



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 2022



Tuesday, February 15
Janet Kennedy
and Alain Lamarre
Armchair Travel,
South Africa

Wednesday, March 23
Sylvie Corbeil
Teaching in Nunavik

Monday, April 11
David Chandler
Insight into Photography

Thursday, May 3
Annual General Meeting

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Gertrud Antoine Jurgenliemk Barwick Artist and Super Senior

I am very excited to introduce you to QPARSE Super Senior Gertrud Antoine Jurgenliemk Barwick. I met Gertrud eight years ago at my first QPARSE luncheon after my retirement. She welcomed me so warmly and suggested that we sit together. I had a wonderful time! I am very grateful that she shared her stories with me, and that she included me in a situation that was so new.

Gertrud started her teaching career in 1970, when she responded to the need for a Home Economics Teacher at her neighbour's children's school. Gertrud had moved from Germany to Canada, not long before. The fact that she did not speak English very well, did not deter her at all. Immediately upon starting to teach at Laval Catholic High School, she enrolled in evening classes to earn her Teaching Degree. Her first class was Philosophy of Education, where she had to read and interpret John Stuart Mills' book on UTILITARIANISM. She shared with me that it was very difficult for her even to pronounce the title.

Gertrud taught Home Economics at Laval Catholic High School for five years, and staged many fashion shows with her students. After this time the School Board told her that, since she was not Catholic, she should consider going down the road to the Protestant Board. Gertrud changed Boards the following year, and so began her fabulous twenty-year career at Lake of Two Mountains High School. As of today, she is still in touch with many of her students, some have reached the age of sixty-plus.

During her time at Lake of Two Mountains she switched from teaching Home Economics to Fine Arts and Moral Education, where she designed the curricu-



(Continued on page 4)

Editorial

Happy New Year everyone! We in the newsletter committee wish you all the best for the coming year - health, wellness and of course, lots of happiness. I thought I would share two pictures of the group hard at work, and I wanted you to know that they are an amazing bunch of people!!!

Although we have a waning curfew, restaurant dining rooms are still closed, and school return is delayed, we're still better off than last year at this time. This year ushering in 2022, was a quiet event, given that Omicron lurks around us. We are still wearing masks, but those that are the next level up - KN 95 or N95 masks! Hopefully Omicron is on the last leg of the pandemic journey!

As a kid when I would read comic books, there were many heroes who wore masks - Batman, Superwomen, Lois Lane to name a few! Now we do so as well, and we are heroes of a different kind. Who would have known that masks would become such an integral part of our dress, and still in use for such a long time, with the prospect of them becoming our best friends? But so it is.....we are becoming comfortable with them, as we mask and unmask automatically and as needed. It's an extra layer of protection against Omicron, so why not?!

The theme for this edition is "hobbies and pastimes." So catch a glimpse of some of the members' hobbies! Better yet, send in two pictures of your hobby and we will print the pictures in the next edition of QPARSE News. On page 14 we share the second instalment of Kari's adventure, check it out! On page 19, Claudia has given us her favourite recipe for minced meat tarts! Our roving reporters have been hard at work for you, to generate this edition of QPARSE News.

As always, feel free to send along your comments and suggestions for QPARSE News. We'd love to hear from you!

Best wishes for much health in 2022, and we will see you at in-person events - as soon as they are possible!

By the way, hope you've gotten an appointment to get your booster shot! In closing, we send good vibes your way. Stay safe,

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:
May 3, 2022
Theme:
Celebrating 60 years at QPARSE

President's Message - Message de la présidente

Happy New Year and welcome to a very special new year at QPARSE!

We are continuing to plan for our special 60th year QPARSE celebration to take place at our Annual General Meeting. If everything goes well, fingers crossed, we shall be meeting to celebrate in person. What an exciting activity to plan and to share with you!

The executive is looking through the archives for photos of QPARSE activities over the years. Do you have any photos in your personal album? We are celebrating all of us, so all photos can be considered.



I have a delightful heads up to share with you. In the fall of 2022, QPARSE will be hosting the Eastern Conference of Retired Teachers Organization (ECRTO). We are part of the eastern province division of the *Association canadienne des enseignantes et des enseignants retraités/Canadian Association of Retired Teachers* (ACER/CART). We have delayed this event for two years, and each of the representatives of the provincial associations is very hopeful, that it could happen this year. Again, our fingers are crossed! I shall give you more information, the closer we get to the event.

I am happy to inform you that I have joined the ACER/CART Political Action Committee, a group that has representatives from across Canada. In addition to a focus on National Pharmacare, which the government seems to have abandoned, we are putting a renewed effort on affordable home care for seniors. Please consult the presentation by Dr. Samir Sinha to ACER/CART, for more information and statistics on aging. <https://acer-cart.org/june3event/>

I would like to acknowledge our QPARSE Super Seniors for 2022. You are awesome and we are very lucky to be mentored by you. Thank you.

Happy 2022,

Katherine Snow

President of QPARSE

Welcome to New Members of QPARSE

Cameron Gray—Beaconsfield, Marija Rydzevicius—Shawinigan

Lynn Travers—Verdun, Lucy Gaultieri—Montreal

Halina Waverchuck—Kirkland

Congratulations on your retirement!

