



QPARSE News Magazine

Les Nouvelles d'APPERQ

The News Magazine of the Québec Provincial Association of
Retired School Educators

Le Magazine de Nouvelles de L'Association Provinciale du
Personnel d'Enseignement Retraité du Québec

Volume 16, 3rd Edition 2026

Volume 16, 3e édition 2026



February 12
Thursday

How is Artificial Intelligence (AI) Changing Lives?" via Zoom

March 10
Tuesday

Seniors Action Quebec
founder Ruth Pelletier, via
Zoom

*Happy New Year
Best Wishes for 2026*

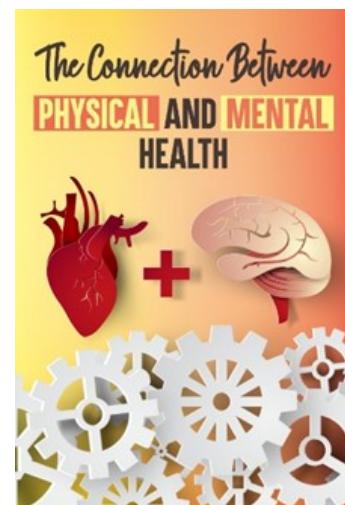
Physical Health and Mental Health, Hand in Hand

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The Connection

Retirement can be a challenge from both a physical and a mental perspective. We've heard it all before and probably many times; stay healthy, eat well, get enough sleep, exercise, relax, develop social connections, take time for yourself . . . a mix of health recommendations, but what does it all mean? According to many health organizations, physical and mental health are deeply connected, each influencing the other in a two-way relationship. Poor mental health can lead to physical problems, such as cardiovascular disease, obesity, and diabetes. Long term physical health conditions can lead to mental health problems, often including anxiety and depression. It's important therefore to prioritize both aspects of health and the good news is that the body and the brain are both extremely responsive to change. This adaptability allows any health related activities to trigger a snowball effect of positive changes.



So, what should we do?

There are many efforts we can make to enhance both physical and mental health. Two that are top of the list are: #1 to make regular exercise a habit and, #2 to enjoy healthy and balanced nutrition. The effect of these two interacting is hard to overstate: improved muscle mass and function, improved metabolic function, reduced inflammation, strengthened immune system, improved cardiovascular and respiratory systems, and healthier gut bacteria. Sounds good? But how do we achieve it? Read on . . .

#1. Get moving

Many of us may panic when we hear the word "exercise," thinking long walks, hiking, jogging, running, and treadmills, all while counting steps! For those who

(Continued on page 8)

Editorial

As we move into 2026, we wish you a joyful and inspiring New Year full of good health and happiness. Especially in retirement, we appreciate that health is one of our most important blessings and priorities.

Another blessing is our cumulative years of experience, dedication, and patience that have shaped so many lives in our schools. It's always a pleasure to meet former students and hear of their accomplishments. Even in retirement, the impact of our work continues to ripple out in ways we'll never fully see.

Naturally, an important theme and the basis for this edition is mental and physical health. Read Maureen's article, on the front page, on wellbeing so we can use our time to take better care of ourselves in retirement. Travel is another favourite and certainly contributes to well being; so check out Naile's article on page 7 on her recent trip to Türkiye.

Be sure to read Terrie's compilation of some of our members' 2025 joyful moments. A mindset on gratitude is said to go a long way on the road to wellbeing. Also read Kari's article entitled "My grandmother's lost chairs." As she draws from her memories from the 1960's. Do something different, share your memories with us and we will print them in the next edition of QPARSE News.

On page 4, be sure to drink your dose of politics with a large dash of humour and read Tom's article on our furry friends' adventures. With what is happening in the world, we can all use some humour!

Speaking of friends, please send us a picture of your favourite pet friend, their picture will be included in the next edition of QPARSE News. I'll await your submission.

On behalf of the QPARSE News team we hope 2026 brings you energy, adventures you've been waiting to enjoy and the knowledge that you've made a difference. Once again, we wish you health, happiness, and all the very best in 2026.

Happy reading,

M. Michielli
Editor
mmichielli@icloud.com

**THE
QPARSE
NEWS
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Kate Gardner, Maureen Rose,
Kate LeMaistre

**Next Deadline:
April 30, 2026**

**Theme:
Travel**

Send us an article

President's Message - Message de la présidente

First, let me take this opportunity to wish the members of QPARSE and their families a very Happy New Year, 2026. I hope you had an enjoyable time with family and friends during the holidays.

Looking forward to the coming year, we have an interesting program ready for you. As always, Claudia Thierry has done a fine job of setting up the lunches, visits and talks – some online and some in person. To avoid missing out, check your email for your invitation to one of these events. However, I would like to take this opportunity to acknowledge all members who are unable to join us for our activities due to ill health. Please get better soon!

Speaking from personal experience, I was lucky enough to attend most of them in 2025 and enjoyed them thoroughly. J'ai hâte de vous voir nombreux lors des événements et déjeuners prévus dans le cadre de notre programme en 2026.



As you know, we are also a member of the Canadian Association of Retired Teachers which continues to lobby fiercely at the federal level on our behalf. Our board member Katherine Snow, has been keeping us up to date on their efforts, such as the need for a Minister for Seniors and clarity on the government's dental plan. En tant que petite association aux ressources limitées, nous dépendons fortement de ces grands groupes pour représenter nos intérêts et nous avons la bonne fortune de pouvoir être soutenus par eux.

