



LarsEncore

Newsletter of L'Association of Retired School Employees
October 5th 2025 No. 89

From the President/ Message de la présidente

version française sur
la prochaine page

We had a very busy month of April last spring and the deadline to submit my president's message crept up on me. First thing I knew, it was 8 PM on the day of that deadline. Hmmm... My daughter is a teacher who has participated in her school board's Artificial Intelligence Committee, helping to formulate best practices for schools. When I explained my situation, she suggested that I try A.I. I pondered for a while and then thought "Why not give it a shot?" I input my parameters and, in seconds, appeared a piece of writing that said exactly what I had wanted to say. I made a minor adjustment and then asked AI to translate into French. Like magic, an accurate translation appeared on my screen. Wow! It was so easy that it somehow felt like copying a classmate's homework! And yet, it did the job, so, after debating with myself, I sent it in to the newsletter. This experience has led me to consider what AI has to offer to retirees. Some research found the following that could be useful:

AI can be helpful in managing health conditions by tracking heart function, blood pressure, sleep patterns, among others, and submitting the data to health care professionals. It can be set to give reminders about medication. AI can

| | |
|--------------------|----|
| Larse News | 3 |
| Larse Calendar | 4 |
| Interest Groups | |
| Book Club I | 5 |
| Trekker's World | 6 |
| Book Club II | 8 |
| Samba/Canasta | 9 |
| Cyclopaths | 10 |
| Golf Report | 11 |
| Bridge Report | 12 |
| Trivia Group | 12 |
| Protection Mandate | 13 |

personalize fitness and nutrition plans to help retirees stay active and healthy. It can help with grocery shopping and meal planning. Many AI applications can enhance the safety of homes and make it easier for seniors to remain autonomous and confident. They can be programmed to adjust heating, turn lights on and off and to set or turn off an alarm system. It can alert caregivers or loved ones if there is a bad fall or other emergency.

AI enables people to participate in activities such as chess, bridge or other interests online when it is not possible for them to attend in person. Through video chats, personal connections can be maintained with friends and loved ones. There are,

of course, concerns about AI. We worry about privacy and the protection of data. Will the algorithms create bias and discrimination? How many workers will be replaced by AI and how will the economy adapt to enable those workers to earn a living? Would wide-spread reliance on AI undermine key human abilities such as empathy, critical thinking, moral judgment, and decision-making?

Next, I shall tackle the mystery of missing socks; I wonder what AI can do for me there. It's a brave new world out there for us.

Nous avons eu un mois d'avril très chargé le printemps dernier, et la date limite pour soumettre mon message présidentiel m'a pris de court. La première chose que je savais, il était déjà 20 heures le jour de cette échéance. Hmmm... Ma fille est enseignante et a participé au comité d'intelligence artificielle de sa commission scolaire, aidant à élaborer les meilleures pratiques pour les écoles. Lorsque je lui ai expliqué ma situation, elle m'a suggéré d'essayer l'IA. J'ai réfléchi un moment puis je me suis dit : « Pourquoi ne pas tenter le coup ? » J'ai saisi mes paramètres et, en quelques secondes, est apparu un texte qui disait exactement ce que je voulais exprimer. J'ai effectué un léger ajustement puis j'ai demandé à l'IA de traduire en français. Comme par magie, une traduction précise s'est affichée sur mon écran. Incroyable ! C'était si simple que j'avais presque l'impression de copier les devoirs d'un camarade de classe ! Et pourtant, le résultat était là ; après avoir hésité avec moi-même, je l'ai envoyé pour le bulletin. Cette expérience m'a amené à réfléchir à ce que l'IA peut offrir aux retraités. Certaines recherches indiquent des utilisations intéressantes : L'IA peut aider à gérer les problèmes de santé en suivant la fonction cardiaque, la

tension artérielle, les habitudes de sommeil, entre autres, et en transmettant les données aux professionnels de la santé. Elle peut être programmée pour rappeler la prise de médicaments. L'IA peut personnaliser les programmes de condition physique et de nutrition pour aider les retraités à rester actifs et en bonne santé. Elle peut également faciliter les courses et la planification des repas.

