



## Autumn Reception for New Members

Now is the time to welcome new retirees to our association. We hope they will enjoy themselves meeting other members and returning for other QPARSE activities

### DETAILS

<b>Date</b>	Thursday October 20th, 2005
<b>Place</b>	English Montreal School Board 6000 Fielding Avenue Montreal Lawrence Patterson Room
<b>Time</b>	3.30 – 5.30 pm
<b>Cost</b>	\$5.00 (payable at door)

Parking is available in the Visitors' Parking Lot, off Draper Street  
For more information, please contact Alston Narick (514) 272-5459,  
Graham Knott (514)695-8797 or Althea Caesar (514)487-7241



## PRESIDENT'S MESSAGE

Ann MacLeish

Humid, humid is my description of the summer leaving me in a flaccid state like my garden. Together we wilted. To those of you who enjoy heat and humidity, my congratulations on having a well adjusted body thermostat.

Welcome to QPARSE's 2005-2006 year which we hope will inform you and peak your curiosity concerning life in the retirement years. As an association we wish to serve you in whatever way we can so communicate with us on any level.

These are desperate times that we live in as the world we inhabit has demonstrated and continues to show its destructive side. Nature and Man are on a fanatical rampage as they exhibit their nasty chaotic elements. In a short time frame, the world has experienced a tsunami, a devastating hurricane, wanton terrorism, an ill devised war and arrogant and greedy leadership in government, in business and in our personal behaviour.

But in this dangerous world we Canadians have much to be thankful for – peace, food, water, scenic beauty, prosperity, an eclectic mix of people and governments, which while of questionable focus, never-the-less have been elected democratically. We take for granted much of the good we enjoy without realizing the fragility of our way of life.

What is good in Canada does not happen as a matter of course, but it has to be created, it has to be maintained, by the effort of love, and by submission to the Rule of Law. But how are we to manage to love, being so given to cruelty, how do we preserve the law from being corrupted by our corruption. The answer lies in being vigilant and willing to fight for what we as Canadians aspire to be.

The preamble to our Constitution says what each one of us must “stand guard” for:

We are the people of Canada  
Drawn from the four winds of the earth  
A privileged people  
Citizens of a sovereign state.

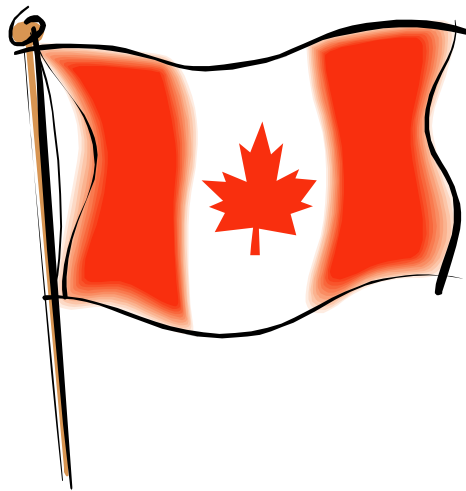
Trustees of a vast northern land  
We celebrate its beauty and grandeur

Aboriginal peoples, immigrants,  
French-speaking, English-speaking  
Canadians all,  
We honour our roots and value our diversity

We affirm that our country  
Is founded upon principles that  
Acknowledge the supremacy of God  
The dignity of each person  
The importance of family  
And the value of community.

We recognize that we remain free  
Only when freedom is founded on  
Respect for moral and spiritual values  
And the rule of law  
In the service of justice.

We cherish this free and united country  
Its place within the family of nations  
'and accepting the responsibilities  
privilege brings  
we pledge to strengthen this land  
as a home of peace, hope and goodwill.



**Special Events – Calendar 2005-1006**

<b>Day</b>	<b>Date</b>	<b>Event</b>	<b>Time</b>	<b>Where</b>
Thursday	October 20	Fall Reception	3.30-5.30 pm	6000 Fielding
Tuesday	November 8	Digital Photography Workshop	10.30 am	Amazona Restaurant
		Lunch	12.00 noon	Amazona Restaurant
Thursday	December 8	Holiday Celebration	10.00-12.00 noon	EMSB
		Lunch to follow	12.00 noon	Amazona Restaurant
		Please bring a non-perishable donation or cash for the NDG Food Depot		
Tuesday	January 10	Lunch	12-00 noon	Amazona Restaurant
Tuesday	February 14	Lunch	12.00 noon	Amazona Restaurant
	March (TBA)	Spring Workshop	10.00-12.00 noon	EMSB
		Lunch to follow	12-00 noon	Amazona Restaurant
Tuesday	April 11	Lunch	12.00 noon	Amazona Restaurant
Thursday	May 4	Annual General Meeting	10.00-12.00 noon	EMSB
		Lunch to follow	12.00 noon	Amazona Restaurant

Monthly luncheons at the Amazona Restaurant, 5525 Cote St. Luc Road,  
(corner of Clanranald)

Please call any member of the Special Events Committee to make a reservation. All are welcome and bring a friend.

Alston Narick    514-272-5459  
Graham Knott    514-695-8797  
Althea Ceasar    514-487-7241

We welcome suggestions for additional activities, call us or use our e-mail  
[gparse.pat@sympatico.ca](mailto:gparse.pat@sympatico.ca)

**REPORT OF THE 14<sup>th</sup> ANNUAL GENERAL MEETING  
CANADIAN ASSOCIATION OF RETIRED TEACHERS (ACER- CART)**

The 2005 Annual General Meeting of the Canadian Association of Retired Teachers (ACER – CART) was held at the office of the Canadian Teachers Association (CTF) in Ottawa on June 3rd and 4th. **Twenty-three representatives** from every provincial retired teachers' organization were in attendance. QPARSE was represented by Renate Sutherland, Director, and Pat Steele, Regional Director (Central).

