



# LarsENCORE

September, 2016

The Newsletter of the Association of Retired School Employees

## BULLETIN 66

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## LUNCHEONS 2016

Lunches are generally the last Friday of the month. However due to changes made in the schedule November's luncheon will be held in December:  
Sept 30<sup>th</sup>: Madison's 3000 Rue Jean-Yves, Kirkland – at The Colisee

Oct 28<sup>th</sup>: L'Academie 6321 Transcanada Hwy, Pointe-Claire

Dec 2<sup>nd</sup>: Casa Greque 3855 Blvd. St. Jean, north of de Salaberry, on the east side.

Jan 27, 2017: Elixor 3237 Boulevard des Sources, Dollard-Des Ormeaux,



## BREAKFAST

**IS ON THE SECOND FRIDAY OF THE MONTH!**  
at The Manoir which is on the corner of Hymus and Boul. St.-Jean in Pointe-Claire.

**Oct 14**  
**Nov 11**

**Dec 9**  
**Jan 13, 2017**

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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. The third winner receives a gift certificate for the restaurant.**

# President's Address/ Message du président

Hello,everyone! Bonjour, tout le monde!

I hope this message finds you all well and healthy after a wonderful summer. Et ça continue!! L'automne est bien commencé!!

As I participated in many fun activities over the summer and now continuing into the fall, I was struck so many times by how fortunate I am – and we are!!\_ to have dedicated colleagues who organize and lead such a variety of events and outings. Et j'aimerais les remercier de ma part et de la vôtre!! I would encourage you all to look carefully at the reports on the activities in this newsletter and to find something new to try. Retirement is a gift and we are blessed to be able to participate in an organization like L'ARSE.

I have also had the opportunity to be involved with QPARSE –APPERQ which is the provincial organization representing retired educators. You can all become members of this organization easily at any time and I would encourage you to consider joining. You can find more information about QPARSE on their web site [www.qparse-apperq.org](http://www.qparse-apperq.org). This group has become the one that government organizations consult on pension, seniors' issues and education for the future. QPARSE is also a member of the Canadian Association of Retired Teachers (CART) which allows Quebec retired educators to be involved in areas of concern to us all at the federal level such as health, seniors' care, and presenting issues of importance to us in electoral campaigns,

The L'ARSE Executive continues to meet regularly to plan activities, to hear concerns from you, the members, and to keep up with the ideas that you all provide for our association to evolve and provide you with the things you enjoy as you benefit from retirement. Si vous avez des idées ou des questions, vous pouvez communiquer avec moi ou tout autre membre de l'exécutif et on vous répondra.

I look forward to crossing paths with many of you and encourage new members to come to a lunch or sign up for an activity. Once you start with us, you will be hooked!! Please introduce yourself to me at any time. Bienvenue à tous nos nouveaux membres et j'espère que vous allez avoir du plaisir avec nous. À bientôt!!

Jan Langelier, President



## **WINNERS**

Congratulations to the winners of our July luncheon at Marcos. the winner of \$38.50 was Kathleen Malcius and Robin Narsted won the gift certificate from Marcos. Joel Roet donated \$39.00 to the Canadian Arthritis Society.

# Bulletin Board

## WARNING FROM SHELL OIL COMPANY "Treasure today\Tomorrow might be too late"

Please send this information to ALL your family & friends, especially those who have kids in the car with them while pumping gas. If this were to happen, they may not be able to get the children out in time. Here are some reasons why we don't allow cell phones in operating areas, propylene oxide handling and storage area, propane, gas and diesel refueling areas..

The Shell Oil Company recently issued a warning after three incidents in which mobile phones (cell phones) ignited fumes during fueling operations

- In the first case, the phone was placed on the car's trunk lid during fueling; it rang and the ensuing fire destroyed the car and the gasoline pump..
- In the second, an individual suffered severe burns to their face when fumes ignited as they answered a call while refueling their car!
- And in the third, an individual suffered burns to the thigh and groin as fumes ignited when the phone, which was in their pocket, rang while they were fueling their car. You should know that: Mobile Phones can ignite fuel or fumes Mobile phones that light up when switched on or when they ring release enough energy to provide a spark for ignition

Mobile phones should not be used in filling stations, or when fueling lawn mowers, boat, etc.

