



# LarsEncore

**BULLETIN 83**

WEBSITE: [www.larse.ca](http://www.larse.ca)

May 31, 2022

*The Newsletter of the Association of Retired School Employees*

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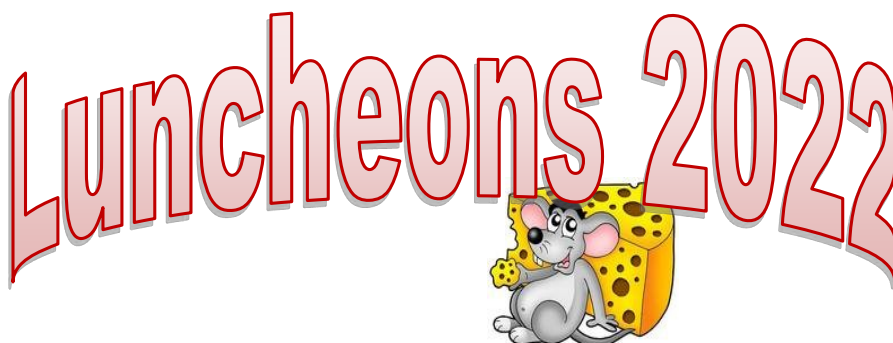
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## Luncheon dates and locations:

**Thursday July 28<sup>th</sup> – Brasserie Le Manoir – 600 St-Jean,  
Pointe-Claire 514-695-2071**

**Friday August 18<sup>th</sup> – Brasserie Le Manoir – 600 St-Jean,  
Pointe-Claire 514-695-2071**

**Friday September 30<sup>th</sup> – Le Baton Rouge – 3839 St-Jean,  
Dollard-des-Ormeaux 514-626-6640**

**Thursday October 27<sup>th</sup> – Madisons Restaurant & Bar  
3000 Jean-Yves, Kirkland 514-426-9111**



**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.**

## LARSENCORE

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## 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  
(June 10, July 8, August 12, September 9, Oct. 14)



## 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

As I sat down to write this, it reconfirmed two things I know about myself. I am a procrastinator, and I am not a writer. I routinely put things off until the last minute (or am even late with it) – taxes, report cards, college papers, packing for a trip, and writing Newsletter messages. I also don't particularly like to write things, unless I have a fascinating point to make, or a great story to tell. I'm afraid this month I have neither. I feel a little like I have said all I have to say about this pandemic, and its effect on all of us. I can only imagine how those of you working in our school system feel about it, and am glad not to have had to cope with all that you have.

Retirement will feel so different, and, hopefully, less stressful.

This morning on the radio I heard Pattie Lovett-Reid, a Financial Planner, talking about her 5 R's of Retirement. She calls it Rewirement, which I really liked. It should not be a time of withdrawing, as my trusty Winston Canadian Dictionary for Schools suggests, but rather a time of rewiring our thoughts and actions. Her 5 R's are Reassess, Reunite, Reward, Restructure and Reposition. While she was talking about money and investments, I could see how these apply to us in retirement. L'ARSE is here to help with many of those R's – we'll help you Reunite with old friends and colleagues, Reward yourself with a fun activity, Restructure your post-working life with activities. We hope you will join us in one of the many activities we already offer, or suggest other activities which we could help you to organize.

We also encourage you to join QPARSE, the provincial organization for retired school employees. Their mission is to "promote and enhance the interests and well-being of retired educators through social interaction, social responsibility, and advocacy and cooperation with other organizations on matters of common concern." For the last few years, they have invited members of L'ARSE to join their activities. For \$85 (a one-time fee), you would have access to all their activities, their Newsletter, and all that they do. We strongly encourage everyone – old and new retirees – to join this excellent association.

In the meantime, many of our activities will continue over the summer. We will once again hold lunches once a month. Cycling and Golfing have already started up, and you are welcome to join them. Just contact the leaders listed in their reports in this Newsletter. The card players will take a break over the summer, but will start up again in the fall. We also are hoping to hold a Wine and Cheese in September. Please take the time to join L'ARSE – a membership form is at the back of this Newsletter – and you will be informed by email of all activities.

