



LarsEncore

BULLETIN 70

WEBSITE: www.larse.ca

January, 2018

The Newsletter of L'Association of Retired School Employees

President: Tania Kinsella
kinsellatd@gmail.com

Vice President: Janice Tessier Murray
Janicetessier@hotmail.com

Secretary: Bill Stockwell
wstockwell@sympatico.ca

Treasurer: Barb Randle
barbrandle01@gmail.com

Phone Captain & Membership:
Lois Maeder-Alves
lois.maederalves@videotron.ca

Editor in Chief: Bill Stockwell
wstockwell@sympatico.ca

Associate Editor: Janice Tessier-Murray
janicetessier@hotmail.com

Interest Groups Editor: Pam Greevy
pgreevy@hotmail.com

Tidbit Editor: Bryden Murray
bryden.murray@sympatico.ca

Luncheons 2018



Luncheon dates and locations:

January:- Thursday, Jan. 25 – Restaurant L'Académie 11:30 am
6321 Trans-Canada, Pte-Claire, 514-429-4488

February:- Thursday, Feb. 22 – Restaurant Elixor, 11:30 am
3237 Des Sources, DDO, 514-683-7778

March:- Thursday, March 29 – Del Friscos Restaurant, 11:30 am
3237 Des Sources, DDO, 514-683-4444

April, May & June - see our website

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. The third winner receives a gift certificate for the restaurant.

LARSENCORE

INSIDE THIS ISSUE

2	President's Message
3	Bulletin Board
4, 5, 6, 8, 9,10	Group Reports
7	Tidbits
11	Trekker's World
12	Membership Form

BREAKFAST



IS ON THE SECOND FRIDAY OF THE MONTH!
at Le Manoir, 8:30 am, on the corner of Hymus
and boulevard St-Jean in Pointe-Claire:

February 9, 2018, March 9, 2018, April 13, 2018,
May 11, 2018, June 8, 2018

2.

President's Address/ Message du président

Wishing every member a healthy and prosperous 2018 et j'espère que tous vos voeux se réaliseront et que vous profiterez de votre retraite. As you start the New Year with resolutions, I sincerely hope that one of them is to become involved in L'ARSE, une organisation qui est là pour vous!

As you know there was an AGM at the end of November and I was acclaimed as President for my second year. The following are the members of the executive for 2018. In the elected positions: Janice Tessier –Murray is Vice-President, Lois Alves – Maeder is Membership Chair, Barbara Randle is Treasurer and Bill Stockwell is Secretary and LarsEncore Newsletter editor. In non-elected positions we have Sue Piffer, Pam Greevy, Wayne Clifford, Maria De-Wolfe, Mike Kirk and Patrick Clarke.

Of course, there is special thanks to Past President Jan Langelier who has served on the executive for many years and who brought such knowledge and renewal to this organization. I would also like to thank Robin Narsted for her dedication and hard work as treasurer for many years. We wish both Jan and Robin lots of luck in the new endeavours they are undertaking. If anyone would be interested in serving on the executive as member-at-large, please contact me and indicate your interest.

It has been a very interesting and exciting year in which to be president. There was lots of discussion and questions about which year L'ARSE was established. Memories are vague and people have a variety of recollections. Some felt it was in 1997 others in 1998 but Bruce Munro seemed to be the one who kept a diary, therefore we decided to go with written proof rather than simply memory. The date Bruce had was November, 1997 which makes sense since our AGM is always in November. We celebrated in October as we knew the weather would be wonderful on October 19th! What a great celebration it was, with such a great attendance! It was such a lovely occasion to reconnect with friends and to enjoy some wine and cheese. Some members suggested that we try doing this again next year (just in case L'ARSE was formed in 1998)!!!

Je voudrais prendre cette occasion pour mentionner les noms des présidents, en ordre, depuis 1999. Le premier président était André Smith, ensuite Al Jared, Daniel Abergel, Denis Daly, Anneleen Zatmare, Jean McBeth, Fernand Jacques, Bryden Murray et Jan Langelier. I feel very honoured to continue what these past presidents started with such hard work and involvement. Thank you to them all for keeping L'ARSE alive and vibrant.

I would like to mention that we are revamping our webpage and will include a link where you can contact me with any questions, issues, concerns, suggestions or new ideas. There is always room for new ideas and new activities. I would therefore encourage anyone who has suggestions to please be in touch. We have also established a Facebook page thanks to the hard work of Maria de Wolfe who will be the person administering this page. Look us up and comment and please share "L'Association of Retired School Employees" Hopefully, it will be a success!