Mobile phones should not be used, or should be turned off, around other materials that generate flammable or explosive fumes or dust, (I.e., solvents, chemicals, gases, grain dust, etc...)

TO sum it up, here are the Four Rules for Safe Refueling:

- 1) Turn off engine
- 2) Don't smoke
- 3) Don't use your cell phone - leave it inside the vehicle or turn it off
- 4) Don't re-enter your vehicle during fueling.

Bob Renkes of Petroleum Equipment Institute is working on a campaign to try and make people aware of fires as a result of 'static electricity' at gas pumps. His company has researched 150 cases of these fires. His results were very surprising:

- 1) Out of 150 cases, almost all of them were women.
- 2) Almost all cases involved the person getting back in their vehicle while the nozzle was still pumping gas. When finished, they went back to pull the nozzle out and the fire started, as a result of a static spark from their bodies from sliding out of the vehicle.
- 3) Most had on rubber-soled shoes.
- 4) Most men never get back in their vehicle until completely finished. This is why they are seldom involved in these types of fires.
- 5) Don't ever use cell phones when pumping gas
- 6) It is the vapors that come out of the gas that cause the fire, when connected with static charges.
- 7) There were 29 fires where the vehicle was re-entered and the nozzle was touched during refueling from a variety of makes and models.. Some resulted in extensive damage to the vehicle, to the station, and to the customer.
- 8) Seventeen fires occurred before, during or immediately after the gas cap was removed and before fueling began.

Mr. Renkes stresses to NEVER get back into your vehicle while filling it with gas. If you absolutely HAVE to get in your vehicle while the gas is pumping, make sure you get out, close the door TOUCHING THE METAL, before you ever pull the nozzle out. This way the static from your body will be discharged before you ever remove the nozzle.

As I mentioned earlier, The Petroleum Equipment Institute, along with several other companies now, are really trying to make the public aware of this danger. I ask you to please send this information to ALL your family and friends, especially those who have kids in the car with them while pumping gas. If this were to happen to them, they may not be able to get the children out in time..

# INTEREST GROUPS

InterestGroupsEditor: Pam Greevy [pgreevy@hotmail.com](mailto:pgreevy@hotmail.com)



The Original Book Club

## Book Club I

The first meeting of the Original Book Club will be held in Cedar Park United Church at 1:30pm on Tues., Sept.27. The novel under discussion, Jodi Picoult's *Leaving Time*, features the unlikely combination of a murder mystery, the occult, and the nature of elephants.

The rest of the afternoon will be devoted to making our reading list for the year. We choose to do this in September, after a summer of reading freely, scouting for interesting choices. As a rule, the books we select for Oct. and Nov. are written by authors to be featured at Hudson's StoryFest in the fall. If you aren't familiar with this wonderful literary festival, I encourage you to explore it on the internet.

I'm afraid that's all we can report at the moment. Read the next edition of the Bulletin for our season's plans!

Susan Somerville ([susansomerville8@sympatico.ca](mailto:susansomerville8@sympatico.ca))

## Cross-Country Skiing

### Cross Country Skiing

Let's be optimistic! Here's hoping this coming winter will bring us better cross-country ski conditions than last year. I am not available Tuesdays so I would like to organize our outings for Mondays or Thursdays. Because this sport is so weather-dependent, I would email you the day before. All levels are welcome.



© Ron Leishman \* www.ClipartOf.com/433448

If you would like to enjoy winter with us, please email me:

[mabindner2@gmail.com](mailto:mabindner2@gmail.com)

Have a great autumn; looking forward to seeing you on the trails.

Mary Anne Bindner

**PICTURES FROM THE THE SCHOOL OPEN OPEN GOLF TOURNAMENT ARE POSTED ON LINE.** [www.larse.ca](http://www.larse.ca)

## Book Club II

5.

Our wrap up for the year was a lovely treat of German sausages at Janice and Bryden's where we reviewed *The Boys in The Boat* by Daniel James Brown. The Boys in question were the crew from Washington University who won gold at the 1936 Olympics in Berlin, much to Hitler's dismay. We were blown away by their dedication and fortitude.



