



LarsEncore

Sept, 2014

The Newsletter of the Association of Retired School Employees

BULLETIN 60

President:
Jan Langelier

langelier.jan@videotron.ca

Vice President:
Mary Anne Bindner

mabindner@bell.net

Secretary:
Tania Kinsella

kinsellatd@gmail.com

Treasurer:
Robin Narsted
rmnarsted@yahoo.com

**Membership and
Phone Captain:**
Maureen Howlett

maureen.howlett@gmail.com

Editor -in Chief:
Tricia Roet

troet@ymail.com
Associate Editor
Tania Kinsella

kinsellatd@gmail.com
Interest Groups Editor: Pam Greevy

pgreevy@hotmail.com
Tidbit Editor: Bryden Murray

bryden.murray@sympatico.ca

Luncheons 2014

On the Following Fridays at 11:30am:

**PLEASE NOTE THERE WILL BE TWO
LUNCHEONS IN OCTOBER & NONE IN
SEPT!**

OCTOBER 3 @ Madison's: 3000 Rue Jean-Yves, Kirkland – at The Colisee

OCTOBER 31 L'Academie: 6321 Transcanada Hwy, Pointe Claire

NOVEMBER 28 Bellissimo: 4, Chemin Bord-du-Lac Dorval, (514) 631-7074

This is also the Annual General Meeting (AGM)

JANUARY 30 Casa Grecque: 3855 Blvd. St. Jean, north of de Salaberry, on the east side.

BREAKFAST

**IS ON THE SECOND FRIDAY OF THE
MONTH!**

**OCTOBER 10
NOVEMBER 8
JANUARY 9**

**The Manoir is on the corner of Hymus
and Boul. St.-Jean in Pointe Claire.**

INSIDE THIS ISSUE

2	President's Message
3	Bulletin Board
4,10	Interest Groups
12,13,14	Tidbits
14	Jokes
15	Membership Form

website: www.larse.ca CANNOT BE
ACCESSED THROUGH GOOGLE

**DON'T FORGET THE 50/50 RAFFLE AT
LUNCH. HALF GOES TO YOU IF YOU
WIN, AND THE SECOND WINNER
GIVES HALF TO THE CHARITY OF
THEIR CHOICE!**

President's Address/ Message du président

Hello Folks.

J'espère que vous avez passé un bel été et que vous avez profité pleinement! I don't know about you but for me the time just flies by and the seasons are blending one into the other as I progress further into my retirement. It is indeed wonderful to have time and energy to participate in so many activities both with family and friends but to be free to choose what I do and when I do it!! (Or so they say!!)

LARSE is becoming more and more vibrant as time goes by, offering opportunities to all for fun activities and get togethers. On vous encourage de lire ce bulletin pour voir ce qu'on offre et venez essayer quelque chose. You simply need to contact the Group leader of the activity to find out how to join in. If there is a different activity that you would like to suggest for us to offer, just contact me and we will see how to get things started.

To all our newly retired colleagues, I wish you health and happiness in your retirement and I sure hope you will find a LARSE activity that you might like to try. Just contact me or any other member of the LARSE Executive found on the web site at www.larse.ca.

On a different note, I also want to recognize our colleagues who passed away this past year. There is a tribute to our good friend Maureen Morris in this edition of the newsletter. The Executive decided to make a once per year donation to the Pearson Educational Foundation in honour of all LARSE members who passed away during the year. It is just a small token recognizing our colleagues' careers in the Education field.

Et maintenant, je voudrais vous souhaiter toutes et tous un agréable automne avec la santé et la joie de la retraite. I wish each and every one of you continued health and happiness in this wonderful thing called Retirement!! Please take the time to join us for our first monthly luncheon at Madison's in Kirkland.

Take note that exceptionally, we will be meeting on the first Friday in October as Rosh Hashanah is the last Friday in September. SVP prendre note que notre premier diner est le premier vendredi d'octobre et non le dernier de septembre parce que la fete juive Rosh hashanah est cette date.

I look forward to seeing as many of you as possible on Friday, October 3 at Madison's in Kirkland.