Like any year, we always have moments of celebration but also moments of sorrow as we get older and lose friends and family.

Let's make sure to enjoy our retirement to the fullest and appreciate what we have. Get involved in volunteering – I so enjoy meeting and interacting with very interesting people by delivering for Meals on Wheels. Try some new activities – I never thought I would be enjoying curling which is something I had never done before retiring and, after 6 years, I am finally getting the hang of it. (Although I must admit it was terrible this week) Through L'ARSE, I learned a new card game --- canasta and now a new version samba --- I love canasta and have taught it to many friends. My next goal is to take more time in my day to take a few hours to read. (So far, not too bad as I did spend two afternoons reading). L'ARSE helped to keep me connected with other retirees with similar interests. Thank you so much.

On a little different note, I will try not to procrastinate. I started writing this message about ten days ago. Last night I sat down at my laptop to finish it off and to print it. Well, my printer would not work, the session ceased without saving the last half of my message. With my iPad, I took pictures of my screen as I did not want to lose my writing. I then started writing by hand the parts I took pictures of. Got frustrated and reworked things on my laptop. Opened a new window... I persevered!! And tada!!! It worked! However, I think I need a computer course!!! Also, I must not leave things till the last minute. Je dois m'organiser pour ne pas laisser les choses à la dernière minute car on ne sait jamais avec les technologies – n'est-ce pas?

Hoping to cross paths with you at the luncheons, breakfasts, canasta or even through emails or FaceBook!

Tania Kinsella

kinsellatd@gmail.com

Bulletin Board

3.

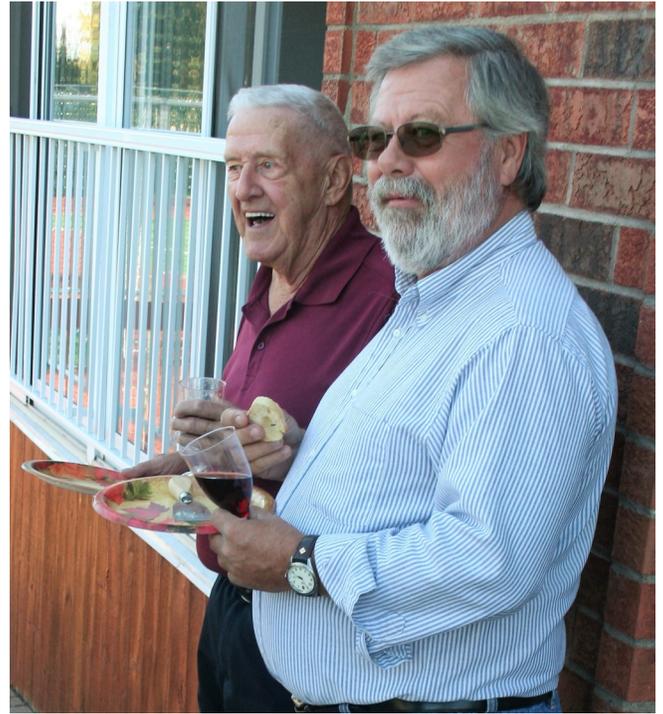


On October 18th, L'ARSE celebrated its 20th anniversary with a wine & cheese reception at the Kirkland chalet. At the end of the afternoon, several members asked why there were not more informal-gathering events such as this. Why indeed? Let us know if you have any thoughts, including ideas for occasions to celebrate, venues and menus.

Tania Kinsella <kinsellatd@gmail.com>



4.



On October 18th, L'ARSE celebrated its 20th anniversary with a wine & cheese reception at the Kirkland chalet. At the end of the afternoon, several members asked why there were not more informal-gathering events such as this. Why indeed? Let www.larse.ca know if you have any thoughts, including ideas for occasions to celebrate, venues and menus.

Luncheons 2017



Charity Report

50/50 Draw: At our May luncheon we again made a change to our normal half and half draw. The full amount collected of \$180 was donated to the West Island Community Shares - Neighbours. A donation of \$210 was made to West Island Community Shares this month. Along with the earlier amount from March, the total donation made for the year was \$276. That amount will be doubled by the Tenaquip Foundation. Thank you to all who gave their loonies and toonies at breakfast each month. A total of \$1268 has been given to WICS over the last four years.

