



SILVER LIGHTS CLUB

NEWFOUNDLAND AND LABRADOR HYDRO
A Nalcor Energy Company

President's Message

Gerry Bowers

In the September newsletter I invited retirees in the Ottawa, Montreal, Cornwall triangle to join me for lunch at 1:00 PM Wednesday, October 5th in Hawkesbury, Ontario, at Le Vieux Chateau Restaurant. Steve Pacquet and Lorne Babb both living in Cornwall responded to my invitation. We were disappointed that others in the area didn't show however we had a good chat and lunch.

Two other events happened: the highway cleanup and the Christmas float. As president of the Silver Lights Club I want to bring to your attention two employees who continue to make a contribution to these Nalcor and Silver Lights sponsored events.

Gerard Piercy, Hydro Place, participates in the Highway cleanup, but also assists in arranging transportation for the volunteers. This October we had a crew of thirteen who spent a good two hours picking up garbage. For 2011, Silver Lights collected more than 200 bags of garbage. If we had 20 volunteers it would be the ideal number. This year, Dennis Jones and I worked as a team and one used a grabber which saved our backs while the other managed the bag.

Cindy Morgan, in Holyrood, is our Christmas Float 'go-get' person. Cindy coordinates the delivery of building materials, organizes the costumes and arranges for a truck and trailer. She also registers our float in all the local parades since we are in demand and coordinates children and parents who ride on the float and security personnel who

walk alongside the float while it is moving. This year we were in five local parades. Bill Day joined our construction team this year consisting of myself, Dennis Jones and Reg White. In case you were wondering construction required roughly 200 person hours.

In early 2012 Reg White will be one of thirteen Cabot Habitat for Humanity participants who will be traveling to Thailand to help build a home for a family in need. This will be a partnership with Habitat Thailand. Each participant has to raise \$5,000 to cover the cost of the house being built, plus their individual travel and living expenses. Reg has volunteered with Habitat for Humanity and worked on 24 of the 37 homes built in the St. John's area. This non-profit organization is committed to helping low income working families achieve home ownership. In Thailand it is estimated that nearly 8.2 million people are forced to live in sub-standard housing. While some firms are covering the travel expenses for those volunteers who have a relationship with them, to the tune of \$1,500, Nalcor has a policy to not fund travel nor projects outside the country. So you see the need is great. We have in Reg the human resource and compassion and the skill to get the job done. All he needs is a little financial help.

I think I'll slip a fiver (Hydro Colour) in an envelope, address it to The Silver Lights and specify it should go toward Reg's travel expenses. Then I can say I have contributed to an international footprint in Thailand.

On behalf of the Silver Lights Executive, I wish you and your family a Merry Christmas and a Happy New Year.

Editor's Message

Janet Calver

It's hard to believe that Christmas is just around the corner! Maybe I'm in a time warp but it seems like only yesterday that my husband and I were harvesting our vegetables from the garden and celebrating (Canadian) Thanksgiving. As most of you know, time doesn't stand still - especially for retirees! So here we are in the final frenzy of the Season and looking forward to everything Christmas has to offer; visiting with family and friends, decorating the Christmas tree, singing our favourite Christmas carols and songs, shopping until our feet are pleading with us to stop, exchanging gifts, partying way beyond our normal bedtime, and eating so much that we feel like we're about to burst! What fun!!

Christmas is all about memories. I often think back to when I was little. There was so much magic in Christmas! My sister and I would go to bed early on Christmas Eve. There was no sign of a Christmas tree or presents but yet when we woke up Christmas morning - there it was - the most beautiful tree with presents underneath it and a little home-made sock on the foot of our bed filled with 'stuff'. I also remember the 'extended family' (close to 25 relatives and friends) getting together around noon for the big Christmas dinner at our house. Talk about an excitement high!!

I'm sure each of you have special memories of past Christmases. The good news is there's no quota on making good memories. So go for it, start now!

I hope you can take some time to put

your feet up, grab a tea or coffee and browse through our Christmas newsletter. We have tried to put together a newsletter with a Christmas theme. (Some of our regular columns are taking a break for this edition and will be back in 2012). We wouldn't have a newsletter without Ken Ball's 'Out and About' column! Ken keeps us in touch with fellow retirees and shares some Christmas memories from his home town. We have lots of pictures from the Team Gushue Highway Cleanup held in October and the Silver Light's Christmas parade float. Our Health and Wellness article has a lot of excellent tips on holiday food safety (very important considering all the entertaining and parties on the go). Brian Gamberg, our techie columnist, takes a break from computers and instead tells about his Christmas spent in Churchill Falls as a co-op engineering student. Read all about his 'eventful' Christmas dinner! Chris Schwartz from Scotia McLeod, is back with a column over-viewing the Canada Pension Plan and Old Age Security. We introduce our newest retirees and welcome those employees who have joined the 25-year club. For most of us, winter hiking is not on our 'to-do' list but we introduce you to the possibilities of cross country skiing along with a few other events you may find of interest. A trip to the Newfoundland Archives resulted in finding a beautiful description of Christmas in old St. John's (1916) and some sample prices for Holiday goods (1935). We present some of your favourite Christmas traditions and give you a brief history on their origins. Finally, we share some funnier items that just might make your party! (Only kid-

ding!)

Once again, I have to thank Gerry, Dennis, Vern and Reg for their continued help and support with producing this newsletter. To our contributors: Thanks! You make my job so easy. To all our members and spouses/significant others who participate in our activities, you're the best!!

I wish you and your families a very Merry Christmas full of love and thoughtfulness. May the magic of Christmas go with you into the New Year.



SilverLights News

Out and About with Ken Ball

We're almost into the Christmas season and I suppose by the time you read this, if you do in fact read this, we will be. I've been very fortunate to see several of our old Friends this Fall.

I saw Hayward Harris at one of our Health Establishments. I was afraid to admit we were at the Waterford Hospital because you might say that was the proper place for me. Hayward is a retired Storesworker from Churchill Falls. We had a great catch-up discussion on where some of our Friends are since retiring.

Hayward is very active in outdoor activities and is enjoying his retirement.

I ran into Bill Day at the Glacier in Mount Pearl. We were there to browse around the local Christmas Craft Fair. Bill was the Supervisor of Officer Services at Hydro Place.

Whenever I see Bill I recall an incident that took place in the St. John's Office. Gerald Thorne and I were in Hydro Place at the time and we met Bill coming from the Mail Room with a load of boxes in his arms. We paused to say hello and while doing so Gerald took out his pocket knife and cut a little tuft out of Bill's beard. I had never seen Gerald do anything like this and was really surprised, but nothing compared to Bill if you could judge by the look on his face. I just about croaked. I laughed for the rest of the trip and even today when I see Bill this comes to mind and I

enjoy it all over again.

I saw Larry House at the Village Mall. It's been years since I saw him. I first met Larry when He was Officer Supervisor at the Port Saunders Office. He also worked at Holyrood in this capacity and then transferred to Churchill Falls. He is now retired but is back to Churchill in a temporary capacity.

We had a great yarn about all the People who used to work in the Port Saunders Area. Again He is enjoying his on/off retirement.

I saw Louis Barnes, retired Planning Manager from Bay d'Espoir Plant at the Avalon Mall. Louis just retired in July. He has been visiting his Son in Labrador and plans to return there later for some temporary work. He said that he didn't know what retirement is like because he hasn't stopped working long enough to know. He built a shed for his Son while in Labrador. He is thinking on some temporary work in Labrador.

I bumped into Ralph Parsons the other day at Dominion Stores in Mount Pearl. Ralph retired from the Safety Department in Churchill Falls and is now doing some consultant work. He lives in Clarkes Beach .

