



LarsEncore

BULLETIN 82

WEBSITE: www.larse.ca

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The Newsletter of the Association of Retired School Employees

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Luncheons 2021



Luncheon dates and locations:

(See the web site for fall & winter gatherings)

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.



L'ARSE is a non-profit corporation whose sole mission is to foster friendship and mutual support amongst school board retirees. Eligible for membership are retired teachers, support staff and administrators. We are a registered not-for-profit corporation formed under Part III of the Companies Act (RSQ ch. C-38, section 218) holding letters patent under the registry/matricule # 1149265325.

LARSENCORE

INSIDE THIS ISSUE

Why Not	Join A Group?
3	President's Message
4-8	Group Reports
9-10	Golf & Cycling
11	Cross-Country Skiing
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
(See the web or Facebook sites for fall-winter gatherings)

2.



On September 24, 2018, the entente between L'ARSE and the Lester B. Pearson School Board was signed into effect. Shown at the ceremony, held at the beginning of the monthly meeting of the LBPSB Council of Commissioners were (left to right): Board Director General Michael Chechile and Chairman Noel Burke, L'ARSE President Tania Kinsella and LBPSB Director of Community Services Mario Barrette.

The Association of Retired School Employees (L'ARSE) and Lester B. Pearson School Board (LBPSB) agree that L'ARSE will be endorsed as the official association for retired employees of the LBPSB as of September 24, 2018. This agreement:

- a) Provides a protocol that will allow the Board's Human Resources department to inform retirees of this agreement, its benefit and, if authorized, to share their personal information with the Association;
- b) Makes sure that an Association representative attends and briefly addresses the new retirees at their gala formally welcoming them to "their" association;
- c) Offers rooms and venues that are normally available to the public for a fee, to the Association free of charge, as long as extra caretaking expenses are not incurred;
- d) Offers at "cost only", the same rooms and venues, including venues under entente with municipalities, if other significant expenses must be covered: utilities and caretaking;
- e) Allows the Association website link to be visible on the Board's website;
- f) Commits the School Board to design a portal where retirees, schools and centers will be able to connect regarding: volunteer opportunities and mentorship.

President's Address/ Message de la présidente

Summer has turned to fall, and with the cooler temperatures and falling leaves, activities are slowly resuming, and we are getting used to a new normal. I have always thought of the fall as the real new year – one of the hazards of being a teacher, I guess! This year, it really feels like that for me, as I resume some of my routines. I have been working out with my trainer for a while, and have restarted my Aquafit classes at John Abbott that were suspended in March 2020. I have started going for brunch once a week with an old friend.

Our activities are also on-going, or are starting up again. Bridge has started, Canasta (really Samba) is starting in November. The Golfers golfed all summer, and the Cyclo-paths cycled. Both Book Clubs have met on Zoom all through the pandemic. Hopefully the weather will cooperate, and the Snowshoeing and Skiing groups will make it out to enjoy the snow. We started our monthly lunches again, meeting on Le Manoir's lovely big terrasse during the summer. We will be going to L'Academie on October 28, and will hopefully be able to revisit some of our favourite restaurants over the winter, to help support local businesses. Of course, at all of our activities, we follow all government guidelines and regulations.

The Executive decided to hold our AGM on Zoom again this year. You should have already received the Call for Nominations. The Zoom link, Agenda, Minutes, and a Notice of Motion will go out in a few weeks, in time for the meeting at 1:30 pm on Thursday, November 25. We hope that many of you will be able to attend. Then, on Nov. 26th we are planning our next lunch – stay tuned for more details.

This year, with restrictions easing up a bit, and activities restarting, really does feel like a New Year. I hope we can all get out there and enjoy it – carefully! — Barbara

larseretirees@yahoo.com

Lifetime membership

Those L'ARSE members who are over eighty or who have been members for 20 years or more are eligible for a lifetime membership. If you fit either category, please contact Lois Maeder-Alves at:-

larse.membership@gmail.com

Membership Report

It has been my pleasure to support our members for the last 5-6 years. I personally joined L'ARSE when I retired from administration at age 60... now 10 years ago, since I will join the seventies crowd in June!