Dr. Julius Buski, Secretary General of the **Canadian Teachers' Federation (CTF)** welcomed us and everyone received CTF Ambassador pins. ACER-CART is fortunate to have the support of the Canadian Teachers Federation. CTF provides meeting space for our annual meeting, and the use of a dedicated staff secretarial person, Lynne Richard. ACER-CART is also allowed to use the CTF address to receive its mail.

Congratulations to our own **Pat Steele, QPARSE Vice-President**, and **Tom Murray, QPARSE webmaster!** Pat's submission of the bilingual name OPTIONS for the ACER-CART newsletter was accepted. Tom submitted the winning entry for the new ACER-CART LOGO - an alert and listening OWL represents a teacher and its colour is the golden age of retirement, the red maple leaf indicates the national scope of ACER-CART, connecting the associations across the country. You can access the ACER-CART'S website [www.acer-cart.org/English/newsletter.htm](http://www.acer-cart.org/English/newsletter.htm) for more information.

### **Elections**

Some leadership changes resulted at the 2005 AGM. **The President for 2005-06 is Pat Brady** (BC Retired Teachers Association). Three new Regional Directors were also elected: Atlantic -**Fred Ripley** (PEI Retired Teachers Association); Centre - **Helen Biales**,(Ontario Retired Teachers Association); and for the West - **Vaughn Wadelius** – (Retired Teachers Association of Manitoba). Retiring from the Executive were President Val Alcock and Regional Directors George Little and Pat Steele. They were thanked for their years of service on the Executive. ACER-CART is very fortunate to retain the services of Pierre Drouin as Executive Director of the national organization.

### **Congress of National Seniors Organizations**

Val Alcock was elected to be ACER-CART's official representative to the Congress of National Seniors Organizations (CNSO). Recently she was part of a delegation of representatives from a congress of national seniors groups which met with Mr. Ken Dryden, Federal Minister of Social Development. The major focus of the meeting was to see the creation of a **Seniors Secretariat** at the federal level. Such a body will afford seniors more direct opportunities to influence governments and legislation which particularly affects those of us who are retired.

### **Priorities for ACER-CART in 2005-2006**

- Continue to work with CNSO for the development of the Seniors Secretariat
- Continue to enhance the visibility of ACER-CART at the national level
  - Microsoft project; participate in CNSO's income security and communications Committees; assist with Canadian Seniors Partnership (CSP) special projects e.g. computer training for seniors and post retirement workshops
- Continuing to push for the implementation of ACER-CART's health and pension/retirement policies

Renate Sutherland  
ACER-CART Director

**October is dedicated to senior drivers**

CAA-Quebec is dedicating the month of October to drivers aged 50 and over. Find out about the many activities.

For more information or to register for an activity, call CAA-Quebec's traffic safety department at 1-800-463-7232, ext. 2227, or e-mail them at [securite routi ere@caa-quebec.qc.ca](mailto:securite routi ere@caa-quebec.qc.ca).

The winter edition of the Newsletter will focus on travel. If you have some travel stories that you would like to share with other QPARSE members, please forward them to the editor by the middle of January!

Donald Berry

The Artwork      Bill Hine

Front Cover:      The Cloakroom. What student wears a cloak? A larger school would have a long room for hanging outer wear often called a lobby.

Back Cover:      The Locker Room. Lockers could be in a room by themselves or line the walls of a corridor. They provide a private space for a student in a very public building.

## News From Members

Marjory Marshall is now comfortably installed at the Manoir Westmount where she recently entertained ten of us, retired colleagues of Elizabeth Ballantyne School in Montreal West. The group was formed several years ago by some of the school's long-time teaching staff. I am a grace-and-favour member of the group, having had the privilege of being their principal for 13 years. I did also teach in the school in the late 1960's, so perhaps that legitimizes my membership. We meet five times a year at various lunch venues around town. There are presently fifteen of us in the group, which is truly a group of friends. We call ourselves the T.O.P.S. of E.B.S. - Teachers On Pension and Secretary - yes we are all inclusive!

Betsy Kremmel

I am writing to say thank you for many years of the Newsletter. From cover to cover it is a first class publication - always calls up many memories and there's always a chuckle. Occasionally, I recognize a name. My association with other PAPT members was limited - usually only in Montreal at the Annual Convention. I taught from 1965 to 1977 in the town of Temiscaming and after 1970 was the only PAPT member in the area. At one time I was syndical rep for my district - representing only myself; the nearest PAPT members were in Rouyn-Noranda, Many thanks to all the directors of QPARSE for your efforts on our behalf. I love the cover artwork and have started a scrapbook to collect it. Wish I had thought of it years ago.

Myrtle E. Nunn

All's well here. Our brag message is our new grandchild who is David's first baby, a one year old girl. He and his wife are having great fun with this new experience, You might like to catch my website ([www.vernavowles.com](http://www.vernavowles.com)). Life goes on a mile a minute chiefly because I am lucky with my health

Best wishes to all.

Verna Vowles

Once again in June 2005 four members of the MacDonald College class of 1941 met for lunch. We are all from Pontiac County and became friends while students there. This is a custom we began on the 60<sup>th</sup> anniversary of our graduation. These ladies are Mary Corrigan Hodgins, Iva Horner Armstrong, Gwyneth Shaw Streett and Eileen Holmes Colton. Iva Dale was unable to attend this year. Another graduate, Helen Corrigan Black Gould could not be with us due to illness

.Eileen Holmes Colton

News from Members cont:

I left Quebec in 2000 and returned to dear old Cape Breton to build a home on my historic family property in the Bras D'Or heartland. Presently I am recovering from a spinal fusion. On Canada Day I will be at the 50<sup>th</sup> anniversary of Chambly County High School and will see hundreds of my students – a real joy for me.

