

## UNSUNG HERO AWARDS

continued from page 11

Souvenir .....	Brenda Mott Diane Rémillard
Thorndale .....	Patrice Mitchell
Valois Park .....	Diana Donnelly
Westwood High .....	Rita Landovskis
Willingdon .....	Shirley Pergantis Joanne Therien Ian Walter
Windermere .....	Eve Arsenault Kirstin Lamoureux



## GOLDEN TORCH AWARDS

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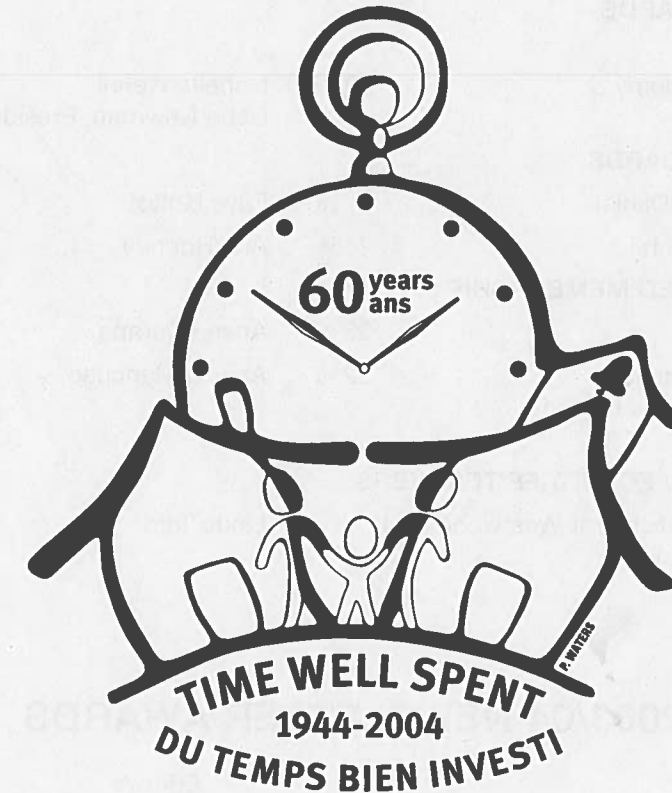
St. Ignatius of Loyola .....	Ron D'Souza Kevin Roberts
Seigniory .....	Renée Gore
Shawinigan High School .....	Diane Vézina Panzl
Souvenir .....	Claudette Laing
Thorndale .....	Gale Toufexis
Valois Park .....	Diana Donnelly
Westwood High .....	Melanie Lovat Elaine Tobin
Willingdon .....	Eileen Lavery
Windermere .....	Bonnie Chazan Jennifer Edwards



Quebec Federation of Home and School Associations, Inc.  
60th Anniversary Annual General Meeting & Conference

# Time Well Spent!

*Du temps bien investi!*



April 23 – 24, 2004  
at  
Montreal Airport Hilton  
12505 Côte de Liesse  
Dorval, Quebec



2003/04 MEMBERSHIP AWARDS

(based on number of families)

ON ISLAND BOARDS	%	MEMBERSHIP CHAIR
<b>Elementary Schools</b>		
Edinburgh	88%	Odette Michelin
Merton	88%	Roberta Frankse
<b>ON ISLAND BOARDS</b>		
<b>High Schools</b>		
Royal West Academy	29%	Isabelle Wehrli Bebe Newman, President
<b>OFF ISLAND BOARDS</b>		
Shigawake-Port Daniel	47%	Faye Hottot
Baie Comeau High	28%	Ann Rooney
<b>MOST IMPROVED MEMBERSHIP</b>		
E. P. Harwood	33%	Ariane Deraps
Pierre Elliott Trudeau (P.E.T.E.S. Vaudreuil-Dorion)	22%	Angela Mancuso
<b>SPECIAL DRAW FOR STAFF/TEACHERS</b>		
Terry Gagnon, teacher at Westwood High (Junior Campus)		Linda Tom

2003/04 NEWSLETTER AWARDS

		Editors
Dorset Elementary	<i>Dor to Door</i>	Kim Spinelli
Macdonald High School	<i>Mac Link</i>	Wendy Dunn
Valois	<i>Valois Ventures</i>	Kathryn Arcudi-Dudley Sue Heather-Vieira

