



**SILVER LIGHTS CLUB**  
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NEWSLETTER  
September 30, 2011  
Volume 17 Number 3

## President's Message

### *Gerry Bowers*

The recent big event for members was the trip to Woody Island. Entertainment was provided by singer Dan Reardon. We had 16 retirees with spouses in attendance, and feed back so far has been that many returned home with a little more weight on due to the good food. Wallets on the other hand were in great shape due to the club's \$200 subsidy per couple. This was possible due to revenue from the sale of used computers from Nalcor which Dennis Jones bore the bulk of effort overseeing this summer.

As for the summer that wasn't, this affected our planned hiking and golf. On the topic of golf, we need a coordinator for this event. Al Ballard tried, but found the transition into retirement busier than he planned; good thing I say. So interested golfers, not just in the St. John's area, should drop us a line and we will alert the gang.

Silver Light members residing outside the St. John's area have yet to advise us of any planned breakfast get togethers. For example, if you are in St. John's the last Tuesday of every month at A&W on Kenmount Road we meet for breakfast around 9:30 ish..

Those who have attended this breakfast will be aware of my absence. I attended a friend's wedding in Toronto in late July. My mother fell ill in August and passed away in her 95th year. Another wedding in late September in Toronto will cause me to miss the September Breakfast too.

However, retirees in the Ottawa, Montreal, Cornwall triangle are still invited to join me for lunch at 1:00 p.m Wednesday October 5th in Hawkesbury, Ontario, at Le Vieux Chateau Restaurant, 797 McGill Street. (613) 632-9877. (This is a pay as you go / eat offer)

Upcoming events in St. John's will include the highway cleanup in October. Drop us an e-mail and we will add you to the crew.

Reg White is one of thirteen participants from Newfoundland going to Thailand for two weeks early in the new year to build a house in partnership with Habitat for Humanity. It is estimated that 8.2 million people there live in sub-standard housing. In order to make this happen each participant has to fund raise \$5,000.00 to cover the cost of the house and associated travel expenses. We have pledged \$500.00 towards this project and will be approaching Nalcor on Reg's behalf to rise to the occasion and contribute as well.

The Newfoundland and Labrador Public Sector Pension Association held a rally at the steps of Confederation Building Monday Sept 19th. Public sector pensioners are looking for an increase and are starting to show their political weight with the slogan "No increase, no vote". The Liberals responded "A new Liberal Government will provide a one-time 2.5% increase to Public Sector Pensioners and subsequently, annual increases equivalent to CPI, to a maximum of 2%. We will establish an arms-length Review Commission to examine long term, just and equitable solutions

following the principles of fairness and natural law.”

If seniors like us flex our muscles it could be an interesting turn of events.

## Editor's Message

### *Janet Calver*

Whoa! Where did summer go? I think we would all agree that weather-wise, the early part of summer left a lot to be desired. It was a bit of a challenge to enjoy any outdoor activities but if the latter part of August and now September are anything to go by, we can look forward to some beautiful fall days ahead.

It never ceases to amaze me just how beautiful our province is. My husband and I were fortunate to be able to take several long weekends and explore some more parts of the Island that we had not seen before. We had a wonderful time on the west coast especially around the Port au Port Peninsula and the south shore of the Bay of Islands. The scenery was gorgeous and there were lots of little hiking trails in many of the communities along the coast. We discovered an old abandoned copper mine and, a highlight for me, an alpaca farm in Port au Port West! Later in the summer we managed to visit the Cape St. Mary's bird sanctuary. I had never been there before and even though it was quite foggy at the Cape, the sights and sounds (to say nothing of the smell!!) were amazing. Finally, we took one day and visited Gambo and got a tour of the vineyard there! (We're waiting for the wine!) All joking aside, there are so many great places within our province to see and the good news is that Fall is a perfect time to get out and about and go somewhere different or try something new. With the cool, crisp air (no flies!) and the trees beginning to show their spectacular colours, autumn is prime time for going for that drive or walking that trail that you always meant to do but haven't gotten around to yet.

When you need a break from all that activity, grab a cup of tea or coffee and check out this edi-

tion of the Silver Lights newsletter. In this issue, we have Ken Ball's Out and About - always entertaining and a favourite with our readers. We introduce you to the newbies in the 25-year club and also to our new retirees. In the Everyday Life section we discuss what is meant by Enduring Power of Attorney and why it's important for you. Scotia McLeod's Chris Schwartz is back again with another great article on some financial Retirement Risks. Brian Gamberg gives an introduction to open-source software in our technology column and just so you are not sitting in front of your computer all the time, we list some hiking trails that you may want to consider exploring. In the Health and Wellness section, we explore eye health and some of the vision problems seniors face. We have a list of the Silver Lights activities that are coming up. We hope you'll find time to help out. We also have a write-up on the Woody Island trip that happened in early September along with some great pictures. Finally, there are some words of wisdom from the Farmer's Almanac! We hope you enjoy it! If you have any comments on any of the stories or you have suggestions as to any new articles you would like to see in our newsletter, please let us know.

A big "Thank-you" to Gerry, Dennis, Vern and Reg who are always there to lend a helping hand with the newsletter, to our contributors - couldn't do it without you, and last but not least, to all our members and their partners for supporting our activities!

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## SilverLights News

### Out and About with Ken Ball

This has been a slack period for meeting Hydro Retirees. I only saw Doug Corcoran, John Butler and Bill Boyd. Of course I do see the Jerry Marks Breakfast Club Group every month.

I saw the three of them at Dominion Stores and had a great yarn with Doug and John. I couldn't waste Bill's time because he was working in the meat market at the time.

Doug Corcoran was the Office Supervisor in Whitbourne. He's fit as a fiddle and enjoying his retirement. I hadn't seen him in years and would you believe I ran into him again a week later at the Avalon Mall.

John is doing good. He is finally retired and enjoying his time off, whether it's home or in Florida golfing with Fred Martin. John was the Safety Supervisor coordinating the Loss Control Program throughout Hydro and Churchill Falls.

This summer we lost six of our retiree friends - Wally Read, Bruce Barter, Wilbert Vincent, Morgan Howlett, John Curran and just this past week, Boyd Legge. It's always sad to lose old friends. May they find eternal peace.

### A Champion in my own right

When I was about 16 years old I got a summer job. I was Cook on the "Ralph & Blanche", a little 20 ton schooner freighting from Rencontre West and North Sydney. Sometimes we carried foods and sometimes we had food and coal.

Let me tell you a little about this schooner. She was powered by 2 double cylinder 20hp Acadia Engines with 2 8" aluminum exhaust pipes. She couldn't steam very fast but you could hear her coming a mile away.

Rigged out with her jib, foresail and mutton cut mainsail, in a good stiff breeze she probably made 7 knots.

Anyway, on this particular trip we left Isle Aux Morts bound for North Sydney. The forecast was good when we set sail. It wasn't long however be-

fore the wind chopped to the Sou' West and blew a good breeze and with the wind came the heavy seas.

She was putting a lot of water over her and I was down in the focsle seasick. Water would come down the vent pipe and wash the dishes off the table but I was too sick to care. There was no cooking done; the rest of the crew (all 3 of them) were in the wheelhouse and couldn't get up forward and I was forward and had no intention of trying to get out of my bunk.

