



LarsEncore

BULLETIN 88a

WEBSITE: www.larse.ca

May 9, 2025

The Newsletter of l'Association of Retired School Employees

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Luncheons

2025



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

**Friday July 25th -- Restaurant Violet Angel, 150 rue
Sainte-Anne, Ste. Anne de Bellevue 514-457-7957**

**Thursday August 28th -- Scores (indoors), 444 Dorval
Avenue, Dorval 514-636-6060**

**Friday September 26th -- Le Vieux Four Manago, 3636
boul. St-Charles, Kirkland 514-428-0100**

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

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 lunch raffle collected \$464.50 for various charities last year. The Breakfast Club donated \$500 to West Island Community Shares in 2024.



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 13, July 11, August 8, Sept. 12) (Fall dates -see the web site)

LARSENCORE

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2.

And here you are, ready for retirement!

L' A.R.S.E. – l'Association of Retired School Employees welcomes you to this wonderful, challenging time of your life. Our group is composed of retirees that have joined us from teacher ranks, in-school administration, support staff and head office. We organize a wide range of activities such as monthly lunches, golf, book club, cycling, bridge, canasta, skiing, and monthly breakfasts. You will find more information in the attached newsletter. Those of us who enjoy these activities have discovered new interests, made new friends and reconnected with former colleagues and old friends.

We have built new social circles that have helped replace the ones that our workplace once provided.

We encourage you to see what we are all about and what role L'ARSE could play in enhancing your retirement. Our upcoming Wine and Cheese Reception on May 29th can afford you the opportunity to chat with our members and find out more about us.



Et vous voilà, prêt(e)s à la retraite!

L' A.R.S.E. – l' Association of Retired School Employees vous souhaite la bienvenue à cette nouvelle étape, excitante et stimulante, de votre vie. Notre groupe est composé de retraité(e)s qui étaient en enseignement, direction d'école, personnel de soutien, au bureau chef. Nous organisons un éventail d'activités telles qu'un dîner mensuel, golf, cercle de lecture, vélo, bridge, canasta, ski et petits-déjeuners mensuels. Vous trouverez plus de renseignements sur ces activités dans notre bulletin ci-joint. Ceux et celles d'entre nous qui profitent de ces activités ont découvert de nouveaux intérêts, de nouveaux amis et retrouvé des anciens collègues et amis.

Nous avons développé de nouveaux cercles sociaux qui aident à remplacer ceux de notre lieu de travail.

Nous vous encourageons à voir qui nous sommes et comment L'ARSE pourrait enrichir votre retraite. Notre vin et fromage du 29 mai vous donnerait l'occasion de rencontrer de nos membres et en savoir plus.

President's Address/ Message de la présidente

Embracing the Joys of Retirement: A New Chapter for Our Beloved School Board Employees

Congratulations on reaching this remarkable milestone! After years of dedication, patience, and inspiring countless students, retirement opens a wonderful new chapter filled with endless possibilities and well-deserved joy.

One of the greatest joys of retirement is the freedom to reclaim your time. No more lesson plans or grading or administrative tasks-now you can savor leisurely mornings, explore hobbies you've put on hold, or simply enjoy a quiet cup of coffee while watching the sunrise.

Retirement is the perfect opportunity to dive into passions old and new. Whether it's traveling to dream destinations, gardening, painting, writing, or volunteering, the world is your oyster. Your skills and wisdom can continue to shine in exciting, fulfilling ways beyond the classroom. With more time for family and friends, retirement allows you to deepen relationships and create lasting memories. Whether it's playing with grandchildren, reconnecting with old friends, or joining community groups, this season is rich with meaningful connections.

You've touched countless lives and shaped futures in ways that will ripple for generations. Retirement is a time to reflect proudly on your incredible journey and the positive impact you've made as a member of the educational community.

Finally, retirement invites you to focus on your well-being. Embrace activities that nourish your body and soul-be it yoga, hiking, reading, or simply enjoying peaceful moments. This is your time to thrive.

To all our newly-retired teachers: may your retirement be as inspiring and joyful as the classrooms and offices you once led. Here's to new beginnings filled with happiness, discovery, and fulfillment!

Goûter aux joies de la retraite : Un nouveau chapitre pour nos chers employés de l'éducation

Félicitations d'avoir atteint cette étape exceptionnelle! Après tant d'années de dévouement, de patience et d'inspiration auprès de vos élèves, la retraite s'ouvre à vous comme un nouveau chapitre rempli de possibilités et de bonheur bien mérité.