I was talking to my Friend Hughie Butler the other day. Hughie and I worked together at Hydro Place Hughie had the most frustrating job that I could ever imagine; trying to balance the computer inventory every week. He had more patience then I.

Hughie is doing fine except for arthritis in his arms and hands. Other than that he looks great.

I saw Ted Hillier at Cosco the other day. Actually Ted saw me first and sang out. Ted was a Control Room Operator at Bay

d'Espoir and Churchill Falls. He is living in Bay d'Espoir and is very active in the Lions Club. He spends a lot of time visiting his Children and Grand Children.

I always tell you about the Hydro Retirees I meet but mostly their Spouses are with them. I never report this because by the time I get home I've forgotten their names. I have a good memory but it's short.

Old Foolishness

Christmas is always a special time of the year but some Christmases stand out in your memory more than others.

The one I recall, with a bit of sadness, is the first one I spent away from Home after I finished school.

I was working ashore in Halifax and in November I joined the Coast Guard Vessel 'John A. MacDonald' and was given a job as Steward; I wanted a Seaman's job but there was no openings at the time.

When Christmas Day came I had to work. We only had a Skeleton Crew aboard but there were probably 50-60 and they had to be fed. I remember the Cooks had prepared a big turkey dinner with all the trimmings. I recall they brought in Baked Alaska for desert. The Captain and His Family came aboard to wish us Merry Christmas and share the meal with us.

While Christmas Carols were piped throughout the Ship I could imagine back home Uncle George would be singing 'The mouses tail' and 'The Gay Spanish Maid'. Man, there was entertainment!

There was lots of good wine and liquor but

to me I would have loved the St. Pierre Stuff and would have gladly traded the turkey for Mother's roast of venison and a glass of her blueberry wine.

I've made up for this Christmas a lot of times since.

Wit and Wisdom

Two Friends were out in their boat on Conception Bay some years ago when the schooner 'Bluenose' sailed up the Bay under full sail. Jim said to Mac 'I wish I had a five dollar bill the size of her mainsail'.

Tricks of the Trade

We had a lot of Pranksters in Rencontre and as children we often experienced the brunt of their jokes. One of their favourite pranks was to send us after imaginary objects.

For example: They would be hauling up their dory and us boys would be watching and one of the Jokers would say 'Ken my son go over to the store and get me a quart of elbow grease. Tell Mat to charge it to my account'. or 'Ken go over and ask Uncle Joe for the loan of his Sky Hook' or 'Round Square' and off I would trot.

You know I can never remember bringing back those items. They were always out of stock or someone else had the loan of them, and try as I might I could never track them down.

Remembering Our Friends

We lost another Friend this Fall. Gary Cobham passed away on November 11 after a

fight against cancer. Gary worked in the Accounting Department at Hydro Place and finished his career at Churchill Falls. He was active right until the end and enjoyed visitations from his Hydro Friends. Well done good and faithful servant.

Season's Greetings

I hope you and your Family will have a Merry Christmas and a Happy and Prosperous New Year. Maybe as you celebrate this year you might pause to remember our lost Hydro Friends and their Families left behind.



25 Year Club

Below are the names of employees who have joined the ranks of the 25 Year Club. Congratulations to all!

Beverly Lane
David Bailey
Patrick Mooney
Theresa Barnes
Mary M. McDonald
Perry Quirke
Mark Bradbury
Wanda Boland
Lois Dalley
Eric Reid
Sandra Sheppard

Membership Fees

We remind any of you who have not paid your Silver Lights Club Membership fees that we have converted to a one-time lifetime membership of \$80, less any fees paid previously. Please send your cheque to the Secretary Treasurer at the address indicated on the letterhead of this Newsletter.

Also Available!! Silver Lights members who are still active employees can now pay their fees through payroll deductions. If this is of interest to you, please contact the Silver Lights Office for a form to have the deductions started.

Club Service and Support

Part of our mandate is to support club members when needed. If you have a family member in hospital and would like us to visit, please give us a call. Visitations and other help is extended to all club members and their families, but it will be done on a family request basis only.



Team Gushue Highway Cleanup

The Silver Lights has adopted a portion of the Team Gushue Highway and pledged to get it clean and free of garbage and litter Twice a year, once in the spring and again in the fall, volunteers don rubber boots and work-gloves and 'hit the highway'! The fall cleanup took place on Saturday, October 29. Once again, we lucked-out weather-wise. It was a beautiful fall day with sunny skies. The volunteers met at Hydro Place at 8:00 AM. Once we had our safety gear on and a good supply of garbage bags stuffed into our pockets, we were off. The saying 'many hands make light work' is so true. In just over 2 hours, our mission was complete. As you can imagine there were lots of discarded coffee cups, cigarette packages, and fast-food containers along with pop bottles, beer bottles and other assorted 'empties' from the liquor stores! Building materials from the nearby construction sites, car parts, tires, hubcaps, not to mention household furniture and other 'things' were also collected and left in neat piles for pickup - compliments of the Department of Highways.

It was deemed to be a very successful cleanup and to celebrate, all participants were treated to lunch at KFC! All-in-all, a great morning!

Many thanks to Dennis Jones and Reg White who organized the event and kept tabs on everyone (not always easy!!) Also many thanks to all participants: Harold Steele, Bill Day, Stella and George Fowler, Aubrey Hill, Dave Kiell, Gerard Piercy, Ewart Locke, Vern Penney, Dennis Jones, Reg White, Gerry Bowers. I think all would agree that besides

making our environment a lot cleaner we all had a wonderful time!

We encourage you to join us next year in the Spring for our 2012 spring cleanup!



Hydro Place - Ready to Set Out - Stella and George Fowler, Harold Steele and Ewart Locke



Wow! Look at Those Boots! George was Determined Not to Get Wet Feet!



Participants at Hydro Place Preparing for
Departure to Team Gushue Highway



Gerry Bowers - Surveying the Job Ahead!



Dennis Jones - Let's Get Started!



Dennis and Gerry in the Midst of the
Cleanup Operation - Notice the Litter
Pickeruppers!



Aubrey Hill with Some of the Treasures
Found Along the Highway!



Enjoying Lunch at KFC - Dave Kiell,
Vern Penney and Aubrey Hill



After the Clean-up - Lunch at KFC!
Ewart Locke and Harold Steele



A Well-Deserved Rest - Stella and George
Fowler (and Yes, George's Feet Were
Dry!)



Gerard Piercy and Bill Day Enjoying the Secret Recipe at KFC!



Reg White and Moi!



Dennis Jones - Coleslaw is Very Important Too!



Reg White and Gerry Bowers - KFC - Still Finger-Lickin' Good!

Christmas Parades

What better way to usher in the start of Christmas than with a good Santa Claus parade or four?

Silver Lights has once again participated in several Christmas Parades in the metro area - St. John's, Mount Pearl, Torbay, Flatrock and Conception Bay South (CBS). Our float claimed first prize in the Flatrock Santa Claus Parade!! It's just another way our retirees like to contribute and give back to their communities. Having a float in a parade is a big commitment. It takes a lot of team work and hours and hours of physical work. There are many people to thank.

This year Silver Lights was fortunate to have a dedicated 'Christmas Parade Float' team: Cindy Morgan (Holyrood), Reg White, Dennis Jones, Gerry Bowers and Bill Day. Together they crafted an idea into a beautiful float. They designed, sawed, hammered, glued, stapled and painted for hours. Silver Lights would like to thank Nalcor for their continued support and monetary contribution for the building materials and sound system. Special thanks to Cindy Morgan. She made sure that whatever the team needed in the way of supplies and materials, it was there. And she also ensured that the warehouse space, the tractor and the trucks, the generator and the new sound system were available for all the events.