At that time, I was keen to join the Casual Bridge group, since I hadn't played bridge for about 45 years. With this great group of people, of all levels, I started to hear about the new bridge conventions from a few players and started reaching outside this group to learn more. On-line bridge during the last year has been a passion for me. However, I am anxious to return every second week to our casual L'ARSE bridge games. The more experienced players support the beginners, all are welcome, and we have all become friends ... thanks to our L'ARSE member who has hosted this group for many years.

The other group that I joined was the Book Club. During my working life, I had never joined a book club, but this has been an amazing group of people that have shared great books with me, that I would never have been inspired to read on my own.

L'ARSE members today are welcomed from **any** retired school employee group. The majority, of course, are teachers! But we have many retired support staff and administrators. We also welcome **spouses** of retired employees, **and** "associate" members who wish to join any of our amazing activity groups. For \$10/year, what could be a better deal!

So, as Membership Chair, here is my "official" report: We currently have 314 members, of which 42 are life members (either over 80 or have been retired for at least 20 years). New members are always most welcome!

Lois Maeder-Alves, Membership

514-757-9073

4. INTEREST GROUPS

Interest Groups Editor:
Pam Greevy pgreevy@hotmail.com



Book Club I

The Original Book Club

Contrary to our usual practice, we met throughout most of the summer, as Zoom allowed us to gather regardless of where members were lucky enough to be holidaying.

Our choice for June, Dear Evelyn, by Kathy Page, was a love story, albeit an unconventional one, about two people who shape each other as they, their seventy-year marriage, and their country change. We took a break in July but returned in August to discuss Thomas King's The Inconvenient Indian, a meditation on what it means to be Indian in North America. Fueled by anger but tempered by wit, it's an indispensable account for all of us if we are to effect change.

Entry Island, by Peter May, a prize-winning Scottish crime writer, was our choice for September. The murder investigation is set in the Magdalen Islands in the 21st century, but the original crime is the Highland Clearances of the 18th and 19th centuries, which forced the eviction of Gaelic-speaking Scots, many of whom found their way to Canada.

October's offering, A Woman is No Man, by Etaf Rum, follows three generations of Palestinian women from a refugee camp near Ramallah to a Brooklyn row house as they confront the claustrophobic restrictions that continue to shape their lives.

In November, we look forward to discussing A Town Called Solace, by Mary Lawson. Set in Northern Ontario in 1972, it explores the relationship of three people brought together by fate and the mistakes of the past. We've recently been lucky enough to join Mary Lawson's Zoom presentation at StoryFest in Hudson, which has certainly heightened our interest!

January's subject will be Michelle Good's Five Little Indians, a fictional exploration of life after residential school. Written in answer to the question *Why can't they just get over it and move on?*, this book offers readers a chance to step into a survivor's world and have our eyes opened - and our hearts, as well.

Many thanks to our Zoom operators, currently Lois Maeder-Alves and Janice Tessier, and before them Jan Farrell and Karen Zey, without whom we'd be unable to meet. We're so grateful for their time and expertise!

Susansomerville8@sympatico.ca

514-697-9709

Snowshoeing

Last winter was a great winter for snowshoeing! This activity made its L'ARSE debut and attracted a small but enthusiastic group of participants, (four or five per outing). Facilities visited included Cap St. Jacques, Bois de L'Île-Bizard, Bois de Liesse and Quinn Farm.

We look forward to a snowy winter and to exploring new destinations. We are happy to welcome new participants.

If you would like to be included in our snowshoeing outings, please contact Bryden Murray at Bryden.murray@sympatico.ca.



TREKKER'S WORLD

Other than during Covid restrictions, members of the Travel Talk Group meet twice a year, fall and spring, for lunch and a talk and slide presentation on an interesting trip taken by one of our L'ARSE members.

