



LarsEncore

BULLETIN 73

ACTIVITY CALENDAR NOW ON WEBSITE: www.larse.ca

January, 2019

The Newsletter of the Association of Retired School Employees

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Luncheons 2019



Thursday January 31st – Madisons Restaurant

3000 JEAN-YVES, Kirkland 514-426-9111

Friday February 22nd – Scores Rotisserie

444 av. Dorval, Dorval 514-636-6060

Thursday March 28th – Enoteca Monza Restaurant

3800 boul. St-Jean, DDO 514-675-3400

Friday May 3rd – Elixor Restaurant

3237 des Sources, DDO 514-683-7778

Thursday May 30th – Rotisserie Panama

11604 de Salaberry, DDO 514-676-1096

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.



LARSENCORE

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BREAKFAST



IS ON THE SECOND FRIDAY OF THE MONTH!
at Le Manoir, 8:30 am, on the corner of Hymus
and boulevard St-Jean in Pointe-Claire

February 8, March 8, April 12, May 10, June 14

2.

President's Address/ Message du président

Happy New Year et Bonne Année!

The new L'ARSE Executive wishes you health, joy and contentment. Our executive is now made up of: Tania Kinsella, past president; Barb Randle, vice-president; Luce Pattison, treasurer; Bill Stockwell, secretary; Lois Maeder-Alves, membership chair; Wayne Clifford, member-at-large; Maria DeWolfe, member-at-large; Pam Greevy, member-at-large; Sue Piffer, member-at-large; Mike Kirk, member-at-large and Patrick Clarke, member-at-large. Our Executive brings together rich and varied backgrounds, experiences and talents. I would like to thank the executive members, all of whom were willing to continue to serve the association.

One challenge that often faces us as we retire is the loss of the daily social circle that was made up of work colleagues. Membership in L'ARSE gives us access to a wide variety of social groups through shared interests. It is a great way to rediscover old friends and to make new ones.

Those of you who are in your first year of retirement are settling into your new routine. You may have had the opportunity to take a long-anticipated trip, to explore volunteer positions and to rediscover interests. If there is any time left in your busy schedule, take a moment to look at the various activities that are available to L'ARSE members. We offer a wide variety of choices, for all tastes. Give something a try! If there is an activity that you enjoy but it is not currently in our list, and you would like to share that interest with other members, please feel approach a member of the executive with your proposal.

Ceux et celles qui en sont à leur première année de retraite, vous devez commencer à vous retrouver dans vos nouvelles routines. Prenez un moment pour explorer les différentes activités que vous offre L'ARSE. Il y en a pour tous les goûts! S'il y a quelque chose qui vous passionne et que vous aimeriez partager votre passe-temps avec nos membres, n'hésitez pas à nous le communiquer.

One of the Executive's goals for this year is to send members a monthly calendar on which all that month's activities are recorded. Look for it in your email, on the website and on our Facebook page.

As I look out my window at the frigid cold outside, I attempt to find joy in the beauty of winter. Not quite there yet but, perhaps, just maybe, I will bundle up and give it a try!

Calling all game players!

Bridge isn't your game?

Le Dome West Island has room for more than just bridge players on Wednesday afternoons. If you enjoy playing Hearts, Cribbage, Rummy, Scrabble etc. and are looking for partners, please contact me by email. I will try my best to match up members who have similar interests.

Janice Tessier Murray, President
Janicetessier@hotmail.com

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.

Community Volunteers

“The world is hugged by the faithful arms of volunteers.” — Everet Mámor

Twelve years ago, **Pam Greevy’s** mom developed breast cancer and required treatments downtown. Pam was teaching full-time and turned to the volunteer drivers of NOVA (formerly the Victorian Order of Nurses) to transport her mother. The NOVA nurses also visited with and helped her mom. At that point, Pam decided that, upon retirement, she would pay the kindness back. For the past six years, Pam has volunteered at the NOVA thrift shop in Beaufort Village, one of four in the region and the only one selling furniture. She serves customers one day a week (and replaces when she can) and takes great pride in the fact that all profits go to support the many services offered by NOVA.