De nombreuses applications d'IA peuvent renforcer la sécurité des domiciles et rendre la vie des aînés plus autonome et plus sereine. Elles peuvent être configurées pour ajuster le chauffage, allumer ou éteindre les lumières, activer ou désactiver un système d'alarme. Elles peuvent alerter des aidants ou des proches en cas de chute grave ou d'urgence.

L'IA permet aux personnes de participer à des activités telles que les échecs, le bridge ou d'autres centres d'intérêt en ligne, lorsque la présence physique n'est pas possible. Par le biais de visioconférences, les liens personnels peuvent être maintenus avec les amis et la famille.

Il existe, bien sûr, des préoccupations concernant l'IA. Nous nous inquiétons de la protection de la vie privée et des données. Les algorithmes créeront-ils des préjugés et de la discrimination? Combien de travailleurs seront remplacés par l'IA et comment l'économie s'adaptera-t-elle pour leur permettre de gagner leur vie? Un recours généralisé à l'IA risque-t-il de miner des capacités humaines essentielles telles que l'empathie, la pensée critique, le jugement moral et la prise de décision ?

Ensuite, j'attaquerai le mystère des chaussettes disparues; je me demande ce que l'IA pourra faire pour moi là-dessus. C'est un monde nouveau et audacieux qui s'offre à nous.

Lois Maeder-Alves has been our Membership Chair for ten years. She has done a wonderful job of setting up and maintaining our database. She has sent out invitations to luncheons and wine and cheese parties and, then, collected the responses. Lois has followed up with members when dues were outstanding. She has done all that with grace and skill.

Lois has decided to move on to other interests and has recently resigned as Chair. We will miss her many contributions to our organization and wish to express our gratitude for her tenure of many years.

Lois Maeder-Alves a été notre responsable des adhésions pendant dix ans. Elle a fait un travail remarquable en mettant en place et en tenant à jour notre base de données. Elle a envoyé des invitations aux lunches et aux vins et fromages, puis a recueilli les réponses. Lois a assuré le suivi auprès des membres lorsque les cotisations étaient en retard. Elle a accompli tout cela avec grâce et compétence.

Lois a décidé de se consacrer à d'autres intérêts et a récemment démissionné de son poste de responsable. Ses nombreuses contributions à notre organisation vont nous manquer, et nous souhaitons exprimer toute notre gratitude pour ses nombreuses années de service.

CALL FOR NOMINATIONS

The Annual General Meeting of L'Association of Retired School Employees will be held on November 28, at the Vieux Duluth restaurant. At this meeting the following officers will be elected for the upcoming year:

President, Vice-President, Treasurer, Secretary, Membership Chairperson

Other members of the Executive Committee will be selected by a meeting of the elected officials.

If you would be interested in standing for one of the elected positions or being selected to serve on the Executive, please contact either Barbara Randle at barbrandle01@gmail.com (514-453-9549) or Kathleen Gardner at gardnerkathleen1@gmail.com (514-485-1231) by November 7, 2025.

All Executive Committee positions are for one year terms which may be renewed. Our Association has always benefitted from strong and committed leadership. Your decision to keep this tradition going would be greatly appreciated.

Sincerely,

Barbara Randle and Kathleen Gardner, L'ARSE Nominating Committee

APPEL AUX NOMINATIONS

L'assemblée générale annuelle de L'Association of Retired School Employees aura lieu le 28 novembre au Restaurant le Vieux Duluth. Lors de cette réunion, il y aura élection des membres suivants du comité exécutif pour l'année à venir:

Président(e), Vice-président(e), Trésorier(ère) Secrétaire, Président(e) du membership

Les autres membres du comité exécutif seront désignés par les membres élus.

