

October 16, 2024



With fall in full swing and the spookiest holiday—Halloween—on the horizon, October brings a special charm. Picture this: cozy flannels filling your closet, pretty pumpkins adorning porches, and a wealth of autumn activities like corn mazes and apple picking.

Every year, nature puts on the ultimate show as the leaves change color. There's no better month of the year than

October to enjoy the vibrant colors of the leaves, whether you take a scenic drive or head off for a proper weekend vacation to get the full effect of the Fall foliage.

## WHAT'S COMING UP ON SLR'S CALENDAR



**BOWLING AT PALASAD NORTH Tuesday October 22, 4:00 – 6:00 p.m.** Palasad North, 777 Adelaide Street North. Show off your skills while enjoying great conversation, Space is limited to 24 participants. Shoe rental is \$20 and includes two (2) slices of pizza and a non-alcoholic beverage



**ANNUAL SLR Fall Trivia** at London Brewing Co-op in person <http://www.londonbrewing.ca>  
**Thursday, October 24, 2024. 1pm to 3pm**



Our **Fall Computer Clinics** will start in the week of **October 28th**. They will be held on **Wednesdays from 2 to 3 pm; and on Fridays from 12 to 1 pm**, in the Coach House until the end of November. Please note that there will be **NO clinic** on November 22nd.

For an individual appointment please contact

[SLR.Computer.Clinic@gmail.com](mailto:SLR.Computer.Clinic@gmail.com) (not the SLR office address, please).

Provide a brief description of your technical problem, and what device (brand and vintage) you will be using at the Clinic. Indicate your preferred date, with a second choice.

**Jean Surry**

**NOTE:**

SLR needs a couple of volunteers to assist with the occasional running of the Computer Clinics Fridays from 12-1 beginning later this month. The Clinics are held in the Coach House.

We assure you that it is very rewarding and not difficult. Technical skill with a variety of devices are not needed, as this is what the IT students do. But we do need a few people to coordinate from time to time. Someone familiar with Excel worksheet planning from home would also be helpful.

If you can help out, please contact Jean Surry at [slr.computer.clinic@gmail.com](mailto:slr.computer.clinic@gmail.com)

Thanking you for your consideration, Jean

**WINTER 2025 PROGRAM PREVIEW FUNFEST**

*Calling All Seniors!*

prospective members.

Friday, November 22nd, 1:30 – 3:00 p.m. (Doors open at 1:00; Presentations begin 1:30 sharp.)

Siloam United Church, 1240 Fanshawe Park Road East

Registration opens at 5 p.m. online

Enjoy a lively and fun-filled program with our course leaders describing their winter offerings, entertainment by our Ukulele and Singing members, and more! It's a great way to get a real sense of all our Winter offerings while socializing, singing, and enjoying free coffee and cookies. Open to all – members and

**SLR FESTIVE BANQUET 2024**

**The holidays are fast approaching!**

**Our Festive Banquet will take place Thursday, December 5, 2024 12:00 pm. Tickets \$45 per person**

**MENU**

Crostini Board and Chef's Dips

Roast Chicken, Roast Potatoes and Vegetables

Rolls and Butter Assorted Desserts Coffee and Tea

Red and White wine will be available for purchase

\$5.00 per glass - cash only

Please join us at Goodwill Community Hall

255 Horton St E, London, ample parking

(Corner of Horton and Wellington Streets)

**Click on the link below to buy tickets:**

<https://srlondon.com/product/festive-banquet>

## SLR COFFEE SOCIALS



Please join us and connect with other members of SLR. There is no set topic just sharing of ideas, events and experiences  
Coffee Chat schedule was posted in the August 16<sup>th</sup> newsletter

## COLUMBIA EMPLOYEE STORE THIS FALL

**Details: Society for Learning in Retirement** is invited to shop our tent sale from **September 27th - October 20th!**

- Store is stocked with current season products from our family of brands – Columbia, Mountain Hardwear, SOREL and prAna – items are marked at Employee Store pricing.
- For store access, please provide your digital invite (printed or shown on your mobile device) + proof of affiliation.
- Invitees can bring up to four additional guests with each visit.
- This offer is for store access (not valid online) **London Employee Store Team** | Columbia Sportswear Company  
1425 Max Brose Drive, Unit 1; London, ON; N6N 0A2  
519-644-5000 (w) | [LondonEmployeeStore@columbia.com](mailto:LondonEmployeeStore@columbia.com)

## THANK YOU SLR MEMBERS

Thank you SLR members and family and friends for your financial support of the **Alzheimer Society Southwest Partners at SLR's Welcome Back Event on September 18.** We had a lovely walk, chatted with two Alzheimer Society staff members and raised \$3825 for the Society. Funds raised support the many programs for clients and family members. Phyllis



One of our SLR members Phil Waller asked if we would mention this campaign in our newsletter  
**KOATS FOR KIDS [ORGANIZED BY THE BOYS AND GIRLS CLUB ON HORTON STREET]**  
For more than 25 years, the Boys and Girls Club (BGC) of London has assisted thousands of people through the Koats for Kids campaign.

