



# LarsEncore

Jan, 2015

The Newsletter of the Association of Retired School Employees

## BULLETIN 61

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## LUNCHEONS 2015

On the following Fridays at 11:30am:

**February 27 @ Elixor:** 3237 Boulevard des Sources Dollard-des-Ormeaux, QC H9B 1Z6

**March 27 @ Madison's:** 3000 Rue Jean-Yves, Kirkland - at The Colisee

**April 24 @ L'Academie:** 6321 Transcanada Hwy, Pointe Claire

**May 29 - The Pioneer:** 286 Lakeshore Rd, Pointe-Claire

**June 5<sup>th</sup> @ Vivaldi:** 13071, ouest boul. Gouin Pierrefonds

### BREAKFAST

IS ON THE SECOND FRIDAY OF THE MONTH!

**February 13**

**March 13**

**April 10**

**May 8**

The Manoir is on the corner of Hymus and Boul. St.-Jean in Pointe-Claire.

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**website: [www.larse.ca](http://www.larse.ca)** CANNOT BE  
ACCESSED THROUGH GOOGLE

**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!**

# President's Address/ Message du président

Bonne Année à toutes et à tous!! Je vous souhaite bonheur et santé pour l'an 2015. Best wishes to one and all for a wonderful, exciting New Year. I hope we all find many activities and occupations to make our retirement fulfilling!!

As I write this message it is a bright, sunny but very cold morning and I have opted to hibernate rather than head out into the cold. However, there are some of our members who continue to actively brave the weather to participate in activities such as cross country skiing or golf (OH yah!! Indoor!!)

Ce que je veux dire, c'est qu'on est libre de choisir ce qu'on veut sans l'obligation d'un emploi qui nous tenait à un horaire précis – c'est ça la retraite!

At the Annual General Meeting of the Association held on November 29, 2014, a new Membership Policy was adopted. It is now officially in operation and I would encourage you to check it out on the LARSE web site.

Notre nouvelle politique d'adhésion est maintenant en vigueur et je vous invite à la consulter sur notre site web.

As a result of the adoption of the policy, group leaders will be asking members of their respective interest groups to be aware that priority will be given to members and associate members of LARSE to participate in activities if there is limited space in the activity. Tout le monde qui participe maintenant à une activité organisée par LARSE est invité à payer une cotisation annuelle de \$10.00 afin d'assurer leur priorité de participation à une activité qui pourrait avoir un grand nombre de participants.

Another advantage to being a member or associate member is having access to the information available in the newsletter and on the web site and having the opportunity to join LARSE members in other activities and outings. If anyone has a question or a concern about this new policy, please contact me or any other member of the Executive and we will be glad to discuss it with you.

Another part of the policy makes it possible for our more senior members (over 80 or more than 20 years a member) to be granted an Honourary Life Membership allowing them to continue to benefit from LARSE membership free of charge. If you are in this category and would like to be given this Honourary membership, please contact Lois Alves who is our new Membership coordinator.

At the Annual meeting in November, the following slate of officers was elected:

- President: Jan Langelier
- Vice President: Mary Anne Bindner
- Secretary: Tania Kinsella
- Treasurer: Robin Narsted
- Past president: Bryden Murray
- 

The following people have agreed to be on the Executive as well:

- Lois Alves: Membership Coordinator
- Tricia Roet: Newsletter Editor
- Pam Greevy: Interest groups coordinator and Associate Editor of the newsletter
- Mike Kirk: Golf group and organizer of charitable donations
- Linda Gannon: Lunch and Breakfast reservations coordinator
- Russ Kelly: Computer group leader, golf organizer and breakfast organizer

- Janice Tessier-Murray: Associate Editor of Newsletter
- Patrick Clarke: Special events organizer
- Wayne Clifford: Bicycling group leader, Senior advisor
- Mickey Wernecke: Travel group leader and Senior advisor
- Daniel Abergel: Travel group leader, nominations and Senior advisor
- Maureen Howlett: Assistant in Membership and Senior advisor
- 

3.

