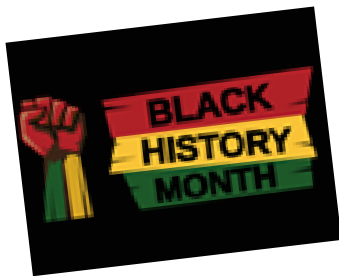




Staying Connected

February 1, 2026



February in Canada is a month filled with various celebrations and observances that reflect the country's diverse culture and values: Black History Month, Family Day, Valentines Day, National Flag Day and Groundhog Day Celebrating special days in February serves various purposes, including: Honoring cultural and historical events, promoting social change, celebrating love and affection, and fostering community engagement: These celebrations are a way to connect with one another, reflect on our values and contribute to a more informed and compassionate society.

EVENTS TO LOOK FORWARD TO ON SLR'S CALENDAR



COFFEE CHAT Please take advantage of this wonderful opportunity to connect with other members of SLR. Each week you will receive an **email with a link to Zoom** to connect online. Although our format is fairly unstructured, (no set topic just sharing of ideas, events and experiences) there is an assigned host who helps keep things moving. The schedule for the rest of

the month of February includes

Sat February 7, 10:00 am, Sat February 14 10:00 am, Fri February 20 1:30 pm, Fri February 27 1:30pm.



FOUNDERS' DAY LUNCHEON

In February, SLR celebrates an important day in our history. This year we are celebrating our 32nd anniversary. The beautiful, renovated auditorium at Grand Wood Park will accommodate us as we enjoy a Valentine's Day lunch catered by Sticky Toffee Pudding. Jill Wilcox, who has inspired cooks in London for over 40 years, will be our guest speaker. Jill's Table is her premier specialty food and

houseware store. Come with your culinary questions and listen to her stories.

Friday, February 13 12:00 p.m. Levante Grand Wood Park 81 Grand Avenue
Cost: \$45

FAMILY DAY HOLIDAY – No Classes Monday, February 16



Family Day is observed in the Canadian provinces of Alberta, British Columbia, Ontario, Saskatchewan, and New Brunswick on the third Monday of February.

This **holiday celebrates the importance of families and family life to people and their communities.**



THE WESTERN STUDENT GROUP will be available to provide help at the following Computer Clinics on:

Monday @ 1:30 pm: March 9

Wed's. @ 1:00 pm: March 4, 18, and April 1st

Fridays @ 2:30 pm: Feb. 6, 27, and March 27 at 2:30 pm

Note the different times.

The Clinics will be held in the Dining Room at Grosvenor Lodge.

If you wish to have personal help with your smart phone, laptop, or tablet, you must make an appointment at SLR.Computer.Clinic@gmail.com at least 3 days ahead. The model of your device and the issue you wish to discuss should be described briefly. Your request will be passed to the student executive and they will find the right volunteer to help you. Please do not 'reply' to this notice, as it will go to the SLR office, delaying the transfer of your request.

KARAOKE EXTRAVAGANZA Wednesday, March 4 1:00 - 4:00 pm The London Brewing Cooperative, 521 Burbrook Place ,No Cost

Get ready to grab the mic, hit the stage, and unleash your inner superstar! Join us for an unforgettable Karaoke afternoon filled with laughter, great music, and amazing vibes. The London Brewing Cooperative welcomes SLR members and is consistently praised for its welcoming atmosphere, friendly staff, and excellent beer selection.



LAUGHTER IS THE BEST MEDICINE

What do you think about these?

1. Why is the third hand on the watch called the second hand?
2. If a word is misspelled in the dictionary, how would we ever know?
3. If Webster wrote the first dictionary, where did he find the words?
4. Why do we say something is out of whack? What is a whack?
5. Why does "slow down" and "slow up" mean the same thing?
6. Why does "fat chance" and "slim chance" mean the same thing?
7. Why do "tug" boats push their barges?
8. Why do we sing "Take me out to the ball game" when we are already there?
9. Why are they called "stands" when they are made for sitting?
10. Why is it called "after dark" when it really is "after light"?

Psychiatrist and Proctologist.

Best friends graduating from medical school at the same time decided they would open a practice together to share office space and personnel.

Dr. Smith was the psychiatrist and Dr. Jones was the proctologist; they put up a sign reading:

Dr. Smith and Dr. Jones: Hysterias and Posteriors. The town council was livid and insisted they change it.

The docs changed it to read: Schizoids and Hemorrhoids.

This was also not acceptable so they again changed the sign to read Catatonics and High Colonics - no go.

Next they tried Manic Depressives and Anal Retentives - thumbs down again.

Then came Minds and Behinds - still no good.