Building the float is only half the story; participating in the parades is the other half! Thanks to our truck drivers (who not only had to drive the float in the parades but also had to drive the float to and from Holyrood)

- Reg White and Gerry Bowers. While our drivers are cozy in the heated truck, our safety walkers are not so fortunate. They put on extra layers of clothes and safety vests and walk besides the float for the entire length of the parade! Many thanks to Bill Day (who was the safety walker for all four parades) and to Gerry Bowers, Dennis Jones, Theresa Barnes, Mark Horlick and Dave Joyce who helped out in this capacity as well. They all walked many miles to ensure safety was number one! I think we all realize that Christmas is for children and where would we be without the little ones on our float? It would be very empty without them. Many thanks go out to our families: Denise Brown (Holyrood) and her children, Emily, Lily and Coady; Aimee Igloliorte (Hydro) and her son, Oliver; Alex Collins (Hydro) and her daughter, Molly; Debbie and Terry O'Rielly and their children, Liam and Isaac, Griff Roberts and his son, Nathaniel; Monique Mulrooney and her daughter, Julia; Danielle and Hannah Horlick; Abigail, Rebecca and Lisa Joyce; Erin O'Neill; Nicholas Houlihan; Haley Furlong; Kristen and Zach Wall, Cassidy Benson and Kayla Ball. (Unfortunately, I did not get the names of the participants from the CBS parade. Whoever you were, a special 'Thank-you'!) Below are just some of the pictures from the parades. I hope you enjoy them!



St. John's Parade - Reg White Checking Out the Float Before the Start of the Parade



St. John's Parade - Bill Day and Reg White



St. John's Parade - Wow! Look at the Smoke Coming from the Chimney!!



St. John's Parade - A Happy Snowman



St. John's Parade - The Hydro Sleigh - Notice the Cushions and the Bells!



St. John's Parade - Everyone Wants to Drive these Cars!



St. John's Parade - One of the Many Dance Groups Participating in the Santa Claus Parade



St. John's Parade - Even the Newfoundland Ponies were Dressed for the Parade!



St. John's Parade - Three Little Dogs Dressed in Warm Sweaters - Waiting for the Parade to Start



St. John's Parade - A Real Accordion Marching Band!



St. John's Parade - Even Penguins Made a Special Effort to Come to the St. John's Santa Claus Parade!



St. John's Parade - Is that Santa Claus or a Dachshund in Disguise?



St. John's Parade - Getting Ready for the Parade to Start



St. John's Parade - A Rudolph Imposter!



St. John's Parade - Checking Out the Seating Arrangements on the Hydro Float



St. John's Parade - Costumes On and Ready to Go! Emily, Lily, Coady, Denise, Molly and Oli



St. John's Parade - Coady, Lily and Emily Brown



St. John's Parade - Lily, Denise(mom) and Emily



St. John's Parade - Some Final Pictures and Waves



St. John's Parade - RNC Horses are a Big Hit with Everyone



St. John's Parade - There They Go!



St. John's Parade - The Hydro Sleigh with Emily, Denise, Lily and Coady (hiding), Alex and Molly, and Aimee and Oli



St. John's Parade - Spectators on Duckworth Street - Waiting for Santa



Mount Pearl Parade - Miss Teen Newfoundland (Chelsea Butler) Tries Out The Hydro Sleigh!



Mount Pearl Parade - The Drum Band!



Mount Pearl Parade - The Guys Who Made it All Happen - Gerry Bowers, Reg White, Bill Day, Dennis Jones



Mount Pearl Parade - Now There's a Bunch of Happy Children!!



Mount Pearl Parade - Liam and Isaac O'Rielly and Nathaniel Roberts



Mount Pearl Parade - Debbie and Terry O'Rielly and Griff Roberts in Front with Liam, Isaac and Nathaniel in the Back - Ready to Go!!



Mount Pearl Parade - A Friendly Wave From Dennis - Let the Parade Begin!

Everyday Life

A Quick CPP and OAS Review



With a new year upon us, this quarter's article gives you a brief overview of CPP and Old Age Security - an area that is of importance for those in retirement or getting ready to make their CPP payment decision.

Canada Pension Plan (CPP)

The CPP is a federal program that provides pensions to qualified contributors in retirement. Any benefits paid by the CPP are taxable both federally and provincially. CPP operates throughout Canada.

How much CPP can I expect monthly?

In general, your retirement pension replaces about 25% of the earnings on which you paid into the CPP. The exact amount of your CPP pension depends on how much and for how long you contribute. For 2011 - the maximum CPP retirement pension was \$960.00 per month if taken at age 65. CPP pensions are adjusted for inflation every January.

Should I take CPP early? Age 65? Age 70?

The age at which you decide to take your pension also affects the amount you receive each month.

The normal age to start CPP is 65. However you can start receiving your CPP

pension as early as 60 or as late as 70. By opting to take your CPP pension early, the pension will be reduced by 0.6% for each month the start date precedes your 65th birthday to a maximum reduction of 36% at age 60. If you start receiving your pension before 65, you must have stopped working.

From 2011 to 2013, the Government will gradually increase this percentage from 0.5% per month (6% per year) to 0.7% per month (8.4% per year). This means that by 2013 if contributors start receiving their CPP pension at age 70, their pension amounts will be 42% more than if taken at age 65.

Am I able to share my CPP pension?

Yes ... you are able to share your pension with your spouse or common law partner equally if you are at least 60 years old and have both applied for retirement pensions. This could result in income tax savings if one spouse is in a lower tax bracket than the other spouse.

What are other benefits that CPP offers?

Disability Pension - To receive a disability pension from CPP you must be disabled according to the terms of the CPP legislation (physical or mental disability which is both severe and prolonged), under the age of 65 and have been receiving your CPP retirement pension for less than 15 months. For 2011 - the maximum CPP disability pension is \$1,153.37 a month.

Death Benefit - A death benefit up to

a maximum of \$2,500 may be paid to the estate of a deceased contributor.

Other Benefits - Other CPP benefits include benefits for children of disabled parents or deceased parents and surviving spouse's pension.

As of 2012, there have been adjustments to the CPP rules; Please feel free to contact us for more details on these changes.

Old Age Security (OAS)

OAS is a federal government program that provides a basic amount of retirement income to all individuals who meet certain residency requirements. The amount of OAS that you receive is not dependent on your past employment or salary. Any benefits paid by the OAS are taxable both federally and provincially.

Who is eligible to receive OAS?

To receive OAS you must be:

- a Canadian citizen or legal resident of Canada ,
- at least 65 years of age and,
- lived in Canada a minimum of 10 years after reaching age 18,
- if currently living outside of Canada, must have lived in Canada for at least 20 years after reaching age 18.

How much can I expect from OAS?

From April to June 2011 - The maximum OAS pension is \$537.97 per month or

\$6,455.64 yearly. OAS pensions are adjusted for inflation quarterly. In order to qualify for the maximum OAS pension, you must have lived in Canada (after reaching age 18) for at least 40 years. If you have lived in Canada for more than 10 years but less than 40 years, you may be eligible for a partial pension.

What is the OAS clawback and when does it apply?

The OAS "clawback" requires the repayment of OAS benefits by high-income earners. For 2011, the threshold at which the OAS "clawback" starts was \$67,668. If your net income (including OAS benefits) exceeds the threshold (\$67,668), 15% of the amount of income above the threshold is deducted from the basic pension. Your OAS pension will be entirely clawed back if your net income exceeds \$109,764. For example, if you had a net income of \$90,914, your OAS pension would be reduced by 15

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A CFLCo Christmas



It was in the mid seventies, and Churchill Falls was going through the transition from a construction site to a family town. I was completing my final work term in engineering at CFLCo, and as an engineering student I was allocated living space in an "Expo" for the fall term. Since the Expos had no cooking facilities, I got to know the cooks in the mess hall fairly well. Through my previous work terms, I found that it was a good idea to get to know the cooks in construction camps, including their taste in liquor (in this case it was Scotch).