Gertrud Antoine Jurgensiemk Barwick *(Continued from page 1)*

lum. Now, it was also time to go back to university to complete a Bachelor in Art Education, and a Masters in Art Therapy, with a focus child autism.



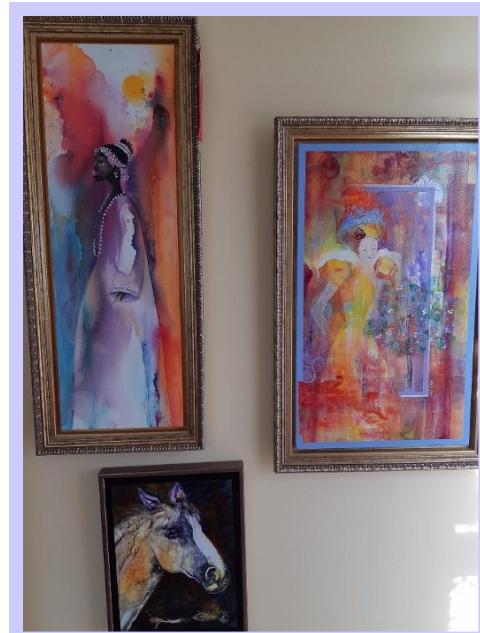
After teaching a full day, Gertrud would go home to make supper for her husband and three children. Then three times a week she drove to Montreal to attend evening classes. I am exhausted just thinking about the pace of Gertrud's timetable! After Gertrud's husband passed away, she decided to focus on something new, and studied for a Ph.D. in Counselling Psychology. Again, she completed her doctorate at night, after a full day of teaching. Gertrud spent twenty years commuting from Rosemere to Deux Montagnes.

Gertrud also had another chapter in her life before, during, and after her educational career. She was, and continues, to be a volunteer. Gertrud started this shortly after she arrived from Germany. She went to the local hospital to mend bed sheets, gowns, and whatever needed to be repaired. She did this for four years. After moving to Ottawa, she volunteered in a senior residence, helped at her church, and wherever else they needed help. In 2005 Gertrud received the Governor General's Caring Award, and she has not stopped since.

Gertrud has always been physically active. Being a Gymnast in her youth, she now joined the Rosemere X-Country Ski Group. She still has many good friends, who, if health permits, still goes skiing. In 1992 Gertrud took up painting with the great watercolourist MING Ma, who became her mentor. After retirement in 1995, Gertrud started painting almost every day. She switched from watercolour, to acrylics, to collage, and whatever else her mood allowed. You may google her name and see for yourself.

I shall be bringing a Super Senior friend of mine to meet Gertrud. We have been invited to Gertrud's home in Rosemere, to view her paintings and have a nice cup of hot tea. I can hardly wait. Gertrud asked me to set a date in November as she is busy throughout October modelling for the reopening of the Montreal Casino. You may see her on TV sometime soon! Gertrud is one of the QPARSE Super Seniors. She is active, creative, and interesting to talk to!

Katherine Snow



Members' Hobbies

Kate Le Maistre: One of the joys of retirement is that work no longer cuts into my sewing time. I enjoy belonging to a group that makes crib quilts for the pediatric intensive care unit at the Children's Hospital. But this is one I'll keep and use in the appropriate season. I bought the pattern many years ago, opened it at home, and realized a few things. The pieces were very small, I didn't know enough about the technique of foundation piecing needed, it was going to take a long time that I didn't have, so I put it aside. The pandemic gave me the urge to sort through some sewing supplies and I found where I had hidden it. What better time to start a big project and to stretch my skills?

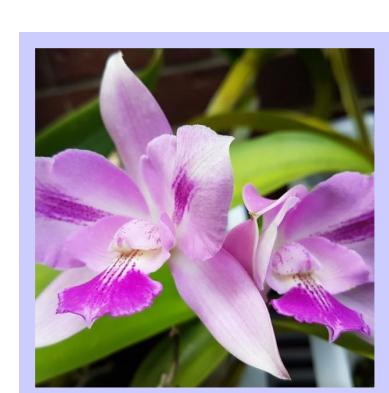


Kate's 12 Days of Christmas Quilt

Claudia Thierry: Since retirement Claudia has been challenging herself to learn to follow a knitting pattern, in particular learning to knit socks. Her husband's blue cardigan did not get finished for Christmas, but she is hoping that by his birthday it will be ready. "The 32 -row pattern-repeat takes concentration, and I can only focus on a few rows at a sitting," says Claudia. It's a very relaxing activity when a complex pattern is not involved.

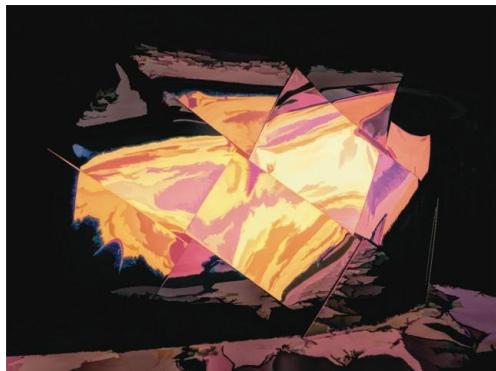


Brenda Lee's exotic orchids are a marvel to behold and an interesting hobby. Orchids need water once a week, a bright windowsill, fertilizer and special care to keep them blooming. Repotting in an orchid mix when it stops blooming, is one way to help grow orchids. Orchids are calming and beautiful flowers that bring much joy!