Jan Langelier, President of LARSE

CALL FOR NOMINATIONS: Please Contact:

Daniel Abergel at abergeld@yahoo.com or

Bryden Murray at bryden.murray@sympatico.ca to nominate people for president, vice president, secretary and treasurer before the AGM at the November Luncheon.

Bulletin Board

3.



A SHOUT OUT!

A Special Thank You

We are grateful to the owners, managers and servers of the restaurants who hosted our monthly luncheons from September 2013 to June 2014. They received us graciously and cheerfully, and they accommodated us obligingly.

Thank you to: La Casa Grecque, The Dome, L'Academie, Madison's at the Colisee and Bellissimo (executive meeting and luncheon in June 2014).

Merci Linda Gannon

RIVERDALE'S FIFTIETH REUNION

Riverdale High School will be celebrating its 50th Anniversary this year, and to celebrate, a reunion is being held on May 15, 16 and 17, 2015. The organizing committee wishes to contact former students and staff members to invite them, to have them about the various events, as well as to register. If you know of a Riverdale grad or former staff member, please pass this along. You can visit us on Facebook or check out our website at www.riverdale50reunion.com. If you need more information, or would like to help out, please contact Norm Horner at normhorner@sympatico.ca.

Photo Safari

Dave Chandler, a retired teacher from Laval, has offered to lead a Photo Safari for those amateur photographers who could benefit from his expertise in photography. Dave has lead this kind of outing for QPARSE in the past and I was pleased to participate in one with him. I was able to get wonderful suggestions about not only how to use my very simple camera in a better way but also how to frame my shots more appealingly. Dave will also help us at a later date with getting our photos from the camera to the computer and organizing them in more efficient ways.

The way this outing works is - those who are interested, sign up with me and on the chosen date some time in October, we are directed to meet Dave in a location that he has chosen where there are many opportunities for lovely shots. We spend the morning with him and then gather at a local restaurant to review our photos with him as we have lunch. Dave will also ask you to send him a couple of your photos by email and he will make suggestions on how to improve them.

Anyone who would be interested, please email me and I will form the group and let you know when the date is established as well as the location. Hope you will join me. Jan langelier.jan@videotron.ca.

INTEREST GROUPS

Interest Groups Editor: Pam Greevy pgreevy@hotmail.com



Book Club I

The first meeting of the (original) Book Club was on Tues., Sept. 23, at 1:30 in the lounge of Cedar Park United Church. Having had plenty of time to read over the summer, we had no difficulty arriving at the list of books for the year! As usual, for Oct. and Nov., we selected authors from the offerings of StoryFest, the literary festival held every fall in Hudson. If you've not attended before, we highly recommend it! You can check it out at ww.greenwoodstoryfest.com. We're very fortunate to have among our members Jane Havard, one of its co-organizers!

The book under discussion in Sept. was *The Goldfinch*, by Donna Tartt. An explosion at the Metropolitan Museum kills narrator Theo Decker's mother and results in his unlikely possession of a Dutch masterwork called *The Goldfinch*, which reminds him of his mother and leads him into the art underworld. Besides being a thriller, this novel conducts a grand inquiry into the mystery and sorrow of survival, beauty and obsession, and the promise of art. At 784 pages, it's not for the faint of heart!

Although we have a full house at the moment, there is currently no one on our waiting list, so if you're interested in joining, don't hesitate to email me at susansomerville8@sympatico.ca.

Cross-Country Skiing

Winter 2014/15

Hello fellow XC skiers,

We offer an open invitation to new and former members of the cross country ski group to join us this year. The season will begin with the first significant snow fall. We tend to ski locally (e.g. Cap St. Jacques, Bois de Liesse, Ile Bizard etc). All skill and experience levels accepted. If you are interested in joining us, or simply wish more information, just send me an email and I will add your name to our contact list.

legaultcj@yahoo.ca



Book Club II

5.

We had a wonderful end of season B-B-Que at Jan's, who was gracious enough to have us the night after returning home from out West. A very long list of books to read was generated for all of us to consider since we hadn't met over the summer. We really are prolific readers!