I don't want to bore you so I'll make it short. After about 20 hours we got in Sydney and the Skipper came up forward to see if I was still alive. He said "Ken you're a Champion" I was curious and asked him why. He said "Marilyn Bell swam the English Channel but you came across the Gulf under water."

### Others Worthy Of Mention

I was in a yarn with Barry Taylor up at Canadian Tire discussing projects we were doing around the house. Apparently we are not the best of carpenters. Then he told me the story of Bill Collier correcting a problem he had with a door rubbing on the carpet. Bill took down the door and sawed off what he figured would solve the problem. Put the door back up and realized he hadn't sawed off enough. He took the door down; sawed off more; put it back up. I know, but I'm not kidding; again it was still too long. I'm not going to keep this going all night, it's now 12:05 AM and I have to get to bed. The problem was Bill was sawing from the top. I'm some glad he left the Warehouse and went as a Control Room Operator.

### Tricks On The Squid Jigging Ground

I know you are all familiar with the song Squid Jigging Ground but do you know about the tricks that were played while you were waiting for the squids?

Here are a few I've seen and had done to me.

- It's 2 in the morning and you're asleep in the stern of your dory with your sou' wester pulled over your eyes when suddenly you're hit with a piggin of salt water over your head, not all of it

runs off some goes down your back. It's put in your memory for payback at a later date.

- Dorys/boats anchor in parallel strings on the grounds, one will anchor and 4 or 5 will tie on to him then someone else will anchor to the right or left of the first one and more will tie on to him. eventually you will have 5 or 6 strings of boats with 4 or 5 in each string. Everybody is sawing their jiggers and yarning will some of the younger ones try to catch a nap. When you see all aboard the dory asleep you quietly untie their painter and everyone watches while they drift off into the night. Sometimes they drift right to the beach before you would hear them in the distance swearing.

- Another trick was to sneak someone's water bottle, tie it on with his own line, slack it down a few fathoms and then casually ask what is the line he has out. Pulling up the line he would bring up just the neck of the bottle. Again, borrowed but not paid.

- Gently retrieve someone's jigger and tie it together with one from another dory and then watch the fun when the squids strike

I don't know how the blazes I got on those topics; I've taken up too much of your time with this foolishness. I offer my apologies. If you complain enough Janet will cut this crap out.

## 25 Year Club

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

Employees for Third Quarter 2011:

- Wayne Chamberlain
- Helen Sinclair
- Paul Dunn
- Johanna Parsons
- Regina Connors
- Janice Sears

- Peter Thomas
- John Baker
- Darren Ryan
- Ronald Smith
- Karen Butler
- Ross Kearley
- Dale Wells

## 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.

## Upcoming Events

### Team Gushue Highway Cleanup

Saturday, October 29, 2011 (weather permitting)

Volunteers are needed! The cleanup takes a couple of hours in the morning. Besides helping to take care of the environment, it's a great bit of fun. Transportation to and from the highway is provided as are all cleanup supplies. - and lunch!! This is a great example of many hands make light work. For more information please contact Silver Lights at 737-1378 or email us at [silverlights@nlh.nl.ca](mailto:silverlights@nlh.nl.ca)

### Christmas Parade Float

We are looking for volunteers to help with the design and construction of the Christmas Parade float. We also need help with the actual Christmas Parades. We need drivers for the float and walkers to follow along with the float as safety watchers. Christmas tends to be so hectic. Helping make our float become a reality and then helping out with the Christmas parades is one way to get back some of that lost Christmas spirit and keep the magic alive for the little ones.

If you would like to help out, please contact Silver Lights at 737-1378 or email us at [silverlights@nlh.nl.ca](mailto:silverlights@nlh.nl.ca)

Keep checking your emails for more details on these events.

## Diary of Woody Island Trip

The Silver Lights excursion to Woody Island in early September has become a wonderful memory for everyone who made the 2-day trip. Our first day (Wednesday) did not get off to a great start weather-wise. The drive from St. John's to Garden Cove was typical - rain and fog - with the added joy of near hurricane speed winds. (More than one of us thought about the boat trip from Garden Cove to Woody Island!) But the closer we got to Garden Cove, the clearer it became and once we arrived at the wharf, the sun was out and the sky was blue. The wind was still blowing a gale and those whitecaps on the water looked ominous but being a bunch of adventurous and determined souls, we carried on!

Our happy group included: Heather & Gerry Bowers, Phylis & Reg White, Lynn & Bob Lovett, Bernice & Job Norris, Sylvia & Bob Taylor, Arlene & Harvey Young, Gloria & Bill Boyde, Rosella & Bill Byrne, Linda & Vern Penny, Barb & Dave Butler, Jean & Wallace Vineham, Dorothy & Richard Wade, Marilyn & Harold Steele, Jean & Gordon Smith, Ruby & Aubrey Hill and Janet Calver & Brian Gamberg. And let's not forget our 6 friends from Nova Scotia!

We were met at dockside by our "Captain", Gary Pomroy. Gary is a large part of what makes the Woody Island trip so memorable. A very quiet, unassuming man, Gary worked tirelessly to make everyone feel right at home.. He piloted the boat, passed out homemade tea biscuits, enthralled us with the history of the area and kept everyone in high spirits.

Once we landed on Woody Island and got our rooms assigned, there was time for a short walk before lunch. Some meandered through the little "fishing village" while others explored the trail to the sandy beach about 10 minutes away. It's funny how time seems to slow down once you leave behind the phone, the TV and the Internet. Maybe it has something to do with the timelessness of hearing water lap against the shoreline or realizing that this is, for a brief period of time, as complicated as life is going to get.

Woody Island is not the place to go if you are

hoping to shed a few pounds; forget it!! The aromas coming from the kitchen would make your mouth water in anticipation. Lunch was home-made pea soup, bread, and toutons with molasses. Yummy!!

Keeping in mind that dinner was probably going to be equally as "slimming" as lunch, it didn't take long for people to make plans to explore other parts of Woody Island and thus work up another hearty appetite! By this time, the sun was out in full force and the wind had died down making it a beautiful afternoon for a walk/hike. There were many isolated little coves to explore, along with old ruins and cemeteries that held a history of their own.

It doesn't take long to appreciate the history of the Island. This was once a thriving little community of close to 400 people. Fishing was the mainstay of the Island but people grew their own vegetables and raised animals for food and clothing. Woody Island boasted several stores and businesses along with a Church. The Island even had their own Public Health Nurse, Ethel Williams, who served Woody Island and the surrounding islands for more than 40 years. Some of the families who made Woody Island their home included: Williams, Barrett, Stainer, Crab, Russell, Courtneys, Husseys, Marshalls, Pearces, Lockyers, Smiths, and Allens.