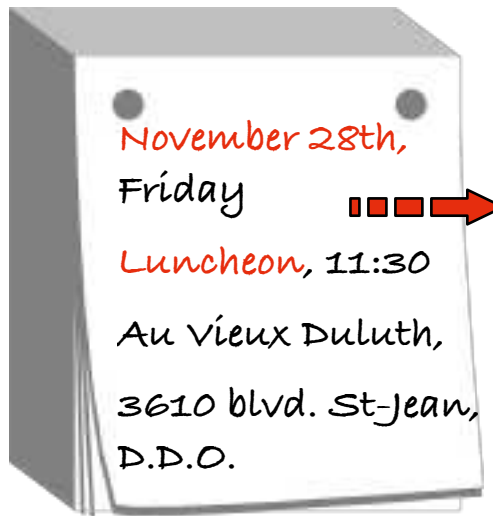
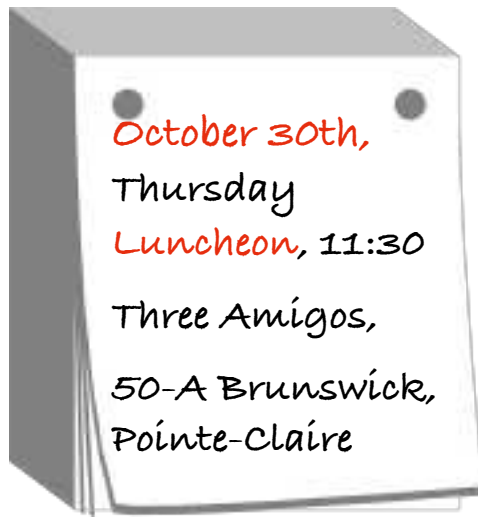
Si vous souhaitez soumettre votre candidature comme membre du comité exécutif, veuillez communiquer avec Barbara Randle barbrandle01@gmail.com (514-453-9549) ou Kathleen Gardner gardnerkathleen1@gmail.com (514-485-1231) avant le 7 novembre.

Les positions à l'exécutif durent un an et sont sujettes à renouvellement. Notre association a toujours bénéficié d'un leadership solide et impliqué. Votre décision de nous aider à maintenir cette tradition serait bien appréciée.

Sincèrement,

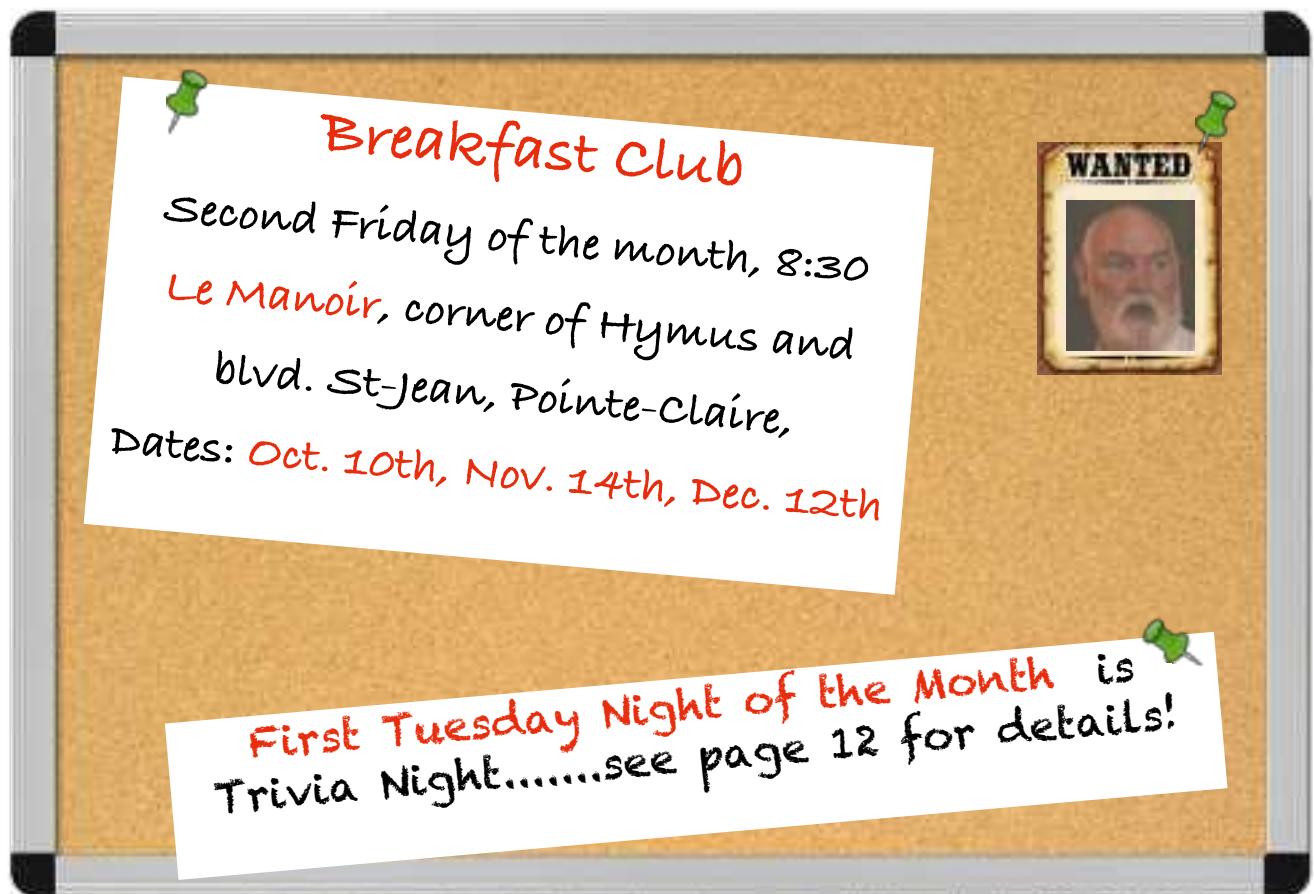
Barbara Randle et Kathleen Gardner, Comité des nominations