We started September off with ***Girl with the Pearl Earring*** by Tracy Chevalier. It focuses around the Dutch painter Vermeer in the early 16 hundreds. A very great deal of discussion was generated by this book especially about the restrictions of women and interestingly men of the common variety in this period.

Currently, we are into ***The Zoo Keeper's Wife: A War Story*** by Diane Ackerman, which we will discuss in October. This amazing story tells of the selfless actions of many Poles in saving Jews during WWII, but especially the Zoo Keeper and his wife.

Next up is ***Gone Girl*** by Gillian Flynn, followed by a comedy from our good friend Terri Fallis, ***No Relation***. Some of you might be watching his ***Best Laid Plans*** on TV. We so enjoyed this book a few years ago along with its sequel.

If you would like to join us please contact Tricia Roet at:

troet@ymail.com



Golden App Rappers

Golden iPads is ready to go for another year!

Golden iPads is an informal program whereby, once a month, LARSE members with iPads (It is only for iPad users as that's the platform used by the kids.) get together with Dorset Elementary's iTutors (part of their one-to-one, Grades 5 & 6 iPad program) and explore the limitless possibilities of this amazing technology.

This year, experienced "Goldies" will be able to explore possibilities more in depth. And novices will be introduced to many of the iPad's capabilities which lay hidden just under the surface.

"iTutors" is a program which is unique. It's founders, Rhiannon Szollosy and Ann Tellier, spent a week at the international Apple conference in San Diego in July and will be sharing some of their findings with the iTutors, keeping them at the forefront of innovation. We also hope to branch out and facilitate app sharing and, introduce iBook story telling.

And so, Golden iPads will be starting in October. The new iTutors need time to become familiar with the technology. All previous "Goldies" will be alerted. New retirees and iPad owners are welcome, and, if you wish to receive further information, I am only an email away: pete.tell@sympatico.ca

Peter Tellier



Casual Bridge Group

The L'ARSE Casual Bridge Affinity Group plays the second and fourth Wednesdays of each month at 1:30 p.m. usually at the home of our wonderful hostess, Lorraine Pawlusiak. While we have a large membership, travel and other commitments always keep some of our members from any given Bridge day. We usually have between eight and sixteen players. There is always room for new members!

Our skill levels have a wide range. We use a format which changes partners and tables every four hands. If we have an odd number of players, we rotate in and out of play. Beginners will sometimes opt to watch the first few times instead of playing. They will often pair up with an experienced player who will explain and teach. We often discuss bidding and such as we go along. For some, our games have been a starting point for pursuing more serious bridge experiences such as duplicate bridge clubs.

Our focus is to enjoy and to learn. We have a great bunch of people and we have a lot of fun! We'd love to have you join us! If you are interested, please contact Pam Greevy at pgreevy@hotmail.com.

Canasta



Canasta is a fun, social card game with no pressure. Come and try it for yourself! We will be starting up again in September after our summer break. The group meets every second Wednesday, alternating with bridge, at my home. Canasta is a card game which requires little skill and lots of luck. We play in groups of 2, 3 4 or 6, so we can always accommodate whomever can play on any afternoon. Although there are usually 10-12 participants, we still have room for more. Anyone who would like to join us can easily learn the game in an afternoon. If you played when you were young, as many of us did, be warned: the game has changed somewhat but for the better if you ask me.

If you are looking for some fun on Wednesday afternoons, come try us out. There is always plenty of conversation and laughter to accompany the moans of those waiting for just the "right" card.

You can contact me at rmnarsted@yahoo.com if you would like to join us or get further information. Robin Narsted

WELCOME to 2014:

• Our Phones – Wireless • Cooking – Fireless • Cars – Keyless • Food – Fatless • Tires – Tubeless • Dress – Sleeveless • Youth – Jobless • Leaders – Shameless • Relationships – Meaningless • Attitudes – Careless • Feelings – Heartless • Education – Valueless • Children – Mannerless • Country – Godless We are SPEECHLESS, Government is CLUELESS, And our Leaders are WORTHLESS ! I'm scared - shitless

