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News and Muse

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Message from the President

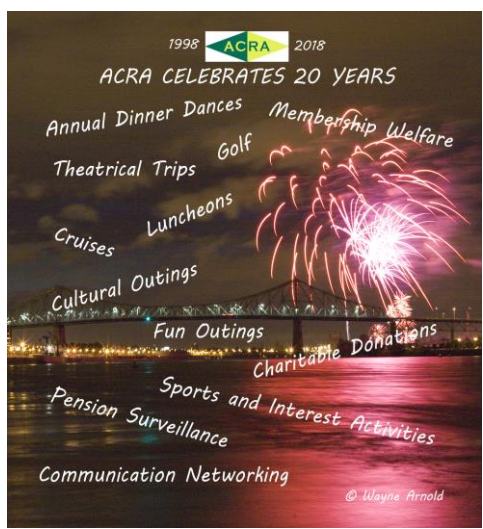


This last issue of *News and Muse* for the year was delayed for a couple of weeks so that news about the ACRA Annual Golf Tournament could be included. Much better to report on a summer activity now rather than in autumn - the precursor of winter!

How much easier everything is in the good weather - slipping on sandals and walking out the door, getting in the car and driving off without 15 minutes to defrost, no baking pans to scour because of the grill, walking into the garden for herbs and vegetables. The list goes on and on.

And the pleasure of summer is so much more acute because the season is so short. Enjoy the slower pace and everything else that the sun and heat bring. Stay safe and we'll be back with the next issue as ACRA's season starts up again in the fall.

Be well,
Maria



Happy 20th Anniversary, ACRA!

The DVD prepared by Wayne Arnold in honour of ACRA's 20 years of existence helped raise \$205 for the West Island Women's Shelter. (More information is provided later in this newsletter.)

Should you wish to have a copy of the DVD for a donation of \$10 or more, please contact Wayne at wparnold77@gmail.com.

A heartfelt **THANK YOU**, Wayne for your generosity of time and spirit.

Time you enjoy wasting is not wasted time. Marthe Froly-Curton



ACRA Museum Visit

On April 19th thirty ACRA members and friends were at the Montreal Museum of Fine Arts. Three museum guides escorted our three groups around the "Napoleon Exhibit". The expertly knowledgeable guides provided insightful and interesting information about Napoleon and life during that time.

This major exposition allowed us to view the sumptuous ambiance of Napoleon's imperial court from 1804 to his exile in 1815. The "Maison de l'Empereur" is divided into six areas that depict the daily and ceremonial life of Napoleon and his family. Everything contributes to creating the image of Napoleon as the sovereign and modern hero! More than four hundred works of art, the large majority of which were never before presented in North America, were there for this exposition!

After the guided tour, everyone was able to enjoy lunch in the Museum cafeteria or at a venue of their choice.



Mario's Musings

"Be curious, release expectations, take pleasure in small things, and cheerfully engage the moment."

"A meaningful life is not being rich, being popular, or being perfect... it's about being real, being humble, being strong and being able to share ourselves and touch the lives of others."

"We cannot choose how many years we will live, but we can choose how much life those years will have."

Briefs from the Board

- ◆ The Board held meetings on April 5 and May 17, 2018.
- ◆ The Board prepared a package in conjunction with an outside organizer for an ACRA trip to New York City. Information was sent out to the membership.
- ◆ The Annual Dinner was discussed and all details were finalized.
- ◆ Discussion began on the venue for the 2018 Memorial Mass. The location will be finalized in the weeks to come.
- ◆ The charitable organizations to receive ACRA's 2nd and 3rd Special Projects donations were determined. *The West Island Women's Shelter* and *Our Harbour* each received \$1000. Further details are included on the next page of this newsletter.
- ◆ As was the case in past years, ACRA decided to contribute to the ACRA Annual Golf Tournament by providing prizes for the golfers and sponsoring one hole.
- ◆ A discussion was held on the definition of an "ACRA activity". While our members participate in many activities planned by various groups, it is understood that ACRA activities are those that remain within the purview of the Board of Directors. ACRA activities may be proposed by anyone to the Board and they can be developed with the input and help of many.
- ◆ Next meeting: September 6, 2018



**"I found a good job for the summer.
I'm a grief counselor in a swimsuit store."**

ACRA's Charitable Donations

2017-2018 Special Projects Donations of \$1000

- The West Island Women's Shelter
- Our Harbour
- The Soup Kitchen at St. Patrick's (previously reported)

The West Island Women's Shelter

The West Island Women's Shelter is a non-profit organization that since 1979 has offered a free, confidential and safe haven to women and their children who are victims of conjugal violence. Its mission is to eliminate conjugal violence.