LARSE CALENDAR



In lieu of non-perishable goods, we will be collecting cash donations for the **On Rock food bank at the November 28th luncheon**. Any amount you would like to donate would be greatly appreciated.

Don't forget the 50/50 RAFFLE at lunch. Half goes to you if you win, and the second winner gives half to the charity of their choice. The lunch raffle collected \$464.50 for various charities last year. The Breakfast Club donated \$500 to West Island Community Shares in 2024.



Book Club I

Submitted by Susan Somerville

In June, we enjoyed our first meeting “in the flesh” since the beginning of Covid, thanks to Lois Maeder-Alves, who was kind enough to host us in her lovely home. We discussed *How to Age Disgracefully*, by Clare Pooley. A mismatched group of septuagenarians come together to meet new people and add some adventure to their quiet lives in a small English town. These quirky characters gradually become a cohesive unit trying to save the community centre that hosts them. Light and upbeat, it was a great summer read!

Our next book was *The Island of Sea Women*, by Lisa See. Set on the Korean Island of Jeju, it follows two girls from very different backgrounds as they begin working in the sea with their village’s all-female diving collective. After decades of dives and years of friendship, forces beyond their control will push their relationship to the breaking point. We particularly enjoyed learning about the ancient practice of the haenyeo (the female divers) and the history of Korea.

In *Theft*, by Nobel Prize winner Abdulrazak Gurnah, three people come of age in Tanzania at the turn of the century. Karim returns to his sleepy hometown with new swagger and ambition. Fauzia sees in him a chance to escape from a smothering upbringing. The two of them offer a haven to Badar, a poor boy still unsure if the future holds anything for him at all.

As tourism, technology, and unexpected opportunities and perils reach their quiet corner of the world, each arrives at a different understanding of what it means to take your fate into your own hands. The book opened to us a part of the world with which most of us were unfamiliar and left us with the indelible memory of three fully-drawn characters.

In Oct. and Nov. we look forward to *A Walk in the Park*, by Kevin Fedarko, and *Three Days in June*, by Anne Tyler. Happy reading!

susanelainesomerville@gmail.com





Trekker's World

en français sur la
prochaine page

The meeting of the Travel Talk Group took place on June 12th. It was a very interesting and well-attended meeting. We met in the upstairs rooms of the Duke and Devine Restaurant which is a comfortable and pleasant venue. Ten members of our group joined us for lunch.

Bob Morrison shared his experiences while travelling to Nashville, Memphis and New Orleans.

Janice and Bryden Murray talked about their trip to Malta, a small country known for its rich history.

Bob, Janice and Bryden had very interesting pictures that they shared with us. Besides sharing their travel experiences, both presenters gave us practical hints and advice to help us if we want to make travel plans to these places.

Submitted by Daniel Abergel



Malta

The next Travel Talk meeting will be held in the spring, most likely at Duke & Devine's Pub/Restaurant in Beaupaire village. Please watch for an email from L'ARSE for the exact date and time.