Others in town were accommodated in a higher class of accommodation. The teachers lived in house trailers, complete with cooking facilities. Joan was one of those teachers, and during the term leading up to Christmas, I got to know her and her dog, Bosun. Bosun was a very large German Shepherd, and like most of the dogs in Churchill, he had a doghouse, and lived outside, except for special occasions when he was allowed inside the house. These special occasions included any time Joan had male visitors (me included)! Bosun objected strongly to anyone getting within 3 feet of Joan!

Bosun and I had a somewhat one-sided relationship. When I tried to make friends with him, he just bared his teeth and growled. I found him a bit intimidating, since he was about my size and weight, but had bigger

teeth. I remember helping Joan out with Bosun by taking him for his daily 'walk'. This involved taking Joan's car (which Bosun was trained to follow), and driving slowly down to the tailrace, giving the dog a treat, and then slowly driving back up the hill to home.

As Christmas approached, most of the people in Churchill (including Joan) made travel reservations through Montreal or St. John's to 'go out' for Christmas. A skeleton staff would be left for the Christmas period, and being a lowly student, I was selected to stay in Churchill over Christmas. I made arrangements with Joan to move into her trailer while she was gone, and to take care of Bosun.

Some of the younger set who were staying over Christmas decided that, instead of eating Christmas dinner in the Mess Hall, we would have our own communal Christmas dinner, and since I had access to cooking facilities, I was chosen to cook the turkey.

On Christmas Day, everything started smoothly. I got the turkey out of the freezer, and read the cooking directions which were printed on it. What could be simpler? There was the matter of thawing the bird, but it was too late to worry about that. According to the instructions, I needed to get the 'giblets' out of the turkey, and put some stuffing inside it. In its frozen state, this was no easy matter. However, after a quick trip to the machine shop for some power tools, the giblets were out and the stuffing was in. Next, the instructions said to cook the turkey at 325 degrees. But the button on Joan's oven only went up to 250. (This was during the changeover from Fahrenheit to Celcius).

So, I just cranked the oven all the way up to the top and hoped for the best. After several hours, smoke started to come out of the oven. I assumed that was a good sign, and had a look at the turkey. It was kind of dark (well, actually it was black) on the outside, and seemed to be still frozen on the inside. I guess I should have paid more attention to my thermodynamics courses! However, I reasoned that some people would probably like their turkey well done, and others would like the rare bits from the inside. Now, all I had to do was show up at the party with the turkey in hand.

As I was leaving the trailer, with the turkey on a platter in my hands, Bosun noticed me passing. He also noticed the turkey. I had never realized that dogs could fly, until Bosun came flying by, grabbed the turkey off the platter, and disappeared into the dog house leaving a trail of drumsticks and wings behind him. I ventured close to the doghouse, only to be greeted with one of those growls that clearly meant "This is MINE"! Discretion being the better part of valour, I decided not to dispute Bosun's ownership of the bird.

Having no turkey, I was reluctant to show my face at the party. I thought of explaining what happened, but I knew from previous experience that showing up to class with no homework and claiming that "The dog ate my homework" just didn't work. It was time for plan B. Taking the best bottle of 12 year old Scotch from Joan's liquor cabinet, I headed for the Mess Hall. When I told my story to the cook, and with the additional incentive of a fine bottle of Scotch, the cook took pity on me, and I left the Mess Hall with

a large, perfectly cooked and carved turkey!

I showed up at the party with the turkey, as promised, and my friends were suitably impressed with my cooking and carving skills. I never did admit to them what happened, but then Bosun never thanked me for his Christmas turkey either!

Events Around the Province

Mount Pearl First Night Celebrations

31 Dec at the Glacier

A family oriented, non-alcohol evening of fun and participation. There'll be music, skating, party favors, games and more.

748 1008

www.mountpearl.ca

ktucker@mountpearl.ca

Receiving Titanic - Cape Race 2012

1 Jan - 31 Dec 2012

Portugal Cove South

Join us as we commemorate the 100th anniversary of the sinking of the RMS Titanic. For a full listing of events throughout 2012 please visit our Receiving Titanic web site at www.receivingtitanic.com.

438-1100

www.edgeofavalon.ca

edgeofavalon@nf.aibn.com

Soirees & Times

Newfoundland Soiree with Steele n' Steps Traditional Newfoundland Step Dancing

1 Jan - 31 Jan 2012

St. John's

Experience Traditional Newfoundland Step Dancing that has entertained visitors to our shores for over 500 years. Preserved and performed to Traditional Newfoundland Music. Award Winning Gold Medalists, Instruct, Choreograph & Perform.

754 8687

www.newfoundlandtours.com

info@newfoundlandtours.com

The St. John's Storytelling Circle

1 Jan - 30 Nov 2012

St. John's

St. John's Storytelling Circle is an informal gathering of storytellers and lovers of a good story. Both experienced storytellers and newcomers are welcome, and listeners are always needed!

685 3444

www.storytellingstjohns.ca

storytelling@nf.sympatico.ca

Mount Pearl Frosty Festival

Feb 3 - Feb 11, 2012

<http://www.frostyfestival.ca/>

Christmas from the Archives

The Archives at The Rooms offer a wealth of information about our history, including Christmas time in St. John's years ago. I hope you enjoy!

This excerpt is taken from the Commercial Annual, Xmas, 1916. The article was titled 'A Christmas Reverie' and was written by M. F. Lawlor .

The falling of a glowing log brings me down to material things, and a vision of the preparations that went on for Christmas in St. John's in the old days is conjured up in my mind. A week or two before the great festival, the most indifferent observer would realize that the joyous season was at hand. The decorations of the stores along Water Street were commenced, the work being performed artistically by the liberal intertwining of green boughs, dogberries, holly and mistletoe. There was a well-recognized window dresser in every store on Water Street, and they vied with each other in their efforts to produce the most artistic and attractive display. Sheets of white wadding were sacrificed and cut up in lengths, and twined on pillars and arches to represent the virgin snow. They were also displayed in the windows, woven into such mottoes as 'Happy Xmas!', 'Happy New Year', 'Season's Greetings' and when the coloured lights were turned on at night the effect was very beautiful.

The grocery store decorations were particularly profuse. The floors were covered with sawdust. Most of the dry goods stores had a life size figure of 'Father Christmas' and skates, slides and sleigh bells were conspicu-

ous in the hardware stores. There was generally a well-beaten snow road in the week before Christmas and the merry tinkling of the sleigh bells filled the air with echoes of hope and promise. Hundreds of sleighs and slides came into town from the nearby outports, their owners buying Christmas requisites. The influence of the Season was visible everywhere, and it was no mere figure of speech to say that 'Christmas was in the air' The book stores of Chisholm, Fenelon and McConnan were crowded with customers all day long buying Christmas cards and other gifts to be found in shops like these. The pastry-cook shops, such as Lush's, Horwood's, Touissant's, Foran's, Chancey & Heath's and John B. Ayre's, displayed a plentiful and tempting supply of turkeys, geese, chicken and Christmas cakes, and all the hands were busy as could be filling the numerous orders of their customers.

The activity increased as the days progressed and reached its climax on Christmas Eve. All laborers, working outside of shops and stores, knocked off work at mid-day to get ready for Christmas. Water Street was thronged all the afternoon with men, women and children, all exhaling the spirit of Christmas and in a happy mood greeting acquaintances with the time-honoured salutation 'I wish you a Merry Christmas!' Every second man you met had a fine fat goose or a turkey under his arm. In most cases it was a present from his employer.

