



LarsEncore

Newsletter of L'Association of Retired School Employees

May 2026 No. 90

www.larse.ca

From the President/ Message de la présidente

Dear LARSE Members /Chers Membres de LARSE;

Spring has sprung! The Grass is riz - but I wonder where Spring really iz!!!

Je voudrais être capable d' aller jouer au golf ou faire un voyage en bicycle sans mettre un manteau d'hiver. But we can still look forward to all these lovely outings with our friends - soon!!

I am pleased to welcome all members to the many activities you can find at L'ARSE. There is certainly something for everyone. Si non - suggèrez quelque chose et on pourrait essayer de l'inclure.

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If you know of anyone who recently retired or is about to retire, please let them know about all the possible activities they might enjoy. It is mainly by word of mouth that we succeed in finding new members.

Our next gathering is a Wine and Cheese reception open to all members and prospective members - May 28 from 4 - 6 PM at Fritz Farm in Baie d'Urfe. Please let Diane Prudhomme know if you plan to attend. (larse.membership@gmail.com)

Notre prochaine événement serait un réception au vin et fromage - ouvert aux membres et nouveaux membres - le 28 mai de 16:00 à 18:00 à la ferme Fritz à Baie d Urfe. SVP répondre à Diane Prudhomme si vous voulez assister. (larse.membership@gmail.com)

I look forward to crossing paths with many of you over the next few weeks. Enjoy life!! Retirement is wonderful!!

J ai hâte de vous rencontrer prochainement. La retraite est magnifique!!

Jan Langelier, President

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

Jeudi le 28 mai 2026



16h – 18h

Fritz Farm

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**

You know those 50/50 raffles at the luncheons that you never win?

Well, this will make you feel better.....



Here is a list of where the 50/50 donations have gone.

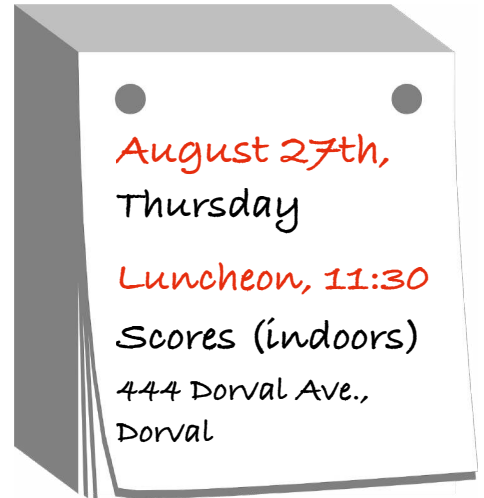
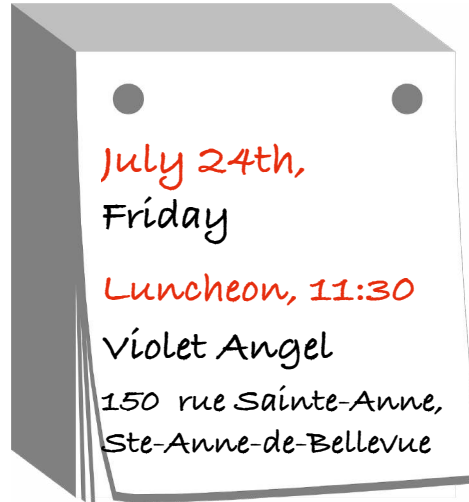
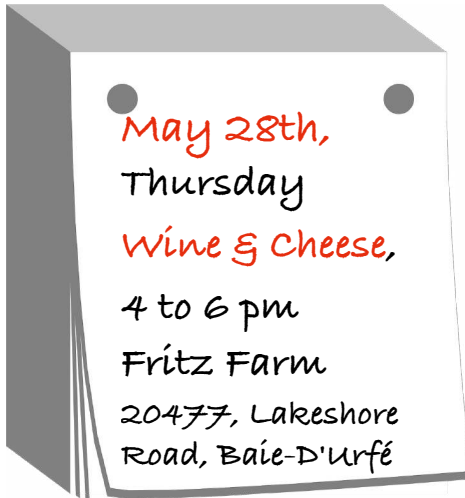
Submitted by Mike Kirk

