

February 1 2024

Let's Celebrate



February is Black History Month: The theme for Black History Month 2024 is Black Excellence: A Heritage to Celebrate; a Future to Build



Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14. Traditionally, on Valentine's Day you show your love for another person by sending cards, gifts and messages of love. Couples give cards or presents to each other, but you can also send something anonymously to someone you secretly love



At the stroke of noon on February 15, 1965, Canada's red and white maple leaf flag was raised for the very first time on Parliament Hill. On the same day in 1996, National Flag of Canada Day was declared. Our national flag is a symbol that unites Canadians and reflects the common values we take pride in — equality, freedom and inclusion. On February 15, let's celebrate the Canadian Flag!



Groundhog Day in Canada focuses on the concept of a groundhog coming out of its home in mid-winter to "predict" if spring is on its way in the northern hemisphere. This year Groundhog Day takes place on Friday Feb 2.

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



SLR Coffee Socials – Winter and Spring 2024

Fridays at 1:30 pm; Saturdays at 10:00 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 Annual General Meeting will be held on April 18th at Siloam Church at 1:00pm. **Stay tuned for details**



SLR'S THIRTY YEAR ANNIVERSARY 1994 to 2024

SLR Moments in History

This year SLR celebrates 30 years of lifelong learning/peer learning. Special events and activities are planned and are described in another article in this newsletter. Once per month, we hope to include a brief SLR history article.



Geoffrey Wright, Ray Gladwell, Bob Stinson, Bertie Watts

In 1993, Geoff Wright, who moved to London from Montreal, missed the McGill Society for Learning in Retirement group so much that he initiated discussion about bringing the SLR to London. Western's Senior Alumni members were approached with the idea and many joined SLR the following year.

SLR's first home was Westminster College with the assistance of Ray Gladwell, Executive Director of Westminster College. The Part Time and Continuing Education Department of U of

Western Ontario was highly involved as well. Geoff Wright, Ray Gladwell, Bob Stinson and Bertie Watts are considered the founding fathers of SLR London.

In its first term (fall 1994), SLR offered 6 courses and had 63 members. The courses included Exploring Dreams, Prospect for Humanistic Technology, What is Religion?

The Music We Love, The Modernization of Nations and Racism & Genocide.

Membership fees were \$10 and the cost per course was \$40.

By January 1995, membership grew to 100 members and 10 courses were offered.

Three continued from the previous term (it seems they could not cover What is Religion in 10 weeks!) and 7 new ones were offered – including mystery writing, comedy, writing your life story. The fee per course was increased to \$50. (current SLR fees are a bargain!).

More history next month in the March Newsletter

From the SLR Archives

WESTERN'S "SENIORS IN IT" CLUB



Students from **Western's "Seniors in IT" club** are still available to help you with all your "techie problems". One hour "in person" sessions are held at the coach house behind Grosvenor Lodge on **Thursdays from Noon to 1 p.m.** There are three more sessions left - February 1st, 8th and 15th - so try to take advantage of this wonderful opportunity.

For an appointment 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

CALLING FOR NOMINATIONS FOR THE BOARD OF DIRECTORS

- The Board of Directors of SLR (Seniors for Learning in Retirement London) is calling for nominations for two positions on the Board.
- Board members typically serve for three years with an option for a further two years.
- Any member of SLR can nominate herself or himself or someone else who is currently a member of SLR.

All you need to do is send an email to the Chair of the Nominating Committee – gcranton@sympatico.ca - with the name of the nominee, and a contact phone number and/or email address for the person making the nomination by February 15, 2024. A member of the Nominating Committee will be in touch with you to obtain further details and answer any questions.

Descriptions and relevant bylaws are available at slrlondon.com under "About Us".

George Cranton, SLR Board Chair

PRESIDENT'S MESSAGE

The winter session has commenced. We are pleased with the strong registration numbers. Our curriculum committees continue to come up with an outstanding selection of programs. Well done! Thank you also to the volunteers who take on the task of course leader. We do not minimize the time and effort it takes to execute these programs.

We celebrate our 30th anniversary this year. This is no small accomplishment remembering we are totally volunteer run. As President, I chair the Executive Council and sit on the Board. I can personally attest to the enthusiasm, commitment and energy volunteers devote to making SLR work. You all have my total respect and thanks.

Our social committee is working on some special events to celebrate these 30 years. Watch for announcements:

- Our Founder's Day celebration takes place Tuesday, February 13th at the Highland Golf Club. If you have not bought your tickets yet, you are running out of time.
- Our Annual Meeting is set for April 18th. Mark your calendar.

At the Annual Meeting, we will present our financial status along with information on what we have accomplished and our plans going forward. We will also submit our nominations for board membership for the coming year for your approval.

Our eleven-member board is structured to ensure we receive new members yearly so we can benefit from new ideas and perspectives. We are currently looking for two volunteers to join us. Please consider this. It will definitely expand your knowledge and appreciation of SLR and you will work alongside other dedicated members.

If you wish to nominate yourself or another member, please notify our Chair, George Cranton at gcranton@sympatico.ca. by February 15th.

