



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/

Printemps/Spring 2023



**Thursday
September 7**

**Welcome back lunch,
11:30, at Ottavio, 1134
boul. Marcel- Laurin,
Ville St. Laurent**

**Wednesday
October 4**

**Tour & wine tasting.
Vignoble
Côte de Vaudreuil,
2692 Harwood,
Vaudreuil-Dorion**

Inside this issue:

Editorial	2
President's Message	3
Renate Sutherland	4
Noel Burke	6
Photos from the AGM	7
QPARSE Program	9
How I Survived the Power	10
Welcome New Members	11
Poem by Sunny	12
Rude Millennials?	13
Downsizing	14
Members' Whereabouts	15
In Memoria	15
Lobsters	16
Une Attitude?	17
Financial Report	18
Recipe	19
QPARSE Application	20
About Us	21

Are you Ready ?

A few QPARSE members share their experiences and recommendations after the April storm.

Carol Klein: "On Wednesday, April 5, 2023, the ice storm left my family with a special memory; my 1st Passover seder by candlelight. At 3 PM, the traditional food was ready to be warmed, then suddenly the power went out. We decided to go ahead with the seder. At 6 PM, we began the specific order of this holiday, in the dark. At 7 PM we were reading the Passover Hagadah and performing the rituals as our ancestors did. Thankfully the food was already cooked so we ate it lukewarm and by 8 PM we were finished. Family, food and tradition all done despite the storm."

Kate Le Maistre:

Things I did right:

- Filled the car with gas, in case of an evacuation.
- Charged all electronics, including a small powerpack, bought for a vacation trip five years ago and not used since.
- Kept the chest freezer closed.
- Checked that my elderly neighbour was well. She was.

OK, I'm in good shape. "Heck, I survived '98, and this time I have a gas fire that doesn't need electricity and an e-reader to occupy the evenings." **BUT:**

Things I should have done:

- Rushed out to buy bags of ice cubes before everyone else had the same idea.
- Raised cardboard boxes from the bottom of the freezer so that when the melted ice re-froze, the boxes wouldn't become stuck.

Things I learned:

- Plug-in telephones don't work without electricity.
- I use the Internet a lot.
- Eating cold food for three days won't kill you.
- I can cook a lot of half-thawed food very quickly when the power comes back on.
- There are kind people at the Metro store who set up a big urn of hot coffee, but people don't thank them for it.
- My car has a hidden USB charger that charges a cell phone (Thank you tech-savvy son).

(Continued on page 11)

Editorial

Even though the recent ice storm generated power outages for 1.1 million people in Quebec, I hope that the winter was not too taxing for you. As for me, my electrical power was cut for close to three days! Needless to say, I visited a warming centre in order to charge electronic devices. “How is it going?”, I asked of my cousin. The response was: “I survived the ice storm, I survived the pandemic, I survived the winter and I will survive the upcoming flood. However, my dishwasher is making a funny noise, and I am not entirely sure about surviving that calamity” A sense of humour is definitely an asset when we are given lemons. Meanwhile, I hope the rising flood waters in some areas did not cause anyone any hardship!



On the topic of the storm, check out Claudia Thierry’s article on the front page. These accounts share some of our members efforts during the power outage. Furthermore, Tom Conti’s article on page 10 gives us tips on how to prepare for the next emergency.

By the way, we would love to hear your reflections about Mother Nature’s ice storm or rising flood waters. Send in your reflections to mmichielli@icloud.com, and we’ll print your submission in the Fall edition of QPARSE News. We look forward to hearing from you!

On page 16, you may want to read the article from Robert Primeau describing the lobster industry in New Brunswick. Should you decide to visit, you’ll see the biggest lobster in North America at the entrance to Shediac. It’s a reminder of how important lobster fishing is in New Brunswick, and especially in Shediac. Greetings to our fellow retired educators in New Brunswick!

Congratulations go out to our QPARSE award winners. On May 8th, Renate Sutherland received the QPARSE Distinguished Service Award, and Noel Burke was presented with the QPARSE Honorary Life membership award. The spotlight shines on each of them, on page 4 and 6 respectively. Read all about Noel’s and Renate’s achievements!

Also, as part of the QPARSE Annual General meeting Heidi Yetman, the current president of the Quebec Provincial Association of Teachers, (QPAT) and an often-requested media commentator on Quebec Education, gave us an update on teacher negotiations. Heidi will be missed as she takes on a new role as the President of the Canadian Teachers’ Federation (CTF). She is a strong advocate for teachers, students and education in general. Best wishes for continued success!

To you the members—we thank you for reading QPARSE News and just as importantly, we hope that you will submit an article for publication. The theme for the next newsletter is always shown in the box below, and we look forward to reading your thoughts.

Enjoy the summer!

Marzia Michielli
mmichielli@icloud.com
 Editor



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:
September 12, 2023

Theme:
Travel

Editor of all

President's Message - Message de la présidente

We have had a very busy winter and spring at QPARSE, and I could not be happier with how things are going.

One of our very exciting moments was to welcome new member Dany Olivenstein to QPARSE. From the participants who entered their names at the QPAT convention, he was the lucky teacher who won the free membership in the draw. Dany, we are so happy to have you as a member.

Our program committee has outdone themselves again this year. We are so pleased to have been able to hear such interesting speakers on so many interesting and varying topics.

Our guest speaker, Heidi Yetman spoke at our Annual General Meeting. We were honoured that she was with us for one of her last speaking opportunities as the outgoing president of the Quebec Provincial Association of Teachers (QPAT). She will not be too far from us, however, as she is moving into the presidency of the Canadian Teachers Federation (CTF). We are very excited for her and are pleased that she will keep us in the loop of what is happening with active teachers across Canada.

