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# Events Calendar 2008-2009

After consultation with many members (including the results of the questionnaire included in our last issue) the following is the calendar of events for 2008-2009. Please note the changes to our usual lunches. Congratulations to Sandra Aird and her committee of Althea Caesar, Ken Cooke, Renata Sutherland & Gretta Pipe.)

## 2008

DATE	TIME	PLACE
OCTOBER 23 <sup>rd</sup> (Thurs.)	3:30 p.m.	<u>EMSB/Patterson Room</u> Fall Reception for "New" Members
NOVEMBER 20 <sup>th</sup> (Thurs.)	10:45a.m.	<u>PICASSO RESTAURANT</u> (Speaker followed by Lunch) <b>Richard Zeidler/CJAD-travel consultant</b> The "Do's and Don'ts" of today's travelling <b>(TO BE CONFIRMED)</b>
DECEMBER 4 <sup>th</sup> (Thurs.)	10:30a.m. 12:30p.m.	<u>EMSB/Patterson Room</u> Holiday celebration /TBA Lunch/Baton Rouge

## 2009

JANUARY 22 <sup>nd</sup> (Thurs.)	11:45a.m.	<u>PICASSO RESTAURANT</u> (Speaker followed by Lunch) <b>Susan Montgomery/Journalist</b> The Montreal Gazette <b>"Rwanda: Not Just Another Scary Place"</b>
FEBRUARY 19 <sup>th</sup> (Thurs.)	10:45a.m.	<u>PICASSO RESTAURANT</u> (Speaker followed by Lunch) <b>Stephen Gruber/Consulting Hypnotist</b> <b>"Hypnosis for Health &amp; Wellbeing"</b>

MARCH 27 <sup>th</sup> (Fri.)	10:30a.m.	<u>EMSB/Patterson Room/WORKSHOP</u> <b>INFORMING THE 60 PLUS</b> Types of residences available What to expect in each one Rates/Subsidies available
	12:30p.m.	Lunch: Baton Rouge Restaurant
APRIL 21 <sup>st</sup> (Tues.)	10:45a.m.	<u>PICASSO RESTAURANT</u> (Speaker followed by lunch) <b>Maria Lafontaine</b> -Winner of the Governor General Award for excellence in teaching. <b>"Reclaiming my Life"</b> (Coping with M.S.)
MAY 14 <sup>th</sup> (Thurs.)	9:30a.m.	<u>EMSB/Patterson Room</u> <b>AGM</b>
	12:30p.m.	Lunch / <b>TBA</b>

**Picasso Restaurant** is at 6810 St-Jacques (514-484-2832)  
**The Baton Rouge Restaurant** is at 3538 rue des Jockeys (the old Blue Bonnets on  
Décarie) (514-738-1616).

Please inform one of the members of the Events/Program Committee if you will be  
attending: Sandra Aird 514-738-6169; Althea Caesar 514-487-7241; or Ken Cooke 514-  
485-9118.

### **Board of Directors Meetings**

Take Place the Second Tuesday of the month at 10.30 a.m. at the EMSB, Room 114

- September 9<sup>th</sup>, 2008
- October 14<sup>th</sup>, 2008
- November 11<sup>th</sup>, 2008
- January 13<sup>th</sup>, 2009
- February 10<sup>th</sup>, 2009
- March 10<sup>th</sup>, 2009
- April 14<sup>th</sup>, 2009
- June 9<sup>th</sup>, 2009

# PRESIDENT'S CORNER

Pat Steele

Elsewhere in this issue you will find reports of our activities during the past year, and our exciting plans for next year. I'm looking out of my window and wishing the clouds would go away and we'd finally get some of that hot, sticky weather that we love to complain about. It will come so I wish you all a very relaxing, safe and happy summer and I look forward to seeing you again in the fall.

## Members with Special Expertise

Some time ago, we used to include in the Newsletter a list of names and phone numbers of members who had particular skills and interests that they were prepared to share with others. The topics included computers, real estate, travel, hearing problems, taxes and benefits. We would like to reinstitute this list. Of course, if you make additional income from your expertise, we would not expect you to offer your services free except for an initial phone contact.

If you are interested in putting your name on such a list, please contact us by e-mail, [info@qparse-apperq.org](mailto:info@qparse-apperq.org) or phone - President, Pat Steele (514-369-3473) or the Editor, Don Berry (514-487-3140).

Name	Phone or website	Talent
Sonia Browman	514-748-5788 Home 514-747-0568 machine	Sign language, speech therapy, lip reading
David Chandler	514-334-7418 <a href="mailto:ptolemee@autoroute.net">ptolemee@autoroute.net</a>	Digital photographic workshop
David Hogg	<a href="http://www.cruiseshipcenters.ca/davidhogg">www.cruiseshipcenters.ca/davidhogg</a> <a href="mailto:dhogg@cruiseshipcenters.com">dhogg@cruiseshipcenters.com</a>	Cruise consultant
Robin Narsted	<a href="mailto:mnarsted@yahoo.ca">mnarsted@yahoo.ca</a>	Computer questions

# Contact QPARSE

If you would like to submit an article, or make a correction in the newsletter	Don Berry, Editor 68 Courtney Montreal West Quebec H4X 1M5 Tel: 514-487-3140 e-mail: <a href="mailto:dberry@videotron.ca">dberry@videotron.ca</a>
<b>Or:</b> Visit our website:	<a href="http://www.qparse-apperq.org/e/feedback.shtml">www.qparse-apperq.org/e/feedback.shtml</a>

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## Legal Advice

Please be reminded that QPARSE retains the services of a notary who is willing to answer general questions dealing with real estate or taxes. Should he act for you, there will be a charge.

Andrea F. Durso, Notary 4635 Sherbrooke St. West Westmount, QC H3Z 1G2	Tel: (514) 931-2531 Fax: (514) 931-2534
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Front Cover	The electric bike flattens out the hills so a senior can enjoy biking again
Back Cover	A group of Berbers are enjoying a game at the market on the edge of the Sahara. They drew the board in the sand, and used pebbles and sticks for men.

