

March 1 2025



The beginnings of International Women's Day can be traced back to the early twentieth century. It emerged from the activities of labour movements in North America and Europe and reflected a growing call for women's equal participation in society. International Women's Day first took place on March 19, 1911, in Austria, Denmark, Germany, and Switzerland. That day, over a million women and men attended public events to show their support. Other countries began to observe and celebrate this day in the years that followed. The United Nations recognized 1975 as International Women's Year and began celebrating **March 8 as International Women's Day**. Today, International Women's Day is a day of unity, celebration, reflection, advocacy, and action and is celebrated in many countries worldwide.



## History of Commonwealth Day in Canada

In 1973, the National Council in Canada of the Royal Commonwealth Society suggested in a letter to Prime Minister Pierre Elliot Trudeau that the idea of Commonwealth Day to be observed simultaneously throughout the Commonwealth be included on the agenda for the Heads of Government Meeting to be held in Ottawa that year. The proposal was not included in the agenda of that meeting but did appear as a Canadian item on the agenda of the 1975 meeting. At that time, the heads of Government agreed that the Commonwealth Secretariat be asked to select a date for such an observance that would not have any untoward historical connotations. At the meeting of senior officials in Canberra in May 1976, the Canadian proposal that the **second Monday in March** be set as Commonwealth Day was adopted. Until 1977, it was the practice in Canada to observe Commonwealth Day on an ad hoc basis in conjunction with [Victoria Day](#) (a statutory holiday), also by [proclamation](#) the day for the celebration of the Sovereign's birthday.



Today, **March 15, 2023 on the International Day to Combat Islamophobia**, we stand in solidarity with Muslim communities across Canada and around the world. We reaffirm our commitment to take action to denounce and tackle Islamophobia, hate-fuelled violence, and systemic discrimination whenever and wherever it occurs.

Diversity is a fact, but inclusion is a choice. We recognize that Islamophobia is still a concrete lived reality for Muslim communities, causing damaging long-term consequences for individuals and societies alike

Islamophobia, discrimination, and hate, in any form, have no place in Canada.

We recognize that there is more work that needs to be done, and our government will continue to work alongside Muslim Canadian communities in this important fight. All Canadians are asked to recommit to denouncing Islamophobia and to choose inclusion over intolerance as we continue to build a Canada that is safer, more equal, and equitable for everyone.

## 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. Dates for February 2025 include:

Sat March 1, Friday March 7, Saturday March 15, 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. There is no cost to attend this fun-filled evening.

We ask that you register using the email below so that we know how many will attend:

[srlonsocial@gmail.com](mailto:srlonsocial@gmail.com) Registration closes Wednesday, March 12, 2025





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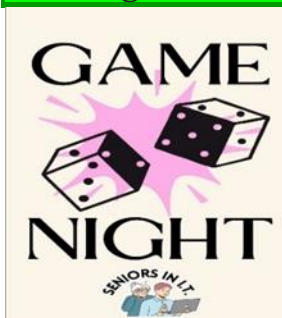
VALID FOR YOU + 4

GUESTS WHAT TO BRING THE INVITATION, PHOTO I.D., PROOF OF  
AFFILIATION business card | membership card | company email signature | pay  
stub | original email | other form of affiliation

LOCATION & HOURS 1-1425 Max Brose Dr London, CA N6N 0A2

MON-FRI: 10A - 8P SAT: 9:30A - 6P; SUN: 10A - 5P

## Looking Back A fun night for all



Thought you would like to see some photos from our first joint  
SLR - SIT Board Games Night, held on Feb 25. *Jean*



About 30 people attended, half  
students and half  
seniors. There was a dozen or  
so games available, and people  
moved from one to another  
over 2 1/2 hours.

Many games were old familiars for the SLR members, but new to the students.  
Western's Seniors in IT Club provided snacks and SLR provided drinks and the  
games





That's quite a reach?



Showing how it's done maybe.