UNSUNG HERO AWARDS



Allion . . . . .	Samantha Coelho
Aylmer/St. Mark's . . . . .	Barb Dumont Marc Senecal Bobbie Stewart
E. P. Beaconsfield . . . . .	Kathy Cordon
Bishop Whelan . . . . .	Maureen Cook
Courtland Park . . . . .	Wendy Langill
Dorset . . . . .	Nick Streeter
Edinburgh . . . . .	Maureen Friedberg Fred Friedberg Terry Miro-Robinson
Elizabeth Ballantyne . . . . .	Lucette Bennett
Ecole Primaire Harwood . . . . .	Richard Seymour
Honoré-Mercier . . . . .	Gina Ciccarelli
Lakeside Academy . . . . .	Stephanie Zampini Daria Humphrey
Lindsay Place High School . . . . .	Diana Kowal-Gibson
Macdonald High School . . . . .	Geri Marcotte
Nesbitt . . . . .	Angela Macri
Pierre Elliott Trudeau . . . . .	Micheline Belanger Penny Gill Christine Grenier Janet Maxwell Cathie Mulligan Pamela Walker
St. Ignatius of Loyola . . . . .	Ginette Leduc
Seigniory . . . . .	Heather Poirier
Shawinigan High School . . . . .	Dominique Duchemin

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## GOLDEN TORCH AWARDS



Allion .....	<i>Biasina De Marco</i> <i>Maria Quarta</i> <i>Sarah-Louise Quig</i>
Aylmer/St. Mark's .....	<i>Elena Purser</i> <i>Sheila Splane</i>
Bishop Whelan .....	<i>Anne Galichet</i>
E.P. Beaconsfield .....	<i>Grace Hogg</i>
Courtland Park .....	<i>Pat Scofield</i>
Dorset .....	<i>Suzanne Morin</i>
Edinburgh .....	<i>Lois Pendenza</i>
Elizabeth Ballantyne .....	<i>Patrick Blanchet</i>
Ecole Primaire Harwood .....	<i>Josée Huberdeau</i>
Honoré-Mercier .....	<i>Marisa Leone</i>
Hopetown/Shigawake/ Port-Daniel .....	<i>Linda MacWhirter</i>
Lakeside Academy .....	<i>Trish Higgins</i> <i>Clive Moody</i> <i>June Moody</i>
Lindsay Place High School .....	<i>Beverley Gélinas</i>
Macdonald High School .....	<i>Paula Turner-Macro</i>
Merton .....	<i>Nancy Mandl</i> <i>Linda Dolnik</i> <i>Sharon Sawyer</i> <i>Diane Tardif Whitney</i> <i>Steve Yentin</i>
Nesbitt .....	<i>Nina Vicario</i>
Pierre Elliott Trudeau .....	<i>Dominique Campeau</i> <i>Lailah Cowan</i> <i>Angela d'Errico</i>

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## PRESIDENT'S MESSAGE



**Susan Tweddell**

### ***Welcome to the Awards Dinner and our 60th Annual General Meeting***

It has been a busy year! Congratulations to you all for giving your time so generously to enhancing our children and youth's educational experience, particularly to those honoured for their dedication at the Awards Dinner. Home and School is the only place where parents have a voice Provincially and Nationally.

This year promises to be an eventful one as we celebrate 60 years of service to parents and children. Those years have spanned many social and political issues and QFHSA had a major influence on the decisions made. Our history is in the process of being written and makes for impressive reading. Hopefully it will be completed and ready for publication before the year's end.

Thank you for participating in this important meeting, letting us know your priorities, as we plan for the year ahead and continue to make history. Congratulations to the recipients of the Membership and Newsletter Awards. Without the dedication of the membership chair-people QFHSA wouldn't exist. A Challenge for the 60th Anniversary: increase your membership by 60 families this year.

Thanks and Congratulations for TIME WELL SPENT!