**This Newsletter is published three times a year by QPARSE -  
The Quebec Provincial Association of Retired School Educators.**

# REPORTS TO THE AGM

## BOARD OF DIRECTORS REPORT

PAT STEELE

Your Board of Directors met regularly every month, as usual. Attracting new members remains a concern and this year we sent out a record 392 letters to newly retired teachers. More and more teachers are retiring each year it seems. Many of our activities are described in the reports of the various committees, so I will not repeat them. Our thanks go to all our enthusiastic volunteers who do so much to ensure that we keep running efficiently and offer interesting activities to our members. As you will see elsewhere in the reports, we are planning next year to separate the Board of Directors meetings from the lunches, and have speakers and presentations at the lunches every two months. We hope that this will please our faithful attendees and attract new ones. We were very happy this year to see that the \$10.00 registration fee did not deter people from signing up for the Wellness Workshop, which turned out to be a great success.

This has been a year where government has finally woken up to the fact that the population is aging. The provincial government appointed a Minister responsible for Seniors, Marguerite Blais, and held widespread public consultations on Seniors' Living Conditions. These focused, in particular, on the financial situation of seniors; recognition of the contribution and needs of informal caregivers; seniors' contribution to society; home support; and public and private seniors' homes. There were some media reports of the findings but the final report has not yet been made public.

As retired teachers, we are involved in a coalition of groups lobbying the government to improve the indexing provisions of public sector pension plans (GTAR). Our official representative is Ed Zegray of ACRA, the association of retired administrators of the former Catholic system. After a great deal of lobbying and public demonstrations, the government set up a National Assembly committee to study the issue. Unfortunately the committee became very politicized and in its final stages of preparation its report appeared biased and presented retired public sector workers in a very bad light. Our representatives therefore withheld their endorsement (the National Assembly expects a unanimous report) and the report is in limbo for the moment.

I wrote a couple of articles in the Newsletter to remind people of changes in their pensions and insurance coverage when they reach age 65. With regard to travel insurance, QPAT carried out a survey of retired teachers covered by the insurance plan to find out how extensively we travel. No formal report of the findings will be issued but the results did indicate that, while many do not travel at all, a substantial number are out of the country for more than 45 days. Discussions are underway with the insurance company to explore the possibility of returning to 180 days coverage at minimal cost.

I enjoyed meeting many of you this past year and look forward to seeing even more of you at our get-togethers in the year to come.

## ***CANADIAN ASSOCIATION OF RETIRED TEACHERS - (ACER- CART) 2008***

The 2007 Annual General Meeting of the Canadian Association of Retired Teachers (ACER-CART), held at the office of the Canadian Teachers Association (CTF) was held in Ottawa June 1-2, 2007. QPARSE's Vice-President, Keith Farquharson replaced Renate Sutherland. The meeting was attended by twenty-five persons representing retired teachers' associations from all provinces in Canada.

Pat Steele, QPARSE President, was appointed Regional Representative-Quebec to the ACER-CART Board of Directors. Together with Pierre Drouin, ACER-CART Executive Director, she has been gathering various sources on the subject of **elder abuse**, and will be reporting at this year's AGM. A very successful lobbying effort by a common front of 23 provincial and national organizations has brought significant benefit on **pension splitting** to our members and other seniors

The priorities for 2007-08:- issues of **elder abuse, availability and cost of prescription drugs, and escalating property taxes.**

The membership fee increase from twenty (\$0.20) to twenty-five (\$0.25) was approved.

### **ACER-CART 2007 AGM Action Update**

All motions adopted have been acted upon. Support by member organizations in contacting their federal MP's by phone, letter or email to advocate support was requested.

- Lobby the Government of Canada to restore funding for Literacy **and** for the Status of Women.
- Lobbying the federal government to expand the \$500 tax deduction for youth fitness to the plus 55 age group to encourage seniors' wellness as well **and**, to rectify the Government understating of Consumer Price Index (CPI) and reimburse the pensioners accordingly.
- Expressed concern re: the process, the appointments, and the geographic distribution of appointments for the National Seniors Council.
- The task of reviewing and updating the By-laws for the 2008 AGM

### **Communications Committee** - Vaughn Wadelius, Chair

The ACER-CART website [www.acer-cart.org](http://www.acer-cart.org) is a good source of information about the national organization A revamped "What's New" page is used to link to member organizations' publications, including our own at <http://www.acer-cart.org> and, will use a slide show format to exhibit the 2007 AGM photos. Pat Steele is a member of the Committee..

### **Pension and Retirement Income Committee** - Arnold Hull, Chair

The committee is reviewing the impact of escalating property taxes on retirees.

### **Health Services and Insurance Committee** - Thomas Gaskill, Chair

The committee is attempting to gather information about provincial health/drug plans for seniors, more specifically retired teachers.

### **ACER-CART Partnerships**

#### **a) Congress of National Seniors Organizations (CNSO)**

As a full member of *Canadian Seniors' Partnership* and the *Congress of National Seniors' Organizations (CNSO)*, ACER-CART has access to posting and sharing ACER-CART policies, programs and projects with other national organizations in presenting a common front on major issues facing retirees and seniors. One of its major problems is the need for significant funding to carry out its mandate.

**b) National Seniors Council**, an advisory body to the Canadian Government, was formed in March 2007 with the mandate to advise the federal government on issues of national importance to seniors. Its twelve members Council, funded by the federal government, will focus on both the opportunities and challenges presented by a growing and increasingly diverse seniors' community. It released a report on elder abuse in December 2007.

On your behalf, I express my thanks and appreciation to **Merle Lewis**, who provided ACER-CART with invaluable information on Quebec seniors' health, tax and pension issues; to **Jean LeGuillou** for his services in the translation of reports and documents for ACER-CART and; to **Don Berry and Tom Murray** for helping to publicize the affairs of ACER-CART to our membership in the Newsletter and on the website, respectively.

Respectfully submitted,  
Renate Sutherland, ACER-CART Director

## **BENEFITS 2007-2008**

There were two articles in the Winter 2008 edition of the newsletter that related to benefits.

Pat Steele highlighted the changes that occur to our CARRA pensions at age 65. In addition she explained briefly the impact of the option to collect the Quebec Pension Plan (QPP) before age 65 and reminded us that at 65 we are eligible to collect the Old Age Security pension (OAS).

Merle Lewis defined income splitting and then indicated the pension income splitting options that are newly available when we file our 2007 returns.

On Friday, March 28, 2008, we held our annual benefits workshop which was devoted to wellness. This session represented a new approach for us because we asked attendees to pay a registration fee of \$10.00 to cover our costs. About 40 people attended. Rukhshana Surty and Ian Ramsay of the Harmoni Health Center were our facilitators.

The session was divided into two parts. Ian presented first. He focused on the difference in reactive and proactive behavior and emphasized that we always have freedom to choose. He discussed the seven habits of proactive people based on work by Steven Covey and briefly explained the six dimensions of wellness ( physical, spiritual, intellectual, social, emotional and occupational).