My best wishes to everyone.

Stanley MacDonald

We have also heard from the following members since the last issue:

Bertha Rohr

I Cooper

Jean Laird

Lillian Parker

Frances Starkey

Hazel Carson

Margaret Laird

Ellen Stevenson

Peggy Horton

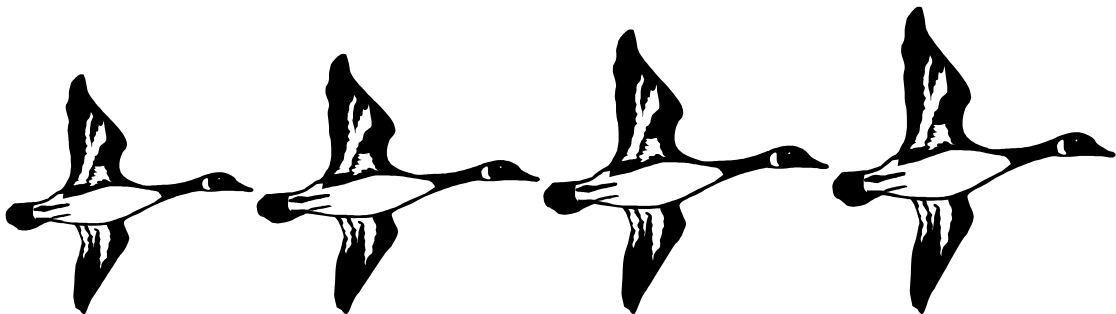
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Welcome to New Members

The following have chosen to join QPARSE, and we extend a warm welcome to them:

Judith Schurman of St Lambert

Helen Neocleous of Laval



## Newsletter Strays

When a newsletter is returned, we put out a special appeal to our members for information. You are our best source for discovering the reasons for that return. Please check the following list and send any information to Mrs. Robin Narsted, 232 West Acres, Dollard des Ormeaux, QC H9G 1V2

First Name	Family Name	Last known address	First Name	Family Name	Last known address
Enid K. (Dixon)	Anderson		M. Joan	MacMillan	
Margaret	Assels	Montreal	Mancel John	Major	Gananoque
Britten Powell	Bernard	Dorval	Bessie	McConnachie	British Columbia
Carrie	Brodie	Williamstown	Robert W.	McEwen	
Jocelyn	Calotes	DDO	Mary McLean		
J. Constance	Champion	Riverview, NB	E. Catherine	McReynolds	
Eleanor	Chisholm	Hampstead	Muriel	Murray	
Daniel	Cohen		Anne	Naimark	Cote St. Luc
Ruth	Cullen	Cote St.-Luc	M. Marjorie	Nicholson	
Lawrence G.	Davies		Agnes M.	O'Kelly	
Iris	Dawe		Mary S.	Patterson	
Thelma	Doherty	Smith Falls	Muriel	Perrie	Westmount
Therese	Dupuis	Montreal	Estelle	Rosenthal	
R.W.	Eggleton	St. Bruno	Roberta	Ruddock	Huntingdon
Gerald M.	Engeland	Buckingham	Sudarshan K.	Sareen	
Helene	Filion	St. Therese	Roy	Shetler	Pierrefonds
Jeannette	Foshay		Nancy	Snow	Lennoxville
E.K.	Fox	Westmount	Adele	Sparber	
Agnes	Galbraith		Grace	Stober	Montreal
Whitman A.	Haines		Ernestine A.	Stone	
I rma	Haney		Georgina Jean	Talbot	
Alice V.	Harlow		E. Geoffrey	Tenneson	Mississauga
Rose E.	Klyne		Frances	Trodd	Ottawa
John	Le Measurier		David	Ungerson	
Marion E.	Lowe-McLean		Joan Ann	Wheeler	
I.E.	Lutes-Robert	Brockville	Mary B.C.	Whiston	Montreal
A. Helen	Macdonald		R.	Williams	
Dorothy M.J.	Macdonald		Irene	Wilson	Huntingdon
Ella	Macklin	St. Laurent	Susie Margaret	Woodman	

From Little Seeds a Mighty Oak Can Grow - Rose Sourkes B.A

Sir George Williams University became Concordia University. On June 8th 2005, there was an honorary ceremonial convocation at Place des Arts, and more than 600 alumni, dressed in black graduating gowns, were handed commemorative certificates to mark this special occasion. All had graduated prior to 1974.

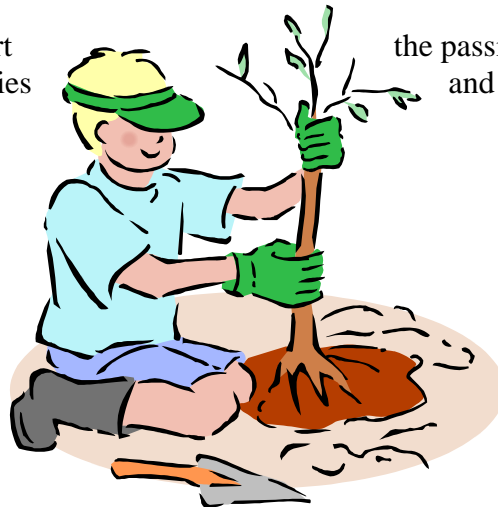
The first class, known as guinea pigs, graduated in 1937 where one lone female was amongst the 6 male students. This day, she was the sole remaining person of that class in attendance to be granted her commemorative diploma (Dr. R Shane, now a physician). While retiring Dr. F Lowy was showered with accolades, she too received recognition and was seated in the front row, on stage. I was one of the 1200 people seated in the auditorium of the Théâtre Maisonneuve having been acknowledged for graduating in 1971.