One of my goals for the coming year is to explore ways we can better serve our members, particularly those in the province's outlying regions. As a provincial organization, we are not attracting new members from all the school boards across the province. Jan Langelier has already met with the local unions, and they have expressed a great deal of interest in getting to know who we are and in supporting us in our membership drive. Once again, I am asking you to support our efforts in this regard and to encourage any retired school board employees of your acquaintance to attend one of our events or, better still, join up.

We will continue to keep in touch with all of you through our electronic mailings, letters and regular updates of our website. Nous continuerons de garder le contact avec vous électroniquement par courriel, lettres et mises à jour régulières de notre site web : www.qparse-pperq.org. Thanks go to Terrie Kozaczynski for all her work in keeping the membership lists and the website up to date.

Finally, it would be remiss of me not to acknowledge the great work of Marzia Michelli and her editorial team in putting together this Magazine. Happy reading!

Lynn Travers

President

traversman@videotron.ca



Our Furry Friends

Our Furry Friends want to wish everyone a very happy New Year!

They are looking forward to keeping you informed as to how they perceive the year ahead, which is bound to be an exciting and interesting one! On that note, they can't help but wonder if Venezuela has just become the 51st state south of the border! Good news for Canada, I guess!

The decision by Australia to ban social media for kids under 16 has sparked the following reaction from many of our bushy tailed parents. They are seriously considering moving their families to Australia to protect their kids' mental health, but more importantly, to safeguard their own SANITY!!

It seems that President Trump doesn't understand the meaning of the word "affordability". Said one unhappy squirrel, "I guess he's never had to FORAGE for peanuts in the middle of winter!"

On the political side north of the border, the **Association of Federal Squirrels for Building Pipelines** and its counterpart in Alberta, are delighted with the agreement reached to build a pipeline through British Columbia to open Asian markets. Not so, are the members of the **BC Association of Indigenous Squirrels**, happy with this news. Not only do they see it as an encroachment on their land claim rights, but also a loss of foraging territory. It's rumored that they have joined forces with BC premier, David Eby to fight this plan. As one apolitical squirrel commented, "So much for a project of National Interest!"

Two squirrels face timing each other, were recently overheard discussing the growing Artificial Intelligence situation. One asked, "Do you think the advancement in AI will soon replace us as teachers in the classroom?" to which the other responded, "You're looking at one right now!"



Quebec's Bill 2 is causing concern for many of our furry friends.

"Have you been to see your family doctor recently?" she asked her neighbor living next door. "Yeah, Dr. Rush More, who told me I was allowed only one question, saw me for all of 10 minutes and then as I left his office, I heard a definite "clicking" sound as he shouted for the next patient! His secretary whispered to me that the doctor is thinking of moving to Ontario!"

The performance of "The Nutcracker" by the all-squirrel cast has been cancelled at the JFK Performing Arts Center, due to its recent name change. Said one of the principal dancers, Ms. Short Legs La Belle, "If we need to help support ourselves, we'll just have to spend more time looking for nuts and not giving in to one!"

It's rumored that the number of bike paths in Montreal will be under review, now that there's a new mayor in town! Welcome news to many drivers but not to our furry friends, who have long enjoyed the greater safety of these paths to get around the city. I guess you can't please everyone!

On the other hand, the new mayor's plan to make the homeless a major priority of her mandate, has delighted our four-legged friends. "So many of them are living on the streets that there are just no more warm and safe places left for them to invade", said a representative of the Old Brewery Mission. All he could add was, "Take a number and get in line you furry boys and girls!"



(Continued on page 5)

(Continued from page 4) **Our Furry Friends**

A recent poll found that Prime Minister Mark Carney is still enjoying support from voters, despite the fact that Canadians don't feel that he has made a lot of progress on his campaign promises. **The United Union of Squirrels for Carney** was quick to point out that Rome wasn't built in a day. They should know, as they have ancestral roots, dating all the way back to when Caligula ruled Rome. They asked, "Who would you prefer to have, a Mark or a Don, ruling you right now?" There was no mention of a Pierre.

Speaking of leaders, Justin Trudeau has world stage as a guest speaker! How pre-occupied, according to social media glamour of Hollywood and Katy Perry, dentia added??

And finally, it was nice to see our furry try unite to support the Toronto Blue Jays. Though they lost, it was another example of how Canadians, both two and four legged, can rally behind a singular cause. **Canada Strong!**

Tom Conti



found a new job, making his return to the ever, it seems that he has been presently guru, Rodentia Tell All, by the glitz and in particular! "Like father like son" Ro-

friends from pretty well all over the country. Jays in their bid to win the World Series. ple of how Canadians, both two and four cause. Let's keep it going.

Scams and fraud statistics: 2025

As of: June 30, 2025

- ◆ **Reports processed: 24,411**
(51,676 in 2024)
- ◆ **Victims of fraud: 17,094**
(36,228 in 2024)
- ◆ **Lost to fraud: \$342 M**
(\$647 M in 2024)

Source: [Canadian Anti-Fraud Centre](https://www.antifraudcentre.ca)



The easiest ways to avoid a scam?

Secrecy is your secret weapon!

Here's what you can do to be **scam smart**:

- ◆ Use a unique password for each account.
- ◆ Be suspicious if someone asks you for personal information.
- ◆ Don't share your security codes, user IDs, passwords, or social insurance number.
- ◆ Be cautious before you click on a link.

Some scams are easy to spot. Some are not.

Learn the signs at [canada.ca/be-scam-smart](https://www.canada.ca/be-scam-smart).