***Susan Tweddell***

# 2004 GENERAL ARRANGEMENTS COMMITTEES

Coordinator .....	Glenna Uline
Facility/Hospitality .....	Susan Tweddell/Glenna Uline
Registration .....	Carol Ohlin
	Beverlee Bishundayal
	Diane Radu
Conference Program .....	Glenna Uline
Awards & Prizes .....	Margaret Funnell
Leslie N Buzzell Award	Sylvia Adams, with Allan Locke,
Gordon Paterson Award	Wendy Buchanan, Owen
Lewis Peace Prize	Buckingham & Gordon Robertson
Membership Prizes .....	Donna Norris/Carol Ohlin
Newsletter Prizes .....	Diane Radu
Book of Reports .....	Michelle Armstrong/Carol Ohlin
Publicity .....	Beverlee Bishundayal
Displayers .....	Michelle Armstrong

## PROMOTIONAL MATERIAL

### Conference Kits

Canadian MedicAlert Foundation Inc.  
 Centre Famille et Ressource A.D.D. [Attention Deficit Disorder]  
 Centre for Literacy of Quebec  
 Geordie Theatre Productions  
 Health Canada [Go Smoke Free/Vivez sans fumée]  
 Heart & Stroke Foundation of Québec [Jump Rope for Heart]  
 Q.S.P. [World's Finest Chocolate]  
 Regal Greetings & Gifts/Primes Deluxe  
 Terry Fox Foundation  
 Third Wave Fundraising Inc.

### Thank you to:

Centre for Literacy of Quebec . *book donations for school libraries*  
 Reader's Digest . . . . . *book donations for school libraries*  
 Studio Melrose [infography] . . . *for artwork*

## LEWIS PEACE PRIZE

for contributing to a safe and peaceful community environment

# VICTORIA PINNELL & LAKESIDE ACADEMY VISIONS 2000 PROGRAM



With boundless energy and commitment, Victoria directs the Visions 2000 Program, guiding this community service program intended to show students the importance of community involvement. Helping with community programs involves student interaction with individuals of all ages and enables students to empathize with the distressing social problems that can be experienced. Through the program students learn respect and tolerance to others and develop commitment, interpersonal skills and a love and respect towards mankind and the social environment.

The many programs undertaken include helping the sister elementary school with the breakfast club, daycare, tutoring programs and helping with local fairs and student sports day. Students have worked closely with the West Island Association for the Intellectually Handicapped, the West Island Volunteer Bureau, the Lakeshore General Hospital Foundation, the Lachine Teapot – a seniors group, Meals on Wheels, have grocery shopped for seniors and have helped many neighbouring churches. They have raised funds for the Heart and Stroke Foundation and the Telethon for Research into Children's Diseases. They have participated in recycling programs, in Dans La Rue for homeless teens and in computer programs for seniors. Behind all these endeavours is Victoria with a gentle and guiding hand.



## **LESLIE N. BUZZELL AWARD**

for unique, longstanding and meritorious  
service to the Quebec Federation of Home and School Associations  
at the provincial level.

## **DONNA SAURIOL**



Donna Sauriol is indeed a treasure. In this year of the 60th Anniversary of the QFHSA, who better to exemplify the commitment to helping parents that has characterized Home and School since its beginning. She is the friendly voice, recognizable to all, at the end of the telephone, ready to disentangle our problems, give sage advice and point us in the right direction for a solution to our problems and concerns. As every one of us who has served as a volunteer knows, Donna gives unselfishly of her time.

Donna helps put issues into perspective, relying on her vast experience, having been a major factor in the Federation for more than half of our sixty years. She has carved a niche in our hearts with her graciousness, understanding, tolerance, discretion, common sense and knowledge of the Home and School Federation. Donna is ready in her unassuming manner to guide us, new and older members alike, always. For instance, she is the virtual editor of the Quebec Home and School NEWS doing the layout in her spare hours away from the office, sorting material as it arrives for NEWS potential and mentoring newcomers who may one day assume greater responsibilities.

The Quebec Federation of Home and School Associations is proud to confer the 2004 Leslie N. Buzzell Award on Donna Sauriol for her outstanding service to the Federation, its local associations, parents, and new and old Board members.

**The Canadian  
Home and School  
Federation**



**La Fédération  
canadienne des  
associations foyer-école**

## **Greetings from Canadian Home and School Federation!**

Dear Quebec Home and School Members:



Congratulations on your 60th Anniversary Conference!

While it is a time to celebrate, there is still much work to be done. Today's society, despite years of research to the contrary, often ignores the critical importance of parents' role in the life of their children.