Speaking of things that are happening across Canada, I will be attending the *Association canadienne des enseignantes et des enseignants retraités/Canadian Association of Retired Teachers* (ACER/CART) conference at the beginning of June. This fabulous conference allows us at QPARSE to be in touch with retired members of the Canada-wide education community. Each of us is very interested in senior rights, health care, and the ability to remain in our homes for life, among other things. I am sure all the above have crossed your minds.

I have continued to meet with our colleagues in the Eastern Conference of Retired Educators (ECRTO). This is a very dynamic group of people who keep pushing forward in their goal of keeping retired educators as a top priority for their governments.

I have mentioned before how important it is for each of us to be as informed as possible about the political and societal world in which we live. There is so much going on with the environment, senior rights, health issues and changes in the education system. It is easy to read the Quebec Community Groups Network (QCGN) website, the Senior Action Quebec website, The Canadian Association of Retired People (CARP) website, the QPAT and QPARSE websites as well as their Facebook pages and those of other organizations. Please email us if you know of sites that you think will be of interest to use as retired educators in the province of Quebec.

We are particularly proud of our super seniors, and how active they are in our organization. We only began collecting dates of birth on our application forms in the past few years. It is very possible that you are a super senior and we don't know it. If you are 90 years old or older, and you have not heard from us with special greetings, please let us know. Do not worry about other people knowing your age - just rock it! You deserve all the love and recognition that we feel for you.

Sincerely,

Katherine Snow
katherinejsnow@gmail.com
President of QPARSE

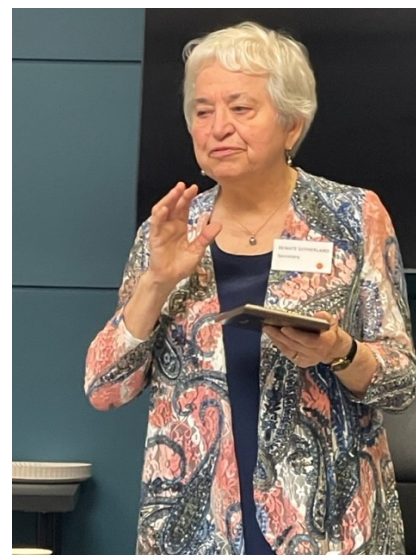


Renate Sutherland

Distinguished Service Award Winner, 2023

At the QPARSE Annual General Meeting, it was my privilege and pleasure to present Renate Sutherland to receive the Distinguished Service Award for 2023. There are few people more deserving of this award: Renate is an immigrant who has given back to this country far more than she ever received from it. She has been active in community, church and educational spheres at the local, provincial and national levels. When the Lakeshore University Women's Club established a club directory of volunteer activities, each member proudly submitted a few bullet points. Renate's list of activities was a page long.

I first met Renate in the mid-1970s when we were both young mothers looking for an outlet and we joined the Lakeshore University Women's Club. Since then, Renate has held many posts in the Club, including the leader of the Wellness Group, Chair of the Scholarship Fund, Archivist, organizer of bus trips to the Stratford Festival, Public Affairs and Advocacy. She even manages the finances of a dining group within the Club. I asked Renate to join the Club's Executive in 1984, and I take credit for being able to spot talent. She became President in 1986 and was one of the Club's few Presidents to be working full-time while in office. She has represented the Club on the Montreal Council of Women (MCW) where she has served as treasurer of that group, as well as representing MCW at provincial and national meetings. In 2019, when the Canadian Federation of University Women was celebrating its 100th anniversary, it named 100 notable women and Renate was a worthy recipient of one of those awards.



Recipient - Renate Sutherland

Renate's local church affiliation is Cedar Park United Church in Pointe Claire where she has served on most of its committees, including a term as Chair of the Congregational Board. As in her other activities, her involvement goes beyond the local level, and she represents Cedar Park at Presbytery, as well as filling important roles in the church's Quebec Regional Council. McGill's United Theological College and Ecumenical Chaplaincy have benefitted from her talents, as well as St Columba House and the Montreal City Mission, where she is now an "Elder in Residence" in this social justice Ministry.

Her involvement with education has been a long one. Her teaching career spanned 37 years, at the PSBGM, on the South Shore and at The Study. Notably, she was teacher and principal at the West Island German Heritage Language School for 14 years, leading to her appointments to the Boards of the Quebec and Canadian Associations of Teachers of German. Many of her students have gone on to great successes, and many still keep in touch with her. Fellow teachers will appreciate the significance of that kind of tribute.

Early in her teaching career, she held executive positions in the Montreal Teachers' Association and with PAPT, including terms on the PAPT Teachers' Credit Union as Director, Secretary, Vice-President and President.

Renate was always a presence in her boys' education too, whether running their elementary school library or chairing their High School's School Committee for 13 years.

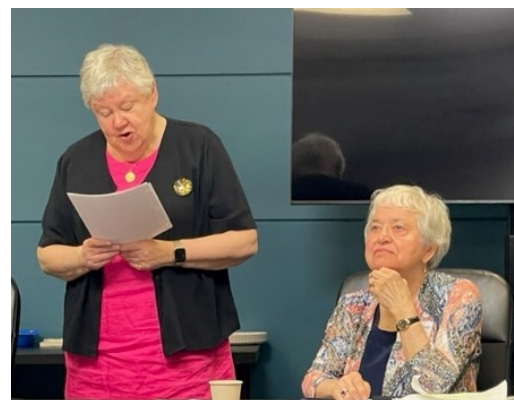
When she retired from teaching in 1999, Renate joined QPARSE and soon became its secretary. If I tell you that she's just finishing as secretary, you might think there's no room for promotion in this organization, but she has also served as President for three years and then Past-President, among other roles on the Board. I

(Continued on page 5)

Renate Sutherland *(Continued from page 4)*

know Jan Langelier has paid tribute to the help Renate gave her, as she took over the Presidency. QPARSE has benefitted from Renate's excellent representation at the national level.