Congratulations to the winners of our September half and half draw at Del Friscos in D.D.O. Jill Butler won \$105 and Sue Piffer donated her \$105 to the West Island Women's Shelter. Ann Bonnell was the winner of a \$50.00 gift to Del Friscos while Barb Randle won a \$50 gift certificate to Ristorante Andrea. Thank you to all who participated.

Congratulations to the winners from our October luncheon at Madison's. Bryden Murray won \$40 while Bernie Lawetz donated his \$40 to Operation Smile Canada. Winning a \$50 gift certificate from Madison's was Maureen Howlett. Thank you to all that participated.

Congratulations to the winners from our November luncheon at Madisons. Liliane LeBrun-Stockwell took home \$88.50, Renate Sutherland donated her \$88.50 to Montreal City Mission and Helen Vlachochrista won a \$50 gift certificate to Madisons in Kirkland.

MEMBERSHIP DUES

For your information, our \$10 annual fee covers the **calendar** year, not the school year. This has caused confusion for everyone, it appears, and perhaps the large amount involved makes it easy to forget! As of January 1st we have the following: 159 members paid through 2017 and 25 members paid only through 2016! If you wish to check your "account", just contact me and I'll be happy to let you know. All the best, Lois Maeder-Alves, Membership (514-457-9073) lois.maederalves@videotron.ca

INTEREST GROUPS

Interest Groups Editor:
Pam Greevy pgreevy@hotmail.com



Book Club I

Our selections since September certainly haven't lacked variety!

In October, we read *Crying for the Moon*, by Mary Walsh, Canada's actor, comedian, and social activist. Her first book ever, this novel tells of a young woman's coming of age in 1960's Newfoundland. We even had the pleasure of seeing the author at StoryFest, in Hudson!

November's book, *A Measure of Light*, by Beth Powning, is set in 1600's New England. It's the story of Mary Dyer, a Puritan who flees persecution in England only to find the Puritan establishment in Massachusetts every bit as vicious as the one she left.

In January, we'll be discussing another historical novel: *The Alice Network*, by Kate Quinn. In it, two women - a female spy recruited to the real-life Alice Network in France during World War I and an unconventional American socialite searching for her cousin in 1947 - are brought together in a story of courage and redemption.

Born a Crime, by Trevor Noah, is the choice for February. This auto-biography is the compelling, inspiring, and comical story of one man's coming of age in the twilight of Apartheid and the tumultuous days of freedom that follow.

March's book, *Homegoing*, by Yaa Gyasi, begins with the story of two half-sisters, separated by forces beyond their control: one sold into slavery and the other married to a British slaver. The novel traces the generations which follow as their destinies lead them through two continents and three hundred years of history.

The choices for April and May are T.B.A., but we'll keep you posted. Happy reading!

Susan Somerville - 514-697-9709 - susansomerville8@sympatico.ca

BHS – 60 Years of Excellence

Beaconsfield High School opened its doors early in the fall of 1958, and in October this year, the Alumni Association is happily planning a Diamond Jubilee celebration. The big weekend will be Friday, Oct. 19, Saturday Oct. 20 and Sunday morning Oct. 21. One of the featured attractions will be the opportunity for staff members, then and now, to meet students aged 16 to 76. What have they done, what are they doing, and how has BHS impacted their lives? The AABHS would love to hear from you if Beaconsfield High figured in your life in any way. Just call 514-697-7382 or email wstockwell@sympatico.ca and we'll link you up with the planning committee.



Little Brothers / Les Petits Frères

LITTLE BROTHERS – WEST ISLAND (MONTREAL WEST)

Emily Rossi, Team Coordinator
204 Lakeview Avenue
Pointe-Claire, Quebec H9S 4C5
514 247-1282

westisland@littlebrothers.ca

Little Brothers is a non-profit whose mission is to provide a family-style support network to isolated seniors. While they offer many volunteer opportunities, they are currently in high need of volunteers to visit seniors in their homes, once every two weeks.

Casual Bridge Group



Wednesday is card day at L'ARSE. The Casual Bridge Group plays every second Wednesday at 1:30 p.m.* It is a great place to learn to play bridge, to hone bridge skills, to teach others about bridge and to socialize!

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. Some of our most experienced and accomplished players have kept with us, maybe because they still learn with us or are still teachers at heart, but mostly because it's a really nice group and we have a lot of fun!

