

April 1, 2024



T.S. Eliot suggests that “April is a time of renewal and new beginnings, making it the most compassionate and gentle month of the year.” This quote emphasizes the optimism and positivity associated with April.

April 1, in many Western countries is traditionally an occasion for playing tricks. This custom has been observed for hundreds of years, but its origin is unknown. Jokesters often expose their actions by shouting "April Fools!" at the recipient. Mass

media can be involved with these pranks, revealed as such the following day.

Some of the best April Fool’s pranks of all time include:

In France: According to *Le Parisien*, in 1986, the Eiffel Tower was going to be dismantled and rebuilt inside the new Euro Disney Park.

In Denmark: In 1965, a Copenhagen newspaper reported that Parliament had passed a law that all dogs be painted white to improve road safety because they could then be seen clearly at night.

In Canada: In 2008, WestJet airlines advertised its overhead cabin bins as “among the most spacious of any airline” and said it would charge passengers an extra \$12 to use these “sleeper cabins.”

In Great Britain: In 1980, the BBC announced that Big Ben, London’s historic clock tower, would undergo a face-lift and become digital to keep up with the times. Enraged callers flooded the station with complaints.

Left-handed toilet paper-Why should right-handers be closer to cleanliness? In 2015, **Cottonelle** tweeted that it was introducing left-handed toilet paper for all those southpaws out there.



A solar eclipse occurs when the Moon passes between the Earth and the Sun, casting its shadow on the Earth. A total solar eclipse, like the one that will occur on April 8th, 2024, occurs when the Moon completely blocks out the Sun's light and causes night-like darkness during the day on a very slim sliver of the Earth's surface.

This sliver is also known as the path of totality. Notable cities in the path of totality include Kingston, Montréal, Niagara Falls, Hamilton, and more. Other major cities however, are not in the path of totality. People in these cities will still see most of the eclipse, but will miss the incredible spectacle of absolute totality.

To prevent serious eye damage, always avoid direct eye contact with the Sun, especially during a solar eclipse. Use special glasses with eclipse filters, as regular sunglasses

won't offer sufficient protection. Prioritize your eye health while enjoying the beautiful spectacle of a solar eclipse.

MARK YOUR CALENDARS For details check our website at www.slrlondon.com



SLR Coffee Socials continue on Fridays at 1:30 pm one week and Saturdays at 10:00 am the next week.



SLR will be hosting our **Spring Session Open House** at Grosvenor Lodge on April 4th 2024 from 10 to 12. Please plan to drop by for an information session and to speak with Course Leaders. Bring your friends so they can learn all about SLR.



Don't Forget SLR's 30th Annual General Meeting will be held on April 18th at Siloam United Church at 1:00pm. We will present our financial status along with information on what we have accomplished and our plans going forward. Nominations for board membership for the coming year will be submitted 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



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

Do you have Friday, June 14th, from 1 to 4, marked on your calendar? If not, why not? That is when SLR will be celebrating our 30th anniversary at Grosvenor Lodge. While the party is primarily for members, if you would like to bring a guest, we ask that you register them, along with yourself, through our website. The event is free to members, but we will welcome donations for any non-members who come with you, either by cash or by Interact. There will be food (including cake) beverages, and musical entertainment from Jim Chapman, who many may know. There will be sing-along opportunities, you can be sure. It will be chance to enjoy the grounds of Grosvenor Lodge in all their summer beauty. *Peggy Matser*

MOMENT IN HISTORY #3 - CELEBRATING 30 YEARS of SLR

The following is a piece about Pat Gilpin, a long-standing SLR member, that the 30th Anniversary Committee has submitted.

A Chat with Pat



“I learned so much and I loved every minute of it”. So said Pat Gilpin when we sat down to talk about her long-standing membership of SLR. Pat loves doing the research for a study group and often spends many hours delving deeply into her subject. Her favourites are the art courses, but she also likes the current events discussion groups. Pat still remembers many interesting presentations that she heard and made over the years, such as one on the colour mauve and another one on children’s books. She still has copies of all of them in a folder.

Pat, a retired teacher, learned about WSLR (Western Society for Learning in Retirement) through an advert in the Western Alumni Newspaper. The organization was then one year old and Pat has been a continuous member, except for one year, ever since. The atmosphere was more ad hoc, informal and relaxed at the beginning. Although the founding members were men, most of the members were women who filled the classes and many volunteered, in turn, to be moderators. Pat was the curriculum person 3 times in 4 years.

Art classes, Pat’s favourites, were helped initially by Western’s Art department library and Pat was a frequent moderator, going in early to get the slides for the presentations. Much better than Power Point she thinks! Over the years Pat specialized in the Impressionists and enjoyed many art classes with her friends.

“I made so many friends and had so much fun,” says Pat. The handout of phone numbers distributed at the start of each class enabled the participants to connect easily with each other and many became close friends. Pat and her SLR friends even travelled together to Europe, Pennsylvania and Newfoundland. Others also formed an opera group and several book clubs.

Congratulations on longevity in SLR, Pat! Although Pat has not joined any classes in the recent months, she plans to come back. We look forwards to seeing you amongst us again soon, Pat.

INFORMATION: RESEARCH STUDY FOR SENIORS



Educational Intervention to Investigate Brain Health Changes in Older Adults with Memory Concerns

PARTICIPANTS NEEDED FOR RESEARCH IN BRAIN HEALTH

We are looking for volunteers to take part in a study of brain health changes with an educational intervention.

You may be eligible to participate if you are:

- 1) Aged 60-80 years old
- 2) Live in your own home
- 3) Feel your memory ability has declined in the last 5 years
- 4) Read, write and speak English

Your participation would involve:

1) Cognitive Testing (90 mins)
2) MRI (60 mins)



6 Week Education Class (One 90 min session/week)



1) Cognitive Testing (90 mins)
2) MRI (60 mins)

Eligible participants will be compensated for their time.

For more information about this study, or to volunteer for this study, please contact:

Dr. Lindsay Nagamastu or Raphael Gabiazon

Exercise Mobility and Brain Health Lab | Department of Kinesiology
519-661-2111 Ext. 88284 or
Email: rgabiazon@uwo.ca

LAUGHTER IS THE BEST MEDICINE





PREVIOUS RIDDLES

When is the top of a mountain similar to a savings account? **When it peaks one's interest.**

What has a head and a tail but no body? **A Coin**

What contains three e's but contains only one letter? **Envelope**

NEW RIDDLES

What is the difference between a jeweler and a jailer?

A man and a dog were going down the street. The man rode, yet walked. What was the dog's name?

I am something people celebrate or resist. I change people's thoughts and lives. I am obvious to some people but, to others, I am a mystery. What am I?



Happy Birthday to all of our members born in April.

Persons born in April are loyal and generous – the most desirable qualities in a friend. Because of their empathetic nature, April born make wonderful friends, but more than that, they value friendships. They give a lot of importance to their friends, sometimes even more than family.