



## SILVER LIGHTS CLUB

NEWFOUNDLAND AND LABRADOR HYDRO  
A Nalcor Energy Company

---

### President's Message

*Gerry Bowers*

I remember the Y2K panic in late 1999, when we were told that all the computers in the world would no longer be able to calculate dates properly. The banks were very concerned since they would not be able to correctly calculate and charge the interest expense on our credit card statements. We are now in a similar situation as I am composing this note to you pre the end of the world deadline on Dec 21st 2012. If you are reading this now I guess we all have survived. However those Christmas credit card bills with the correct interest charges will now have to be paid next month!

A one year time interval for a five year old child is significant because it represents 20% of their total life span. Now that same one year time interval for a 60 year old person is only 1.7% of their total life span. The annoying thing for a 60 year old person is that one year seems to pass by a lot faster. Hence the older we get, we recognize that Time is the enemy that needs to be confronted and likewise those credit card bills. In reviewing one's bucket list at age 60, looking 20 or 25 years a head, time will pass even faster and assuming good health will be more precious.

As an executive member of your Silver Lights Club and in my sixties I feel my volunteer time being redirected as I review my bucket list for the next 20 or 25 years. Our Club needs newer, fresher and younger people at the helm where time is not moving so fast relatively speaking. As replacements step up

it is my desire that participation from one of the older guard like me can and will continue to help out and provide a broader base where more hands lighten the work load. Such is the situation with constructing the Nalcor Silver Lights Christmas float, where a group of five this year formed the labour pool where any two or three worked on construction at a given time. In addition, the club now has its very own trailer/float for the Christmas parades. This was a team effort too. Jeff Hiscock in Bishop's Falls found the trailer for us, Terry Ledrew in Holyrood agreed to provide a home for it on site, and Dawn Dally adopted it under her business unit in Corporate Affairs.

This year our float, Seame Street theme with Big Bird, was in the following Christmas parades, St. John's, Mount Pearl, Torbay, Paradise (Conception Bay South), Holyrood, and New Harbour.

The 2012 "Magnificent Six" involved in this year's float were: Reg White, George Fowler, Dennis Jones, Gerry Bowers, Bill Day and our on site coordinator, Cindy Morgan.

Our float tied for third place in the St. John's Christmas parade, thanks to a great effort by all.

When I assumed the position of President of the Silver Lights Club, I gave myself a mandate to network more with other Senior's organizations. Consequently I sit currently on the Avalon Chapter of CARP ( Canadian Association of Retired Persons, [www.carp.ca](http://www.carp.ca) ). I also represent retired Silver Light members as part of a coalition of retired Public Service Pensioners with a mandate to lobby our Provincial Government on issues affect-

ing all Seniors. An often quoted statistic is that in a few years with our aging population in this Province, health care will consume 70% of the budget. In addition to increasing medical expenses, affordable housing for seniors is also in scarce supply especially in the St. John's area and with an aging society this will only worsen. I would like to participate in solutions that protect me and you, rather than become part of the problem. An affiliation Charter of the Newfoundland & Labrador Coalition of Pensioners, Retirees & Seniors Association, is enclosed for your information.

Signing off but not out.

PS. Da wife is retiring in 2013 and is looking at ways to spend her CPP and mine too! (House reno and travel are in the works)

May we live long and prosper.  
Merry Christmas and Happy New Year,  
Gerry Bowers, President.

## Editor's Message

*Janet Calver*

Here we are in the final few days of 2012 and I guess, like many of you, wondering where the year went! My husband and I have been very fortunate. We've enjoyed a year of good health, spent time with family and friends, coaxed along our garden vegetables

to a respectable harvest and enjoyed traveling and exploring around the province. So here we are again, smack-dab in the middle of pre-Christmas preparations. Time for a break!

