

E • N • C • O • R • E

encountering the challenges of retirement

Newsletter # 9 , December 2 0 2 3

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WORD FROM THE PRESIDENT

Greetings to all our members,

Hope you are all doing well.

Once again that busy time of the year is upon us!

Whether you are preparing for a large family gathering or celebrating with close friends, there is much to do.

Preparing lists, baking, wrapping gifts, lugging out that old Xmas tree and hoping it will stay up yet another year, running to and from busy malls and stores, buying this, forgetting that, it is truly exhausting!

Yet, it is something to be grateful for – that we can still do these things; that in a world that is so troubled and hurting, we are the lucky ones.

Let us hope that the New Year will bring peace and stability all around the world.

And with that thought, we wish you all happy, joyous, and peaceful holidays and a healthy New Year 2024.

Sincerely,
Marie-Claire

SPECIAL EVENT **BOOK READING BY** **CLAIRE HOLDEN ROTHMAN**

CLAIRE HOLDEN ROTHMAN is an award winning Montreal novelist and translator, whose third novel, *Lear's Shadow* (2018) won the 2019 Vine Award for Jewish Canadian Fiction and was short-listed for the 2020 Jacob Isaac Segal Award for Best Quebec Book on a Jewish Theme.

Her first novel, *The Heart Specialist* and her second, *My October*, were both nominated for the Scotiabank Giller Prize and her second one was shortlisted for the Governor General's Award. Her translation of *The Influence of a Book / L'influence d'un livre* by Philippe-Ignace-François Aubert de Gaspé (1837), Quebec's first homegrown novel, won the John Glassco Translation Prize.



PHOTO BY ARTHUR HOLDEN

She will be reading
from her third novel,
Lear's Shadow

On December 21st at 1:30
At 1857 De Maisonneuve W
followed by a book signing.



JOIN US!

The reading will be followed
by a wine and cheese

With financial assistance from The Canada Council
for the Arts through The Writers' Union of Canada.



Canada Council for the Arts
Conseil des arts du Canada



E.N.C.O.R.E. held its Annual General Meeting (AGM) for the year 2022-2023 on October 25th, 2023.

A few members were in attendance, and we were very grateful for their support!

The AGM serves 2 main purposes; the first is to confirm existing or appoint new members to the Board of Directors and the second is to review the corporate financial statements.

What an eventful year it has been for ENCORE with respect to both of these.

In 2023, ENCORE was faced with major changes to its board of directors.

Due to health reasons and other personal issues, both our president Gwen Goring and our vice-president, Ron Leduc, had to step down. This was an unexpected turn of events, but we were able to reassign some of their functions in order to continue our activities.

Furthermore, we were happy to add 3 new members to the board over the summer months. All positions were confirmed by acclamation as there were no other candidates vying for them. The list is available on our website under the caption "Who We Are".

On the second subject, when it comes to our financial health, we are in a downward spiral. Despite all our efforts to increase our membership and to continue to offer a variety of interesting and engaging courses throughout the year, we still ran a deficit of \$18,000.

This was mainly due to a decrease in course registrations and an increase in rent. In addition to that, our professional services fees and our insurance costs have doubled.

In order to ensure our survival, we see no other alternative but to increase our prices. The last time ENCORE had an increase was in April 2022. Two years later, we are forced to announce another increase which will be effective with the Winter 2024 program.

All courses, including the exercise classes, will now run for a 6-week period and the price will be \$66.00.

Based on our 2023-2024 estimates, this will ensure that we at least break even by next year.

Anything less puts our organization in a very precarious position. We Do Not want to lose ENCORE – not on our watch! Surely, not on yours either!!

Your comments, feedback, concerns, and questions are always welcome. Please feel free to send us an email at infoencore9@gmail.com



DESCRIPTION	PLACE	DAY	DATE	TIME
BOOK READING	ROOM 500	Thursday	December 21 ST	1:30 – 2:30
WINE AND CHEESE	ROOM 500	Thursday	December 21 ST	2:30 – 4:30
WINTER SESSION REGISTRATION	ONLINE or BY PHONE	daily	December 16 th to January 3 rd , 2024	
WINTER SESSION BEGINS		Monday	January 8 th 2024	
WINTER SESSION ENDS		Friday	February 16 th 2024	
SPRING SESSION I REGISTRATION	IN PERSON		DATES TO BE DETERMINED	
	ONLINE		February 17 th To March 6 th	
SPRING SESSION I BEGINS		Monday	March 11 th 2024	
SPRING SESSION I ENDS		Friday	April 19 th 2024	



Montreal, the city of lights is sparkling for the festive season, with so many places to go and things to see. Twinkling lights are everywhere – especially McGill College Avenue with the huge tree at Place Ville Marie or Ste-Catherine Street West and indoors at the Complex Desjardins with its soaring fountain and Santa Village.