The air is keen and invigorating at 5 below zero. The blood races in youthful veins and mantles rose colour in the cheeks. There is snow falling, coming down straight in the

still air, the blossoms loom double size in the gaslight. A new white carpet is laid for the feet of the passing thousands. The window panes are covered with frost in fantastic patterns, rivaling the most exquisite lacework. The horses' breath ascend in visible shafts of white vapour. Sleigh bells are making merry music on all sides, and there is a mad rush to deliver all the Christmas goods at the homes of the people before midnight. Merchant Princes' pairs are out fully caparisoned. The double-seated sleighs, highly polished, shine in the gaslight. Rich furs hang over the back from head to foot - a heavy black fur turban, and an ample fur coat, rich enough for a Russian count. Jingle! Jangle! Jingle! There go all the bells in 'discordant concert' as the high-stepping pairs pass each other on Water Street.

Mingling now with the tinkling of the sleigh bells, I hear the slower and deeper sound of the hand bells at the squares and corners calling the people to take a chance in a raffle on the wheel of fortune for a turkey, a goose, or a Christmas cake. 'One more ticket to fill up!' 'Three chances for a shilling!' 'Come along ladies and gentlemen!' The lotteries are going on at Beck's Cove Hill, McBride's Hill, Merchant's Block, Adelaide Street and on the Beach. The spaces on the wheel of fortune are laid out with the names of places, animals and sealing steamers, making the affair more popular and interesting. When the wheel stopped at the name corresponding to the one on the ticket that you held, the prize was forthwith handed over. I see the crowds surging up with tense excitement on their faces when the wheel is set going; each ticket

holder is hoping to win a prize.

The supply of poultry in the city was bountiful in those days. It came from Prince Edward Island in schooner loads to Clifts and Pitts. I see the vessels laying at the wharf two days before Christmas filled to the hatches with poultry and meats; also oats, potatoes, turnips, and oysters in barrels. Oh, yes, Prince Edward Island gave us her best products in the sixties and seventies. Nearly every well-off citizen had a barrel or two of oysters for the winter. The prices of poultry and fresh meats were so low that all could afford to have them. Imagine paying two pence a pound for a good quarter of Beef! Christmas was indeed a great time for the poor man to lay in cheap farm products for the winter; potatoes, five shillings a barrel; turnips four shillings and sixpence; oats, three shillings a bushel, and butter, nine pence a pound.

The crowds on the street gradually lessened after eleven o'clock Christmas Eve. The women, girls and children are gone home with their purchases to get ready for the morrow. The street cars are thronged with men folk, slides, sleighs and catamarans, taking home good things for the holidays. Parcels! Parcels! In all directions. The conveyances are going out at full speed, taking parcels from the stores to the people's homes. The shops are open still and are doing a brisk trade and keep it up till midnight when the Cathedral bells ring out their iron tongues...

I see the bands coming out to parade Water Street, calling on friends to serenade them. The 'Total Abstinence Band', the 'Phoenix', the 'Avalon', and the 'Scotch Pipers'. They are all there in their uniforms making a pic-

turesque and attractive display. The Anglican Church Choir Boys are out too singing carols through the streets. Nobody is in bed but the children, half-asleep and half-awake waiting for the footsteps of Father Christmas on the roof; the houses are lighted up with their best display of gas and kerosene oil.

In those days there was no Midnight Mass; the first Mass was at six o'clock in the morning. Most people stayed up all night in consequence and it was a good-natured and joyous throng that met on the way to the Church in the grey of the dawn wishing each other 'A Merry Christmas'.

A Snapshot from 1935

Below are just some of the businesses that placed advertisements in the 'The Public Bureau', Christmas 1935. Also included are a sample of some of their products and prices.

- Newfoundland Butter Company Limited
- George Neal, Ltd.
- Wm. L. Chafe
- The Purity Factories, Ltd.
- Robert Caines Grocer
- Sterling Restaurant
- Templetons
- Nfld. Light & Power Company Ltd.

Floor Lamp with bulb	2.95 up
Irons	2.25 up
Toasters	3.95 up
Kettle	12.50 up
Xmas tree sets	50c., 55c.

- James G. Crawford

Grapefruit	3 for 14c.
Sunkist Oranges	
Large	49c. doz.
Medium	27c. doz.
Table apples (Winesop)	19c. doz.
Pears	39c. doz.
Syrup, large bottles	23c.
Mixed Candy or	
Peppermint Knobs	10c. lb.
1 lb. Box of chocolates	49c.
Mixed Nuts	25c. lb.
- Crosbie & Company, Ltd.
- The Standard Manufacturing Co. Ltd.

Stafford's Fruit Syrups	30c. a bottle
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- A.E. Hickman Company, Ltd.
- Job Brothers & Co., Ltd.
- Neyle's

Child's bob skates	pair 60c.
Hockey skates	pair \$1.30
Ladies' beauty skates	pair \$3.50
- Victory Brand Clothing

Men's Overcoats	from \$8.50 up
Men's Suits	from \$7.00 up
Ladies' Leather Coats	from \$20.00 up
- Bowring's

Child's coaster sleds	1.60 to 4.40 each
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- Wm. Halliday Butcher
- The Modern Shoe Hospital
- The Newfoundland Brewery, Limited
- Ayre & Sons Limited

RCA Victor radio	\$95.00 or \$115.00
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- Bristol Stores
- W.J. Murphy, Grocer

Bull Dog Tea	
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- St. John's Meat Company, Ltd.

Turkeys 6-15 lbs	48c. lb.
Geese 8 - 12 lbs	42c. lb.
Ducklings 5 - 7 lbs	42c. lb.
M.F. Chicken 4-6 lbs	45c. lb.
Poultry dressing	25c. lb.
Cooked tripe 1 lb. Rolls	15c. lb.
Fresh country eggs	15c. doz.
Jubilee hams, 8 - 10 lbs.	48c. lb.
Jubilee hams halves	50c. lb.
Maple Leaf hams 4 - 6 lbs.	32c. lb.

Christmas Traditions

Many of us have Christmas traditions that are unique to our family and which have been passed down through the years. Many of them involve what you do on Christmas Eve, when you open your gifts, what is on the menu for Christmas dinner, what decorations go on the Christmas tree, etc. It's interesting

to check into the history of Christmas and find out the origins of some of our favourite traditions.

The word Christmas originated as a compound meaning 'Christ's Mass'. It is derived from the middle English 'Christemasse' and old English 'Christes maesse', a phrase first recorded in 1038!

Many of the popular customs associated with Christmas today are based on both Christian and non-secular themes and origins. Today, special church services are just part of the celebration. Elaborate nativity scenes, Christmas trees, Christmas cards, lights, garland, Santa Claus, mistletoe, and gift-giving are just some of the more familiar parts of Christmas as we know it.

Nikolaos, Santa Claus, Father Christmas

The tradition of Saint Nicholas Day, usually December 6, is a festival for children in many parts of Europe. Saint Nicholas has a reputation as a bringer of gifts. The British Father Christmas, and the North American, Santa Claus (itself derived from the Dutch Sinterklaas), are both derived from these old legends.

Christmas Tree

The Christmas tree is considered by some to be a pagan tradition celebrating the winter solstice which included the use of evergreen boughs. In Britain, the Christmas tree was introduced in the early 18th century following the marriage of Charlotte of Mecklenburg-Strelitz (Hanover) to King George III. In 1832 a young Queen Victoria wrote

about her delight at having a Christmas tree, hung with lights, ornaments and presents placed around it. After her marriage to her German cousin, Prince Albert, the custom became more widespread throughout Britain. By the 1870's people in the United States had adopted the custom. Today, Christmas trees come in all shapes and colours and are lavishly decorated.