We have many members but, with travel and other commitments, we usually have between eight and sixteen players on any given Wednesday. There is always room for new members! Our focus is to enjoy and to learn. We'd love to have you join us! If you are interested, please contact Pam Greevy at pgreevy@hotmail.com.

*On the other Wednesdays, the Canasta Group has its games.



Canasta

Calling all card playing enthusiasts, especially those with a love of canasta or a desire to learn. The group meets on Wednesday afternoons alternating with the Bridge group.

To begin the season, members have been volunteering to host at their homes. We are presently searching for a permanent spot to play.

This fall we continued playing Canasta in its original form and also under a new form called Samba. The group is supportive and everyone has a good time. So, anyone who enjoys playing games and wants to have a good time is welcome to join us. We are always glad to have new members. For more information contact Pam Greevy at pgreevy@hotmail.com.

Pour ceux ou celles qui aimeraient faire du bénévolat, en français, dans une école secondaire, voici un lien intéressant:

<https://sites.google.com/lbpearson.ca/intergenerational/accueil>

Interest Groups

**Interest Groups Editor:
Pam Greevy**

pgreevy@hotmail.com

8.



Tidbits is the title L'ArseEncore gives to the personal bio updates which appear in each issue. Our membership forms have always had a section for personal news which, we believe, our members are happy to read. Very few were submitted which led us to create the position of Tidbits Editor. That would be me! For several years I have been seeking out, researching and writing these tidbits. While I am happy to do so, the subjects of the articles will, naturally, be those with whom I am familiar or have been made aware of...somewhat restrictive.

I would like to remind our members that these tidbits were always intended for your access. If you have had interesting experiences in your life which you would be willing to share, we want to read them! If you have news about former colleagues, we want to read them!

You can write them up and submit them to me. You can also contact me and give me the information which I will happily write up and send back for you to edit.

This is your newsletter and your stories are of interest to all of us!

Bryden Murray, bryden.murray@sympatico.ca

A Small World

Janice Tessier-Murray is the Vice-President of L'ARSE. Bill Stockwell is the Secretary. Both worked for the Lakeshore School Board and Lester B. Pearson School Board. Both live in Pointe-Claire. Their children went to school together. They have known each other for years...but they had never really talked!

This December, L'ARSE Executive had an appointment to update the bank account and Janice needed a lift which Bill kindly offered.

On the ride there, Janice was talking about her family in Québec City and Bill, having said "My mom was from Québec", went on to explain that her mother had died at a young age and she had been fostered by a Moore family until she finished high school and went to Bishop's University. Bill added that the Moores had a family business and that their calendars could be seen all over town.

When Janice asked "Would that be Hugh Moore? And his wife Venie ?", Bill responded " Yes, it was."

"Hugh Moore was my great-uncle! Venie, his wife, was my grand-father's sister, Lavinia!", responded Janice.

"Does that sort of make us cousins?" Bill asked.

A small world indeed!

GOLF REPORT



From the beginning of May until the end of October the L'ARSE Golf group plays every Monday, unless it is a holiday. We alternate between nine hole and eighteen hole outings and change our venues from week to week. We have some fifty members on our list. Some play regularly and others play occasionally. Our goal is to provide opportunity rather than to expect commitment!

Our skill levels vary considerably and there is a place for everyone in our group. We generally select a course and book tee times mid-week for the following Monday. We then send a group e-mail to see who would like to play. After the golf, we generally stick around for a bit of socializing. The golf is low-key and the company excellent.

We always have room for new members and if you would like to join us, please contact Bryden Murray at bryden.murray@sympatico.ca or Russ Kelly at russk.547@gmail.com.

Winter Golf

During the winter months some members of our group play virtual golf every second Monday at Golf in Dorion. We usually start at 9:00 a.m. and finish at around 12:30. Often we will go out for lunch after. If you would like to join us, please contact Mike Kirk at mcqkirk@bell.net

My name is Chelsea Roberts, and I represent the Community Advocacy team here at DrugDangers.com. I found the LARSE website while browsing through some health-related websites and have to say I was extremely impressed with the many great resources your site displays!

Drug Dangers was developed to educate the public and lend a hand to people who have been affected by defective drugs and medical devices. Our goal at Drug Dangers is to keep the public educated and informed of all defective medical devices and dangerous medications that are currently available on the market today.

Pharmaceutical companies are trusted to put safe products on the shelves, yet thousands of people lose their lives each year due to prescription medications with adverse side effects. By spreading awareness, we believe we can lower this statistic by decreasing the number of recalls, saving more lives of those who have been affected. Will you please take a moment to review our website DrugDangers.com. I look forward to hearing your thoughts.