Animatch
Arthritis West Island Self Help
Because I am a Girl
Canadian Arthritis Society
Canadian Cancer Society
Canadian Diabetes Association
Canadian Marfan Association
Canadian Red Cross (Alberta Relief Fund)
Canadian Red Cross (Quebec Flood relief)
Chez Doris
CHUM Foundation
Diabetes Canada
Doctors Without Borders
Foundation for the Education of Children in Uganda
Generations Foundation Breakfast Fund
Gerdy's Rescue and Adoption
Heart and Stroke Foundation
Holy Family Church (Camp Caritas Jewish General Hospital)
Jewish General Hospital Foundation

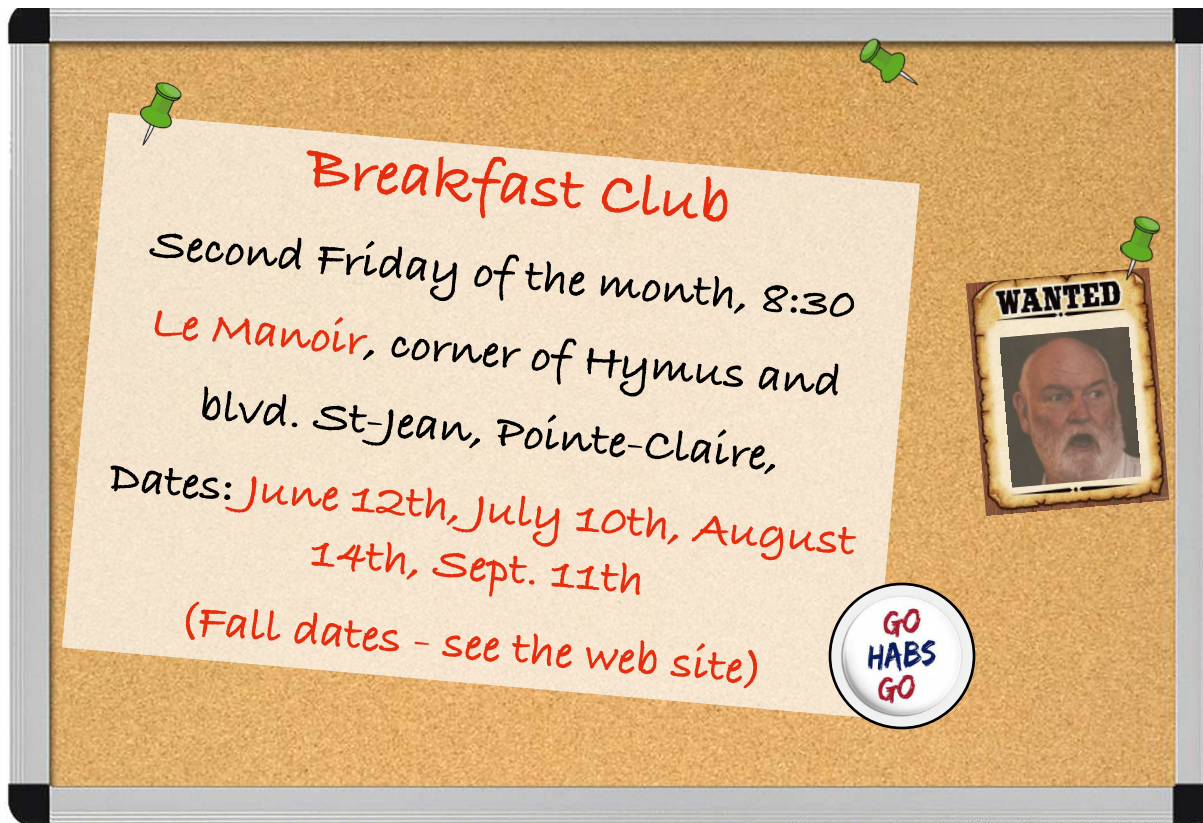
Kurling for Kids
Mark Bernotas Scholarship Foundation
Montreal Children's Hospital Foundation
Montreal City Mission
Montreal Gazette Christmas Fund
Montreal Lakeshore University Women's Club (Scholarship)
Nova West Island
On Rock
Operation Smile Canada
Pearson Educational Foundation
Pearson Educational Foundation (Breakfast Fund)
Pearson Educational Foundation (Snowsuits and Boots Fund)
Quebec Society for Disabled Children S.P.C.A. Share the Warmth
SPCA Montreal
St. Columbia House Lunch Program Ste. Anne's Hospital Foundation
Union Church (Roof repair)
Vaudreuil Soulanges Palliative Care
Welcome Hall Mission
West Island Cancer Wellness Center West Island Community Shares
West Island Multiple Sclerosis Self Help Group
West Island Palliative Care Residence
West Island Women's Shelter
World Vision (Nepal relief)



LARSE CALENDAR



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.