For many of these activities, Renate gives credit to her beloved Graeme for all his support and encouragement and, indeed, they were quite a team. Between them, they raised two wonderful young men. Ian is a lawyer in Halifax, involved in his church and in social justice issues, and Peter, here in Montreal, has moved from the science classroom to being President of the MTA and now its executive assistant. Those apples didn't fall far from their tree!



Dr. Kate Le Maistre—Presenting Renate Sutherland

So how, you may be wondering, has she ever found time to do all this?

Renate manages to pack a lot into 24 hours by being efficient, but she has so many important talents that she brings to all her activities. She is persistent, tenacious, and determined. Everything she does demonstrates her intelligence, integrity – and modesty. She not only excels a leadership role but is also willing to take on the less glamorous tasks. So, while she is on the boards of QPARSE, QFHSA and Zonta Montreal, she also drives for the West Island Low Vision group and washes dishes for Meals on Wheels. She faithfully visits sick friends. She advocates for a 104-year-old friend and takes her to buy shoes.

QPARSE has certainly benefitted from Renate's many talents and her dedication to everything she does, as well as from her experience in a variety of spheres. It is because of her long and faithful work with this Association that she has been nominated for the Distinguished Service Award, and has received the unanimous support of the Board.

Kate Le Maistre



Renate Sutherland and Noel Burke

Noel Burke

Honorary Life Membership Award

It is my honour and privilege to recognize and celebrate a gentleman who I consider to be a valued colleague and good friend – Mr. Noel Burke.

Mr. Burke holds a B.Ed. and M.Ed. in Administration and Policy Studies from McGill University, and the Professional and Personal Coaching Certification (PPCC) from the International Coaching Federation (IFC)

Noel began his career as a high school teacher in public and native high schools and continued there for twelve years.

His professional life included service as the Assistant Director General and Educational Services Director for the New Frontiers School Board. He has held numerous teaching positions, including Resident Adjunct Professor for the Faculty of Graduate Studies in Education at McGill University, and Sessional Lecturer, at Concordia University. He was also Director of the Continuing Education Centre for the Châteauguay Valley School Board, Consultant in Continuing Education and Administration for the Protestant School Board of Greater Montreal, and Curriculum Developer for the Faculty of Education at McGill University.

Mr. Burke is 'retired' but he is currently working as a lecturer for the Graduate Certificate in Educational Leadership at McGill University. He also sits on the Education Minister's Advisory Board on English Education.

Among his many accomplishments, Noel is the designer and co-founder of the *NEXTschool* project which advocates the transformation of the high school learning experience. Most recently Noel became the Founding Dean of the School of Extended Learning at Concordia University, a school that serves as an interactive portal to the university for communities and individuals alike.

As the founder and principal partner of nEDworks Consulting; Noel provides consultation services to educational stakeholders as well as leadership and career coaching to individuals and organizations.



Mr. & Mrs. Noel Burke

Noel's many accomplishments in education include playing a leading role in the implementation of Quebec's current school reform and significant innovations in Vocational Education. He is also responsible for the establishment of the Leading English Education Research Network (LEARN) as well as the founder of the Community Learning Centers (CLC) network. He has also established the Québec English-speaking Community Research Network (QUESCREN) at Concordia University.

In his political life, Noel previously served as the Chair of the Lester B. Pearson School Board. He has also been a director and board member of numerous community organizations and has chaired the Quebec Community Groups Network and the Centre for Literacy Quebec.

In addition, Noel served as the Assistant Deputy Minister of Education of Québec for the English-Speaking Community. He was also the premiere recipient of the Champion of Lifelong Learning Award from the Québec Association for Lifelong Learning.

As you can see, Noel is a very deserving recipient of the Honorary Life Membership award from QPARSE. We are pleased to include him in our ranks now and I look forward to continued involvement with him.

Jan Langelier



Recipient - Noel Burke

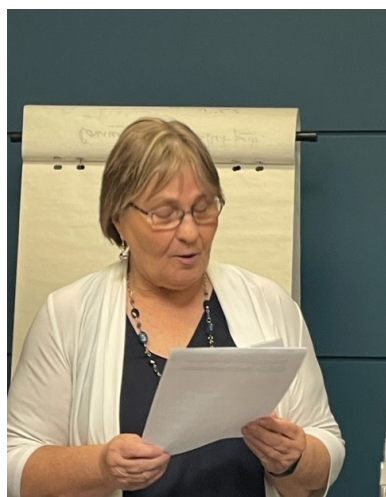
THE QPARSE ANNUAL GENERAL MEETING



Katherine Snow - President



Speaker - Heidi Yetman



Jan Langelier - Presenter



Mr. & Mrs. Noel Burke



Kathleen Malcius - Presenter



Renate Sutherland and son Peter



The many members at the AGM on May 8, 2023

THE QPARSE ANNUAL GENERAL MEETING LUNCHEON



Celebrating our award
winners!



