



December 1, 2023



December Bucket List Ideas to Keep the Month Fun Every day.

Since December is one of the most active months of the year with holidays and celebrations, it is easy to consistently have stuff to do. Here is a list of suggestions to get you started. Have fun!

- Build a snowman
- Celebrate #NationalCookieDay
- Photos with Santa
- Winter camping
- Enjoy a hot bath and a book
- See a play or show
- Volunteer
- Play your favourite music
- Look at Holiday lights

- Visit a Christmas market
- Host a holiday dinner
- Make hot chocolate
- Go skating
- Eat your favorites on #NationalBaconDay
- Decorate cookies
- Send out fun holiday cards
- Have breakfast in bed
- Spend time with family and friends



Notices for Members of SLR

Coffee Socials schedule



Friday Dec 1 - 1:30 pm Saturday Dec 9 - 10 am
 Friday Dec 15 - 1:30 pm Saturday Dec 23 - 10 am
 Come join us and enjoy the laughter, opinions and facts shared by your peers in SLR



Final reminder to join us on **Friday, December 8th, at 12:00** as we celebrate with our Traditional Festive Luncheon. Highland Country Club, 1922 Highland Heights
 Tickets are available at <https://slrlondon.com/product/festive-banquet> \$35.00 per person. We look forward to seeing you,
 The Social Committee

Our Winter Program Preview was held Friday, November 24, from 1:30-2:30, where members enjoyed a spirited and fun peek at all the offerings. Each of our course leaders were given the challenge of convincing members in just 90 seconds or less to sign up for THEIR course. If you haven't already done so be sure to read our Winter 2024 brochure and decide which courses are of interest to you. This Winter's (2024) brochure is again packed

with a variety of thought-provoking study, discussion, activity and interest groups. As well we have lots of enticing Social Events on the horizon. Feel free to share the brochure with any family or friends who may be interested. Everyone is welcome.

The following is a message from our president that you received last week explaining increased costs to social events particularly our luncheons. Just in case some of you did not get it I thought it might bear repeating.



Good morning, everyone

As you know, our Social Committee works hard to arrange events that are interesting and affordable to our membership. Unfortunately, we are having to deal with the substantial rise in costs of everything, including meals and venues.

A point in case are our luncheons at both the Highland and Westhaven Golf and Country Clubs. Not only has the cost of the meal gone up, but they have also increased the cost of room rental to \$500 from \$100. Thus, the cost of our traditional annual Festive Banquet went from \$30/person last year to \$60/person this year.

A quick survey concluded this increase would have been formidable to a great many of our members. After much negotiating, the Social Committee was able to get a reduced fee of \$35/person for both this year's Festive Banquet and our Founders' Day Luncheon at the Highland. To accomplish this for our Festive Banquet, we had to abandon the traditional turkey dinner to go with their signature lasagna, Caesar's salad and dessert meal.

This reduced cost is in effect only for these two upcoming events. After that, the new costs take effect. Thus, the Social Committee is continuing to consider any/all affordable options for future events.

We do hope you will join us for a great Italian meal, entertainment by the SLUGS (Ukelele Club) and the Gina Barber SLR Singers, and the opportunity to mingle with old and new friends. Donations of men's gloves/mittens for the homeless are welcomed.

As our Fall term winds down, I would like to wish all of you a happy and healthy holiday season. See you at the Banquet on December 8th,
Brian Henderson, President

AS A MEMBER-RUN ORGANIZATION, SLR relies totally on the ideas, skills, and donated time of our VOLUNTEERS to help us grow and flourish.



Request for Volunteer Assistance

The Policies and Procedures Standing Committee is looking for an SLR member with experience in Word and Google Docs to assist us in updating the SLR Policies and Procedural Manual and to join this committee on an ongoing basis. If you are interested in this important task please contact Lydia Keras lydia.keras@gmail.com or Brian Henderson 2bahenderson@gmail.com



Edna Blomquist has kindly sent a report on the discussion group, Hot Topics 2. Edna was the team leader of this discussion group and I thought members might like to know a bit about it.

” The discussion program Hot Topics 2, which I agreed to lead, was entirely on Zoom. There was some question whether it actually would happen - we had participants, and then we lost participants. With Ed Jambor's encouragement, I decided to continue with whoever cared to join us, assuming someone besides me would be there. When the class was finally organized, we were a grand total of 4 people. Ed said it could be entertaining and interesting with fewer people, and it was.