Newfoundland Hydro has a piece of the Island's history as well. According to Reg White, the Power Commission, through its Rural Electrification program, constructed a distribution line system and a diesel plant on the Island and started producing electricity for the first time on 7 June 1965. The diesel plant structure was located on a hill half way between the two communities on the Island so as to minimize the noise to the residents. The electrical system operated until relocation of the residents in 1969. The diesel powered generators were then dismantled and used in other areas of the Province. One of the residents, Mr. Alec Lockyer, stayed and operated a general store to supply the many fishermen that still fished the bay. A small diesel generator was supplied and installed for Mr. Lockyer near his business with Mr. Lockyer looking after all operating expenses.

Before we knew anything, it was dinnertime. Everyone had worked up an appetite in the fresh air. Needless to say, we made quick work of the sumptuous meal of fresh pan-fried cod fish finished off with homemade cottage pudding with caramel sauce.

But wait, the day was not over yet! The tables and chairs were pushed back and the floor cleared. Our entertainment for the evening was Dave Reardon. It didn't take long for Dave to get our feet tapping and our hands clapping with his excellent guitar skills and his wonderful singing. Throw in some lively musical accompaniment with the spoons (Thanks, Arlene!) and it wasn't long before people were on their feet having a scoff. Just when you thought it couldn't get any better, who should come along with his accordion? None other than our Captain Gary!! Together, he and Dave got the party really swinging - literally - with a "kicking up your heels" version of the Virginia Reel!

Sunday saw the start of another beautiful day. A quick walk down to the beach was just what was needed before breakfast. *More* homemade bread, eggs, bacon and partridgeberry jam was just what everyone needed to get us going for the day. Delcia Stacey, Woody Island's cook extraordinaire, did not let us down!

There was still time after breakfast for one more walk. This time we discovered not only a well preserved root cellar but also a stone-built house. This house and several other stone structures on the property, were once owned by a Randy Lieb, a more recent resident of Woody Island.

It was nearing time to pack our things when an alarm was raised about a little bird that had somehow become trapped in the basement of one of the homes in the village. With the owners not around, there was no obvious way to get into the house and free the little bird who by this time was quite anxious about his predicament. Bill Boyde became the hero of the day. Bill managed to get the basement window unscrewed and gave our little feathered friend freedom once more. What a relief for everyone!

All too soon it seemed, we were packing our

bags and getting ready for our last adventure - a boat trip around Woody Island and the nearby Sound Island followed by a boil-up on the beach. By this time it had clouded over but the rain still held off. Captain Gary guided the boat along the shoreline. He talked about areas of interest, explained the rich history of the islands and pointed out several bald eagles.

We soon came ashore on Sound Island for our boil-up. Dave Reardon now acted as the Captain's assistant. Within minutes, Dave and Gary had all the food carried to shore and Dave had a wonderful fire going on the beach. The "little shelter" was soon set up and Gary and Dave served piping hot soup, followed by sandwiches (there's that homemade bread again), molasses cookies and date squares! But wait - there's more. Dave and Gary both brought along their instruments (accordion and guitar) and we had one more musical treat!

In a blink of the eye, our hosts had everything packed up and we were on-board our boat headed for Garden Cove. What a wonderful time! Many thanks to Gary, Dave, Delcia and all the others from Woody Island Resort who took such good care of us. Maybe we can do it again some day. (*Note: Thanks to Reg White for providing the history lesson of Hydro's involvement in supplying electricity on Woody Island.*)

Below are just some of the pictures from our 2-day trip to Woody Island.





On board the MV Merasheen heading for Woody Island



Sitting back and enjoying the ride



Can you see the Island yet?



Our Valiant Captain Gary Pomroy!



Enjoying a chat with friends



Dinner - Table #1



Dinner - Table#2



Dinner - Table #3





The Dining Room at Dinner Time



Dinner - Table #4 (Sorry for the Shadows!)



Dinner - Fresh Cod - Yummy!



Reg has second dessert!



Wait! That's homemade bread and molasses!



Harold takes his cue from Reg and goes for the bread & molasses



Aubrey doesn't want to see them eat alone



Woody Island's chef extraordinaire -  
Delcia Stacey



Dave Reardon provides entertainment on  
the guitar



Hands are clapping, feet are tapping!



Our Friends from Nova Scotia join in



The dancing begins!



Fine form on the dance floor!



Arlene can certainly play those spoons!



What's this? Our Captain plays the  
accordion??





Strolling on the beach



The fire is lit for the boil-up



Morning on the beach



Harold watches over the fire



Tranquility



First steps on Sound Island



An old root cellar



Admiring the scenery





Admiring the boil-up premises!



Marilyn & Ruby



Dave Reardon takes over job of looking after the fire!



Gloria gives us a wave!



Ruby telling me not to take the picture!



Gary and Dave pick up their instruments



Let the music begin!



Bob laughing at me taking a picture of Sylvia taking a picture!



Another view of the dock at boil-up on  
Sound Island



The remains of the Hydro diesel  
generating facility on Woody Island

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## Everyday Life

### Enduring Power of Attorney

In our last newsletter we talked about what should be included in your will and some other considerations that are good to keep in mind once you have your will made. In this newsletter, we cover the topic of Enduring Power of Attorney.

Some basic definitions:

**Attorney:** The person who is given control over the donor's financial affairs.

**Donor:** The person who gives someone else control over their financial affairs.

**Enduring Power of Attorney:** A Power of Attorney that is still valid if the donor becomes incapacitated.

**Incapacity:** When a person is not mentally capable of understanding the effects of his or her decisions.

**Legal Incapacity:** When a person is not mentally capable of understanding the effects of his or her actions.

**Limited Power of Attorney:** A Power of Attorney that is limited to only part of a person's financial affairs or for a specific period.

**Guardian(Financial):** A person who is responsible for the financial affairs of a child or a mentally disabled or legally incapacitated adult.

**Power of Attorney:** A document that gives a person the authority to handle the financial affairs of another person.

**"A person with an interest in your estate":** This term refers to any person who is legally entitled to receive money from you, or is likely to inherit money from you when you die. This includes people you owe money to, people who are dependent on you for financial support, like your spouse and young children, as well as adult children who are likely to inherit property from you.

### What is a Power of Attorney?

Power of Attorney is a written document that gives someone else authority to act for you in relation to your financial affairs. This can be for a specific purpose or for a specific period of time or it can be very general. Unless it is enduring, a Power of Attorney is no longer valid if the person giving the Power of Attorney, the donor, becomes legally incapacitated. This means the donor is no longer mentally capable of understanding the effects of his or her interests.

### What is Enduring Power of Attorney?

An Enduring Power of Attorney is a special kind of Power of Attorney that continues to be valid if the donor becomes legally incapacitated.

### Why should I make an Enduring Power of Attorney?

Making an Enduring Power of Attorney lets you decide on who will manage your affairs when you are no longer able.

### What are the requirements for making an Enduring Power of Attorney?

In Newfoundland and Labrador the requirements for making a valid Enduring Power of Attorney are set out in a law called the Enduring Powers of Attorney Act.

The Act requires that to be an Enduring Power of Attorney, a Power of Attorney must state that it applies during the legal incapacity of the donor.

An Enduring Power of Attorney needs to be signed by the donor and by a witness. The witness cannot be the person being given the Power of Attorney or that person's spouse.

These are only some of the requirements. There are additional requirements set out in the Enduring Powers of Attorney Act.