Someone asked me the other day what is the one thing that you enjoy about Christmas? What would you say? The turkey dinner with all the trimmings? The family get-togethers? The excitement of your children or grand-children when they wake up and see all the gifts underneath the Christmas tree? Christmas carols? The feel-good-feeling that seems to infect everyone for a few days? For me, it's the silence and peace that descends on the city on Christmas Eve night. As we make our way to midnight candlelight service, all the stores are closed, there are very few people on the go and there seems to be a hush in the night air. For me, it's magical!

Well, this newsletter is not magical but I do hope you enjoy what we have put together for you. We have a special treat for those of you who receive the newsletter in the mail - we are going with colour print now! We hope you enjoy the pictures even more. Ken Ball has delivered another great Out and About column jam-packed with lots of news about fellow retirees and of course his reminiscences about Christmas in Rencontre West. Thank-you Ken! We have a list of Nalcor employees who have joined the 25-Year Club and we introduce you to the newest retirees! What a great Christmas gift they've given themselves! Chris Schwartz is taking Christmas off - he'll be back in the New Year. We have lots of pictures: including the Ladies' Christmas Luncheon, John Croft's moose hunting trip,

the Team Gushue Highway cleanup and of course the Santa Claus parades which showcase our prize-winning float! There's a special article about Jim Long which you won't want to miss. (Thanks to Derek Osmond and Ken Ball for letting us know about the article!) We have Christmas-themed articles on Health and Safety and of course I couldn't resist going through the archives again looking for special Christmas-related stories from years gone by. We end off with a couple of articles that we hope will bring a smile and a laugh.



A special thanks to the Silver Lights Executive Team Gerry, Vern, Dennis, and Reg - for all their help and support throughout the year and for all the work they do with the distribution of the newsletter. To all our members and their spouses/significant others who participate in our activities, Thanks, you're the best!

For most of us, Christmas is exciting. There's lots of shopping, baking, decorating, gift-giving, school concerts and wonderful Christmas music to enjoy. But for some of us, who have lost a dear one or who are trying to cope with medical issues, the next few weeks could be very stressful and unhappy. Perhaps we could all take a few moments to just reflect on those around us and maybe walk in their shoes for a few minutes and see if there is some way we can help them, not only at Christmas time, but throughout the year. I think you'll find that the best gift you could give is the gift of your time and caring.

I wish you and your families a very Merry Christmas. May it be full of love and thoughtfulness and may that Christmas feeling go with you throughout 2013.

---

## SilverLights News

### Out and About with Ken Ball

I've seen a few retirees since our last Bulletin. I'm afraid I haven't wandered far afield. If I don't see them at the Avalon Mall I rarely see anyone at all.

#### Eric Ball

I met Eric at the Food Court in the Mall. He and his wife were on their way to visit family in Ontario. Eric worked in Camp Boggy with the maintenance crowd up country. I think Eric filled in as cook with His team.

Eric is a friend of mine from back in Rencontre West so it was special meeting him and getting caught up on all the news.

#### Doug Corcoran

Saw Doug at Sears in the Avalon Mall. He brought me up to date on our mutual friends from the Whitbourne area.

Doug stays active and has a moose license again this year.

Doug visits Herb Woolfrey occasionally. He is doing pretty good but his eye sight is poor.

I was really surprised when Doug mentioned that Herb Jarvis had passed away. I wish we could set up some way of letting the Silver Lights members know of a retiree's passing.

Doug was office supervisor, Herb Woolfrey was area manager and Herb Jarvis was the warehouseman at Whitbourne.

#### Don Tuff

I've seen Don twice this Fall. Dare I say where I met him. As usual we had a good

yarn about the old times and solved most of the current world problems. OK, maybe we didn't solve the world situation but we have most of the answers if anybody asks us. Don is keeping active at his cabin in the summer but the winter is a kind of slack period. Don looks great and is keeping fit.

Don was the Fleet Supervisor in St. John's. I love to hear him talk about the early days of the company and his dealings with Mr. Hobbs.