QPARSE PROGRAM CALENDAR

**PRESENTAIONS VIA ZOOM
REGISTRATION REQUIRED
10 AM STARTING TIME**

2023

**Thursday
Sept 7** Welcome back lunch, 11:30, at Ottavio, 1134 boul. Marcel- Laurin, Ville St. Laurent

**Wednesday
Oct. 4** Tour & wine tasting. Vignoble Côte de Vaudreuil, 2692 Harwood, Vaudreuil-Dorion

**Monday
Nov 13** “English Education in Quebec. Who Cares?” by QPARSE member Dr. Kate Le Maistre, via Zoom

**Thursday
Dec 7** Holiday lunch, 11:30 at Baton Rouge, 5385, rue des Jockeys, Montréal (Decarie boul.)

2024

**Monday
Feb 12** To be Announced

**Wednesday
Mar. 13** To be Announced

**Tuesday
April 16** “All about MY Orchids, an introduction to an addiction and how you can get started.” by QPARSE member, Brenda Lee at EMSB, 6000 Fielding Ave., Montreal.

**Tuesday
May 7** 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

**RÉUNIONS VIRTUELLES VIA ZOOM
PAR INSCRIPTION
ET DÉBUTANT À 10 HEURES**

2023

**Jeudi,
Le 7 sept** Lunch à 11h30, chez Ottavio, 1134, boul. Marcel-Laurin, Ville Saint-Laurent

**Mercredi,
le 4 oct** Visite et dégustation au Vignoble Côte de Vaudreuil, 2692, route Harwood, Vaudreuil-Dorion.

**Lundi,
le 13 nov** Rencontre vituelle (Zoom) : « L'éducation anglaise au Québec; qui s'en occupe? » présenté par Dre Kate Le Maistre de APPERQ

**Jeudi,
le 7 déc** Lunch à 11h30, au Baton Rouge, pour célébrer la période des Fêtes. 5385, rue des Jockeys (angle du boul. Décarie), Montréal.

2024

**Lundi,
le 12 fév** à déterminer

**Mercredi,
le 13 mars** à déterminer

**Mardi,
le 16 avril** « All about MY Orchids », le début d'une dépendance et comment vous pouvez commencer. » par une membre de APPERQ, Brenda Lee. Commission scolaire English-Montréal (CSEM), 6000, avenue Fielding, Montréal.

**Mardi
le 7 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

How I Survived The Power Outage

Tips To Make Life Easier Next Time!

It was exactly 1:24pm on Wednesday April 5th, when the power went out in the high-rise condominium building, I live in, in Saint Laurent. My initial reaction was not to worry, as it's happened before, the worst occurrence lasting four hours during the great ice storm of 1998...but not this time! Fifty-three hours later, the power was finally restored early Friday evening. I guess I shouldn't complain, as my sister and brother-in-law lost it until the following Monday afternoon. They live in the West Island...Hmm???!! I was just about to preheat my oven to bake a cheese bread that had been rising for several hours on the kitchen counter. It's an Italian recipe that has been in my family for generations and most often made at Easter. What follows are some of the realities I experienced during the "black out", peppered with some tips to make life easier the next time...all with some "tongue and cheek" humor thrown in for good measure and hopefully good reading!



If you can, **don't** live in a large complex above the second or third floors! After a while, my knees began to hurt, especially when climbing up the stairs. Could this be age-related, or simply the fact that I might be somewhat out of shape? One of the elevators was working, but did I really want to wait fifteen minutes for it, only to find it filled like a can of sardines? There are sixteen floors in my building, and I live on the sixth! I plan to see an orthopedic surgeon for my knees...if I can get an appointment!

You should consider buying a transistor radio...remember those...so that you can listen to the news and get the latest updates on the ice storm, especially when *your* power will be restored! I would go down to the parking garage...another two flights of stairs...and turn on my car radio for news. Make sure to stock up on extra batteries as well as a few good working flash lights. I drive a Toyota, and years ago was gifted a battery-operated lamp, which came in very handy. I don't recommend using candles.

A few portable chargers (power banks) for your cell phone, tablet or other devices, would also be a good idea. The generator in my building only provided limited emergency lighting and a few functioning electrical outlets. The latter...you guessed it...located on the main floor. Just try to get a free outlet when every **Tom**, Dick and Harry are trying to do the same thing...and don't forget all those steps!

You should also have an interesting variety of non-perishable canned food products on hand. SPAM isn't all that bad, once you acquire a taste for it! Another handy item is a good fondue pot. I have one, but unfortunately didn't have the fuel needed to use it. If you are lucky and can find a restaurant that is open...as I did on Thursday night...and you don't mind standing in line for at least a half hour, go for it! Mine was only a 3 km drive away and besides a hot meal, provided two additional bonuses: a free outlet to recharge my cell phone and the opportunity to watch the first period of the Habs play the Washington Capitals on a large screen TV! "Our" team went on to win the game...a nice change!

You should have a couple of extra blankets, duvets and the like on hand so that you can layer your bed as the temperature drops. A tuque, pair of gloves and warm pair of socks might also be helpful. I can't help wondering if there will be a spike in the birth rate in nine months time?!

Oh yes, remember that cheese bread I was hoping to bake? Well, it went down the garbage shoot with a lot of other spoiled food from my fridge and freezer. Although it's not all bad news as the fridge got a thorough cleaning! I have started to refill it very cautiously!

If all else fails, call a friend or family member who has power and may have room in the inn for you! You can always bake them a cheese bread to thank them. The recipe is provided on request! By the way, I did have an offer of refuge, but decided to brave the elements and ride out the storm. I might just reconsider this decision the next time the power goes out...God forbid!!!!

