L'arsEncore

Newsletter of L'Association of Retired School Employees
September 2026 No. 91 ***www.larse.ca***

From the President/ Message de la présidente



Hello all. I hope you have enjoyed your summer and are gearing up for a great Fall season.

Bonjour tout le monde. J'espère que vous avez eu un été plein de joie et que l'automne serait aussi rempli d'activité.

I always feel like September is the "new year" for me. I guess that is a fallback to my teaching years. So, my "new year" will be filled with plenty of activities such as book club and more golf. There are many other activities to choose from, and I encourage you to check out the reports from our group leaders in the LarsEncore newsletter and maybe choose something new to try. Speaking of group leaders, I would like to thank them all for making their activity successful and fun for us all.

(cont. on next page)

On va continuer à se rencontrer pour des petits déjeuners (2ième vendredi du mois) et les diners (dernier jeudi ou vendredi du mois). Des courriels seront envoyés annonçant ces évènements. Alors restez vigilants et envoyez les réponses comme indiqués.

We will soon be preparing for our Annual General Meeting to be held at the November luncheon. At this meeting we elect the Executive members who are responsible for running this organization. You will see an announcement looking for possible nominations to these positions and I encourage you to consider joining us. These positions include President, Vice President, Secretary, Treasurer and Membership Chairperson. These elected members are responsible to name others to join the larger group as working members of the Executive. So, if you are interested in being one of those members, please indicate your interest to the Nominating Committee.

At this year's AGM we will be presenting a notice of motion asking for the annual fee to be increased to $20.00 per year. This would be discussed at this year's AGM but would only be voted on at next year's AGM. The reason for this increase is that our membership has not been growing very much over the past few years and the cost of providing activities and special get togethers has been increasing.

The Agenda for the AGM will be sent out separately in the next few weeks.

Alors, je vous souhaite une automne agréable et j'espère vous voir lors de nos activités et a notre Assemblée Générale Annuelle.

Jan Langelier, President

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L'ARSE has a new website - check it out! Same address:
www.larse.ca

L'ARSE News

The Breakfast Loonie has donated **$4507.00** to West Island Community Shares since 2014.

The Lunch 50/50 draw has donated **$6166.50** to various charities chosen by the lucky member, since 2013.



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 CaritasJewish 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 ChildrenS.P.C.A.Share the Warmth
SPCA Montreal
St. Columbia House Lunch ProgramSte. Anne's Hospital Foundation
Union Church (Roof repair)
Vaudreuil Soulanges Palliative Care
Welcome Hall Mission
West Island Cancer Wellness CenterWest Island Community Shares
West Island Multiple Sclerosis Self Help Group
West Island Palliative Care Residence
West Island Women's Shelter
World Vision (Nepal relief)



L'ARSE CALENDAR

September 25th,
Friday

Luncheon, 11:30
Scarolie's Emporium
950 Blvd. St.-Jean,
Pointe-Claire

October 29th,
Thursday

Luncheon, 11:30
Moe's Bar & Grill
940 Blvd. St.-Jean,
Pointe-Claire

November 27th,
Friday

Luncheon, 11:30
Baton Rouge
6321 Trans-Canada,
Pointe-Claire

Take note! The AGM will take place at the Baton Rouge luncheon, Friday, November 27th

Don't forget the 50/50 RAFFLE at lunch. Half goes to you if you win, and the second winner gives the other half to the charity of their choice.

Breakfast Club

Second Friday of the month, 8:30
Le Manoir, corner of Hymus and blvd. St-Jean, Pointe-Claire,
Dates:
Oct 9th, Nov 13th, Dec 11th,
Jan 8th, Feb 12th
See website for spring dates



Book Club I

Submitted by Susan Somerville

The following offers a glimpse of what we've recently been reading.

The Safekeep, by Gail van der Wouden, is set in the Netherlands, where World War II trauma still lingers under conservative social attitudes. Misanthropic protagonist Isobel lives alone in her childhood home until her elder brother's vivacious girlfriend, Eva, arrives for a month-long stay. Isobel's initial suspicion and contempt transform into a clandestine, sexual relationship which forces Isobel to confront the Netherland's role in the Holocaust and her family's silence. An unusual and engaging debut novel!



Eleanor Oliphant is Completely Fine, by Gail Honeyman, is also a debut novel. The story centres on a social misfit with a traumatic past who becomes enamoured with a singer, whom she believes she's destined to be with. The novel deals with themes of isolation and loneliness and depicts Eleanor's transformational journey towards a fuller understanding of herself and of life. This book sounds sad, but it's also laced with humor.

Sally Hepworth's *Mad Mabel* is a domestic thriller and mystery novel about an 81-year-old woman hiding a notorious past as Australia's youngest convicted murderer. The story uses a dual timeline to alternate between the present-day investigation of her after the murder of one of her neighbours, and her childhood in the 1950s, exploring whether she was truly a cold-hearted murderer or just a misunderstood child. An added bonus for the reader is the description of the growing bond between the elderly woman and a precocious 8-year-old girl.

