

DECEMBER 1 2024



## The Legend of the Christmas Spider

*On Christmas eve, a long time ago, a gentle mother was busily cleaning the house for the most wonderful day of the year... Christmas day, the day on which the little Christ child came to bless the house. Not a speck of dust was left. Even the spiders had been banished from their cozy corner on the ceiling. They had fled to the farthest corner of the attic.*

*The Christmas tree was beautifully decorated. The poor spiders were frantic, for they could not see the tree, nor be present for the little Christ child's visit. Then the oldest and wisest spider suggested that perhaps they could wait until everyone went to bed and then get a closer look.*

*When the house was dark and silent, the spiders crept out of their hiding place. When they neared the Christmas tree, they were delighted with the beauty of it. The spiders crept all over the tree, up and down, over the branches and twigs and saw every one of the pretty things.*

*The spiders loved the Christmas tree. All night long they danced in the branches, leaving them covered with spider webs. In the morning, when the little Christ child came to bless the house, he was dismayed! He loved the little spiders for they were God's creatures, but he knew the mother, who had worked so hard to make everything perfect, would not be pleased when she saw what the spiders had done.*

*With love in his heart and a smile on his lips, the little Christ child reached out and gently touched the spider webs. The spider webs started to sparkle and shine! They had all turned into sparkling, shimmering silver and gold. According to legend, ever since this happened, people have hung tinsel on their Christmas trees. It has also become a custom to include a spider among the decorations on the Christmas tree.*

The Christmas Season is often a time to incorporate stories and traditions into our celebrations. The Story of the Christmas Spider is a favourite in my family. A friend gave us a beautiful crystal spider along with a copy of the story, and it is a treasured ornament on our tree

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



### 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. 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://slrlondon.com/product/festive-banquet>



### WINTER OPEN HOUSE AND IN-PERSON REGISTRATION

(Grosvenor Lodge) Tuesday, January 7, 10:00 – 12:00 Noon  
Come and check us out and talk to our leaders of the Winter courses. We'll have refreshments and an information session to explain our history and how we operate.

### How to Give a Good Presentation?



### PRESENTATION WORKSHOPS (Drake Room)

1. Making a Study Group Presentation (Thursday, January 9, 1:30 - 3:00 p.m.)
2. Introduction to PowerPoint (Tuesday, January 14, 1:30 - 3:00 p.m.)
3. Advanced PowerPoint (Thursday, January 16, 1:30 - 3:00 p.m.)



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 for the rest of 2024: Sat Dec 7, Friday Dec 13, Sat Dec 21, Fri Dec 27



### CALL FOR NOMINATION TO THE SLR BOARD OF DIRECTORS

Hello everybody, just a reminder of the email you would have received on November 28.

SLR operates totally with volunteers from our membership.

The Board of Directors has eleven members, six of which are “at large” without specific responsibilities.

The Board is responsible for meeting our financial and legal requirements, setting future goals, and for the overall success of SLR.

Board members typically serve for three years with an option for a further two years. We are seeking volunteers to join our board effective from April 2025. Any member of SLR is eligible.

If you are interested in helping SLR and would like an interesting perspective on its functioning, please contact me at [2bahenderson@gmail.com](mailto:2bahenderson@gmail.com).

A member of the Nominating Committee will be in touch with you to obtain further details and answer any questions. We will entertain notices of interest until December 31st.

Thank you, the SLR Nominating Committee:

## WHAT'S BEEN HAPPENING AT SLR

### The Art and Science of Happiness

This fall, 12 SLR members learned more about Happiness through the capable leadership of Diana Lloyd with assistance by Jane Auger. In our 6 weeks together, we discovered it IS possible to increase our happiness through intentional actions such as

–  
Having a strong social connection

Physical exercise such as 3 20-minute walks per week

Keeping a happiness journal (documenting experiences that made you feel happy and then reading them)

Doing acts of kindness

Meditating

Becoming totally immersed in a project or activity

Being grateful (expressing 5 times per week)

Creating time for yourself.