Rukhshana took over. She emphasized the benefits of proper breathing and had us practice breathing so that you could feel your lower back expand. She took us through several stress buster exercises. Many of these are done while seated. We stood and dutifully circled and made figure 8 motions with our hips. The session ended with 5 minutes of meditation which was done to music.

The floor was opened to questions after which the group adjourned to Picasso's Restaurant on St Jacques for lunch.

Thanks to Renate Sutherland who made the arrangements with Rukhshana and Ian on our behalf

Respectfully Submitted  
Merle Lewis

## **QPARSE FINANCIAL REPORT FOR 2007**

The assets for the Association for December 31, 2007 were \$179,489.95, a decrease of \$8411.57 from December 31, 2006. This decrease was due in large part to fluctuations of the stock market and not in an increase in the cost of running the Association. The disbursements for 2007 were \$17915.85 as compared to \$18536.32 in 2006.

The Newsletter (\$9621.13), Communications (\$1507.37), Spring Garden Party (\$1988.00), the Fall Reception (\$774.67), Workshops (\$373.75) and Goodwill (\$1130.13) made up the greater part of the disbursements.

The new format for the Newsletter cost less than the previous stapled version which offset the increased cost of postage. There was a greater cost for the Fall Reception as the Board decided not to charge those who attended the event. The Board of Directors is concerned about the cost of the Garden Party and the Planning Committee for Events is looking at a different format for 2008.

In the Auditors Report to the members, Phyllis McGlashan noted that she had examined the record of assets, receipts, and disbursements of the Association for the period ending December 31, 2007, and certified that the Treasurer's Report was correct.

Respectfully submitted,  
Ian Trasler

## **GOODWILL COMMITTEE ANNUAL REPORT**

I have enjoyed my "tenure" as the Goodwill chairman and appreciate all the positive feedback members have given the committee.

Presently we have 214 25-plus years members listed including 32 "Super Seniors". (Over 90 years of age.)

Booklets with a pot-pourri of poems, puzzles and jokes were sent to the 25 plus- members in the spring and at Christmas. A small gift was enclosed with the latter. This year the ladies received an embroidered draw-string organza bag and the gentlemen a key-chain flashlight.

I would like to extend a heartfelt thanks to Maureen Howlett for all her assistance. My task would have been much more difficult without her willing help.

I wish you all a wonderful summer and look forward to participating in the exciting program of events planned by QPARSE for next year in my "retired" status!

Respectfully submitted,,  
Hilary Hill

## **MEMBERSHIP REPORT - 2007-2008**

In the year since the last AGM, I have recorded 61 new members and 33 deaths. While we have found some strays, others have cropped up. At the moment, 41 remain on the list. We have decided that, once members appear on the list of strays for over 2 years, we will remove them from the list of strays and the active membership list since, in all probability, we are unlikely to hear from them again. I am retaining their names, however, in a separate file "just in case". We appreciate it very much when we receive news about these strays from those of you who might know, or have known, them.

Currently there are 1314 regular members, 10 associate members, and 22 complimentary members.

I would like to remind you to please notify if you should move, so that we do not have to put you on the list of stray members. You can always contact us through our website (or by phone or snail mail, if you prefer) with any information which needs to be updated. We would still like to receive your email addresses if you have not already sent them to us.

I would like to take this opportunity to wish you all a great summer and we look forward to seeing and hearing from you next year.

Respectfully Submitted  
Robin Narsted

## **NEWSLETTER REPORT - 2007**

I hope you have continued to enjoy your Newsletter. We have continued using the same format that we changed to last year and the feedback has been very favourable. I would like to start including more photographs next year (space allowing).

Don't forget that we are always on the lookout for new talent! If you have a yearning to write something that can be shared with your fellow retirees, please don't hesitate to get in touch with me. I am also always looking for contributors outside of Montreal and articles 'en Français'.

I want to extend my appreciation to a number of other people for their invaluable support. Bill Hine produces the attractive cover art in each issue. Thank you very much to Rosemary Stewart who does a great job with the production of the Newsletter and is responsible for our layout. Sincere thanks also go to all those who regularly submit items for inclusion.

You will see the Spring issue next month!

Respectfully Submitted  
Don Berry

## REPORT OF SPECIAL EVENTS DIRECTOR

Committee: Sandra Aird, Althea Caesar, Ken Cooke, Alston Narick

A Look at What We Do

The Past is Prologue

Perhaps the most surprisingly successful workshop we have had this year was billed "Wellness in Action", on Friday, March 28, 2008 in the Patterson Room, EMSB, accompanied by refreshments. This was our sleeper workshop and it is certain to score again in the future. Bouquets to Pat Steele who conceived the idea!

Our annual bus trip to Cowansville to participate in our "Spring Garden Party" on the grounds of the Robinson Residence has become a very worrisome undertaking. The renting of a state-of-the-art bus at exorbitant cost and the shameful attendance over the last two years have been forcing us to consider discarding this nostalgic project. Enter Sandra Aird, who proposed a feasible solution: instead of going just to Cowansville and returning to Montreal, we should widen the trip to include nearby Knowlton, an old village with various and sundry fascinating attractions. This strategy would attract ridership. On Tuesday, June 12<sup>th</sup>, we're on our way!

Prior to this year, all our functions held in the Patterson Room suffered from something of a problem - our sandwiches and refreshments were brought in from three different sources thus creating unnecessary confusion. Ken Cooke, immediately after being elevated to Special Events, settled this problem by having the Board cafeteria handle everything thus saving time and few dollars at the same time, Good job, Ken!

Our predecessor set up a system of about eight monthly lunches to take place at a restaurant. That practice is still in operation today at the Picasso Restaurant and most of the retirees consider this the best thing we do, having a regular lunch together every month, and possibly it may be so. Sitting together, eating together, chatting and laughing is a good boost for retirees. Isn't that a beautiful picture?

The Fall Reception was also held at the Patterson Room on October 24<sup>th</sup>. Only 41 members turned up and just a few new retirees to what has always been billed as the "New Members' Reception". Something seems wrong here - 'twas a big event not long ago.

QPARSE continues to man an "information table" in the Exhibition Hall at the Teachers' Convention held every November. It allows us the opportunity to meet with many of our former colleagues who are now contemplating joining us as soon as retirement permits them - this is a really pleasant exercise.