In October, thanks to the initiative of Marilyn Pound, we're looking forward to an author visit! Sarah Emsley will be joining us to discuss her book titled *The Austens: A Novel*, an event which will no doubt prove to be the highlight of our year.

At the moment we have no further plans, but we'll bring you

-up -o-date in the future. Happy reading!



Trekker's World

Submitted by
Daniel Abergel



Members of the travel talk group met once this year in the Spring. We met in the upstairs room of the Duke and Devine Restaurant in Beaconsfield for lunch, followed by a power point presentation given by some of our L'ARSE members. Approximately 20 people were in attendance.

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

This past Spring, Jacqueline Wall spoke of her long stay in Bali and Mary Anne Bindner and Caroline Woolrich presented their organized trip to Japan with Wingbuddy Tours.

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 Mary Anne Bindner at *mabindner2@gmail.com* or Daniel Abergel at *abergeld@yahoo.com*.

Our next meeting will be in the Spring of 2027. Happy travels!

Les membres du groupe de discussions de voyage se réunissent deux fois par an, à l'automne et au printemps, pour une présentation Power Point sur un voyage fait par l'un des membres de L'arse.

Nous nous retrouvons généralement dans la salle du haut du restaurant Duke and Divine à Beaconsfield qui est un endroit confortable et agréable. Habituellement, environ vingt membres de Larse assistant à notre réunion et une quinzaine d'entre eux se joignent à nous pour le lunch avant la présentation. Le restaurant nous offre également des facilités pour la présentation Power Point.

Nous avons eu de très intéressantes présentations sur la Chine, l'Arizona. La Croatie, la France, l'Italie, Malte etc... Les intervenants nous donnent aussi des conseils pratiques qui sont très utiles si nous décidons d'entreprendre les mêmes voyages.

Au printemps dernier, Jacqueline Wall a présenté son voyage à Bali et Mary Anne Bindner et Caroline Woolrich ont présenté leur voyage au Japon qui a été organisé par les Tours Wingbuddy.

Nous encourageons tous les membres de Larse qui ont fait un voyage à le partager à l'une de nos réunions.

Merci de nous faire savoir si vous êtes intéressé en contactant Maty Anne Bindner à *mabindner2@gmail.com* ou Daniel Abergel à *abergeld@yahoo.com*

La prochaine réunion aura lieu au printemps 2027. D'ici là, nous vous souhaitons de faire d'agréables voyages.

Not your average Wine and Cheese....

delicious pics from the L'ARSE get-together.





Cyclopaths

Submitted by Colin Legault

Greetings,
The Cyclopaths cycling group had a very productive season. In the recent past Tuesdays have been notoriously rainy. However, this year despite our wet summer, we had over 20 trips that were weather-friendly. We averaged about 40 km per trip, but we always start off the season with shorter ‘warm-up’ treks.

Our trip from Pte. Fortune to Lachute inspired 20 cyclists to get out and spin those wheels. Our trips do vary in both time and distance. We travel about the island of Montreal, the south shore, into the Laurentians and west as far as Cornwall. Our trips usually begin in the mid-morning and end in the mid-afternoon. Tuesday is our preferred day, but we do cycle on other days, if the Tuesday trip is cancelled.



I have included a number of photos (more on the next page) taken during our many outings. I hope that they will inspire other L’ARSE members to join us on as many Tuesday mornings as possible. We always start off slowly and we take breaks along the way. We always pause for lunch, as we believe socializing is as important as exercise. More and more of us are choosing to use ‘electrically-assisted’ bicycles which makes the outings a little easier, especially as we age.

If you are considering joining us next year, please send an email to *legaultcj@gmail.com* and I will send you an invitation via Google Groups. All you need to do is accept the invitation and you will then receive the trip details when they are posted. Please check your Spam or Junk folders if your request is not answered.







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! Form a team or join with the vets on site. The price is $10.00 for entry and includes door prizes and one (1) raffle ticket. Extra raffle tickets can be purchased for $1.00 each. The event begins around 6 pm.