Have a wonderful summer, and we hope to see many of you in the fall.

Barbara Randle, President, L'ARSE



**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.**

**Our Annual General Meeting is scheduled for:**

**Friday November 25<sup>th</sup> – (AGM)**

**Restaurant l'Académie**

**6321 Trans-Canada, #129 Pte-Claire**

**514-429-4488**



## 4. INTEREST GROUPS

Interest Groups Editor:  
Pam Greevy pgreevy@hotmail.com



### Book Club I

The Original Book Club

We have no script for the year, just plan from month to month, but we never have trouble coming up with interesting books! Below are our selections from February to May.

In this year's *Canada Reads* competition, What Strange Paradise, by Omar El Akkad, was championed by Tarek Hadad, founder of Peace by Chocolate, who felt that all Canadians should read it in order to grasp what it's like to be a refugee. In the opening scene, the shore of a Greek island is littered with the bodies of migrants who drowned trying to cross the Mediterranean Sea from Africa. One boy comes to life, gets up, and runs. We follow his panicked flight as he tries to evade capture as an illegal immigrant. In a system of brutality and pitilessness, he finds a few people capable of extraordinary kindness, particularly one teenaged girl. Interspersed with the chapters on the island are others occurring before he left on the voyage and, especially harrowing to read, during the perilous crossing of the sea.

Fight Night is the story Miriam Toews wrote to help her own family members come to terms with the mental illness seemingly carried in their genes. In the book, a grandmother, her middle-aged daughter, and her young granddaughter live together in a small apartment. The daughter, pregnant and alone, her partner having disappeared, struggles with depression while trying to find acting jobs to keep the family afloat. The young girl, who has been suspended from school for bad behaviour of some kind, spends her days tending to her aged grandmother. If this sounds like a depressing tale, it isn't. Parts of it are hilarious! The grandmother may suffer from a myriad of physical ailments, but she is an unforgettable life force, and the strong bond between her and her granddaughter is the heart of the book.

Pachinko, by Min Jin Lee, is an epic historical fiction novel following a Korean family who emigrate to Japan, where their people encounter discrimination, stereotyping, and exploitation. The time frame spans from 1910 to 1989, which includes the Japanese Occupation of Korea and the Second World War. The novel highlights the motif of pachinko, a recreational arcade game not unlike pinball, whose unpredictable and uncontrollable nature is a metaphor for the randomness of the characters' lives. This interesting family saga was, for most of us, also an introduction to a chapter of history with which we were unfamiliar.

All the Rivers, written by Dorit Rabinyan, has the dubious distinction of being the first book ever banned from Israel's high school curricula. The novel, which is set mainly in New York City, chronicles a passionate but ill-starred love affair between a Palestinian artist and an Israeli translator. What makes the story even more interesting to read is the fact that the plot largely follows the direction taken by the author's own life, as she had a similarly fraught romance. Besides being a heart-rending story, this book is beautifully written!

Our up-coming book is When We Lost Our Heads, by Heather O'Neill. It's the tale of two girls whose friendship is so intense that it not only threatens to destroy them, it changes the trajectory of history. Marie Antoine, the spoiled daughter of a sugar baron, has everything she wants except a best friend - that is until clever, scheming Sadie Arnett moves into the neighbourhood and everything changes. Soon their childlike games take on the thrill of danger and then become deadly. Heather O'Neill never disappoints!

Best wishes to the new retirees who have recently joined LARSE. Can we look forward to Book Club 3? We hope so!

susansomerville8@sympatico.ca

# TREKKER'S WORLD

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 Devine Restaurant which is a comfortable and pleasant venue. Usually, ten to fifteen members usually 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 wish 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](mailto:hbwernecke@aol.com) or Daniel Abergel at [abergeld@yahoo.com](mailto:abergeld@yahoo.com).



6.