QPARSE PROGRAM CALENDAR

2026

Thursday, Feb. 12	How is Artificial Intelligence (AI) Changing Lives?" via Zoom by Indra Kubicek CEO of Digital Moment 10 AM
Tuesday, March 10	Seniors Action Quebec founder Ruth Pelletier, via Zoom "Senior Issues" 10 AM
April	Visit to Montreal's Pointe- à -Callière Museum, date TBA. Old Port.
Tuesday, May 5, 2026	Annual General Meeting at the English Montreal School Board

To register for ZOOM online events, or for more information, please contact
Claudia Thierry (514) 457-2499
cthierry2680@gmail.com
at least one week before the event

PROGRAMME DES ACTIVITÉS DE L'APPERQ

2026

Le jeudi 12 février	« Comment l'intelligence artificielle (IA) change la vie? » via Zoom par Indra Kubicek, PDG de Moment Numérique à 10 h
Le mardi 10 mars	Présentation par la fondatrice d'Aînés Action Québec, Ruth Pelletier, via Zoom « Problèmes des personnes âgées » à 10 h
Avril	Visite au Musée Pointe-à-Callière. Date à déterminer. Vieux Port, Montréal
Le mardi 5 mai 2026	Assemblée générale annuelle - Commission Solaire English-Montréal

Pour vous inscrire aux événements ZOOM en ligne, ou pour plus d'information, veuillez contacter
Claudia Thierry (514) 457-2499
cthierry2680@gmail.com
Au moins une semaine avant l'événement

Welcome New Members to QPARSE Congratulations on your retirement!

Ivan Asselin—Pointe Des Cascades, QC

Opportunities in retirement present themselves when you least expect it. If you want to try your hand at writing a short story, QPARSE News encourages you. We are willing to print your short story, your poem, or excerpt from your memoir.

Just submit it to us!

A Step into the Past

Safranbolu is a picturesque, small village in Türkiye's* Black Sea region. Tucked into the hills, it is two hours north of Ankara (Türkiye's capital) and is one of Türkiye's loveliest treasures. It was first settled in 1071 and is famous for its traditional red-roofed wooden houses, cobblestone streets, mosques, baths, and rich history as a Silk Road caravan stop.

By virtue of its key role in the caravan trade over many centuries, Saftanbolu enjoyed great prosperity. Safranbolu's merchants built the stunning timber and stone mansions that line the cobblestone streets in the 18th and 19th centuries and a large number of them still remain intact. As time moves on, more and more of these mansions are restored and turned into hotels, shops and museums. The site has over 2000 traditional Ottoman houses, 800 of which are protected by the government. Virtually the entire old Ottoman town has been preserved. Stepping into this village is like stepping into the past. Cars are banned, there are no tall buildings, and artisans ply their crafts in open store fronts. It is a great place to pick up handicrafts—especially textiles, handmade cotton and linen clothes, ceramics, metalwork, shoes, and wooden artefacts.



Once a wealthy trading town, Saftanbolu derives its name from saffron, the precious spice used to flavour the local lokum (Turkish delight), and the town is full of sweet shops. Saffron is also used as a spice, in cosmetics and in the pharmaceutical industry. As a yellow dye, it can dye a fluid 100,000 times its weight. The usable part of the plant is the stigma of its flowers, which has considerable value. Safranbolu is one of the rare places where the saffron plant is grown.

The Ottoman style houses in Safranbolu are solitary, unattached constructions, built with the concern of not preventing the other houses from receiving an equal amount of sunlight. Two-storey, white-walled mansions have stone on the ground level and wood above. They feature balconies and bay windows that make the living spaces larger. Wealthy members of society created separate spaces for men and women. Mattresses were taken out of the cupboard at night. In the morning, they were put away to change the "bedroom" into a "sitting room". Some of the largest houses had indoor pools, which, although big enough for swimming, were used instead to cool the rooms with running water, which also provided pleasing background noise.



Some of the area's most interesting historical locations are the castle and its surroundings, which were the initial settlement area; the old Governor's House which is restored with 200-year-old furnishings; and the Clock Tower built in 1797. The large clock, which works with weights, is still wound once a week and is working to this day.

Within the city there are 25 mosques with historical importance. The most famous building in the old part of town is the newly restored Cinci Han. This impressive building is a caravanserai dating back to 1645. It was commissioned to serve traders on the Silk Road with food and lodging. It now houses a four-star hotel, restaurant, cafe, and coffee museum. Next to it is Cinci Hamam, the local bathhouse, still working today with separate baths for men and women, with a marble interior and strong light coming from its domed roof.

Saranbolu, one of the most beautiful villages you will ever see, was recognized as a UNESCO World Heritage Site in 1994 for its outstanding preservation of Ottoman urban planning and architecture.



by Naile Kudeki

* Türkiye is the official authentic name for the country formerly known as Turkey in English. Official and diplomatic use now favours "Türkiye" and this name was formally recognized by the UN in 2022 following a request from Ankara.