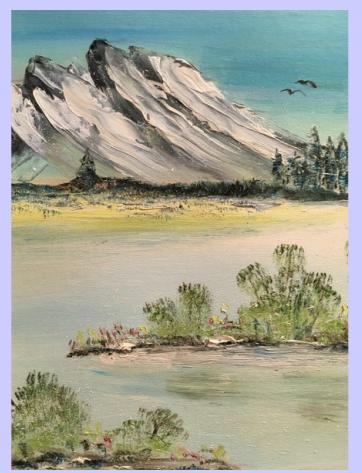


Members' Hobbies cont'd

David Chandler creates manipulated photo images to produce the effect he wants, show what he sees, or makes certain aspects visible. Visit his website at photoartbydavid.viewbug.com



Marzia Michielli is a self-taught artist who dabbles in watercolours, oils, and acrylic, but her favourite hobby is mixed art media.



Katherine Snow loves to spend her summer days gardening and enjoying the outdoors.



Members' Hobbies cont'd

Heidi Osterhues Michaeli

"The Unknown Canadian Artist and Poet", her symbol is a Snail. The name she gave herself after the accident is "Hurry Slowly Heidi".

She slowly stepped into the new reality in life, living with TBI, being helped by her husband, son, daughter, family, friends, doctors, AQTC, WICA, volunteers and God.



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

In Memory of Our Dear Friends

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

Allen, Lloyd D.—Beaconsfield, QC
Connors, Ross—Cornwall, ON
DeYoung, Desmond—Ottawa, ON
Johnson, Alene—Gatineau, QC
Rosenberg, Golda—Cote St. Luc, QC
Pilley, Elizabeth—DDO, QC

Bailly, Isabel—Pointe Claire, QC
Crawford, Georgie—Pointe Claire, QC
Godsoe, Margaret—Fredericton, NB
Leney, Thelma—Roxboro, QC
Stober, Grace—Cote St. Luc, QC

Barr, Janette—Sussex, NB
DeYoung, Colleen—Ottawa, ON
Hetherington, Evelyn—Ottawa, ON
Osterman, William—Ottawa, ON
Taylor, Jean C.—Ottawa, ON



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Insurer
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QPARSE Holiday Lunch a Great Success!

November 30, 2021, saw more than 35 members gather at **Le Baton Rouge**, to enjoy a special Holiday Lunch. It was the first in-person, social event since the beginning of Covid-19! Given the great turnout, it was clear that members were very happy and excited to be able to get out and mingle. The pictures seen here, can attest to that!

During the course of the festivities, the group enjoyed participating in a specially created BINGO game by Tom Conti, that highlighted the association's 60th anniversary as well as the holiday season. Winners were rewarded with gift cards to Tim Horton's. Members also contributed non-perishable goods and money to St. Monica's Food Drive.

Thanks to the program committee for organizing this fun event!



QPARSE PROGRAM CALENDAR

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

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)
Monday April 11	David Chandler. “The Pixel: Older than you think”. An insight into photography
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**

2022

Mardi le 15 février	Janet Kennedy et Alain Lamarre. » <i>Voyage en fauteuil : Afrique du Sud</i> »
Mercredi le 23 mars	Sylvie Corbeil. « <i>Enseigner dans un endroit froid et venteux pendant la période de Covid</i> » (Nunavik)
Lundi Le 11 avril	David Chandler. « <i>Le pixel : Plus vieux que vous pensez!</i> » La photographie
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	

Are you an AAESQ Member?

Are you interested in joining an investment club?

Contact the Principal Investment Club for further details.