It is time to redouble our efforts and influence the education and social agenda of our schools. Parents and families are key to developing safe, healthy, intellectually stimulating learning environments where children can grow into the confident, caring, talented and educated Canadian citizens parents desire. While parents across Canada have many successes, the Quebec Federation of Home and School Associations is especially noteworthy for its dedicated unwavering support both in talented volunteers, and financial contributions to Canadian Home and School Federation.

Canadian Home and School Federation is still, thanks to the many dedicated volunteer contributions of its members, an independent thinking organization focussed only on the best interests of all children. Each of you are part of this wonderful network.

I thank you all and commend you for your tireless efforts. Enjoy a wonderful exciting conference.

Kind Regards,

**Silvia Dyck, President**



## 60th Anniversary Awards Dinner

Friday, April 23, 2004

Come, join Her Excellency, the Lieutenant Governor of Québec, The Honourable Lise Thibault, the Minister of Education, Mr. Pierre Reid, and other dignitaries to celebrate our six decades of achievement.

### Time Well Spent *Du temps bien investi*

17:30 – We will begin with a Cash Bar.

18:30 – Dinner will be served. (On the menu for the evening will be soup, salad, breast of chicken, vegetables, coffee/tea, & dessert. Wine can be purchased if so desired.)

#### Awards

- Unsung Hero Award** recognizes outstanding volunteers with the local school.  
**Golden Torch Award** recognizes the volunteer achievement of Home & School members at the school level.  
**Lewis Peace Prize** recognizes an individual or group making a significant contribution towards peace.  
**Gordon Paterson Award** recognizes an outstanding educator who believes in involving parents.  
**Buzzell Award** recognizes the achievements of a Home & School member at the provincial level.

### Annual General Meeting & Conference

Saturday, April 24, 2004, 8:00 – 15:30

- |       |   |                   |
|-------|---|-------------------|
| 8:00  | REGISTRATION - Continental Breakfast                      | Foyer Grand Salon |
| 8:30  | WELCOME & OPENING REMARKS                                 | Grand Salon       |
|       | Membership & Newsletter Prizes awarded                    |                   |
| 9:00  | AGM BUSINESS SESSION                                      | Grand Salon       |
| 10:10 | Caucus Sessions (for resolutions)                         | 3 separate rooms  |
| 10:40 | Refreshment Break   | Foyer Grand Salon |
| 11:00 | BUSINESS SESSION, continued                               | Grand Salon       |
|       | Voting on resolutions                                     |                   |
|       | Election & Installation of Officers                       |                   |
| 12:15 | Adjournment   |                   |
| 12:30 | NETWORKING LUNCH  | Petit Salon       |
|       | Prizes, Anniversary Cake Cutting & more!                  |                   |
| 13:20 | TOWN HALL FORUM ON SMALL SCHOOLS                          | Petit Salon       |
| 14:00 | KEYNOTE SPECIAL SPEAKER – Paul Huschilt                   | Petit Salon       |
| 15:20 | EVALUATION FORM DRAW – win a book for your school library |                   |

## GORDON PATERSON AWARD

for long service to the education of children  
and the encouragement of the involvement of parents