(Continued from page 1) **Physical Health and Mental Health**

love it and can do it . . . good for you! However, it's not possible for all of us, so forget the steps and substitute the word "movement" for "exercise." Just move; be less efficient when doing household tasks, deliberately go back and forth when doing jobs like putting laundry away; when watching TV or working on your computer, get up every 10 or 15 minutes and walk around the room; take the stairs instead of the elevator, even if only for one or two flights; dance around, play with your dog, do some stretching or basic yoga. It might not be immediately obvious how physical health can improve mental health, but exercise does have direct beneficial effects on the brain, including:

- Improved cognitive function
- Better working memory and impulse control
- Reduced depression and anxiety
- Reduced stress

#2. Eat right . . . and ENJOY it

What we eat is one of the most important potential risk factors of illness, as well as being one of the most confusing lifestyle changes to make. Instead of trying to follow any magic plan or figure out which trending superfood you should be eating, just follow a few basic principles of good nutrition and don't stress about it. Food and its preparation should be a pleasure and there is enough of a variety of food available that with a little thought you can have a healthy way of eating with foods you enjoy, rather than forcing down those you don't but think you should. If you do want a bit more of a focus, there are some important nutrients worth prioritizing, especially as we age.

- ◆ **Protein** for muscles and other body tissues to maintain strength and mobility, as these tend to decrease with age. Focus on animal-based proteins, such as lean meat, fish, lower fat dairy foods, and eggs and plant-based proteins such as lentils, nuts, and seeds.
- ◆ **Omega 3s** for heart health and reduction of the inflammation known to be the basis of many diseases. Olive oil, Canola oil, fatty fish, and nuts and seeds, especially flax seeds, are good to excellent sources. Do not be afraid of these good fats; remember that essential vitamins A, D, E, and K are fat soluble.
- ◆ **Antioxidants** for combatting damaging free radicals produced in the body by natural biological processes or from an outside source, such as tobacco smoke, toxins, or pollutants. Fruits and vegetables are primary sources, particularly the darker ones because they are super rich in oxidation and inflammation fighting polyphenols and beneficial for heart health, diabetes management, cancer prevention, and gut health. If consuming canned or frozen fruit and vegetables, check the label for excessive sugar or salt.
- ◆ **Fluids** for hydration. We are 65-70% water, so it makes sense that we need to consume water and we often hear about the need for 8 glasses of water a day. However, it's not just about pure water – it's about fluid, so any sources including soups, fruits, and vegetables make valuable contributions. Even dense vegetables like carrots are over 85% water.
- ◆ **Fibre** (both soluble and insoluble) for a healthy digestive system and regularity. Go for wholegrains, beans, fruits with edible seeds such as raspberries, and cruciferous vegetables. For packaged products, check the label keeping in mind that older females need about 20g of fiber per day and older males need about 30g per day, always along with plenty of fluid.

Do nothing . . . sometimes

While working on improvements, remember that stress is a major factor in the harmful interactions between mental and physical health, so find time to NOT be thinking about whether you're eating the right food, exercising enough, or being productive enough.

Take a few minutes each day to sit down without distractions.

Focus on the present moment: Notice where you are and what you are feeling right now. That's it!

(Continued on page 9)

(Continued from page 8) **Physical Health and Mental Health**

Don't think about what you have to do after this or what you should be feeling or doing right now.

Practice regularly: Longer periods are great, but it has been found that even 10 minutes a day have a positive effect.

Key takeaways

Mental and physical health are deeply connected; when one improves or declines, the other often follows.

Physical health can influence brain chemistry, including neurotransmitters and hormones, which are linked to conditions such as depression, ADHD, and bipolar disorder.

Mental health impacts physical well-being, contributing to poor habits, disrupted sleep, and increased stress, while exercise, good nutrition, and mindfulness support both mind and body.

Final word

Sometimes, in trying to improve, we do too much too fast. A good tip is to start with really small goals to avoid quitting before the effort becomes a habit. Set daily goals that seem so easy it would be ridiculous not to do them and then each week, or even month, set the goal a little higher.

Further reading

Rachel Green. The Connection Between Mental Health and Physical Health. Verywellmind. Accessed Jan 2, 2026. <https://www.verywellmind.com/the-mental-and-physical-health-connection-7255857>

Mental Health is Physical Health. National Alliance on Mental Illness (NAMI). Accessed Jan 2, 2026. <https://heartsandminds.nami.org/>

Maureen Rose

Super Senior advice

On not getting old too fast....

On the Julia Louis-Dreyfus podcast "Wiser than Me," author Ruth Reichl said. "The only thing that really keeps you young is constantly doing things you don't know how to do, if you spend your whole life doing things you already know how to do, you get old fast."

On how to become a super, super senior....

Super seniors Shirley and Ruth were described as "the oldest living pair of sisters in the USA" on the super-ager discussion forum The 110 Club. Shirley Hodes was 115, and Ruth Sweedler was 108* and had this advice on becoming super seniors:

"Don't forget to dance
Don't stop believing
Don't stop learning new things
Don't forget that age is just a number
Don't dwell on the past "



The over 100-year-old sisters died within days of each other would often say with conviction: 'I don't look back, I look forward'

Ref: CNBC, Easter Bloom , March 8,2025

My Grandmother's Lost Chairs

In the late 1960's the FLQ crises was headline news after General Charles de Gaulle, on a visit here in July 1967 for Expo '67, shouted "Vive le Québec libre" from the balcony of Montreal City Hall. He had planned this and asked to speak that evening to the crowd gathered at the Montreal City Hall. He ended his speech with; "Vive Montréal, Vive le Québec, Vive le Québec libre, Vive, vive, vive le Canada française, et vive la France," and the crowd roared back; "Vive le Québec libre!" Live free Québec!

This gave fuel to the FLQ, 'Front de liberation du Québec' (1963-1972) a left-wing Marxist-Leninist group promoting independence of the province of Québec from Canada. The FLQ was often violent with bombings causing much damage, killing 10 people. One person, Minister of labour Pierre Laporte, was assassinated and British minister Cross was kidnapped and freed later.