We usually meet in the upstairs room of the Duke and Divine Restaurant, Beaurepaire village, which is a comfortable and pleasant venue. Usually, ten to fifteen members join us for lunch before the presentation. Their lunches are good and reasonably priced. The restaurant also provides us with facilities to show the slide presentation.

We have had very interesting presentations on China, Arizona, Croatia, France, Italy, etc. Besides talking about their travel experiences, the presenters also give us practical hints and advice to help us if we want to visit these places.

We encourage all L'ARSE members who have taken an interesting trip to share it at one of our meetings. Please let us know if you are interested by contacting: Mickey Wernecke at hbwernecke@aol.com or Daniel Abergel at abergel@yahoo.com.



6.

Bridge Base Online (BBO)

Bridge website: <https://www.bridgebase.com/>

As an avid bridge player, I have truly been enjoying playing on-line bridge since the March 2020 shut-down. As a matter of fact, I have become addicted to it...playing almost every single day! My husband rolls his eyes a lot when I say "Um, can you answer the phone and let the dogs out if they need it, for the next 2-3 hours? I'm playing bridge."

So, whether you are a beginner, intermediate or advanced player and haven't yet discovered on-line bridge, you owe it to yourself to check it out. You can play casual or competitive, with friends or with strangers from all over the world, and with robots too! You may also wish to just practise by yourself, either the bidding or the play, at different levels.

It would be my pleasure to walk you through the website via a Zoom meeting, where I could share my computer screen with you and show you all the options available. Lois Maeder: 514-757-9073
OR e-mail: lois.maederalves@videotron.ca



Casual Bridge Group



There is much joy at being back playing bridge in person, soaking in the dynamic tension of bidding and playing and catching up on people's lives and new looks (social isolation impacted many people's hair styles and colour).

We play every second week on Wednesday afternoon at Lorraine Pawlusiak's in Pointe Claire. In respect of public health measures and social distancing, there are only two tables each session. All interested players are sent an email and the first nine who reply will play that week.

New players, regardless of playing level, are always welcome - just don't expect a seriously-focused bridge club. We love the game AND the conversation.

Contact Pam Greevy if you think you might be interested in trying it out.
(pgreevy@hotmail.com)



Samba

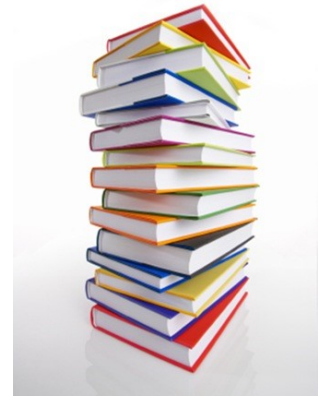
We are delighted that the samba group will be able to meet once again at the Cambridge as of November 3rd at 1 pm.

There are a number of COVID restrictions that will still be in place:

1. You must enter by the door at 340 Hymus Blvd., which is the one we used to use.
2. You must be fully vaccinated. Vaccination passports will be checked at the door and we will have to sign in.
3. You must wear a mask at all times, even while seated and playing.
4. You will have to bring your own refreshments (coffee, tea, water, nibbles, etc.) as we cannot provide them for now nor should we be sharing.

If you would like to learn a fun new card game, please contact Robin Narsted rmnarsted@yahoo.com

Book Club II



Book Club two continued to Zoom through Spring and into Fall thanks to Jan Tessier-Murray's expertise. Fortunately, we were also able to have a meeting in person over lunch at the Brasserie Le Manoir.

During this time, we read an eclectic list as usual. *The Thursday Afternoon Murder Club* by Richard Osman is the story of a group of retirees living in a posh senior's complex attempting to solve cold cases from the files of one of the members, a former police officer. Each member of the group is a character in his/her own way. Then a real murder occurs and they use their expertise to solve it, revealing stories that wind it all together.

Girl, Woman, Other by Bernardino Evaristo was the winner of the 2019 Booker Prize. It follows the lives of twelve very different characters. British, black and women, they tell their stories of families, friends, lovers and experiences. A dynamic read.