Once again, the organization is seeking donations so that those in need stay warm this winter. They are asking Londoners to go through their closets and donate any winter clothing they no longer need. "We need winter clothing for newborns all the way to those who are 18 years old

There are 25 agencies and businesses helping with the collection, which goes until Nov. 9. Furthermore, items can be dropped off at BGC London on Horton Street.

For [a complete list of drop-off locations](#), you can visit their website.

## LAUGHTER IS THE BEST MEDICINE



## ANSWERS TO PREVIOUS RIDDLES

1. Only one color, but not one size, stuck at the bottom, yet easily flies. Present in sun, but not in rain, doing no harm, and feeling no pain. What is it? **A shadow**
2. Which of the following words don't belong in the group and why? CORSET, COSTER, SECTOR, ESCORT, COURTS **Courts, because all of the others are anagrams of each other.**
3. Who is that with a neck and no head, two arms and no hands? What is it? **A shirt**

## NEW RIDDLES

1. Autumn leaves and bad bowlers wreak havoc on this.
2. What has been used to fix a jack-o-lantern?
3. Overflowing with plenty, a horn of delight, Bringing flavors of autumn into sight.  
From squash to nuts, what's in our sight?

## SEVEN STEPS TO COLD WEATHER SAFETY: Environment Canada/Public Safety Canada

Winter weather will soon be arriving in Canada. Do you know the signs of hypothermia, and what to do if you get frostbite? **Read on** to make sure you're ready for **cold weather!**

### 1) Listen to the weather forecast

- Check the Environment Canada weather forecast before going out.
- Listen for a **wind chill** warning. Warnings are based on local climate and are issued when significant wind chills are expected.
- Visit Environment Canada's new Weather and Meteorology website: <http://ec.gc.ca/meteo-weather/>

Weather forecasts are available through radio and TV broadcasts, Environment Canada's Weatheradio service, and online at [www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca).

### 2) Plan ahead

- Develop a cold weather **safety plan in advance** to ensure that safety concerns are addressed when it's very cold, or when the wind chill is significant. For example, schools could hold recess indoors, outside workers could schedule warm-up breaks, and those involved in winter recreation could reduce the amount of time they spend outdoors.

### 3) Dress warmly

- Dress in **layers**, with a wind resistant outer layer.
- When it is cold, **wear a hat**, mittens or insulated gloves. Keep your face warm with a scarf, neck tube or facemask.
- Wear warm and waterproof footwear. When it is very cold, or when the wind chill is significant, cover as much exposed skin as possible. Your body's extremities, such as the ears, nose, fingers and toes lose heat the fastest.

### 4) Seek shelter

- When the wind chill is significant, get out of the wind and limit the time you spend outside.

### 5) Stay dry

- Wet clothing chills the body rapidly.
- Remove outer layers of clothing or open your coat if you are sweating.

## **6) Keep active**

- Walking or running will help warm you by generating body heat.

## **7) Be aware**

- Watch for signs of frostbite and hypothermia (see below).
- Some people are more susceptible to the cold, particularly children, the elderly and those with circulation problems.
- Check on elderly relatives and neighbours to ensure they are warm enough and have sufficient supplies, particularly when the weather is cold or snowy. They might not feel comfortable going outside to shop and may require food, medications and other supplies.
- The use of alcohol, tobacco and certain medications will increase your susceptibility to cold.

## **Hypothermia**

- Being cold over a prolonged period of time can cause a drop in body temperature
- Shivering, confusion and loss of muscular control (difficulty walking) can occur.
- It can progress to a life-threatening condition where shivering stops or the person loses consciousness. Cardiac arrest may occur.

## **What to do:**

- Get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.

## **Frostbite**

- A more severe condition, where both the skin and the underlying tissue (fat, muscle, bone) are frozen.
- Skin appears white and waxy and is hard to the touch.
- No sensation - the area is numb or tingling.

## **What to do:**

- Frostbite can be serious, and can result in amputation. Get medical help!
- Do not rub or massage the area.
- Do not warm the area until you can ensure it will stay warm.
- Warm the area gradually; use body heat, or warm water (40°C to 42°C). Avoid direct heat which can burn the skin.

To learn more about how to prepare for a range of emergencies, visit [GetPrepared.ca](http://GetPrepared.ca) or follow us on Twitter [@Get\\_Prepared](https://twitter.com/Get_Prepared).

margaretcowan44@gmail.com