Canada's Prime Minister Lester B. Pearson rebuked de Gaulle with an official statement to the French Embassy in Ottawa stating that; "The people of Canada are free- Every province in Canada is free. Canadians do not need to be liberated."

In the middle of this FLQ crisis we were expecting a shipment of 2 chairs from my paternal grandmother. We had received the shipping papers but when the cargo finally arrived at the harbour in Montreal, we did not receive any notice. My mother read an article in the Montreal Gazette about; 'Theft at Montreal Harbour'. She contacted the journalist who wrote the story, and he invited her to come with him to the storage sheds at the harbour. They were shown to a shed where the items were lying about very much in shambles and they located the crate with the chairs, broken open, by the far wall. The Customs Officer who was with them, explained that the FLQ were looking for weapons and the longish wooden crate looked as if it may have contained firearms.



1880 Family Heirloom Chairs

This happened nearly 60 years ago now, I look at the chairs here in our Condo and the memory is quite vivid. One of the chairs had a broken leg that was fixed but we try to avoid sitting on it when possible.

The FLQ crisis was dealt with, Pierre Elliot Trudeau stood up to them even when they threw rocks at him during the Saint- Jean-Baptiste parade in Old Montreal in 1968. That T.V. image is still vivid in my mind; he never hid behind the barricade as did all the others.

A sad time in Quebec, only a memory, but my grandmothers' chairs from 1880 are here in our Lumia condo.

The future of these chairs remains uncertain. My hope is that one of our grandchildren will give them a home- and will inherit them in less violent political times, though that reality is changing.

Still the chairs are a reminder to me that if they can survive WW I and WW II in Europe and a crisis here in Canada, then there is hope for us all.

Kari Quraeshi

10 jours de beau temps

Patrick et moi sommes allés au Mexique pendant 10 jours. Akumal Bay est un endroit de calme et de repos. Nous avions un penthouse magnifique avec une terrasse et un jacuzzi privé. La nourriture est excellente et tous les restaurants ont des choix de repas sans gluten ce qui est important pour moi.

Les employés ont toujours un beau sourire et sont toujours heureux de nous servir. Le beau temps était de la partie. La mer était très belle. Avec de l'eau dépassant à peine mes chevilles, j'ai vu deux raies, une grosse et une petite. Beaucoup de poissons nageaient près de nous. Nous avons rencontré quelques québécois en vacances, des gens d'autres provinces et d'autres pays.

Pour nous ces vacances étaient reposantes. Nous avons bien dormi, bien mangé. Le soleil était toujours présent.

Kate Gardner



Do You know the whereabouts of these members ?

We are still searching for the following members whose mail has returned or whose email has changed. If you know anything about any of them, please let Terrie Kozaczynski know by email at terriekoz@yahoo.com or by telephone at 514-334-2203.

Janet Wilson—Westmount, QC	Angela Piacek—St. Laurent, QC
Ronald Cappelli—Bois des Filion, QC	Helen Slavin—Cote St. Luc, QC
Patricia E. Hamelin—Bryson, QC	Gillian Williams—Glen Robertson, ON
Vivian Sansalone-Lombardo—Montreal Nord, QC	

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

Jane Egerton—Pointe Claire, QC	Jean Maclean—Kingston, ON
Gailann Eggleton—Bath, ON	Richard Eggleton—Bath, ON
Marvin Neiss—Dollard Des Ormeaux, QC	



Pet-friends

Pets are a very important part of our lives. Our pets become family members in their own way, and even provide emotional support at times.

Maybe it's not even your own pet, but the neighbour's dog that you babysit. No matter, send us a picture and we'll print it! So QPARSE News has decided to spotlight our special friends, by showcasing them in next spring edition of the QPARSE News magazine.

Kindly send in your favourite pet-friend picture, their name and a description of the cat, dog, budgie etc. that lives in your home. What is their claim to fame or their "super power"?

Thank you for sharing!

Marzia Michielli



Naile's friend Jacqueline's cat Gustav. He is a very active two year old cat who loves watching hockey! (My kind of cat!!!)



Missing her own cat, Terrie fell in love with this picture on the web, had to have it.

For coffee lovers

In the article entitled: "Scientists Have Proof Coffee Can Be Connected to Longer Lifespans. Here's How Much to Drink Daily." Written by Jocelyn Solis-Moreira and Korin Miller on December 8, it speaks of the DNA telomeres for coffee drinkers being longer than those of non-coffee drinkers. As a result, the longer telomeres because of the protective caps afforded, equal a longer lifespan. The study shows that the longer telomeres speak of being five years younger than the telomeres of non-coffee drinkers.

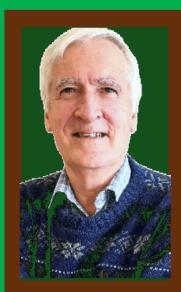


How much coffee should we drink for a longer lifespan? The study says to drink "three to four cups of coffee". However "drinking more than four cups" of coffee erased the advantage. ...more is not better in this case.

Holiday Greetings for 2025-2026



Lynn
Travers



Tom
Conti



Marzia
Michielli



Claudia
Thierry



Naile
Kudeki

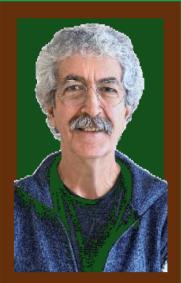


Kate
Le Maistre

The QPARSE News Team



Renate
Sutherland



Richard
Bastien



Patrick Clarke &
Kate Gardner



Katherine
Snow



Terrie
Kozaczynski



Maureen
Rose



Holiday Luncheon - 2025



Dealing with Retirement

9 Habits of Happy Retirees, by Sarah Barry, published by Storylane Books in 2024, shares a good number of secrets to preparing for and enjoying a fulfilling retirement.