This was an unique idea. No university had ever proffered two diplomas for the identical work load so many years later. In order to acquire this current diploma, it had not been necessary to burn the midnight oil; one just had to climb a myriad of stairs!

**WE REMEMBER**

It is with sadness that we report QPARSE. We join with families

the passing of the following members of and friends in remembrance.



- |                      |             |
|----------------------|-------------|
| Evelyn Eaton         | December 03 |
| Constance Esdaile    | December 03 |
| Margaret Buchanan    | December 03 |
| Dorothy Whittaker    | April 04    |
| P. Edwyn Spence      | February 05 |
| Christine Ross       | June 05     |
| Alice Olive Theobald | June 05     |
| Joyce Cloutier       | June 05     |
| Evelyn French        | June 05     |
| Lawrence Lander      | June 05     |

Antoinette London  
Bill Batt

September 05  
September 05

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## **OBITUARIES**

The Revd John C.T. Johnson  
B.Sc., B.Ed., S.T.M., Dip. Min  
December 29, 1935 – February 15, 2005

Jack's life was one of dedication to his many students in his thirty-two years of teaching high school, and to the Chateaugay Valley Teachers Association during that same period of time. He also served as President of The Provincial Association of Protestant Teachers for two 2-year terms, and on the Superior Council of Education.

In the community, Jack was President of the Chateaugay Valley Historical Society, and secretary and Chaplain to the Royal Canadian Legion Branch #196. He was an active Lay Reader in the Anglican Dioceses of Montreal prior to his ordination in 1992. He then became Incumbent of the Parish of Lakefield (Lakefield, Mille Isles, Louisa and Shrewsbury) for eight years. Upon his retirement to Dewittville he became Priest-in-charge of the Parish of Hemmingford-Clarencville. He served on many committees within the Diocese and at the national level, and was active in the alumni of the Montreal Diocesan Theological College. He will be truly missed.

Jack's funeral was held March 31, 2005, at Christ Church Cathedral in Montreal and he was buried at St. John's Cemetery, Shrewsbury, Quebec.

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Donald R. Peacock

*Editor's note: As mentioned in the spring issue, Donald Peacock, Past President of the Montreal Teacher's Association and the Provincial Association of Protestant Teachers died in April. The following is an excerpt from the eulogy presented by Susyn Borer who was on the MTA staff in the 70's when Don was President.*

"I am very honoured to be here in front of you. To be able to speak to you about Don, a man I idolized, loved, looked up to, and occasionally feared, is a precious gift. Parents and staff at ECS have come to see me all week to express their regrets and to share with me their personal connections with Don. Because, whether he taught them or organized them, one thing was sure: he touched them and they remembered him fondly.

When I first read Mary Oliver's poem "When Death Comes", I was enamored, intrigued and finally haunted by the lines:

'When it is over.....

I dont want to end up simply having visited this world.'

This line came crashing back to me when I sat down to try to put my thoughts together about Don. After all, the first word that comes to mind when I think of Don is passionate. And I suddenly understood that the passionate way in which Don lived his life, as a father, as a husband and ex-husband, as a friend and as a union leader prevented him from simply having visited the world. And we are all here today to acknowledge and honour Don, his immeasurable passion and the difference he made in the lives of others, individually and collectively. How he took the black and white of our every day living and turned it into 5-D technocolour. And how grateful we all are.

Today I want to celebrate the man from whom I learnt what life is really all about and why we are put here. I believe I am who I am today because of Don and what I learnt from him. He was my mentor, my teacher, my advisor, my guide, my hero and my best friend. He inspired me, he motivated me, he nurtured me, and he took great pleasure in watching me grow.

Don taught me life skills. He taught me to exercise critical judgment and to solve problems. He taught me how to work in a team, how to communicate, to use creativity, to achieve my potential, to work efficiently, to use reasoning, to examine, to interpret, to reflect, and to be responsible. But he didnt just teach me HOW... he taught me WHY these things were so important. And as a master teacher, he didn't lecture at me and tell me what to do and how to behave. Instead he modelled these things for me to learn. This is who he was and how he lived.

Now think for a moment.....does this sound familiar to you? Almost all the skills and abilities I have mentioned are..... the cross curricular competencies that are at the heart of the MEQ curriculum reform..... Don had all those 21st century skills we now talk about long before the 21st century began. Don was my personal trainer, my coach and facilitator. He was way ahead of his time.

Don also taught me the intangibles, too. The most important lesson I learned was to be passionate, and to follow your passion. Never to give up. Never to give in. Never to compromise your values or your soul. Life without passion is no life at all. It's just an existence. Don had a highly developed sense of fairness and democracy. It informed every position he took on every issue. Whether it was popular or not, whether it was politically correct or not. He had a passion for causes, a passion for the underdog, a passion for the struggle.

He never wavered from doing the right thing even if it was the harder thing to do. And he never wavered from trying to convince you it was the right thing to do!

People and relationships were of paramount importance to him. He spent hours with those he loved or admired talking, listening, arguing, debating, convincing... passionately. And of course, Don was passionate in his love for his children. He wanted to be the best father and do the right things. And he passionately wanted his marriage to work. But he disappointed himself in not being able to consistently model the behaviours he knew were required. He tried so hard but just couldn't sustain the momentum. This was his biggest disappointment and regret in life.

Don felt extremely conflicted and guilty over the years for not being able to shelter and protect his kids. He was a highly controversial public figure and for some people who couldn't get to Don personally, they chose the cowardly way - through his children. This tore Don apart. Even his anger was full of passion. Don't forget this was during a time when there was no anti-scab legislation as exists today, so there were lots of scabs out there and some of them even taught our own children!!!!