CRAFTING CORNER

ART: THE HAPPY AMATEUR

They say the creative adult is the child who survived. After all those years of being a serious, dedicated professional, isn't it wonderful to become a playful, footloose amateur at something you have always wanted to do in your spare time... what spare time? Well, my right brain is having a blast. I have recently added digital sketching to my arsenal of tools and finding it even better than I thought. Forget the pain of drawing off-screen with a Bamboo or Wacom, now that we have touchscreens! Freehand rough sketching can be done anywhere and I suggest you may want to give it a try. Michele Fitzgerald



TREKKER'S WORLD

ROAD SCHOLAR PROGRAM (formerly Elderhostel) with Fernand Jacques
 Fernand Jacques has had travel experience with the Road Scholar Program (formerly Elderhostel), so if you have ever wondered about this reputable not-for-profit organization, this is your chance to hear from someone who has actually travelled with them. This organization has been around since 1975 with an aim to provide world-wide educational travel programs for people over 50. They provide group leaders, expert lecturers and local guides in their all-inclusive travel programs that range from low activity to quite active, but come and hear the details from Fernand, who has been there!

MALTA with Georgia and Al Jared

(continued on next page)

8.

Al and Georgia Jared are inveterate, curious travellers who love a long-ish stay to explore the history, geography, people etc., of an area. They usually manage to find pleasant, inexpensive accommodations in a place with a nice climate and often near some water. They have recently discovered Malta with its amazing history from 5200 BC through the crusades and various rules until Malta's independence in 1964. They will speak and share photos that they took during their trip, as well as advise us on practical travel tips or whatever we ask about 2 Canadians with 3 weeks to spend in Malta.

and last but not least... **LUNCH AT NOON** If you are interested in having a reasonably priced lunch, please join us before the presentations at 12h00 at the Sequoia restaurant where they serve Mediterranean food. "

Wednesday, October 1st at 1h30 PM at the **Sequoia Restaurant** on 4337 St John's Blvd.

Please contact Daniel Abergel at abergeld@yahoo.com



Golf Report

The L'ARSE Golf Group began its season on June 2 and our last planned outing will be on October 27. We have two groups, a 9 and an 18 hole, which play on alternating Mondays. Participation is not ability dependent. Our goal is to allow an opportunity for LARSE members to come together on a regular basis to spend time with former colleagues and new friends chasing small white orbs across the countryside, enjoying the collegiality and weather.

We aim to provide opportunity rather than create commitment. We maintain a list of interested members. Typically Russ (18 hole games) and Bryden (9 hole games) book a course (usually four starting times) and then put out the information and a request for response. If we have more than 16 initial positive replies, we will attempt to add starting times. If this is not possible, we take the first sixteen to have replied. Communication is by e-mail.

We arrange for games at various courses within commuting distance of the West Island. This year we have played Caughnawaga, Harwood, Dorval, Meadowbrook, La Cite, Glengary, International 2000 and Riviere Beaudette. Sometimes we can be as few as 8 players and our largest group was 34 for our "School is Open Open" golf and bar-b-q held on the first day of each new school year.

If you are not a current participant and would like to be, please contact Bryden Murray at bryden.murray@sympatico.ca (9 hole group) or Russ Kelly at russk547@gmail.com (18 hole group) to be placed on our contact list. Hoping to see you on one of our outings, Russ and Bryden.

p.s. Though we are not really looking forward to it, we do have virtual golf excursions during the Winter months. If you might be interested in this, let Russ or Bryden know and we'll ask Mike Kirk to put you on the contact list.

Cyclopaths



The early part of our 2014 cycling season was adversely affected by inclement weather. We got off to a slow start due to the 'never-ending winter' followed by April showers. Some trips were shortened or made more local due to uncertainty in the weather forecast. Now in my tenth year as coordinator for the group, I have sought small 'windows' of opportunity by adjusting departure times and routes on otherwise rainy Tuesdays. These time-slots have come to be known as "Wayne's Weather Windows" enabling participation rather than cancellation of an activity which many regulars look forward to. To date, I think we've only had to cancel two Tuesday trips so far in 2014. As Fall progresses, we usually add clothing layers, allowing us to keep going well into November as long as there's significant interest.