Its services:

- ◆ 24/7 crisis line
- ◆ safe shelter
- ◆ external services with counselor (without shelter)
- ◆ counseling addressing the needs of the children
- ◆ support in elaboration of safety plans
- ◆ awareness workshops in the community
- ◆ prevention program in elementary schools
- ◆ <http://wiws.ca>



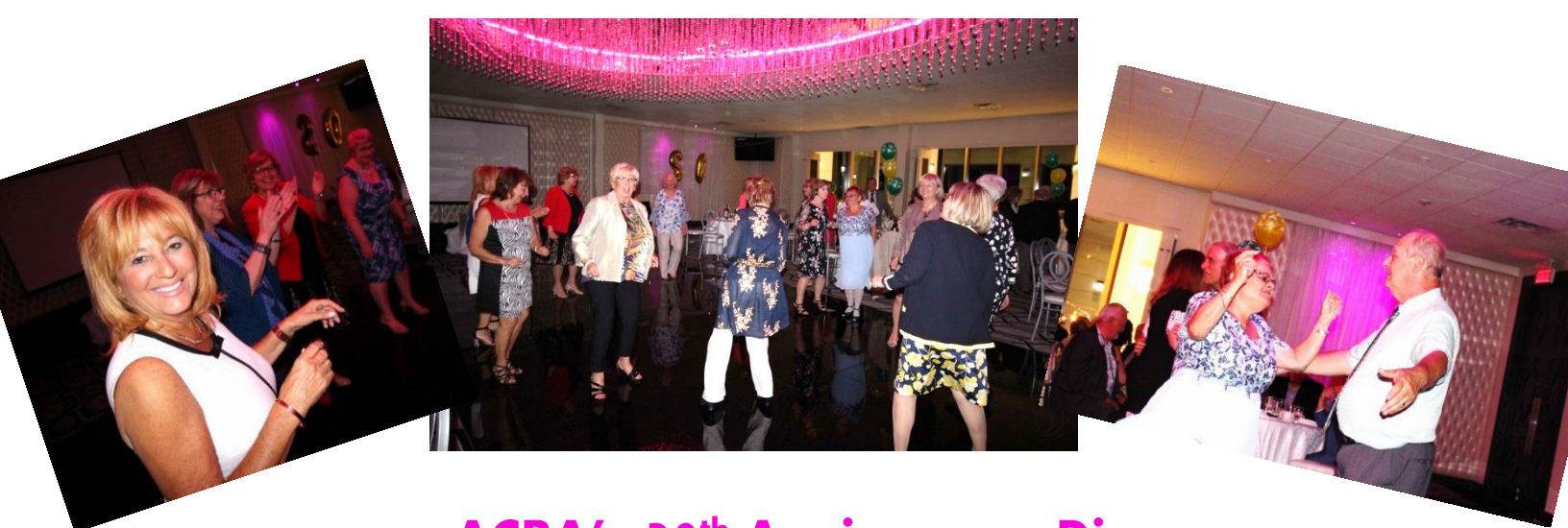
Our Harbour

Our Harbour is a non-profit charitable organization that directly supports individuals living with mental illness. It provides a caring, cost-effective, long-term housing program on Montreal's South Shore for people of diverse backgrounds designed to integrate, not isolate.

Its services:

- ◆ friendly visits
- ◆ regular social contacts
- ◆ focused workshops (building self-esteem and relationships, addressing sleep issues, nutrition, exercise, resiliency, quality of life, etc.)
- ◆ assistance in contacting medical, welfare and social service agencies
- ◆ referrals to other social agencies
- ◆ support in building basic skills such as budgeting, organizing meals, etc.
- ◆ <http://ourharbour.org>





ACRA's 20th Anniversary Dinner



Roma Receptions provided the venue!
Party Vezina's balloons and centerpieces marked the event!
DJ Greg Innes provided the music!
Some wonderful nostalgia marked the occasion!
The single-malt scotch was available along with cocktails of your choice!
Appetizers and good conversation were everywhere!



