

January 16 2024



January is renowned for being a month of new beginnings, fresh starts and wiping the slate clean. It's a month of let's get on with this and make it a better, bigger, more successful, healthier than last year, year! January was named for the Roman god Janus, known as the protector of gates and doorways, who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. What a fitting symbol for this first month of the year; this month is our door into the new year

Mark your Calendars For details check our website at www.slrlondon.com



The beginning of our Winter Program is less than a week away (the week of January 22nd, 2024.), Many courses are full however there are still some spots available. If you have not yet registered you still can.



SLR Coffee Socials – Winter and Spring 2024

Fridays at 1:30 pm; Saturdays at 10:30 am starting on Friday January 5th. Come join us and enjoy the laughter, opinions and facts shared by your peers in SLR. Each chat will have a host to help keep us moving along and help with any practical issues. For members unable to attend events in person

the Chats provide a great opportunity to keep in touch with new and old members on a regular basis.



FOUNDERS' DAY LUNCHEON Tuesday, February 13, 12:00 noon at the Highland Golf and Country Club 1922 Highland Heights. Cost: \$35

2024 is our year to celebrate the 30th anniversary of SLR London, a milestone to be proud of. Join us to mark the occasion in this idyllic setting with wonderful window views of the snow-covered fairways. A buffet lunch will be served followed by a guest speaker from the London/Middlesex Paramed Services who will be discussing Emergency Preparedness, with particular emphasis on the needs of seniors.



SLR'S THIRTY YEAR ANNIVERSARY 1994 to 2024

WOW SLR is thirty years old and what an amazing thirty years it has been, Our Founders would be happy to see how we have grown. An Anniversary Committee has been formed and they will provide information about upcoming events and projects as well as tidbits about the early days of SLR.

Their first project :

There are many people in London who are in need. As part of SLR's 30th Anniversary Celebration, we have created an opportunity for SLR Members to help others. We invite you to share personal items with clients of My Sisters Place, the Men's Mission and Ark Aid.

If you have extra/unused personal items and/or you are travelling and can collect more, there is a great need for toothbrushes, small toothpaste, hand/bath soap of any size, deodorant, individual size shampoo, feminine hygiene products, hand cream, lip balm, disposable razors, etc. - please save them for the folks in need. Also needed are new underwear, new/gently used gloves/mittens/winter hats.

The Charity Collection Box is located in the SLR Library. Alison Greenhill, Phyllis Brady and Richard Waring will sort and deliver the items to the charities.

Thank you for your assistance during 2024.

Phyllis Brady

WESTERN'S "SENIORS IN IT" CLUB

Hi Everyone,

The wonderful students from **Western's "Seniors in IT" club** will again be available to help you with all your "techie problems". One hour "in person" sessions will be held at the coach house behind Grosvenor Lodge on **Thursdays from Noon to 1 p.m.** **Sessions will start January 18th and run until February 15th (5 weeks)**

For an appointment you must register by sending an email to slr.computer.clinic@gmail.com. Please do not use any other email.

Emails must be received by Monday end of day to meet a Thursday session. Please include in your email details of the device you are using and the nature of the assistance you require. You will receive a confirmation email.

There are a limited number of spaces at each session and it will be on a first come first serve basis. This is available free of charge to all paid up members of SLR. Please ensure your device is working and fully charged before coming to the session.

Brian Henderson

LET'S HELP SAVE THE HYLAND CINEMA

Have you been reading articles about the precarious financial situation that Moira Adlan and her husband Ali Adlan; co-owners of the Hyland Cinema are trying to manage?

The 414-seat single screen Hyland Cinema, located on Wharncliffe Road South is independently owned and operated by Moira and Ali Adlan. It has an excellent projection and sound system as well as a new screen. The cinema premieres the most up-to-date releases from the Toronto, Cannes, and Sundance Film Festivals as well as offering retro movies and many films that are NOT shown at the other 3 multi-screen theatres in London.