D. Sipos
Vice-President
daniel25@sympatico.ca
Principal Investment Club



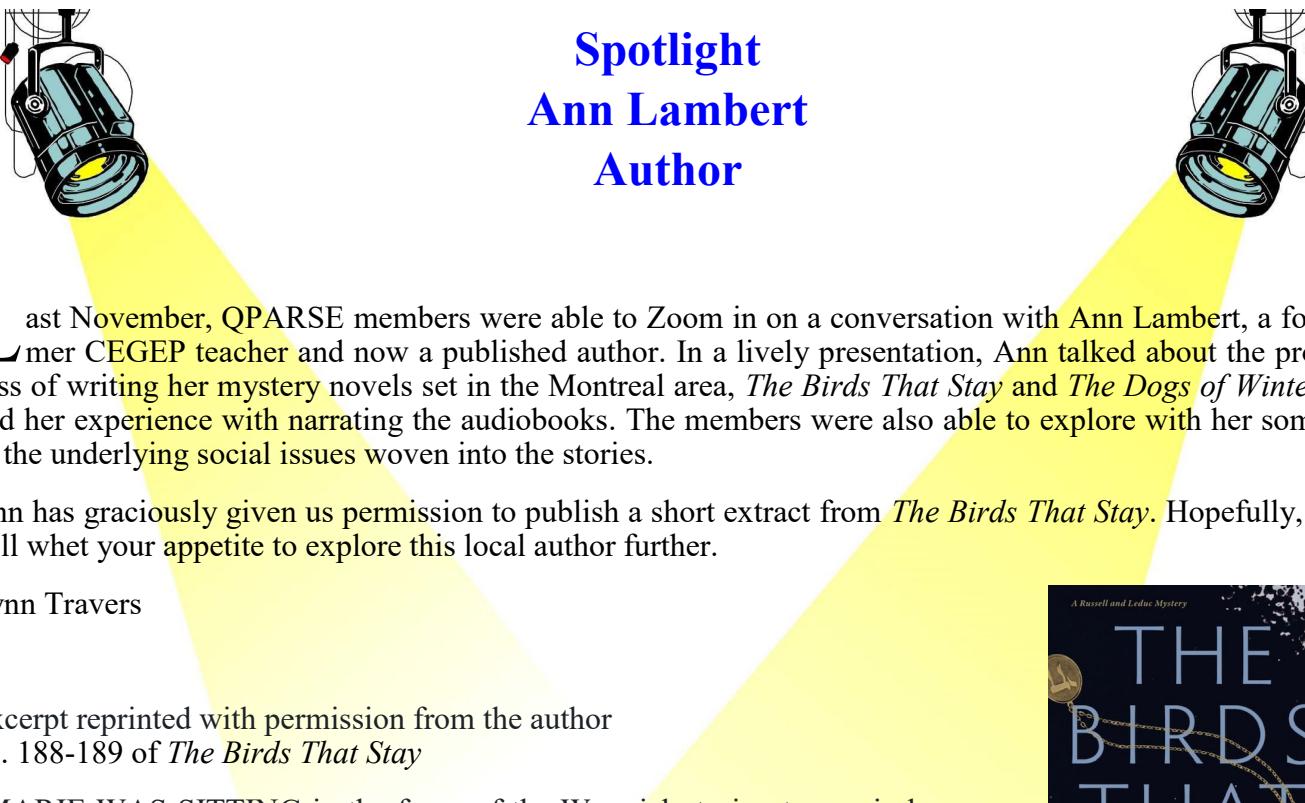
Do You know the whereabouts of these members ?

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.

Arsenault, Lorraine—DDO, QC
Juliano, Terry—Ile Bizard, QC
Marksfield, Sylvia—North York, ON
Mingie, Walter D.—Ottawa, ON
Tomkinson, Robert—Chambly, QC
Moore, Elizabeth—Brighton, ON

Goldwater, Mrs. J.—Cote St Luc, QC
Kogut, Edward—Willowdale, ON
Merry William—St. Antoine Abbey, QC
Richard, Madeleine—Montreal, QC
Viger, Dolores—Jolette, QC

Guilhamet, Margaret—Ayr, Ayrshire
Mackay,Linda—Seattle, WA
Still, Ruth Mary—Barrie, ON
Wright, Frances—Ste. Geneviève, QC



Spotlight Ann Lambert Author

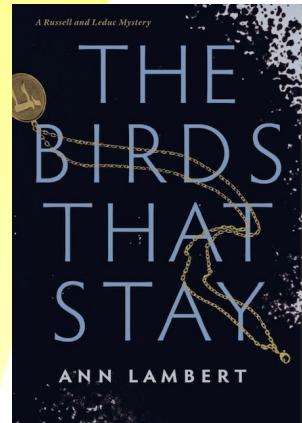
Last November, QPARSE members were able to Zoom in on a conversation with Ann Lambert, a former CEGEP teacher and now a published author. In a lively presentation, Ann talked about the process of writing her mystery novels set in the Montreal area, *The Birds That Stay* and *The Dogs of Winter*, and her experience with narrating the audiobooks. The members were also able to explore with her some of the underlying social issues woven into the stories.

Ann has graciously given us permission to publish a short extract from *The Birds That Stay*. Hopefully, it will whet your appetite to explore this local author further.

Lynn Travers

Excerpt reprinted with permission from the author
pp. 188-189 of *The Birds That Stay*

“MARIE WAS SITTING in the foyer of the Warwick, trying to regain her composure. She had just left her mother in her room with a caregiver. Together, they had unpacked and carefully folded her clothes into a small dresser. Marie remembered that Claire liked little bars of soap placed among her underthings, so she discreetly tucked in a few. Then she found the right place for all her mother’s favorite things: on the bed the teal mohair throw from Scotland that Edward had bought her; on her dresser, framed photographs of her three daughters and her grandchildren, her wedding photo, and a music box that played *À la claire fontaine*. A few beloved books—Alice Munro’s *Dear Life*, *Les Fleurs du mal* by Baudelaire, an illustrated *Le Petit Prince* were placed on her bedside table. Books that Claire will never again read. Marie made a mental note to replace the ugly lamp that threw off a box-store light. When she had fussed and done all that was possible, she knelt by her mother in her rocking chair to say good-bye and promised to return the next day. Madame Purdy stood in the doorway and suggested that Marie singing funny songs and treating them to all the ice cream they wanted. She remembers her counting out the cash to pay for their motel room, the few last dollars paid in coins. She remembers her mother sobbing in a phone booth, then returning to them and all four cozied up in the bed, watching *Bonanza* on the motel’s black-and-white TV. She remembers her mother looking for work when her dad was in hospital drying out. Claire knew shorthand and was a masterful multitasker. She remembers how jubilant her mother was when she got a job working for a local construction company and, later, for the City of Montreal in the public works department, the makeup covering her puffy eyes in the morning when Edward had kept her up all night. Her mother took a second job as a bookkeeper to keep making their house payments. Hers was a small life—one foot in front of the other, day in and day out. Marie understood only years later, when her own marriage had failed, and her own life seemed so diminished, what a hero her mother really was.”



