



LarsEncore

BULLETIN 87

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November 4, 2024

The Newsletter of the Association of Retired School Employees

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Luncheons

2024



**Fall/Winter luncheon dates
and locations (11h30 start):**

**Thursday October 31st – Restaurant L'Académie, 6321
Transcanadienne (#40), Pointe-Claire 514-429-4488**

**Friday November 29th -- Le Vieux Four Manago, 3636 boul.
St-Charles, Kirkland 514-428-0100**

**Friday December 13th -- With breakfast beforehand, the
L'ARSE Annual General Meeting (AGM) will be held
at Brasserie Le Manoir, 600 boul. St-Jean. Pointe-
Claire, starting BY EXCEPTION at 10 am, 514-695-
2071**

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**

(Nov 8, Dec 13/AGM, Jan 10, Feb 14) (Spring dates -see the web)

2.

Don't feel like cooking today?

The Pearson School of Culinary Arts operates two shops that are open to the public. For opening hours, check on lbpce.ca/pearson-school-of-culinary-arts-boutiques-psca/

La Boutique: 8310 rue George, LaSalle. Enter by side entrance on Raymond.



The boutique is open for the sale of products from the Pastry Making, Retail Butchery and Professional Cooking programs. They offer freshly-made items at very competitive prices and you will be supporting the efforts of future chefs and butchers. The inventory changes every day depending on what the students are cooking in class.

Pâtisserie Pearson Pointe-Claire Campus:
105 Seigniory, (formerly Seigniory School), Pointe-Claire.
Use the back entrance.

This location specializes in bread, viennoiseries and fine pastries. Items are made each day by the Pointe-Claire campus students. Items vary based on what the students are studying each day and can include cakes, modern entremets, viennoiseries, chocolate and many other tasty treats.



President's Address/ Message de la présidente

To new retirees, I wish a warm welcome to the wonderful adventure that is retirement. I hope that this newsletter will help you discover fun new ways to enrich this new stage of your life.

Harvard has been running an ongoing happiness survey for 85 years. They've found the biggest obstacle to happiness for retirees is not replacing the social connections they enjoyed at work. Those who fare best in retirement, says Harvard, find ways to keep up their social connections.

Making connections at work is relatively easy. You go for coffee or lunch with someone in your department. You share vacation stories. You talk about your kids. But after you retire, it takes a bit more effort. You'll have less in common with your friends from work – and you'll have a different schedule. You're no longer limited to working hours, but they still are.

So, it may be a good idea to expand your circle of friends. Look for areas of common ground with people who are also retired. You could take a class in a subject you enjoy; you'll meet people interested in the same topic. If you volunteer for a cause you believe in, your fellow volunteers may share your commitment.

—Excerpt from an article published by Sun Life

This section of an article published by Sun Life caught my attention. L'ARSE was established many years ago with this very much in mind. We provide so many activities that allow members to socialize through shared interests. Old friendships can be renewed and new friendships formed. Old interests can be rediscovered and new interests developed.

I encourage you to look through the articles submitted by our different interest groups. Should you find something that piques your interest, you will find a warm welcome in any of our groups.

L'ARSE Annual General Meeting (AGM) will be held at Brasserie Le Manoir, 600 boul. St-Jean. Pointe-Claire, starting BY EXCEPTION at 10 am



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.

L'ARSE DUES – NEW PAYMENT METHOD!!

We now have the ability to receive your \$10 dues via **Interac e-Transfer**. When you are in your banking software on-line, the email address to use for your transfer is: larse.membership@gmail.com
(No password is required.)

4. INTEREST GROUPS



Book Club I

The Original Book Club

As usual, our recent reading has included some very different books!

In The Spoon Stealer, Lesley Crowe takes readers from World War I England to 1960's Nova Scotia with a spoon-stealing memoirist who inherits the family farm...and her difficult family, whom she sets out to fix. She arrives like a tornado, getting a lot wrong, but a lot right, too. She's convinced a spoonful of kindness can heal a broken family.

Yellowface, by R.F. Kuang, is a satirical novel criticizing cultural appropriation in the publishing industry. June Hayward, a white woman and struggling author, steals the manuscript of her successful friend. June's editor urges her to publish it under an Asian-sounding name and to take photos that further attempt at racial ambiguity. What ensues after the book becomes a bestseller is utter chaos!