Tom Conti

Are you Ready ? *Continued from page 1)*

Ann Brohan: recommends keeping extra batteries on hand, as well as hearing aid batteries. She remembers in England people had emergency kits for unexpected events.

Kari Quraeshi: reports that she was fine at the senior centre where she lives as they are on a grid with the Lakeshore Hospital and Fairview. They found it strange not to have TV or internet though and Kari wondered what to do with herself for five days.

Claudia Thierry: enjoyed the camaraderie at the warming station at the local curling club and filled a thermos with boiling water for later.

Terrie Kozaczynski: managed to boil water for many cups of tea. For supper Thursday evening, I made a can of tomato soup with chickpeas and corn in our fondu pot with four candles providing the heat. The next day my nephew (with power) picked us up since as we couldn't get the car out of the garage. The garage door is electric.



Welcome to New Members of QPARSE

Maureen Tanner of Senneville, QC Lorne Flavelle of Pierrefonds, QC

Karen Koussaya of Pincourt, QC

Congratulations on your retirement!



Service unique, protections adaptées
L'assurance pensée pour vous

The service you want, the coverage you need.
Insurance that works for you.

1 888 476-8737
lapersonnelle.com/apeq
thepersonal.com/qpat

La Personnelle désigne La Personnelle, assurances générales inc.
Certains conditions, exclusions et limitations peuvent s'appliquer.
The Personal refers to The Personal General Insurance Inc.
Certain conditions, limitations and exclusions may apply.



laPersonnelle
Assureur de groupe auto, habitation
et entreprise
Tarifs de groupe: Service unique.



thePersonal
Home, Auto and Business Group
Insurer
Group rates. Preferred service.

Drame à la Ville de Boule-de-Neige : L'Hiver 1970-71

Une bordée s'explode
En bourrasques qui soufflent
Ses grains de grésil
En forme de mini projectiles,

Puis comme une corneille affamée,
Elles picotent les pommettes,
Picorent le cou
Et piquent les yeux,
Rendant le monde anxieux.

Les piétons, la proie de sa furie,
S'enfuient à grands pas,
Comme s'ils étaient poursuivis
D'une bande de bandits,
Et cherchent abri.

La tempête fait boum
Puis, elle enterre des voitures,
Bat, barre et bloque le pourtour
Des parcours sur les axes routiers,

Et égrène la température,
Dont le gel inflige

Des douleurs et des engelures
Monstres.

Pourtant, plus tard, la neige maquille et revêt
La Ville de Boule-de-Neige d'une blancheur,
Qui lui donne l'allure d'une oasis
D'un charme enjôleur.

Et à l'approche de la pénombre,
La neige cesse.

Et d'une chaîne de nuages
Noirs, des flashes des éclairs
Crépitent coup sur coup.

Vers minuit les nuages disparaissent.
Puis, une pluie d'étoiles filantes
Surgissent de l'abysse des cieux,

Majestueux.

©Sunny

Les chutes qu'il faut éviter

Les chutes représentent une cause majeure d'accidents chez les aînés. Quatre-vingt-cinq pour cent des hospitalisations de cette population est dû à des chutes. C'est une statistique alarmante. Les chutes engendrent quatre-vingt-quinze pour cent de toutes les fractures de la hanche des aînés. En hiver, le verglas contribue à rendre les trottoirs assez glissants pour entraîner une chute. Le port de chaussures appropriées est de mise.

Pour plus amples informations veuillez consulter les sites suivants :

<https://santesudbury.ca/la-prevention-des-chutes-en-hiver/>
<https://www.chiropratique.com/fr/chiropratique/bien-etre/67-les-chutes-hivernales.html?PCID=3>
<https://publications.msss.gouv.qc.ca/msss/fichiers/2018/18-232-02W.pdf>
https://www.cchst.ca/oshanswers/safety_haz/falls.html
<https://www.cchst.ca/oshanswers/prevention/ppe/footwear.html>

© Sunny



Opinion: Rude millennials? Feh. How about rude seniors?

Millennials have a bad reputation, but observation tells me that we seniors are quicker to exercise presumed entitlement.

Author of the article:

Ronald Macfarlane • Special to Montreal Gazette

Published Jul 11, 2018 • 3 minute read



Grumpy old men Waldorf and Statler from the Muppets. "It seems that the restrictions of aging — more aches, more chronic illness, more limitations — have embittered many," writes Ronald Macfarlane. Just For Laughs

Attending a public event recently, I witnessed an elderly gentleman, cane in hand, come across an umbrella that blocked his passage ever so slightly. His response was to use his cane to whack the offending article two rows away.

Such behaviour is symptomatic of an attitude I have witnessed all too often when around members of my own generation. Call it Aggressive Aged Syndrome.

Of all the many demographic groups with which I am associated, my membership in the senior citizen category disturbs me most. Not that I regret aging; faced with the alternative, it is a prudent choice. It is my fellow seniors who annoy and embarrass me.

While we should be an example of propriety, many of us fail miserably to model good citizenship. Millennials have a bad reputation, but observation tells me that we seniors are quicker to exercise presumed entitlement.

Which age group jumps to mind if you picture someone tasting handfuls of grapes in the grocery aisle?

While an accomplished sommelier can judge wine with a single taste, the discerning senior seems to need at least two handfuls to judge the grape. Even worse, the default decision for the gulping seniors seems to be that the produce is not up to scratch. They walk away empty handed, but smiling.

Staying in the grocery store, think of the last time you were in the “express” line and found a basketful of groceries preceding you and your three items. To whom did that basket belong? A senior, right? Point this out to the offender and you will quickly be instructed on the wisdom of minding your own business.