The Yule Log

A Yule Log is a large and extremely hard log which is burned in the hearth as part of traditional Christmas celebrations in several European cultures. Today, it has also come to refer to a log-shaped Christmas cake or 'Buche de Noel'.

Wassailing

The tradition of wassailing falls into two distinct categories: house visiting and orchard visiting! House visiting wassailing is very similar to caroling where people go from door to door singing Christmas carols. Orchard visiting wassailing refers to the practice of singing to trees in cider-producing apple orchards to promote a good harvest for the coming year!

Nutcrackers

Nutcrackers in the form of wooden carvings of a soldier, knight, king, or other profession have existed since the 15th century. Generally, the nutcracker is portrayed as a person with a large mouth which the operator opens by lifting a lever in the back of the figurine. Whereas the original nutcrackers could actually be used to crack nuts, these days the nutcracker is used for decora-

tion. The carving of nutcrackers developed as a cottage industry in forested rural areas of Germany. The most famous nutcracker carvings came from Sonneberg and from the Ore Mountains. Today, Steinbach nutcrackers have become very popular in North America and some have even become collectors' items.

Plants and Flowers

Since the 19th century, the poinsettia, a native plant from Mexico, has been associated with Christmas. Other popular holiday plants include holly, mistletoe, red amaryllis and Christmas cactus. Wreaths are made from real or artificial conifer branches or other broadleaf conifers or even holly branches. Now, they are typically used as decoration but their history dates back to the 16th century. The Advent wreath is dated back as far as the Lutherans in Germany and it symbolized the coming of Christ.

Mumming

Sometime during the twelve days of Christmas, usually on the night of the "Old Twelfth", people would disguise themselves with old articles of clothing and visit the homes of their friends and neighbours. They would even cover their faces with a hood, scarf, mask or pillowcase to keep their identity hidden. Men would sometimes dress as women and women as men. They would go from house to house. They usually carried their own musical instruments to play. They sang and danced in every house they visited. The host and hostess of these 'mummers parties' would serve

a small lunch of Christmas cake with a glass of syrup or blueberry or dogberry wine. All mummers usually drink a Christmas 'grog' before they leave each house. (A grog is an alcoholic drink such as rum or whiskey usually diluted with water.) When mummers visit, everyone in the house starts playing a guessing game. They try to guess the identity of each mummer. As each one is identified, they uncover their faces, but if their true identity is not guessed they do not have to unmask. For a time the old tradition of 'Mumming', or 'Jannying' as it is sometimes called, seemed to fade, especially in the larger centers of Newfoundland. But in recent years, thanks to the popular musical duo, Simini, who wrote and recorded 'The Mummer's Song' in 1982, mumming has been revived. It is just as prevalent and popular as it was years ago and young and old look forward to dressing up this Christmas, knocking on a friend's door and calling out 'ANY MUMMERS ALLOWED IN?'

Christmas Cards

Christmas cards are illustrated messages of greeting exchanged between friends and family members during the weeks preceding Christmas day. The first commercial Christmas card was produced by Sir Henry Cole in London in 1843. (In 2001, one of Henry Cole's first Christmas cards, which was sent to his grandmother in 1843, was auctioned off for 22,500 pounds!). Today, the custom of sending Christmas cards has become popular among a wide range of people. Even the

techies are trending towards the E-card.

Food

For many of us food plays a key role in the Christmas season. A special Christmas family meal is traditionally an important part of the celebration but the food differs greatly from country to country. Some regions in Europe have special meals for Christmas Eve featuring 12 kinds of fish. In England and countries influenced by their traditions, a standard Christmas meal includes turkey or goose, meat, gravy, potatoes, vegetables and special desserts such as Christmas pudding, mince pies and fruit cake. In Poland, and other parts of eastern Europe and Scandinavia, fish often is the traditional main course while in Germany, France and Austria, goose and pork are favoured.

When it comes to the all important Christmas pudding, many families have treasured family recipes that have been handed down through families for generations. But the history of the plum pudding goes back to medieval England when the Roman Catholic Church decreed that the “pudding should be made on the 25th Sunday (the day became known as ‘Stir-Up Sunday’) after Trinity, that it be prepared with 13 ingredients to represent Christ and the 12 apostles, and that every family member stir it in turn from east to west to honour the Magi and their supposed journey in that direction. It was common practice to include small silver coins in the pudding

mixture - a sign of wealth in the year to come. The grand finale was when the pudding was doused with brandy, flamed (or fired) and ceremoniously brought to the table amid ‘oohs and aahs’!

Health & Wellness

Outdoor Fun in the Winter

We are at that time of year when outdoor hiking and walking gets to be more difficult. Although some brave souls enjoy the challenge of maneuvering slippery roads, icy hiking trails and snow-covered walking trails, I'm not one of them. But how can we continue to stay physically active and still make it through the winter without the odd broken bone? There are choices. In St. John's we are fortunate to have fabulous indoor facilities that offer a wide range of programs. We have The Works, the Aquarena, the new Y-Centre on Ridge Road, not to mention all the city-run centres and the newer privately run gyms and fitness centres. Below are just some of the websites and other information you may find helpful.

The Works and the Aquarena

www.theworksonline.ca and
www.theworksonline.ca/aquatics

The YCentre

www.ynortheastavalon.com

City of St. John's

[www.stjohns.ca/cityservices/
recreation/index.jsp](http://www.stjohns.ca/cityservices/recreation/index.jsp)

If outdoor activities are more your style, check out the following:

City of St. John's

[www.stjohns.ca/cityservices/
recreation/outdoor/index.jsp](http://www.stjohns.ca/cityservices/recreation/outdoor/index.jsp) or

www.pippypark.com (click on Winter Activities)

Pippy Park

Shake those winter blues and explore Pippy Park blanketed in snow! The C.A. Pippy Park Winter Activity Centre runs as the snow season permits (January to April) and offers rentals of waxless classic cross-country skis, skate skis, and snowshoes for all ages. A cross-country ski sledge is also available for individuals with physical disabilities. The Winter Activity Centre is located at North Bank Lodge on Nagles Place off Allandale Road.

Rental Schedule (Weather Permitting):

January - early April

Saturdays and Sundays

February - March

Friday nights

Cross-Country Ski Lessons

Saturdays and Sundays

Interested parties must pre-register for lessons as space is limited. Participants under 14 years of age must be accompanied by an adult.

For more information on open/closures, and lessons and rental fees for the Winter Activity Centre please call the C.A. Pippy Park Winter Activity Center Information Line at 737-3651 (weekends - in season) or the H.G.R Mews Community Centre at 576-8499.

Free Cross-Country Skiing on Groomed Trails

During the winter season The Outfitters Adventure Gear and Apparel, Avalon Nordic Ski Club, and C.A. Pippy Park Commission, along with the City of St. John's, are pleased to provide groomed ski trails. Trails are set for both skate and classic skiing and are illuminated for evening skiing.

All trails are located in the C.A. Pippy Park Campground. Trail access can be gained from the parking lot of North Bank Lodge (first right when turning onto Nagle's Place from Allandale Road), or from the main entrance to C.A. Pippy Park campground opposite the Fluvarium.

Due to the combined efforts of The City of St. John's, The Outfitters and the Avalon Nordic Ski Club, these trails will be groomed on a regular basis throughout the winter.