The Birds that Stay
Ann Lambert

UPDATES FROM OUR FURRY FRIENDS!

Recently, a somewhat dyslexic squirrel was overheard shouting that he had contracted the "OHMYGOD" virus! Close enough I guess, but quite a surprise to him as he had already been fully vaccinated, including his booster shot!

I also sat down with one of our furry political pundits to ask for his opinion on our not too long ago federal election. His response echoed the phrase "plus ça change, plus c'est la même chose"...and at a cost of 6.5 million dollars.

He then added, "Do you know how many peanuts can be bought for that amount of money?!"

He also commented on the re-election of Montreal's mayor, Valerie Plante, "So I guess we squirrels will have to be extra careful when crossing not only the streets, but the bike paths as well!"

One of our Washington DC furry insiders, reported that it is rumored President Joe Biden is considering establishing a federal system of government, much like our own here in Canada. It seems he thinks he may get more support to pass his "Build Back Better" bill. The three major parties would be called "Red", "White" and "Blue". Senator Joe Manchin wants "Grey" to also be included.

Closer to home, squirrels all over the country are feeling slighted that they have yet to have a doughnut named after them...especially after learning that Justin Bieber now has one called "TimBiebs". They argue that he may have grown up on Tim Horton's, which is also close to his heart, but for them it has more to do with their stomachs and survival. Besides, they have been enjoying Tim's discards for generations and not just 27 years! A suggested name for the doughnuts is "TimNips"!!

Not only have Canadians been changing their food buying habits during the pandemic but so too our furry friends. There has been a dramatic rise in both forging and storing nuts, as well as many more squirrels approaching us humans for handouts!!

And finally, it appears that many of Canada's squirrel athletes have decided not to attend the Winter Olympic Games in Beijing. There is growing concern that their safety, given the Chinese government's track record on squirrel rights, is quite poor. It seems a number of their Chinese counterparts have gone missing after publicly speaking out on their treatment. Those that do go are being advised to keep their heads up, talk less and to limit the amount of tail wagging...all of which could be misunderstood by their hosts!!

Tom Conti



Think About It?

1. What's your hidden talent?
2. What are you passionate about?
3. What's something you hope will never change?
4. If you could eat only one food, what would you pick?
5. Who has most influenced you?
6. What do you think is the happiest color?
7. Which celebrity would you want to be friends with?
8. If you could live in someone else's shoes for a day, who would it be?
9. What is one quality about yourself that you are most proud of?
10. What's something that always makes you smile?
11. What's one skill you'd love to master?
12. What would you do if you won eight million dollars?
13. Do you think there's life on other planets?
14. If you were given three wishes, what would you ask for?



Sa liberté regagnée

Perçant à travers jungles, déserts
Et rivières, Sarah file
Comme une flèche, fuyant
Les entrailles d'un enfer.

En refoulant ses pleurs, elle aperçoit,
Au loin, le littoral sablonneux d'un terroir
Qui la fascine comme un florilège
De fantasmes et d'espoirs.

Des feuilles flétries jonchées au sol,
Elle mordille avec de l'eau
D'un pourrissoir

En cachette de chiens affamés
Et des chasseurs-violeurs-voleurs
De nuit qui l'épient.

Pourtant, c'est ses visées
Qui allument son cœur
Et enflamment son courage.

Entre temps, les cris et les sanglots
Enroués des agonisants,
Qui gisent au sol tout autour,
L'interpellent.

Dédicacé à toutes et à tous qui ont connu les horreurs
comme le génocide, la torture, la persécution, la sépara-
tion familiale, l'esclavage.

© Sunny

Voici quelques ressources:

<https://www.amnesty.org/fr/what-we-do/refugees-asylum-seekers-and-migrants/>
<https://www.iom.int/fr/termes-cles-de-la-migration>
<https://www.iom.int/fr/termes-cles-de-la-migration>
<https://www.chudequebec.ca/a-propos-de-nous/publications/revues-en-ligne/spiritualite-sante/dossiers/titre-1/migrations-et-errances.aspx>
<https://amp.france24.com/fr/émissions/invité-du-jour/20201120-l-expériences-des-femmes-migrantes-est-indispensable-pour-mieux-comprendre-les-migrations>
<https://www.ledevoir.com/motcle/migrants>

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Follow Your Light

Place your hands into God's hands
Follow your calling
It might Be very tiny

Or

It might Be very large
No matter
What the assignment of the situation

Or

The size of your job
Your walk
In
Your Life Journey
Your Words
Your Actions
Your Decisions
All have consequences



Heidi Osterhues Michaeli



A poem by Prof Lee Tzu Pheng (Singapore Cultural Medallion winner).