Book Club I

Submitted by Susan Somerville

Our recent reading choices have been varied, including both fiction and non-fiction, contemporary and Victorian, and different genres such as memoir, adventure, and suspense, to name a few.

In *A Walk in the Park*, Kevin Fedarko chronicles his year-long effort to find a 750-mile path along the length of the Grand Canyon. An epic adventure and an action-packed survival story, it kept us on the edge of our seats.

Three Days in June, by Anne Tyler, took us into the domestic realm. A mother reflects on the breakdown of her marriage as she attends her daughter's wedding in a novella that brilliantly depicts family dynamics.

The Thirteenth Tale, by Diane Setterfield, is a gothic suspense novel. A well-known author who has always hidden and lied about her past and who is now approaching death hires a woman to write her biography. While unravelling her past, both women must confront their own ghosts.

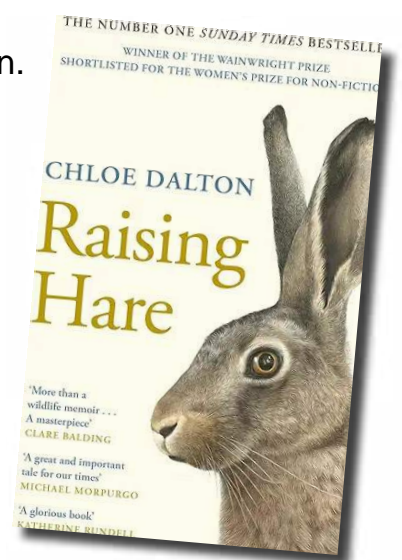
Our second non-fiction choice was *Raising Hare: A Memoir*, by Chloe Dalton. It's a moving meditation on freedom, trust, loss, and our relationship with the natural world, explored through the story of one woman's unlikely friendship with a wild hare.

The Correspondent, by Virginia Evans, was our first-ever epistolary novel. Throughout her life, Sybil has used letters to make sense of the world and her place in it. These letters build a rich portrait of a complicated and conflicted woman who finds in old age the courage to change and grow.

My Friends, by Fredrik Backman, explores friendship, trauma, and art through two intertwined timelines. It centres on a group of troubled teens finding solace on a seaside pier and a young artist investigating the story behind a painting created that summer, 25 years ago.

In May, we look forward to *The Safekeep* by Yail van der Wouden.

Happy reading, everybody, including the soon-to-be new members of LARSE! We welcome you and encourage you to start Book Club #3!





Trekker's World

Submitted by
Daniel Abergel



Les membres du groupe de discussions voyages se réunissent deux fois par an, à l'automne et au printemps, pour un déjeuner et une présentation PowerPoint sur un voyage intéressant fait par l'un de nos membres de LARSE.

Nous nous retrouvons généralement dans la salle à l'étage du restaurant Duke and Devine à Beaconsfield, qui est un endroit confortable et agréable. Habituellement, environ vingt membres de LARSE assistent à notre réunion et une quinzaine d'entre eux nous rejoignent pour le déjeuner avant la présentation au restaurant Duke and Devine. Les repas sont bons et à prix raisonnables. Le restaurant nous offre également des facilités pour la présentation PowerPoint.

Nous avons eu des présentations très intéressantes sur la Chine, l'Arizona, la Croatie, la France, l'Italie, Malte, etc. En plus de parler de leurs expériences de voyage, les intervenants nous donnent aussi des conseils pratiques et des astuces qui sont très utiles si nous décidons de faire les mêmes voyages.

Nous encourageons tous les membres de LARSE qui ont fait un voyage intéressant à le partager à l'une de nos réunions. Merci de nous faire savoir si vous êtes intéressé en contactant Mary Anne Bindner à mabindner2@gmail.com ou Daniel Abergel à abergeld@yahoo.com

Members of the travel talk group meet twice a year, Fall and Spring, for lunch and a power point presentation on an interesting trip taken by one of our LARSE members.

We usually meet in the upstairs room of Duke & Devine's Irish Pub, Beaconsfield, which is a comfortable and pleasant venue.