#### David Fogwill

Here I have to be careful because Dave was my boss and I want to stay on the good side of him. Dave looks great and it's always good to see him. David was our Manager of Materials and Purchasing, but previously held some other very responsible positions during construction of Bay d'Espoir Plant, Holyrood and Hinds Lake. He is an engineer with a lot of experience in the utility field. I'm not sure about his stock numbering system.

#### Louis Clarke

When I saw Louis in early fall he was getting ready to go on another cruise. This one is from New York to New Orleans.

Louis had a problem a while ago with his heart but now he looks fit as a fiddle.

He worked as an accountant supervisor in St. John's

#### Doug Anderson

Saw Doug at (forget it) and got in a yarn with him. This was quite by accident since I didn't really know him. I heard him say to a fellow sitting by me that he worked with Hydro in Bishop's Falls. That was all the opening I needed.



Doug was the Foreman of diesel maintenance after Bren Fitzgerald and travelled extensively around my part of the South coast

He is retired from Hydro and working part time in Labrador City. He was a good friend of Morgan Hollett.

### **Albert MacDonald**

What a surprise I got the other night. The phone rang and this man asked me if I was the Ken Ball that used to work with Hydro. I assured him that they used to pay me anyway. He then identified himself. I couldn't believe it, talk about a voice from the past. I had not spoken to Albert in about 40 years.

He brought me up to date on his health and how things were generally.

I was sorry to hear that his wife had passed away, that he could no longer drive his car or operate his boat and had sold it. He is in his mid 80's.

Albert visits his children in St. John's area and we hope to get together the next time he's in here for a coffee and a good yarn. I would love to pass on his Hydro story from his prospective as a linesman or groundsman.

To say I was surprised to hear from my old friend would be putting it mildly. He really made my night.

### **Rosalind Dawe**

This is the first time I've seen her since I retired. I was talking to Don Tuff when she came along with her little granddaughter, Grace. Roz is enjoying retirement and looks great. But when you're Christmas shopping you can't waste time, so we never had much chance to talk.

Roz worked with the Engineering Department.

### **Clyde Fudge**

Clyde sneaked up on me at one of the local shopping establishments (see how I got out of admitting I was at the Mall again). I didn't see him until he tapped me on the shoulder. It was good to see him again.

Clyde has become quite the handyman since he retired. He does anything from hardwood floors, stairs, mouldings or cupboards. But you must be prepared to get it done at Clyde's pace. He plans time for himself and his family first but as usual if he says he will do the job you can be sure he'll follow up and get it done. Clyde does a bit of travelling and camping. He tried the cruise thing but this did not appeal to him. He has driven to Florida for a month. He has done this 3 times and likes it.

Clyde was the Supervisor with Protection and Control at Bishop's Falls.

### **Bruce Regular**

Bruce showed up today when I was down to the stage mending a bit of linnet (alright I saw him in the food court) . He looks great and is enjoying his many travels and cruises. But according to his wife he does sometimes get sick in the wrong places. His last time feeling out of sorts was in New York. Bruce has been plagued with heart problems for years but always bounces back.

Whenever he is feeling good he is playing music for all the Seniors Groups in the Central Region. Bruce plays guitar, accordion and sings. He is part of a 2 man band that plays for charity.

He is an active member of St. Jame's Anglican Church in Botwood and has been in the choir for many years.

Bruce used to be my hunting buddy when I lived in Botwood. That's another story, I'll

tell you about it sometime.

Bruce was the Purchasing Supervisor in Bishop's Falls.

### **News and Old Foolishness**

You know you're getting old when you see your friends celebrating their anniversaries, like the other day Norman Rose, the retired Plant Operator in Grey River, celebrated his 50th and Tom Walsh, a Driver Groundsman in Bishop's Falls, his 60th. I think I'm going to stop watching TV; It's depressing. Anyway guys, congratulations!

This year partridge berries on the Avalon Peninsula were scarce. I drove to my favourite spot in September. It took me 45 minutes and then I walked for 20 minutes before I could start picking, or in this case looking. I got 16 berries. I kid you not.