We were interested in our topics, everyone had a chance to speak, and we used our 1 1/2 hr. session entirely. Politics were not a topic, although that seems to enter all problems open for discussion and resolution, depending on government help and money. (Private nurses, Mining in the deep oceans, Homelessness, etc.) I enjoyed our meetings and have met some new people. Zoom is now my way to continue my membership with the SLR.”

Edna Blomquist



Best Wishes to our members who will celebrate their Birthday in December 2023
“December born, strong and resilient, like the winter solstice.”

Present: Brian Henderson, George Cranton, Lydia Keras, Susan Booth, Irene Rusnell, Jane Skinner, Janet Williams and Paul Webb **Absent:** Phyllis Brady, Ed Jambor, Michelle Moore

The Meeting Agenda and the Minutes of the Board meeting of September 8th & 10th were approved as read.

Included in **Business arising** from the minutes were the following.

SLR Name Change: President Brian Henderson reported that our new name “Seniors Learning in Retirement London” as well as SLR London have been officially registered and in effect as of October 1st.

Policies and Procedures Committee report: Lydia Keras reported that the committee met on November 1 and decided to proceed with reviewing and revising our Policies in Part 1 of the old Handbook, which will be replaced with easily accessible documents on our website and in Google docs.

A request was made to the Volunteer Management Committee to find a new member who can work with complex documents to join the P&P committee. The committee plans to meet on November 29th and will report to the next Board meeting in January.

Safety standards for SLR: George Cranton reported that since Safety Standards are outlined in our Policies, they will be updated by the Policies and Procedures committee based on recommendations from George and Brian.

4. Treasurer’s Report: Ed’s Financial Statements were briefly summarized by Brian, noting that our financial situation has improved since this time last year.

5. Report from the Executive Council:

Volunteer Management Committee Request: Referring to Phyllis’s written request for funding, Brian thanked the committee for the work they have done to identify and recognize volunteers for their work. He noted that money for token gifts and thank you cards had been approved for this year, but the budget process for next year has not yet begun.

Paul mentioned that the Volunteer Management Committee has also reviewed and begun to revise the job descriptions which are in our Handbook Part II. George pointed out that this is the responsibility of the Policies and Procedures Committee, so it was decided that the mandate and responsibilities of the Volunteer Management Committee need to be clearly defined.

The following two motions were duly moved and seconded, discussed and unanimously approved: Motion 1: The Volunteer Management Committee will be

responsible for identifying and recruiting volunteers as requested by committee chairs and will recognize work done by volunteers with appropriate tokens of appreciation.
Motion 2: The Volunteer Management Committee will report to the Executive Council.

Celebration of SLR 30th Anniversary: A committee headed by Jane has been formed to plan some events to mark our anniversary.

Brian also mentioned that our upcoming Festive Banquet and Founders Day Luncheon will take place at the Highland Country Club for the last time this year due to increasing costs.

Our Annual Meeting is scheduled to take place at Siloam Church.

Membership List: Brian reported that Sandy has a list now of 261 fully paid members, including 45 new members, which shows our membership is slowly returning to pre-pandemic levels. Susan remarked that our mailing list is closer to 400, but that includes members who may not have renewed memberships this fall.

6. New Business:

Confidentiality of Board Meeting Minutes was discussed: Brian raised the issue that our Board Minutes are being sent to Margaret for the SLR Newsletter. After some discussion the Board agreed to continue publishing the approved Board Minutes in the Newsletter.

Nominations Committee: Lydia noted that unless a current member of the Board should decide to resign at the end of this year, we will not need to recruit new Board members.

7. Next Meeting: Friday, January 19, 2024 at 1:00pm via Zoom.

8. Adjournment: The meeting was adjourned at 2:55 pm.

LAUGHTER IS THE BEST MEDICINE *Thanks to Terry Rushton*



WOMAN:
Shampoo for dry and damaged hair.

MAN:
6 in 1 shampoo for hair, face, body, carpet, car and dishes.



Bed and Breakfast



A thousand words can be generated by just this one picture. This is Tesla's roadside assistance vehicle filling up at the gas pump.



TODAY I'M DOING NOTHING, BECAUSE I STARTED DOING IT YESTERDAY AND I WASN'T FINISHED



...AND I'M NO QUITTER

BRAIN TEASERS

Answers for previous Teasers

You go at red and stop at green. What am I? **Eating a watermelon**

If an electric train is moving north at 55 mph and the winds blowing east at 70 mph, which way does the smoke blow? **An electric train doesn't emit smoke.**

What gets bigger the more you take away? **A hole**

New Teasers

1. Before Mt. Everest was discovered, which was the highest mountain in the World?
2. What can you hold without using your hands?
3. The more you take, the more you leave behind. What are they?



margaretcowan44@gmail.com