We met at Jan Langelier's to start our season and welcomed two new members. The group had a very interesting discussion about *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. This is the story of the first women to contribute cells to science which actually grew in a petri dish and were responsible for the vaccines to cure such things as polio etc. People were shocked at the abject poverty of the Southern Blacks and barely scratched the surface on the moral issue of cell donation.

Our October book is *Under the Wide and Starry Sky* by Nancy Horan. This is "the passionate and turbulent story of Robert Louis Stevenson and his tempestuous American wife, Fanny".

Please contact me for information or to join our group. [troet@ymail.ca](mailto:troet@ymail.ca)  
Tricia Roet

## CRAFTING CORNER

When tragedy strikes, modern quilters try to show support and offer encouragement by making special cozy quilts to donate directly to victims, rescue workers or fundraisers who can auction off unique quilts to raise money. This year, we have created hundreds of blocks and/or whole quilts in support of the Fort MacMurray displaced victims and then again some heart-shaped ones for the Pulse shooting tragedy. Meanwhile, Michèle Fitzgerald is again leading a charitable Montreal Modern Quilt Project aiming to encourage, support and welcome one or more Syrian refugee families trying to settle permanently in our midst. Future photos will be collected as this beautiful creative project develops.

Members who are interested in Michèle's project can reach her at [fitzgeraldmb@sympatico.ca](mailto:fitzgeraldmb@sympatico.ca)

Please see pictures on website [www.larse.ca](http://www.larse.ca)

## WINE TOUR

Leaving Montreal in a brand new luxury coach, we (thirty-five retirees) proceed to the Lac Brome vineyard of Leon Courville, one of the largest producers in Quebec. We were lucky enough to have the privilege of getting Leon Courville himself to give us the history of his vineyard as well as his very interesting rendition of his vision for the future and a commentary on each of the six wines tasted. The view of Brome lake was breathtaking.

Cont'd on page 8



## Casual Bridge Group

The L'ARSE bridge group has been going now for several years and is still thriving. Some of our members have been with us since the beginning but most have joined over the years and we have a few new members every year. While we have a large number of members, we usually have between 8 and 16 players on any given day. We always have room for new members!

We welcome players of all abilities, including those who have never played. Our format is to change partners and opponents every four hands so there is opportunity to play with a wide variety of people. It is very relaxed and allows for discussion and learning.

Our gracious hostess is Lorraine Pawlusiak who opens her home to us every other Wednesday at 1:30. Lorraine also knits blankets for the homeless and gratefully accepts donations of wool to help keep her going.

We'd love to have you join us! If you are interested, please contact Pam Greevy at [pgreevy@hotmail.com](mailto:pgreevy@hotmail.com).

5.

## Canasta



Hello all card-playing enthusiasts – especially Canasta. The Fall season of Canasta has begun and this year is being hosted at my house in Notre Dame de l'Île Perrot on Wednesdays, alternating with the Bridge group.

This Canasta group came about several years ago under the direction and support of Robin Narsted and we met at her home. Robin was and will always be the Queen of Canasta and I would like to thank her for her dedication to this group over the past few years. Although she will not be as involved as she has been in the past, she will always be on speed-dial for me and many others whenever there are questions about the game. Thanks, Robin!!

So we are continuing on with Canasta in its original form and now also under a new form known as Samba. The group is supportive and everyone has a good time playing the game. So anyone who is newly retired or who has been retired but never joined this group, is welcome to join us. Please send me an email indicating your wish to join or call me if you want more information. We are always glad to have new members.

[langelier.jan@videotron.ca](mailto:langelier.jan@videotron.ca)

Jan Langelier, Canasta Group Leader

### MEDICAL RESEARCH PROJECT

A July gallbladder attack resulted in my first hospitalization in 53 years, so I guess I consider myself fortunate. I spent a couple of days in the short-term stay unit at the Lakeshore Hospital and had excellent care and subsequent follow-up, although I have a 4-5 month wait for a requested MRI. Speaking of MRI's. I responded to an ad in The Senior Times that had been pointed out by fellow Cyclopath, Jim Kyle. The ad was for a McGill research study at the Douglas Hospital in Verdun into biomarkers for identifying risk for Alzheimer's and involving cognitive testing and about 45 minutes having an MRI of the brain. For those who may be interested in the furtherance of this research as potential subjects can contact The Healthy Aging Team -[healthyaging@douglas.mcgill.ca](mailto:healthyaging@douglas.mcgill.ca). Tel: 514-761-6131 x 4766.