Our Holiday Party in December followed what we referred to as our Winning Formula - taken from the previous year. Again our own small but always enthusiastic choir led us in our Yuletide sing-along. Neville Murison, our resident "funny man" told another tall tale. The morning's climax came with the same two musicians of the previous year, the winsome lyric soprano, Jacqueline Woodley, accompanied by the charming organist-pianist, Philip Crozier. The audience, numbering about 62 left feeling wonderfully elated. As usual we capped off the activities by making a presentation of non-perishable food and cash to the NDG food depot - our very small way of saying "Let's give a little" to those who don't have.

We are planning better things next year - watch out for us!

Respectfully submitted  
Alston Narick

## **WEBMASTER'S REPORT**

The [qparse-apperq.org](http://qparse-apperq.org) web site gets over 200 visitors a month mostly sent to us by Google.

The most frequent hits are to the photo album, the calendar and the newsletter pages. So it is a place where people go to find out about our activities.

It is costing about \$60 a year for QPARSE to be present on the web.

This year some organizations and individuals have sought to publicize on our web site and we have tried to accommodate them.

The site is constantly evolving and suggestions are welcome.

Respectfully submitted  
Tom Murray

## ROBINSON RESIDENCE BOARD OF DIRECTOR'S REPORT FOR 2007

With all of the vacant rooms in residences similar to ours in the area, we are most happy to have had an almost full house for 2007 all year long!

The Residence is a place for older folks to enjoy themselves as our staff does everything in their power to cater to their needs and wishes. The staff has been most helpful and compassionate enabling us to maintain a 'home away from home' atmosphere.

As can be expected, we have lost some residents over the year but we have also welcomed new members to the Robinson Family! Although we have had advertisements placed in the local papers periodically, word of mouth is best!

The Board has met and thoughtful decisions have been made to meet the welfare of our clientele and employees as well as making certain that our property and grounds are well maintained for the present and future.

Late in the year we started on the mandatory procedure of certification for all private residences in the province. Although it has made for a lot of work for Theresa Maguire and our manager Margaret Beattie, many procedures were already in place so that it did make their task considerably easier.

The Board's meetings are interesting and a real camaraderie is most evident. We regret immensely that Don McQuat has decided to retire. Don's quiet wit, insight and thoughtfulness will be really missed as he has been a most dedicated member for over 20 years. We wish you well Don and thank you immensely for being such a dedicated director!

Peggy Steele has decided to pass her pen on to another as secretary but thankfully she will remain on the Board. We will treat her with great respect as our historian! Peggy, we thank you so much for all of the years you took minutes of meetings and then most responsibly had them circulated to one and all. Hope that you can relax now when we meet!

We look forward to having new members join us to become part of the team!

All members of the Board have worked really hard in their various assignments along with a most efficient Manager and a caring staff. This dedication and commitment from all involved, makes the Robinson Residence a place of which we can be justifiably proud!

Gary Crandall, Vice-President PRTH & B Corporation

## ROBINSON RESIDENCE MANAGER'S REPORT - 2007

We are all anxious for the arrival of spring, with its milder temperatures and sunshine. Cowansville has not had as much snow as some places and our residents have been fortunate to get out for walks weather permitting.

We have maintained 12 residents since last fall. Of those, three are educators. At the present time our average age is 90 years.

Last spring, a compost bin was purchased and was used until snowfall. The compost should be beneficial to our gardens this year. The vegetable garden was successful last year and we have just recently finished our supply of garden potatoes. Our main meal at noon always consists of two vegetables and whenever possible we try to have many fresh vegetables and fruits available for the residents.

All special occasions are remembered at the Residence. This includes birthdays and special holidays when the house is decorated accordingly. We have had a "sugar shack meal" in the spring and a "Brome Fair" meal on Labour Day weekend so that our clients still have the feel for outside events.

We had beautiful weather for the Garden Party in June and a good attendance for the Christmas Party on December 5, 2007. Everyone seemed to enjoy themselves at both events.

The Robinson Residence is grateful to the many who volunteer and acts of kindness to our residents. To those that come to play bingo, pet therapy, hold hymn sings, recitals, gifts of cards/place mats made by our local students, worship services, visits from Board members etc., we thank you so much for sharing your time with us. During Volunteer Week in April these volunteers were honoured at our annual appreciation tea.

The maintenance of both the interior and exterior of the Residence keeps our maintenance man busy. As a room is vacated, it is painted and prepared for a new resident.

A RAM key box was installed last fall in compliance with municipal regulations. A new, more comfortable chesterfield was purchased for the "Grand Salon".

In preparation for "certification" we have had regular fire drills and evacuations and we will be applying for certification shortly.

The staff is dedicated to the care and comfort of the residents and all have recently completed CPR courses.

Robinson Residence continues to be a "home away from home" for our 12 residents and we welcome visitors at anytime. Why not stop in around 3PM for a cup of tea and a visit.

Margaret Beattie - Manager

# The Robinson Residence



- Private Rooms with Bath
- Home Cooked Meals
- Caring Personnel on Duty 24 hours a day
- Elevator
- Emergency Generator System
- Cable
- Near essential services:  
Churches, Banks, Hospital, CSLC
- Delightful Environment
- Gracious Living for Retired People

738 Principale, Cowansville,  
Quebec  
For more information  
Call: 450-253-4404

P.R.T.H. & B. CORPORATION

Many of our members contribute to the upkeep of the Robinson Residence. Should you wish to donate, please use this form. Receipts for donations of \$15.00 or more will be issued for income tax purposes.

Please make your cheques payable to the P.R.T.H. & B. Corporation.

Amount enclosed	\$	
Name		
Address		
Postal Code		
e-mail address		
Telephone		

Forward to: Graeme Sutherland  
Asst. Treasurer/Trustee  
28 Landsdowne Gardens, Pointe Claire, QC H9S 5B9  
Tel: 514-695-1970

Please enclose a stamped self-addressed envelope for the return of your receipt

**QPARSE  
Presents**

**A DAY IN THE EASTERN TOWNSHIPS**

**THURSDAY , JUNE 12<sup>th</sup> 2008**

Seats on the bus have all been sold. Those with reservations are asked to be at the EMSB (6000 Fielding Ave.) by 9:15

- 9:30a.m. Depart for Knowlton
- 10:45a.m. Knowlton: Visit the Lavender farm and boutique  
Knowlton Museum which houses one of only 3 existing  
Fokker planes from WWI  
Antique stores  
Quaint shops such as Jones New York, Christmas Shop,  
Fudge shop, and Art Galleries
- 12:45p.m. Snack time (optional)
- 1:45p.m. Depart for the Robinson Residence (a beautiful home on the lake)
- 2:00p.m. High Tea with the residents
- 4:00p.m. Depart for Montreal (EMSB) (approximate arrival time 5:45p.m.)