When looking to volunteer for community service, **Norm Horner** recalled how helpful Welcome Hall had been to the families of his students at Royal Arthur School in the early seventies. Norm has been volunteering at Welcome Hall Mission in St. Henri for three years now, working at Le Marché. What used to be their food bank has been transformed into a grocery store setting, with volunteers acting as employees for the clients. Many of his fellow volunteers are also retired teachers. Norm also volunteers one afternoon a week at Riverdale High School where the Resource Department matched him with a Secondary One student with whom he stills works as an academic coach in secondary III history. The two have become good friends.

Nick Barker took over the family history file from his dad when he died, and has spent the last fifteen years delving deep into his genealogical roots. On retirement, he joined the Québec Family History Society, a registered charitable organization and is now volunteering there in two capacities: he keeps the computers up and running as smoothly as possible and he is the editor of the QFHS journal, *Connections*, a print magazine issued three times a year. “We have

...continued on page 4



Québec Family History Society volunteers examine one of thousands of records on file at the new QFHS heritage centre, located at 153 Ste-Anne Street in Ste-Anne-de-Bellevue. Seen here are (L to R) Jackie Bilingham, Nick Barker and President Gary Schroder.

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...continued from page 3

just recently moved into our new home-the Simon Fraser House on Ste. Anne St., Ste.-Anne-de-Bellevue. This heritage building suits us perfectly and all are welcome to visit us!" More info at www.gfhs.ca.

"We don't need another senior home in Beaconsfield' said some residents, but then we knocked on doors, collected signatures and helped Villa Beaurepaire happen", recounts **Brenda Henry**. V.B. is a 55 and up non-profit independent living residence in the heart of Beaurepaire Village. Brenda began volunteering there five years ago when her favorite senior neighbour sold her house and moved to the villa. "She still has my house key". Brenda serves lunch, builds relationships with residents and learns life lessons from residents with backgrounds from all levels of society including a professional artist, a bridge architect, a clothing designer, a social worker and a teacher. Some residents had moved from halfway across Canada to be near to their children.

"My REAL job, the part I love, is listening to the residents' stories, learning about roads taken, not taken, having breakfast with my 94-year-old friend, taking her to the library, but the best thing about my volunteer job? I made a whack of new friends. Smart friends. Cool friends," says Brenda, likening the role to her former profession of high school teacher.

Phil Henry has volunteered for the last 15 years at the Philip Layton School for blind children. Initially he was spending half the morning out in a class room and the other half in the swimming pool. "Many of the kids have multiple handicaps and this, of course, necessitates one-on-one supervision as well as therapeutic movements. Many of the kids are also non-verbal. After working with the same kids for many years, one develops a close bond. On land, some children with special needs can hardly move, but in water, they swim "like fish" About five years ago, the school moved to the MacKay Center and shared that building with the MacKay School. This past fall, a new school was completed on Terrebonne Avenue and the pool is not yet finished.

Two afternoons a week **Ken Elliott** volunteers as a "wayfinder" at the Royal Victoria Hospital (the Glen). He stations himself at either the main entrance on the main floor or at the Metro level and watches as people flock in, mostly for clinical appointments, blood tests or visits. As so many are confused about the location of their appointments, Ken is kept busy giving them directions, or taking them there if they have trouble grasping his instructions.

"My years as a teacher and administrator taught me that most people can only absorb simple and clear directions, especially when they are anxious, hurting or unhappy. After all, hospital visits aren't everyone's idea of a good time. Patients are very grateful, and often, as they leave, they stop for a "thank you" or a chat. They're happier when they leave than when they first come!" Ken also does other volunteer activities. Once a week or so, at the request of Amnesty International he writes letters to high-ranking politicians and authorities to plead for the rights of political prisoners, activists, minorities, etc. in countries where human rights are not being respected. He also keeps his interest in science and technology alive by sitting on the board of governors of Pearson Electrotechnology Center and Educational Alliance for Science and Technology (science fairs and robotics). In general Ken finds voluntary activities to be very fulfilling and enjoyable. "The 'paycheck' is the thanks I get and the fun of talking to so many strangers."