## **Do I need a lawyer to make an Enduring Power of Attorney?**

You can make a valid Enduring Power of Attorney without a lawyer, however, a lawyer's advice can be extremely helpful.

When you make an Enduring Power of Attorney you are appointing someone to take control of your finances. A lawyer can help you prepare this document in a way that protects your interests.

## **Who can be my Attorney?**

You may want to choose a friend or a family member to be your attorney.

You'll want to choose someone you trust who is willing and able to manage your financial affairs.

The person you choose to be your attorney must be legally capable and must be at least 19 years old.

## **What does an Attorney do?**

You can determine your attorney's duties based on what you put in the Power of Attorney. You can grant your attorney authority to do anything in relation to your finances that you could do yourself. However, your attorney has a duty to act in a way that protects your best interests.

It may be a good idea to have your attorney regularly provide a review of your affairs to someone else you name. This can help reassure you and your family that the Power of Attorney is not being abused.

In Newfoundland and Labrador a Power of Attorney is limited to financial matters.

## **What if my Power of Attorney is being abused, but I am no longer legally capable?**

A person who has an interest in your estate can apply to the court to require your attorney to provide a review of your finances.

A person who has an interest in your estate may also apply to the court to have your attorney relieved from his or her duties and have another attorney take over those duties.

## **What happens if I do not have an Enduring Power of Attorney and I become mentally incapacitated?**

If you do not have an Enduring Power of Attorney and you become incapable of managing your affairs, an application can be made under the provincial Persons' Estates Act in order to have a guardian appointed for you. The Act says which people may be entitled to bring such an application, and includes a person with an interest in your estate.

The person making an application to have a guardian appointed can propose a guardian in the application.

In some cases, The Public Trustee may be appointed to act as your guardian.

*This information comes from the Public Legal Information Association of Newfoundland and Labrador (PLIAN) PLIAN is a non-profit organization dedicated to educating Newfoundlanders and Labradorians about the law. Please note that this article provides only general information. It is not meant to replace advice from your lawyer. If you are thinking about preparing any of the listed documents, we strongly advise you to seek professional advice.*

Next issue:

Advance Health Care Directives

## **Five Key Risks to your Retirement**

**Chris Schwartz, Scotia McLeod**

Sharply falling stock markets during the global financial crisis and the recession of 2008-09 led to a great deal of emotional distress and uncertainty among Canadian investors, particularly older Canadians who depend on their savings for income to support the lifestyle they've worked for and deserve in retirement.

As the population ages and the provision of workplace pensions has declined, it is more important than ever for Canadians to recognize the financial risks we face in retirement and to create an objective written plan to mitigate those risks.



The good news is that these risks can be managed.

In 2005, Fidelity Canada published a paper identifying the five key risks to retirement income. In the wake of 2008-09 crisis, Fidelity has revisited those risks and found that they remain as relevant today as they were then.

## **Five Key Risks to Retirement Income Planning**

### **Longevity**

Canadians are leading longer and healthier lives, which means they need to plan for a retirement lasting 20 or 30 years or even longer

### **Inflation**

Retirees need investment portfolios capable of keeping up with inflation. The fiscal and monetary stimulus used to fight the recession has provoked concern about higher inflation. Even if the modest 2% inflation average of the past 20 years continues, it could erode the purchasing power of retirement by 40% over a 25-year retirement.

### **Asset Allocation**

The 2008-09 crisis heightened anxiety about the stock market. But historically equities have provided long-term growth that is critical to a retirement plan. A diversified portfolio that includes stocks, bonds and cash helps provide growth and protection against market volatility.

### **Withdrawal Rate**

Increased volatility highlights the need for conservative withdrawal rates. Fidelity's research indicates that retirees who make annual inflation-adjusted withdrawals of 4-5% of the original value of their portfolio at retirement run the risk of running out of money.

### **Health Care**

In the 2010 Retirement Survey, retirees listed health concerns as one of the top reasons they retired. Individuals need to understand what health care costs are and are not covered by government health care programs and what their own need could be and plan accordingly.

A written retirement income plan incorporates strategies to manage these risks and can bring peace of mind and allow retirees to focus on the things they enjoy most, be it reading, good books, travelling, golfing, gardening. Oh yes, even working, but at a job they want to do rather than have to do.

*This Viewpoint is complements of Fidelity Canada. If you would like to receive the entire report or wish to discuss your current situation, please contact Chris Schwartz, ScotiaMcLeod at 576-1387 [chris\\_schwartz@scotiamcleod.com](mailto:chris_schwartz@scotiamcleod.com) or visit our website at [www.mywgroup.ca](http://www.mywgroup.ca).*

## **Open Source Software**

### **Brian Gamberg**

Perhaps you have already heard about open source software and you can't quite believe that it offers a way to use software for free. Perhaps you have heard that open source is a movement espoused by men (and some women!) sporting beards and sandals. Perhaps you have simply no idea what it is and you want to find out more. Whatever your motivations, it's always a good time to start learning about free, open source software.

Ask what the main defining characteristic of open source software is and most people will tell you "It's free!" While this is usually true, it is not the defining characteristic. The key to understanding the meaning of open source software lies in the software licence.

You may not have even been aware that virtually all software comes with a licence. That's because software is copyright material. The licence is needed to let you know what you can do with the software. Open source software is *always* software that has been released under a licence that has been certified by the Open Source Initiative (OSI). These licences are certified to meet the criteria of the Open Source Definition.

The criteria include: granting of the right to freely redistribute the software, access to the source code, and the permission to modify that

source code and distribute the modified version of the software. Licensing issues may not be of any particular interest to the majority of home users. But open source software can become very important if you like to exchange software with your family and friends or you want to install software on more than one computer, and you want to do it legally, without having to purchase additional copies of the software.

Perhaps the most popular open source software these days in the libreoffice Office Suite (formerly called openoffice). This package is roughly equivalent to the Microsoft Office Suite, with word processing, spread sheet, database and presentation packages. While this software is available for free download from [www.officelibre.org](http://www.officelibre.org), there are many sites which sell the same software! There is nothing illegal about selling open source software, but don't be gullible enough to pay for something that's free. OfficeLibre is a full featured office suite, and has been adopted by many companies and institutions in preference to Microsoft Office.

If you enjoy working with photographs, you've probably heard of Paintshop Pro. This software allows you to manipulate your photographs and to compensate for errors made in taking the pictures. The open source alternative is called "Gimp". Gimp is used by many photographic professionals in preference to Paintshop Pro.

If you've worked at Hydro, you're probably familiar with the Lotus suite of software for accessing your email. Microsoft Outlook is another commercial alternative. There are many open source email clients, with the most popular being Thunderbird.

As an example of how open source software can be used in a home environment, let's look at the software used in producing this newsletter:

**Browser:** The standard commercial browser is Windows Internet Explorer. This browser is provided free with the windows operating system, but is provided under a restricted licence. The open source alternative is the Firefox package.

**Email:** Outlook Express Pro is available as part of Microsoft Office Pro. The open

source alternative is Thunderbird

**Word Processor:** Microsoft Office Pro (1 user, 1 computer, download) is available from Staples for \$468. The open source package used to prepare this document is LibreOffice.