**Wayne Clifford**



## TRAVEL TALK GROUP

The next meeting of the Travel Talk Group will take place on Tuesday, October 4th at 1:30 at the Rotisserie Victorienne Restaurant (formerly Sequoia Restaurant) on 4337 Boulevard Saint-Jean. We will have two presenters, Bob Morrison and Al Jared. Bob will talk about his trip to Italy, Amalfi Coast and Florence and Al will present his trip to Croatia.

We welcome everyone to join us for lunch at noon before the presentations. Rotisserie Victorienne Restaurant still offers Mediterranean cuisine and also BBQ chicken at a reasonable price. If you have any questions, please call or Email Mickey Wernecke,, hbwernecke@aol.com or Daniel Abergel at abergeld@yahoo.com

## Haunted Griffintown Ghost Tour

Thirty-four members took part in a tour of Griffintown guided by Donovan King. He walked us around a part of Montreal where many of us had never set foot, and told us about the fascinating history of the area. He added several anecdotes about grizzly events that occurred at each site. We all now know the story of headless Mary Gallagher who haunts the corner of Murray and William.

A good time was had by all, despite the rain that started to pour down just as we heard about poor Mary's fate!

Janice Tessier Murray



## GOLF GROUP REPORT

The summer 2016 golf season, once again, has featured great weather and few cancellations! Again we have welcomed a few new members to our Monday outings. This year we are rotating three formats on a weekly basis: 9 hole outings; 18 hole outings and outings in which either 18 or 9 holes can be chosen.

We try to vary our courses from week to week and, so far, Caughnawaga, Harwood, Vaudreuil, Golf des Iles (Boucherville), Bellevue, Riviere Beaudette, La Cite (Hawkesbury) and Summerheights (Cornwall) have been among the courses we've played. While we have some sixty members, our weekly outings generally range between eight and twenty- four golfers.

The largest turnout of 45 golfers was for our annual "School's Open Open" which is held the first day of classes (to celebrate that the kids are back while we are not!). It was held at Golf Dorval and was followed by a pot-luck dinner at the home of Janice Tessier Murray and Bryden Murray. The weather gods held off, despite forecasts, for the entire golf game and most of the party. A good time was had by all.

Our weekly sessions will continue until the end of October. Some of us will try to make it into December (Dec. 6 is our record to beat). If you have not golfed with us this summer and would like to give it a try this autumn contact Russ Kelly at russk547@gmail.com or Bryden Murray at bryden.murray@sympatico.ca to be added to our golf list.

During the winter, Mike Kirk organizes virtual golf games for us a couple of times per month. If you are interested in this, please contact Mike at [mcqkirk@bell.net](mailto:mcqkirk@bell.net).

Hoping to see you out with us, Mike, Russ and Bryden

**PLEASE SEE DORVAL GOLF COURSE AT RISK ON WEBSITE** [www.larse.ca](http://www.larse.ca)

## WINE TOUR

8.

We then proceed to Domaine du Ridge in Durham where we were warmly greeted by the sales manager who gave us an interesting history of the vineyard and its owners, the Paradis brothers, who are also involved in Quebec and National politics. We tasted six more very interesting products. Then everyone returned to the bus fully laden with wine and feeling no pain. We then finished our beautiful day with a hearty meal at the Marina Restaurant in Venise en Quebec. What a fabulous evening sunset with a full moon.

Patrick Clarke



The Cyclopaths is a group of L'ARSE members who enjoy weekly bicycle outings, on Tuesdays, through the spring, summer and fall. We generally ride between twenty-five and thirty-five kilometres with a break for lunch. We have explored many of the beautiful cycling paths in and around Montreal. Anyone who wishes to join us can contact Wayne at [wmclifford@gmail.com](mailto:wmclifford@gmail.com)

As I write this on September 11th, I am reminded of a beautiful LARSE Cycling group ride to Waterloo from Granby on that fateful day in 2001 as smidgens of news came our way from those we encountered along the way. Hanns Wernecke was our leader and there were 7 of us that day. One of our Cyclopaths members, Philip Henry, has undertaken to organize another Cyclopaths trip to this area for Friday, September 30th.