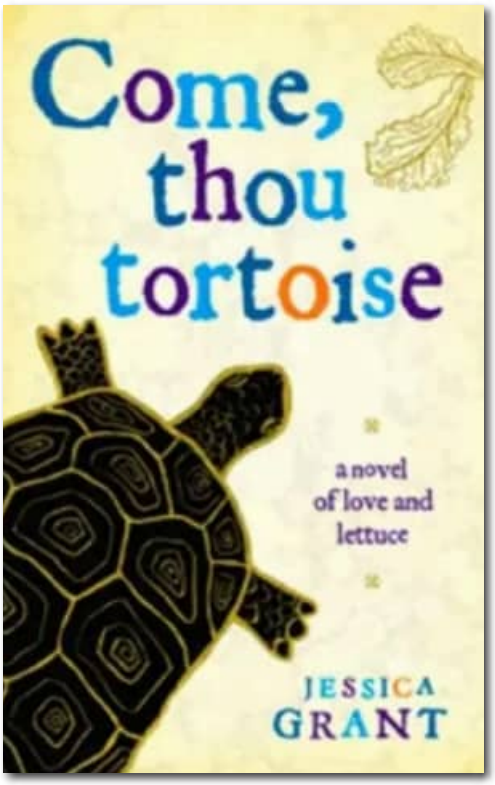
Tania Kinsella *kinsellatd@gmail.com*

Diane Prudhomme *dprudhomme05@gmail.com*

Book Club 2

Submitted by Bev Daye

Book Club Number Two continues to meet in person on the first Thursday of the month. It's one of the best activities of the month **:)**.



The Correspondent, by Virginia Evans, is an introspective novel in which the main character, Sybil van Antwerp, explores, through letters, the issues that have always been important in her life. She is retired from a successful career as a lawyer, is divorced, and does not have a close relationship with her adult children. We slowly learn about the tragedy in her life with which every parent can identify. The letters become her way of making peace with others and with herself. As one reviewer says, this is "a book that is heartfelt, reflective, and beautifully human".

Wild Dark Shore, by Charlotte McConaghey, is a very powerful, and indeed dark, novel about the effects of climate change. In the book, a seed library has been established to start a new world once this one has been destroyed. However, the island is flooding faster than the seeds can be saved. The characters (all of them unique and compelling) struggle to find the strength to accomplish this task, as well as deal with their history, and figure out their complicated relationships. An exploration of the meaning of being a parent and a human being. An exceptional novel, dark, but beautifully written.

Come Thou Tortoise, written by Jessica Grant, is a comic novel with two main characters. One named Audrey (a.k.a. Oddly), who is a classic naive and unreliable narrator, and the other, a sardonic and wry talking tortoise. A quirky, charming and heartwarming story that explores life and the grief that it brings as Audrey tries to come to terms with her father's death. Most of the members of our book club loved this novel. The author had me as Audrey explains "I have understood that planes are magic and one thing that keeps them afloat is belief in the magic and another is the web of goodwill among passengers. A plane with its passengers divided against themselves will crash". If you like whimsy, word play, and not much punctuation, you will love this book.

L'ARSE Golf

Submitted by Mike Kirk & Bryden Murray



As L'ARSE outdoor golf nears an end, Mike Kirk and I are happy to report another successful season! We have played every non-rained-out Monday since the Spring. Oops...make that a very successful half season!

As always we set up an 18-hole outing every Monday at a variety of courses, a 9-hole and an 18-hole day at Golf Dorval once a month, one other 9-hole game per month and a special 9-hole and 18-hole event which we call The "School's Open Open" which is also at Dorval and celebrates the fact that we don't have to be at school! In the winter months, Mike also organizes weekly indoor games. As with the outdoor events, we generally gather for a post-game social event.

Our members have a wide range of abilities and everyone is welcomed! Our goal is to provide opportunity, not to require commitment. If you might be interested in joining us, please contact Mike Kirk at *mcqkirk@gmail.com* or Bryden Murray at *brydenmurray50@gmail.com*

Bridge Club



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.

We usually play at Lorraine's who is pictured here making a trick and, knowing her, a contract.

Draped over the chair in the background is a blanket hand-crocheted by Lorraine.

She has made 265 blankets over the years. Many bridge players bring her their extra wool. Pat, looking very serious, takes them to Bread and Beyond.

We are not just bridge players!

Contact Pam Greevy pgreevy@hotmail.com for more information.



Samba/Canasta

The L'ARSE Samba/Canasta group meets every second Wednesday in the Lounge at the Cambridge Residence on Hymus Blvd. in Pointe Claire. In appreciation for the use of their newly-renovated space, we make an annual donation to the Teresa Dellar Palliative Care Residence.

We alternate Wednesdays with the Bridge group, and attract anywhere from 12 to 24 players. Some also meet earlier for Brunch at a local restaurant.

Samba is an easy game to learn, and we are a friendly group who will gladly teach new members how to play. If interested in joining us, please contact Mary Ellen Montague at montague61@bell.net.

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 (Treasurer)

L'ARSE Personnel

President: Jan Langelier

Vice President: Augusta Aalders

Treasurer: Luce Pattison

Secretary: Bill Stockwell

Membership: Diane Prudhomme

Newsletter Editors: Nick Barker & Jill Butler

L'ARSE email: *larse.membership@gmail.com*



Do you want to join L'ARSE?

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