Wednesday Trivia

Trivia Night is a fundraiser for the Mark Bernotas Foundation. This is a monthly event, second Wednesday of the month, held at Le Dome in Kirkland. For those of you who enjoy light hearted trivia, this is the spot for you. Most attendees are educators and many are L'ARSE members.

Come and renew acquaintances with old friends and start new ones! The price is \$10 for entry plus 1 raffle ticket. Raffle with door prizes as well. The event begins around 5 pm. Form a team or join with the vets on site.

Tania Kinsella
kinsellatd@gmail.com



Cyclopaths

Winter 2017

It is perhaps therapeutic to think of cycling and occasionally glancing at some of the photos from previous cycling excursions on the L'ARSE website. It may help after we have endured such a brutal start to our winter season. I don't recall such a continuous stretch of frigid temperatures as we had over the Christmas/New Year's period. Then a thaw for a day or so followed by freezing rain, 36 centimeters of snow and a return to temperatures again in the minus 20's, all in a 24-hour period! I did get out to cross-country ski today in spite of the - 18 degree temperatures. I actually witnessed a cyclist pass by on the road today...not for me at this time of year anymore!

Last Tuesday I went cross-country skiing at Bois de Liesse Park with two of our Cyclopaths members. It was conversation with the friendly attendant who works in Maison Pitfield, the warm-up chalet, at Bois de Liesse Nature Park that led me to ask him if he knew what had happened to the wonderful bridge across a large nature swamp in L'Ile Bizard Nature Park that we usually cross several times as part of our summer itinerary of bike trips. On our Fall 2017 trip around L'Ile Bizard, we decided to check the progress of this bridge we knew had been in need of repairs as many parts of the wonderful L'Ile Bizard Nature Park had been closed over the 2017 summer. Anticipating a brand-new bridge, we were shocked to discover that the old bridge was gone and there was no replacement for it over the swamp. I learned last week from the attendant (mentioned above) that the company responsible for this project had defaulted and was being investigated for fraud. As replacing the bridge cannot be done in the summer season for fear of disturbing the wildlife that the bridge allowed observers to witness and photograph, it looks like we won't get to use this bridge's replacement next season either. After crossing this swamp via the old wooden bridge on previous trips, I had often said that it was one of the best-kept secrets in the West Island area and was delighted to impress newly joined members with it, as most were unaware of its existence.

In last January's LARSEncore issue, I expressed a willingness to cede leadership to anyone interested in taking over leadership of this group. While no one directly stepped forward to replace me, a number of current Cyclopaths did offer to handle certain trips or replace me when I couldn't make a couple of trips. Mary Anne Bindner and Carolyn Woolrich organized 2 trips on the Petit Train du Nord trail and offered use of their Laurentian cottage for a BBQ and swim. They also organized our windup party in November. Toward the end of our cycling season, Colin Legault led us on some of the new bike paths alongside the railway tracks in Dorval and Beaconsfield and we anticipate including the use of the extension of the Pointe-Claire Donegani bike path into Valois early in our 2018 season which should get underway in April.

I was pleased recently to receive encouragement from one of Pointe-Claire's new city councilors who was aware of my frequent lobbying for more extensive municipal bike paths and it appears that municipalities are beginning to recognize that getting on board with this is important. However, they require input from users to avert some of the glaring errors that continue to be made regarding limited access and unnecessarily wide concrete barriers separating the paths from the road as on Cardinal Avenue in Dorval.

While any physical activity will improve health compared with performing none, exercise researchers say runners should include cycling as part of their training, and people taking up exercise should choose cycling over running to avoid injury. Whichever activity you enjoy the most, and will stick with, is the best activity for you. The advent of motorized bikes has enabled the wider involvement of some who felt it would help them continue participating. I am hopeful that the teamwork which helped share the leadership of this group will continue in 2018.

Interested potential cyclists who may be curious about our cycling group are invited to connect with Wayne Clifford at 514-697-8802 or wmclifford@gmail.com.

**CYCLOPATHS:**

A lunch break at Wilson Falls (Les Chutes Wilson) on the Petit Train du Nord trail north of Saint-Jerome, just one of the many scenic sites accessed by bicycle enthusiasts and electric scooters.