She was formerly in the English Literature Dept in NUS. This is a powerful poem on human friendship.

Sip your Tea
Nice and Slow
No one Ever knows
when it's Time to Go,
There'll be no Time
to enjoy the Glow,
So sip your Tea
Nice and Slow.

Life is too Short but
feels pretty Long,
There's too Much to do, so much going Wrong,
And Most of the Time You Struggle to be Strong,
Before it's too Late and it's time to Go, Sip your
Tea Nice and Slow.

Some Friends stay,
others Go away,
Loved ones are Cherished but not all will Stay.
Kids will Grow up
and Fly away.
There's really no Saying how Things will Go, So
sip your Tea Nice and Slow.

In the End it's really
all about understanding Love
For this World
and in the Stars above,
Appreciate and Value who truly Cares,
Smile and Breathe
and let your Worries go,
So Just Sip your Tea
Nice and Slow."

When I'm dead.
Your tears will flow
But I won't know
Cry with me now instead.

You will send flowers,
But I won't see
Send them now instead

You'll say words of praise
But I won't hear.
Praise me now instead

You'll forget my faults,
But I won't know.....
Forget them now instead.

You'll miss me then,
But I won't feel.
Miss me now, instead.

You'll wish You could have spent more time with
me, Spend it now instead

When you hear I'm gone, you'll find your way to
my house to pay condolence but we haven't even
spoken in years.
Look for me now.

*"Spend time with every person around you, and
help them with whatever you have to make them
happy, your families, friends and acquaintances.*
*Make them feel Special because you never know
when time will take them away from you forever.*

Alone I can 'Say' but together we can 'Talk'.
Alone I can 'Enjoy' but together we can 'Celebrate'
Alone I can 'Smile' but together we can 'Laugh'
That's the BEAUTY of Human Relations.
We are nothing without each other
So Stay Connected!

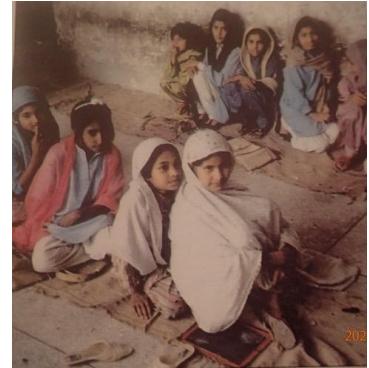


Memories from Teaching in Northern Norway 70 years ago - Part II

Since then I completed a B.A. in Education in Norway, and a M.Sc. in Home Economics in the U.S. Although I returned to teach in Norway, I eventually settled with my family in Montreal. There I taught at Sir Winston Churchill High School, and then in 1969, taught Home Economics at Riverdale High School. I was also a Guidance Counsellor for a few years, and worked at several PSBGM downtown, schools. It was a busy time!

Early retirement followed in 1989, and for the next 10 years I worked with C.I.D.A on educational projects in Zambia, Africa. I facilitated learning across four continents: in Pakistan, in Asia, with teachers from Kathmandu in Nepal, and in New Delhi, India. These were changes that occurred over time.

I treasured my time as an educator, learning so much from my students - as we all do. But I was apprehensive when I was asked, in 1976, to teach a few courses in French. Otherwise, I would lose my job at Riverdale. I had some background with High School French and a course at l'Université de Caen in Normandie. As insurance, I signed up for intensive training at a summer school in Quebec City.

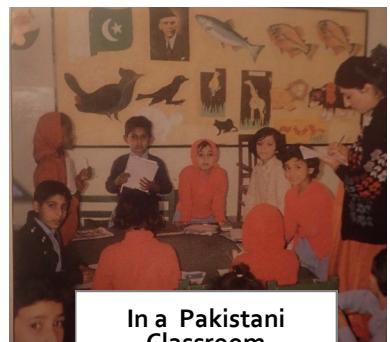


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Some may recall that in the 1980's, we had gone through the 'mod system'. Our own children learned math through the 'mod system'. Some of you may remember the 'mod system' with 15 minutes 'modules' and a lesson could last 30 minutes, or one hour and 15 minutes. There was always movement in the halls. There were also many changes in the scheduling that were done by computer. Sometimes, we were assigned courses we were not trained for. I became the Home Room teacher for the Automotive students' Remedial English class, of about 15 boys and we were to cover Steinbeck's: "Of Mice and Men" on our syllabus.

The boys were not particularly interested in Steinbeck's book first thing in the morning- they were more interested in working on cars! Fortunately, my homeroom was next to the kitchen lab and we made breakfast. I taught "Of Mice and Men", showed the movie, they all attended and passed his course.