A little about what there is to see and do during this outing.

Knowlton is a beautiful area of the Eastern Townships. In addition to the Lavender Farm the many stores and museum, you can also rent a bicycle and take an excursion along the bike path or take a stroll and enjoy the magnificent scenery. Please join us that day for what will be a most rewarding outing. Maps will be provided to you so that you can design your own 2 hour tour.

**For more info. Phone Sandra Aird-514-738-6169/airsan@videotron.ca**

# Articles

## QUOTATIONS, PLEASE

C.E.E.

Some otherwise quite sensible citizens labour under the illusion that reading is a purely utilitarian skill, little more than a useful tool for skimming grocery "flyers", locating telephone numbers and examining the labels on wine bottles. But the reader-for-pleasure knows that there are many more benefits to be enjoyed from the exercise than merely locating information or mastering a technique.

One of the many special delights that lie in wait for the alert reader is the unexpected encounter with the tit-bits of wit or wisdom - the pithy phrase, the bon mot, the aphorism - that often spice the work of the able wordsmith. These are not just pleasing literary devices; they often appeal to the pragmatist as well. Should you be planning to speak on a public platform, to run for Parliament or to defend yourself in a court of law, a well-chosen quotation or two might be exactly what is needed to rouse an apathetic audience, to sway an undecided voter, or even, in extremis to stay the hand of a hostile judge.

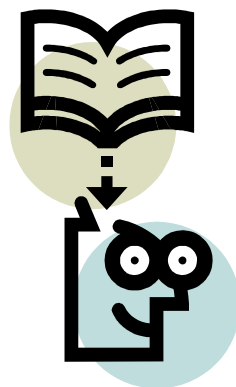
Whatever your choice of reading material, you are likely to come across items worth noting. Take for example, observations on the human condition. In "How to be a Guru" George Mikes touches on many such issues. On taking a stand: "Dying is easy; speaking up is very difficult", on the sometime brashness of the young: "Youth, machismo and inexperience do not qualify you to do everything". In "What The Deaf Mute Heard" G.D. Gearins explores similar territory, offering an ascerbic comment on entertainers and other so-called "celebrities" who pronounce on matters far outside their expertise, warning of anyone "... who believes that being born with an ear for music qualifies him as an expert in a whole range of social areas". In "Father Under Fire" Neill Boyd looks at age and aging, offering the somewhat pessimistic view that "Old men's passions light few fires", a position mirrored by C.M.Rolfe when, in "Further Particulars", he points out that "An old man longs to be as certain of anything as he once was of everything".

Nicolla Machiavelli's "The Prince" is a perennial source of thoughts on politics and government, the author's views still remarkably relevant today. Machiavelli's assertion that " .... There is nothing more difficult to handle, more doubtful of success and more dangerous to carry through than changes to a state's constitution" has a sure resonance for Canadian ears, while his observation on the fickleness of the electorate - "it is easy to persuade them, but difficult to confirm them in that persuasion" - has universal application. In "Dear Me", Peter Ustinov, speaking of those who aspire to power and influence, warns that "when power is enjoyed, it is abused", and, in "Slow Boats to China"

Gavin Young suggests that it is often difficult to deal with large organizations, private or public, because " ... the bureaucratic rule is that if something is unusual, it is impossible".

Humour and satire yield a rich harvest of wise and witty expression. There is much to be said for George Mikes' contention that "humour is in the eye of the beholder", while in "The Naked Civil Servant" Quentin Crisp advances another not unreasonable notion: that " ... a reputation for wit is made not by making jokes but by laughing at the pleasantries of others". Other examples of Crisp's somewhat sardonic brand of wit include his warning that " ... marriage is for a little while; it is alimony that is for ever"; and his description of life as "... the straight road that leads from childhood, through adolescence, to adultery". Marginally less caustic is Ambrose Bierce' style of satire: in "The Devil's Dictionary" he defines a bigot as "one who is obstinately and zealously attached to an opinion that you do not entertain"; abasement as a mental attitude " ... peculiarly appropriate in an employee when addressing an employer".

People have long noted, quoted and, indeed, misquoted the utterances of others, and there are many compilations of such quotations. But next time you have occasion to appear on tv, write the Prime-Minister or introduce a visiting statesman, consider enhancing your long-established reputation as a wit, a bon vivant and a scholar by garnishing your presentation with a quotation or two from your personal collection. And should you have reservations about using someone else's words, consider Don Watson's advice. He argues, in "Death Sentences", that "we should never miss an opportunity to quote things by others" for as Proust once said, " ... they are always more interesting that those one thinks up oneself".



On Friday, March 28, 2008, 40 QPARSE members took part in a wonderful workshop whose focus was 'Joyful living after a teaching career... through breath work, stretching, meditation and mindfulness'. After a warm welcome to the participants from Pat Steele, the presenters were introduced by Renate Sutherland.

"We are indeed pleased to welcome the team of Rukhshana Surty and Ian Ramsay of the Harmony Health Centre in Kirkland, to our "WELLNESS IN ACTION" workshop this morning. I met first met Rukhshana 9 years ago when shortly after retiring I attended a Wellness session in which she gave a 10 minute chair massage to the participants. I had been experiencing severe neck pains for some time and realized how terrific and soothing this massage was in elevating my discomfort. Since then, I have been exploring the whole issue of wellness and pursuing exercise programs, which have given me a better awareness of my own body, a new energy, and an awareness that there are alternatives to traditional medical practices.

Both Rukhshana and Ian are educators and have been involved in education for more than 25 years. Rukhshana majored in Phys. Ed. and was an Aquafitness and Aerobics Instructor at the West Island YMCA. Eight years ago she became the founder, owner and Director of the HARMONI HEALTH CENTER, all while taking professional courses in Therapeutic Massage, Energetic Body Work and YOGA and PILATES Teacher Training.

For 20 years Ian was a Science/Math/English high school teacher and coached Running, Track and Field, Strength Training and Cross Country Skiing. For the past eight years, Ian has been a YMCA Certified Personal Trainer, Fitness Consultant and most recently has trained certified Individual Fitness Instructors for Montreal YMCA's and created and taught the American College of Sports Medicine Personal Trainer Certification Course.