If you have a trip that you would like to present to our group, please let us know by contacting Mary Anne Bindner at mabindner2@gmail.com or Daniel Abergel at abergeld@yahoo.com.



Malta



New Orleans

En plus de parler de leurs voyages, les “speakers” nous ont donné des renseignements et des suggestions qui nous seraient très utiles si on décidait de faire les mêmes voyages.

La prochaine réunion du Club des Voyageurs aura lieu au printemps, au restaurant Duke & Devine's, à Beaurepaire. Vous recevrez un courriel de L'ARSE indiquant l'heure et l'endroit.

Si vous désirez partager avec nous un voyage que vous avez fait, veuillez SVP nous laisser savoir en contactant Mary Anne Bindner à mabindner2@gmail.com ou Daniel Abergel à abergeld@yahoo.com.

La réunion du Club des Voyageurs a eu lieu le 12 juin dernier. La réunion a été fort intéressante et plusieurs de nos membres étaient présents. Nous nous sommes réunis, au deuxième étage, dans les salles du restaurant Duke and Devine qui sont des salles confortables. Dix de nos membres se sont joints à nous pour le lunch.

Bob Morrison a partagé les expériences fort intéressantes qu'il a vécues pendant les voyages qu'il a faits à Nashville, Memphis et la Nouvelle Orléans.

Janice et Bryden Murray ont présenté leur voyage à l'île de Malte, une île bien connue pour sa riche histoire.

Les trois “speakers” ont présenté de très intéressantes diapositives qu'ils ont partagées avec nous.



Memphis



Book Club II

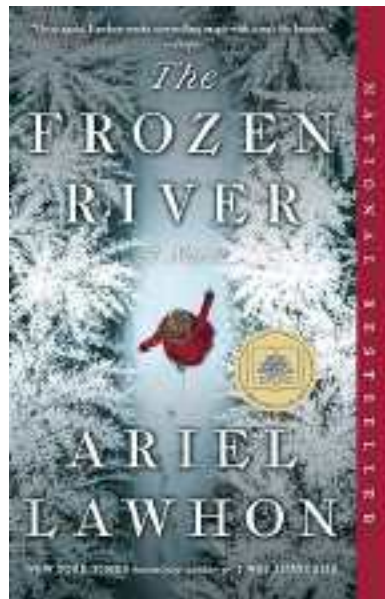
Submitted by Bev Daye

Our club has chosen two novels by Ariel Lawhon in the last few months.

The first one, "The Frozen River" is a historical mystery inspired by the life and diary of an 18th century midwife named Martha Ballard who had delivered over 1000 babies, and who had never lost a mother. As a midwife and healer, Martha knows a great deal about the secrets of her community. Her diary is a record of every birth and death and crime that unfolds around her. The river becomes a character in the book and "alters every facet of life for those who live along it." A compelling narrative that although set in the past, still reverberates today.

In June, we set off to Spain (figuratively that is) to explore Ibiza, reading "The Life Impossible" by Matt Haig. It is a magical journey that leads the reader slowly and quietly to explore the possibilities of life through the eyes of Grace Winters, 72, a math teacher who has, in the past, been kind to a colleague. This book explores all the aspects of living, and aging, and also the concept of "anhedonia", the inability to feel pleasure. Yet, It is full of insight and humour. "He had never been much of a

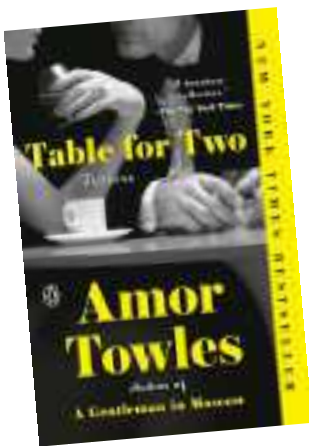
conversationalist, and being dead hadn't done much to improve the situation." We loved some of the sayings, "When you are a teacher, you always see the child in everyone." Full of philosophy, some people in our group loved this novel, and some found it very challenging. "Sometimes what looks like magic is simply a part of life we don't understand yet."