In addition to being passionate, Don was brilliant, gifted, learned, experienced and expert.... and I've learnt that gifted people have such high expectations for themselves that they can never live up to them. I also saw qualities in Don he didn't even know he possessed. I like to think this is the power of friendship, trust, respect and unconditional love. For I saw a man who was vulnerable, soft, insecure, a little boy inside who wanted to please and be loved in return, and who possessed a profound gentleness that he never showed in public.

And who could forget the constantly filled ashtrays, his chain-smoking and the inevitable cigarette burns. On my new Camaro, my new couch and even wine on the Indian rug! What about his Manhattans at Ma Hellers? Or his Harris Tweed jackets with leather patches on the sleeves. Remember The Stagecoach Restaurant - it went bankrupt after Don retired! And all those late night talks, baring our souls with that last drink, which became another last drink..

I would like to share one final thought with all of you here today, because I know that a number of us are grappling with this same issue: guilt.... over the quality or quantity of our relationship with Don over the more recent years, some of us were not as attentive as we could have been..... so I would like you to reflect on this.....you only feel guilty about this sort of thing when you have loved someone. People who dont love, dont feel guilty because there is no real emotional connection or committment. They pay their respects, and then life goes on for them. So I am happy to say I feel profoundly guilty. Trust me. I do, Don, I really do.Ta, luv.

May your soul be bound up in the bonds of eternal life. And say we Amen."

## School Daze

Once upon a time - before schools became "facilities", the staff were anointed "educators" and pupils were declared, indiscriminately, to be "students" - objective testing played little or no role in the educational process, and the young wrote more than they do in these latter days.

True, such reflections evoke memories of long, tedious - and, some would claim - unrewarding hours of toil attempting to assess the merits of mountains of written work, for their authors were rarely talented. Yet the exercise did have one endearing feature: it seldom failed to uncover a crop of "boners" and "malapropisms" that almost made the task seem worthwhile.

Pupils of all ages and of every state of grace contributed, albeit unwittingly, to this unsolicited windfall. To cite one example: a young elementary pupil, writing out the words of a hymn assigned as memory work, pays this accidental compliment to pedagogues:

"All things bright and beautiful,  
All teachers great and small....."

Another elementary pupil informs us that "Moses led the Children of Israel across the Black Sea", while a high school pupil makes the startling assertion that "Judith I scariot" betrayed Jesus to the Romans. Going one step further, another scholar has Jesus arraigned before one "Paunchus Pilate".

One young reader places Robinson Crusoe on a "dessert" island, and another names Charles Dickens as the author - or composer - of "A Christmas Chorale". Meanwhile, an early encounter with the Immortal Bard prompts a high school pupil to identify William Shakespeare as the author of a play he calls "A Midsummer Knight's Dream".

School Daze cont:

Wishful thinking may account for an elementary school pupil's statement that "the four seasons of the year are spring, summer, fall and Christmas", while only inattention can explain that of a high school pupil who declares that "water boils at 100°C and melts at 0°C". And in what nowadays would surely be seized upon as a

School Daze cont:

Freudian slip, another high school pupil identifies the process by which a pure substance becomes contaminated as "adultery".

An anonymous student of ancient history is convinced that "Caesar improved upon the lives and the troubles of his people". Two others, dealing with the Protestant Reformation, describe how John Huss was "burned at the stake" and that "French Protestants" were known as Argonauts". Further along the time-line, one youngster blithely declares that "Jock Cartier was the discoverer of Canada"; another, that "after he was captured at Trafalgar, Napoleon was exiled on St. Helen's Island"; and a third, that "in the South African War, the Dutch colonists who fought the British were called Boors".

Composing the brief autobiography frequently required of pupils entering high school, one lad mentions that he has only recently moved into "Notre-Dam-de-Grass", while another expresses the hope that "...a Tudor..." can be found to help him with math. Another pupil in this group furnishes our final example. Evidently hoping to justify his record of chronic absenteeism in elementary school, he points out that "I don't like going to class. I can't help it: I'm classtrophobic!".

C.E.E.



# Writing with Light

Dave Chandler

I hope everybody had fun with their cameras (digital or not) this past hot summer. Apart from the constant danger of sweating on your camera lens you should probably know that film and digital sensors do not behave the same when warm. In actual fact both should really be kept in coolers until needed! Batteries also don't last as long when warm.

Film tends to be somewhat more sensitive when warm, causing occasional over-exposure problems. Digital cameras often produce images that aren't as sharp and have imperfections such as white and black spots (noise). Another problem is that high heat may also cause the liquid crystal display (LCD) of any camera to deteriorate quite quickly, making it harder to see your image. Keep those cameras cool.

I also hope those of you with digital cameras did use the **digital advantage** of taking many pictures of the same subjects: different exposures, angles, focal lengths or whatever you can change on your camera. Think like a professional.

## November workshop

The next workshop will demonstrate how computer software can be used to modify digital images so they look better or different compared to the original image. And remember you can always scan printed images for the same possibilities.

PaintShopPro will be my program of choice but similar features are available with other programs. I find PSP relatively easy to use and quite complete. There will be a new version appearing in the next few weeks so the present version nine should be available for lower prices shortly. It is also possible to download a 30-day trial version from the website at the end of this article.

Some of the topics I will probably cover (time willing) include: saving images and the use of JPG compression, straightening images, perspective correction, cropping and resizing, improving images, eliminating red-eye, adding text/titles, background erasing, combining photos, selecting parts of images, the use of layers, special effects and on and on.