Fast food restaurants seem to have largely removed napkins and condiments from the self-serve areas. This is not attributable to the usual suspects, like teens, but to freeloading seniors. I cannot count the number of times I have watched grey-headed seniors pack their pockets with paper napkins and extra cream, milk and sugar. As they usually leave in a recent-model vehicle, these thefts do not appear motivated by need. What

(Continued on page 15)

Downsizing and planning for the future financially

In September of last year, I began to feel that I ought to think about moving to an apartment. My house and garden required a lot of maintenance and I felt a little overwhelmed.

My house was mortgage free and was very cheap to run. But maintenance was beginning to cost more each year. I made the decision to sell my house in Pointe Claire, and began to think about where I wanted to live. Did I want to rent or buy? I quickly realized that I wanted to own again. Rents are expensive, and I wanted to maintain my capital from selling the house. This would allow me choices if I had to go into care facility as I got older and needed help with daily life. By buying a condo, this would be investing in real estate and maintaining my capital.



I looked seriously at my finances. How much did I need to live comfortably? In moving from a house to a condo, there would be monthly condo fees. Some of the older condos' repairs and maintenance could involve special assessments. However, electricity would be cheaper. Could I cope with inflation which is predicted over the next few years? Could I cope with the increased costs as governments, municipal, federal, and provincial, look for new ways to raise revenue? Governments are currently looking at introducing and raising the cost of services such as waste collection, and water usage to finance the ever-increasing cost of services such as health and education, roads, parks, recreation and transportation.

Getting my house ready for sale, I met with a real estate agent, signed a contract with her and agreed to the fees for listing and selling. She was very helpful in steering me through the process of selling my house. Deciding not to do any big maintenance jobs, my agent helped me to find someone to tidy up the garden and make my front walk safe and also get the house ready for being photographed.

I needed deeds, information on mortgages, and receipts for renovations, property tax documents, school tax documents, and heating and electricity costs. Also needed were documents showing the date that the hot water tank was replaced, the new heating system was installed, when the chimney was last swept and when the roof was replaced. A Certification of Location was required (which can take up to 3 months to obtain from a land surveyor). I also had a pre-sale building inspection to make sure I had no surprises.

Since the sale price would not be known until it was sold, I did not want to commit to buying somewhere. I spent a lot of time visiting condos for sale on Nun's Island. This was my preferred destination as most of the condos on the West Island seemed to be under flight paths or near main roads.

Then began the daunting task of downsizing. I arrived in Montreal in 1970 with two suitcases. Now I had a whole house full of furniture and a lot of junk, much of which had to go!

In December I went to New Zealand for three months after being assured that I could sign remotely on-line (an amazingly simple task). I signed the contract to sell 5 months after putting the house on the market.

Returning to Canada I continued sorting out my housewares which involved many trips to the eco-centre, and thrift shops, as well as selling furniture on-line, and a big garage sale.

With the sale price known, the condo hunting has begun in earnest. The signing to sell my house will take place at the end of the month. Rather than rushing to buy I have decided to put my furniture into storage and live in a friend's basement apartment, until I find what I want. The saga continues. Downsizing is not something to be undertaken lightly and it involves a lot of hard work, but is so worthwhile! Most of us will need to do this at some time.

Anne Brohan

Opinion: Rude Millenials? Feh *(Continued from page 13)*

explains this but a simple attitude of entitlement for having lived long?

And don't get me started about driving. There again, I am astonished by the selfishness seniors exhibit. Many of them just shouldn't be behind the wheel any longer. Presumably they would be first to admonish a younger driver, quite correctly, for distracted driving, but they refuse to abandon the car when they are no longer safe on the road. The frequency with which one hears of middle-aged children telling their parents they should no longer drive exhibits the selfish philosophy of my generation. They know they are not sufficiently alert, but persevere because it is convenient. It seems their freedom is more important to them than others' safety.

This entitlement sometimes spills into personal interactions. Too often the default response to a misunderstanding with wait staff or front-line service personnel is verbal aggression. Perhaps the misunderstandings are more frequent now, as we do not express ourselves or our needs as clearly as we once did. Our frustration, in this case with ourselves, does not grant any right to treat others disrespectfully.

It seems that the restrictions of aging — more aches, more chronic illness, more limitations — have embittered many. To be embittered is to ignore the extreme luck of living in an era of longer life expectancy. Opposed to the downsides are the advantages of seeing even more marvellous inventions, seeing grandchildren mature, planning new experiences, taking up hobbies or learning different things.

The progressives in our society demand the calling out of those who display any of the “isms” currently in disrepute.

Seniors, let us assume the responsibility of calling out those of our generation who believe that age has bestowed special privileges upon them.

Ronald Macfarlane is a retired school principal and a member of QPARSE. He currently lives in Pointe Claire.

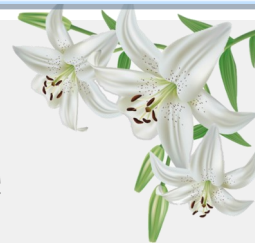
Do You know the whereabouts of these members ?

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.