We reviewed books related to Positive Psychology (the study of happiness) and watched TED talks and videos on the topic so we could discuss during the class sessions.

We learned that people who feel happy have stronger immune systems, are more likely to survive serious illnesses, are more resilient during difficult times, have strong relationships, can achieve more success.

Creating opportunities to laugh via films, television, books, and music can increase our happiness levels.

One of the amazing outcomes of the Happiness course were the many acts of kindness done to support the clients of the Men's Mission and Ark Aid. Class members donated items and money (to purchase items) including winter coats, mittens, men's underwear and more. This initiative was led by Elaine Neilson who purchased 10 coats from Goodwill Stores - then laundered and mended them. Phyllis Brady gratefully delivered the items for men to the Men's Mission. Thank you, Happiness class members, for your kindness. Submitted by Phyllis Brady



Michelle Moore a member of Janet Johnston's class, More Art with Coloured Pencils, shared her lovely drawing that she completed. Thank you, Michelle.

## **Winter 2025 Brochure and Registration form.**

This Winter's brochure is, once again, full of interesting, intriguing, and enjoyable study, discussion, activity and interest groups, as well as our social events. Class choices are in-person, online, or hybrid.



Over 125 people gathered at Siloam United Church for our first in-person Program Preview post pandemic. Our President, Paul Webb, hosted the event which featured entertainment by The Slugs and the Gina Barber Singers. Leaders described a diverse and exciting program lineup and enticed attendees to participate in the groups they are leading. With the subsequent website issues, it appears that leaders were quite successful in attracting participants and hope many more register now that the website is up and running again. Twyla Atchison

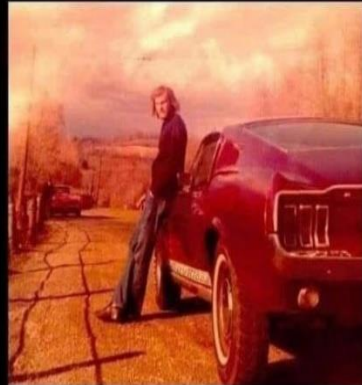


## LAUGHTER IS THE BEST MEDICINE

So our dog just brought the sprinkler in through his doggy-door. How's your day going?



WE MIGHT BE OLD ...

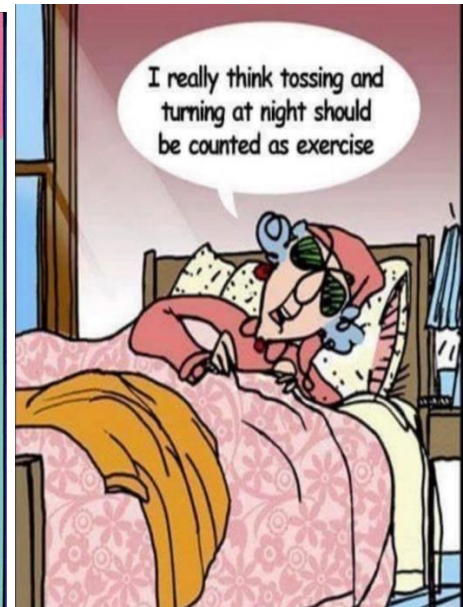
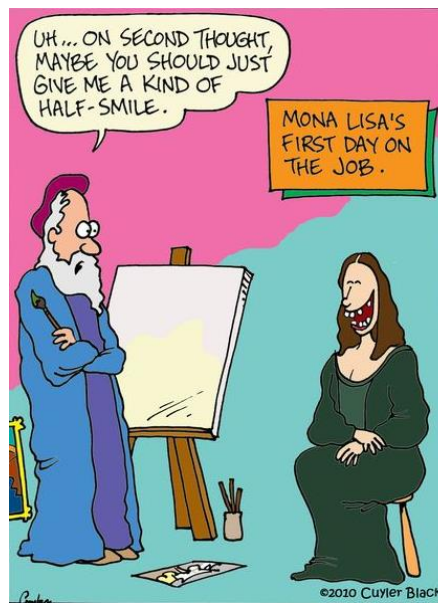


BUT WE HAD GREAT HAIR,  
LISTENED TO COOL MUSIC,  
AND DROVE THE BEST CARS!