Usually, approximately twenty LARSE members attend our travel group and fifteen to seventeen members

join us for lunch before the presentation at Duke and Devine's. The lunches are good and reasonably priced. The restaurant also provides us with facilities to show the power point presentation.

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

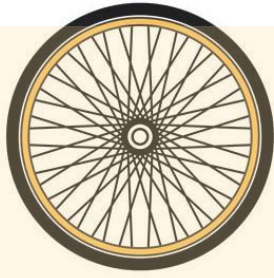
We encourage all LARSE members who have taken an interesting trip to share it at one of our meetings.

Our next meeting will take place June 11th at Duke & Devine's, 12 p.m., 479 Beaconsfield Blvd., Beaconsfield. An invitation will be sent soon.

Please let us know if you are interested by contacting Mary Anne Bindner at mabindner2@gmail.com or Daniel Abergel at abergeld@yahoo.com

All photos of Bali





Cyclopaths

Submitted by Mary
Anne Bindner

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.

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.



First ride of 2026 Ile Bizard

Some of the trips have been
-Lachine to Atwater Market
-cycling around Ile Perrot
-Piedmont to Ste. Adele
-Cornwall to Long Sault.
Every week group members are contacted by email 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 Cyclopaths' list for 2026, please email Colin Legault at: legaultcj@gmail.com and include your name and cell number. Hope to see you on the “cycle paths”



Cyclopath's end-of-year luncheon, 2025

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



Book Club II

Submitted by Bev Daye

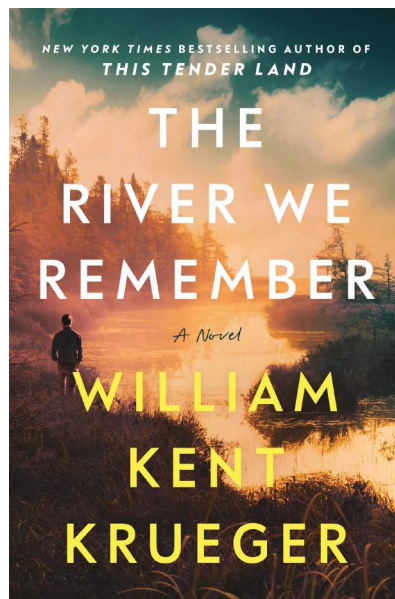
Book Club #2 continues to thrive and grow. We now have thirteen active members, and we continue to meet in our homes. We are very happy to have two new retirees who are amazing readers, and our discussions have definitely benefitted from their extensive knowledge.

The River We Remember by William Kent Krueger introduces us to the Alabaster River which runs through a small town in Minnesota. Everything that happens in this story is connected to the river. The mystery of who killed one of the most powerful men in the town is the theme that binds all the characters. Set in time and place, the themes of prejudice and racism slowly expose themselves alongside the supportive inter-connected residents who do their best to help others. A flowing narrative in a single timeline makes this story an enjoyable and easy read.

Long Island by Colm Toibin is a gentle story that questions the relationships in our lives. Does marital infidelity mean the end of a marriage? Does our concern for our children take precedence over everything else? How does it feel to live in a small village in Ireland or on a crescent in Long Island where everyone knows intimate details about everyone else? How do you deal with knowing what you should not do, but be

driven to do it?

You will have to read this book to find out.

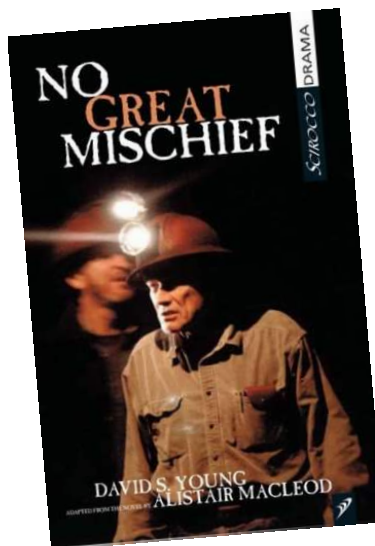


Pachinko by Min Jin Lee is a historical saga that follows a Korean immigrant family in Japan as they face discrimination, poverty and an identity crisis that covers the years from 1910 to 1989. The story focuses on resilience, quiet courage, and cultural resignation. The title refers to the slot-machine-like game, a prominent industry for Korean immigrants in Japan who were excluded from traditional employment. A poignant novel with some violent images. "In Tokyo, it was possible to buy a girl for a bottle of French perfume

or a pair of shoes from Italy". "And yet we played on, because we had hope that we might be the lucky ones. Pachinko was a foolish game, but life was not".