They have been motivational and conference speakers and presenters at the QPAT Teachers' Convention, School Board conferences, McGill workshops and have set up wellness programs at places of business and schools."

The first half of the session was an oral presentation by Ian Ramsay. He started by emphasizing the importance of each of us being able to de-stress. We need to be able to use our mind to control our body in every situation. He stressed the importance of being proactive rather than reactive as proactive behaviour will allow us to enhance our wellness. Ian also spoke of knowing the difference between the areas of concern that involve our own behaviour, those that involve the behaviour of others and those we can do nothing about. He also focused on the book The Seven Habits of Highly Effective People, by Stephen Covey. His conclusion highlighted the six dimensions of wellness : physical, spiritual, intellectual, social, emotional and occupational.

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After a brief pause, Rukhshana Surty showed us how to put the theory into practice. Participants were led through a series of simple exercises to help them relax, control their breathing and meditate. All of these were performed either sitting or standing. She also demonstrated a few acupressure points also. Everyone left for lunch at Picasso very relaxed and well! More information can be found at The Harmoni Health Center. [www.harmoni.org](http://www.harmoni.org) or (514) 695-9025

The Workshop was well received by those present. The following e-mail message was typical of the response.

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"I would like to take a moment to give you our feedback after attending the workshop called WELLNESS IN ACTION, that was held on March 28th, 2008. I attended and brought 2 guests with me. We all want you to know that we really enjoyed this workshop. The topic was of very high interest to us and we think that the presenters did a marvelous job. Not only did we actively participate by doing some of the exercises, but they also gave us some useful handouts to help us to carry on and continue those wonderful "stress busters" that we were introduced to. The books listed on the bibliography are also of high interest and very useful. Without a doubt this workshop was highly motivating and I am sure it will continue to be of benefit to all of us who attended for some time to come.

We want to congratulate you and the committee for selecting Ian and Rukhshana to lead the workshop and we hope they will come back to do another one in the future. They seem to have many skills and I'm sure that they could organize another workshop on the topic of wellness.

Our best wishes for your continued success and thank you for undertaking the challenging task of coming up with programs for us.

Dorothy Laufer



**Yearly Costs after 65 (including taxes):**

There were some errors in my previous article because of sloppy reading of the RAMQ web site - my apologies! A corrected table of costs follows. I have added in the premium taxes on our private insurance to give a more accurate idea of the actual out of pocket costs. Bear in mind that the RAMQ costs represent a maximum which you will not reach if you take little or no medication.

**RAMQ (Govt):** Premium: \$557.00  
Deductible: \$169.20  
Co-Insurance : 30% (i.e. they reimburse 70% of the cost)  
"Maximum Contribution" (Deductible + Co-Insurance) \$904.00  
Total maximum cost: \$1,461.00

Notes: The premium and deductible are on a sliding scale depending on income. Most retired teachers do not get any relief from the maximum. The government puts a cap on the amount you have to pay in addition to the premium for the deductible and co-insurance. It is \$75.33 per month or \$904.00 per year. If you make no claims, your total cost is the premium of \$557.00. There is no such thing as family coverage so all individuals pay the same.

**I-A with RAMQ** Premium: \$604.32 (Ind) \$1,138.92 (Family)  
Deductible: \$25 (Ind), \$50 (Fam)  
Co-Insurance 20% (80% reimbursement)

**I-A no RAMQ** Premium \$2,166.84 (Ind.) \$4,268.52 (Fam)  
Deductible: \$25.00 (Ind), \$50.00 (Fam)  
Co-Insurance \$20% (80% reimbursement)

Very few individuals decide to stay with I-A. Each case must be examined carefully since the RAMQ option makes more sense for virtually everyone.

**Covering your Spouse**

Following my last article, I was asked what happens to your spouse when you reach age 65. The age of the *policy holder* determines the date of transfer to RAMQ, so if your spouse is older than you, s/he remains on the A-I plan until your 65<sup>th</sup> birthday and if s/he is younger, your spouse transfers when you do.

An interesting session on wills and mandates, Quebec style, was presented by notary Eric Lippé at the DDO Seniors Club on March 12, 2008. In his presentation, Mtre Lippé highlighted the following areas.

### Wills

Quebec has three forms of will: *holographic*, *will made in the presence of witnesses* (legal), and *notarial*. If there are different types, the most recent will prevail, regardless of form. The first two forms must be probated (at a cost of +/- \$1300), but the third (notarial) does not. Quebec will also honour a legal will made anywhere else in Canada. It is, however, the only province to have the notarial form of will.

The *holographic will* MUST be HAND-WRITTEN; it can not be typed or written by a third party. It must be dated and signed. No witness is required. It is suggested that, if a holographic will is written, its existence and storage place should not be kept secret.

A *will made in the presence of witnesses*, what some refer to as a "legal" will because it is often done by a lawyer, can be typed. Every page of it must be initialled and the signature must be witnessed by two people, neither of whom can be an heir. If a potential heir acts as witness, s/he is automatically unable to inherit. This form of will is recognized throughout Canada.

A *notarial will* requires only one witness who witnesses only the signature and is not aware of the contents of the will. This form of will is automatically valid. It is kept on file with the *Chambre des notaires du Québec* and, should the notary retire or die, the will can still be easily found.

### Mandates (Mandate in anticipation of incapacity)

A mandate is a document which only comes into effect if the person has been declared legally incapacitated. This means that s/he can not take care of her/himself or her/his assets. Only a judge can make this determination.

There are two basic forms: *mandate in the presence of witnesses* and *notarial*. The former must be signed by two witnesses. Both have to be verified (homologated) by a judge. There is a cost of about \$1100-\$1200 to have someone declared incapacitated. A mandate in anticipation of incapacity can take up to six months to be validated.

A *living will*, which can be added to the mandate, specifies a person's desires concerning final medical treatments/interventions.

A *power of attorney* can be executed before a person is declared incapacitated but becomes invalid once a person has been declared legally incapacitated.

More information can be found on the website of the Chambre des notaires du Québec ([www.cdnq.org](http://www.cdnq.org)) or by contacting a notary.

## THERE'S A NEW BIKE FOR RETIREES

Bill Hine, Truro NS

If you ever enjoyed biking as a youngster, you will quickly learn to love your electric bicycle. It is just like biking, except it has power to assist you when you ask it to. You can pedal along the way you used to, or with a twist of the handle grip, you keep on pedaling but surge ahead. You go up a hill as if it were flat. You get exercise, you are outdoors, and you don't get sore knees or come home exhausted.