The group size seems to have stabilized with turnouts averaging in the teens. We did hit an all-time high of 29 participants for one trip (along the Soulanges bike path) and a few newcomers have joined us on occasion. However, we have not had to cap our group size yet as has the Carravelo group of retired educators (you may have read about them in The Gazette this summer) did. We do have many more addressees receiving our itinerary proposals than participants. We usually send these tentative trip plans by email on the preceding Sundays but would likely be hard-pressed to accommodate everyone, if all opted to join us for a particular Tuesday trip. So far, things have worked out.

Whether or not people cycle with our group, or other groups, or on their own, we're pleased to see more and more people embracing this efficient and economical form of active transportation. We still need to continue to lobby for a broader network of cycling paths on the West Island as municipalities must begin to recognize bicycles as viable, non-polluting forms of active transportation. Adequate North-South routes are particularly lacking. Should you desire to join us for a trip or help in our lobbying efforts, please contact Wayne Clifford at 514-697-8802 or wmclifford@gmail.com.

THEATRE



Once again we will be forming a group of theatre enthusiasts to go to see local theatre presentations and share a meal either before or after the show. We usually attend presentations of the Lakeshore Players who are celebrating their 50th Anniversary this year. The first play is "Sabrina Fair" by Samuel Taylor which is the first play that the Lakeshore Players presented 50 years ago. This play is presented in November. In February the show will be "Not Now Darling" by John Chapman and Ray Cooney and the third play at the end of April early May will be "The Mousetrap" by Agatha Christie.

We will also plan a few outings to the Hudson Village Theatre, The Lakeshore Light Opera and the Hudson Music Club presentations as well as any other possible outings of a theatrical nature that come to my attention.

Those of you interested in being informed of these outings are asked to let me know and I will form a group list. I will choose a date for the outing and email asking who wants tickets. I then purchase the tickets getting a group rate if possible. You are then responsible to pay me for your tickets and are asked to honour your commitment even if you must cancel at the last minute. We will choose a restaurant for those who wish to join the group for a meal either before or after the show.

So it is up to you now to let me know if you wish to be on the Theatre Group mailing list by emailing me at langelier.jan@videotron.ca or by calling me at 514-453-7103.

Hope to see you at the Theatre!!

Jan Langelier



Internet Users Group

This fall, there will be two sessions at the Board computer lab, as follows:

Monday, October 27th (1:00 – 3:00 p.m.) **Tell Your Story** ... Ann Roberts-Tellier and Peter Tellier

We all have a story (stories?) to tell. And now, there are a number of amazing apps which enable us to not only write our story, but to illustrate it with artwork, photos, video and audio. This presentation will show you the results of just such a format featuring the "Little Patricia Stories". These are stories that Pat Roberts wrote for her grandchildren, transcribed by her daughter, Ann Roberts-Tellier ... using iBooks Author and now available, free, in the iBooks Store. The presentation focuses on the Mac app, iBooks Author, and the IOS app, Book Creator; however, the idea is transferable to the PC platform.

If you wish, bring along your iPad or iPhone to download the app, but this is not necessary. Just come and enjoy the presentation! Come one, come all. (no need to RSVP)

Monday, November 24th (1:00 p.m. – 3:00 p.m.) **Excel Workshop** ... Robin Narsted

Whether a "newbie" to Excel, or slightly experienced, come and learn more! Robin will gear the workshop to your needs, and so we'd appreciate your feedback prior to arrival. Please RSVP to Lois Maeder-Alves at: lois.maederalves@videotron.ca

1. Are you a beginner or intermediate Excel user?
2. Is there a particular usage of Excel that you would like to learn?
3. Did you come to Robin's workshops last year, and would like to continue something started at that time?

A Tribute to Maureen Morris

It is with considerable sadness and regret that I write this tribute about my friend and mentor Maureen Morris who passed away on June 1, 2014 at an all too young age of 68.