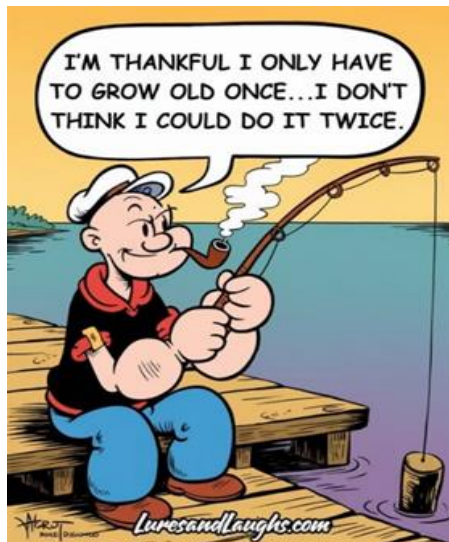
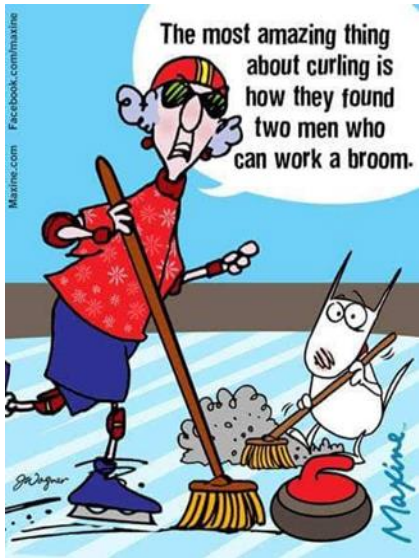
The collaboration and chat between the generations was wonderful, while laughter and winning shouts of delight rang through the old halls of Grosvenor Lodge.

Jean Spencer, the GL Manager, wrote: *"So happy to hear that your game night was a success. The Lodge is a wonderful location for learning and connecting with others...The Peters Family would be delighted with the continued use of their family home. :)"*

Such a success - we must do it again!

Many Thanks to the SLR Organisers (Diana, Alison, Jeff and Jean), the SIT club President (Jaidyn), and all the participants

## LAUGHTER IS THE BEST MEDICINE



## ANSWERS TO PREVIOUS RIDDLES

My first, carbon dioxide emits

My second, a place of loose change deposits

My whole, perhaps near the order pickup line sits. What am I? **Soda Fountain**

Read me forwards I am the highest point of everything. Read me backwards scarcely anything is deeper. What am I? **Pit-Tip**

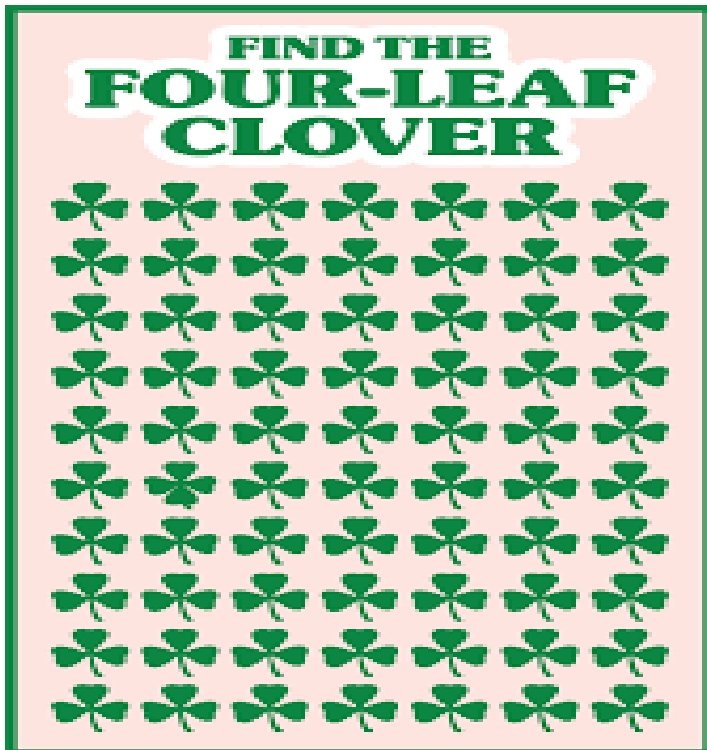
You can see me in water, but I never get wet. What am I? **Reflexion**

## NEW 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?

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?

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



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