**Photo Preparation:** Paintshop Pro (limited to 1 computer) is available from Staples for \$99. The open source package used to prepare photos for the newsletter is called "gimp"

**Desktop Publishing:** Adobe Acrobat Pro (1 computer licence) is available from Staples for \$499. The open source alternative used for this newsletter is called L<sup>A</sup>T<sub>E</sub>X

**Revision Control:** Code Co-op is available from the developer for \$150 per user. The open source package used in the newsletter preparation is SVN, using TortoiseSVN as a graphical windows interface.

So, how much would it cost to purchase commercial software to produce the newsletter? Well, if we were to follow the legal rules about installation of commercial software, we would need:

Software	Cost
Microsoft Office	\$468
Paintshop Pro	\$99
Adobe Acrobat Pro	\$499
Code Co-op	\$150
Total:	\$1216

Of course, this is the cost for a single user on a single computer; Since my wife Janet (your editor) and I each have our own desktop computers, the price doubles. (Unless we're going to illegally copy the software from one machine to the other, and Janet is not going to do that!). And of course, that price doesn't include using any of the software on a laptop when we're travelling. Since we each have a laptop, the purchase price goes up to \$4864. If we replace one of the computers, some of the software (Microsoft Office in particular) comes with a licence which is valid for one computer only, and we would have to buy a new copy. Once you've installed the software on one computer, you are

Table 1: Where to find open source software

Software	Description	Website
OfficeLibre	Office Suite	<a href="http://www.officelibre.org">www.officelibre.org</a>
gimp	Photo Manipulation	<a href="http://www.gimp.org">www.gimp.org</a>
Firefox	Web Browser	<a href="http://www.mozilla.org/firefox">www.mozilla.org/firefox</a>
Thunderbird	E-Mail Client	<a href="http://www.mozilla.org/thunderbird">www.mozilla.org/thunderbird</a>
L <sup>A</sup> T <sub>E</sub> X	Publishing	<a href="http://miktex.org">miktex.org</a>
Subversion	Revision Control Server	<a href="http://subversion.tigris.org">subversion.tigris.org</a>
Tortoise SVN	Revision Control Client	<a href="http://tortoisesvn.net">tortoisesvn.net</a>
RepRap	3D Printer	<a href="http://reprap.org">reprap.org</a>
OpenStreetMap	Mapping	<a href="http://www.openstreetmap.org">www.openstreetmap.org</a>

not legally allowed to move it to a new computer when you replace the old one. (Everybody does it, but that doesn't make it legal).

Even if you're not involved in programming, you may be interested in supporting the open source movement. Many people don't realize that the open source movement is expanding to include areas other than computer software. Hardware designs and maps are two areas which are actively being developed.

For the mechanically minded, check out the open hardware project at RepRap. This is an open source design for a 3D printer which can be built in your workshop. The 3D printer allows

you to manufacture many types of small parts, including most of the parts required to make another 3D printer. This could become the first self replicating machine!

For the less mechanically minded, openstreetmap is a project designed to produce an open source map of the world. If you have a gps, you can store the gps tracks of your travels (by car, or when hiking), and upload the traces to help complete the map. If you're not up to that level, simply adding the features (Shops, schools, institutions) in your neighborhood would be of great benefit to the project.

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## East Coast Trail Hikes

There are few things better than getting out for a hike on a beautiful fall day. Below are the hikes (tentatively) scheduled for the East Coast Trail. *Please note that these hikes are not the hikes organized by the Silver Lights Club.* Detailed information on start times and meeting place for the hikes can be found at [http://eastcoasttrail.ca/scheduled\\_hikes/](http://eastcoasttrail.ca/scheduled_hikes/).

**Oct 1, 2011, Sat:** Flamber Head Path (La Manche - Brigus South)

**Oct 4, 2011, Tue:** Pouch Cove Berry Barrens

**Oct 9, 2011, Sun:** Father Troys Trail (Tor-bayFlatrock), return

**Oct 11, 2011, Tue:** Sugarloaf Path, Quidi Vidi - DFO

**Oct 15, 2011, Sat:** Tinkers Point Path (Mobile - Tors Cove)

**Oct 18, 2011, Tue:** Cape Spear Hiking - route to be decided

**Oct 23, 2011, Sun:** Cape Spear Path (Cape SpearMaddox Cove)

**Oct 25, 2011, Tue:** Fort Amherst Loop Hike

**Oct 29, 2011, Sat:** Motion Path

**Nov 6, 2011, Sun:** Path to the Cape

**Nov 12, 2011, Sat:** Sugarloaf Path

**Nov 20, 2011, Sun:** Presidential Hike

## Other Events Around the Province

If hiking is not your thing, there are lots of other activities and fall fairs happening right across Newfoundland and Labrador. Have a look below for just a few of the many events coming up. *(Note: These events are not organized by the Silver Lights Club)*

### Eastport Peninsula Agricultural Exhibition

Time and Dates: 29 Sep - 10 Oct

Where is it? Eastport

Description: Agriculture Exhibits, craft fair, demonstrations and display, meals, pet show, parade, mini Olympics, scavenger hunt and contest.

Contact: +1 (709) 677 2360  
[www.beachsheritagecentre.ca](http://www.beachsheritagecentre.ca)  
[ephs@nf.aibn.com](mailto:ephs@nf.aibn.com)

### Port au Port Agricultural Fall Fair

**When:** 1 Oct - 2 Oct

**Where:** Port au Port West

**Description:** The Agricultural Fall Fair is an annual event featuring fresh vegetables, crafts, preserves and baked goods for sale. The site also boasts a large petting zoo and a variety of foods as well as pony rides, Historical church tour, fresh pork sale.

**Contact:** +1 (709) 642 5831  
[papeda@nf.aibn.com](mailto:papeda@nf.aibn.com)

### Roots, Rants and Roars Fall Festival

**When:** 30 Sep - 2 Oct

**Where:** Elliston

**Description:** The festival is designed to bring together the best of Newfoundland foods, wines and storytelling and promote new and traditional ways of enjoying the local cuisine.

**Contact:** +1 (709) 468 7080  
[www.rootsrantsandroars.ca](http://www.rootsrantsandroars.ca)  
[rootcellars@persona.ca](mailto:rootcellars@persona.ca)

### Feast of Pottery, Tableware Show

**When:** 8 Oct - 10 Oct

**Where:** Johnson Geo Center, St. John's

**Description:** : This will be a show for people who love pottery. It will be a great chance to collect work by some wonderful Newfoundland and Canadian potters.

**Contact:** : +1 (709) 754 2047  
[www.alexistempleton.com](http://www.alexistempleton.com)  
[alexis@nf.sympatico.ca](mailto:alexis@nf.sympatico.ca)

### Fogo Island Partridgeberry Harvest Festival

**When:** 8 Oct - 9 Oct

**Where:** Joe Batt's Arm, Fogo Island

**Description:** The Annual Fogo Island Partridgeberry Harvest Festival, At the Iceberg Arena

**Contact:** +1 (709) 658 7256  
[www.fogoislandpartridgeberryfestival.com](http://www.fogoislandpartridgeberryfestival.com)  
[paulinebrown2009@hotmail.com](mailto:paulinebrown2009@hotmail.com)

### Oktoberfest Craft Fair

**When:** 8 Oct - 8 Oct

**Where:** Reid Community Center, Mount Pearl

**Description:** Choose from over 40 exhibitors, and enjoy a sausage and sauerkraut luncheon, with children's activities taking place throughout the event.