Comme vous pouvez le voir, il y a plusieurs de vos collègues qui offrent de leur temps et effort à l'Executif de LARSE afin de planifier des activités intéressantes et amusantes Je voudrais les remercier toutes et tous de leur dévouement.

If you have any questions or suggestions about things we can improve upon or new activities that you would like to see, please do not hesitate to speak to any one of the above or send us an email with your thoughts.

Please check out the many and varied activities being offered by reading the Newsletter or visiting our web site [www.larse.ca](http://www.larse.ca). Hopefully you will find something to interest you and that you will join us as we celebrate retirement together.

Included in this Newsletter are some advertisements of up-coming events being organized by QPARSE (Quebec Association of Retired School Educators) and to which LARSE members are invited. We are sharing these events with our members as a way of opening up more lines of communication between like-minded organizations.

I look forward to meeting many of you at luncheons or breakfasts or at activities and special events that are being planned for this year. Je pense qu'on a un programme chargé de possibilités pour bien vivre notre retraite.

Jan Langelier, President

## **Cardiometabolic Disease and Lifestyle Presentation**

Speakers: Dr. Colin Rose and  
Sandra Cohen-Rose

**Thursday, February 12<sup>th</sup> 11:00 am**

At the Head offices of the English Montreal School Board  
6000 Fielding Ave. N.D.G

Cardiometabolic risk refers to the chances we have of getting diabetes, heart disease or stroke. Knowing how to decrease our cardiometabolic risk can help us to live a longer and healthier life. The good news is that there are lifestyle changes that can help to reduce this risk. They include: quitting smoking, losing weight, eating a healthy diet and, of course, exercise.

A combination of lifestyle changes and medical interventions can help even more. This is especially true if we have high blood pressure, high blood sugar or high cholesterol.

**February is Heart Health Month** and on Thursday, February 12th, 2015 we'll be privileged to have two guest speakers: **Dr. Colin Rose**, cardiologist and Associate Professor at McGill University and **Sandra Cohen-Rose**, economist and nutritionist. The PowerPoint presentation on **Cardiometabolic Disease and Lifestyle** will be most informative. Did you know that cardiometabolic diseases such as heart attacks, strokes and diabetes cost our health system \$40 billion annually and are 95% preventable? Plan on being present for this important workshop.

# Bulletin Board



## RAFFLE WINNERS

**November 2014** 50/50 Draw: Al MacMillan won \$101.50. Barry O'Brien donated his \$101.50 to The Generations Foundation (Breakfast Fund).

**October 2014** 50/50 Draw: Tricia Roet won \$77.50; Jan Langelier donated her \$77.50 to West Island Cancer Wellness Center

The last donation to West Island Community Shares in the name of the L'ARSE Breakfast Group was recently made. The amount was \$185.00 for a total of \$320.00 for the year 2014. Congratulations and thank you to all breakfast attendees who have helped make this happen. Mike

## RIVERDALE'S FIFTIETH REUNION

Riverdale High School will be celebrating its 50th Anniversary this year, and to celebrate, a reunion is being held on May 15, 16 and 17, 2015. The organizing committee wishes to contact former students and staff members to invite them, and to have them join in the various events, as well as to register. If you know of a Riverdale grad or former staff member, please pass this along. You can visit us on Facebook or check out our website at [www.riverdale50reunion.com](http://www.riverdale50reunion.com). If you need more information, or would like to help out, please contact Norm Horner at [normhorner@sympatico.ca](mailto:normhorner@sympatico.ca).

## Cabane à sucre Wednesday, March 11, 2015

Join us for our indoor winter event in St-Eustache.

And treat yourself to a classic meal.

Lots of entertainment and dancing.

Cost (including bus, lunch, tax & tip): Members \$35.00 Non-members \$40.00

- Departure: EMSB, 6000 Fielding Avenue, NDG 09:45 A.M.
- Fairview Shopping Centre (East of La Baie) 10:15 A.M.
- Arrival: St-Eustache 11:00 A.M.
- Return: St-Eustache 02:30 P.M.
- Arrival: Fairview 03:30 P.M.
- EMSB 04:15 P.M.

