

March 1, 2024



From the first signs of Spring to the start of Daylight-Saving Time, March is a month full of new beginnings. Embrace it and let it inspire you.

The expression, “in like a lion, out like a lamb,” can provide some optimistic thinking for those who experience a wintry start to the month of March

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

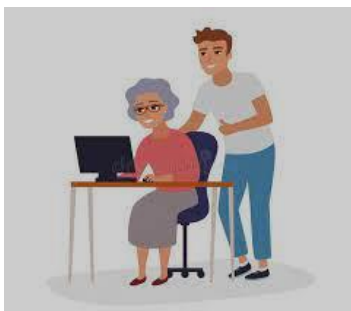


Come join us at the SLR Coffee Socials: Fridays at 1:30 pm one week and Saturdays at 10:00 am the next week. Enjoy the laughter, opinions and facts shared by your peers in SLR. Each chat will have a host to help keep us moving along and help with any practical issues. For members unable to attend events in person the Chats provide an opportunity to keep in touch with new and old

members on a regular basis.



Join us for **Games Night at Grosvenor Lodge** on Tuesday MARCH 5th from 7pm - 9pm. Various games such as Scrabble, Pictionary, Cribbage, Darts and Backgammon. Bring your travel mug and enjoy some coffee and cookies. Join in the fun and meet new people! Maximum 30 people. **Deadline for sign-up is March 1, 2024.** It's free!



The SLR Computer Clinic is starting up again for the Spring term. Sessions will be held Wednesdays March 6th, 13th, 20th and 27th at 2 PM in the coach house.

The students from **Western's "Seniors in IT"** club will again be available to help you with your techie problems. We limit attendance to six people per session to assure you get personal attention. First come, first serve. This is available to all paid up members of SLR.

For an appointment, please email slr.computer.clinic@gmail.com.
The cutoff date for each session will be Sunday evening. *Brian Henderson*



SLR will be hosting our **Spring Session Open House** at Grosvenor Lodge on April 4th 2024 from 10 to 12. We are looking forward to the release of our Spring Course Brochure on April 1st. Mark the date on your calendar and plan to drop by for an information session and to speak with Course Leaders. The spring flowers should be blooming by then!



SLR's 30th Annual General Meeting will be held on April 18th at Siloam United Church at 1:00pm. 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. There is no cost for this event.



PORT STANLEY THEATRE – “THE BEAVER CLUB”

Thursday May 23, 2:00 p.m.
Port Stanley Theatre
Cost: \$48

They're baaack!!! Barb Scheffler's 2023 smash hit returns to our stage. Skinny dipping and scrapbooking, shared secrets, new beginnings, lost loves and new loves.



SLR FALL PROGRAM PREVIEW AND REGISTRATION (ONLINE) Friday, June 7, 1:30 - 2:30 p.m.
Registration opens at 3 p.m. following the Preview



SLR'S 30TH ANNIVERSARY PARTY on Friday June 14th, 1:00-4:00pm at Grosvenor Lodge. Come join us as we celebrate our past and present and look forward to a great future. No Cost

HOW TO ACCESS MATERIALS FROM UWO LIBRARIES:



You may not know this, but all SLR members are eligible to obtain a **FREE OF CHARGE** Guest Borrower's Card from Western University, which enables them to borrow materials from the various libraries at the University. This is as the result of an agreement with UWO that has been in place since our beginning, and is very helpful when researching a presentation or looking for a book for a discussion group. The cards must be applied for and must be renewed each academic year.

The forms and instructions have recently been updated.

Paper versions are available in a plastic folder on the bookshelf next to our coffee station in Grosvenor Lodge. Plus, they are now also available on our SLR website underneath the 'Help/Zoom' heading on the website menu. If you use the website version, you can read the Instructions there and click on the link to take you to a fillable form that can be saved to your device and then emailed to the University. Even though the application form stipulates a fee, this fee is waived for SLR – just follow our instructions.

NOTE: If you are already one of Western's alumni, you do not need to apply, you can just use your Western Alumni card. If you don't have one, you can apply for one online.
Peggy Matser

THE SLR LONDON 30TH ANNIVERSARY CHARITABLE COLLECTION PROJECT



The SLR London 30th Anniversary Charitable Collection Project has been going well with over 100 items delivered to Ark Aid, My Sisters Place and Men's Mission.

These organizations are most grateful for the donated items. And the need continues.

Please deposit any unused individual and full sized-toiletries, (shampoo, body wash, toothpaste,

lotion, etc.), toothbrushes, lip balm, hand soap, razors and feminine hygiene products. new underwear, gently used hats, mittens, or gloves into the collection box located in the SLR Library area at Grosvenor Lodge.