And around the Province, there are numerous cross country skiing clubs. See below:

Avalon Nordic Ski Club

www.avalonnordic.ca

Gander

airportnordic.ca/wordpress/

St. Anthony

www.auroranordic.net/

Happy Valley - Goose Bay

www.birchbrook.ca/home/blog.php

Corner Brook

www.blowmedown.ca/

Clarenville

www.clarenvillenordicskiclub.com/

Labrador City- Wabush

www.meniheknordicski.ca/

Forteau

<http://www.zone4.ca/info.asp?cmd=ci&id=454>

Pasadena

<http://www.pasadenaskipark.org/>

Stephenville

<http://www.whalebacknordic.ca/>

Holiday Food Safety

Food is an important part of the Christmas season. You can help reduce the risk of food-bearing illness for your family and friends during the festive season by following some basic safety tips. (This information comes from Health Canada's website.)

Food-borne illness ('food poisoning' is caused by eating food contaminated with certain bacteria, viruses or parasites such as salmonella, E.coli and Listeria monocytogenes. These bacteria are sometimes found in or on the following:

- Raw and undercooked meat, poultry, fish and their juices.
- The surfaces of and/or in the juices of raw fruits and vegetables.
- Unpasteurized (raw) milk products, such as raw milk, soft and semi-soft cheeses.
- Raw and slightly cooked eggs.

Since these foods are often part of the menu at many holiday meals and parties (e.g. cheese, fruit and vegetable platters, seafood, turkey, baked goods, eggnog and cider), it is a good idea to take extra care when preparing, cooking, serving and storing food during the Holiday season.

General Food Safety Tips

There are four basic steps you should always follow to help reduce the risk of food-borne illness.

CLEAN

Wash hands, contact surfaces (like kitchen counters) and utensils often to avoid the spread of bacteria.

Wash your hands with soap and warm water for at least 20 seconds before and after handling food, and after using the bathroom, changing diapers or touching pets.

Always wash fresh fruit and vegetables with clean, running water that is safe to drink.

SEPARATE

Keep raw foods separate from cooked and ready-to-eat foods to avoid cross-contamination.

Ideally, use two cutting boards, one for raw meat, poultry and seafood, and another for washed fresh produce and ready-to-eat foods.

Never place cooked food back on the same plate or cutting board that previously held raw food, unless it has been washed with soap and warm water.

COOK

Make sure you kill harmful bacteria by cooking foods to the proper internal temperatures.

Use an instant-read digital thermometer and cook to these temperatures:

- 85 °C(185 °F) whole poultry
- 74 °C(165 °F) for stuffing, casseroles, leftovers, egg dishes, ground turkey and ground chicken, including sausages containing poultry meat
- 71 °C(160 °F) for pork chops, ribs and roasts, and for ground beef, ground pork and ground veal including sausages
- 63 °C(145 °F) at least for all whole muscle beef and veal cuts, like steaks and roasts.

When you think the food is almost ready, remove it from the heat source and insert the thermometer in the thickest part of the food, away from the bone, fat or gristle. Keep cooking if the proper temperature has not been reached.

Be sure to wash the thermometer or any utensils that are used on raw or partially cooked foods in between temperature checks.

Eat hot foods while they are hot.

CHILL

Keep cold foods cold. Bacteria can grow rapidly when food is allowed to sit in the so-called danger zone - between 4 °C(40 °F) and 60 °C(140 °F)

Eat cold foods while they are still cold.

Remove bones from large pieces of meat or poultry and divide them into smaller portions before storing.

Throw out perishable food that has been allowed to sit at room temperature for more than two hours. You cannot tell whether food is contaminated with surface bacteria by the way it looks, smells or tastes. When in doubt, throw it out!

Additional Food Safety Tips for Holiday Situations

Baked Goods

Raw eggs can contain Salmonella bacteria, so you should not eat uncooked cookie dough, batters or frostings made with raw, fresh eggs. Remember, young children are at greater risk for food-borne illness so they should not be allowed to 'lick the spoon' if the dough, batter or frosting contains any raw egg ingredients. Make sure your baked goods are cooked thoroughly.

Eggnog

Store-bought eggnog is pasteurized and does not require heating to kill harmful bacteria. If you are making eggnog at home, you should: use pasteurized egg and milk ingredients, which are available at many grocery stores, or heat the egg-milk mixture to at least 71 °C(160 °F) and then refrigerate in small amounts using shallow containers so it will cool quickly.

Fruit juices and ciders

If you are making drinks with fruit juices or ciders, check the label to see if the

product has been pasteurized. If the juice or cider has not been pasteurized or if you are uncertain, you can minimize risks by boiling the product to make sure it is safe for everyone.

Oysters and seafood

Some people enjoy certain raw seafood items, like oysters and sushi during the Christmas holidays. However, raw seafood may carry bacteria, parasites or viruses that can cause food poisoning. People who are more vulnerable to the risks of food-borne illness, such as older adults, pregnant women, young children and people with weakened immune systems, should avoid eating raw or undercooked fish and seafood.

Stuffing

Cook stuffing separately in the oven in its own dish, or on the stove top, to a minimum internal temperature of 74 °C(165 °F) . If you choose to stuff your turkey, stuff it loosely just before roasting, and remove all stuffing right after cooking.

Foods stored in oil

Home-prepared products in oil, such as herbs, garlic or peppers, are popular as gift items during the Holiday season. However, for foods like this to be safe and healthy, they must be prepared and stored properly.

If home-prepared products in oil are made using fresh ingredients the products should be refrigerated immediately after being made. They should be discarded if stored for more than one week.

If all ingredients added to the oil are dehydrated (i.e. dried herbs and spices) the product can be stored safely at room temperature.

If you receive a home-prepared gift like this and are not able to find out when and how it was made and stored, it is safer to throw the product out.

For commercially-prepared foods stored in oil, check the label. If the list of ingredients includes salt and/or acids, these products have been preserved and do not present a risk of food poisoning, as long as you follow directions for storage (e.g. refrigerate after opening and between each use.)

Holiday Buffets

If you are serving food buffet style, use warming trays, chafing dishes or crock pots to keep hot foods hot. Keep cold foods cold by putting serving trays on crushed ice. If food remains at room temperature for more than 2 hours, throw it away.

Also, do not add new food to serving dishes that are already in use. Instead, use a clean platter or serving dish each time you re-stock the buffet.

Provide serving spoons and tongs for every dish served. Even finger foods like vegetables, candies, chips, nachos and nuts should have serving tools to prevent contamination between guests.

Traveling with food

As always, keep hot foods hot and cold foods cold. Transport hot food in insulated containers with hot packs or

wrapped in foil and heavy towels. Transport cold food in a cooler with ice or freezer packs.

Leftovers

Refrigerate all leftovers promptly in uncovered, shallow containers so they cool quickly. Refrigerate once steaming stops and leave the lid off or wrap loosely until food is cooled to refrigerator temperature.

Store turkey meat separately from stuffing and gravy.

Use refrigerated leftovers within two to three days or freeze right away for later use.

Avoid overstocking the refrigerator so that cool air can circulate effectively.

Reheat all solid leftovers, such as turkey, vegetables and potatoes, to at least 74°C(165°F) . Bring gravy to a full, rolling boil and stir a few times while reheating.

NALCOR News

Recent Retirees

Once again, we have a lot of retirees to welcome. The Silver Lights executive wishes each and every one of you all the best in your retirement! I would personally like to thank the people in Human Resources for all their help in getting the pictures and bios together for this newsletter. Dana Reardon and Amanda Singleton always come through. "Thanks again" Dana and Amanda!

Anthony Jones



Jul 18, 1983: Hired as Diesel Plant Operator B in Petite Forte (had some temporary time before this)

Jul 27, 1988: Appointed to position of Technical Operator (working as an Apprentice - Power Systems Operator) with the Paradise River Hydro Generating Station

Jul 30, 1990: Completed Apprenticeship as Power Systems Operator Apprentice, now full Technical Operator

Jul 7, 2003: Transferred to Hydro Place as Building Custodian

Mar 28, 2005: Appointed to Building and Transportation Supervisor at Hydro Place

2010: President's Award Nominee

Oct 31, 2011: Retired

Anthony focused a lot on continuous improvement and participated in a lot of training and education opportunities throughout his career!