**Contact:** +1 (709) 748 1008  
[www.mountpearl.ca](http://www.mountpearl.ca)  
[ktucker@mountpearl.ca](mailto:ktucker@mountpearl.ca)

### Trapline Marathon

**When:** 8 Oct - 8 Oct

**Where:** Happy Valley-Goose Bay

**Description:** A unique, heritage oriented, Boston qualifying marathon event.

**Contact:** +1 (709) 896 3000  
[www.traplinemarathon.ca](http://www.traplinemarathon.ca)  
[cacjong@nf.sympatico.ca](mailto:cacjong@nf.sympatico.ca)

## St. John's International Woman's Film Festival

Oct. 25 Conception Harbour  
Oct. 26,27 St. Johns/Mount Pearl

**When:** 18 Oct - 22 Oct

**Where:** Masonic Hall, St. John's

**Description:** A five-day film festival showcasing works by local, national and international women directors, writers and producers.

**Contact:** +1 (709) 754 3141

[www.womensfilmfestival.com](http://www.womensfilmfestival.com)

[info@womensfilmfestival.com](mailto:info@womensfilmfestival.com)

## Christmas at the Glacier, Festival of Craft & Art

**When:** 19 Oct - 23 Oct

**Where :** Mount Pearl

**Description:** Over 150 exhibitors and 7 Provinces represented. A Christmas shopping tradition.

**Contact:** +1 (709) 745 9627

[www.christmasattheglacier.com](http://www.christmasattheglacier.com)

[sandra@christmasattheglacier.com](mailto:sandra@christmasattheglacier.com)

## Portraits of Honour Tour

The Portraits of Honour Tour honours the 157 Canadian soldiers, sailors and aircrew who lost their lives while serving in Afghanistan. The exhibit features a 10' x 40' oil-painted mural featuring the pictures of each of the fallen troops. The mural has taken artist, Dave Sopha over 6,500 hours to paint.

Besides honouring troops, organizers of the tour hope to raise more than \$1.5 million to support the Military Families Fund and other established military charities to assist families of the fallen and to assist the thousands of military personnel who return home with physical and emotional injuries.

See below for the Tour schedule in this province.

Oct. 18 South Branch/Codroy Valley

Oct. 18 Burgeo

Oct. 21 Corner Brook

Oct. 22 Baie Verte

Oct. 23 Springdale

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## Health & Wellness

### Vision and Aging: A guide to good eye health and vision

October is Eye Health Month. The Canadian Association of Optometrists has a website with a wealth of information regarding proper eye care along with some of the more common eye conditions that can affect seniors. The article below discusses just two of those conditions: Presbyopia and Glaucoma. The information is taken from their website. For more information see <http://www.opto.ca/en/eye-health-info/eye-health-library/vision-aging.html>

Eyes often benefit from having more than one pair of prescription eyewear to meet special vision requirements. Your optometrist understands the special demands of aging and will offer specific recommendations so you can enjoy clear and comfortable vision.

As your golden years approach, it is especially important to make regular eye examinations part of your plan for maintaining good health and vision.

As you age, there are a few common conditions you and your optometrist need to look for. There's nothing uncommon about noticing changes in your vision.

In this article we talk about Presbyopia and Glaucoma.

#### Presbyopia

Presbyopia is very common among this age group. It is the loss of ability to change focus from far to near. It is often the first wake-up call that our eyes "aren't what they used to be". The most common signs or symptoms include the tendency to hold reading materials at arm's length, blurred vision at normal reading distance and eye fatigue when attempting to do close work.

What is presbyopia?

Presbyopia is a vision condition in which the crystalline lens of your eye loses its flexibil-

ity. This results in difficulty in focusing on close objects.

What causes presbyopia?

The lens in your eye continues to grow and produces more and more cells. Eventually the lens loses most of its elasticity and therefore, loses most of its focusing ability.

At what age does presbyopia occur?

It varies from person to person. Although presbyopia may seem to develop suddenly, the actual decline takes place over the course of many years. Presbyopia usually becomes apparent to people in their early to mid-forties.

What are signs/symptoms of presbyopia?

Some signs/symptoms of presbyopia include the tendency to hold reading materials at arms length, blurred vision at normal reading distance and eye fatigue along with headaches when attempting to do close work.

Can presbyopia be prevented?

Unfortunately not. Presbyopia is a natural part of the aging process.

How is presbyopia diagnosed?

A comprehensive eye examination by a Doctor of Optometry will include testing the quality of your near vision. This will determine the extent, if any, of presbyopia.

How is presbyopia treated?

To compensate for presbyopia, Doctors of Optometry prescribe reading glasses, bifocals, trifocals or contact lenses. Since presbyopia can complicate other common vision conditions like nearsightedness, farsightedness and astigmatism, your optometrist will perform other tests to determine the specific lenses that will allow you to see clearly. Laser surgery can be used to provide "monovision" for patients. By doing this, one eye is corrected for distance vision and one eye is corrected for near vision. This can also be done with contact lenses. Monovision does not work well for all people. People who require good distance visual acuity with both eyes, such as pilots or police officers, may not be suitable candidates for monovi-

sion. Your optometrist can discuss monovision with you to help determine if this is the right option for you.

Will I have to wear glasses all the time?

This will depend on a number of factors, including any other vision conditions you have. You may only need your glasses for reading, sewing or other close work. However, you may find that wearing your glasses all the time is more beneficial and convenient for your vision needs.

Can I still wear contact lenses?

You will likely be able to wear contact lenses part time or full time, depending upon your prescription and your daily visual needs. Your Doctor of Optometry will tell you about your options and help you decide what is best for you.

Why are frequent lens changes necessary after 40?

The effects of presbyopia constantly change the ability of the crystalline lens to focus properly. As a result, approximately every 2-3 years, changes in your eyewear are necessary to maintain correct vision between ages 40-60.

## **Glaucoma**

Glaucoma can result when excessive fluid pressures damage the optic nerve. It is one of the leading causes of blindness in Canada. Glaucoma can be effectively treated with prescription eye drops, and in some cases, surgery may be required. A simple and painless procedure allows your optometrist to measure the internal pressures of your eye. Early detection is the key to success when fighting glaucoma. Most glaucomas offer no pain or symptoms.

What is glaucoma?

Glaucoma is an eye disease in which it is thought the internal pressure of your eye rises to a point that the optic nerve is damaged. The pressure that builds up is due to a problem in the production, flow or drainage of fluid normally produced in your

eye. Glaucoma is one of the leading causes of blindness in Canada.

What causes glaucoma?