## Book Club II

Book Club Two ended the year with *Fight Night* by Miriam Toews. Shortlisted for the Scotiabank Giller Prize, it is told in the voice of Swiv who lives in Toronto with her grandmother and pregnant mother. It is full of love, laughter and sometimes pain, a story of living a life on one's own terms and of fighting to the end.

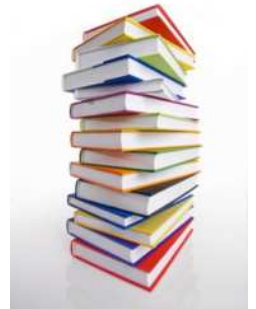
We zoomed into January (with thanks again to our host Jan Murray) with the novel *Undersong* by Kathleen Winter. It is the story of Dorothy Wordsworth, sister of William, who is a writer in her own right. It is a book about language, atmosphere and relationships and the effect one life can have on another.

In February we read *A Net for Small Fishes* by Lucy Jago. Set in the court of James I of Scotland and England, it is a blend of fact and fiction, telling a tale of power and scandal. Next we tackled *Cloud Cuckoo Land*, a brilliant novel by Anthony Doerr. It creates a magnificent tapestry of interconnected time and place from ancient Constantinople to the present and to the future. Dedicated to "librarians then, now and years to come" it is a novel about redemption of the earth and of the human heart. A must read. These novels sustained us throughout the long, cold winter.

Our April read was *Fresh Water for Flowers* by Valerie Perrin. The main character is the caretaker of a cemetery and leads a cast of wonderful characters. It is a poignant, moving and intimately-told story of relationships, generosity and the power of love.

May's read was Heather O'Neill's *When We Lost our Heads*. Heather O'Neill is a Montreal writer whose novels are set in Mile End. This is a departure from her usual. Set in The Square Mile and what she calls The Squalid Mile in the late nineteenth century, it is a spellbinding story of two women whose friendship is so intense it threatens to destroy them. It explores power, greed, gender, sex, desire, class and status. A "juicy read" as one of our members said. Up next is *The Reading List* Sara Nisha Adams.

Happy reading in the sunshine everyone! [lesleypasquin@gmail.com](mailto:lesleypasquin@gmail.com)



### Samba Canasta

The L'ARSE samba group has continued to meet while navigating around COVID restrictions.

We meet every other Wednesday in the game room of the Cambridge to enjoy this entertaining and easy-to-learn game. There is always lots of laughter and conversation.

If you are looking for a new card game to learn and to have fun, please contact Robin Narsted at [rmnarsted@yahoo.com](mailto:rmnarsted@yahoo.com)

### Casual Bridge Group



Slowly, we are getting back to playing bridge. Slowly, we are becoming familiar once again with the bidding, the conventions, the playing and each other. Slowly, we are re-discovering the joy of the game. We play every second week on Wednesday afternoon, usually at Lorraine Pawlusiak's in Pointe-Claire

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 ([pgreevy@hotmail.com](mailto:pgreevy@hotmail.com)) if you think you might be interested in trying it out.



# JOIN US

During our working careers, we became acquainted in the course of our daily lives - providing high-quality educational services to the communities of the West Island and Vaudreuil-Soulanges.

Our L'ARSE organization now offers retirees multiple activity groups to build and encourage friendships, nourishing a vital social network that benefits all of its members.

Moreover, through monthly breakfast and luncheon gatherings, as well as events such as the annual Wine & Cheese reception and our annual general meeting and luncheon, L'ARSE members get together just to have a casual chat, share a laugh and family stories, and enjoy each other's ongoing life journey.

Please join us.



## Wednesday Trivia (starts in the fall)

Trivia Night is a fundraiser for the Mark Bernotas Foundation. This is a monthly event, first 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 6 pm. Form a team or join with the vets on site.