Please bring a friend and confirm your attendance with:

Erene Anthony at (514-626-8002) or Ken Cooke at (514-484-9118)

# INTEREST GROUPS

Interest Groups Editor: Pam Greevy [pgreevy@hotmail.com](mailto:pgreevy@hotmail.com)



## Book Club I

The Original Book Club

Our first meeting of the New Year will be on Tuesday, January 27, in the lounge of Cedar Park United Church at 1:30pm. We will be discussing **Adult Onset, by Ann-Marie MacDonald**, whom many of us had the pleasure of meeting at Pointe Claire City Hall in December. The narrator of this novel is a woman who in midlife settled down with a new partner and promptly had two children. She decided she'd also become a stay-at-home mother, putting her career as a novelist on hold. By the time we encounter her, when the children are five and two, she's unravelling like an old sweater.

February's selection is **Us Conductors, by Sean Michaels**, winner of the 2014 Scotiabank Giller Prize. This book tells the fictionalized story of Lev Sergeyevich Termen, the Russian scientist whose most notable invention was the theremin, the ethereal musical instrument that is played without touch. A talented man, Mr. Michaels is also the co-founder of the popular music blog Said the Gramophone.

We have a number of selections under consideration for March, April, & May, but we haven't yet made the final decisions. We'll keep you posted when we do!  
Susan Somerville ([susansomerville8@sympatico.ca](mailto:susansomerville8@sympatico.ca), 514-697-9709)

## Cross-Country Skiing

Sadly, I have nothing to report. As of January 5, 2015 we have not been out skiing. The crazy winter weather we have been having lately in Eastern Canada has delayed the beginning of XC skiing season. All of the snow that we received before Christmas more or less disappeared and then we were hit with freezing rain and ice. So, who knows when we will have enough decent snow to risk going out. But, should you be interested in joining this group, you may contact me at [legaultcj@yahoo.ca](mailto:legaultcj@yahoo.ca)  
Cheers, Colin



An English professor wrote the words, "A woman without her man is nothing" on the chalkboard, and asked his students to punctuate it correctly.

All the male students in the class wrote: "A woman, without her man, is nothing."

All the female students in the class wrote: "A woman: without her, man is nothing."

**Punctuation is powerful.**

## Book Club II

6.

***The Zoo Keeper's Wife: A War Story*** by **Diane Ackerman**, resulted in a wonderful discussion led by Evelyn Howard. Evelyn had been invited to Yad Vashem in Israel to explore the Holocaust and design programs to teach kids. She returned later to train teachers, so she had a wealth of knowledge to share and we had an excellent discussion.

We had a very lengthy exploration of ***Gone Girl*** by **Gillian Flynn**, which was loved or hated by members of the group. This was followed by a comedy from our good friend **Terri Fallis, *No Relation***. We spent little time on our book which was enjoyed by all as we were engaged in our role playing Christmas dinner party at Jan Langelier's. Jan choose a character for each of us to be and we researched the person and were prepared to answer questions and to act out elements of our characters. Unfortunately, we had a hotshot in our midst who guessed the majority quite quickly. However a great time was had by all.

***The Girl Who Was Saturday Night*** by **Heather O'Neill** was another of those books that some really enjoyed and others did not. It forced us to examine the world we lived through and the strategy of the author in conveying the events and the two cultural groups in Quebec.

Up next we have ***Us Conductors*** by **Sean Michaels**, which as the other group has already acknowledged is the winner of the 2014 Scotiabank Giller Prize. It might be interesting to have a shared meeting about this book.

***The Boston Girl*** by Anita Diamant is about an 85 year old Addie telling her coming of age story in NY City starting in 1915. It explores the complexities of arriving as an immigrant at age 15, and learning to respect her roots but at the same time adapting to the life around her.