Congratulations and thanks to all of these L'ARSE members for their outstanding volunteer contributions. We would love to hear from others who would like to share their volunteering experiences. Please contact me.

P.S. I will happily buy a glass of wine or a beer for the first person to tell me about who Everet Mámor is/was!

Bryden Murray — bryden.murray@sympatico.ca

INTEREST GROUPS

Interest Groups Editor:
Pam Greevy pgreevy@hotmail.com

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Book Club I

The Original Book Club

We're having a good year, enjoying lots of variety, as you'll see below.

In November's selection, *The Story Hour*, by Thrity Umrigar, an experienced psychologist carefully maintains emotional distance from her patients, but when she meets a young Indian woman who tried to kill herself, her professional detachment disintegrates, changing the lives of both women.

January's *Washington Black*, by Esi Edugyan, follows the early life of George Washington Black, chronicling his escape from slavery and illustrating the disastrous effects of that practice on both slave and owner. We picked a winner! This book won the Scotia Bank Giller Prize in 2018 and was short-listed for two other literary awards.

The Best Kind of People, by Zoe Whittall, our choice for February, tells of an affable teacher and beloved husband and father who is arrested for sexual impropriety at a prestigious prep school, shattering both his world and that of his family.

The book for March, *My Name is Lucy Barton*, by Elizabeth Strout, is the story of an author looking back on the weeks she spent in hospital following an operation. The tale she tells is one of discovery, as she struggles to uncover truths about her own life.

For our selections for April and May, read the next issue of the LARSE Bulletin!

Susan Somerville - susansomerville8@sympatico.ca - 514-697-9709

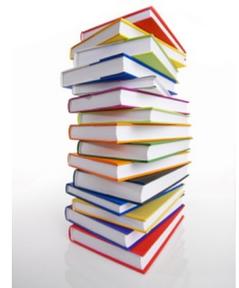
We have received an invitation from the Pointe-Claire Lawn Bowling Club. L'ARSE members are invited to come to try out this activity and to see the club's facilities. This visit would take place on a Wednesday or a Friday afternoon, in spring.

If you are interested in participating, please contact me at janicetessier@hotmail.com.

Book Club II

Book Club 2 met early in January at Lesley Pasquin's to bring in the new year with a glass of bubbly and a discussion on the meaning of freedom (and is it even possible?).

This arose from our reading of *Washington Black*, the winner of the Giller Prize, by Esi Edugyan. The novel begins on a nineteenth century sugar plantation where Washington Black is a young slave. He asks his protector, Kit, what it feels like to be free and she tells him it means, "go wherever it is you wanting." Despite the fact that Washington's life takes him many places, (the first of his adventures escaping in a hot air balloon) does he truly find freedom and belonging? The Guardian describes the book as beautiful and beguiling, and indeed it is.



Norma Jones will host in February for the novel *Unsheltered* by Barbara Kingsolver in which she evokes life in times of social turmoil. Kingsolver is a master novelist and this promises to be a powerful story.

We welcome new members to our group. If you are interested in camaraderie and good reads, email lesleypasquin@gmail.com.

Casual Bridge Group



If you enjoy casual and social Bridge or would like to learn how to play Bridge, the L'ARSE Bridge Group could be the place for you. We play every second Wednesday. We rotate partners every four hands and usually play between twelve and sixteen hands any given afternoon. We discuss bidding and conventions and generally have a lot of fun.

Normally we play at the lovely home of our wonderful hostess Lorraine Pawlusiak and her husband, Ed. When Lorraine is out of town, we have been playing at the Kirkland Golf dome. We have many members but on any occasion are usually between eight and sixteen players. Our skill levels vary and anyone can fit in.

If you're interested, please contact Pam Greevy at pgreevy@hotmail.com. We'd love to have you!

L'ARSE DONATES...

Mike Kirk reports that since March, 2013, we have donated \$3679.50 to 34 different funds, foundations and charitable endeavours.

Since January, 2014, our Loonie Group at breakfast has donated \$1589 to West Island Community Shares.



Canasta

Our canasta/samba group has found new digs this fall. We are now playing at The Cambridge, Pointe-Claire, in one of their game rooms, thanks to the help of one of our players who has recently moved there. During a recent quarantine at the Cambridge, we were welcomed at Le Club Dome in Kirkland.

