

March 1 2026



The phrase "in like a lion, out like a lamb" originates from 18th-century English proverbs and describes March's transition from harsh winter weather to milder spring conditions.

The earliest known printed reference appears in Thomas Fuller's 1732 book, *Gnomologia: Adagies and Proverbs; Wise Sentences and Witty Sayings, Ancient and Modern, Foreign and British*, where it is recorded as "Comes in like a Lion, goes out like a Lamb".

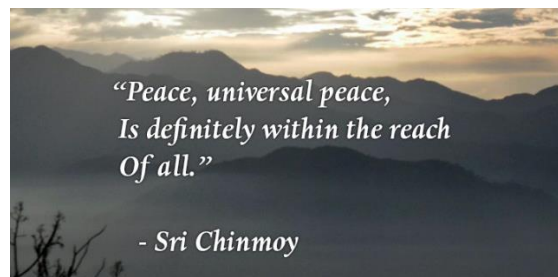
The proverb reflects the volatile nature of March weather, which often begins with storms, snow, or strong winds (the "lion") and ends with calmer, gentler conditions (the "lamb") as spring approaches.

There are several theories about why the saying uses these particular animals.

One explanation is literal symbolism: lions represent strength and ferocity, mirroring early March's harsh weather, while lambs symbolize calmness and docility, reflecting the milder end-of-month conditions. Another theory links the phrase to astronomy: the constellation Leo (lion) rises in the east at the start of March, and Aries (ram or lamb) sets in the west as the month ends, providing a celestial metaphor for the proverb.

The saying also carries a broader folkloric meaning, suggesting balance in life and nature: if the month begins actively or harshly, it should end peacefully, and vice versa. While it is primarily used to describe weather, the idiom has also been applied metaphorically to situations that start intensely but conclude calmly.

Lets all hope for the Lamb at the end of March!



*"Peace, universal peace,
Is definitely within the reach
Of all."*

- Sri Chinmoy

EVENTS TO LOOK FORWARD TO ON SLR'S CALENDAR



COFFEE CHAT Connect with other members of SLR from the comfort of your own home. 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. Each week you will

receive an **email with a link to Zoom** to connect online. The schedule for **the month of March** includes Saturday March 7, Friday March 13, Saturday March 21, Friday March 27. (10:00 am on Saturdays and 1:30 pm on Fridays)



Just a reminder THE WESTERN STUDENT GROUP will be available to provide help at the following Computer Clinics in the Dining Room at Grosvenor Lodge on:

Wednesday, 1:00, March 4

Monday, 1:30, March 9

Wednesday, 1:00, March 18

Friday, 2:30, March 27 *Thanks Jean Surry*



KARAOKE EXTRAVAGANZA Wednesday, March 4

1:00 - 4:00 pm The London Brewing Cooperative, 521

Burbrook Place. 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. **There is no cost to attend but you must register no later than February 25, 2026 using the following link:**

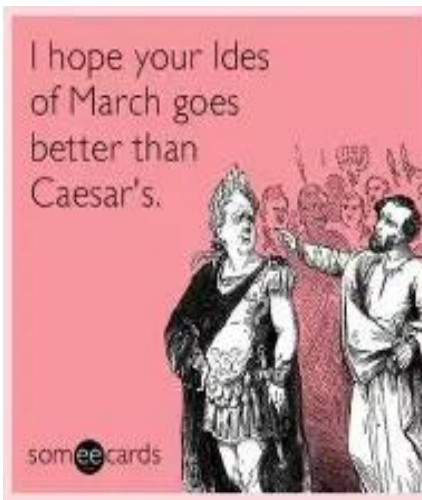
<https://slrlondon.com/product-category/social-events>

Space is limited to 30 participant

[SLR London - Canada](#)

Yes, believe it or not, Spring is coming soon...and at SLR we are getting ready for the release of our **Spring Programme Brochure, scheduled for March 27th.** Our Spring **Open House will follow shortly after that, on April 7th,** from 10 to noon, at Grosvenor Lodge. Mark your Calendars now and set an intention to learn something new this Spring!

LAUGHTER IS THE BEST MEDICINE



Previous Riddle:

A man was found dead with a cassette recorder in one hand and a gun in his other hand. When the police came in, they immediately pressed the play button on the cassette. They heard the man say, "I have nothing else to live for. I can't go on." Then there was the sound of a gunshot. After listening to the cassette tape, the police knew that it was not a suicide, but a homicide. How did they know?