The possibilities are limitless but it is amazing how a few small changes can improve a photo.

It is always important to remember that the digital image is made up of millions of tiny colour points, each red, green or blue, much like a mosaic, of which your eye/brain makes sense. Each point, or pixel, has a code made up of a combination of three three-digit numbers (ex: 255,064,255 or light pink). The scene has been digitized. From this point it's all math.

## Getting down to work

One of the first steps is to always work on a duplicate of your picture. I suggest adding a "SAVE AS" button beside your regular save button. Otherwise the chances are that you will save OVER your original image, losing it forever. Most cameras save JPEG/JPG files, the image has been compressed somewhat.

Compression means taking a sample of the image according to certain mathematical formulae and then recreating the image when it is re-opened. Since that process depends on estimation each time a file is opened and then saved the image deteriorates somewhat. That's why you always save your first image separately: you can return to it and start over.

If you plan to make many changes and saves to an image it is usually best to save it in a LOSSLESS format, such as TIFF that does not compress/decompress the image. This is done

through the "SAVE AS" command.

Graphics programs all offer some simple steps to improve your images. What that means is new maths are applied to your image. Luckily you can always undo what you don't like. "CTRL-Z" is a great tool, erasing that last decision you made. Experimentation is easy and fun.

You can always enlarge your screen image to work on it without affecting the actual image. But to truly enlarge your picture requires more math, more estimation. This is where those multi-meg cameras come in. The more megs the bigger the printed image you can produce, or the more you enlarge part of the image.

Most consumer cameras have a limit of an 8"x10" printed image which depends on the type of camera, exposure accuracy, your steadiness, etc. And what you see on the screen will almost always look better than the printed image, the great conceit.

Let's take one simple example of how problems develop. You have a good image but it

is tilted just a bit. Simple. All programs offer a way of correcting this but now the perfect pattern of pixels fitted to a rectangular pattern no longer works. Each colour dot has been twisted slightly but the program

will try to fit that colour into the same neat square pattern. The colour overflows into the neighbouring pixel space (which is probably a different colour). The Quality/definition/sharpness drops. Repeat this process as you try to get the image exactly right and each time it degenerates. Solution: "CTRL-Z" back to the original image. Start over. Each application of a mathematical filter degrades the image slightly. Keep your original handy

Such is the digital world into which we are venturing. See you in November for more suggestions. There will be door prizes.

Trial version of PaintShopPro 9, maybe 10 by the time you get this:

[www.corel.com/servlet/Satellite?pagename=Corel3/Trials/DownloadContainer](http://www.corel.com/servlet/Satellite?pagename=Corel3/Trials/DownloadContainer)





# Prevention of Gum Disease

Nine out of ten Canadians will develop gum disease at some time in their lives, It is the most common problem, and it can progress quite painlessly until you have a real problem. Gum disease begins when plaque adheres at and below the visible edge of your gums. Prevention is the most important factor in the fight against gum disease.

## FIVE EASY WAYS TO MAINTAIN PROPER ORAL HEALTH

1. How well you brush your teeth is more important than how often. The average person brushes for less than 35 seconds. A good brushing takes at least 2 to 3 minutes twice a day (the length a typical song plays on the radio). Putting an egg timer in your bathroom will help to measure your brushing time.
2. Be gentle when you brush. Pay special attention when cleaning the areas where the gums meet the teeth, holding the brush as a 45-degree angle to the gumline and gently work the bristles back and forth using short strokes. Clean every surface of every tooth. Use the tip of the brush to clean behind your upper and lower front teeth.
3. Use a soft toothbrush, as it is less likely to damage your gums. Choose a size and shape that is right for you and that enables you to easily reach every tooth.
4. Change your toothbrush frequently, every three months or more often if you have been ill.
5. Only flossing will clean between teeth and under the gumline where your toothbrush cannot reach and where most cavities and gum disease start. Take a piece of floss about 18 inches long and wrap it around your middle fingers. Using a clean section of floss each time, wrap the floss into a C shape around a tooth. If you're not flossing you're not cleaning 35% of your tooth. Ask your dentist or dental hygienist the right way to floss



Flossing should be repeated once every 24 hours. It takes 24 hours for bacteria in the mouth to colonize to cause any type of irritation such as gum irritation, periodontal disease, cavities, etc. By distributing the bacteria every 24 hours it does not allow the bacteria to colonize to cause irritations.



# Prevention of Gum Disease

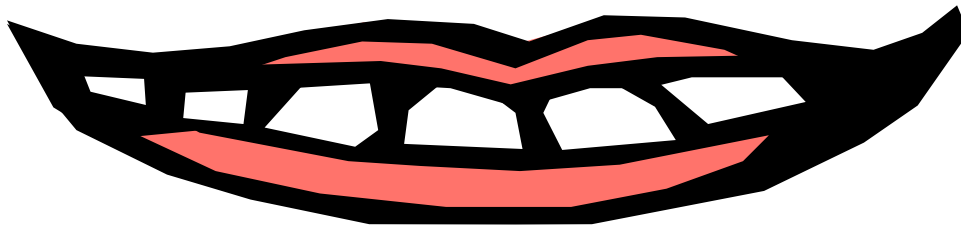
## **A HEALTHY DIET ... for your teeth**

Essential vitamins and minerals, in particular calcium and phosphorus and vitamin D, are needed for strong teeth and bones. As well, vitamins A and C are needed for healthy gums. Eating a varied and healthy diet, including whole grain breads and cereals, fruits and vegetables, lean meats or alternatives and dairy products, will provide the essential vitamins and minerals needed for your teeth and gums to stay healthy and strong.