We meet on the first Thursday of the month at 1:30, at various members' houses. If you would like to join us please contact Tricia Roet at:

[troet@ymail.com](mailto:troet@ymail.com)



## TAMPONS

Two young boys walked into a pharmacy one day, picked out a box of tampons and proceeded to the checkout counter. The pharmacist at the counter asked the older boy, "Son, how old are you?"

'Eight', the boy replied. The man continued, 'Do you know what these are used for?'

The boy replied, 'Not exactly, but they aren't for me. They're for him. He's my brother. He's four.'

"Oh, really?" the pharmacist replied with a grin.

"Yes." the boy said. "We saw on TV that if you use these, you would be able to swim, play tennis and ride a bike. Right now, he can't do none of those."



## Casual Bridge Group

The L'ARSE Casual Bridge Group meets every second Wednesday afternoon at 1:30. We have some thirty members but usually have between eight and sixteen players on any given day. Some of us are quite experienced while others may be relative newcomers to the game. We change partners every four hands and rotate in and out if we are an odd number of players. Because we discuss bidding strategies, allow newcomers to watch and then partner them with more experienced members, the Casual Bridge Group is an excellent place to learn the game. Because it is a great group of people and a warm and friendly atmosphere, more experienced players keep coming. That ambiance is largely courtesy of our terrific hostess, Lorraine Pawlusiak! We welcome new participants..there is always room! If you are interested in joining us, please contact Pam Greevy at: [pgreevy@hotmail.com](mailto:pgreevy@hotmail.com).

### **Snowshoeing Anyone??**

There is already a group of LARSE members who go cross country skiing whenever the weather allows and I have been looking for others to join me in snowshoeing at the same time and location as the skiers. If you would like to be part of this, contact me Jan Langelier at [langelier.jan@videotron.ca](mailto:langelier.jan@videotron.ca)

## Canasta



The canasta group continues to meet every second Wednesday at my home. This fall session, we welcomed a few new members who were quick converts to the game and are now regular players. Recently, we added a fourth table and are now able to accommodate more players each session. Newcomers are always welcome. You can learn to play the game in one afternoon and join in the fun. Please contact me at if you would like to join us or get further information.

Robin Narsted  
[rmnarsted@yahoo.com](mailto:rmnarsted@yahoo.com)

## INDOOR GOLF

The indoor season has started already with a group of us going out in December. We have continued in January and plan to go out and swing the clubs every second Monday starting on January 5th. If you are interested in joining us and have not given your name to Mike Kirk to be included on our mailing list, send an email to him at [mcqkirk@gmail.com](mailto:mcqkirk@gmail.com)

## Golden App Rappers

This winter session, the Dorset iTutors will continue to host our LARSE members to guide us in the use of iPad technology. We meet at Dorset Elementary, in Baie d'Urfé, on a monthly basis, usually a Tuesday in the latter half of the month. The first session of 2015 will be Tuesday, January 27th..

Apple's Steve Jobs designed the iPad to be an intuitive device, easy to understand, and to master. However, many of us need guidance to help discover this amazing device's many applications, including the myriad of "apps" available. Whether it is email management, how to best use the "cloud", suggested apps, taking and managing photos and video, finding and/or writing down recipes, writing stories, reading ebooks or listening to audiobooks, the iTutors have proven to be invaluable mentors.

And, the dynamics of grade five students "teaching" and interacting with us retirees is...priceless.

A special welcome to new retirees and new iPad owners. The iTutors' expertise is limited to iPad technology, which is not easily transferable to other tablets. Thus, this is an "iPad specific" group. But, if you don't already own a device, you are welcome to come and see what this technology can do for you.

For more information, I am only an email away:

Peter Tellier      [pete.tell@sympatico.ca](mailto:pete.tell@sympatico.ca)

## TREKKER'S WORLD

The next Travel Talk will take place May 12th at 1:30 upstairs at the Sequoia Restaurant 4337 Saint Jean Boulevard.

We do not have the complete program as of yet. One of the speakers will be Benny Beattie, coordinator and guide for the Road Scholar programs ( formerly Elder Hostel ) who will talk about the programs he organizes and leads in the Charlevoix and Tadoussac regions.