Isola by Allegra Goodman is a sweeping historical novel inspired by the true story of Marguerite de la Rocque, a 16th century French noblewoman whose life is upended by betrayal, exile, and an extraordinary struggle for survival. Marguerite is at the mercy of her cousin, also her guardian, who forces her to accompany him on an expedition to New France. Through her trials she questions her father, her identity, and the societal structures that have defined her life. A beautifully written adventure.

No Great Mischief by Alistair MacLeod is a wonderful story that examines family, loyalty and exile. A historical look at the patriarch and the family who left the Scottish Highlands in 1779 and established a home on Cape Breton Island. It begins with a harsh life in Canada, picking in the fields, working underground in a mine, where there is a brilliant exploration of different cultural groups, their attitudes, aptitudes, outlooks and what defines them. It



then follows the lives of the next generation, some of whom become educated and move to the top of their profession in the city. A powerful novel where characters are "harrowed and envious of all the sorrow and ravenous love demanded by the MacDonald family bloodlines".

Our Spring choice is *The Briar Club* by Kate Quinn. A light and easy read with recipes included. Looking forward to the discussion of the book. (But, really looking forward to seeing our friends).





LARSE Golf

Submitted by Mike Kirk & Bryden Murray

The LARSE golf season began on Monday May 4th at Golf Dorval with 5 groups for 18 holes and 3 groups for 9 holes. We dodged early rain and finished in glorious sunshine and warmth and were even able to share company over a cool beverage on the Club's outdoor balcony!

We play 18 hole golf every Monday and 9 holes every second Monday. We play a variety of courses.

We also have a special event which corresponds with the beginning of the new school year. This event was initiated by Nick Barker upon his retirement. He and his buddy, Ken, played on a course close enough to a school that they could hear the opening day bell as they teed off... a celebration of the fact that they didn't have to be there! LARSE picked up the tradition, except for the location, and our event is now called The School's Open Open.

If you are interested in joining us we'd love to have you!

Mike Kirk mcqkirk@gmail.com

Bryden Murray brydenmurray50@gmail.com

BRIDGE OR POKER?



Top dogs play poker... retired school board employees play bridge.

Join us every second Wednesday afternoon for a few hands of casual bridge and lots of good conversation. A familiarity with bridge is appreciated but not necessary. Contact Pam Greevy for more information (pgreevy@hotmail.com).



Submitted by Louise Chalmers

Samba/Canasta



The LARSE Samba/Canasta group has a player list of 23 and we continue to welcome new members. We meet bi-weekly in the card room of The Cambridge Residence on Hymus Blvd. in Pointe-Claire. In appreciation (as suggested by the Cambridge) we make an annual group donation to the Teresa Dellar Palliative Care Residence. We are able to play at the Cambridge because two LARSE Samba players are residents.

We alternate Wednesday play days with the Bridge group and attract 16 to 20 players each time. Eight to ten of us meet earlier for Brunch to enjoy a full afternoon together.

Samba is an easy game to learn. If interested in playing with us contact Mary Ellen Montague at [<montague61@bell.net>](mailto:montague61@bell.net).

Submitted by Mary Ellen Montague



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.)

Diane Prudhomme (membership) & Luce Pattison

Our donation for 2025 to West Island Community Shares from the LARSE Breakfast Club is \$700.00. This money is collected from the generosity of those attending breakfast every month. This donation will be matched by the Tenaquip Foundation for a total of \$1400.00. Congratulations to all our breakfast club members. That makes the total donation since 2014 \$4083.00. The lunch 50/50 has donated to different causes \$5997.00 since 2013.

LARSE Personnel

- President: Jan Langelier
- Vice President: Augusta Aalders
- Treasurer: Luce Pattison
- Secretary: Bill Stockwell
- Membership: Diane Prudhomme
- Newsletter Editors: Bill Stockwell & Nick Barker

LARSE email: larse.membership@gmail.com



Do you want to join LARSE?



Ed. note:
Either Jean is happy because she's just won a bridge rubber, or I want to know what's in that glass.....



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:

Diane Prudhomme, 167 Ave Douglas-Shand, Pointe Claire, QC H9R 2E2



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:

Diane Prudhomme, 167 Ave Douglas-Shand, Pointe Claire, QC H9R 2E2