I took over organization of the Tuesday trips from Hanns in 2005. In 2006, I was asked to drive the support vehicle for two retired teachers, Tom Ropeleski and Brian Potter, who cycled across Canada in their In Motion for the Missing Tour leaving from Victoria May 1st and arriving in St. John's, Newfoundland on Canada Day July 1st. Quite an accomplishment! This fundraiser brought in over \$ 50,000 for The Missing Children's Network (Child Find in the rest of Canada). It is hard to believe that is over ten years ago. I resumed leadership of our group upon our return. The group has grown into a nucleus of regulars joined by some who cycle once in a while.

I had mentioned to our group after our numerous rainy Tuesdays last year that we deserved a better summer. I predicted, and we certainly benefited from, many more sunny Tuesdays this year, which makes planning trips easier. Unfortunately, the return trip from St. Jean-sur- Richelieu to the outskirts of Farnham predicted afternoon rain making this the third year in a row that the Tuesday evening launch of Balloons in the yearly Balloon Festival (that we dovetail our trip to coincide with) didn't materialize. Walter and Nancy, new members this year, decided to do an early bird (4 a.m. departure from home) trip on their own that week and managed to capture some nice pictures of the balloons.

Wayne Clifford New joiners can email me at [wmclifford@gmail.com](mailto:wmclifford@gmail.com)





## COMPUTER USERS GROUP

In the last survey of members regarding needs in the area of computer use and the internet, a variety of training suggestions and requests were submitted. While we explore the use of a classroom group-learning environment, I discovered that many local libraries have set up interest courses that appear to offer some training that used to be done through School Board adult ed. "interest courses".

Check out these course titles listed by the Pointe-Claire and Kirkland libraries:-

- BASIC COMPUTERS AND INTERNET FOR SENIORS (55+);
- INTRODUCTION TO SAMSUNG GALAXY AND ANDROID TABLETS;
- INTRODUCTION TO iPad: TIPS AND TRICKS;
- SECURITY: PRIVACY PROTECTION;
- SECURITY: SPAM AND MALWARE;
- CREATE YOUR VIDEO ON A BUDGET;
- IPAD: TRUCS ET ASTUCES - DÉBUTANTS (50+);
- IPAD: TIPS AND TRICKS - BEGINNER (50+);
- INTRODUCTION AUX MEDIAS SOCIAUX (50+);
- INTRODUCTION TO SOCIAL MEDIA (50+);
- COMPUTER AND INTERNET BASICS - Level 1 (50+).

The Beaconsfield Library has a neat twist -- it offers one-on-one tutoring by tech-savvy young people that might also provide a means to upgrade fluency in some of the newest hardware and applications. Any input that you would care to offer about other West-Montreal training offerings would be welcomed.

Bill Stockwell ([wstockwell@sympatico.ca](mailto:wstockwell@sympatico.ca))

### SAYING GOODBYE

#### **SHEILA STANLEY, 1941 – 2016**

Passed away suddenly on Friday, June 3, 2016 at the age of 74. Beloved wife of Richard Waite. She will be dearly missed by her sister Karen (Andy), and the rest of her family, Nicole, Mary (André), Joyce (Jim), Karen (Bill), and Don (Shirley), including beloved nieces and nephews, Pierre, Amy, Pam, Kim, Sheri, Patrick, Kelly, Ann-Marie and their families. Also remembered by the Stanley and Stearns cousins in Canada and the UK. Sheila was a life-long dedicated music teacher and piano tutor, working for 30 years in the Lester B. Pearson School Board, and serving as director of the board-wide choir. In retirement, her passion became travelling with her beloved husband. Visitation was held June 11 from 12:30 to 2:00, followed by a celebration of life. In lieu of flowers, donations to the Breakfast Club of Canada would be appreciated in honour of Sheila's dedication to and love of schoolchildren.

We extend our heartfelt condolences to Richard Waite, her husband, who has sent our Messages and Newsletter out over many years.