It was quite newsworthy when Home Economics became compulsory for boys and girls. A journalist came to the school in November 1984 from The Montreal Gazette. It happened to be Michael Farber, a legendary sports writer, and he was interested in the fact that my grade 8 student Sheldon, wanted pockets in his jogging pants. Sheldon sewed his own pockets, proudly showed them off. We were standing in the hallway outside my classroom talking, when the other Home Economics teacher, Mr. Longley, joined us. He had been offered two grade 8 classes in Home Ec. and accepted in order to stay at Riverdale. I had to give him a mini course before teaching each new unit. Longley was 6'2" with long curly hair to his shoulders, he was 'cool' and the boys loved him. Michael Farber was intrigued and his article was basically focused on Sheldon's pocket and Mr. Longley, the Home Ec. teacher.



In a Pakistani Classroom

In the summer of 1985, I co-taught a course in Nutrition at Mount Saint Vincent University in Halifax, to Mi'kmaq Health Care Workers from all the Maritime Provinces. This was a new experience for me. We got along well, and they called me 'Katri' - I liked it. Their resourcefulness was impressive. I taught methodology that summer and the other teacher did the nutrition part.

Their problem was how to convey the information to the people on their reservation who suffered mainly from diabetes and heart problems. They created their own visual aid and their very own version of the Canadian Food Guide- using their foods of berries and nuts, local grains, and local seafood. It was outstanding work, and I later had it published in a Nutrition Magazine.

(Continued on page 15)

Memories *(Continued from page 14)*

When the government started to reduce courses in the High School System, the Music Department was the first to go, followed by Theatre. We had two excellent departments, a great orchestra, a band and several theatre performances that brought our West Island community together in our large theatre. The music teacher lost her job but opened a successful coffee shop in Westmount.

When there were plans to take Home Economics out of the schools, a delegation from the French and English Schoolboards went to Quebec City and we had a meeting with Mrs. Marois, who was the Education Minister at the time. She was not sympathetic to our cause and Home Ec. eventually disappeared from the curriculum. At one time I had had 5 senior classes in 'Family Living', that we called 'Human Relations' at Riverdale. It was very popular with the teen boys and girls. I was inspired to teach them!



Kari Balzesen-Quraeshi

The memories almost overwhelm me, and I could go on and on... My twenty years at Riverdale were an important part of my life. I remember my students, colleagues and Anne MacLeish in particular - as an outstanding principal and friend. Riverdale High School does not exist anymore, but it lives on in our memories as a good school, with excellent sports teams. I sometimes reflect on when and how the relationships between teachers and students changed, but by then, I had started to work with adults overseas. This became a new and rewarding experience!

Hired To Teach in ...Montréal...57 years ago

I was born in the Netherlands, during WW2, the youngest child of 5, in a family of resisters. The first 3 children were born close to each other. Then there was gap of 8 years. According to our parents, this was done on purpose, as they wanted 2 families. Thus my eldest sister married during the War, when I was 4 years old. Her husband and his father had been sent to Holland from Switzerland by the firm Nestlé(Nescafé). They soon returned to Switzerland, but what is most important: Rolf was sent to Montreal right after the end of WW2, as he spoke fluent French. And that is where... MY ...story comes in.....!



After a stay of 15 years in Montreal, Rolf was transferred back to Europe. But they had made many very good friends in Montreal. When my sister's best friend Barbara Whitley discovered, that I had finished studies as a French specialist at a Dutch University, she immediately went to see her friends at the Protestant School Board of Greater Montreal, (PSBGM) to tell them of my existence. (The scarcity of French teachers, brought representatives of the PSBGM abroad twice a year. As a result to this day, I still have very close Haitian friends, who were hired for the same purpose)

In Brussels I was interviewed by a Mr. Fraser & subsequently hired. What an adventure...! And what an honour....To come to Canada, whose soldiers had risked their lives to save me. Well, I can tell you for hours about my teaching experiences, which I will not do. I will try to keep it short.

I became a French Specialist in elementary school, teaching for 30 minutes from Kindergarten to Grade 6 level every single day. In



French Class

(Continued on page 16)

The Green Corner

As we review our New Year resolutions, I am sure many of us resolved to be more mindful of the many ways we can do our part to combat climate change. During the Christmas season, there were programs on just how serious climate change has become. The many disasters in the world caused by violent storms, tornados and wild fires illustrate vividly our future if we ignore the need to change. But, how can we change?

My New Year's resolution is to really reduce my use of plastic. I use small mesh bags that I get at IGA for my fruits and vegetables instead of a plastic bag for each type of fruit and vegetable. I am trying to avoid the lettuces and other green leafy vegetables which come in large plastic containers. I am glad to see that many apple and pear producers are now using cardboard cartons. Every time I buy something, I look at the packaging and buy the article with the least packaging

I am also resolved to reduce my use of the car. I will make fewer shopping trips and do more car-pooling. I might even manage to start ordering my groceries on line.

Since COVID is forcing me to stay at home I sort out the basement and get rid of things I do not use or need by giving them to Nova or Renaissance, with the hope that they will be re-used.

In the garden, I am planning to plant some trees to replace the dead elm trees and the ash trees I cut down. I hope that you too, have made New Year's resolutions which will help our planet.

I wish you all a healthy, happy and green year in 2022.