Julien, Marie-Bernadette—Pierrefonds, QC	Westlake, Sidney-Montreal, QC
Arseneau, Evelyn— North Lancaster, ON	Moore, Betty— Brighton, ON
Humber-Rogers, Patricia-Bromont, QC	Reed, Jerry-Qualicum Beach, BC

In Memory of Our Dear Friends *we send our deepest condolences to the friends and family of the following:*

Auchinleck, George—Montreal, QC	Caesar, Althea—Montreal, QC
Currie, Jean Fraser—Nun's Island, QC	Grant, Errol—Orleans, ON
Jackson, Carl—Franklin Centre, QC	Moore, Jean—Ottawa, ON
Pollock, Catherine—Montreal, QC	Schneider, Eli—Cote St. Luc, QC



LOBSTER

Lobster fishing is an important part of the economy of New Brunswick. Small towns and villages are scattered all along its coast. The fishing season starts in early spring depending on the zone, and runs until late fall.

Shediac has the distinction of being hailed as the Lobster Capital of the World. While the fishing fleet is not as large as the one in Pubnico, Nova Scotia. It nevertheless handles huge amounts of the delicacy. Shipments from all over the Maritimes and beyond arrive daily to be processed in the many plants that have been built over the years.



The Romeo-LeBlanc International Airport of Greater Moncton ships lobsters all over the world—live and frozen. The same happens at Stanfield International Airport near Halifax during their fishing season.

The important Shediac Lobster Festival is held at the beginning of July every year and is one of the major festivals of the Maritimes. Lobster is abundant and served in different ways, be it boiled, in chowders, or as tasty lobster rolls.

There is something new in Shediac, the recently built Homarus Centre is an interpretive centre that offers a unique and interactive experience related to the mysterious world of lobsters and marine ecosystems. The building is located at the entrance to the town, and it is near the statue of the biggest lobster in world. A short distance away, visitors can purchase lobsters from two shops that cater to their many clients. It is suggested to try either one of the following shops Shediac Lobster Shop or Big Fish. Restaurants in town also serve lobster meals and are easily accessible.

The coastline of New Brunswick is abundant with seafood such as crab, clams, scallops, oysters, shrimp and of course, lobster. It is well worth a visit!

Robert Primeau



Depiction of lobster being unloaded on the docks of Shediac in the fifties. Customers were eagerly awaiting fresh lobsters.



The recently built Homarus Interpretive Centre at the entrance to Shediac where one can learn all about the fishing industry especially, lobsters.



At the entrance to Shediac is a reminder of the importance of lobster fishing to the Shediac area of New Brunswick.

Une Attitude?

L'article intitulé "*focus sur l'avenir – Tirer des leçons de la vie*" écrit par Stuart Foxman, nous pose la question, *sur quoi pouvons-nous compter pour nous sentir mieux en vieillissant?*

Deux psychologues de Chicago ont essayé de découvrir ce qui aide notre 'bien être'. Ils ont testé 300 personnes âgées de 60 à 89 ans, et ils ont constaté que « ceux qui apprécient les leçons de la vie étaient plus satisfaits et plus susceptibles de considérer cette étape comme un période de croissance. »

« *Ayant des perceptions positives, ces personnes avaient tendance à considérer l'âge adulte avancée comme une période d'apprentissage et d'engagement soutenue* » ont écrit les auteurs de l'étude *Aging and Mental Health* publiée en 2019. En plus, l'auteur Foxman nous souligne que les leçons de la vie nous façonnent, nous réconfortent, et nous inspirent à continuer.

Gardons notre attitude positive!

Ref : RENAISSANCE Magazine RTOERO, Printemps 2023, page19

In Support of our Teachers



Jan Langelier, Heidi Yetman and Renate Sutherland support our teachers.



Quebec Provincial Association of Retired School Educators
Association provinciale du personnel d'enseignement retraité du Québec

Income Statement					
REVENUE	2022	2021	2020	2019	2018
Memberships	\$ 510.00	\$ 255.00	\$ 340.00	\$ 850.00	\$ 1,707.00
Program	-			1,785.00	3,684.00
QPAT Teachers Conference	-	90.00	50.00	375.00	3,090.75
Donations	3,680.00		391.00		
Senior Discovery Tours	-			2,576.72	863.52
LaPersonnel - Referral Revenue	-			390.00	440.00
Newsletter Ads	375.00	375.00	375.00	525.00	650.00
Capital Gains/Loss	1,394.09	113.83	112.82		-0.78
Dividend Income	1,037.63	4,038.82	2,546.83	2,772.35	2,633.77
ECERTO Conference	4,100.00				
TOTAL REVENUES	\$ 11,096.72	\$ 4,872.65	\$ 3,815.65	\$ 9,274.07	\$ 13,068.26
EXPENSES					
Newsletter Expense	\$ 3,192.49	\$ 2,879.84	\$ 2,051.30	\$ 4,026.46	\$ 2,954.05
Membership Expenses	18.27	16.33			556.67
AGM - Annual General Meeting Exp	116.81	215.18		750.29	547.11
Meeting Expenses			115.70	130.22	87.33
Program/Workshops/Events Exp	108.29	197.96	100.33	2,200.11	5,022.37
Goodwill Gifts	118.63	261.86	50.00		104.33
ACER/CART	1,105.15	374.50	383.60	1,074.88	1,946.21
QFHSA MEMBERSHIP			50.00	50.00	50.00
Accounting Expenses	402.41	344.93	344.93	344.93	1,034.78
Website Expenses	265.03	312.90	248.43	308.71	401.31
Office Supplies Exp	22.66	39.45		391.19	306.89
Bank Charges	3.60			7.50	9.40
Government Registration Fees	2.00	500.00		100.00	100.00
Parking	94.50	36.00	35.00	34.00	39.53
Donations	50.00		256.32	33.00	83.82
Investment fees		143.72	1,290.40	1,573.92	1,556.89
ECERTO - Conference Special Events	5,994.16				
60TH Anniversary Event	1,240.46				
TOTAL EXPENSES	\$ 12,734.46	\$ 5,322.67	\$ 4,926.01	\$ 11,025.21	\$ 14,800.69
NET INCOME	-\$ 1,637.74	-\$ 450.02	-\$ 1,110.36	-\$ 1,751.14	-\$ 1,732.43
Year End Bank Reconciliation					
	2022	2021	2020	2019	
Ledger Bank balance January 1	\$ 7,190.59	\$ 8,702.58	\$ 5,981.49	\$ 9,555.12	
Add: Total Deposits	8,699.00	3,720.00	6,240.00	6,416.72	
Less: Total Cheques issued	12,769.76	5,294.65	3,518.91	9,990.35	
Add: Outstanding cheques	281.91	62.66			
ADJ Bank Balance December 31	\$ 3,119.83	\$ 7,190.59	\$ 8,702.58	\$ 5,981.49	
Assets at December 31					
	2022	2021	2020	2019	
Investments	\$ 80,266.96	\$ 93,457.90	\$ 90,307.78	\$ 94,109.95	
ADJ Bank Balance December 31	3,119.83	7,190.59	8,702.58	5,981.49	
Total Assets December 31	\$ 83,386.79	\$ 100,648.49	\$ 99,010.36	\$ 100,091.44	