"The Woman in the White Kimono" by Ana Johns is a historical fiction novel about Naoko, a Japanese woman who in 1957 has her life cut out for her, but who falls in love with an American sailor. When she becomes pregnant with his child,

she is disowned by her family and faces immense pressure to make an unthinkable decision. The second setting in the novel is in present day America where Tori, an investigative journalist, receives a letter from her Father that hints at a long-held secret. A great example of the roles woman play (both past and present) in each culture.

As the weather changed, we went to Westmount (for real) to discuss "Table For Two" by Amor Towles. Those of us who did not realize this book started with short stories, spent some energy trying to thread everything together until we understood the format. Each of the stories have a real sense of place, and a



quick connection to the characters. Humour runs through all of them. "The beef was tough, the carrots purple, and the brussels sprouts the same as brussels sprouts in every respect other than price." Such great understanding of the

human condition, our inner compulsions and marriage relationships in these stories. Each one an insight into the soul of the character and the culture.

The second part of the book is a novella, "Eve in Hollywood" based on a character from another novel by Towles called "Rules of Civility." The author claims he had more to say about Eve and chose this format. One of the themes is "Following and Subverting Social Expectations." Another thing to learn is the meaning of the word "Defenestrations". This brings us back to Ariel Lawhon.

We shall be meeting in the near future to read a spy novel, "Code Name Helene" (Discussion to be held at a secret location).

Samba/Canasta

Submitted by Mary Ellen Montague

The L'ARSE Samba/Canasta group has a member list of 34 players with an average of 20 attending each Wednesday play day.

We have a smaller group of 7 to 10 who meet for Brunch ahead of game time. To our pleasant surprise one of our new members is male! We haven't had a male player in many years. Jim is enjoying his singularity though I'm sure he would appreciate more testosterone in the room.

The Cambridge Residence on Hymus Blvd. in Pointe Claire continues to allow us to play in their Card Room.

We are very grateful for their support. Two of our Samba players live at the Cambridge. In appreciation (as suggested by the Cambridge) we make an annual group donation to the Theresa Dellar Palliative Care Residence.

There is always room for more players. If interested contact Mary Ellen Montague@montague61@bell.net



Cyclopaths

I have been involved with our cycling group since the last century! I was among a small group of former Lakeshore School Board employees who met in June Bolger's Pointe-Claire home in 1997 to discuss the creation of an organization that would allow for continuing opportunities for socialization and recreation in retirement.

Inclusion was deemed important, so over the years L'ARSE has evolved into a multifaceted organization with multiple activities which you get to read about in this newsletter. Many of these activities are seasonal but our Cyclopaths group has begun as early as March and usually continues into November. A wrap-up party in November usually heralds winter activities such as cross-country skiing and snowshoeing.

Last year I sought and received assistance from our Cyclopaths members in the planning and organization of our cycling trips. In 2025, Colin Legault has assumed responsibility for the majority of our trips this year but others have stepped up to help out too, easing my burden significantly.

Here are some pics from the year, these are from our ile Bizard trip which allowed us to once again traverse a rebuilt bridge which had been closed for a few years. Close-up views of wildlife reward observers who venture through the woods.

Submitted by Wayne Clifford



Golf Report

Submitted by Mike Kirk & Bryden Murray

As of this writing, the 2025 summer golf season is nearing its conclusion. Since the spring, we have played 18 holes every Monday (weather cooperating). We have done the same for 9 holes every second Monday. We played, as always, a large variety of courses. Every month we have played a combined 9 & 18 game at Golf Dorval where we book 4 starts for 9 holes and 6 for 18 holes.

When the fall outdoor season comes to an end, we will, as always, move indoors for our winter season. For these sessions, we usually have 3 or 4 groups.

Generally, we stay for a social drink after each game. Our goal is to provide opportunity and we don't expect consistent participation!

One highlight of our season is our "School's Open Open". This popular event, which includes a dinner, coincides with the start of a new school year and celebrates the fact that we don't have to be there.

Our regular participants number 35 or so. If you would like to join us you'd be welcomed and you could do so by contacting Mike Kirk at mcqkirk@gmail.com or Bryden Murray at brydenmurray50@gmail.com.

Join us for bridge!

Submitted by Pam Greevy

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All you have to do is let Pam Greevy (pgreevy@hotmail.com) know you are interested. On the Sunday before bridge day (every second Wednesday), Pam will send out an invitation telling us where we will be playing (usually at Lorraine's, sometimes at Jan and Bryden's but always at a member's house) and asking if you would like to join us that week. If you say yes, your name will be added to the list and we will expect to see you on Wednesday at 1:30pm.