#### **RUTH TOOHEY 1932-2016**

It is with deep sadness, that we announce the passing of Ruth on May 20th, 2016 at the age of 84 after a courageous battle with cancer. Beloved daughter of Edward Toohey and Florence Love(deceased) and loving sister of Allan(deceased). She will be deeply missed by her daughter Helen(Reg Norby) and her four grandchildren Joshua,Olivia,Luke,Isabella and her sweet dog Rizzie. She will also be missed by all her

extended family, friends, and community. Born in Montreal, Ruth graduated from Montreal High. She attended Macdonald College School for Teachers. She then taught in various schools in Quebec. Ruth graduated from Queen's University in 1964. From 1967-1983, she taught for the Lakeshore School Board. In 1983, Ruth worked as a pedagogical consultant for the Quebec Ministry of Education. She traveled all over the province of Quebec, teaching teachers how to implement the new language arts program, for 3 years. In 1987, Ruth retired from Cedar Park Elementary. Ruth was a Lester B. Pearson School Commissioner for several years of her retirement. Ruth had an adventurous spirit that touched every aspect of her life. Ruth loved time with her friends going to the Opera, plays, and dinners on her deck. She enjoyed singing with the Voices For Hope. Her biggest joy was her family and being Nana. Funeral services were held at Cedar Park United Church, 204 Lakeview Ave, Pointe Claire, May 31st at 2 p.m. A reception followed. In lieu of flowers, donations may be made to the Vaudreuil-Soulanges Palliative Care Residence, or Nova Hudson.

**EARLE WILLIAM HOWARD 1945-2016**

It is with much sadness we announce the passing of Earle William Howard at the Montreal Chest Institute on July 28, 2016.

Born in Montreal to the late William Edward Ronald (Bill) and Lily Howard (nee Quinlan). Survived by his devoted wife of 40 years Evelyn (nee Braun) and their children Eric (Stacey) and Sarah (David). Loving grandfather of Abigail, Rachel, Jaclyn and Adina. Dear friend and teacher to many family, friends, colleagues and students throughout the years.

Nurture with compassion  
Taught with ambition  
Fought with valiance

The end isn't foreseen  
Though no one should suffer  
He slipped away quickly

Never enough laughter  
Never enough love  
Never enough time

«I can't win» he proclaimed  
Defeated by a cruel beast  
In a vicious game

Forever in our minds  
Immortal in our Hearts  
A legacy to cherish

Family and friends paid respects at JJ Cardinal Funeral Home (2125 Notre-Dame, Lachine 514-639-1511) on Sunday, July 31, from 2 to 4 pm and from 7 to 9 pm. A celebration of life was held at Resurrection of Our Lord Church (34, 34th Avenue) on Monday, August 1st at 11 am.

In lieu of flowers, donations to the ALS Society of Canada would be appreciated.

**ROBERT CHARTRAND** February 8, 1950 – September 3, 2016

Saturday morning, September 3, 2016, our dear friend and colleague, Bob Chartrand, died tragically in a plane crash off the coast of Florida. He was 66 years old. The Cessna crashed into the ocean near Dania Beach just 200 yards off shore. Bob was not flying the plane; a friend of his was at the controls. They flew out of Pompano Beach and were headed to the Florida Keys, when they were caught in an unforeseen storm.

Bob, originally from the town of Ormstown, Quebec, moved to LaSalle, Quebec, when he started teaching. He enjoyed a wonderful 34 year career as an excellent physical education teacher at LaSalle Catholic Comprehensive High School (as it was known then). He had a special affinity for his class of special education students, throwing a Christmas Party for them every year, and bringing his lovable dog "Charlie" (a cocker spaniel) to the class once or twice a week.

He was a very generous, soft-spoken, sensitive, spiritual and warm hearted person. Outgoing and sociable, he made easy connections. He enjoyed hockey and played in the teachers' hockey game every Thursday evening. In retirement, he played with the "Old Timer's" hockey league, both at home and at his winter home in Florida. He was an avid cyclist with the "Carravelo" group, and with them, participated in a cycling tour of Switzerland.