Anne Brohan



Hired To Teach in ...Montréal...57 years ago *(Continued from page 15)*

the beginning, can you believe it when the teacher entered the classroom, all the pupils ROSE. And in the first morning class, we sang O Canada. I only had my own classroom for a few years. That was HEAVEN! For most of the 38 years I taught, I had to carry my materials from class to class. That was quite tough. I made most of the teaching materials myself, as I had finished a Fine Arts Diploma at Concordia University. I made huge posters, with stories, where several words in each sentence were replaced by pictures. That way the pupils learned to read and also remembered words by having seen the pictures. We sang a lot also and put on simple plays. When in certain schools some type of French Immersion was introduced, quite a few pupils, especially those, who spoke an additional language at home, moved to my school, as they now found it hard to cope. They bloomed in my classes, as they were suddenly the best....Their ENTHUSIASM encouraged my own students. Thus it madeEVERYONEterribly happy.



After School , I offered (pro bono) to teach porcelain painting to a few of my pupils. These plates have to be fired in a kiln, which I owned at home. This is only ONE example of what one day appeared in the school's display case.

Iby Siemens.

Publisher's TIPS

Click on the picture to link to the article.



HOW TECHNOLOGY
CAN HELP SENIORS



6 OVERLOOKED
RISKS OF FALLS FOR
SENIORS AND HOW
TO PREVENT THEM



WHICH COFFEE CHAIN
DRINK HAS AS MUCH
SUGAR AS 2 CUPS OF
ICE CREAM?



RECOGNIZING
SCAMS AND FRAUD

“Managing Difficult Behaviours in Dementia and Alzheimer’s Disease”

In collaboration with the McGill University Research Centre for Studies in Aging

The Guest Speaker:

Dr. Dolly Dastoor: Clinical Psychologist and Chair of the McGill University Research Centre for Studies in Aging Education Committee, Dr. Dastoor is well known in the psychiatric community for her prominent work in Dementia and Alzheimer’s disease.

The presentation took place on ZOOM October 14th 2021.

You can see the whole presentation by clicking on the picture.



Editor's Picks



5 WAYS THE WORLD WILL
CHANGE IN 2022



THE WORLD IN 2025:
8 PREDICTIONS FOR
THE NEXT 10 YEARS



TO FEEL YOUNGER, AGING STUDY SUGGESTS
ONE INTERVENTION MIGHT HELP

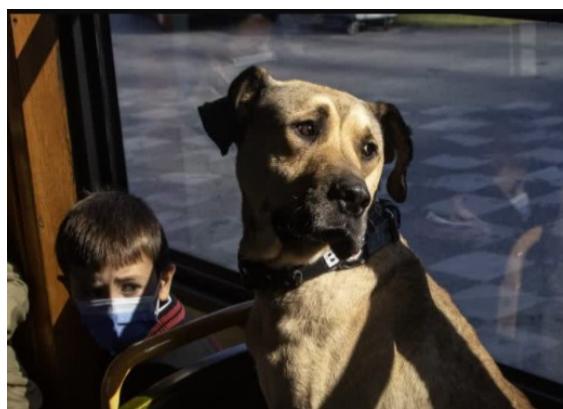


WORLD'S OLDEST PERSON CELEBRATES 119TH
BIRTHDAY IN JAPAN NURSING HOME

The Adventures of Boji, Istanbul's Travelling Dog

A street dog named Boji has become something of a celebrity in Istanbul, where he travels around the city on its ferries, trams and subways.

Click on the picture...



Valentine's Day Tarts

Pastry is so easy to make. Here are some tips on achieving a flakey crust. For Valentine's day or any other occasion, instead of the traditional lid, an easier, faster and prettier version is to cut out the tops with cookie cutters in the shapes you desire. The tarts can be filled with your favourite pie fillings or just simply use a spoon of jam. Bake in a preheated oven at 425F for about 15 minutes or until crust is golden.



Plain Pastry – Makes 3 dozen tarts or 2-crust pie

- | | |
|---|---|
| 1. Sift into a mixing bowl | 2 cups all-purpose flour
1 tsp salt |
| 2. Cut in with pastry blender:
(Size of peas) | 2/3 cup <u>cold</u> shortening or lard
(or use 1/3 c butter, 1/3 cup shortening) |
| 3. Add | 1/2 cup ice water (or a little more) |
| 4. Combine with fork | |
| 5. Pat together into a ball | |

Do not over mix or pastry will be tough.

Divide dough in two. Roll one half out at a time, thinly, and cut out bottoms of tarts using a wide drinking glass or round cookie cutter. Line muffin tins with the bottoms. Fill with about 1 tablespoon of pie filling or jam. Top with the decorative lids. Bake in a preheated oven at 425F for about 15 minutes or until golden.

Note: Use scraps to make jam turnovers. Use round cookie cutter. Fill with jam. Fold, seal edges and prick air vents with a fork.

Two secrets for flakey pastry:

1. Do not overwork the dough. It will get tough and rubbery.
 2. Cold shortening cut into small bits will melt in the oven, leaving a space, i.e. flakey pastry.

Claudia Thierry
c thierry@aei.ca or call 514-457-2499.



The Quebec Provincial Association of Retired School Educators



Association provinciale du personnel d'enseignement retraité du Québec

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



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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