Remember being enchanted by **Ogilvy's Christmas Window**, it's now on view at the **McCord Museum**. Don't forget the Jacques-Cartier Bridge or the Notre-Dame cathedral.

Christmas Markets are special: Browse at the **Atwater Market** or at **Quartier des Spectacles** or **Place Jacques Cartier** for unique crafts, gifts and foods and just being out in the hustle and bustle.

Try the **Time Out Market** in the Eaton Centre with its huge gourmet food court.

Maybe you would like some **Wine Tasting** at **Les Cavistes** (196 Fleury West) or **Lundis au Soleil** (601 Jarry East).

Remember **skating**? Try the rink at the Old Port or up at Beaver Lake or the indoor skating at the Atrium (1000 de la Gauchetière). Explore and enjoy during the holiday season. Call your friends, bundle up, explore, and stay safe! Happy Holidays!

Submitted by Pat Kirk



Mary Melfi, who has been part of the Montreal Theatre class at ENCORE, has written a book of poetry, *Welcome to Hard Times*, recently published by Ekstasis Editions. As well as poetry, Mary is the acclaimed author of over a dozen books including a comedic play, that was produced in 2015, an award-winning memoir and a children's fantasy.

Submitted by Pat Kirk



A chance to give back – if you can!

Dear ENCORE Community,

Every one of us is familiar with St. Mary's Hospital. It has been a constant in our ever-changing lives. In fact, it will be celebrating its 100th Anniversary in 2024.

Some of us were born there, some of us have had our own children and grandchildren there, some of us have had treatment and health care there, and sadly some of us have lost loved ones there.

We, at ENCORE, have a particular tie with St. Mary's.

Many of our members have dedicated their working lives to taking care of others and are now retired from the health care profession.

Furthermore, our past president was head nurse in the ER of St. Mary's Hospital. She, along with a few others, was also instrumental in publishing a book, "With Hand and Heart" – a compilation of memories of nursing students from 1925 to 1972.

The book is a very heart-warming read and is available at St. Mary's Gift Shop.

Now, St. Mary's needs our help. Since the pandemic, a great number of volunteers have not returned. It is time for new blood and new energy.

Volunteers are needed at The Book Corner and the St. Mary's Gift Shop. If you can devote 3 to 4 hours a week, enjoy meeting interesting people and feeling satisfaction from helping others, your support would be greatly appreciated.

There are many other ways to help. For more information, please contact Sharon Welner at stmaryshospitalauxiliary@gmail.com, or leave a message at 514-345-3511 (ext. 3131)

There are also other hospital departments that need help – should you wish to volunteer, please contact Tania Togias at 514-345-3511 (2643) or email her at Tania.togias.comtl@ssss.gouv.qc.ca.

Marie-Claire Zirpdji



Just over two years ago, I joined E.N.C.O.R.E. as an instructor of Creative Writing. It was altogether a wonderful experience, reading the words of talented individuals who were eager and willing to share their life stories with others. As I came to learn more about E.N.C.O.R.E., I realized that it was not only a place for those seeking an opportunity for creative expression but also a dynamic place to learn, gather together, and acquire new skills and hobbies in a welcoming and communal setting.

So, when I was asked to serve on the Board as a member of the Curriculum Committee, I grasped the opportunity. Working with a team of dedicated individuals to develop courses of interest to our members has been eye-opening and gratifying. It has given us the chance to offer new courses with more to follow as we expand our pool of instructors in the future. The dedication and hard work of the Board impressed me—all volunteers who give of their time and energy to provide intellectual and physical stimulation for seniors, all at a low, affordable cost.

Courses at E.N.C.O.R.E are a true bargain. Nowhere else can you take courses with competent and qualified instructors for such a deal, making the experience itself priceless.

Therefore, I urge all present and future members to join the fun, to experience the value of participation, and to support our efforts to bring you the best in learning:

E.N.C.O.R.E. UNE FOIS!