Canasta and samba are very entertaining card games that are within reach of anyone. Our group is very welcoming and always willing to teach new players.

If you would like to join us, please contact: Robin Narsted - rmnarsted@yahoo.com.

Tidbits

Tidbits is the title LarsEncore gives to the personal bio updates which appear in almost every issue. Our membership forms have always had a section for personal news which, we believe, our members are happy to read. Very few were submitted which led us to create the position of Tidbits Editor. That would be me!

For several years I have been seeking out, researching and writing these tidbits. While I am happy to do so, the subjects of the articles will, naturally, be those with whom I am familiar or have been made aware of... somewhat restrictive.

I would like to remind our members that these tidbits were always intended for your access. If you have had interesting experiences in your life which you would be willing to share, we want to read them! If you have news about former colleagues, we want to read them!

You can write them up and submit them to me. You can also contact me and give me the information which I will happily write up and send back for you to edit.

This is your newsletter; your stories are of interest to us all!

Bryden Murray, Tidbits Editor 514-697-1527
bryden.murray@sympatico.ca

GOLF REPORT



The L'ARSE winter golf season is now underway.

Every Monday, Mike Kirk organizes an indoor virtual golf game, generally at Golf Dorion. He e-mails us a week ahead to see who is interested and then books screens. Games generally last a couple of hours and we often go out for lunch after. These outings provide a nice relief from winter and a pleasant social event. If you would be interested in joining us, please contact Mike at mcqkirk@bell.net.

Our summer season runs from May through October. We play every Monday unless it is a holiday and alternate between 18 and nine-hole outings. While our group has some 60 members, we have usually had between 12 and 30 players on any given day. Our ability levels range and there is a place for everybody. We try to play as many different courses as we can. We have a lot of fun.

It is a really nice group and we would love for you to join us. If you would be interested, please contact Russ Kelly at russ.547@gmail.com or Bryden Murray at bryden.murray@sympatico.ca.

Lifetime membership in L'ARSE is offered to those who have been members in good standing for 20 years or who have reached the age of 80. These are the current members of this distinguished group:

Rosemary Angier

Benny Beattie

Lise Beaulieu

Ann Bonnell

Margaret Brownlee

Wayne Clifford

Ellen Cooke

Bill Cooke

Georgie Crawford

Vi Digby

Anne Marie Dollois

Ruth Giddy

Hilary Hill

Maureen Howlett

Alan Jared

Alice LeCouvie

Steuart Levell

Sylvia Luxton

Alan MacMillan

Chand Mehta

Connie Middleton-Hope

Elizabeth Moore

Bruce Munro

Christine Munro

Barry O'Brien

Lise O'Brien

Lu Oosterhoff

Denise Ralet

Mary Rowan

Anneleen Szatmari

Ruth Toohey

Mickey Wernecke

Fran Wright-Léger

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Cross-Country Skiing

The L'ARSE cross-country ski season has got off to a slow start this year. November was so promising, but December dashed our hopes of skiing locally. January looks very promising but the cold weather is a bit of a challenge. As mentioned in the last newsletter, we hope to get skiers out once a week either to downhill or cross-country ski. Because these two sports are so weather-dependent, our outings will be planned on a day when the conditions permit.

We will cross-country ski locally: Bois de Liesse, Cap St. Jacques and Ile Bizard.

Downhill trips will be in the Laurentians. I personally have joined a downhill ski group in the Laurentians which is open to everyone. The group is called Ski Bon Age and it meets at various ski hills every Tuesday. If you pay the \$35 to join, you will receive a membership card which entitles you to a reduced rate, at the hill at which the group is skiing, that Tuesday. Website: www.skibonage.net



This year there will be three organizers: myself, Jim Kyle and Colin Legault. Please email each of us if you would like to be on our list, and we will email you the time and place a day or two before we ski. The group is made up of people of all ages and skill levels, so if you love to ski and love the outdoors, please join us.

Mary Anne Bindner [mabindner2@gmail.com]; Colin Legault [legaultcj@gmail.com] or Jim Kyle [james-kyle@hotmail.com].