**Diane Prudhomme**

dprudhomme05@gmail.com

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# Crafting Corner

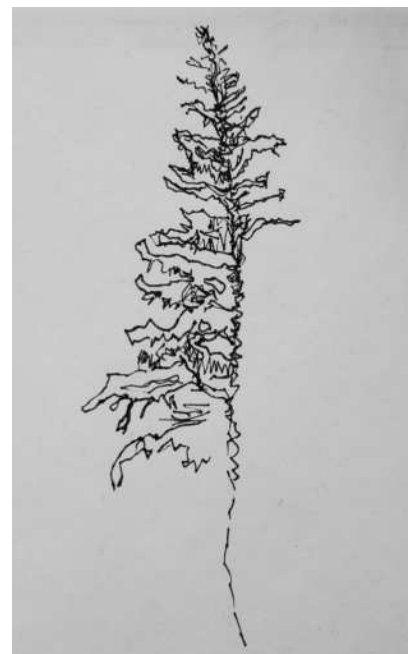
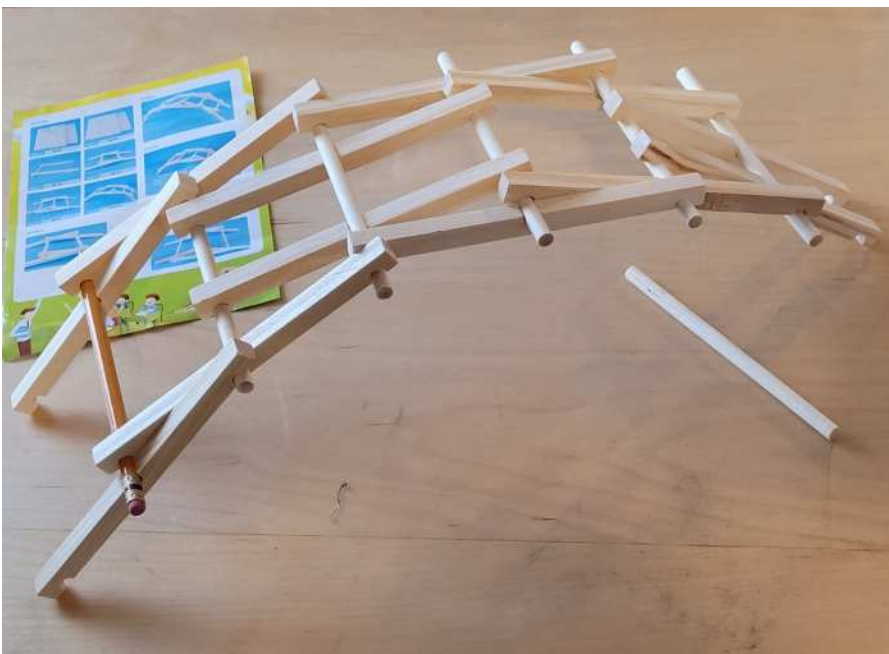
A warm invitation to all new retirees: if you have any favorite creative or artistic hobbies, now is the time to share them through chatting and photos.

Our small but dedicated L'ARSE Art Group and Crafty members are always happy to greet new friends. No talent is needed and we do not teach any skills but we love to exchange techniques and share ideas on anything from woodworking to textile arts or calligraphy.