The exact cause of glaucoma is not known. For some reason, there is an overproduction of fluid and / or the passages that normally allow fluid within your eye to drain out become clogged or blocked. This results in fluid building up within your eye and increasing pressure on the optic nerve. The nerve fibers and blood vessels in the optic nerve can easily be damaged by this pressure. An injury, infection or tumor in or around the eye can also cause the pressure to rise.

Who gets glaucoma?

Glaucoma most frequently occurs in individuals over the age of 40 and there is a hereditary tendency for the development of the disease in some families. Primary open-angle glaucoma causes damage at an earlier age and leads to blindness at a much greater rate. There is also a greater risk of developing glaucoma when you have diabetes, high blood pressure and eye injuries. Regular optometric examinations are important for all ages to assess your risk for glaucoma.

Why is glaucoma harmful to vision?

The optic nerve, at the back of the eye, carries visual information to the brain. As the fibers that make up the optic nerve are damaged, the amount and quality of information sent to the brain decreases and a loss of vision occurs.

Will I go blind from glaucoma?

If diagnosed at an early stage, glaucoma can be controlled and little or no further vision loss should occur. If left untreated, side awareness (peripheral vision) and central vision will be destroyed and almost complete blindness may occur.

How can I tell if I have glaucoma?

Primary open-angle glaucoma often develops painlessly and gradually. There are no early warning signs. It can gradually destroy your vision without you knowing it. Acute angle-closure glaucoma may



have symptoms such as nausea, eye pain, red eyes, blurred vision and haloes around lights.

How is glaucoma detected?

A comprehensive ocular health examination is often the only way to detect glaucoma. Your optometrist can include in your examination a simple and painless procedure called tonometry, which measures the internal pressure of your eye. Your optometrist will also look into your eye to observe the health of the optic nerve and measure your field of vision.

How is glaucoma treated?

Treatment via eye drops and surgery is usually effective in maintaining your remaining vision. Once vision is lost due to glaucoma, it cannot be restored. This is why regular preventive eye exams are so important.

Health, nutrition and prevention are the keys to quality of life. Maintaining excellent general health can often delay and reduce the effects of aging on our eyes.

Even with the best preventative efforts, some changes in our vision should be expected. There is often a greater need to rely on glasses for tasks such as reading. Special filters and sunglasses can also help with problems associated with glare or light sensitivity. Extra lighting or special magnification may be helpful for people with reduced or low vision.

Several common health conditions, such as high blood pressure, arthritis and diabetes often require medications, some of which affect the eyes and vision. In their early stages, many conditions associated with aging may not cause symptoms or create problems, and therefore, can go undetected. Regular optometric care is vital.

Your optometrist understands the changes in your eyesight, the importance of early detection in eye disease and the implications of medications you may be taking. Annual eye health assessments are important to identify your individual needs, assist you in understanding your conditions, and allow your eye doctor to make specific recommendations for you.

Did You Know?

- When it comes to your eyes and your vision, expect to experience some signs of aging as you near your 40th birthday. Now before you start feeling old before your time, relax.
- Your optometrist will help you manage these natural changes in your vision, and monitor your eye health at the same time!
- Optometrists are specially trained to help you as your eyes get older and can expertly prescribe eyewear that will allow you to maintain your best possible focus at any distance. You may need reading glasses, or some form of multi-focals, bi-focals, tri-focals or progressive lenses. Today's eyewear is stylish, comfortable and easy to wear. There are even contact lenses available in multi-focal form for some prescriptions.

In our next issue we'll discuss cataracts and macular degeneration

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## NALCOR News

### Recent Retirees

We have a lot of new retirees to welcome! The Silver Lights executive wishes one and all the very best in your retirement! Once again, I have to thank the good people in Human Resources for all their help and support in getting the pictures and bios together for this newsletter. Dana Rardon, Janet Morris and Amanda Singleton (bless their hearts!) are simply fantastic. Thanks again!

#### Louis Barnes



**Apr 11, 1977:** Hired as Technician II at the Bay D'Espoir Hydro Plant

**Apr 11, 1980:** Became a Technologist

**Sep 21, 1982:** Promoted to Maintenance Coordinator

**Jun 24, 1991:** Took position of Maintenance Superintendent

**Sep 18, 1992- November 9, 1992:** Took on role as Acting Supervisor of Hydro Plant Operations

**Jan 4, 1999:** Became Labour Manager

**Nov 29, 2004:** Became Asset Manager

**2008 :** Acting Manager of Hydro Generation for some time

**Jul 31, 2011:** Retired

#### Clyde Bryant



**May 7, 1990:** Began with Hydro as an Electrical Maintenance Worker 'A' with Transmission and Rural Operations in Happy Valley

**Aug 24, 1992:** Moved to CFLCo, and took position as an Electrician

**April 5, 1999:** Became a Planner with CFLCo

**2003:** Appointed to position of Planning Supervisor

**Jul 31, 2011:** Retired

#### Wilson Clarke

**Aug 1981:** Hired as a Learner Linesman

**Sep 30, 2011:** Retired as a Tradesworker 'B'

#### Matt Collier

**Jun 29, 1976:** Hired as Electrical Apprentice in Bay D'Espoir

**Jul 1979:** Became Electrical Maintenance 'A' in Bay d'Espoir

**Aug 1980:** Appointed to Technical Operator in Hinds Lake

**Jan 1982:** Moved to upper Salmon Development as Technical Operator

**Jun 1996:** Took on role of Assistant Control Room Operator in Bay D'Espoir

**Nov 1998:** Advanced in Lead Hydro Plant Operator in Bay D'Espoir

**Aug 31, 2011:** Retired

### Derrick Cranford

**Oct 30, 1975:** Hired as a Recreation Attendant in Churchill Falls

**Sep 1, 1978:** Started Apprenticeship (Power Systems Operator)

**Sep 10, 1978:** Received Diploma

**Jan 1, 1987:** Left for brief period

**Nov 30, 1987:** Returned as a Station Operator in CF

**Sep 30, 2011:** Retired

### Reg Hurley

**Feb 23, 1977:** Hired with the company at Churchill Falls Inn in Churchill Falls

**Nov 4, 1977:** Moved into position of Janitor in the Hotel

: Involved in many training opportunities during employment, especially those safety related

**Nov 24, 1980:** Transferred to 'Utility man' with Town Services CF

**Jun 5, 1986:** Promoted to Mobile Equipment Operator Learner 1

**Aug 10, 1988:** Awarded position of Mobile Equipment Operator

**1996:** Earned provincial certification of Heavy Equipment Operator

**Sep 30, 2011:** Retired

### Dorothy Marsh

**Nov 6, 2006:** Hired as a Cleaner

**Apr 30, 2010:** Actual Retirement Date

**Aug, 2011:** Deferred Pension Retirement Date

### Gilbert Melbourne

**Jun 24, 1974:** Hired as a Linesman Apprentice in Bay D'Espoir with the Distribution Division

**Jun 27, 1975:** Still completing apprenticeship moved to Bishop's Falls with their Distribution Division

**Jun 24, 1976:** Moved to Stephenville working as an apprentice with Transmission

**Mar 21, 1977:** After completing his apprenticeship, moved to Bishop's Falls to work with Distribution

**Jun 24, 1977:** Became a permanent Apprentice with Burgeo

**Mar 11, 1991:** Took on role of Front Line Supervisor with Distribution in Burgeo

**Aug 21, 1999:** Accepted position of Line Supervisor in Stephenville

**Jun 18, 2007:** Took position of Lineworker in Burgeo

**Jul 31, 2011:** Retired

### Dave Parrott

**Jul 10, 1989:** Hired as Line Worker in Churchill Falls

: Prior to Service with us worked at NF Power Since 1975

**Aug 31, 2011:** Retired

### Carl Priddle

**May 1, 1971:** Hired as Linesman/Rigger with Transmission & Terminals Western Department - Stephenville

**1976:** Left for a brief period of time

**May 1987:** Returned as a temporary Electrician

: Worked Seasonally as Electrical Maintenance 'A' & Electrical Maintenance 'B' in Hydro Generation