"Anybody that can do at 65 what he was doin' at 25 wasn't doin much at 25!"

**WHY DO EGGS COME  
IN FLIMSY STYROFOAM  
CARTONS AND  
BATTERIES COME IN A  
PACKAGE ONLY A  
CHAINSAW CAN OPEN?**



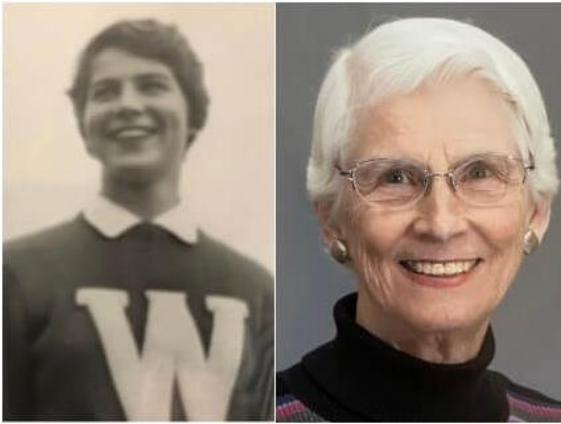
## **ANSWERS TO PREVIOUS RIDDLES**

1. There are a dozen eggs in a carton. Twelve people each take a single egg, but there is one egg left in the carton. How? **The twelfth person takes the carton with the last egg in it.**
2. A carrot, a scarf, and five pieces of coal are found lying on your neighbor's lawn. Nobody put them on the lawn, but there is a simple, logical reason why they are there. What is it? **The carrot, scarf, and coal are on your neighbor's lawn because children used them to build a snowman that has since melted.**
3. The sound of Brian's snoring is usually just annoying, but today it causes terror and panic. Why? **Brian is a bus driver.**

## **NEW RIDDLES**

1. What is taken before you can get it?
2. What stays where it is when it goes off?
3. Born in an instant I tell all stories. I can be lost but I never die. What am I?

## *In Memoriam Marion Simpson*



On November 7, a few weeks shy of her 89<sup>th</sup> birthday, Marion Simpson (nee Henderson) passed away peacefully at the McCormick Home long-term care facility. Marion was an active and inspirational member of SLR London for many years. Marion was President of SLR at one time and one of her duties was to greet new course participants at the beginning of new classes. I was lucky to be one of those participants and will always remember her brilliant smile and encouraging words. Marion led and participated in many courses and activities at SLR. She was an incredible woman who led an amazing life and we are grateful she shared part of her life with us. To learn more about Marion read her full obituary on the Harris Funeral Home website.

## *In Memoriam Catherine (Cathy) Jane Cameron*



It is with great personal sadness that I share with you the death of a fellow SLR member and my friend Cathy Cameron. Cathy passed away peacefully on Wednesday, November 27, 2024 at St. Joseph's Hospice in London, surrounded by loving family and caring staff.

Cathy became a member of SLR at the same time as I did 15 years ago. A fellow Cape Bretoner, Cathy noticed the Cape Breton tartan scarf I was wearing and we became great friends, taking courses together and participating in the SLR Gina Barber Singers as well as many social events.

Cathy was a kind, generous, caring person sharing her knowledge and volunteering at SLR. Cathy was the best kind of person and she will not be forgotten.

A Celebration of Life will be conducted at Westview Funeral Chapel, 709 Wonderland Road North, London, on Friday, December 20, 2024, at 3:00 p.m., with a visitation from 1:00 – 3:00 p.m. Anyone who wishes to make a donation in memory of Cathy are invited to consider St. Joseph's Hospice.

Here is the link to Cathy's

Obituary <https://www.westviewfuneralchapel.com/obituaries/catherine-cathy-jane-cameron/>