TREKKER'S WORLD

The meeting of the Travel Talk Group took place on October 15th. It was a very interesting and well-attended meeting. Nineteen L'ARSE members were present. We met in the upstairs room of the Duke and Divines Restaurant which is a comfortable and pleasant venue. Fourteen members of our group joined us for lunch.



Claudia Thierry presented her very interesting and relatively inexpensive trip to China. She illustrated her talk with glowing slides that she took during her trip. Claudia focused on the cultural aspects and traditions of China.

Bob Morrison presented his trip to Arizona and took us back in time with lovely pictures of 250-million-year-old trees from the Petrified National Forest, 50-thousand-year-old Meteor Crater, ancient petroglyphs in Painted Desert National Park and Grand Canyon.

Besides showing their travel experiences, both of our presenters gave us practical hints and advice to help us if we want to make travel plans to these places.

The next Travel Talk Meeting will be held in the spring, likely at Duke & Divine's Restaurant in Beaurepaire Village. Please watch for an email from L'ARSE for the exact date and time.

We encourage our L'ARSE members who have a travel experience to share it at one of our meetings. If you have a trip that you would be willing to share with the group, please let us know by contacting Mickey Wernecke (hbwernecke@aol.com) or Daniel Abergel (abergeld@yahoo.com).



Cyclopaths

This group of leisure cyclists, which chose the name Cyclopaths a few years ago, has been going for over 20 years and has been a popular and amiable group. Last year's trips averaged around 12-16 participants/week. Weekly trips are held usually on Tuesdays until about mid-November as weather permits. We hope to get underway early in April, but actually started in March in 2010.

E-mail notifications of forthcoming trips usually appear on a preceding Sunday or Monday, based on weather forecasts. Distances usually vary from 15 to 50 kilometers, gradually working up to the longer trips over time. We encourage members to wear a helmet and a reflective safety vest (more available) to help vehicles and pedestrians (and other cyclists) recognize participants when in more populated areas. We do try to use many of the bike paths available, some of which take us to vistas and sectors unattainable by car. We use cars with bike racks sometimes to depart from different locations enabling us to experience a variety of settings.

Our group maintains a reasonably leisurely pace, average speeds are usually in the teens (km./hr.) allowing for conversation and enjoyment. We usually ask individuals to pack a small lunch and ensure that their bikes are in decent condition.

We encourage new retirees to join us and welcome suggestions of potential new routes from our membership. To catch a glimpse of our group and our trips, have a look at Cyclopaths in the Interest Groups postings on the LARSE Website sidebar.

In recent years, we have attempted to share the leadership of the group so that it becomes a team approach but I can be the initial contact for new members as I am the only remaining original member of this enjoyable group. A number of us are also part of the cross-country ski group in the winter time.

Call or email Wayne Clifford (514-697-8802), wmclifford@gmail.com to answer questions or to help you get started with our group.

—Wayne Clifford

Wednesday Trivia

Trivia Night is a fundraiser for the Mark Bernotas Foundation. This is a monthly event, second Wednesday of the month, held at Le Club Dome in Kirkland. 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 5 pm. Form a team or join with the vets on site.

Tania Kinsella
kinsellatd@gmail.com

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L'ARSE MEMBERSHIP FORM

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)

If you wish to include your spouse/partner in your membership,
please enter their name/e-mail address here:

Spouse/Partner name: _____ e-mail: _____

Associate Member

Subject to available space, L'ARSE is also open to people who wish to participate in a L'ARSE-sponsored activity*.

Name _____

* * * * *

E-mail address _____ Phone # _____

Street address _____

Town _____ Postal Code _____

Please send a **cheque for \$10 per person, payable to L'ARSE** (one-year membership) to:

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

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The **LarsEncore newsletter**, issued 3 times a year, outlines the many and diverse activities available through our Association. It also highlights the activities of individual members. Articles highlighting 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: _____

*Your personal contact information will be held in confidence by the Membership Chair, and shared only with L'ARSE activity leaders and executive members, as required. If you wish your contact information to be held ONLY by the Membership Chair, please check this box.

Signature

Date