I had the distinct pleasure and honour to have known and worked with Maureen over more than 30 years. She was a good friend when I most needed her and I am also very aware of how many people could say the same thing about her. She touched many lives and good memories of her humour, her laugh and her determination will comfort us all as we bid her farewell.

Maureen was born and raised in the Eastern Townships where her roots continue to be attached. She was a dedicated mother and grandmother who raised her children as a single parent while juggling her teaching career and her involvement with the Teachers' Union movement.

Maureen taught for most of her career at the Lakeshore School Board (Lester B. Pearson School Board) over a long and dedicated period spanning from 1978 until her retirement in 2010. Interspersed with her teaching at such Elementary schools as Thorndale, Seignior, Harwood and Allancroft, Maureen was very involved with the Teachers' Union movement moving from school level representation to local union executive to President of the Lakeshore Teachers' Association. She spent time as the President of the Canadian Teachers' Federation and worked on staff there as well. She completed her union involvement as President of the Quebec Provincial Association of Teachers until her retirement in 2010.

Maureen was a woman who knew what was right and who did not hesitate to speak up and stand up for those rights. Whether it was the rights of her own children or those she taught or whether it was teachers' rights both at home and in far away places such as Africa, Maureen was a strong and clear advocate for those less able to defend themselves.

Maureen leaves her husband Jeff Roberts and her children and grandchildren to honour her as a wife, mother and grandmother; and she leaves hundreds of us, her friends and colleagues to honour her contributions to the teaching world. The world is indeed a better place because of Maureen's presence in it. We all love you very much Maureen. God speed!

A memorial service will be held on Sunday, Oct.12, 2014 from 2:00-5:00PM at Clearpoint Elementary School (previously Cedar Park Elementary) in Pointe Claire. All are welcome to come and share memories of this feisty and courageous woman and to celebrate her life.

Editor Bryden Murray

A HUNGARIAN RAPZODY, BY Brenda Henry

One of our prolific writers is at it again. She has written a lovely light short story called *A Hungarian Rapzody* which you can find on her blog: jivechalkin.blogspot.com. Her book *Jive Chalkin* is available at amazon.ca or com or smashwords.com

Brenda will be the featured writer at the Beaconsfield Library on Oct 22 at 7:00pm for Public Library Week She will be reading a selection from one of her works.

Barbara Arzooni joined our retired ranks from the Gordon Robertson Center but she has stayed very involved with schools and education. She gives Smart Board presentations at Riverdale and other schools and gives presentations on "Memory and Brain" to a 60+ group at the West Island YMCA where she works out regularly (boxing, muscle toning, yoga and tai chi). Barbara also teaches one-to-two days per week at the Holistic Massage Centre in Pointe-Claire Village. Having completed an EdX course, "Food For Thought"...dealing with the latest in nutritional information coming out of McGill, with Dr. Joe Schwartz, she is currently doing a course on Resilience. An avid gardener and composter, Barbara is a regular attendee at the L'ARSE Friday breakfasts.

Saying Goodbye

Anne Ropars passed away in June 2014. Anne taught at Cedar Park elementary for 35 years. She taught French Language Arts, History and Geography in French. She was the first Immersion teacher of the Lakeshore School Board and she prepared all of her teaching materials herself.

She was a respected teacher, well liked by her students and colleagues. Teaching was a passion for Anne. She was a member of LARSE and attended all the luncheons until her health no longer allowed her to.

She will be missed by her family, friends and colleagues.

Sonia Stante

Former L'ARSE Executive member, Sonia Stante had a summer with no travel. There were too many family occasions to attend: birthdays, showers, weddings, anniversaries etc. Similar events will also figure prominently in Sonia's Fall with an engagement party on Sept. 27 and yet another wedding on Nov. 15th.

Roman Kostyk

Roman Kostyk, a retired Lasalle Catholic English teacher who had the longest loan of service (at Bishop Whelan / Lakeside Academy) in history had no vacation plans for the summer. "After my daughter's wedding in early August, I'll be broke anyway!" With a busy slate of local birthdays, weddings and anniversaries throughout July and August, Roman figured he might "finally get out on the bicycle again". A singer of note with Aurora Choralis, The Montreal Ukrainian Choir Vidlunnya, and a local rock band of old friends, Roman is also an avid theatre aficionado who frequents not only local productions but also those in such exotic destinations as Ottawa and Niagara.