L'un des plus grands plaisirs de la retraite, c'est de retrouver du temps pour soi. Fini les plans de cours et les corrections et les tâches administratives! Vous pouvez maintenant savourer vos matins à votre rythme, redécouvrir des passe-temps laissés de côté ou tout simplement prendre un café tranquille en regardant le soleil se lever.

C'est le moment idéal pour plonger dans vos passions, anciennes ou nouvelles. Que ce soit voyager vers des destinations de rêve, jardiner, peindre, écrire ou faire du bénévolat, tout est possible! Vos talents et votre expérience peuvent continuer à rayonner, bien au-delà de la salle de classe.

Avec plus de temps pour la famille et les amis, la retraite permet de renforcer les liens et de créer de beaux souvenirs. Que ce soit en jouant avec les petits-enfants, en retrouvant de vieux amis ou en vous impliquant dans votre communauté, cette période est riche en moments significatifs.

Vous avez touché le cœur de tant de personnes et influencé des vies pour longtemps. La retraite, c'est aussi le temps de regarder en arrière avec fierté et de célébrer tout ce que vous avez accompli comme membre de la communauté éducative.

Enfin, la retraite vous invite à prendre soin de vous. Profitez-en pour bouger, lire, faire du yoga, marcher en nature ou simplement apprécier le calme. C'est votre moment pour vous épanouir pleinement. À tous nos nouveaux retraités : que cette retraite soit aussi inspirante et joyeuse que les classes et bureaux que vous avez animés. On vous souhaite un nouveau départ rempli de bonheur, de découvertes et de belles surprises!



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.)

Lois Maeder (membership) & Luce Pattison (treasurer)

4. INTEREST GROUPS



Book Club I

The Original Book Club

2025 has begun well for us. We've read four very different but interesting books.

Bear, by Julia Phillips, tells of two sisters on a Pacific Northwest island whose lives are upended by an unexpected visitor. It's a tale of family, obsession, and a mysterious creature in the woods.

Elizabeth Strout's Tell Me Everything is a story about the meaning of life and the meaning of a specific life. These themes are explored through the tale of Bob Burgess, who is an ordinary person and an extraordinary person.

James, by Percival Everett, is a reimagining of The Adventures of Huckleberry Finn but told from the perspective of Huckleberry's friend on his travels, Jim, who is an escaped slave.

A book about sisterhood and the importance of family and community, When the World Fell Silent, by Donna Jones Alward, portrays the profound effects of the Halifax Explosion of 1917, particularly on the lives of two very different women.

Our next book, The Berry Pickers, by Amanda Peters, tells of a four-year-old Mi'kmaq girl who goes missing from the blueberry fields of Maine, sparking a mystery that remains unsolved for nearly fifty years.

If you're a new member of L'ARSE, we'd like to take this opportunity to wish you a long and stimulating retirement! Much as we would like to invite you to join our group, we have no room, as we're currently at the maximum number to encourage discussion. However, L'ARSE can never have too many book clubs! Start your own! Don't worry if you don't know anyone. People who love books soon become friends and enjoy many interesting and informative hours together. I think that the members of our group would agree that it has certainly enriched our retirement.

susanelainesomerville@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 Irish Pub in Beaconsfield which is a comfortable and pleasant venue. Fifteen to seventeen members usually join us for lunch before the presentation. The pub's lunches are good and reasonably-priced, AND they also provide us with facilities to show the slide presentations.



We have had very interesting presentations on China, Arizona, France, Italy, etc... Besides talking about their travel experiences, the presenters also give 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 Daniel Abergel at "abergeld@yahoo.com" or Mary Anne Bindner at "mabindner2@gmail.com"

The next Travel Talk Group Meeting will take place on June 12th at 1h30 at the Duke and Divine Restaurant in Beaconsfield, 479 Beaconsfield Boulevard, Beaconsfield. You are welcome to join us for lunch at 12h00. There will be two presentations: Bob Morrison will present his "Road trip to USA" and Janice Tessier and Bryden Murray their "Trip to Malta". We hope you'll be able to join us for this interesting meeting.

CLUB DES VOYAGEURS

Les membres du Club des Voyageurs se rencontrent deux fois par année, au printemps et à l'automne, à l'occasion d'un lunch suivi d'une présentation sur un voyage fait par l'un de nos membres.

