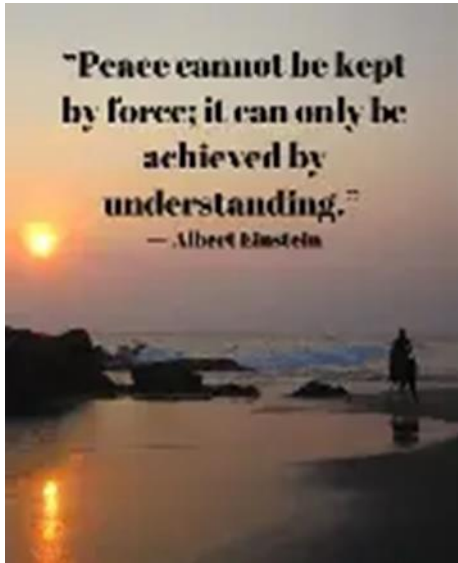


October 16 2025

SOMETHING TO THINK ABOUT IN TODAY'S DIVIDED WORLD



WHO WILL KEEP THE PEACE

The Path to Peace Starts with a Single Choice

There's a line from Jill Jackson's beloved Peace Song: "*Let there be peace on earth and let it begin with me.*" That's not just a lyric. It's an instruction. One that invites us to become conscious creators of peace - not someday, but *right now*.

Dr. Martin Luther King, Jr. said that peace isn't some distant ideal; it's a **moment-by-moment choice**. Every time we forgive instead of retaliating, listen instead of arguing, including instead of excluding - we are practicing peace.

How to Become a Peacemaker

Here's where the real work begins. Becoming a peacemaker means shifting from a tribal mindset - *my group, my country, my truth* - to a universal one: We are all part of one life. One humanity. One source.

A peacemaker:

- Aligns thoughts, words, and actions with peace
- Releases the illusion of separation
- Embodies love in the face of fear
- Walks into a room and raises the vibration just by being there

This is not theoretical; it's practical, everyday spirituality. It's choosing to be a calming presence in a chaotic meeting. It's turning toward healing in a fractured relationship. It's speaking up for unity when the world calls for division.



Thanksgiving, in some form or another, has been a part of Canadian life since the mid-19th Century. A time when we can be thankful for all that we have especially the peace in our lives. I hope that on Monday Oct 13 you all enjoyed a loving peaceful day with Family and friends,

EVENTS TO LOOK FORWARD TO ON SLR'S CALENDAR



Please take advantage of this wonderful opportunity to connect with other members of SLR. Although our format is fairly unstructured, (no set topic just sharing of ideas, events and experiences) our topics and conversations are large and enjoyable. There is an assigned host who helps keep things moving. Chats in Oct include, Friday Oct 17,

Saturday Oct 25, Friday Oct 31. (Fridays at 1:30 and Saturdays at 10:00)



Seniors Learning in Retirement members are invited to shop the | Columbia Sportswear Employee Store

from October 3rd - October 26th! Entire store 40% off retail pricing. Just a reminder to check your email for the digital invite

For store access, please provide your digital invite (printed or shown on your mobile device).

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)

MARK YOUR CALENDARS FOR THE FOLLOWING EVENTS. MORE INFORMATION TO FOLLOW IN THE NOVEMBER 1 NEWSLETTER

WINTER 2026 PROGRAM PREVIEW AND SOCIAL Friday, November 28, 1:30-3:00 (Doors open at 1:00; Presentations begin 1:30 sharp)

WINTER 2026 REGISTRATION Opens Friday, November 28, 5:00 pm. Continues until classes begin in January.

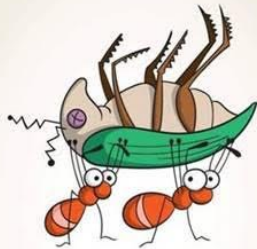
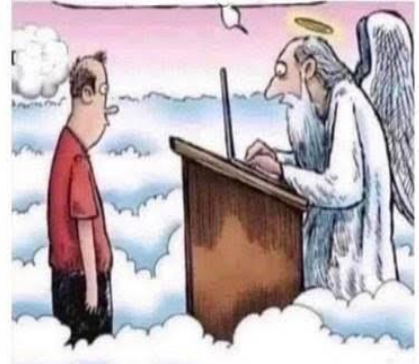
FESTIVE BANQUET Thursday, December 11, 12 noon

Japanese Wisdom:

If it's not yours, don't take it.
If it's not right, don't do it.
If it's not true, don't say it.
If you don't know, shut up.

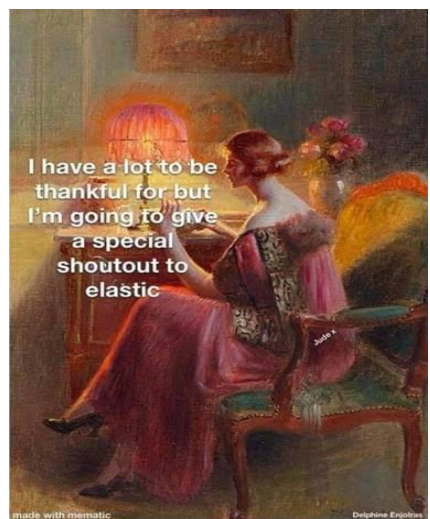


**You Almost Made It
Except For The Language
When Working On Your Truck.**



**You never know
how strong you are
until being strong
is the only option you
have.**

**Just bought a log cabin
from Ikea**

**RIDDLES**

A man runs away from home. He turns left but keeps running. After some time, he turns left again and keeps running. He later turns left once more and runs back home. Who was the man?

Two men are in a desert. They both have backpacks on. One of the guys is dead. The guy who is alive has his backpack open and the guy who is dead has his backpack closed. What is in the dead man's backpack?

FOR YOUR INFORMATION



Did you know that the Beatles recorded 213 songs? Neither did we! Twelve of us had a fun afternoon playing trivia at the London Brewing Co-operative, capably organized and hosted by John Barnett. Thank you, John.



Best Wishes to our members who will celebrate their Birthday in October 2025

“Beautiful young people are accidents of nature, but beautiful old people are works of art.”

Speaking of Birthdays one of our long-time active members that most of you know will be soon celebrating his 100th birthday!



ROY HIND

Roy has been a member of SLR for more than fifteen years, joining our group when he was 84! He learned about SLR through a pamphlet delivered with the London Free Press and was hooked. Roy has participated in many courses over the years. One time he walked into the wrong room at SLR, interrupting a meeting - while trying to get to a class. It was a Curriculum Committee meeting, and he was immediately recruited to join the

Committee on which he served for about seven years. Roy co-facilitated Pot Pourri classes for many years and enjoyed this immensely. Roy believes in life-long learning and takes a course most sessions. Roy also participates in the Friday afternoon Coffee Socials. He has an amazing outlook on life which infects others. We are so lucky to have Roy as a participant and volunteer at SLR



At 99 years of age Roy is a SUPER AGER participating in Western University's Canadian Super Agers research study!

Please join all of us in wishing Roy a Very Happy 100th Birthday

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