Inese Godins

I retired from Lindsay Place High School last March and am totally embracing retirement. Travel has always been something that I have loved to do and now I have the opportunity to journey to places that I have always dreamed about. My first trip after retirement was to China. It was a place I had wanted to visit for a long time and I loved every minute. The next trip is already booked to Grand Cayman Island next February. Retirement means that I have more time to indulge in my favorite pastime, golf. It also means that I get to spend a lot more time at my cottage on Half Moon Lake. I will be taking on one big job this fall.... cleaning out and organizing the basement so it can finally be finished. This job doesn't pay well but perhaps I will find some hidden treasures.

WHAT DOES THE FUTURE HOLD?

Healthcare and elder care systems seem "woefully under prepared" for aging. Retired folk are often living 20 to 30 years beyond retirement. Current systems are more about keeping people alive than about the quality of that life. Expensive nursing homes, often unwittingly cause upsetting losses of dignity for their inhabitants.

With respect to senior housing options there are some interesting innovations in elder care. I recently heard Montrealer Janet Torge present the concept of cooperative ways of bringing back the ability to function in a self-reliant way in what she calls Radical Resthomes. She is attempting to start a self-help type movement that conceivably could help tackle the huge impact of boomers becoming seniors. Today's governments and institutions couldn't begin to respond to the needs of this active generation who wish to feel empowered by the system, not at the mercy of it, getting more out of life as we grow older.

Google this topic and let us know if there is interest in having Janice present her ideas to us. for a sampler check out:

<http://www.sigeneration.ca/innovations-in-elder-care/>

WHEN TO PAY UP!

People sometimes wonder if they are paid up to date or when to pay their yearly fee. Usually on your copy of the news letter it indicates when you are paid up "til. On hard copies it is on the label and on the emails it is on the email before you go to the attachment. If it is not there you can contact Maureen Howlett at maureen.howlett@gmail.com to find out where you stand.

You have the option of paying at the first luncheon of the year or paying your group leader. You may also pay for more than one year at a time.

JOKES

A SENIOR TRYING TO SET A PASSWORD

WINDOWS : Please enter your new password.

USER: cabbage

WINDOWS : Sorry, the password must be more than 8 characters.

USER: boiled cabbage

WINDOWS: Sorry, the password must contain 1 numerical character.

USER: 1 boiled cabbage

WINDOWS: Sorry, the password cannot have blank spaces.

USER: 50bloodyboiledcabbages

WINDOWS: Sorry, the password must contain at least one upper case character.

USER: 50BLOODYboiledcabbages

WINDOWS: Sorry, the password cannot use more than one upper case character consecutively.

USER:

50BloodyBoiledCabbagesShovedUpYourAssIfYouDon'tGiveMeAccessNow!

WINDOWS: Sorry, the password cannot contain punctuation.

USER:

ReallyPissedOff50BloodyBoiledCabbagesShovedUpYourAssIfYouDontGiveMeAccessNow

WINDOWS: Sorry, that password is already in use.

L'ARSE MEMBERSHIP FORM

Please check the address label on your copy of LarsEncore: If it says (13), or earlier, you need to renew your membership in LARSE for 2014.

If you are a 2014 retiree, your \$10 will cover the membership for the rest of 2014 and for 2015.

Name _____ School _____

e-mail address: None [], correct as on LARSE's records [], or

new / corrected e-mail address _____

I want to receive my copy of LarsEncore by Canada Post (cost to LARSE \$ 2- \$3 per copy) []

Address: [] Same as last year, or _____

_____ Postal Code _____

Phone (____) _____

Please make a cheque for \$10 to LARSE (one-year membership) and send to

**Maureen Howlett
586 Maplebrook, Beaconsfield
H9W 3J8**

If you change your mailing or email address or your telephone number please inform Maureen Howlett at: maureen.howlett@gmail.com

"Publishable" information regarding travels, other activities and various items of interest would be much appreciated.