We hope to run this project until the end of 2024 and soon will be seeking sunscreen and ball caps! Thank You! Richard Waring, Alison Greenhill and Phyllis Brady

DIVERSITY IN SLR



Greetings SLR Members,

While SLR's membership is steadily increasing, we have not yet reached pre-pandemic numbers. We believe there are many seniors in London's population who are not aware of SLR and its many interesting courses and groups.

A small committee was formed to work on one of the goals of our current Strategic Plan, which is to increase our membership, both in numbers and diversity.

We value our members' input and propose a one-time brainstorming meeting to discuss and receive your thoughts on this important goal. Please let me know if you can meet with the Committee in March - or, if you are unable to meet and have some ideas or suggestions. You can contact me at bradyphyllis@gmail.com

*Thank you,
Phyllis Brady, on behalf of the Diversity Strategy Committee*

SLR SOCIAL COMMITTEE NEEDS YOUR SUGGESTIONS

This week's Founders' Day Luncheon at the Highland Golf & Country Club was a lovely event, as always, with good food and efficient service. Unfortunately, it may be the last social event that SLR is able to hold there, due to added venue rental costs.

This is something we are encountering more often in these days of rising costs. We are seeking information from you, the members who are our most valuable resource, to assist us in finding new event venues. Do you belong to an organization that has a venue for group functions, such as luncheons, and that provides catering services or allows outside caterers to be used? Or perhaps you have knowledge of potential venues from events you have attended? These places would need to be within London or within a very short distance outside of the city.

All suggestions are welcomed and our social committee will follow up on any leads. Please send your ideas to slrlonsocial@gmail.com.



CELEBRATION! Many of our members will recognize this long-time former member, Synthia Schilder, who moved away a couple of years ago to Mississauga to be closer to family. While here, Synthia participated in drama group, writing groups, study groups, and many social events. Although now unable to attend courses, Synthia still frequently attends our Coffee Socials online, and lets us know about all of the many activities she participates in at her retirement residence. Recently we featured her hand-painted Christmas card on this page. Well, Synthia is turning 100 years of age on April 5th, and the years have not dulled her zest for life or sense of humour. If you know Synthia, and would like to send her an email or an actual birthday card, please contact me by comment below, or by an email to pmatser50@gmail.com, to obtain her mailing or email address. Synthia has given her permission for this and is pleased that we would remember her in this way. She also says that if anyone is in Toronto area on April 6th, she is having a reception, with relatives flying in from Holland, and SLR friends in the area are welcome to come.)

HANDOUT FROM WASTE NOT, WANT NOT GROUP *Peggy Matser*

PROMOTING RE-USE OF ITEMS THROUGH RENTING, GIVING, DONATING, LOANING

RENT OR BORROW -

Tools and Appliances: There are many places where you can rent large appliances or tools, rather than buy new, such as Home Depot, or private rental companies. You can also borrow from The Thing Library, which has small items as well. (Membership required)

London Public Library and UWO libraries: Books, newspapers and magazines are free from your local library branch. Order materials online and either ask to pick them up at your local branch, or download e-books or articles on your computer. Musical instruments are also available and if you don't have or want a computer or printer, you can utilize the ones at the libraries, free or for a small fee. For research, SLR members can borrow from the UWO libraries.

DONATE OR GIVE AWAY DIRECTLY

Thrift Shops: Accept unwanted clothing, tools, sports items, household goods, décor, furnishings, pet items, bedding, - almost anything. i.e. Value Village (3 in London); Mission Store on York Street;

Goodwill; Goodwill Book Store on Adelaide; Goodwill Boutique in Hyde Park; Salvation Army Thrift Store; The Mission Thrift Store (2 locations); Teen Challenge Canada; Talize on Huron; St. Vincent de Paul on York, and others – google ‘thrift shops in London’.

Habitat for Humanity ReStores (3 in London) – accept and re-sell new and used furniture, plumbing, electrical or building materials, pictures, mirrors, appliances, etc.

crochetcluboflondon@gmail.com accepts yarn and uses it to crochet blankets, which are then donated to local organizations.

Collecting Cares (on Facebook) – Volunteer group has drop-off bins for milk bags, egg cartons, yarn, and other items for reuse or recycling

Other organizations helping the homeless/needy: 519 Pursuit, Ark Aid Street Mission, My Sister’s Place, Women’s Community Centre, Men’s Mission – all have wish lists.

Plant Swap London Ontario A Facebook page where you can trade and share plants, cutting, seeds, etc.

London Humane Society: Old towels can usually be donated to the Society for use with the dogs, and often pet supplies left over when a pet passes on, such a kitty litter, food, and so on. <https://www.hslm.ca/> Also, The London Pet Food Bank (on Facebook) accepts donations of many such items.