Bridge FAQs

Do you have to know how to play bridge? Yes, you have to be familiar with the basics and be keen to play.

Who will you play with? That depends on the draw. When you arrive, you sign in and receive a number. That number will be paired with another number and that is the player you will be playing with for the next four hands. Then everything switches up.

Do we keep score? No.

Will I feel humiliated if I make a mistake? No.

Can I ask questions during the game? Yes

Will I have a good time? Guaranteed.



REPORT

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

Protection Mandate in Quebec

Submitted by William Stockwell

After about three years of gradual deterioration, and acting upon recommendations from doctors, my sister-in-law has entered a residential care facility. That decision was made by the couple several years ago, when the symptoms were first detected, in ongoing consultation with the Alzheimer's Society, and after visiting several care establishments to find the one best suited to their needs. In order to ensure that all aspects of the transition from normal home life to living without the capacity for self-care, including financial, healthcare and all other aspects of independent living, Québec has a regime to ensure proper management of their affairs.

A Protection Mandate in Quebec is a legal document that allows a person to appoint one or more trusted individuals to manage their personal and financial affairs if they become incapable of doing so



themselves. This document is crucial for ensuring that the person's wishes are respected and that someone they trust can make decisions on their behalf in the event of illness, accident, or cognitive decline. The mandate must be written and signed in front of witnesses or a notary, and it must be homologated by the court to be legally recognized. The process of homologation involves a court proceeding where the mandatary can validate the protection

mandate if the person becomes incapacitated. It is important to choose a mandatary who is trustworthy, available, and willing to take on the role, as well as to have a conversation with them about values, wishes, and specific instructions.

My wife and I have recently asked our notarial firm, the same group that several years ago prepared our wills, to start the process of drafting mandates for each of us. The interview was both informative and interesting, as the final documents

will cover our wishes for aspects of later life we had not really considered. For example, we were asked whether there were regular financial bequests to be made or sales of property jointly owned, wishes that should continue to be

their financial or legal affairs while the principal is still fully capable of making decisions. It is usually limited to financial and property matters and ends if the person becomes incapacitated. In contrast, the Protection Mandate is specifically

designed to take effect when an individual is no longer capable of caring for him or herself, due to illness or incapacity. This mandate can cover not only financial decisions but also personal care, medical decisions, and overall well-being, and it requires court homologation to be enacted once the incapacity is

established. Depending

upon circumstances and the provisions of the mandate, we are told that an individual's cost can vary. I would be happy to hear from anyone about their experiences in purchasing a mandate drafted by a notary, including homologation processes. – Bill Stockwell, fam.stockwell@gmail.com.

respected by the responsible individual during the period of advancing dementia but prior to those aspects of the will coming into effect upon death.

A Protection Mandate in Quebec does not replace a Power of Attorney. Instead, they serve different purposes and are used in different situations. A Power of Attorney is used when a person (the mandator) voluntarily grants someone (the mandatary) the authority to manage

The Chambre des notaires has a very informative, free brochure: “Implementing a protection mandate”.



Watch out for phishing!

Not this....



.....THIS!



We would like to alert members to be aware of emails that pretend to be from a member of our executive or an activity organizer. These emails generally ask for money or gift cards. **You will never receive an email from LARSE that makes a request of that sort.**

Should you encounter this situation, we would suggest that you block the sender and delete the email.



LARSE Personnel

President: Janice Tessier-Murray
larseretirees@yahoo.com

Vice-President: Jan Langelier
larseretirees@yahoo.com

Treasurer: Luce Pattison
larseretirees@yahoo.com

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fam.stockwell@gmail.com

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larse.membership@gmail.com

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Bill Stockwell

Associate Editors: Contact
larseretirees@yahoo.com

Tidbits Editor: Bryden Murray
larseretirees@yahoo.com

One of our members, Nick Barker has offered to create a new format for our newsletter. We hope that you enjoy the new look!

L'un de nos membres, Nick Barker et a proposé de créer un nouveau format pour notre bulletin. Nous espérons que vous apprécierez ce nouveau look!



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