Nous nous rencontrons généralement au restaurant Duke and Devine à Beaconsfield. C'est un endroit agréable. D'habitude, 16 à 18 membres se joignent à nous pour le lunch. Les repas sont bons et les prix raisonnables. Le restaurant nous offre aussi des facilités pour présenter des diapositives.

Nous avons eu de très intéressantes présentations sur la Chine, la France, la Croatie, l'Italie etc. Les membres qui présentent leur voyage nous donnent également des suggestions pratiques qui nous aident si nous désirons faire le même voyage. Nous encourageons tous les membres de L'ARSE, qui ont fait un voyage, de venir le partager avec nous à l'une de nos réunions. Si cela vous intéresse, veuillez, svp, contacter Daniel Abergel à abergeld@yahoo.com ou Mary Anne Bindner à mabindner2@gmail.com

La prochaine réunion du club des voyageurs aura lieu le 12 juin à midi au restaurant Duke and Devine, 479 Boulevard Beaconsfield, Beaconsfield.

Il y aura deux présentations: Bob Morrison parlera de son voyages, en voiture, aux Etats-Unis. Janice Tessier et Bryden Murray parleront de leur voyage à Malte. Nous espérons vous voir, le 12 juin, à l'occasion de ces deux présentations fort intéressantes.

6.



Samba Canasta

The Canasta/Samba group continues to be a popular Wednesday afternoon activity. We have 32 members on our list with 16 to 20 players each game day. After a trial run of playing during July and August, we now happily play year-round.

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.

Samba is an easy game to learn. It has a few challenges but that's the fun part. New players are always welcome. If you are interested, contact:

Mary Ellen Montague — montague61@bell.net



Casual Bridge Group

What do you do when you are no longer working? Why play, of course. And while there are many forms of play, may I suggest one that is both play for the mind and play with friends.

L'ARSE bridge is fun play. It is not competitive. We don't even keep score. We change partners every four hands. The focus is entirely on bidding and making a contract. We learn from each other. Not to say there isn't also lots of chat and laughter.

Join us for a playful afternoon every second Wednesday at 1:30 pm. Contact Pam Greevy for more information pgreevy@hotmail.com. 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!



JOIN US

Throughout our professional lives, we formed meaningful connections while delivering exceptional educational services to the communities of the West Island and Vaudreuil-Soulanges. Now, as retirees, our organization, L'ARSE, continues to foster those bonds by offering a variety of activity groups that cultivate friendships and enrich a vibrant social network for all members.

In addition to engaging in group activities, L'ARSE brings members together through monthly breakfast and luncheon gatherings, as well as events like the annual Wine & Cheese reception and our Annual General Meeting. These moments provide the perfect opportunity to share laughter, exchange family stories, and celebrate life's ongoing journey.

We invite you to join us and be part of this dynamic and supportive community.



Tuesday Trivia Night

Trivia Night is a fundraiser for the Mark Bernotas Water Polo Foundation. This is a monthly event, first Tuesday of the month, held at Duke & Devine's Irish Pub 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
Diane Prudhomme

kinsellatd@gmail.com
dprudhomme05@gmail.com

8.

GOLF REPORT



The Day for golf in L'ARSE is Monday. May through October (into November in a good year) we play outdoors. November through April (March in a really good year) we play indoors.

The summer golf is organized by Mike Kirk and Bryden Murray; Mike does the Winter golf.

During the Summer, there is an 18-hole outing every week. Once a month we have a combined 9-hole & 18-hole day at Golf Dorval and play one other Monday 9-hole game mid-month.

We also have a tradition, started by Nick Barker, of playing on the first day of school classes. We call it the "School's Open Open"! The school calendar for 25-26 is such that this Autumn's edition (for calendar and conflict reasons) will be on Monday September 8. We will play 9 & 18 on that occasion and follow up with a dinner in honor of the fact that the academic year has begun and we don't have to be there!

We have fifty-plus members. Some play every week...others sporadically. We aim to provide opportunity...not to demand commitment! Our skill levels cover the spectrum and we welcome everyone! We have a great time and would love to have you join us!

If you would be interested, please contact Mike Kirk at mcqkirk@gmail.com or Bryden Murray at bryden.murray@sympatico.ca.



Book Club II

Sometimes we
agree on a book

....



Book Club II

Our book club has continued to meet the first Thursday of the month, occasionally on Zoom, but usually in person at the homes of our members.