Micro-Enterprise: A project of My Sister’s Place – participants make beautiful jewellery, décor and gift items by repurposing donated costume jewellery, yarns and other items. They provides skills training and meaningful work for women.

Buy Nothing Project: A global organization – you join the local chapter for the neighbourhood you live in and get to know your neighbours through giving and receiving freely (Food, furniture, plants, clothing, household goods, electronics, tools - whatever you can’t use, someone else can – and whatever you are in need of someone else might have to give.) <https://buynothingproject.org/>

London, Ontario Freecycle Group: <https://www.freecycle.org/town/LondonON> (also on Facebook) You post a picture of what you need or have to give, and people arrange pick up or drop off via emails.

The Giving Tree London Ontario: on Facebook – also a good place to give away unused items to those in need.

Most Optical Businesses: Opticians usually accept old eyeglasses and cases to be reused, often in other countries.

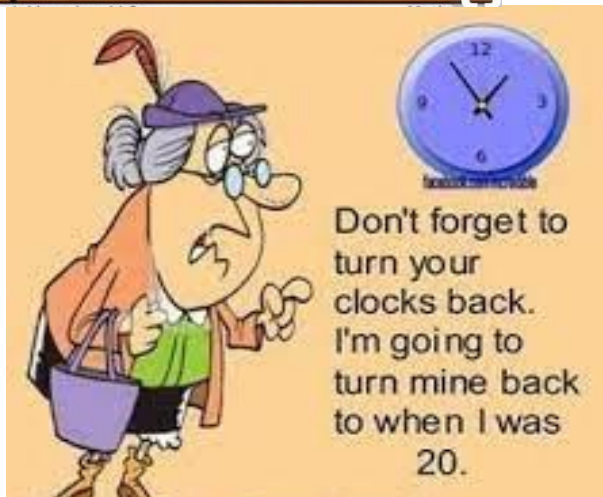
BUY AND SELL USED ITEMS OF VALUE

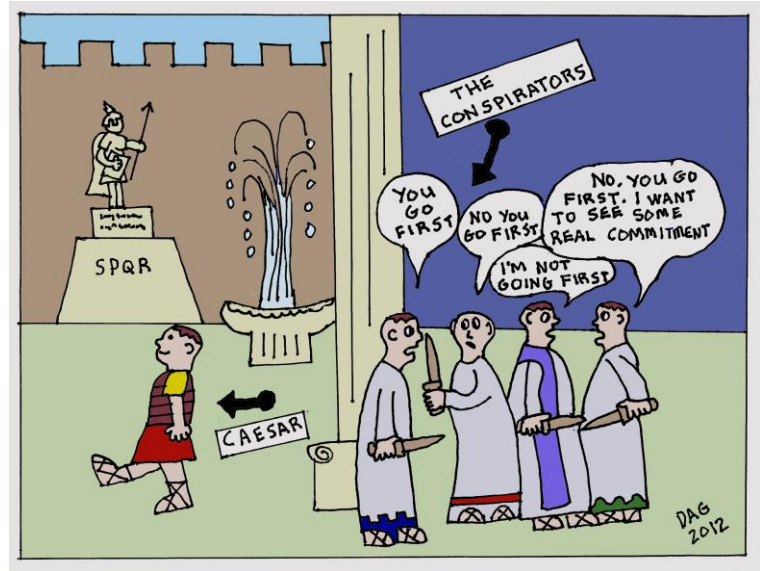
Online: Any and all items can be bought or sold for no fee through Facebook Marketplace, EBay; Kijiji London; London Buy & Sell (Facebook group). You can also hold a yard sale or donate to a fundraising yard sale.

Consignment shops: These stores provide a percentage of the sale price back to the owner: For clothing: Mine 101, Style Encore; Style 360; Plato's Closet; For You Consignment; Chaotic Closet; Frock Off Vintage Clothing, etc. For furnishings and Décor: ReDecor;

Secondhand and Antique Shops: Memory Lane Antiques and Collectibles, Silk Road Furniture; Duck and Dodo; Back to the Fuchsia and many more.

LAUGHTER IS THE BEST MEDICINE





PREVIOUS RIDDLES

What bee can you pass around that doesn't sting? **A Fris-Bee!**

Which word does not belong in the following list: noon, wow, level, radar, madam, kayak, or rotator? **"Or."** All of the other words are palindromes.

What must you give before you can keep it? **Your word**

NEW RIDDLES

What building has the most stories?

What starts with T, ends with T, and has T in it?

If you throw a blue stone into the Red Sea, what will it become?



Best Wishes to our members who will celebrate their Birthday in March. Appropriate for someone with a spring birthday, people born in March have sunny temperaments. They score highly on what's called the hyperthymia scale, which means they possess a general optimism that helps them look past the bad.