Lion's Head, ON
 Leslie, Bill - Beaconsfield, QC
 McKee, Margaret L. - St. Laurent, QC
 Page, Doreen - Sutton, QC
 Sparks, Dorothy - Montreal, QC

Faulconbridge, Wayne - Burlington, ON
 McGrail, Richard - Pierrefonds, QC
 Norman, Irene Florence - Montreal, QC
 Rowan, Mary Alison - Beaconsfield, QC
 Logan, Dorothy - Montreal, QC

Publisher's TIPS

Editor's Picks

Click on the picture to link to the article.



THE BRAIN CHALLENGE



STARRY NIGHTS VIDEO



THE PROTECTION OF YOUR PERSONAL INFORMATION: A SHARED RESPONSIBILITY



IMPORTANCE OF DOING NOTHING: ART OF RELAXATION



4 TAKEAWAYS FROM THIS YEAR'S WORLD HAPPINESS REPORT



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One-pot Mexican Quinoa, 6-8 servings

Fast, Easy, Delicious Vegetarian Dish



Sauté in a little oil:

- ½ onion, chopped
- ½ jalapeno pepper, chopped (or chili pepper flakes)

Add:

- 1 cup corn (small can)
- 1 can black beans
- 1 can diced tomatoes, (fire roasted if available)
- ¾ cup quinoa
- 1 tsp chili powder
- ½ tsp cumin
- 1 cup vegetable broth

Bring to a boil. Cover and simmer at medium- low until quinoa is cooked, about 40 minutes.

Note: You can keep whole hot peppers in your freezer and use as needed.

If you have a favourite recipe to share or if you have any comments or questions regarding this recipe, please email me at cthierry@aei.ca or telephone 514-457-2499

Submitted by Claudia Thierry

Glen's grumblings

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted with a set of hearing aids that allowed him to hear 100%. The old fellow went back to the doctor in a month for a follow up. The doctor said, " Your hearing is perfect. Your family must be really pleased that you can hear again." The old gentleman replied, " Oh I haven't told my family yet. I just sit around and listen to their conversations. I've changed my will three times." !!!!

Cheers,
Glen



The Quebec Provincial
Association of Retired
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*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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