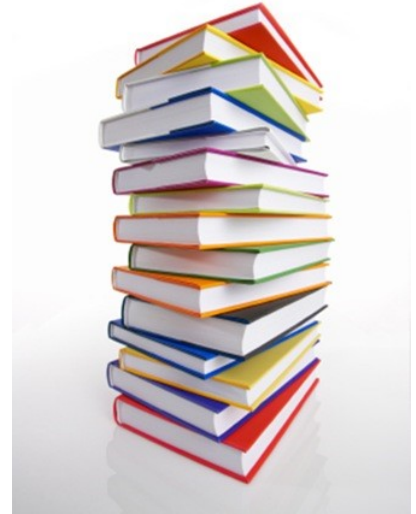
How to Read a Book, by Monica Wood, is a tale of redemption, forgiveness, and starting over. Harriet, a retired English teacher, leads a book club in a women's prison. Violet, an inmate in the prison and a member of the book club, is released and moves into an apartment near Harriet. Harriet's new friend, the handyman at the bookstore, is the husband of the woman Violet killed. These three navigate this complex situation in the most compelling way. Happy reading!

susansomerville8@sympatico.ca

Book Club II

Book Club Two has continued to meet in person on the first Thursday of the month for tea, books and lively conversation.

In the past few months, we had read ***The Women*** by Kristin Hanna - the story of the nurses who were unsung heroes of the Vietnam War. It is a novel about friendship, love, courage and perseverance under the most dire circumstances.



Held, by Anne Michaels, is another story of courage and war. It moves back and forth in time spanning four generations. It was shortlisted for the Booker Prize and the Giller.

The Adversary by Michael Crummey takes place on the Newfoundland shore in the early 19th century. The deft use of setting and characters forces the reader to question just who the adversary is.

Eight Perfect Murders by Peter Swanson is a psychological thriller - the story of a bookseller who finds himself at the center of an FBI investigation because a clever killer has started using his list of fiction's most ingenious murders, making this a most ingenious book.

In 1890 Vincent Van Gogh died penniless but years later his work was exhibited and praised thanks to the efforts of his sister-in-law. ***Mrs. Van Gogh*** by Caroline Cauchi tells the story of how this woman gave the world one of its greatest creative minds.

It has been busy reading time! Hopefully you might find one of these books to your own reading taste.

lesleypasquin@gmail.com



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's Restaurant which is a comfortable and pleasant venue. Usually, 10 to 15 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.

On Thursday, Oct. 17th, we had fascinating presentations on Spain (Mary Anne Bindner and Caroline Woolrich) and Portugal (Bryden Murray and Janice Tessier), while in the past others have described their trips to 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. Normand Limoges (limogesn@sympatico.ca) spoke about the group taking advantage of the EF/Go Ahead Tours upcoming grand tour of Portugal in March 2025.

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 or Daniel Abergel at abergeld@yahoo.com, or Mary Anne Bindner at mabindner2@gmail.com. We hope to be able to organize a meeting later this spring. Hopefully, we can find someone who would like to share their travel experience with us.





Casual Bridge Group

We are back to playing bridge. Slowly, we are becoming familiar once again with the bidding, the conventions, the playing and each other — re-discovering the joy of the game.



Everyone was smiles and laughter as Bryden welcomed us into his home for an afternoon of casual bridge and conversation. He and his wife Jan alternate with Lorraine to host the bridge club every second Wednesday starting at 1:30pm.

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 for more information. pgreevy@hotmail.com



Samba Canasta

The L'ARSE Samba/Canasta group continues to grow with 32 retirees on our group list. We average 12 to 15 players on Wednesday play days. Brunch, before play, draws five to eight attendees. This was our first summer playing throughout July and August. It was a great success.

The Cambridge Residence on Hymus Boulevard in Pointe-Claire, where two of our players live, continues to allow us to play in their Card Room. We are very grateful for their support. In appreciation (as suggested by the Cambridge), we make an annual group donation to the Theresa Dellar Palliative Care Residence in Kirkland.

There is always room for more players. If you are interested, contact Mary Ellen Montague montague61@bell.net;



Wednesday Trivia has MOVED

Trivia Night is a fundraiser for the Mark Bernotas Foundation. This is a monthly event, first Tuesday of the month, now held at Duke & Devine's in Beaurepaire/Beaconsfield. 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.



Tania Kinsella
kinsellatd@gmail.com

Diane Prudhomme
dprudhomme05@gmail.com



GOLF REPORT



9.

The 2024 L'ARSE outdoor golf season should have come to a close...but the beautiful fall weather has us, as of this writing, still out on the links.

It has been, as always, a great summer of golf...except...no holes in one. Janet and Alan...what happened? Every dry Monday, we played 18 holes and every second Monday, 9 holes, one of them a combined 9 & 18 outing at Golf Dorval.

We welcomed several new members this year and hope that this continues to occur.

The annual School's Open Open, originated by Nick Barker, on the first day of classes to celebrate the fact that we didn't have to be there, was again held at Dorval with a dinner there after the game. Many thanks to Mike Kirk, David Hatfield and Bryden Murray for organizing and special thanks to Russ Kelly for getting this thing going yea those many years ago!