More details will be given at the April 24<sup>th</sup> LARSE luncheon and also by email to all our members.

**Daniel**



## COMPUTER USERS GROUP

We had a full house at the Basic Excel training session in November. Thanks to Robin Narsted, 13 members benefitted from the session. There will be no session in January.

**For February: "Winter got you down? Windows 8 got you down???"**

Bring your laptop and come to our **Windows 8 sharing session**. We will discuss problems we are having using Windows 8 and try to arrive at solutions for/with each other. If we can't find solutions, at least it will give us an afternoon out of the house!

**FEBRUARY 23<sup>rd</sup> at 1:00 p.m.** at the Board's Computer Lab, 1925 Brookdale, Dorval  
**Please RSVP to:** Lois Maeder-Alves

([lois.maederalves@videotron.ca](mailto:lois.maederalves@videotron.ca) or 514-457-9073)

## THEATRE



The Theatre group will be offered the possibility of taking in a presentation of the Lakeshore Players show "Not Now Darling" by John Chapman and Ray Cooney in early February. We will also be looking to form a group to see the Lakeshore Light Opera's presentation of "Pirates of Penzance" in March.

If you would like to join this group and be offered the possibility to enjoy local theatre with us, please contact Jan Langelier at [langelier.jan@videotron.ca](mailto:langelier.jan@videotron.ca)

## GOLF

The L'ARSE Golf Group will begin its outdoor season as soon as the courses open in the spring. The past two years we have had two groups, a 9 and an 18 hole, which played on alternating Mondays. This coming year we will go back to the pattern of trying to accommodate both in the same outing.

Participation is not ability dependent. Our goal is to allow an opportunity for LARSE members to come together on a regular basis to spend time with former colleagues and new friends chasing small white orbs across the countryside, enjoying the collegiality and weather.

We aim to provide opportunity rather than create commitment. We maintain a list of interested members. Typically we book a course (usually four starting times) and then put out the information and a request for response. If we have more than 16 initial positive replies, we will attempt to add starting times. If this is not possible, we take the first sixteen to have replied. Communication is by e-mail.

## GOLF CONT'D

10.

We arrange for games at various courses within commuting distance of the West Island. This year we played Caughnawaga, Harwood, Dorval, Meadowbrook, La Cite, Glengary, International 2000, Ste.-Rose, Cardinal and Triangle d'Or and Riviere Beaudette. Sometimes we can be a few as 8 players and our largest group was 34 for our annual "School is Open Open" golf and bar-b-q held on the first day of each new school year.

If you are not a current participant and would like to be, please contact Bryden Murray at [bryden.murray@sympatico.ca](mailto:bryden.murray@sympatico.ca) or Russ Kelly at [russk547@gmail.com](mailto:russk547@gmail.com) to be placed on our contact list. Hoping to see you out on the links this Spring.

Bryden & Russ



As regular readers of Larsencore know, our cycling group has taken on the name of Cyclopaths. Cycling has been one of the original interest groups set up shortly after the inception of Larse in early 1997 and was then co-ordinated by Hanns Wernecke. Viability of the group was sustained by the inclusion of some of Hanns' colleagues from Vanier College, but gradually those members dropped out as our numbers increased.

We have had better cycling years than 2014. Traditionally, trips have been on Tuesdays and members have become accustomed to setting aside that day for that activity. We have tried on occasion, to postpone trips to other days in the week, however many of our regulars are now involved in some of the other activities of our organization or are just not available. Inclement weather delayed the start of our season in 2014 and caused more cancellations than ever before in the Fall. We even missed the traditional Laurentien changing of the leaves trip. It got to the point that those anticipating my emails detailing forthcoming trips, would sarcastically refer to me as "Rayne" Clifford.

Let's hope for a fuller season this year. A few years ago, we got started as early as March 20<sup>th</sup>, and actually had to duplicate some trips in our repertoire. Not the case in 2014. We have had as many as 29 on a trip, but generally, our numbers are in the teens. If you seek a fun activity to help maintain fitness, consider cycling. You don't need to sink your whole pension into an expensive bike, just give it a try. We have a wonderful and diverse group of participants and we welcome newcomers.