### KIM GROMKO

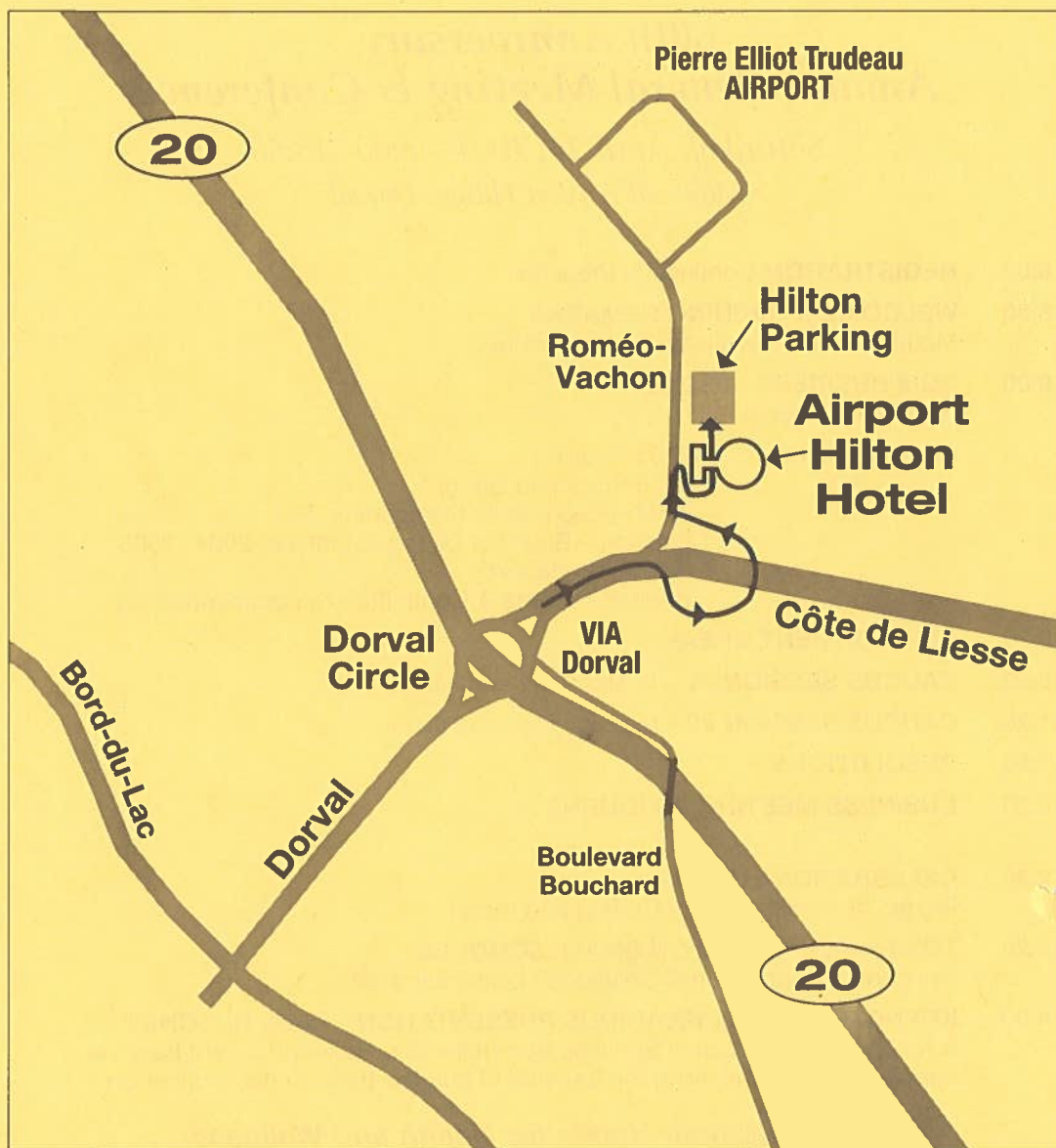


Kim has been a driving force in implementing a Performing Arts Program at Valois Park School, whereby students learn to express themselves through theatre, music and dance. One of the few programs of its kind in the province, it involves all cycles and the integration of various themes of learning. In addition to her teaching duties Kim volunteers to give free after-school dance classes ranging from ballet to hip hop and including an all-boys class. Parents are invited to all theatre productions and dance recitals.

In an era where the fine arts are increasingly squeezed out by other subjects, the school play is a welcome addition to the school calendar. Here Kim excels and is involved in all stages of production – rehearsals, properties and costumes. This year her production of the Wizard of Oz involves close to one hundred students.

Throughout all her creative enterprises, Kim welcomes and encourages parent involvement. She regularly asks and involves parents in all facets of performing arts activities – as liaison between the Performing Arts Program and the Home and School; as helpers in many aspects of a performance including video filming and musical accompaniment. As a Cycle I teacher, she often invites parents into the classroom to volunteer their help. She truly is involved with each and every student in the school in one way or another.

In short, Kim eminently fulfills the scope of the Gordon Paterson Award for her tireless dedication to children and her warm and welcoming attitude toward their parents.