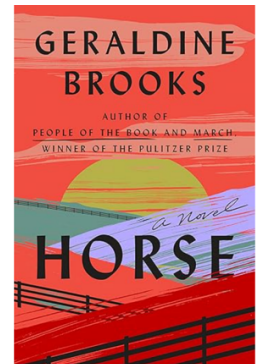
Submitted by Zsolt Alapi



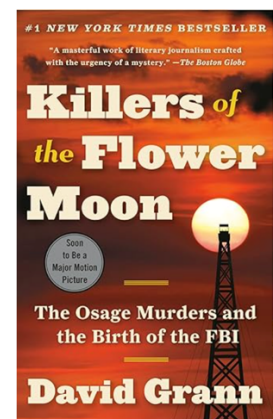


Submitted by Jane Archer

Horse by Geraldine Brooks is a historical novel about Lexington, a legendary American racehorse, who is not only known for his speed but for also being the greatest sire in horse racing history. This is a true fact. The story moves between the antebellum south of 1850 and modern day 2019. There are several central characters: Jarret the devoted slave trainer of Lexington whose story is of the south, slavery, and his devotion to his horse; Theo, a black PhD student of art history, who unknowingly salvages Lexington's portrait from street side garbage and Jess, a zoologist who finds Lexington's bones in storage in the attic of the Smithsonian. We learn about training horses, the profession of doing portraits of horses, putting skeletal specimens together. There is also a little bit of a love story thrown in for good measure. How does the author pull all this together? She does it beautifully, weaving this intricate story together seamlessly. As the author researches for this book she comes to realize that it is not a book just about a famous racehorse but about race itself. She does not belabour the fact, but the facts speak for themselves. It's a complex story that was one of my all-time favourites. I hope you find it as enjoyable as I did.



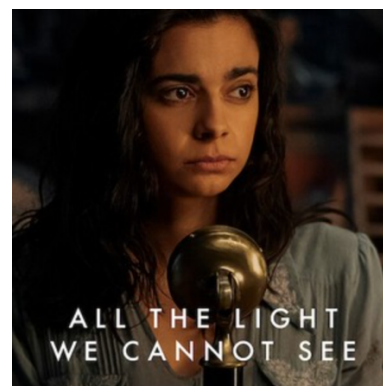
The Killers of Flower Moon is written by David Grann. It is hard to believe that this book is not fictional. It reads like a who done it mystery. The story is based on the investigative work of David Grann into the mysterious deaths of many of the Osage tribe of Oklahoma. These were a people who were pushed onto what was thought to be a barren dust bowl only to discover they were sitting on a huge reserve of oil. The tribe became rich and then they started to mysteriously die. It tells the intricate story of greed, intrigue and the lengths to which people will go to get their hands on wealth. The murders of the Osage became the first major investigation by the F.B.I and its new director J. Edgar Hoover. It was a difficult read at times but well worth reading.





Submitted by Joy Jude.

A 4 part miniseries, **All the Light We Cannot See** is an adaptation of the 2014 novel. This is the story of Marie-Laure, a blind French teenager, and Werner, a German soldier, whose paths collide in occupied France as both try to survive the devastation of World War II. The actress who plays Marie, Aria Mia Loberti, is legally blind and in her first ever acting role. Despite no acting training, she beat out thousands of submissions to secure the role.



My other suggestion is the biopic, **NYAD**, which features Annette Bening and Jodie Foster in the inspiring story of endurance swimmer, Diana Nyad and her devoted friend and coach, Bonnie Stoll. Annette Bening trained with an Olympian for a year to get into shape to take on the role of the woman who swam 100 miles (53 hours consecutively) across the straits of Florida from Cuba. There is talk that Annette Bening may be up to win an Oscar in this performance.



BOTH MOVIES ARE ON NETFLIX





Submitted by Carole Bayard

JOKES

What happens when it rains cats and dogs? You have to be careful not to step in a poodle.

Why do cows wear bells? Because their horns don't work.

I ordered a chicken and an egg online. I'll let you know what comes first.

Why did the tomato turn red? It saw the salad dressing.

A Roman legionnaire walks into a bar, holds up two fingers and says, "Five beers, please."

What do you get when you cross a dyslexic, an insomniac, and an agnostic? Someone who lays awake at night wondering if there's a dog.

RIDDLES

1: Why is Europe like a frying pan?

2: I add 5 to 9 and get 2. The answer is correct, so what am I?

3: Pronounced as 1 letter, and written with 3, 2 letters there are, and 2 only in me. I'm double, I'm single, I'm black, blue, and gray, I'm read from both ends, and the same either way. What am I?

4: What can you hold in your right hand, but never in your left hand?

5: Poor people have it. Rich people need it. If you eat it you die. What is it?

6: Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?

ANSWERS TO THE RIDDLES

1. Because it has Greece at the bottom.
2. A clock. When it is 9 a.m., adding 5 hours would make it 2 p.m.
3. Eye.
4. Your left hand.
5. Nothing.
6. Corn on the cob.