An electric bike is not a motorcycle. Whatever legal requirements there are for a bicycle owner apply for an electric bike. This is true on the road.

I was over eighty when I bought my electric bike. In good weather I try to use it daily. I use it for recreation, but I bet it would be good for commuting several miles.

I put it on recharge when I arrive home by plugging it in a household outlet. The cost for this is nominal.

The battery can make the bike very heavy, though a more expensive bike would be considerable lighter. It would be difficult to push a heavy bike up a set of stairs. You need an accessible storage spot.

Retirees, for an inexpensive recreation that is exciting and new, try the electric bicycle. You will hum around the neighbourhood, and people will want to talk to you about your new vehicle.



## TOP 10 PHYTOCHEMICALS

**STUDIES HAVE SHOWN THAT THESE 10 PHYTOCHEMICALS ARE PARTICULARLY EFFECTIVE AT KEEPING US HEALTHY.**

<b>Phytochemical</b>	<b>What it does</b>	<b>Where it's found</b>
Beta carotene	Supports reproductive health; Boosts immunity; Tackles cancer	Sweet potato, carrot squash, cantaloupe, mango
Lutein	Fights age-related vision loss	Kale, spinach, Brussels sprouts, bok choy, cauliflower, kale
Sulforaphane	Reduces cancer risk; inhibits bacterial growth	Broccoli sprouts, broccoli, bok choy, cauliflower, kale
Curcumin	Diminishes inflammation and spread of cancer cells; may slow progression of multiple sclerosis	Turmeric, curry powder
Lycopene	Battles prostate cancer and heart disease	Tomatoes, red bell pepper, watermelon, red grapefruit, apricots
Resveratrol	Destroys cancer cells; curtails viruses; may even boost exercise performance	Grapes, berries, peanuts, red wine
Quercetin	Helps combat cancer, heart disease, and respiratory disease	Apples, capers, onion, citrus fruits
Anthocyanin	Lessens cognitive decline, urinary tract infections and diabetes risk	Berries, legumes, eggplant, red cabbage, red/blue grapes
Epigallocatechin gallate (EGCG)	Fights psoriasis and other inflammatory skin conditions, boosts memory	Tea
Allicin	Lowers cholesterol; strong antibacterial/antiviral agent	Garlic, onions, leeks

# New Members Application Form

**QPARSE FEES:**

**Life Membership \$75.00**

Please complete the form below and return it, with your cheque for \$75.00 made payable to QPARSE, to:

Mrs Robin Narsted  
Membership Director  
323 West Acres  
Dollard des Ormeaux, QC  
H9G 1V2



(Please Print)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Apt/Hse #/Street

City

Province

Postal Code

Tel. No: \_\_\_\_\_

(Area code plus number)

e-mail address: \_\_\_\_\_

Date of Application: \_\_\_\_\_

# MEMBERSHIP

## NEWS FROM MEMBERS

1. From Eric H. Rumsby

Thank you for sending the QPARSE Winter 2008 Newsletter. I noted in the listing of those of our former colleagues who had passed away, the name of Phyllis McDougall.

I knew Phyllis quite well, and was a colleague of her first husband, the late Lionel Upton, in my second year of teaching at Howick (1950-51).

In the early days of June, 1952, Lionel fell from a step-ladder while painting his teaching station in the basement of the then Howick High School where he taught woodworking, technical drawing, and more. A recognized part of the "more" was the fact that he coached the school hockey team which won the off-island championship that year. The resulting injury to his head proved to be very grave and he was rushed to the "Neuro" in Montreal that same afternoon. He died a couple of days later, at age 32!

Phyllis, like many a young widow, was left to "pick up the pieces". Not so easy, with the youngest child a babe-in-arms, and the others of tender age. She returned to teaching, and brought up the family.

It was some years later that she married Ewen McDougall.

## NEW MEMBERS

The following Members are new to the Association since our last newsletter and we welcome them to QPARSE:

<b>Surname</b>	<b>First Name</b>	<b>Address</b>
Huint	Richard	Montreal, QC
Johnson	Alene	Gatineau, QC

## 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 of returned newsletters, and send any information to Mrs Robin Narsted, 323 West Acres, Dollard Des Ormeaux, QC H9G 1V2.

<b>Surname</b>	<b>First Name</b>	<b>Address</b>
Anderson	Elmer	Montreal, QC
Blackwood	Gail	Kingston, ON
Bowie	Helen	Montreal, QC
Little	Helen	Stanstead, QC
MacRae Simms	Maisie	Fredericton, NB
McKergow	Clara	Nepean, ON
Morton	Anne	Lancaster, ON
Smith	Elizabeth	Pointe Claire, QC

## SUPER SENIORS

The following is a list of our Super Seniors who will be celebrating a birthday in the following months. We wish them all congratulations and good health.

<b>First Name</b>	<b>Surname</b>	<b>Age</b>	<b>Date</b>
Esther	Gilbert	97	June 13 <sup>th</sup>
Ernestine	Stone	100	June 24 <sup>th</sup>
G. Clifford	Johnston	95	June 25 <sup>th</sup>
Elizabeth	Wales	94	July 13 <sup>th</sup>
Ellen	Stevenson	94	July 29 <sup>th</sup>
Marnie	Clarke	98	July 30 <sup>th</sup>
Reta	Staniforth	99	July 31 <sup>st</sup>
Melvin	Graham	97	August 4 <sup>th</sup>
Herb	Jordan	94	August 13 <sup>th</sup>
Thomas	Wallace	92	August 17 <sup>th</sup>
Phyllis	Wright	97	August 30 <sup>th</sup>
Gwen	Markwell	96	September 1 <sup>st</sup>
Hazel	Stewart	100	September 13 <sup>th</sup>

Congratulations to Gordon Bowes who recently celebrated his 90th birthday.

We also have learned that Bernice Vallence will be 98 in July.

Happy Birthday!