Joseph Merrigan

May 23, 1972: Hired as Mobile Equipment Operator 'Class 2' in Churchill Falls

1977 & 1979: Filled role of Foreman (for a few months)

Jul 19, 1989: Appointed to role of Mobile Equipment Supervisor in Churchill Falls

Oct 31, 2011: Retired

Wayne Green

May 16, 1983: Hired as Equipment Operator in Bishop's Falls (part of Brush Control Program) Employed for summer

1984: Rehired for the above position for a few months in each 1984, 1985 and 1986

1987: Heavy Equipment Operator for a few months, also in years 1988, 1989, 1990, 1991, 1992, 1993

1994: Driver Ground Worker for a few months, then from 1995-1996

May 5, 1997: Position of Driver Groundworker in Bishop's Falls until 2001

Aprl 2001: Driver Groundworker for couple month period as well as in years 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011

Oct 31, 2011: Retired

Stanley Baikie

pre 1980: Did some part time work with company and worked as summer student

May 2, 1980: Hired as General Help in CF

Oct 15, 1980: Took position of Grocery Clerk

1981 to 1987: Worked mostly as Grocery Clerk but had temp time as utility Man

1988: Went back to school to train as Heavy Equipment Operator

1989 to 2003: Spent varying amounts of time between the positions of Utility Worker, Mobile Equipment Operator and Labourer

May 24, 2004: Took on position of Mobile Equipment Operator

July 12, 2011: Appointed to Field Safety Officer

Dec 31, 2011: Retired

Kenneth Dalley

pre 1975: Worked in CF as summer student and had some temp time

Nov 17, 1975: Started as Apprentice Station Operator with Churchill Falls

1978: Attained Journeyman

Nov 18, 1978: Became Station Operator

Nov 18, 1980: Progressed to Intermediate Station Operator

Jun 1, 1996: Became Senior Station Operator

Aprl 7, 2008: Promoted to Plant Operations Supervisor

Dec 31, 2011: Retired

Bern Dalton

Sep 1, 1993: Hired as Welder

Apr 3, 1995: Appointed to Mechanical Maintenance A in Holyrood

Dec 31, 2011: Retired

Joan Dunphy



Sep 17, 1990: Hired as Payroll Clerk Trainee with Payroll Department, St. John's

Jan 2, 1991: Began as Payroll Clerk

Sep 21, 1998: Moved into position of HR Assistant

Apr 3, 2000: As part of re-org took position of Admin Assistant

Dec 31, 2011: Retired

Keith Halfyard

Jul 15, 1980: Hired as Accounts Payable Clerk I in St. John's

May 25, 1982: Appointed to statistical Clerk with Capital Reporting Section of Controllers division

Dec 31, 2011: Retired

1980-2011: Completed various business courses over employment

Jordan Curl

Jul 10, 1978: Hired as Industrial Electrician Apprentice in CF

Aug 11, 1980: Electrician in CF

Aug 12, 1982: Appointed to Senior Journeyman Electrician

Dec 31, 2011: Retired

Kenneth Lyall

Sep 5, 1978: Hired as First Years Apprentice Lineman in Happy Valley

1980: Took position as Lineman in Bishop's Falls

1981: Moved back to Happy Valley

Apr 1982: Appointed to position of Lineman 'A' with Power Distribution District Operations, Labrador Area located in Happy Valley

Sep 30, 1985: Promoted to Lineman Foreman with Happy Valley Goose Bay Labrador Distribution Interconnection

Nov 14, 1988: Appointed to Maintenance Coordinator with Power Distribution Division, Labrador Region

Feb 22, 1999: Appointed to Planning Supervisor with TRO in Happy Valley

2004: Short time as Labour Manager

Jan 13, 2005: Promoted to Manager, Transmission and Distribution located in Happy Valley

Dec 31, 2011: Retired

Reg Hurley

Pre 1977: Temp time in CF prior to permanent position

Feb 23, 1977: Hired as General Help in CF (Inn)

Nov 4, 1977: Took position as Janitor

Sep 8, 1980: Moved into position of Utilityman

Jun 5, 1986: Promoted to Mobile Equipment Operator - Learner I

Aug 10, 1988: Appointed to Mobile Equipment Operator

Dec 31, 2011: Retired

1977-2011: Took part in many personal and professional development opportunities

Smiles & Laughter

The 12 Days of Christmas

Finally some good news: the cost of living is apparently holding steady. The PNC Christmas Price Index ® has been released this year and prices seem to be holding constant. The cost for a set of the gifts in the song “The Twelve Days of Christmas” bumped up a mere 3.5% to \$24,263.18 for 2011. This follows a huge leap in 2010 of 9.2% to \$23,439.38.

Those trends aren’t coincidental. James Dunigan, managing executive of investments for PNC Wealth Management explained how they reached this conclusion. To figure the costs of the items, PNC went straight to the experts. This year, the company relied on Philadelphia dance companies, the Pennsylvania Ballet and Philadanco, to price out the services of the ten lords-a-leaping and the nine ladies dancing. The prices for most of the birds - including the partridge and the turtledoves - were provided by the National Aviary in Pittsburgh. If you want to buy the whole shebang from a single partridge to twelve drummers drumming for each verse (that’s 364 separate pieces of Christmas joy), it will cost you \$101,119.84. The most expensive items on the list? Those seven swans a-swimming: you’ll have to shell out \$6,300 for them, an increase of 12.5%. While the cost of goods seemed to rise, labor, not surprisingly, remained fairly constant. Of the four gifts that didn’t increase in price, three

of them - eight maids-a-milking, nine ladies dancing and ten lords-a-leaping - were related to employment. Musicians, however, pulled in a slightly higher price with boosts for both the eleven pipers piping and twelve drummers drumming. The cost of the pear tree that houses the infamous partridge increased by a whopping 13.3% at suburban Philadelphia’s Waterloo Gardens, consistent with a rise in prices for many agricultural products. The popularity, however, of pear trees at the holidays remains fairly low - perhaps if we tacked a tax on them to raise consciousness a la the Christmas tree, they’d fare better.

The Christmas Price Index began 28 years ago, in 1984, when the chief economist at PNC Bank decided to figure out how much it would cost to buy each of the gifts. It’s now an annual tradition

PNC Financial Services Group, Inc. is a US based financial services corporation.

Christmas Crackers

Christmas crackers or bon-bons are an integral part of Christmas celebrations in Britain, Ireland, Australia, Canada, New Zealand, and South Africa. A cracker consists of a cardboard tube wrapped in a brightly decorated twist of paper, making it resemble an oversized sweet-wrapper. The cracker is pulled by two people, and, much in the manner of a wishbone, the cracker splits unevenly. The split is accompanied by a small bang or snapping sound produced by the effect of fric-

tion on a chemically impregnated card strip. The contents are usually a coloured paper hat or crown; a small toy, small plastic model or other trinket and a joke, piece of trivia or motto.

Check out these jokes:

1. What is mom's favourite Christmas carol?
2. What do you call an old snowman?
3. What do you get if you eat Christmas decorations?
4. What never eats at Christmas time?
5. What is the best Christmas present in the world?
6. How does a snowman lose weight?

Answers are found at the end of the newsletter!

Contacting the Silver Lights Club

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Christmas Cracker Answers:

1. Silent Night
2. Water
3. Tinselitus
4. A turkey. It's usually stuffed!!
5. A broken drum, you can't beat it!!
6. He waits for the weather to get warmer.