The Hyland Cinema provides a wonderful venue for viewing the best art and international films in the world but it also provides a more traditional and affordable night at the movies!

The SLR Friends of the Hyland have been viewing amazing films and getting together to discuss them after the movie for several years (with a Covid hiatus). As of September 2023, the Friends of Hyland SLR Group has 41 members. We are optimistic that the owners of the Hyland Cinema will survive by repaying the Covid government loans (due this month).

Please check out the Hyland Cinema calendar (on their website hylandcinema.com) and consider attending regularly. Without the Hyland, the citizens of London would have their movie viewing controlled by Hollywood and big budget film makers.

Many Thanks, *Phyllis Brady*

VOLUNTEERS ARE ESSENTIAL TO SLR

AS A MEMBER-RUN ORGANIZATION, SLR relies totally on the ideas, skills, and donated time of our VOLUNTEERS to help us grow and flourish. Including articles in the SLR newsletter is one of the ways the Board is emphasizing the importance of individual contributions to SLR. This month we are recognizing –

George Cranton



George retired from a 30-year career in petroleum and chemical research at Imperial Oil in Sarnia in 1999 and continued as an active consultant in that field until 2018. In 2004, George and his wife Judy relocated to London and joined SLR in 2011 after spotting a flyer in The Londoner newspaper. Aside from participating in the courses that are central to the SLR experience, the social events too have been a wonderful way to meet new people and enjoy the company of others. In recent years, George has been a moderator and facilitator for many study and discussion groups relating to science and technology. Learning with other people about the wonders of the world

around us is an exciting experience. In 2021, George joined the Board of Directors for SLR and is the current Chair of the Board. That experience has served to impress him with the dedication of the many members of SLR who volunteer to make us such a success. George encourages everyone to take part and contribute their skills and abilities. And have fun.

Margaret Cowan



Margaret moved to London after she retired as a School Psychologist in Nova Scotia. Having seen a small ad in a local community paper she decided that SLR was just what she was looking for in her retirement. Margaret has been a member of SLR for 15 years. She made her first presentation in January of 2009 and was hooked! She has continued to be an active member of SLR, participating in a wide variety of courses, has been a moderator/facilitator for many study groups and discussion groups and enjoyed the many social events.

The peer learning approach at SLR where participants learn from each other suited her perfectly.

Margaret has also volunteered as a member of the curriculum committee, was President of the Executive Council and a member of the Board of Directors including being the Chair of the Board. Each of these volunteer experiences provided her opportunities for personal growth and a chance to belong to a group of committed, caring, lifelong learners. Margaret currently publishes a twice monthly newsletter to help keep us connected and informed, also providing a little laughter and fun.

SLR VOLUNTEER RECOGNITION - FEBRUARY 2024

SLR's 2019 - 2023 Strategic Plan included a strategy to Create a volunteer Management Committee to recruit and encourage volunteers. The SLR Board approved actions to support recruitment, retention and recognition of our volunteers. A committee was formed to develop programs to address the strategies. Thanks to Paul Webb, Michael Johnson, Diana Lloyd and Shari McNeill for their involvement in this committee.

In this article we are focusing on recognition of SLR's volunteers.

The Committee (with Board encouragement) agreed to create a database of volunteers documenting their service to SLR over the past 5 years. We went back through minutes, brochures, reports to document the SLR members who have been on committees, the Board of Directors, the Executive Council, Course Leadership and other roles within R. We decided on a 5-year lookback because we had good records going back that far. We developed a points system (e.g. Course Leadership for one term – 1 point, Board Chair - 1 point per year, Committee member - .5 points per year, Registrar - 2 points per year, and so on. Brian Henderson created the database and the Volunteer Committee assigned numerical values to the roles.