Another attempt resulted in Lost Souls and Butt Holes - unacceptable again!

So they tried Nuts and Butts - no way. Freaks and Cheeks - still no good.
Loons and Moons - forget it.
Almost at their wit's end, the docs finally came up with:
Dr. Smith and Dr. Jones - Specializing in Odds and Ends.
Everybody loved it!

Previous Riddle

A Japanese ship was leaving the port and on its way to open sea. The captain went to oil some parts of the ship. He took his ring off so it wouldn't get damaged. He left it on the table next to his bunk. When he returned, it was missing. He had suspected three crew members could be guilty and asked them what they had been doing for the 10 minutes that he had been gone.

- The cook said, "I was in the kitchen preparing tonight's dinner."
- The engineer said, "I was working in the engine room, making sure everything was running smoothly."
- The seaman said, "I was on the mast correcting the flag because someone had attached it upside down by mistake."

The captain immediately knew who it was. How?

Answer



It was clearly the seaman. It was a Japanese ship and a Japanese flag is white with a single red dot in the middle. It can't be hung upside down.

New Riddle

John went to a cafe and asked for a cup of tea. He was served the tea but sent it back because there was a fly in the cup. He was served a new cup of tea, but he realized it was the same cup of tea and not a fresh one. He got angry and shouted at the waiter. How did John realize that it wasn't a fresh cup of tea?

INFORMATION FOR OUR MEMBERS

Snow, salt, and other ice melts can negatively affect hardwood floors. Tracked-in snow, water, salt, and snow-melting particles can damage, scratch, corrode, and leave an ugly white residue on hardwood floors. The photo below shows what happens to the floors at Grosvenor Lodge when we do not change out of our winter boots, or use foot coverings.



Grosvenor Lodge is a historic property, with heritage rugs, flooring and walls. Salt and chemicals from outdoors take a terrible toll on the floors. Please remember to bring with you some indoor shoes or slippers, OR reach into the basket next to the kitchen door and grab a pair of blue plastic booties to pull over your boots after you have cleaned them on the entrance mats. The booties are not fashionable for sure, but the effort is appreciated.

Thanks!

AN IRISH TRADITION ON FEB 1ST

As winter fades, may your dreams awaken and your soul feel lighter with each new sunrise.

This is one of the messages shared in Ireland on St Brigid's Day February 1st

St. Brigid's Day, also known as Imbolc, is a beautiful festival that marks the arrival of light, hope, and renewal after the long winter months. Celebrated with deep roots in Irish tradition, this day honors St. Brigid of Kildare, one of Ireland's most beloved saints, and also reflects ancient Celtic seasonal celebrations. As the earth slowly awakens, St. Brigid's Day reminds us that new beginnings are always possible. St. Brigid's Day is observed on February 1 every year. This date is significant as it marks Imbolc, the midpoint between the winter solstice and the spring equinox, symbolizing the return of longer days and the promise of spring. In Ireland, this day is also recognized as a public holiday, celebrating women, culture, and heritage.

St. Brigid of Kildare lived in the 5th century and is one of Ireland's three patron saints, alongside St. Patrick and St. Columba. She is known for her compassion,

generosity, and dedication to helping the poor and sick. Over time, St. Brigid became closely associated with the Celtic goddess Brigid, blending Christian and pagan traditions into a celebration of healing, fertility, poetry, and craftsmanship.

There are several traditions surrounding St Brigid's Day. Cross-making using rushes is one of the most popular ways to celebrate Brigid. It is speculated that the Brigid's cross was designed by the saint to teach pagans about Christianity, like St Patrick used the shamrock to teach the hold trinity. Brigid's crosses would be hung above doors or over entryways of buildings, for the blessing and protection of the saint.

In some parts of Ireland, St Brigid's Day is celebrated with the "Brideog", a handmade doll traditionally fashioned out of straw and dressed in white. The Brigeog is taken from house to house and usually followed by traditional Irish music and dance.

Another charming tradition involves Brat Bríde, a piece of cloth or ribbon left outside overnight on 31 January. The cloth is then kept as a token of protection and good health, as legend says that St. Brigid blesses it as she passes by.



Best Wishes to our members who are celebrating their Birthday in February

If you or your friends or family are celebrating a birthday in February, there's so much to learn about your birth month! it's also the only month that changes date, it's home to the [Leapling](#); those people whose birthday only happens every four years, on

February the 29th!

The February Zodiac signs are Aquarius and Pisces: the water-bearer and the fish. Aquarius babies, are known for their creativity, independence and forward-thinking. "Pisces children are dreamers with big imaginations and huge hearts.

margaretcowan44@gmail.com