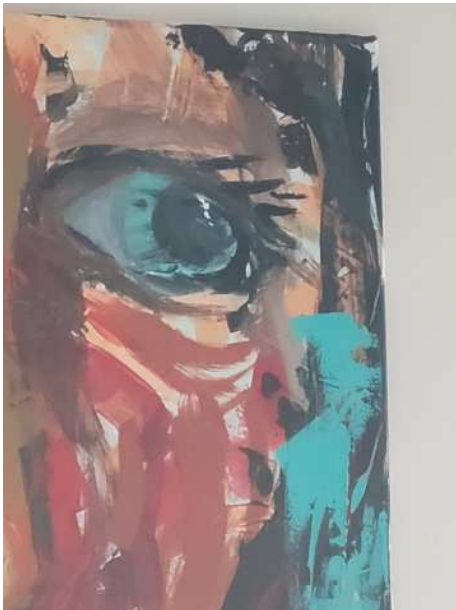
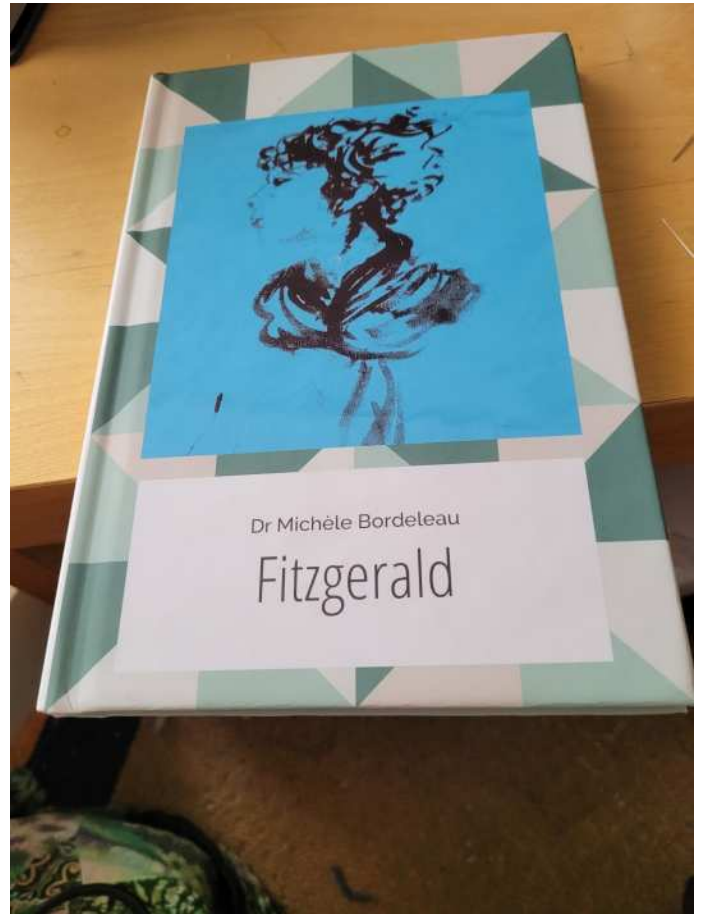


We have been posting photos of our work on the website and in the newsletters for a few years and you will find examples in the archives online. If you have any questions, you may reach out to Michèle via [fitzgeraldmb@sympatico.ca](mailto:fitzgeraldmb@sympatico.ca).

Welcome to your life of free time to express your creativity!







The Quebec Provincial  
Association of Retired  
School Educators



Association provinciale  
du personnel  
d'enseignement retraité  
du Québec

### Application Form / Formulaire d'adhésion

Veuillez retourner avec votre chèque de 85\$ au nom de APPERO à:  
Please return with your cheque for \$85 made out to QPARSE to:

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

Given name: \_\_\_\_\_ Family name: \_\_\_\_\_  
Prénom: \_\_\_\_\_ Nom de famille: \_\_\_\_\_  
Street: \_\_\_\_\_ Apartment: \_\_\_\_\_  
Rue: \_\_\_\_\_ Appartement: \_\_\_\_\_  
City: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Ville: \_\_\_\_\_ Province: \_\_\_\_\_ Code postal: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Email: \_\_\_\_\_  
Téléphone: \_\_\_\_\_ Courriel: \_\_\_\_\_  
School board at retirement: \_\_\_\_\_  
Commission scolaire à la retraite: \_\_\_\_\_  
Year of retirement: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Année de la retraite: \_\_\_\_\_ Date de naissance: \_\_\_\_\_

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

*Nous sommes une organisation de bénévoles et nous n'avons pas de bureau.  
Pour des informations supplémentaires contacter Terrie Kozaczynski à  
[terriekoz@yahoo.com](mailto:terriekoz@yahoo.com)*

There is also an information pamphlet  
available — contact us at  
[larseretirees@yahoo.com](mailto:larseretirees@yahoo.com)



# 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 holers play every second Monday. 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. With this group you will see the good, the bad and the downright ugly.