We finished off the year reading "Irregular Portuguese Verbs" by Alexander McCall-Smith. We changed our format for this meeting by encouraging our members to read any book by this author. We discussed the style, humour, pretensions of the characters, and how many books this author has written (144 !) We enjoyed the books, most of them a light easy read.

"How to Read a Book" by Monica Wood examined the difficulties of leading a book club within a prison. Much to be learned here in a deeply moving novel about second chances. It is a hopeful story about letting go of guilt, and the power of books to change our lives. The author illuminates the decisions that define a life and the kindnesses that make life worth living. We all enjoyed the discussion of these issues that affect each of us.

Our next choice was "Lady Tan's Circle of Women" by Lisa See. This is an historical novel inspired by the true story of a woman physician in 15th century China. In this book we learn a great deal about the codes of conduct, treatment of women and social structures of this fascinating society. The protagonist, Yunxian, is expected to act like a proper wife, embroider bound-foot slippers, recite poetry, give birth to sons, and stay within the walls of the family compound. A book about friendship, and a remarkable physician.

"James", by Percival Everett is the re-telling of Mark Twain's 1884 classic "The Adventures of Huckleberry Finn", from the point of view of Jim, the run-away slave who joins Huck on his journey. Everett reconceives the novel and its world of slavery. We are constantly shown that the stakes for James are life and death. The result is brilliant, and very thought-provoking. Our group had a very animated discussion about this one.

Our latest choice is "The Frozen River" by Ariel Lawhon. A book of historical fiction inspired by Martha Ballard, a midwife who lived in Maine in the period starting around 1789. She kept diaries about her life which become central to the plot of the novel. The book begins with Martha being asked to examine the body of a man found in the frozen Kennebec River. It moves quickly on from there, getting much more complicated as the dead man has been accused of raping a woman several months earlier. Rich character development and a fast-paced plot makes this a very entertaining read.

Our book club is open to new members. Any questions about the group can be directed to bevdaye@sympatico.ca



...sometimes
we don't!



Cyclopaths

The name “Cyclopaths” was chosen decades ago by one of the first groups of L’ARSE Cyclists, and in fact many members wear a safety vest with the name Cyclopaths emblazoned on the back. Since its inception one of the founding fathers of this group, Wayne Clifford, continues to organize and cycle many of the trips.

If you enjoy cycling, discovering new cycling paths and meeting new people, this group is for you. Cyclists of every level (E-bikes included) are invited to join this dynamic group.

The average distance per trip is roughly 20 to 40 km riding at a ‘speed’ of between 15 to 22 km per hour, depending on ability and terrain. The group generally cycles every Tuesday, starting in April and, weather permitting, may continue until October. All outings include pit stops and a box lunch break.

Some of the trips have been: Lachine to Atwater Market, cycling around Ile Perrot, Piedmont to Ste. Adele, and Cornwall to Long Sault.

Every week group members are contacted by e-mail on Sunday to advise the meeting place, time and destination of our Tuesday outings. All interested members then respond to the contact person by email. If you would like to have your name added to the Cyclopath’s List for 2025, please email Colin Legault at legaultcj@gmail.com and include your name and cell number. Hope to see you on the “cycle paths”.

Submitted by: Mary Anne Bindner

We donated

A donation was recently made to West Island Community Shares of \$500 in the name of the L’ARSE Breakfast Club. That brings the total collected since 2014 to just under \$3400.00. Thank you to everyone who contributed during the year and we hope to see you in summer and fall 2025.





Cycling to Atwater
Market from Lachine



The Lachine-Parc
Angrignon Trip, April
16, 2024. ↓





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 préférerez recevoir une copie par la poste.

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

English au verso ...



Soyez des nôtres : L'ARSE souhaite la bienvenue aux nouveaux retraités à notre vin et fromage

jeudi, 29 mai, 2025



16h-18h

**Centre Communautaire Fritz
20477 Lakeshore, Baie d'Urfé**

Autoroute 20, Sortie 42; à gauche sur Morgan, à droite sur Bord-du-lac

Les places sont limitées. RSVP à larse.membership@gmail.com



Time to welcome the newest retirees into a very exciting time of life!

Please join us at the L'A.R.S.E. wine and cheese party

Thursday, May 29th, 2025



4-6 PM

Fritz Farm

20477 Lakeshore, Baie d'Urfé

Autoroute 20, Exit 42; left on Morgan, right on Lakeshore

Space is limited. Please RSVP to larse.membership@gmail.com