This comprehensive guide offers concrete and sound advice for dealing with some of the inevitable phases of retirement (the “honeymoon”, the ensuing disenchantment, the period of reorientation and eventual stability), as well as, for developing a personal resilience for dealing with important life changes happening to us at the same time.

This rich and detailed reference guide for living a happy retirement offers insight and useful suggestions for:

- finding new interests and experiences** during retirement by identifying personal interests and passions and trying out various creative pursuits, fitness challenges, travel or volunteering,
- prioritizing physical health** through a suitable exercise routine and by adapting to physical changes and managing stress,
- building and nurturing social connections** by strengthening existing relationships, developing new ones and, more importantly, by maintaining a balance between social interactions and personal space,
- engaging in lifelong learning and personal growth** by exploring readily available educational programs for retirees both locally and through online learning sites.

The 8th chapter (or habit) of this guide focuses on “**Volunteering and Philanthropy**”, highlighting some of their rewards and benefits of these pursuits, such as a living a longer life, improved physical abilities, as well as enhanced mental and emotional wellness. The author suggests finding volunteering opportunities that align with our personal interests and values and even creating a personal legacy through charitable donations.

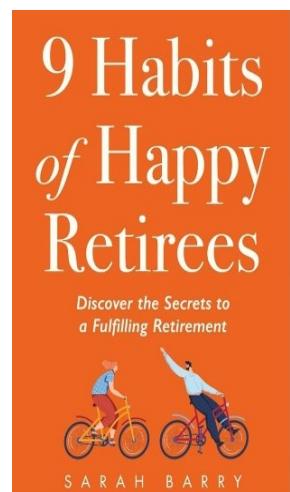
The 9th and final chapter, “**Embracing Travel and Adventure**”, offers numerous suggestions for:

- planning and preparing travel experiences**, by researching travel destinations, budget planning, and factoring in health and safety issues,
- exploring different types of travel** such as adventure sports, cultural immersion, volunteer tourism and group travel,
- making new friends and creating meaningful memories** by documenting our adventures and celebrating milestones.

In her closing remarks, Sarah Barry reemphasizes the importance of adopting a positive mindset in retirement while continuing to learn and grow as individuals throughout this exciting and rewarding time in our lives.

Happy Reading!

Richard Bastien



Joyful Moments

Our members were asked if they could honour us with some of their joyful moments in 2025. Here are some of their answers.

- ◆ I have much for which to be joyful and thankful. However, it is the simply things like sharing regular walks in the woods at Mont Tremblant with my dog, Taïga, that bring me the greatest joy!
Stephanie Martin
- ◆ We celebrated Linda's mum's 101st birthday on January 10th (and are gearing up for her next party on Saturday!) We are watching both our sons with pride as they enjoy their own teaching careers, and are truly blessed with the love and laughter of our three grandchildren.
Linda and Chris Phelan
- ◆ My greatest joy in 2025 was the writing and publication of *My Story – Memories and Reflections of Renate Bidner Sutherland*, something I had been wanting to do since my retirement twenty-six years ago but never got around to doing. A special birthday gift from my son and daughter-in-law set me up with Calgary's No Story Lost organization, which captures families' stories professionally crafted and personally customized. Their team of professionals took care of everything and captured my life story in a beautiful Memoir book.

I enjoyed working with the No Story Lost Team, which organized six hours of heartwarming interviews with me on Zoom, transcribed, wrote and edited every word, and hand placed the 72 photos I submitted. My interviewer was a lady from Newfoundland. Prior to each Zoom session, she would send me a series of questions which I could focus on, as I thought about and reflected on various memorable aspects of my life.

I am relieved, thrilled and so very grateful that *My Story* is now at the printing stage and being published, with additional copies for immediate family members.

Footnote: We were recently notified that No Story Lost is closing its doors and will no longer be in business beyond January 2026.

Renate Sutherland

- ◆ Making another try!
I am sad to report, that again, I have failed at retirement.
the photo you can see my colleagues at an event organized for staffers who work for an MP
I am an assistant to the local Federal MP
How about them apples. Warm regards to all
Suzanne Longpré



- ◆ My greatest joy in 2025 was that my husband Saeed and I are still together at 93 after 66 years of marriage, and that we are both healthy, physically and mentally. We are also grateful for having our four children and nine grandchildren healthy and doing well.
I am happy for having a close relationship with our son and three daughters although they all have their own families and we do not live close, but we text or call almost every day.
I like cruising, and in 2025 our daughter, Sabrina and I cruised the Caribbean and the Panama Canal. We did not go all the way through but enjoyed the locks to the Gatun lake and the return. It was also a joy to visit the countries on the way there.

(Continued on page 17)

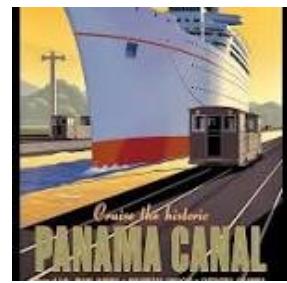
(Continued from page 16) **Our Joyful Moments**

Being active is important and I like going to the gym here and the super pool we have.