Klara and the Sun by Nobel Prize winning Kazuo Ishiguro is a futuristic look into the world of Artificial Intelligence and the nature of the human heart. We found many parallels with our current world.

The Paris Library by Janet Skeslien Charles on the other hand takes us back to the WW2 and the heroic efforts made by the librarians to keep the library open under the Nazi Occupation.

If you love New York, you will enjoy *Rules of Civility* by Amor Towles. It follows the story of Katey Kontent on a year-long journey into the upper echelons of New York society in the thirties. Wonderful characters as well as the city itself.

Upcoming this month is *Ragged Company* by Richard Wagamese, a novel about four homeless people. It was highly recommended by one of our members, as are all the aforementioned books. We welcomed newly-retired Linda Perron who joined our gang.

Happy Reading all — lesleypasquin@gmail.com

8.



Crafting Corner



Our retired artists, crafters and creative members have been enjoying these past months of downtime by keeping busy and cheerful with their favorite hobbies.



Michèle is finally pulling together some unfinished modern quilts such as these two halves of an original design based on children's Tangram toys.

Claudia has been knitting these beauties (cat not included) and Brenda has been sewing lovely quilts: just in time for the coming winter cold.

As always, we invite all new or returning members to join us if tempted to flex their "creative muscles" or just add an artistic or craft hobby to their lives.

Please feel free to ask us for more info or suggestions:

fitzgeraldmb@sympatico.ca;

GOLF REPORT



We have close to 70 members registered with, on average, 20 participating every week. The 18-hole group plays every Monday while the 9-hole group plays every second Wednesday. Our abilities vary greatly and everyone is able to fit in. This is a fun group to play with and we'd be delighted to have you join us. The golf is low-key and the company excellent. We always have room for new members.

Weather permitting, we tend to stay for an adult beverage or two after the round. With this group you will see the good, the bad and the downright ugly.

Our first game of the 18-hole 2021 golf season was April 25th at Golf Dorval and our last game, also be at Golf Dorval, on Oct. 25th. We played 25 rounds at 16 courses ranging from Lachute to Hawkesbury, Terrebonne to the U.S. border and all places in-between. Once a month we have a nine-hole outing on the same day as the 18-hole group but at a different location.

This year we have played Mystic Pines, Mohawk Hills and Métropolitain. We also have one day per month where we play both nine and eighteen holes at Golf Dorval with tee times arranged so that we can all have a drink together after.

The highlight of each year is "The School's Open Open" which is held at Golf Dorval on the day that students return to classes. This is usually followed by a "gala" dinner but with Covid-19 restrictions, this has been low-key the last two years.

Our virtual indoor season usually begins in December and we play every Monday until the following summer season is ready to go. This season we will be alternating between Le Golf Clubs Dorion and T.M.R. locations. We usually get together for lunch afterwards to discuss the important issues of the day.

If you would like to join us for the indoor season or next summer, please contact Bryden Murray at bryden.murray@sympatico.ca or Mike Kirk at mcqkirk@gmail.com to have your name added to our contact list.





Cyclopaths

This long-serving casual cycling group was undaunted by COVID-19 this year as we quickly recognized that physical-distancing is automatic given a two-wheel separation from cyclists riding in file. A relatively dry year enabled us to travel on most of our customary Tuesday outings with relatively few weather-caused substitutions. Colin Legault recently introduced us to a new trip in Valleyfield which he had developed and refined over the summer which brought out 20 participants who enjoyed a beautiful day.

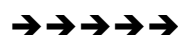
New trips help to augment the tried-and-true excursions which are predominantly on segregated bike paths. A number of our group members took charge of trips this year helping to spread out some of the responsibility. Many of our trips are featured in photos on the LARSE website. Fall colours, naturally have been featured as our cycling season winds down, we usually continue into November.