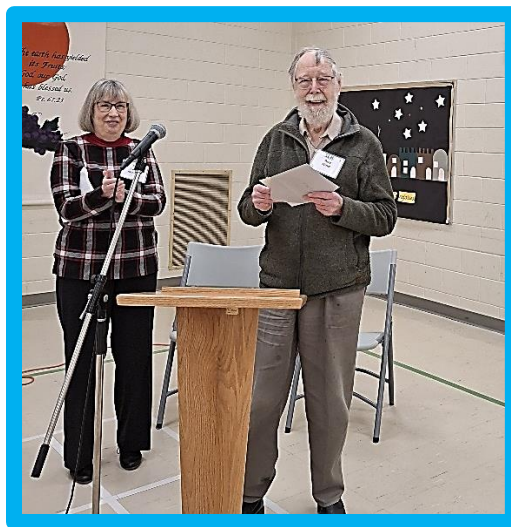
Answer: If the man shot himself while he was recording, how did he rewind the cassette tape?

INFORMATION FOR OUR MEMBERS Thanks to Peggy Matser

In spite of a last-minute change of venue, and a scramble to find a new guest speaker, our annual **Founders' Day Luncheon** was well-attended, and everyone seemed to enjoy the good food and camaraderie. Long-time member Roy Hind was presented with a birthday card signed by all present, as he will be achieving the venerable age of 100 years next month.

Our speaker, Wendy Beth Moore, was able to rise above technical difficulties with the microphone and had us all hanging on her every word as she talked about causes of hearing loss, ways to prevent or mitigate it, how it affects our lives and relationships, and how to get appropriate testing and not be scammed into overspending on aids. Wendy is an award-winning marketer and intense researcher. In her role as Research & Marketing Manager at Hear Well Be Well Hearing Clinics, and she did the deep dive into the science and social science around hearing loss. There was so much valuable information in her talk, and in her answers to questions from the audience, I felt like I should have been taking notes. A big thank-you is due to the Social Committee, as well as other members, who did the behind-the-scenes work to save the event when Grand Wood was shut down by the flu, and our scheduled speaker became unavailable. Well done!





Happy Birthday to SLR's newest **Centenarian** Roy Hind!
A Centenarian is someone who has reached the age of 100 or older. This designation not only marks the milestone of living a century but also acknowledges the individual's longevity, resilience and life experiences. Congratulations Roy and thank you for all you do for SLR.

Preventative Health Awareness Month

Jeff Keenor sent along an informative article **from McMaster University Institute for Research on Aging**. Preventative Health Awareness Month (PHAM) is celebrated in February and aims to empower individuals to take charge of their health through education and proactive measures. Preventative Health Awareness Month is a powerful, inclusive campaign dedicated to helping people take charge of their health at every stage of life. As we grow older,

prevention becomes one of the most important tools we have to maintain independence, quality of life, and overall well-being.

Many conditions that become more common with age such as heart disease, type 2 diabetes, osteoporosis, and some cancers are influenced by lifestyle choices and early detection. Increasingly, research also shows that certain lifestyle factors can help reduce the risk of cognitive decline and dementia.

While there is no guaranteed way to prevent dementia, evidence suggests that up to 40% of cases may be linked to modifiable risk factors. This means there are meaningful steps you can take to support both your physical and brain health.

Here are some preventative health strategies that support healthy aging — including brain health:

Stay physically active

Regular physical activity benefits the heart, muscles, bones and the brain. Exercise improves blood flow to the brain and is associated with a lower risk of cognitive decline. Aim for a mix of aerobic activity (such as brisk walking or swimming), strength training, and balance exercises. Even small amounts of movement throughout the day can help.

Manage heart health

What's good for the heart is good for the brain. Controlling blood pressure, cholesterol, and blood sugar levels can lower the risk of stroke and dementia. Regular check-ups and following your healthcare provider's recommendations are key.

Keep your mind and social connections strong

Staying mentally and socially engaged may help build “cognitive reserve,” which can make the brain more resilient over time. Activities such as reading, learning new skills, volunteering, playing games, and staying connected with friends and family all contribute.

Prioritize healthy eating

Eating patterns that emphasize vegetables, fruits, whole grains, legumes, fish, and healthy fats — while limiting highly processed foods and added sugars — are linked to better heart and brain health.

Address hearing, vision, and mood concerns

Untreated hearing loss, depression, and social isolation may increase dementia risk. Seeking assessment and treatment when concerns arise is an important part of prevention.

Keep up with recommended screenings and vaccinations

Routine screenings help detect health concerns early, when they are most manageable. Preventing infections and managing chronic



AN Irish Blessing to all our members who are celebrating their Birthday in March.

May your glass be ever full, may the roof over your head be always strong, and may you be in heaven half an hour before the devil knows you're dead!

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Jeff Keenor

Thu, Feb 19, 8:18 AM (10 days ago)

to me

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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.

I would be interested to know how the Founders Day Celebration turned out. If any body has any comments we would love to hear from you. Just send me a note to my email address.

Margaret

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