Bob was always active and thoughtful of others. He had a wonderful sense of humor and would write a humorous report about events at the teachers' weekly hockey game. This earned him the nickname "Red Fish" and he began posting his bulletin in the staff room. As "Red Fish", he was a leader who organized and gathered the staff of LCCHS for many years, and in more recent years, its retirees. One cannot forget his annual "Red Fish" awards at the end of each school year, where he presented awards to the teachers, support and administrative staff of his beloved LCCHS.

Ever the free spirit, Bob believed in living life to the fullest, and in retirement, fulfilled his lifelong dream of becoming a pilot. He will be greatly missed by the LCCHS community, as he was instrumental in organizing annual reunions and keeping all present and former staff connected and informed.

He touched the lives of those he knew. We were blessed to share in his talent and friendship. Hopefully, all who knew Bob will continue his legacy by showing kindness and respect for others. His spirit is a part of us who knew him. We offer our heartfelt condolences to Bob's family and loved ones.

Sonia Stante, Konrad Muncs, Roman Kostyk

*Oh! I have slipped the surly bonds of earth,  
And danced the skies on laughter-silvered wings;*

John Gillespie Magee, Jr

**Bryden Murray**

### **Doug McCall**

Doug McCall was President of the Lakeshore Teachers Association during most of the 1970s. He also served on the Executive of the Provincial Association of Protestant Teachers and on the Board of Directors of the Canadian Teachers Federation. In 1982, he joined the staff of Alliance Quebec and later moved to the Vancouver area. After a stint doing government relations with the BC School Trustees Association, he and his wife, Mary, formed a consulting company, Shannon & McCall Consulting.

Since 1988, Doug has been a researcher, consultant and practitioner in school health promotion and social development. He is a founder of the school health movement in Canada and was instrumental in establishing much of the infrastructure in Canadian school health promotion. In those years, he served as a part-time consultant for the Council of Ministers of Education, Canada and its professional counterpart, the Canadian Education Association. He also served as the Executive Director or part-time staff for the associations representing the school board and school-based administrators in Canada as well as project manager for the associations representing teachers, parents and school trustees. More recently, he has worked with others to establish the International School Health Network, of which he is Executive Director. This network brings together policy-makers, practitioners and researchers and has developed an extensive program of web-based knowledge exchange activities. While Doug claims to be "semi-retired", he is still frequently called upon to attend meetings and conferences around the world.

Doug and Mary split their time between homes in B.C. and Southern California. They are avid golfers and are able to play all year round. They are also devoted grandparents to daughter Erin's two girls, Eve and Elle (also in the Vancouver area). Doug says that the "master-chef" (Elle) and "monster-chef" (Eve) from the Swiffer (the dusting/cleaning tool) kitchen ad are perfect stand-ins for their two girls. Doug is still a devotee of basketball (his NCAA favourites are Duke, Oregon and Gonzaga). Next year, the NCAA Final Four championships take place in Phoenix which is about a four-hour drive from their winter home. Doug has every intention of being there.

Doug still keeps in touch with former teacher union buddies and L'ARSE members, Phil Ritchie and Bryden Murray.

### **Brenda Bertram**

Brenda Bertram retired six years ago from Nesbitt School in Rosemount after teaching K -3 for 35 years. She had previously taught in Morin Heights, Pierrefonds, Villeray and Montreal North.

When considering how to fill all of those hours of retirement, she first thought about volunteering, something she had not had time to do while working. So back to Nesbitt she went to work with children with speech and language problems. Tutoring after school is something she still does.

Brought up in Roxboro, she is a West Island girl and attended Riverdale High School. As it was the school's 50th Anniversary last year, Brenda jumped in, soon after retirement, to join the committee to host the "big bash".

### 13.

Brenda is very active in the West Island Women's Center, taking classes and volunteering. In her spare time she golfs, bikes, and practices yoga. Last year, Brenda joined the L'ARSE Golf Group and played on a regular basis. Her husband, Andy, already has a Monday Golf commitment but joined the L'ARSE Group when outings occurred on other days of the week. Brenda has recently joined Beaconsfield Quilt Guild. So... precious hours are now filled with fabrics and her machine!

Brenda and Andy love travelling and have traveled to U.S., Europe, Britain, Hong Kong, Thailand and Panama. "Recently we did a 26 day cruise to Australia! Yes, we loved it! With a daughter and son-in-law in Calgary, we have made many trips to discover more about our own amazing country!"