My term as President ceases in April at the Annual Meeting. After that I will become Past President and Board Chair. So far, my time on the board has been fulfilling and educational, and I am now looking forward to this next step with much gratitude for the continuing support and guidance of the other board members.

On behalf of the Board and Executive Council I extend wishes of good health and happiness for the year.

Brian Henderson
President
January 26, 2024

NOTES FROM EXECUTIVE COUNCIL MEETING MINUTES JAN 11, 2024

Business Arising:

- **Emergency Preparedness Presentation:** The Social Committee has a speaker for the Founder's Day lunch on the topic of dealing with medical emergencies, so the Emergency Preparedness Presentation has been postponed, possibly for May during Emergency Preparedness Week.

Committee Reports:

- **Office Manager's Report:** Michelle thanked Peggy for managing the phone messages and emails during her absence in November. It was expressed that we do not have simple instructions for accessing the files on Google Drive, especially for those who do not have a Gmail account.

Action Item: Michelle will work with Ed to make sure instructions are available to everyone who needs to use the SLR Google Drive files.

- **Registrar's Report:** Registration and Participation reports showed that our courses for the winter session are 90% sold with 179 members registered. Lynn pointed out that three courses were cancelled due to low enrolment, but that was not unexpected in the winter. Brian noted that the Computer Clinic also filled up quickly. Our total paid membership has also gone up to 292, an increase of 28 members since the fall.

- **Volunteer Management Committee:** Phyllis reported that the committee has been working on a database of volunteers which Brian set up and allows the committee to update it regularly and keep track of volunteer efforts to be able to recognize and thank members for their work. Thank you, cards were sent to all course leaders, at the end of the fall session. The SLR Newsletter also highlights 2 volunteers in each edition. In addition, during the Founder's Day lunch the committee plans to recognize volunteers who have worked especially hard during the last 5 years.

- **Curriculum Committees:** The curriculum committees both reported that planning for the Spring session has begun, and meetings are planned in the next few weeks to work on course offerings.

- **Social Committee:** Diana reported that in addition to the Founder's Day lunch in February, the committee is planning a Games Night at Grosvenor Lodge in March and the Annual Meeting to be held at Siloam Church in April. Planning for Spring events will begin next week.

- **Marketing and Communications Committee:**

Marketing: Peggy reported that the Open House went well, with a number of new and returning members registering. She also explained the need for more volunteers to help

out at promotional events. A number of suggestions were made for recruiting volunteers for this purpose.

Communication: Susan reported that she sent out the invitation for the course leader's workshop to the entire membership for the first time, hoping to attract members who might be interested in leading courses. She also informed us about the CBC morning news feature called 3rd Places that may be something SLR could participate in. There was some discussion about the possibility of having a book sale to raise funds.

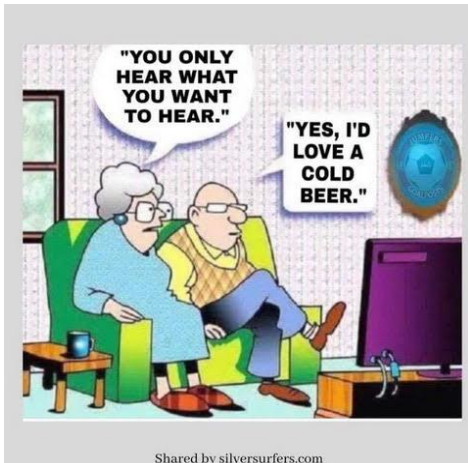
Action Item: Susan, with the help of Phyllis and Diana, will call on SLR members who were librarians to help organize such an event.

- On-line Learning Committee: Ed reported that he was not able to find Zoom hosts for every course this winter, so he has set up the Zoom meetings for those courses in advance without a host. Susan P. requested that a training session be organized for course leaders to learn how to use the equipment in our classrooms.

- Facilities and Equipment: Jeff reported that he has been working on updating the office laptop and is looking into getting another computer.

Next meeting: Friday, February 9th at 1:30 pm in the Drake Room.

LAUGHTER IS THE BEST MEDICINE: thanks to Jean Surry and Phyllis Brady



Most people are at the age where they are using their phones to document the good times in their lives. I'm at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.

A moment of tension in Vatican. If the bishop moves forward the queen can take him.



The firefighter was asked why he laughed while saving this old woman... He said that the elderly woman said to him: "You reminded me of my wedding night..." 🤔🤔🤔



YOU KNOW WHEN YOU BUY A BAG OF SALAD & IT GETS ALL BROWN & SOGGY? COOKIES DON'T DO THAT

PREVIOUS RIDDLES

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

What moves faster heat or cold? **Heat because you can catch the cold.**

What has no lungs but still needs air? **Fire**

NEW RIDDLES

What do you buy to eat but never consume?

What do you get if you add 2 blackberries and 5 apples?

Which of the following is the largest? Triangle, circle, square, or rectangle?



***Best Wishes to our members who will celebrate their Birthday in February
Those born in February are known for being kind, compassionate, and easygoing. They're often gifted in the arts and possess a well of empathy.***

Just a reminder to check out our SLRlondon 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.

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