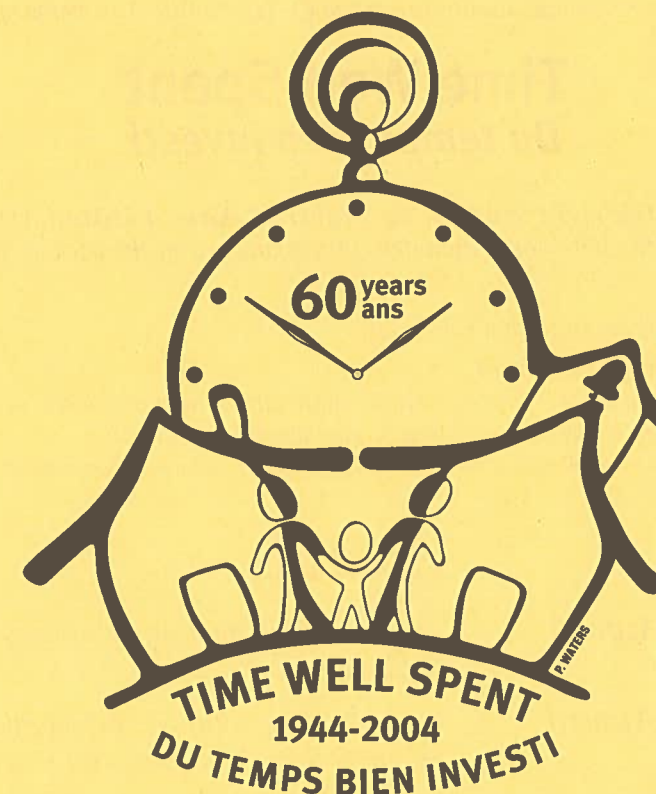
From any major highway (20, 40, 15, 13), follow the signs to Dorval Airport.  
The Airport Hilton is on the right on the airport approach road.

Do **not** enter the Vinci Parking on the right as you enter the hotel premises.  
Keep left, pass the entrance to the hotel and the hotel parking lot will be  
in front of you. Take a ticket from the parking barriers. You will receive  
a parking fee voucher at the event.

Quebec Federation of Home and School Associations, Inc.  
60th Anniversary Annual General Meeting & Conference

# Time Well Spent!

*Du temps bien investi!*



April 23 – 24, 2004  
at

Montreal Airport Hilton  
12505 Côte de Liesse  
Dorval, Quebec





## 60th Anniversary Awards Dinner

Friday, April 23, 2004

Welcome to our AGM 2004!

Come join Her Excellency, the Lieutenant Governor of Quebec,  
The Honourable Lise Thibault, the Minister of Education, Mr. Pierre Reid  
and other dignitaries to celebrate our six decades of achievement.

This year's theme, highlighting the QFHSA 60th Anniversary, is:

### Time Well Spent *Du temps bien investi*

Our festive event will be at the **Montreal Airport Hilton, Dorval**  
Parking in the hotel lot is included. Directions are on the back of this flyer.

17:30 p.m. – We will begin with a Cash Bar.

18:30 p.m. – Dinner will be served.

The menu for the evening includes soup, salad, breast of chicken, vegetables,  
coffee/tea, & dessert. Wine can be purchased if so desired.

(If you have any allergies or dietary restrictions, please let us know with your registration!)

### Awards

#### Unsung Hero Award

recognizes outstanding volunteers within  
the local school.

#### Golden Torch Award

recognizes the volunteer achievements of  
Home & School members at the school level.

#### Lewis Peace Prize

recognizes an individual or group making  
a significant contribution towards peace.

#### Gordon Paterson Award

recognizes an outstanding educator  
who believes in involving parents.

#### Buzzell Award

recognizes the achievements of a Home & School  
member at the provincial level.

## 60th Anniversary Annual General Meeting & Conference

Saturday, April 24, 2004 – 8:00–15:30

Montreal Airport Hilton, Dorval

8:00 **REGISTRATION** Continental Breakfast

8:30 **WELCOME & OPENING REMARKS**  
Membership & Newsletter Prizes awarded

9:00 **AGM BUSINESS SESSION**  
President's Report

Treasurer's Report: 2003 Audit  
2005 Proposed Budget  
2004–2005 Family Membership Fee  
Election – Board of Directors/Officers 2004–2005  
Education Report  
Book of Reports & Committee Recommendations

10:30 **REFRESHMENT BREAK**

10:50 **CAUCUS SESSION #1** – to study the resolutions

11:20 **CAUCUS SESSION #2** – to study the resolutions

11:50 **RESOLUTIONS**

12:20 **BUSINESS MEETING ADJOURNS**

1:30 **CELEBRATION LUNCH**  
Prizes, Anniversary Cake Cutting and more!

