



March 28, 2019  
Volume III Issue III

**ACRA**

# *News and Muse*

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## **Message from the President**



Winter brings us cold, snow, ice, and darkness. The last one, at least for me, is the most difficult aspect of the season. The darkness, the lack of light, weighs on us. Christmas lights provide some relief for a few weeks. (I've noticed how many homes are keeping their lights turned on through the month of January!) And then, spring comes along.

Viewed as a time of rebirth when so much comes back to life, it isn't by chance that Spring brings Easter along with it. Last year, the Archbishop of Sydney, Anthony Fisher, said to a group of children, "Like a chicken breaking out of an egg, be ready to leave behind your sins and anxieties, sorrows and regrets." He continued to explain, "Just as a shell of an egg contains new life, so the empty tomb of Jesus Christ contains just that."

It's incredible to think that as Spring provides a brightening for our senses and our physical being, Easter provides the same for our spirit. I wish you and your families a renewal of strength, health, resilience, optimism, and joy. In other words, **Happy Easter!**

Maria

*MARK YOUR CALENDAR!*

## **ACRA Upcoming Events**

### **Spring Activity**

**Date & Time will be determined  
in the next few days**

### **ACRA Annual Dinner**

**Thursday, June 6, 2019  
6:30 pm**

### **ACRA Golf Tournament**

**Wednesday, July 3, 2019  
12:30 pm**

*The beautiful spring came; and when nature resumes her loveliness,  
the human soul is apt to revive as well.* Harriet Ann Jacobs

## *Mario's Musings*

"Each 'stage' of life may well bring its own unique challenges, but what matters is how we respond; for the individual always has enormous capacity to regulate his thoughts, mood and behaviour, and this might just be especially true for seniors." Dr. Stuart Shanker

"Ah, the sweet smell of spring. It's such a refreshing time! The warm sunshine feels so good on our skin and melts away our winter blues. Colorful blooms are popping up, and it's the perfect time to start preparing the garden, dust off the golf clubs, or enjoy an afternoon walk!"

"When spring came, even the false spring, there were no problems except where to be happiest. The only thing that could spoil a day was people, and if you keep from making engagements, each day had no limits. People were always the limiters of happiness except for the very few that were as good as spring itself." Ernest Hemingway

"Be grateful and show your gratitude! Its power will amaze you. It has been scientifically proven that expressing gratitude brings pleasure and joy to one's self and those around you."

### ***Briefs from the Board***

- ◆ The Board held meetings on January 16 and March 27, 2019.
- ◆ A Nominating Committee has been struck. There will be two vacancies coming up on the board as Peter Yaworski and Maria Di Perna complete their third and final two-year mandate. Tony Di Lallo and Joe Jaroslowski will be on the slate for re-election.
- ◆ It was decided that the ACRA Annual Dinner on June 6 will again be held at Reception Roma. Invitations with all details will be sent out towards the end of April.
- ◆ \$1200 has been donated to S.Au.S. (Soutien Autism[e] Support). *More information about this charity further on in this newsletter.* A final donation of \$1200 will be made before the end of the year.
- ◆ ACRA received a letter from Sr. Dianna of St. Gabriel's Parish informing us that ACRA's financial contributions allowed them to help 465 families and individuals as well as prepare and distribute 270 baskets during the Christmas period.
- ◆ The choices for our upcoming Spring Activity were narrowed down to two. In the next days, the venue and date will be finalized and information sent to members.
- ◆ The next Board meeting will be on Thursday, May 16, 2019.



## *St. Valentine's Day Luncheon*

On a sunny Valentine's Day at Restaurant La Storia in St. Leonard, 43 members and friends met for the ACRA St. Valentine's Luncheon.

After the usual mingling and exchange of greetings, our president, Maria Di Perna, welcomed everyone and asked George Pajuk to say grace.

Everyone present received a small Valentine's treasure of chocolates, courtesy of ACRA and prepared by Anna and Tony Di Lallo. Members and friends were treated to a delicious meal in a cozy setting pleasantly served by La Storia's staff.

It was another successful gathering of ACRA members and friends.





S.Au.S. is a charitable organization whose mission it is to help children living with an Autism Spectrum Disorder live a full life through the arts, physical activities and leisure programs. The group provides individuals access to a wide range of stimulating activities such as; music, dance, soccer, free swim, free play and more. In the summer of 2016, S.Au.S. created a summer camp for teens with an ASD between the ages of 13 to 21.

S.Au.S. offers leisure activities which allow children living with an ASD to enrich their daily lives. Through individual programs like musicotherapy, soccer, and dance or free-play and free-swim, which are accessible to the entire family, their programs offer new experiences and promote social interaction.

In the upcoming years, S.Au.S. will devote its time and energy to realize a long term dream, to open a day center. This day center will be for people living with severe Autism (21+) for whom there are limited to no services once school is terminated. The day center will provide a stimulating environment where they can continue to grow as individuals

## AUTISM AWARENESS RUN APRIL 28, 2019 WWW.S-AU-S.ORG





## St. Patrick's Day Luncheon



This year's St. Patrick's Day luncheon was held with 49 people in attendance on Thursday, March 14, 2019 at Ristorante Meridiana in Laval. The food was excellent and a good time was had by all. We are so fortunate to have an organization made up of great friends who are like four-leaf clovers, hard to find and lucky to have.

We raffled a bottle of Bailey's and Ed Zegray was the lucky winner. Actually, Ed shared his winnings with all of us so we were all winners! A few of our members mentioned that they decided to give up drinking for Lent, then decided to give up Lent for St. Patrick's Day. It all worked out fine!!

Let's all continue to make an effort to attend these functions which allow us to share important moments together and enjoy each other's company.



## ACRA Snowbirds

Once again we found a few of our members enjoying some warm and sunny days away from our wintry climate.

Joanne and Peter Yaworksi, Maria and Richard Meades have been enjoying golf in Myrtle Beach. The McBrides are also in Myrtle Beach and Andy Bedard has been seen tavern hopping with his wife. Maria and Mario Ferri have been basking in the southern Florida sun enjoying the beach, barbecues, poolside relaxation, and golf. Stephanie and Eric Martin, Norma and Wally Martin, Ella and Mike Bamбек, Bonnie Ostrow and Steve Sehn, have been enjoying Boynton Beach and plenty of relaxation and recreation.

This year's golf outing in Fort Lauderdale was rained out! Yes, it's hard to believe but it does rain in southern Florida. The Boynton Beach boys and the Fort Lauderdale foursomes will try again next year!



# HAPPY Easter..

May the renewal of life  
at Easter bring new  
blessings of love, hope,  
peace, good health &  
happiness to you and  
your loved ones..

Inspire POSITIVE  
SOUL SENSATIONS

Embrace the  
renewal of Life

~Babz