### **Janet Kennedy**

Born and raised in Toronto, Janet started cheering for the Toronto Maple Leafs the year after they last won the Stanley Cup. After a successful career in professional theatre as a props builder and then a stage manager at Shaw and Stratford festivals, and the Old Vic in London, Janet met the man of her dreams and chose to move the OTHER way down the 401 just in time to see the Canadians win the Stanley Cup. (The fact that they haven't won since is sheer coincidence)

After a brief stint at Centaur and then the CBC, she was fortunate to be able to take the one-year diploma teaching program at McGill before it disappeared. With that handy piece of paper, Janet was hired to teach music and drama at Cedar Park, Dorset and then Forest Hill before getting tenure at Edgewater. After the unstable life in theatre, tenure was such an astounding concept!

Teaching 400 students per year was a challenge, but the first thing she learned was the importance of knowing all of their names. That way, on yard duty, she could identify whoever was misbehaving and, using the stage outdoor voice, could put an end to the hijinks quickly. Teaching music was fun, but the best part was putting on plays. Not only did students perform in countless Christmas concerts and such shows as Into the Woods, Puff the Magic Dragon and Lion King, but Janet also taught students to do all of the technical work. Many have gone on to the drama program at John Abbott and Dawson, and some now have professional careers.

But as we all know, teaching is a rewarding but exhausting profession, so when the opportunity came to retire early, Janet was ready. Since then, she has had great fun getting to know other teachers while playing golf with the L'ARSE group, playing with her 3 granddaughters, bicycling and cross-country skiing and traveling with Alain to Peru, China, and France. Africa is next up in the fall.

Like many other retirees, Janet enjoys easing into each morning rather than rushing out the door. But what she is enjoying most about retirement are the beautiful days and evenings of June and September that can be experienced, rather than looking out the window while doing final report cards, or doing lesson plans for the upcoming year. It's a great life!

# DORVAL GOLF COURSE AT RISK

14.

To the editor:

We need the intervention of Prime Minister Trudeau to save the green space that is Golf Dorval, a community jewel on the West Island of Montreal, Quebec.

We are petitioning that in the interest, the health and well being and the quality of life of the majority of the citizens in the western part of Montreal Island, as well as preserving an important community green space with thousands of trees, wetlands, flora, streams, migratory birds (including blue herons, ducks, egrets and Canada geese), some endangered birds, fauna (including red foxes) and a beautiful 18 (former 36) hole golf course, that the plans to build industrial sites in the territory known as Golf Dorval be halted, until such time as a thorough, independent, Environmental Assessment, with full public consultations, can be conducted. 100 hectares remain.

Citizens need to communicate their concerns to:

The Right Honourable Justin Trudeau, P.C., M.P.  
Prime Minister of Canada  
House of Commons  
Ottawa, Ontario

[justin.trudeau@parl.gc.ca](mailto:justin.trudeau@parl.gc.ca)

For more information, please consult the Facebook page Les Amis de Golf Dorval

Paul Wilkinson

Well FINALLY, it just had to come to this sooner or later!

A blonde man is in the bathroom and his wife shouts: "Did you find the shampoo?" He answers, "Yes, but I'm not sure what to do... it's for dry hair, and I've just wet mine."

A blonde man spies a letter lying on his doormat. It says on the envelope "DO NOT BEND ." He spends the next 2 hours trying to figure out how to pick it up.

A blonde man shouts frantically into the phone, "My wife is pregnant and her contractions are only two minutes apart!"

"Is this her first child?" asks the Doctor. "No!" he shouts, "this is her husband!"

A friend told the blonde man: "Christmas is on a Friday this year."  
The blonde man then said, "Let's hope it's not the 13th."



# 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 a retiree.

Name of Retiree \_\_\_\_\_ Retired from \_\_\_\_\_

Name of Spouse/Partner \_\_\_\_\_

## 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  
514-457-9073

**If your contact information above should change, e-mail Lois at:  
*lois.maederalves@videotron.ca***

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The **L'ArsEncore 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 L'ArsEncore via Canada Post: \_\_\_\_\_

(Extra cost to L'ARSE is about \$3 per copy.)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date