Crafting Corner: we'll post more colourful photos on the great L'ARSE website www.larse.ca

Crafting Corner



This is an open invitation to all new members, as well as current members, to share photos of any creative hobbies they enjoy: no masterpieces expected, just a glimpse of something you made yourself or an activity you are learning such as photography, painting, furniture refinishing, sewing, mosaic... who knows? I have seen some members' beautiful close-up pictures of flowers or birds but they do not realize their work is ART and that we would all love to see it on our website. What a shame. Send queries or examples c/o Michèle at fitzgeraldmb@sympatico.ca.

Great weather to stay inside and be creative with different arts or crafts. A small sunny modern baby quilt/or wall hanging has been donated by Michèle for a raffle in support of the locally sponsored Syrian refugee family arriving soon. Claudia has knitted a gorgeous cardigan. Brenda has been churning out all beautiful traditional quilts. We are currently experimenting with a small TEACH A SKILL/LEARN A SKILL format and will keep you posted on our results. We hope 2018 will be a creative artistic year for some of you and we invite you to send photos of your work.

Cross-Country Skiing

The cross-country skiing season is finally here. Starting Jan. 9th, we ski every Thursday, weather permitting. Jim Kyle has also volunteered to organize outings. His availability is Wednesday and Friday, so the odds of us hitting at least one good day during the week are much better!



We ski locally: Bois de Liesse, Cap St. Jacques and Ile Bizard and maybe a trip to the Laurentians. Please email me and Jim if you would like to be on our list of skiers, and we will email you the time and place a day or two before we ski. The group is made up of people of all ages and skill levels, so if you love to ski and love the outdoors, please join us.

Mary Anne Bindner [mabindner@gmail.com;] 514-913-8096 (mobile & text)
 Jim Kyle [jamesbkyle@gmail.com;] 514-694-2123

TREKKER'S WORLD



TRAVEL TALK GROUP

The meeting of the Travel Talk Group which took place on October 23rd was very interesting and well attended. Seventeen Larse members were present.

We met in the upstairs room of the Duke & Divine Restaurant which is a comfortable and pleasant venue. Several members of our group joined us for lunch.

Once again Leona Kemp captivated our attention with her talk on her travels to Alaska, Newfoundland and Vancouver Island. She presented some beautiful pictures of the lighthouses, icebergs and scenery.

Everyone also enjoyed the presentation given by Janet Kennedy and her husband Alain. They went on an African safari including a hot air balloon ride and a side trip to Rwanda to see the mountain gorillas. Their pictures and a DVD of their adventures were most interesting.

We are looking forward to our next meeting in May, 2018. More details will follow.

If you have any suggestions or if you would like to make a presentation on one of your trips, please contact:

Mickey Wernecke: 514-630-0138, hbwernecke@aol.com or
Daniel Abergel: 514-331-6892 abergeld@yahoo.com

Check out the new L'ARSE Facebook page to catch up on news and events. Search: [L'Association of Retired School Employees](#)



A Facebook page is currently being developed for L'ARSE. If you have ideas or suggestions please do not hesitate to contact Maria De Wolfe at:

dewolfe.maria@gmail.com

14.

L'ARSE MEMBERSHIP FORM

Regular Member

L'ARSE (L'Association of Retired School Employees) is open to any retiree from any educational institution and the spouse/partner of the retiree.

Name of Retiree _____ Retired from _____
(location)

If you wish to include your spouse/partner in your membership,
please enter their name/e-mail address here:

Spouse/Partner name: _____ e-mail: _____

Associate Member

Subject to available space, L'ARSE is also open to people who wish to participate in a L'ARSE-sponsored activity*.

Name _____

* * * * *

E-mail address _____ Phone # _____

Street address _____

Town _____ Postal Code _____

Please send a **cheque for \$10 per person, payable to L'ARSE** (one-year membership) to:

Lois Maeder-Alves, 63 Devon Road, Baie d'Urfé, QC H9X 2W7

* * * * *

The **LarsEncore newsletter**, issued 3 times a year, outlines the many and diverse activities available through our Association. It also highlights the activities of individual members. Articles highlighting members' travels, other activities or items of interest are most welcome!

The newsletter will be sent electronically, unless you prefer a copy by mail.

I wish to receive my copy of LarsEncore via Canada Post: _____

**Your personal contact information will be held in confidence by the Membership Chair, and shared only with L'ARSE activity leaders and executive members, as required. If you wish your contact information to be held ONLY by the Membership Chair, please check this box.*