## **ADDITIONAL INFORMATION**

Additional information regarding prevention of gum disease and oral health care is available on the following websites:

Canadian Dental Association	<a href="http://www.cda-adc.ca">www.cda-adc.ca</a>
Canadian Dental Hygienists Association	<a href="http://www.cdha.ca">www.cdha.ca</a>
Ontario Dental Association	<a href="http://www.oda.on.ca">www.oda.on.ca</a>
Ontario Dental Hygienists Association	<a href="http://www.odha.on.ca">www.odha.on.ca</a>



## **ROBINSON RESIDENCE NEWS – BY Evelyn Beban Lewis**

### **Seniors Spring Tea**

“The weather outside was frightful, but the party was just delightful”. Rain could not keep over one hundred people from attending the Spring Tea on the lawn of the Robinson Residence, Cowansville on June 16, 2005 beginning at 2.00 pm. I was one of those sorry to be unable to attend because of illness so I have Vice President Gary and Bev. Crandall to thank for filling me in on all the fun.

As soon as the bus arrived from Montreal, everyone including those who had arrived by car, settled either under the big tent or in one of the carriage houses.

Beside the many board members attending, Reverend Wendy MacLean and husband Michel Gadoury, Emmanuel United Church and Reverend and Mrs Sinpoh Han, Trinity Anglican Church were also welcomed.

The residents did not go outside due to the weather, but had the pleasure of welcoming many visitors to the residence itself, showing off their rooms, the rest of the home and then enjoying a great visit in the living room while enjoying their tea.

Many felt that because people could not roam the property, as per usual, but had to stay under shelter, more visiting took place rather than the usual “Hi” “how are you” or “Nice to see you”. Background music was provided by a stereo.

Thanks to the members of Creek United Church, living up to their past reputation, the refreshments were absolutely delicious. I heard one member say later that she had really enjoyed working at it as everyone was having such a good time.

Thanks to the kindness of Tonia Cisarelli, a wreath was drawn, won by Ron Deldon, which will allow manager Sadie Horne to purchase another swing for the residents. Wherever is it placed, it will be a joy for everyone. In the front, the residents will be able to enjoy watching the traffic on Rue Principal, without being annoyed by the noise, and in the back enjoy the beautiful man made lake, of which Cowansville is so proud.

I’m sure that everyone was taking the time to congratulate Bev. and Gary Crandall, both recognized by the Town shipper’s Association as “Volunteers for 2005”. They certainly deserve it.

It was with sadness that Miss Verna Cathcart had to leave the residence after being in the hospital in May, due to needing more care than the home provides. She passed away just a few days after celebrating her 90th birthday. She was the last teacher in the home and will be sadly missed as she had made it her home for many years.

Too soon, 4.00 pm arrived and time for “farewells”, until next year. It is a pleasure to see so many come from far and near to enjoy such a lovely tea on a beautiful lawn.

The door is always open to visitors, whether to enjoy a cup of tea , a car game, Bingo, music – one could go on and on. If you have a talent that you would like to share with the residents, please call 1-450-263-4404.

Robinson Residence Cont:

### **Farewell to a Popular Matron**

Throw a great party and people will come from far and near to attend. That's exactly what happened on August 22, 2005 at 3.00 pm at the Robinson Residence for Seniors in Cowansville, when it was just bursting at the seams with the residents and staff, both past and present, board members, friends and guests to say farewell to Matron Sadie Horne, who along with her husband, Doug is returning to her beloved Nova Scotia.

Vice-President of the board, Gary Crandall and his wife Bev. welcomed us all as we arrived and guided us to a special card to sign for Sadie, before entering the beautiful living room already filling up with people.

After the arrival of Sadie, who went around the room introducing her husband, Doug, Gary again welcomed everyone then introduced the special guests: Milda Weiss, representing Pierre Paradis and Carol Krainyk and Manon, representing CK Income Tax Accounts. Gary continued to say that this was a bitter-sweet party, because although we were happy for Sadie and Doug, who were returning to their special part of Canada, we, who had had the opportunity of working with and getting to know Sadie were extremely sad at losing her, her friendship and all that she had contributed to the residence during the past three and a half years as Matron. He thanked Doug for his patience and "listening ear" which he was sure Sadie had used on many occasions. After wishing them well in their new home, he was happy to say that they had retained some land in Knowlton and hoped that it would bring them back often.

Bev. Crandall added her thanks on behalf of the board. Everyone enjoyed working with Sadie and were so thankful for the many innovative ideas which she had implemented in the home, making it definitely a "home away from home".

Margaret Beattie, a staff member for many years, who will act as Interim Matron for the present, thanked Sadie on behalf of the staff and said how much they had enjoyed working with her. Irene Williams then spoke for the residents saying how much she will be missed, while wishing her the best of health and happiness in her new home.

Gary then introduced Ann MacLeish, President QPARSE. Ann added her thanks to Sadie for her care and devotion to the residence and presented her with a beautiful painting, done by Rhonda Price, of the Robinson Residence, which brought tears to Sadie's eyes.

Sadie thanked the board members, staff and residents for the support and many kindnesses shown to her over her years as matron. She was sorry to be leaving as she had really enjoyed being there and working with everyone. She felt very proud that she was leaving a well co-ordinated, faithful and devoted staff that worked together for and with the residents as one big family. The painting will have a special place in her home as a great reminder of many enjoyable years.

While refreshments were being served and enjoyed, everyone had a chance to speak to Sadie adding his or her particular memory and thanks for having the opportunity to either work with or know her and mentioning how she will be missed.