Now...we move indoors for winter golf. Our Monday mornings are now spent hitting balls onto screens showing some of the greatest courses in the world and then going out for lunch and bragging about how we slayed those courses! If you are interested in joining us, please contact Mike Kirk at mcqkirk@gmail.com

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 Quebec winters and strike up new friendships.

One of the organizers, Colin Legault, has once again purchased a season pass to the Morgan Arboretum, and he plans to invite people to join him there and some of the public parks when the conditions are favourable.

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.com;

Colin Legault
legaultcj@gmail.com;





Cyclopaths

Our 2024 Cyclopaths season has been much easier with better weather on most Tuesdays this year and a very helpful positive response to the appeal I expressed at the beginning of the 2024 cycling season in April to share in the planning of this season's trips.



I've been part of the initial cycling group since 1997 and a founding member of L' Association of School Board Employees (L'ARSE) since 1996, [the year I retired from Counselling at Beaconsfield High School].

Hanns Wernecke (a former Vanier Professor who initially included a few of his Vanier colleagues along with (then) Lakeshore School Board personnel (now Lester B. Pearson School Board) started the cycling group in 1997. L'ARSE has been going since 1998 when school boards were reorganized in Quebec. I recall attending a meeting of retired or retiring LSB staff members early in my retirement and I jokingly whispered to newly-retired Bruce Munro sitting next to me that we should call the group LARSE for Lakeshore Association of Retired School Employees and Bruce suggested the **L'** to satisfy l'OFL (Office de la Langue Française). Bruce Munro was one of the early members of our cycling group.

Our Cyclopaths group encountered numbers that were lower again this year as interest seemed to dwindle often below 10 participants in the latter part of our season.

The dinner meal organized by Mary Anne Bindner and Carolyn Woolrich to help close out our cycling season was moved up to October 27th as they expect to travel in November. This summer they again offered a trip departing from their Ste. Adèle cottage near the **Le Petit Train du Nord** trail to Ste.

Agathe. This trip, concluding with a BBQ and swim in the lake, has been a highlight for a number of years.

We hope that when we resume our bike trips next April, Tuesday weather will again be an ally.

I'm hopeful that we may be able to run the group by committee again in 2025 if a sub-committee of volunteers is willing to step up and share the responsibilities with me and the others like Colin Legault, Mary Anne Bindner and Carolyn Woolrich. Any new prospective participants can contact me at:



Wayne Clifford

514-697-2492 Cell: 514-627-8802



L'ARSE MEMBERSHIP FORM

Date: _____

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)

E-mail address _____ Phone # _____

Street address _____

Town _____ Postal Code _____

If you wish to include your spouse/partner in your membership, please enter here:

Spouse/Partner name: _____ e-mail: _____

Associate Member

L'ARSE is also open to people who wish to participate in any L'ARSE-sponsored activity.

Name _____ e-mail: _____

* * * * *

L'ARSE annual dues are \$10 per calendar year. (*Members over 80 are exempt from dues.*)

You may pay by **Interac e-transfer** to: larse.membership@gmail.com

OR please mail a **cheque payable to L'ARSE** to our Membership Chair:

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

* * * * *

The **LarsEncore** newsletter, issued 2/3 times a year, outlines the many activities available through our Association. It also highlights the activities of individual members. Photos & Articles from 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: _____

français au verso ... ➔



FORMULAIRE D'ADHÉSION À L'ARSE

Date: _____

Membre régulier(ère)

Tout(e) retraité(e) de tout établissement d'enseignement ainsi que leur conjoint(e) peut devenir membre de L'ARSE (L'Association of Retired School Employees)

Nom du/de la retraité(e) _____ Retraite de _____

(site)

Adresse courriel _____ Téléphone _____

Adresse civique _____

Ville _____ Code postal _____

Si vous souhaitez ajouter votre conjoint(e) à votre adhésion, veuillez inscrire ici:

Nom du/de la conjoint(e): _____ courriel: _____

Membre associé(e)

L'ARSE offre aussi une adhésion à quiconque voudrait participer à une des activités qui sont organisées par L'ARSE.

Nom _____ courriel: _____

* * * * *

La cotisation annuelle est de 10\$. (Les membres qui ont plus de 80 ans sont exempté(e)s)

On peut faire un virement Interac à: larse.membership@gmail.com

OU poster un chèque payable à L'ARSE à notre responsable des adhésions:

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

* * * * *

* Notre bulletin **LarsEncore**, publié 2/3 fois l'an, décrit les nombreuses activités offertes par notre Association. Il souligne également les activités de nos membres. Nous acceptons aussi volontiers photos et articles au sujet des voyages et autres activités de nos membres.

On vous fera parvenir une copie électronique du bulletin, à moins que vous préfériez recevoir une copie par la poste.

Je voudrais recevoir une copie du LarsEncore par Poste Canada: _____

English au verso ...