We agreed that we would recognize volunteers who have earned 20 points or more as of September 2023 at the 2024 Founders' Day Luncheon. Volunteers who have earned 10 - 19 points or more as of September 2023 - are receiving thank you notes and SLR pens.

We will continue to maintain this database - next year we will recognize the volunteers who have served/earned 20 points, 15 points and 10 points. We will be working with milestones of 5 years and all SLR Volunteers will continue to accumulate points for their service and are included in the database.

We are most grateful for the hard work of SLR Volunteers - You are the heart of SLR.



SPEAKING OF VOLUNTEERS, YA GOTTA LOVE THE COFFEE, TEA AND COOKIES AT SLR!! *Michael Johnson*



Those refreshments don't just appear as if by magic! When SLR resumed holding in-person courses last year at Grosvenor Lodge, Marijke Corbeth volunteered to be our Refreshment Coordinator, with Jane Skinner helping with purchasing supplies. Marijke has also been ably assisted by fellow SLR member Linda Vurma. Thank you, Marijke, Jane and Linda! Sincere thanks also to all those who were Coffee Servers for the various courses last year, ensuring that

refreshments were available for thirsty and hungry course participants.

In this New Year, Marijke and Linda have been busy recruiting Coffee Servers for the Winter Term courses, and ensuring that adequate refreshment supplies will be on hand. Thanks to all who have responded positively to their recruitment calls — your volunteer service is most appreciated!!

Don't forget to bring your reusable lidded cup for your coffee or tea, and to make a contribution through the pay-terminal from time-to-time to offset the refreshment costs.



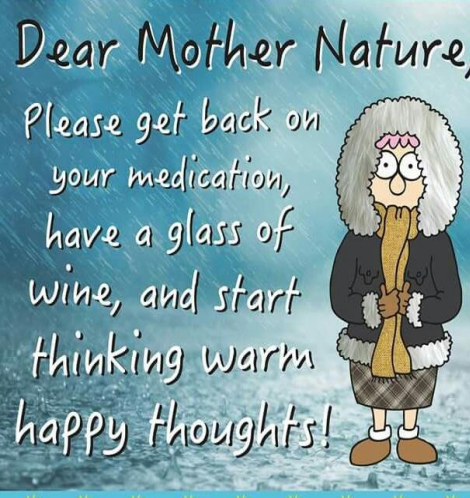
LAUGHTER IS THE BEST MEDICINE



No matter how cold it gets, there is always this person



The rear defroster should take care of this.



ANSWERS TO PREVIOUS RIDDLES

How do you spell COW in thirteen letters? **See o double you**

Where is the only place where today comes before yesterday? **A dictionary**

I have four wings, but cannot fly, I never laugh and never cry; On the same spot I'm always found, toiling away with little sound. What am I? **Windmill**

NEW RIDDLES

What never asks you a question but gets answered every time?

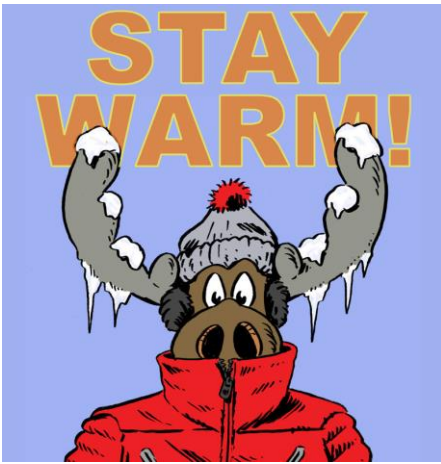
What moves faster heat or cold?

What has no lungs but still needs air?



Best Wishes to our members who will celebrate their Birthday in January

“January born Birthday means you are amazing and incredible enough to be synonymous with a happy new year”



Bundle up and stay warm and safe during this cold weather spell!

Just a reminder to check out our SLR london website. Everything you want to know about SLR can be found on this site. If you are not sure where to look for something just type it in the search box at the bottom of the page.

Take care
Margaret Cowan