

March 16 2025



March marks the beginning of spring in the Northern Hemisphere, a time of renewal and growth after the winter months. The March equinox, which typically occurs on March 20th or 21st, signifies the astronomical start of spring.

The month of March is named after Mars, the Roman god of war, as it was the time of

year to resume military campaigns after the winter.

**St. Patrick's Day:** A major holiday celebrated on March 17, known for its Irish cultural traditions, green attire, and festivities. Whether you're Irish or not, chances are you've celebrated St. Patrick's Day at some point in your life. People of all backgrounds love to go to St. Patrick's Day parades wear green clothing, and decorate with shamrocks.

## EVENTS TO LOOK FORWARD TO ON SLR'S CALENDAR



Please join us on Zoom and connect with other members of SLR. There is no set topic just sharing of ideas, events and experiences. This past Saturday some of our discussion included the importance of insurance for travelling, estate planning, woman's rights and the success of SLR's visits to the

Highland Theatre. Remaining dates for March 2025 include: Friday March 21, Saturday March 29.



**SALSA NIGHT** - a salsa making competition! **Wednesday, March 19, 2025 - 6:30 to 9:00 pm**



Bring your home-made salsa and accompanying chips and crackers ready for a tasting. Following this taste adventure, you will have the opportunity to learn salsa dancing - taught by Esmeralda, a native of Colombia.

Please join us!



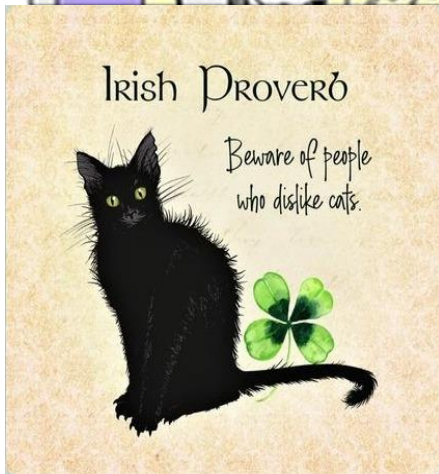
Exclusive Invitation To The Columbia Employee Store For: Society for Learning in Retirement. There is still time for you to make use of this opportunity (until march 23 2025) 40% off full retail pricing valid for you + 4 . Location 1-1425 Max Brose Dr London, from Mon-Fri: 10A - 8P Sat: 9:30A - 6P; Sun: 10A - 5P.

## MARK YOUR CALENDARS for these important upcoming events

SPRING REGISTRATION (ONLINE) Opens 9 a.m., Friday, March 28<sup>th</sup>

SPRING OPEN HOUSE AND IN-PERSON REGISTRATION (Grosvenor Lodge) Tuesday, April 8th, 10:00 – 12:00 Noon

## LAUGHTER IS THE BEST MEDICINE



## ANSWERS TO PREVIOUS RIDDLES

When I'm lost, still some will try.  
When common I'm shared by many.  
I can be a contracted reason why.  
A rebel may not have any.  
What am I? **Cause**

Line 1: Lost cause  
Line 2: Common cause  
Line 3: 'cause I can mean because  
Line 4: Rebel Without a Cause

A dagger thrust at my own heart  
Dictates the way I'm swayed  
Left I stand, and right I yield  
To the twisting of the blade.  
What am I? **A padlock**

Blade to blade I always win,  
My foe laid low and even.  
Yard by yard through thick and thin,  
I'm busiest in season.  
What am I? **A lawn mower**

## RETIREE MENTAL FITNESS EVALUATION

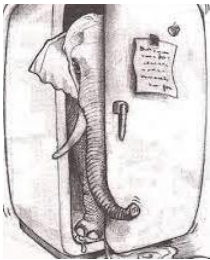
This test is to ascertain your mental state now. If you get one right you are doing ok, if you get none right you better go for counseling. (I'll meet you there.) There are 4 test questions. Don't miss one.

### Giraffe Test



How do you put a giraffe into a refrigerator? Stop and think about it and decide on your answer before you scroll down.

The correct answer: Open the refrigerator, put in the giraffe, and close the door. This question tests whether you tend to do simple things in an overly complicated way.



### Elephant Test

How do you put an elephant into a refrigerator? Did you say, Open the refrigerator, put in the elephant, and close the refrigerator?  
**Wrong Answer.**

Correct Answer: Open the refrigerator, take out the giraffe, put in the elephant and close the door. This tests your ability to think through the repercussions of your previous actions

### Lion King Test



The Lion King is hosting an Animal Conference. All the animals attend ... except one. Which animal does not attend?

Correct Answer: The Elephant. The elephant is in the refrigerator. You just put him in there. This tests your memory. Okay, even if you did not answer the first three questions correctly, you still have one more chance to show your true abilities.

### Crocodile Test



There is a river you must cross but it is used by crocodiles, and you do not have a boat. How do you manage it?

Correct Answer: You jump into the river and swim across. Haven't you been listening? All the crocodiles are attending the Animal Conference. This tests whether you learn quickly from your mistakes.

According to Anderson Consulting Worldwide, around 90% of the Retirees they tested got all questions wrong, but many preschoolers got several correct answers.

Anderson Consulting says this conclusively proves the theory that most Retirees do not have the brains of a four-year old. Send this out to frustrate all of your smart friends.

PS: Just the fact that I sent it to you should make you feel good.

*Thanks to Lyn Hill for this!*

## *In Memoriam*



We are sad to announce that one of our former long-term members of SLR Lorraine Sheppard passed away peacefully, of natural causes at the age of 93, on February 25, 2025 at Carleton Lodge in Ottawa. She will be remembered by many of our more senior members who participated in courses at SLR with Lorraine.

A life long learner Lorraine was an active participant for 20 years in the Seniors Learning in Retirement (SLR) program. Friends were very important to Lorraine, including the SLR gang Jillian Holmes, Pat Gilpin and Nancy Peters.

Lorraine grew up in Kingston, Ontario. She put herself through university by working as a bank teller and a tour guide at Fort Henry, first obtaining a B.A. from Queen's and then a Masters of Social Work from Waterloo Lutheran University (now Wilfrid Laurier University).

She was approachable, non-judgmental and unfailingly positive - always seeing the good in everyone and the upside of every situation.

A Celebration for the Life of Lorraine Sheppard will be held on Thursday, April 10, 2025 from 2 - 4 p.m. at the Hintonburg Community Centre, 1064 Wellington St. W., Ottawa.



margaretcowan44@gmail.com