The stage was set!

On Thursday, June 7th, ACRA celebrated it's 20th anniversary at it's Annual Dinner. More than 90 members and friends revelled in the festivities marking this memorable milestone! Our President, Maria Di Perna, welcomed and thanked everyone.

After a fine meal and before dessert, an audio and visual extravaganza, beautifully and painstakingly prepared by Wayne Arnold, captured everyone's attention. ACRA's twenty years and its memorable events were highlighted with pictures and nostalgic music. The many ACRA road trips, the annual dinner dances, and the annual golf tournaments were featured as Wayne expertly and entertainingly took the members down memory lane!

"Thoroughly enjoyable!" "Fantastic!" "What wonderful memories!" "Wayne's labour of love was spectacular!" These were a few of the comments about the video presentation. Kudos to Wayne for celebrating ACRA's twenty years in such fine fashion!

A tip of the hat to Jerry Dunn as well who, year after year, organizes the half-and-half fundraiser during the dinner. The amount of \$360 was donated to the St. Gabriel Food Bank. Thank you, Jerry!

See you all next year!



20th Annual ACRA Golf Tournament

Over 140 staunch supporters of ACRA's Annual Golf Tournament came to Golf des Îles on the hottest day of the summer- July 4th. With the heat and humidity at record levels, the organizers, volunteers, and 128 golfers braved the elements and had a great day!

Prizes were awarded to the top golfers of the day as well as for closest to the pin on par 3's! However, St. Gabriel's Food Bank was the real winner as all proceeds will be presented to Sister Dianna to help her in the wonderful work she does in that community!

Every golfer not only received a 20th anniversary commemorative cooler bag but each one went home with a door prize. Many thanks to our sponsors, supporters, and contributors for making this possible.

The après-golf supper was expertly animated by Andy Nardoza, the MC. Andy and his helpers, Carol Gray, Patricia Moffa, and Maria Di Perna, coordinated the prize distribution and the raffle draws in an efficient and smooth manner.

Special thanks and gratitude go to the tournament co-chairs, Kevin Marciniak and Peter Yaworski, for their superlative efforts in organizing this annual event.

The many volunteers, Pat Moffa, Kevin Quinn, Stephanie Martin, Dany Forget, Joanne Hughes, Jerry Dunn, Karen Hebert, and Kelvin Hauffman, ensured that everything ran smoothly. From the registration table, Maria Di Perna and Carol Gray, to the photographer, Alexandra Di Lallo, to the par 3 measuring officials, to the water station attendants, to those who set up the signs at each hole, everyone worked tirelessly and effectively.

Our 20th golf tournament was another huge success as all left in good spirits! Thank you again to all who made this event so successful.





ACRA's Road Trip Cancelled!



Please note that ACRA's trip to New York City will NOT be taking place in the fall. While more than 25 people expressed interest, the minimum number of participants was not reached. Among other reasons, several people mentioned that this is not the best environment /time to be travelling to the States.

Another road trip may be in our future.....

Arrangements will be made for deposit cheques to be returned.



ACRA AGM

Thursday, September 20, 2018
11:00 am
Casa Grecque in LaSalle



As ACRA's year draws to a close, I would like to extend a warm note of appreciation to our Board of Directors. **Briefs from the Board** doesn't do justice to the commitment and time our directors give to the board meetings, planning the social events and the innumerable other tasks involved in running the association.

As well, the Board could not function without the consistent, unwavering efforts and work of our steadfast Volunteers.

A sincere thank you to one and all!
Maria



Some thoughts for those slow days.....

It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital. Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.



Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.



Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.



Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then. Enjoy it together.



Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.



Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."

Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.



Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.



ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.



Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.



Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.



Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.



Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.



Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.



Even if you don't feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.



Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.



If you've been offended by someone – forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.



If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.



Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humour in your situation.



Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