I have been the group's co-ordinator for the past ten years, but I'm quite willing to either share or pass on this responsibility. I'm just getting my feet wet as a school commissioner now and hope that my duties will still allow me ample time to be as involved in this beloved activity.

Wayne Clifford [wmclifford@gmail.com](mailto:wmclifford@gmail.com)

## Editor Bryden Murray

### Sue Piffer

Sue Piffer retired in June as Principal at Dorset Elementary. As a new retiree, Sue is, "practicing as much as possible." Just in the decompression stage, Sue is enjoying her granddaughter and working at keeping Russ in line! She is teaching herself to knit and returning to old hobbies: painting, quilting and sewing. Sue is thinking about writing a book (not related to education!). She is also, "interfering in local politics"!

**Patrick Clarke** taught Professional Cooking and Table Service at the Pearson School of Culinary Arts in LaSalle. He retired in July, 2014 and has recently joined the Executive Committee of L'ARSE. He is a member of L'Association des Sommeliers du Québec and conducts wine seminars. He also volunteers at his wife's school, John Rennie, in the cooking skills classes and for class trips. Patrick is interested in setting up outings and excursions for L'ARSE members and he is currently working on a wine-tasting event for the month of April. We'll keep you posted!

### Russ Kelly

It has been four years since Russ retired from running the John Rennie Sports-Études Program. Coordinator of the L'ARSE Golf Group, Russ has recently joined the L'ARSE Executive. Most of his free time is taken up coaching indoor and outdoor soccer at École Secondaire St. Laurent. Russ and partner, Sue, are, blessed with a nine-year old Golden Retriever named Maggie. Sue is in her first year of retirement and Russ finds it nice to have another human in the house. "She's adapting well, and I haven't driven her around the bend... yet!"

### Bob McIlhone

Former Pierrefonds Comprehensive Work Study Teacher, Bob McIlhone enjoys golfing with our, "crazy retirement group". He loves to read books concerning World War Two. Retirement has allowed Bob and his wife, Cathy, to travel each year and a Caribbean Cruise is in the cards for this Spring. The McIlhones moved to the West Island's Pointe-Claire in 1987-"Best move we ever made!"

### Judy Steiner

It has been six years since Judy retired from teaching.....at Beacon Hill Elementary and, "It did take me a while to get used to not going to work on a regular basis." Judy loves to travel although she doesn't get away as often as she'd like. She chose to volunteer in the Born to Read Books and Play Program. "This keeps me connected to children."

Judy is trying to keep active and has been walking at Fairview as often as possible in addition to Tap dancing twice a week. She has always loved to cook and, in an attempt to manage weight, has been researching low fat/ low carb recipes which are healthy and delicious. Here is one example from: [cooking.com](http://cooking.com)

**Healthier 7-Layer Dip** (Serves 8)

cont'd next page

**Ingredients**

One 15-ounce can black beans  
 1 clove garlic  
 1 tsp. cumin  
 1 1/4 cup nonfat Greek yogurt  
 1/4 cup minced fresh cilantro  
 3 tbsp. fresh lime juice divided  
 1/2 cup shredded lettuce  
 1/2 cup shredded cheese  
 1 1/4 cup chunky salsa  
 One 2- ounce can of sliced black olives (I used pickled jalapeños instead)  
 1 medium avocado  
 1/4 tsp. salt  
 Drain and rinse the black beans, reserving 1 1/2 tbsp. liquid from beans. Lightly mash them with the liquid and garlic and cumin.  
 Spread bean mixture evenly into the bottom of a 9-inch pie plate or a round bowl.  
 In a bowl, stir together yogurt, cilantro and 2 tbsp. of lime juice.  
 Spread on top of beans in a circle, leaving about an inch border.  
 Spread lettuce over yogurt, then scatter the cheese on top of the lettuce.  
 Follow that with the salsa, then the olives or jalapeños.