Lemon Blueberry Bread



INGREDIENTS

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/3 cup unsalted butter melted
- 1 cup granulated sugar (I used half the sugar)
- 2 eggs
- 1/2 teaspoon vanilla extract
- 2 teaspoons fresh grated lemon zest
- 2 tablespoons fresh lemon juice
- 1/2 cup milk
- 1 cup fresh or frozen blueberries (I used frozen)
- 1 tablespoon all-purpose flour

Lemon Glaze

- 2 tablespoons butter melted
- 1/2 cup powdered sugar
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon vanilla extract



INSTRUCTIONS

1. Preheat oven to 350°F and line a 9"x 5" loaf pan with parchment paper (or lightly grease with butter).
2. In a medium bowl, whisk the flour, baking powder and salt, and set aside.
3. In the bowl of an electric mixer, blend together the melted butter, sugar, eggs, vanilla, lemon zest and lemon juice. Mix until well combined.
4. While slowly mixing, add flour mixture and milk in two batches (some flour, then some milk, then the rest of the flour and the rest of the milk). Stop mixing as soon as it's just combined.
5. Rinse off the blueberries (if using fresh) so they have just a bit of moisture on them, then, in a small bowl toss the blueberries and 1 T. flour. This flour coating will help prevent the blueberries from sinking to the bottom of your loaf while baking.
6. Add the flour coated berries to the batter and gently but quickly stir, by hand, to combine.
7. Immediately pour batter into prepared pan and bake for 55-65 minutes, or until a toothpick inserted in the center of the loaf comes out clean. Cool bread in the pan for about 30 minutes, then move to a wire cooling rack with a baking sheet below (to catch the glaze you're about to add).
8. Prepare glaze by simply whisking together the melted butter, powdered sugar, lemon juice and vanilla, then pour glaze over the loaf. Allow to set a few minutes, then enjoy!

Note: I found this recipe on the internet and made it many many times.

Terrie Kozaczynski

The Quebec Provincial
Association of Retired
School Educators



Association provinciale
du personnel
d'enseignement retraité
du Québec

Application Form / Formulaire d'adhésion

Veuillez retourner avec votre chèque de 85\$ au nom de APPERQ à:
Please return with your cheque for \$85 made out to QPARSE to:

Terrie Kozaczynski
c/o QPAT – APEQ
17035 Brunswick Blvd
Kirkland, QC H9H 5G6

Given name: Prénom: _____		Family name: Nom de famille: _____	
Street: Rue: _____		Apartment: Appartement: _____	
City: Ville: _____		Postal Code: Code postal: _____	
Province: _____			
Telephone : Téléphone: _____		Email: Courriel: _____	
School board at retirement: Commission scolaire à la retraite: _____			
Year of retirement: Année de la retraite: _____		Date of Birth : 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

President/ACER-CART	Katherine Snow
Past President	Jan Langelier
Vice-President	TBD
Treasurer	Marisa De Angelis
Recording Secretary	Kate Le Maistre
Director/Membership/ Facebook/Liaison Web Site	Terrie Kozaczynski
Director Program	Carol Klein
Director Events	Claudia Thierry
Director Newsletter Committee	Marzia Michielli
Director	Renate Sutherland
Director	Paula Turner
Director	Kathleen Malcius
Director	Tom Conti
Director	Ruth Rosenfield
Director	Lynn Travers

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.

Contact Us

Email: information@qparse-apperq.org



Join and like us on
Facebook
[Click here](#)

Come and visit our webpage

www.qparse-apperq.org

[Click here](#)



Let's Get Excited About Travel Again!

Senior Discovery Tours takes care of all your travel details, so all you have to do is enjoy our beautiful world. As Canada's largest and most trusted operator of escorted tours and cruises for over 45 years, our tours are designed to provide peace of mind for the mature traveller who enjoys a carefree experience.

For every QPARSE member that travels with Senior Discovery Tours, the QPARSE will receive a 4% commission per booking!

Reminder: Members traveling with Senior Discovery Tours should notify Renate Sutherland at 514-695-1970 or email: renate.sutherland@bell.net so that we may receive the 4% allocation back to our organization.

Request a Brochure
1.800.268.3492
SeniorDiscoveryTours.ca

Reg# 701756

**Senior
Discovery
Tours**