## WE REMEMBER

We remember also, the following members of QPARSE who have passed away since the last newsletter. We join with families and friends in remembrance:

<b>Surname</b>	<b>First Name</b>	<b>Address</b>	<b>Date if known</b>
Adrian	Ross	St. Rose-Laval, QC	April 18/08
Amyot	Charles	St. Lambert, QC	February 22/08
Anderson	Elmer	Montreal, QC	
Bowker	Margaret	LaSalle, QC	
Crowe	R. Jerry	Mississauga, ON	
Firth	Ross	Westmount, QC	February 9/08
Griffin	Betty	Cote St. Luc, QC	February 12.08
Laidley	Doris	Lachute, QC	January 30/08
Lane	Geraldine	Richmond, QC	June 20/07
Lauber	Anne	Scarborough, ON	March 21.08
Mayville	Janis	Donnacona, QC	
Sifton	Margaret	Town of Mt. Royal, QC	April 3/08
Smith	Ruby E.J.	La Macaza, QC	March 31/08
Thompson	Edna	Ville Emard, QC	April 25/07
Weldon	Lillian	Dorval, QC	
Wilde	Bertha	St. Lambert, QC	

## OBITUARY - BLEMA MILLER - 1910-2007

The following obituary was printed in the *Globe and Mail* March 11<sup>th</sup> 2008.

Blema Miller - Wife, mother, gifted teacher, loyal friend, feisty pioneer. Born December 14<sup>th</sup> 1910 in Montreal. Died September 16<sup>th</sup> 2007 of old age in Toronto, aged 96.

Blema Cooper was in some ways a typical child of Jewish parents growing up in the 1920s in Montreal, In other ways, she was different. She did well at school and played sports, but also loved to climb through unfinished buildings with her father.

Graduating with honours from McGill University, she became the first Jewish high-school teacher hired by Montreal's Protestant School Board. She could not study architecture, her first love - women did not do that sort of thing in the 1920s - but discovered that teaching was a vocation.

As a teacher, Blema had many gifts, including a head for math and a heart for kids who needed extra attention. She was firmly convinced that anyone could do math with the right help.

When she married Abe Miller, she was laid off, like every other female teacher who married. In Cornwall, Ont., while raising son Jack and daughter Helene, she channelled her energies into the synagogue, volunteer work for local charities and substitute teaching. When Abe died, she returned to Montreal to teach high school, a widow at 53.

Blema did not suffer fools gladly. The School Board tried to retire her at 60, but she taught another year. They tried it again. Stern letters did not deter her from teaching one more year. Until her mid-80s, she tutored kids in maths. She was still helping her caregivers with English in her 90s.

Always up on the latest news, Blema had strong opinions on events. She disliked cooking and had help with cleaning all her life. She made imaginative, custom-knitted sweaters using all kinds of wools and yarns.

Blema wanted to see both children happily married - with lots of grand-children. Helene and Bob Kenigsberg obliged. Blema took grandsons Mike, Dan and Alan to the theatre, played board games and generally spoiled them. All children, including her great-grandchildren, delighted her.

Jack resisted her repeated suggestions that he get married. Then at 40, he chose Mary Jane, another Miller and academic but a Presbyterian. That was fine with Blema, who became a close friend of Mary Jane's mother, Elizabeth.

In later life, bridge, travel, newspapers and grandchildren kept Blema busy, although it was a struggle to get her to give up driving. At 89, with her eyesight and hearing failing, she chose to go into a retirement home. She had a gift for making friends, and her laugh was infectious. Despite her "forgettery" - her word - she enjoyed the company, the activities and the food.

Her last years were difficult, but she was still loving, still stoic in her illness when the family visited, and still a joy.

*Jack & Mary Jane Miller are Blema's son and daughter-in-law*

# CHUCKLES

## AAADD- KNOW THE SYMPTOMS

Thank goodness there's a name for this disorder. Read about the guy who got diagnosed with it and see if things seem familiar to you, too! Recently, I was diagnosed with A.A.A.D.D. - Age Activated Attention Deficit Disorder.

This is how it manifests: You decide to water your garden. As you turn on the hose in the driveway, you look over at your car and decide it needs washing. As you start toward the garage, notice mail on the porch table that you brought up from the mail box earlier.

You decide to go through the mail before you wash the car. You lay your car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full. So, you decide to put the bills back on the table and take out the garbage first. But then you think, since you're going to be near the mailbox when you take out the garbage anyway, you may as well pay the bills first. You take your check book off the table, and see that there is only one check left.

Your extra checks are in your desk in the study, so you go inside the house to your desk where you find the can of Coke you'd been drinking. You're going to look for your checks, but first you need to push the Coke aside so that you don't accidentally knock it over. The Coke is getting warm, and you decide to put it in the refrigerator to keep it cold. As you head toward the kitchen with the Coke, a vase of flowers on the counter catches your eye--they need water. You put the Coke on the counter and discover your reading glasses that you've been searching for all morning. You decide you had better put them back on your desk, but first you're going to water the flowers.

You set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table. You realize that tonight when you go to watch TV, you'll be looking for the remote, but you won't remember that it's on the kitchen table, so you decide to put it back in the den where it belongs, but first you'll water the flowers. You pour some water into the flowers, but quite a bit of it spills on the floor. So, you set the remote back on the table, get some towels and wipe up the spill. Then, you head down the hall trying to remember what you were planning to do.

At the end of the day: the car isn't washed the bills, aren't paid, there is a warm can of Coke sitting on the counter the flowers don't have enough water, there is still only 1 cheque in your cheque book, you can't find the remote, you can't find your glasses, and you don't remember what you did with the car keys. Then, when you try to figure out why nothing got done today, you're really baffled because you know you were busy all damn day, and you're really tired. You realize this is a serious problem, and you'll try to get some help for it, but first you'll check your e-mail!

## 2008-2009 Officers and Directors

### Officers (1-year term)

President	Pat Steele	514-369-3473
Immediate Past President	Ann MacLeish	450-829-3172
Vice-President (Program)	Sandra Aird	514-738-6169
Treasurer	Ian Trasler	514-697-0407
Membership Secretary	Robin Narsted	514-696-3215
Recording Secretary	Dana Star	514-481-3708
Correspondence/Good Will	Gretta Pipe	450-465-9939

### Directors (3-year term)

Director, Newsletter	Don Berry	514-487-3140
Director, Website	Tom Murray	514-631-8369
Director, Special Events	Ken Cooke	514-485-9118
Director, ACER-CART	Renate Sutherland	514-695-1970
Director (Program)	Althea Caesar	514-487-7241
Director (Program)	Ken Cooke	514-485-9118
Director	Alanna Dow	514-844-8715
Director	Joseph Hackett	514-637-4997
Director	Richard Meades	514-695-2164
Director	Helen Koeppe	514-365-5966

### **ASSOCIATION D'HEBERGEMENT DES ENSEIGNANTS PROTESTANTS RETRAITES INC**

#### **The Protestant Retired Teachers Homes and Benefits Corporation**

President	Pat Steele	514-369-3473
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