**Peter Manning**

Dear friends of Peter, I am very sorry to tell you the sad news that my Dad passed away on Monday the 5<sup>th</sup> of January. I wanted to reach out to let you know, and to provide you with the weblink to his full obituary:

(<http://casshomes.ca/en/obituary.aspx>).

A visitation was held on Thursday the 15th, 7-9 pm at the Rideau Memorial Gardens and Funeral Home in Dollard. Sincerely,  
 Tony Manning

**BUSBY, Pauline 1927-2014**

Passed away on September 9, 2014, in her 88th year, at the Bayview Centre, Pointe Claire, Predeceased by her husband Maurice John "Jack" Busby, she will be deeply missed by her children Brian (Anyes Kadowaki) and Annabel (Peter Halliday), and grandchildren Astrid, James, Karen and Jack. As a teacher, Pauline taught at Cedar Park and Northview. She was active in her church and community and a dedicated advocate for Primate's World Relief. A Memorial service was held on October 11, 2014 at 2:00 at the Church of St. John the Baptist, 233 Ste-Claire Avenue, Pointe Claire. In lieu of flowers, donations to the Primate's World Relief and Development Fund would be welcome.

**Mary Turpin**

Passed away on December 30, at the Arnprior Memorial Hospital surrounded by her family. She was 91. Mary lived in Arnprior but was formerly a resident of Ste Anne de Bellevue. Survived by many Grand and Great Grandchildren, she will be missed for her gentle and loving spirit that touched many lives. Her passion for Education left her students with lasting memories. A donation to your favorite charity would be appreciated by her family.

[www.pilonfamily.ca](http://www.pilonfamily.ca)

## The Remarkable Story of Paul Wilkinson

13.

Three years ago, ten doctors recommended the removal of my enlarged, cancer-filled spleen and I was told that there was no cure for my Lymphoma. I chose an alternate path (Acupuncture and Naturopathy) and it has made all the difference. Today, I still have my spleen, which has returned to normal and I am cancer free.

I've come to realize that very few people have been introduced to the non-traditional forms of medicine that I was fortunate enough to be able to tap into, and there are many, including: orthomolecular medicine, massage therapy, chiropractic, homeopathy, naturopathy and acupuncture.

If any of you are interested in learning more about my experience and alternative choices that are out there please join me and my Naturopath and Acupuncturist Elizabeth Segura for a free presentation on Acupuncture and Naturopathy to be followed by a Q & A on either Thursday, March 13 or Thursday, April 23 in Boardroom 204 of The Sarto Desnoyers Community Center in Dorval.

Space is limited to 15 persons and folks can email me to reserve their spots at [carpediem391@gmail.com](mailto:carpediem391@gmail.com). The information about the directions and Elizabeth Segura can be sent out to those who email their interest.

Paul Wilkinson

Pauls whole story can be viewed on our website. [www.larse.ca](http://www.larse.ca)

### **I speak blonde...**

A plane is on its way to Toronto, when a blonde in economy class gets up and moves to the first class section and sits down. The flight attendant watches her do this and asks to see her ticket She then tells the blonde that she paid for economy class and that she will have to sit in the back. The blonde replies, "I'm blonde, I'm beautiful, I'm going to Toronto and I'm staying right here."

The flight attendant goes into the cockpit and tells the pilot and the co-pilot that there is a blonde bimbo sitting in first class that belongs in economy and won't move back to her seat. The co-pilot goes back to the blonde and tries to explain that because she only paid for economy she will have to leave and return to her seat. The blonde replies, "I'm blonde, I'm beautiful, I'm going to Toronto and I'm staying right here."

The co-pilot tells the pilot that he probably should have the police waiting when they land to arrest this blonde woman who won't listen to reason. The pilot says, "You say she is a blonde? I'll handle this; I'm married to a blonde. I speak blonde."

He goes back to the blonde and whispers in her ear, and she says, "Oh, I'm sorry." and gets up and goes back to her seat in economy. The flight attendant and co-pilot are amazed and asked him what he said to make her move without any fuss. "I told her, "First class isn't going to Toronto."

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