

February 1 2025



February is known by many as the month of love. Being loving is not always easy. Sometimes loving someone means making the hard choices. Expressing love often requires making difficult decisions that may not always be personally comfortable or convenient, prioritizing your loved ones well-being even when it means sacrificing something you want or need yourself; it highlights that love is not just about feelings, but also about active choices and commitment, especially in challenging situations. May those tough decisions allow you to find your inner strength and find ways to love even more.

EVENTS TO LOOK FORWARD TO ON SLR'S CALENDAR



on Fri.)

Please join us on Zoom and connect with other members of SLR. There is no set topic just sharing of ideas, events and experiences. The coffee chats of February 2025 will be: Sat Feb 1, Fri Feb 7, Sat Feb 15, Fri Feb 21. 10 am on Sat. and 1:30 pm



FOUNDERS' DAY LUNCHEON Friday, February 14, 12:00 Noon. Cost \$35.00. Lasagna, salads and desserts. Coffee, tea and soft drinks will be available. Come join us at Siloam United Church, 1240 Fanshawe Park Road East, ample parking. We have much to celebrate at SLR.

COMPUTER CLINICS WITH WESTERN STUDENTS

The Western Students and SLR are pleased to announce the restarting of the Computer Clinics! Starting on Tuesday, **February 4th**, the Computer Clinics will be held on:

Tuesdays at 1:30 in the Coach House

Thursdays at 11:45 in the Drake Room.

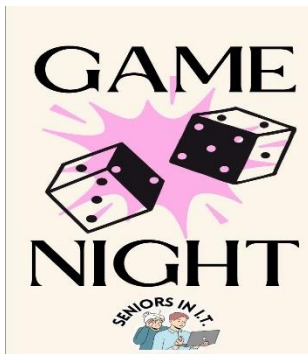
To register please send an email to SLR.Computer.Clinic@gmail.com at least **3 days** ahead.

(Please do NOT send your request to the SLR Office, i.e. ['slrlondonontario@gmail.com'](mailto:slrlondonontario@gmail.com))

1. Say **what day** you wish to attend;
2. Describe the **device** you will bring; and
3. Briefly explain your **problem**.

We can then match you with a student who understands your specific issues. No problem is too small! Some problems may be tricky, but the clever students like to try, and can make suggestions.

Jean Surry, Burton Moon, Phyllis Brady



The Western students involved in the computer clinics have expressed a wish to have a social gathering with SLR members. They will host a board game evening at Grosvenor Lodge and have offered to provide snacks. Coffee and Tea will also be available.

There is no cost to attend this fun-filled evening.

Tuesday, February 25, 2025 - 6:30 to 8:30 pm. We ask that you register using the email below so that we know how many SLR members will attend: slrlonsocial@gmail.com Registration closes Tuesday, February 18, 2025

LAUGHTER IS THE BEST MEDICINE





ANSWERS TO PREVIOUS RIDDLES

I am a protector. I sit on a bridge. One person can see right through me, while others wonder what I hide. What am I? **Sun glasses**

Always old, sometimes new. Never sad, sometimes blue. Never empty, sometimes full. Never pushing, always pulling. What am I? **Moon**

I am where the sky is orange; I am where the grass is red;
I am the land of violet bananas and the home to blue oranges.
What am I? **a negative**

NEW RIDDLES

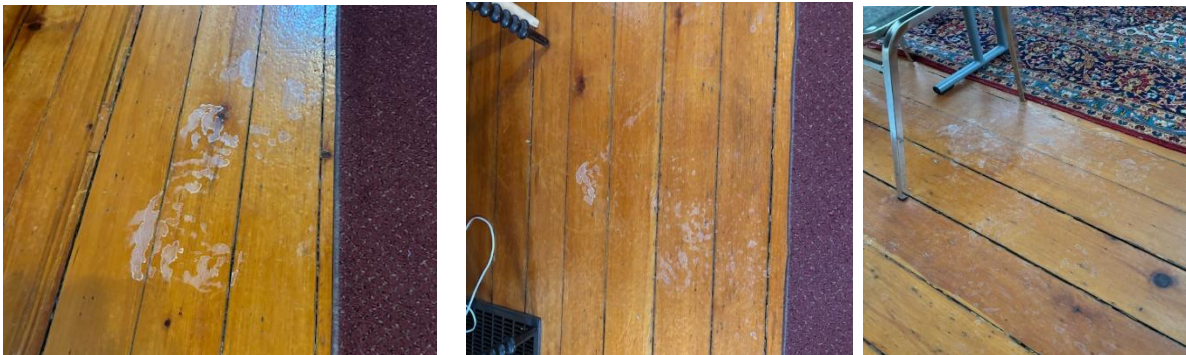
1. I am used to bat with, yet I never get a hit.
I am near a ball, yet I am never thrown.
What am I?
2. I break, she falls. I break, she falls. Who am I, and who is she?
- 3 I can be quick and then I'm deadly,
I am a rock, shell and bone medley.
If I was made into a man, I'd make people dream,
I gather in my millions by ocean, sea and stream.

IMPORTANT INFORMATION FOR SLR MEMBERS

Attached are 3 photos of the damage done to the original heritage floors at Grosvenor lodge due to members forgetting to bring indoor shoes or using the shoe coverings amply supplied in the basket by the kitchen door.

This is a heartache for the Lodge. Not only is the damage caused by salt, but also from deep marks. Please do remember to bring your indoor shoes or use the shoe coverings.

Your Executive



FOOD FOR THOUGHT. What do you think?

Canadians are generally known for staying calm in the face of chaos due to a cultural emphasis on resilience, pragmatism, and a sense of community, often relying on strategies like focusing on what they can control, maintaining routines, relying on local support networks, and taking a measured approach to news consumption when dealing with turbulent times.

Key factors contributing to Canadian composure in chaos:

- **Resilience in the face of adversity:**

Canadians are accustomed to dealing with harsh weather conditions and economic fluctuations, which has fostered a mentality of adapting and persevering through challenges.

- **Community support:**

Strong community ties and a culture of looking out for one another can provide a sense of security and support during times of uncertainty.

- **Pragmatic approach:**

Canadians tend to focus on practical solutions and taking measured steps rather than reacting impulsively to news or events.

- **Balanced news consumption:**

Canadians are often advised to be mindful of consuming too much news, particularly when it's overwhelming, and to seek reliable sources for information.

- **Outdoor activities and nature connection:**

Access to nature and outdoor activities can be a stress reliever and provide a sense of grounding during stressful times.

How Canadians might manage during chaos:

- **Maintaining routines:**

Sticking to regular schedules, whether for meals, exercise, or work, can provide a sense of stability.

- **Focusing on controllable aspects:**

Identifying what is within one's power to manage and taking action on those areas can reduce anxiety.

- **Connecting with loved ones:**

Reaching out to family and friends for support can provide a sense of belonging and comfort.

- **Engaging in self-care practices:**

Activities like meditation, yoga, or spending time in nature can help manage stress levels.

- **Seeking professional help if needed:**

If stress becomes overwhelming, reaching out to a therapist or counselor can be beneficial.

(Mr. Google's opinion)

I hope you are all enjoying your SLR courses and learning lots!



Happy Valentine's Day

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