13:20 **TOWN HALL FORUM ON SMALL SCHOOLS**  
Concerns? Suggestions? Solutions? Let's hear it all!

14:00 **KEYNOTE SPECIAL HILARIOUS PRESENTATION – PAUL HUSCHILT**  
A renowned professional Speaker, Storyteller and Trainer, Paul will have us  
happily learning and living the benefits of humour through his seminar on:

#### **Seven Humour Habits for Health and Wellness**

A write-up for this fun, educational session is given on the reverse side  
of the Registration Form

15:20 **EVALUATION FORM DRAW**  
Do fill out your evaluation form to help plan next year's program and  
win a prize for your school!



QFHSA 60th ANNIVERSARY  
ANNUAL GENERAL MEETING & CONFERENCE

APRIL 23 – 24, 2004

3285 Cavendish Blvd., Ste. 560, Montreal, Qc. H4B 2L9  
Tel. (514) 481-5619 or 1-888-808-5619; Fax (514) 481-5610

INDIVIDUAL REGISTRATION FORM

DEADLINE: Friday, April 2, 2004  
(Please submit a separate form for each person)

Name: \_\_\_\_\_ Tel/Fax: \_\_\_\_\_  
Address: \_\_\_\_\_ e-mail: \_\_\_\_\_  
\_\_\_\_\_ Postal Code: \_\_\_\_\_  
Representing: \_\_\_\_\_ Home & School/or other Organization

I will attend...

Friday, April 23      Awards Dinner  
(17:30 Cash Bar; 18:30 – 21:30 Dinner  
at the Montreal Airport Hilton) ..... ☐  
  
Saturday, April 24      A G M  
(8:00–15:30 at the Montreal Airport Hilton) ..... ☐  
Please check ONE: Home & School Voting Delegate ..... ☐  
Home & School Alternate Voting Delegate ..... ☐  
QFHSA Director ..... ☐  
Home & School Member, non-voting ..... ☐  
Observer/Group Affiliate Member ..... ☐

CONFERENCE FEES

Registration: Non-Home & School member      \$15 ..... ☐  
Refreshments & Kits

Thank you for remitting these charges, which are **not** optional.  
Those registering **by April 2nd**, choose column **A**  
Those registering **after April 2nd**, choose column **B**

	-A-	-B-	
Friday Awards Dinner	\$35	\$40	\$ _____
Saturday (continental breakfast, breaks, hot lunch)	\$40	\$50	\$ _____

(If you have any allergies, or dietary restrictions, please let us know with your registration.)  
Payment (please make cheque payable to **QFHSA Inc.**) Total Amount Paid. . . . \$ \_\_\_\_\_

REGISTER EARLY and SAVE!

QFHSA 60th Anniversary  
Annual General Meeting and Conference  
April 24, 2004

# Keynote Special Hilarious Presentation

## ***Seven Humour Habits for Health and Wellness***

by Paul Huschilt

*Do you wish you smiled and/or laughed more?*

*Could you use a different perspective on something?*

*Do you forget to reward yourself and others? Do you have difficulty saying no?*



If you answered yes to one or more of these questions, this seminar is for you! In this ever-changing world, it is good to know some things remain constant. A smile invariably generates good feelings. Laughter literally lifts spirits and fosters wellness. A well-timed belly laugh has no negative side effects. It massages internal organs, improves blood flow and clears the mind to work or play. Even in the most challenging situations, respectful humour helps focus minds on tasks at hand and maintain a healthy environment, be it at work or at home. A highly entertaining and unique presentation, it teaches practical ways to incorporate simple, easy to use stress-breaking techniques. Learn to use these for a more enjoyable, fulfilling and productive life.

*Paul Huschilt has a Masters Degree from Carnegie Mellon University, a Bachelor of Fine Arts degree (Acting), a Diploma in Career Counselling and a Certificate in Adult Education. He has 10 years experience in the personal growth industry, facilitating and entertaining at workshops and retreats.*

Join a playful romp through the universe of Humour, Health and Wellness.