**Jan 20, 2000:** Permanent Appointment to Electrical Maintenance 'A' in Electrical Department in Bay D'Espoir

**Sep 30, 2011:** Retired

**Pat Rossiter**

***Jul 27, 1981:*** Hired as Auditor IV with the Financial Controls Department

***Oct 6, 1986:*** Financial Analyst with Rates and Financial Planning Department

***Nov 18, 1989:*** Received CGA designation

***Sep 12, 2005:*** Appointed to role of Senior Financial Analyst

***Jul 31, 2011:*** Retired

**Stewart Tucker**

***May 1983:*** Temporary hire as Labourer (until 1985)

***Jun 16, 1985:*** Hired as Driver Groundsman with Eastern Area Transmission Department in Whitbourne

***Jul 21, 1986:*** Appointed to Ground Maintenance Man with EATD in Whitbourne

***Feb 8, 1988:*** Hired as Utility Person with Terminals in Whitbourne

***Nov 12, 1990:*** Appointed General Maintenance 'A' TRO

***Sep 30, 2011:*** Retired

**Patricia Stamp**

***Aug 26, 1985:*** Hired as Office Services Clerk

***Mar 17, 1986:*** Moved into position of Administrative Assistant with the Treasury Department

***Jul 31, 2011:*** Retired

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## Smiles & Laughter

### Newfoundland Place Names

In our last newsletter, we re-discovered some of our own Newfoundland “language”. I thought we would follow that up with a look at some of the more colourful place names in our province. Here are just a few - more in the next newsletter. I’m sure most of you will recognize these! (Taken from Newfoundland and Labrador Book of Everything; Martha Wells, 2011, pages 39 - 47)

#### Argentia

The former site of an American naval base, it’s located in Placentia Bay and is a seasonal terminus for the Marine Atlantic ferry to North Sydney. It was originally known as Little Placentia - because it’s next door to Placentia (originally Plaisance), the former French capital of Newfoundland, whose name means “pleasant”. It was renamed Argentia after a silver deposit was found there in 1904.

#### Bakeapple Bay

This Labrador town’s namesake is the locally abundant marsh plant, which has been used to treat scurvy as well as to make tasty preserves.

#### Bareneed

First called either Barren Head, after the shore’s desolate hilltops, or Bearing Head, as a marker for those travelling on the sea, the dialect of this Avalon town’s early settlers is blamed for the linguistic corruption.

#### Barking Kettle Pond

This common name for a small pond or other location near a community comes from the traditional practice of treating sails and nets in a concoction of conifer bark and buds boiled in a huge kettle. “Barking” was known as a “great preservative” as early as 1795.

#### Black Joke Cove

Legends say this cove provided perfect cover for the notorious pirate ship Black Joke to lay in wait to raid passing merchant ships.

### Blow Me Down

Blow-me-downs are steep hills or bluffs rising sharply out of the water. They can produce sudden downdrafts that may blow down vessels that approach too close. Many places in the province bear the name.

### Bonavista

This is where John Cabot first laid eyes on Newfoundland and reportedly exclaimed “Oh, Happy Sight!” or in his native Italian, “O, Buono Vista!”. A windy and barren locale, Bonavista is nevertheless quite close to important fishing and sealing grounds, and so became the place to fish for the Spanish, Portuguese, French and English, during the 1500s.

### Butter Pot Hill

Found throughout the province, “butter pots” are rounded rocky hills that resemble old-fashioned butter pots. The province’s highest, rises 303m above sea level in Butter Pot Provincial Park near St. John’s.

### Cape Onion

At the tip of the Island’s Northern Peninsula, this cape is named, not for the way it smells, but for its shape. Early maps show the name as Cape Dognon, a perversion of the French word for the pungent vegetable.

### Cape White Handkerchief

Not the site of a massive surrender, this cape at the entrance to Nachvak Fiord in Labrador welcomes those who approach by the sea with a large face of light-coloured rock.

### Castors River

The name of this western locale comes from castor, French for beaver.

### Cavendish

Originally called Shoal Bay, the name was changed in 1905 to memorialize and celebrate Sir Cavendish Boyle, Newfoundland governor from 1901 to 1904 and author of the provincial anthem, “Ode to Newfoundland”.

### Clareville

It’s thought that the town was named after the oldest son of the Prince of Wales -

the Duke of Clarence - and was originally called Clarenceville. Since there is no proof of when settlers first landed in Clarenville, there is no proof that's where the name came from.

## Farmer's Almanac

*It's clear that everyone was talking about the weather this past summer, so I thought let's have a look in the Farmer's Almanac to see what they predict for the rest of this year. (They use the words **should** and **likely** way too often for me!!)*

The National Weather Forecast for Zone 7 (The Atlantic Provinces - New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island)

We expect a milder than normal winter of 2011, followed by cooler than average March. Seasonal temperatures are predicted for the months of April and May. The summer months of June and July should be warmer than average, and August should bring normal temperatures in the region. The fall months of September and October will likely be warmer than the seasonal norm, followed by normal temperatures overall for the remainder of the year. As for precipitation, we

expect a dry beginning to the forecast period, a seasonal January, and a wet February. After that, below normal precipitation is predicted for the spring months, with above normal rainfall likely until October, which month will likely bring average moisture. November should be relatively wet, December relatively dry to finish out the year.

*Although the emphasis in the Almanac is on weather and crops, there are some little gems buried in its pages. Here are some "strange headlines" taken from newspaper articles. (Good for a chuckle!)*

Town Official Takes Stand on Manure File

Seniors to Tour Morgue, Eat Ribs

Local Humane Society To Host Pig Roast Dinnertime

Deaf Ministry Holds Silent Auction.

Scientists Stung By Theft Of Research Bees

Sheriff's Office Joins Anti-Crime Unit

One Man Band Gets Back Together

Canine Club To Hold Flea Market Sunday

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## Contacting the Silver Lights Club

The Silver Lights Office is located on the second level of Hydro Place. Our telephone number is 709-737-1378. You can also contact the Executive directly:

President Gerry Bowers - telephone 722-6471

Vice President Rami Wadhwa - telephone 753-4757

Ex Officio Reg White - telephone 368-5200

Past President Dennis Jones - telephone 368-2351

Secretary Treasurer Vern Penney - telephone 745-0705

Silver Lights Editor Janet Calver - telephone 745-1343

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