It is always fun being part of our acting group. Recently, our activities leader Kit has been videoing us reading books for children. The videos will soon be on “u tube”.

I am grateful for being inspired to write short stories for our Lumia Village monthly Newsletter here in the Lumia Private Senior Residence where we live. I have also written a few stories for the QPARSE Newsletter.

As you see there are many things that make me happy and I am so grateful for that,
Kari Balzersen Quraeshi



- ◆ This Christmas was very traditional for our family. On Christmas Eve we had dinner at my house, where we reflected on how grateful we were to enjoy a meal of glazed ham with carrots and “smashed” potatoes. Afterwards, the stocking gifts were opened. The evening was unhurried and full of conversation. Our young granddaughters put on a show of dances choreographed to their favourite Frozen songs!

At our daughter’s house on Christmas morning, Santa left presents for the kids - the young and older ones alike.... even the grandparents! Chaos ensued!

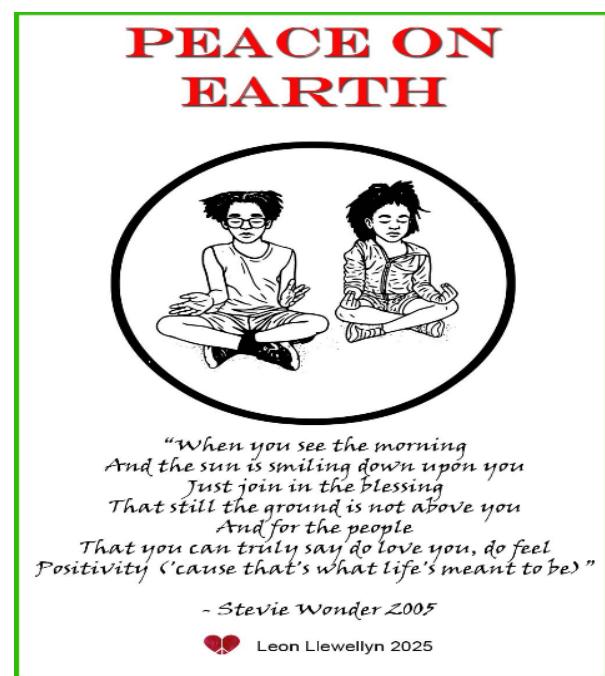
Then the twelve of us enjoyed a delicious supper of turkey, potatoes with gravy and cranberry sauce. A Christmas log and clementines were served for dessert. This was followed by a toast for health, joy and for family togetherness to continue in the coming year.

Paula Turner



- ◆ God's little creatures are so marvelous! I have bird feeders & make suet for 6 Bluejays, 6 Blackheaded Chickadees, 2 Downy Woodpeckers, 2 Hairy Woodpeckers & 1 Pilated Woodpecker that visited me from November to April. I reported the details to Birds Canada. Of course, 2 little red squirrels joined in & even managed to get food from the Squirrel proof bird feeder & the Squirrel proof suet feeder! Their favorite food were peanuts. I have entertainment all day! How lucky am I!

Susan Chirke



2026 Census Jobs

Some members may be interested in the following Statistics Canada job postings.

Apply now for 2026 Census jobs! / Postulez un emploi au Recensement de 2026 maintenant!

Reply-To: infostats@statcan.gc.ca

La version française suit le texte anglais.

Hello,

Statistics Canada is hiring approximately 32,000 people across Canada for the 2026 Census.

You are receiving this email because you indicated an interest in being contacted about future Government of Canada job opportunities when you applied for work with Elections Canada. Statistics Canada is **now accepting applications** for supervisory and non-supervisory positions across Canada.

Apply now at census.gc.ca/jobs.

We encourage you to also share these job opportunities with friends and family!

If you have any questions, please consult the [2026 Census Jobs - Frequently Asked Questions \(FAQs\)](#).

Thank you in advance for supporting the 2026 Census.

Census Recruitment Team

Statistics Canada / Government of Canada

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Bonjour,

Statistique Canada embauche environ 32 000 personnes partout au Canada pour le Recensement de 2026.

Vous recevez ce message parce que vous avez indiqué vouloir que l'on communique avec vous au sujet des futures occasions d'emploi au gouvernement du Canada lorsque vous avez postulé un emploi à Elections Canada. Statistique Canada accepte **actuellement les candidatures** à des postes de supervision et à des postes sans fonctions de supervision partout au pays.

Postulez maintenant au recensement.gc.ca/emplois.

Nous vous invitons aussi à faire connaître ces occasions d'emploi aux membres de votre famille et à vos amis.

Pour toute question, veuillez consulter la [Foire aux questions \(FAQ\) — Emplois du recensement de 2026](#).

Je vous remercie à l'avance d'appuyer le Recensement de 2026.

L'équipe de recrutement du recensement

Statistique Canada / Gouvernement du Canada

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Montreal Aviation Museum

On October 7th, 16 members and friends visited the Montreal Aviation Museum on the grounds of Macdonald College Farm. Two passionate volunteers regaled us with fascinating histories of pilots and aircraft, this was followed by a picnic lunch.

Claudia Thierry

Mme. Gallant saisit le défi

L'on plonge dans une nouvelle ère
Où les cartes sont rebattues
À l'envers.

Quoique Mme. Gallant
N'a ni cœur ni tête
Elle se révèle savante
Et être descendue des hauts
rangs
Privilégiés où l'on dégouline
De savoir et de talent.