Each year we usually benefit from the participation of new cyclists, so newly-retired educators can contact me to learn how this fitness activity can enhance the retirement experience. — Wayne Clifford

wclifford227@cylopaths1998
514-697-8802 or 514-627-8802

CAA-Québec and Protégez-Vous have jointly evaluated 10 electric or power-assisted bicycle (PAB) models available in Québec shops. To know more, and for test results, consult:

CAAQUEBEC.COM/ELECTRICMOBILITY.



MOBILITY / FOR THE CONSUMER

SWITCH TO ELECTRIC BIKES

Need a little push as you pedal to work or try to keep up with a cycling partner? Here's how to choose your ideal electric bike and ride it safely - and with the right insurance coverage.

BY JESSE CARON

Electric or power-assisted bicycles (PABs) are more popular than ever, prompting CAA-Québec and Protégez-Vous jointly to evaluate 10 models currently available in specialized Québec shops. Below are the basic selection criteria. To know more and for test results, consult CAAQUEBEC.COM/ELECTRICMOBILITY. Note that experts at CAA-Québec Automotive Advisory Services (see page 35) are available to guide members in their shopping.

Mid-drive or hub motor?

If you need a boost going uphill but otherwise would rather pedal on your own, then opt for a model with a mid-drive motor that works in concert with your pedal power. A hub motor, meanwhile, is fully activated the minute you hit the pedals or push the throttle. Protégez-Vous panelists preferred the mid-drive motor, which gives the rider a greater sense of control.

Range and battery charging

The range of a PAB depends on its battery capacity, weight, motor type and cycling style. Generally speaking, mid-drive motors have longer ranges thanks to the cyclist's pedal power. Protégez-Vous measured the range of the tested models using a method designed to ensure fair comparisons between the PABs, which didn't always match the manufacturer's calculations.

Recharging is done through a 120-volt household outlet, using a charger that comes with the bike. Batteries are usually removable so they can be charged indoors. The Protégez-Vous test has shown that charging times vary widely from one battery to another, sometimes even between same-capacity batteries.

Price and warranty

Electric bikes can be pricey. For example, the models tested by Protégez-Vous cost between \$2,000 and \$5,000, roughly the price of a high-end conventional bicycle. A PAB's country of origin, characteristics, construction quality, brand name and reputation are factors that can inflate the price tag. The most expensive models usually have longer warranties than others, except for the battery and motor, both of which are normally covered for two years.

Some big-box stores carry more affordable PABs but the selection changes frequently. This made it difficult to include them in the rigorous CAA-Québec-Protégez-Vous test bench. But consumers should apply the same criteria for selection and use here.

Cross-Country Skiing

The ski season will be here before we know it. Cross-country skiing in quiet wooded parks is one way to enjoy our Québec winters and strike up new friendships.



One of the past organizers, Colin Legault, purchased a season pass to the Morgan Arboretum, and he plans to invite people to join him there when the conditions are favourable. Unfortunately, season passes are available only for previous members, but for \$9.00 you can ski and park for the day.

Over the years, there has been a decline in the number of participants, so this year we are going to try a different approach. I am sure you would agree it is so much more enjoyable to ski with other people; therefore, we are suggesting the following:

1. Email your name to one of the organizers and we will compose a list of skiers which will be available to all participants.
2. When you plan to ski, send out an email to the group a day in advance, stating place and time.
3. Skiers should respond 'reply all' so everyone knows with whom they will meet up.

Some of us will ski locally: Bois de Liesse, Cap St. Jacques, Morgan Arboretum and Ile Bizard, while others may ski further north: Gai Lauron, Val David and Morin Heights.

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. mabindner2@gmail.
Colin Legault legaultcj@yahoo.ca

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 / fees applied starting for 2023 only) to: Lois Maeder-Alves, 63 Devon Road, Baie d'Urfé, QC H9X 2W7

* * * * *

New retirees: Please ensure that your e-mail address reflects your personal one, and not your school board's; you'll no longer have access to the latter once you retire! Thank you.

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

Signature: _____ Date: _____