We always have room for new members.

Weather permitting, we tend to stay for an adult beverage or two after the round. Our first game of the 18-hole 2022 golf season was May 2nd at Golf Dorval and our last game will be at on Oct. 31st. We played on 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. Last 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 our year is "The Schools Open Open" which will be held at Golf Dorval on August 30th, 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 last season we played most of our games at Le Golf Club's T.M.R. location. 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](mailto:bryden.murray@sympatico.ca) or Mike Kirk at [mcqkirk@gmail.com](mailto:mcqkirk@gmail.com) to have your name added to our contact list.







# Cyclopaths

Cyclopaths is a name chosen a few years ago by this group of recreational cyclists which has been operating since last century, almost since the inception of L'ARSE. We have been operating since the beginning of April, gradually increasing in number of cyclists as the temperatures rise. We welcome new members to this non-competitive activity.

So far this season, the group has averaged around 10 participants, a number that will likely grow as the weather improves over the summer and COVID 19 restrictions ease. However, variations in members' travel vacations usually helps to keep group size reasonable. So far, the largest number of trip participants was about 20.

Tuesdays are the usual days for cycling trips, but we cannot always count on ideal weather every Tuesday of the month. Longer-term weather forecasting has improved over the years; however, surprises have happened. E-mail notifications of forthcoming trips usually appear on a preceding Sunday or Monday, based on these forecasts, distances usually vary from 20 to 50 kilometres, gradually working up to the longer trips over time.

This is not a racing club, there are enough of those around already. Our speeds probably average around 15-18 kilometres per hour, roughly 3 times a brisk walking pace.

Our focus is on exercise in a pleasurable group. Physical distancing is almost a given which makes cycling an ideal option to maintain fitness during this pandemic. The psychological boost from this opportunity for safe socialization has been a welcome additional benefit releasing us from the isolation many of us have been experiencing.

Photos from our previous trips over the years can be seen on the LARSE website.

**To learn more about possibly joining our group, feel free to contact Wayne Clifford at 514-697-8802 or at [cyclopaths1998@gmail.com](mailto:cyclopaths1998@gmail.com).**

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](http://CAAQUEBEC.COM/ELECTRICMOBILITY)**



On May 5<sup>th</sup> at the Atwater Market, the whole Cyclopaths gang was able to sit at one table.

— Photo by Rick Jones

# Cross-Country Skiing

This past winter was challenging for cross-country skiers, partially because of the bitter cold and lack of snow in the early months of winter. Colin Legault invited skiers to join him at the Morgan Arboretum but had no takers. Jim Kyle and I invited people to join us at Bois de Liesse but, unfortunately, also no takers.

Some people reported that they were enjoying the trails at the Beaconsfield Golf course. In any case, cross-country skiing is the type of sport which one has to take advantage of at the drop of excellent ski conditions and a good weather report!

In the upcoming Fall L'ARSE bulletin, people will be asked to indicate via email if they would like to join the group. We will invite skiers once a week to ski locally: Bois de Liesse, Cap St. Jacques, and the Morgan Arboretum. Our group welcomes new members of all skill levels, so please don't hesitate to join us.

I wish you a relaxing and healthy summer and hope to see you on the trails next winter.  
Mary Anne Bindner



# Snowshoeing

**Just like the cross-country skiers, snowshoers struggled with weather this winter. We are a small but enthusiastic group. We usually use trails that are in or near the West Island, mostly local parks - Bois-de-Liesse, Cap St-Jacques, Bois de l'Île Bizard.**

**We are always happy to welcome new members.**

Please send us an email if you would like to join our group:  
[bryden.murray@sympatico.ca](mailto:bryden.murray@sympatico.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 2/3 times a year, outlines the many and diverse activities available through our Association. It also highlights the activities of individual members. Photos & 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: \_\_\_\_\_