Elle sait tenir tête aux défis,
Afin de gravir la pente d'un
imbroglio
Pour vaquer à ses tâches avec
brio,
Transparence et droiture, jour
et nuit;

Puis contrer la contagion de crimes
Et instaurer un air qui vivifie.

L'électorat, était tiraillé
Entre Le M. Ronald Trompe, un mollasse
Qui moucharde et Mme. Gallant, une balèze
En approches diplomatiques.

Cette élue assidue est à l'assaut
De la fraude, de l'inflation, de la pauvreté,
En outre à leurs séquelles tragiques.

De plus, c'est aussi un avant-coureur,
Qui accourt à la rescoufle des chômeurs,
Ainsi que des sans-abris.

Contrairement à la lassitude du passé,
Cette « bombe » d'intelligence,

Sait étouffer des flammes
Presqu'instantanée avec doigté.

Ses tirades lancent des images d'elle
Comme un plein phare ainsi qu'une percée
D'avant-garde : un éclair d'inspiration qui
vise
Le vert.

Ceci donne le tic puis l'espoir
Pour croire à la vertu, au bonheur
Et à l'honneur.

© Sunny



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et entreprise
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QPAT
APEQ


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Insurer
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Nemesis Videogame Lounge

A number of QPARSE members met at Nemesis Videogame Lounge at Plaza Pointe Claire on November 12 to learn about Greece. We experienced virtual travel with special goggles that permit 360-degree views of different locations there. Our speaker gave an excellent presentation which was followed by a computer trivia quiz. Nemesis hosts birthday parties for kids, hosts Senior Reboot to help seniors with their technological devices, and offers personalized training programs. We also enjoyed seeing the giant werewolf statue in action and listening to his roaring. A delicious Greek lunch was included.

Claudia Thierry





Un message de l'APPERQ

Association provinciale du personnel d'enseignement retraité du Québec

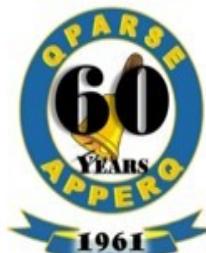
ÊTES-VOUS : En réflexion à propos de la r _____ ?
ÊTES-VOUS : À moins de 5 ans de prendre votre « RETRAITE » ?
ÊTES-VOUS : Intéressée à connaître ce que NOUS savons sur la retraite ?

LE SAVIEZ-VOUS ? Vous pouvez vous joindre à l'APPERQ jusqu'à 5 ans avant votre départ à la retraite !

AVANTAGES : Nous offrons un système de soutien qui vous aidera à profiter de votre retraite bien méritée : événements intéressants, informations importantes sur les assurances et les rentes et l'occasion de nouer de nouvelles amitiés !

NOTRE MISSION : Promouvoir et soutenir les intérêts et le bien-être des retraitées de l'éducation par la responsabilité sociale, la sensibilisation et la collaboration avec d'autres organismes sur des sujets d'intérêt commun

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 ou
 Écrivez-nous à : info@qparse-apperq.org



A message to you from QPARSE
Quebec Provincial Association of Retired School Educators

ARE YOU: Thinking about the "R" word?
ARE YOU: Within 5 years of "RETIREMENT" ?
ARE YOU: Interested in learning what WE know about that "R" word?

DID YOU KNOW: You can join QPARSE up to 5 years before you retire?

WHY JOIN? We provide a support system to help you enjoy your well-deserved retirement: interesting programme events, important information on insurance and pensions, and a chance to make new friends!

OUR MISSION: To promote and enhance the interests and well-being of retired educators through social responsibility, advocacy and cooperation with other organization on matters of common concern.

FOR MORE INFO: Check our website at: <http://www.qparse-apperq.org>
OR TO JOIN? or
 Follow us on Facebook: www.facebook.com/QPARSE
 or
 Email us at: info@qparse-apperq.org

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

The Quebec Provincial Association of Retired School Educators



Association Provinciale du Personnel d'Enseignement Retraité du Québec

Application Form / Formulaire d'adhésion

Veuillez retourner votre chèque de 85\$ pour L'Adhésion à vie au nom de l'APPERQ à :
Please return your cheque of \$85 for a Lifetime Membership made out to QPARSE to:

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

Given name:
Prénom : _____

Family name:
Nom de famille : _____

Street:
Rue : _____

Apartment:
Appartement : _____

City:
Ville : _____ Province: _____

Postal Code:
Code postal : _____

Telephone:
Téléphone : _____

Email:
Courriel : _____

School board at retirement:
Commission scolaire à la retraite : _____

Year of retirement:
Année de la retraite : _____ Date of Birth:
Date de naissance : _____

*We are a volunteer organization and do not have an office.
For further information contact Terrie Kozaczynski at terriekoz@yahoo.com*

*Nous sommes une organisation de bénévoles et n'avons pas de bureau.
Pour des informations supplémentaires, contactez Terrie Kozaczynski à :
terriekoz@yahoo.com*



About Us

- We are retired teachers, administrators, professionals and support personnel who have been employees of an English school board or private school in Quebec.
- We organize social, educational and community service activities with our members.
- We represent the interests of seniors through our participation in [ACER-CART](#) (the Canadian Association of Retired Teachers).
- We publish a News magazine three times a year.

Contact Us

Email: information@qparse-pperq.org



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Please contact me after your return, and I will send in the necessary paperwork. Your name, the date of trip and the name of the tour you took are needed.

Thank you and Happy Travels!

Renate Sutherland

Register online for a free Senior Discovery Tours brochure.

<https://www.seniordiscoverytours.ca/brochure>

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