Robinson Residence cont:

Sadie was then serenaded with a special song, words written by Roy Seaman, sung to an old Nova Scotia tune:

She came for a visit from the coast  
She bought a house and wanted a job  
So we hired her and to say the least  
She changed the ideas of an unruly mob

CH: So you're off to Nova Scotia, that fog bound coast  
Let your heart and soul be ever gay  
And when you're far away  
You'll have to be the host  
Cause we'll be down to see you on our holiday.

Sadie found good women that she hired  
Set up a schedule to which they all agreed  
Those that couldn't, either quit or were fired  
And the residents were tended to their every need.

The sun was setting in the west  
In every tree there sang a bird  
All nature seemed inclined to rest  
And yet there was no rest for her.

We'll miss you Sadie, you're one of a kind  
We'll have to get along without thee  
A replacement for you is hard to find  
Hard shoes to fill they certainly will be

Too soon, it was time to say our "goodbyes" carrying away memories of Sadie and the part she played in each of our lives, a wonderful day spent together and of a beautiful residence in which we are very proud.

## IN MEMORY

Since receiving a phone call from Navilette, Nova Scotia a few months ago concerning the death of Mrs Georgia Vixon nee Whitmore, on July 20 2004, at the age of 102, I have been trying to find out more about her, as she apparently taught school in this province at one time.

According to Mrs Darleen Woods, Matron of Little Dolphin Senior Home, where she was a resident for eleven years, Mrs Vixon received the QPARSE Newsletter faithfully and read every copy with great interest.

Mrs Woods asked if something about this great lady could be included in an issue of the Newsletter.

Following teaching here, maybe for many years, she made Nova Scotia her home on the death of her father, a Baptist Minister, in order to take care of her mother.

According to Mrs Wood, Mrs Vixon was gifted in music, "singing like a bird", and with her piano, entertained many senior homes and various organizations. Today her piano can be found in the Yarmouth Museum, Nova Scotia.

I wish I knew more about this lady, so if there is anyone out there, who remembers her, was taught by her etc. please let Don Berry know so that we can have closure to this intriguing story.

\*\*\*\*\*

Friends fill the hours with sunshine and flowers

## Super Seniors Fall 2005

The following is a list of our Super Seniors who will be celebrating a birthday between October and February. We wish you all a very happy time and congratulations.

<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Year</b>
Edith Walbridge	93	October	2005
Hilda Little	90	October 6	2005
Mary Martin	93	November	2005
Eileen Montgomery	95	November 18	2005
Willa Hooker	93	November 27	2005
Wilbert McCurdy	91	November 30	2005
Lorne Hamilton	95	December 1	2005
Bess McConnachie	92	December 7	2005
Bill Batt	95	December 27	2005
Alice Miller	93	January	2006
Sarah McCabe	97	January 31	2006
Margaret Joy Smith	99	February 2	2006
Doris Conley	96	February 12	2006
Eva Duncan	96	February 13	2006
Anne Anstice	104	February	2006
Judy King	91	February	2006

If there is anyone who would like to have their name among our Super-Seniors please send the name and date to the Newsletter Editor.



## **A SHORT STORY**

(Sent to Olivia Fontaine (QPARSE) from a friend in Calgary)

### **Don't Mess with the Old Dog.**

A wealthy old lady decides to go on a photo safari in Africa, taking her faithful aged poodle named Cuddles, along for the company.

One day the poodle starts chasing butterflies and before long, Cuddles discovers that she is lost. Wandering about, she notices a leopard heading rapidly in her direction with the intention of having lunch.

The old poodle thinks "Oh, oh! I'm in deep doo-doo now"! Noticing some bones on the ground close by, she immediately settles down to chew on the bones with her back to the approaching cat.

Just as the leopard is about to leap, the old poodle exclaims loudly, "Boy, that was one delicious leopard!, I wonder if there are any more around here?"

Hearing this, the young leopard halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees. "Whew!" says the leopard, "That was close! That old poodle nearly had me!"

Meanwhile, a monkey who had been watching the whole scene from a near-by tree, figures he can put this knowledge to good use and trade it for protection from the leopard. So off he goes, but the old poodle sees him heading after the leopard with great speed, and figures that something must be up.

The monkey soon catches up with the leopard, spills the beans and strikes a deal for himself with the leopard.

The young leopard is furious at being made a fool of and says, "Here, monkey, hop on my back and see what's going to happen to that conniving canine!"

Now, the old poodle sees the leopard coming with the monkey on his back and thinks, "What am I going to do now?", but instead of running, the dog sits down with her back to her attackers, pretending she hasn't seen them yet, and just when they get close enough to hear, the old poodle says: "Where's that damn monkey? I sent him off an hour ago to bring me another leopard!"

The Moral of this Story ...

Don't mess with old farts ... age and treachery will always overcome youth and skill!! BS and brilliance only come with age and experience!

## **NOTICE OF MOTION**

**This motion will be presented to the 2006 Annual General Meeting**

### **QPARSE FEE INCREASE**

Whereas the **QPARSE** Life time fee of sixty dollars (\$60.00) has been in place for fourteen years and

Whereas the cost of living has increased by 51.9% since 1986, and

Whereas the funds required to communicate with the members through Newsletters, President's letters, Workshops and Receptions has increased and,

Whereas the Association's investments which represent 85% of the operating income, has decreased because of stock market fluctuations and,

Whereas the remaining 15% of the operating income comes from the Life Time fee

### **BE IT RESOLVED:**

That the Life Time fee requested by **QPARSE** of Members joining the Association, be increased from sixty dollars (\$60.00) to seventy-five dollars (\$75.00) beginning July 1st, 2006.

Webmaster comments:

There are some differences but most of the newsletter is here.

If a larger sized print would be helpful let me know...all other suggestions welcome also.

Tom Murray  
Webmaster  
October 23, 2005

Webmaster@qparse-apperq.org