I was recalling the other day what I consider one of my most scary experiences with Hydro. This happened when working in the Safety & Training Department. Lloyd Cook and I had been up to St. Anthony for a Fire Fighting course. We were on our way back. The roads were snow and ice covered. We were coming down around a curve just outside Rocky Harbour. Lloyd was driving. Just as we rounded the turn there was a dozen horses in the road. The only thing that saved us was that the horses were already starting to cross the road and by swerving to the left we just missed them. It took us a long time to recover our normal breathing.

When you travelled on the road in those days you had some really good feeds but one of the most unusual was one time I was up to Happy Valley to check stock at the warehouse. We always enjoyed going up to see Lee Baikie and the boys. This time I was invited out to the line depot for lunch that the line crew had cooked up. I sat down and ate

away, and I remember it was not bad but I couldn't really say what it was I was eating. After I was finished, the guys wanted to know if I liked the meal. I admitted that although it tasted pretty good it was a bit tough and I casually asked what kind of meat it was. They informed me that it was a lynx that one of the crew had killed!

Like the old saying goes never look a gift horse in the mouth especially when you are on a per diem.

We would appreciate hearing from all Retirees. Please call me if you have a yarn to tell or just want to shoot the breeze.

Janet will be really tough to please if I soon don't get some new material.

### **Remembering Christmas in Rencontre West**

I would like to recall some of the Christmases of my youth; Unfortunately, I can't remember back that far. Christmas in Rencontre West and Francois was a very exciting time. There was always lots of Christmas spirit and a lot of liquid cheer to go along with it.

People didn't have much money for presents when I was a boy but parents always managed to get something for the children. It might have been a small toy or two, a new piece of clothes, always the dreaded handkerchiefs, sometimes a pocket knife, and a few candy along with an apple or orange. Your grandparents always managed to knit you a pair of sheep wool mittens or socks. When you got them on Christmas morning you weren't all that thankful, but later in the winter you appreciated them.

If you were lucky the family got a box of Pot of Gold Chocolates and if you were really lucky you got first crack at the hard ones. Mother's question to us kids was "Have you had a hard one yet?" You never confessed

if in fact you had indeed sneaked a hard one before your turn came.

The three gifts on my most wanted list as a teenager were, an IXL pocket knife, a pair of long rubber boots and a 22 rifle. The IXL knife for a boy was comparable to a Green River bait knife for a Fisherman.

The dances were great in the Fisherman's Lodge or the Orange Lodge but not half as nice as trying to round up a favourite girl to take her home. Christmas seemed to make the young crowd romantically inclined. Maybe it was because of the new dresses the girls wore along with the lipstick and perfume. I remember that happening only at Easter and Christmas.

The older folks always had a feed or a game of cards on the go but the younger crowd had to coax somebody to loan us their house or cook us a feed. Can you imagine the gall we had? But ask we did and we usually got our party house for the night. We never played Spin the Bottle or Truth or Consequences, but whatever went on was some good. Not much trouble to hear some girl screeching hysterically and the young fellows boasting next day about what a good time they had.

I can smell the cabbage on the boil while Hank Snow sang "I'm Moving On". This took place by the glow of the kerosene lamp. I don't care what you think today, it was romantic or as we used to say then, "Some nice me son."

Here is a list of some of the country songs we listened to will the lamp flickered and the radio faded in and out, depending on how long you had your 9-volt Ray-O-Vac Battery:

Don Gibson - Sea of Heart Break

Patsy Cline - Crazy

Tammy Wynette - Stand By Your Man

Lynn Anderson - Rose Garden

Charlie Walker - Pick Me Up On Your Way Down

Eddy Arnold - Make The World Go Away

Sonny James - Young Love

Wilf Carter - Hang the Key on the Bunkhouse Door for we'll be Late Tonight

Then Elvis came on the scene and not only did we grow our sideburns, we also changed our taste in music. But I still liked Hank Snow, Wilf Carter and Johnny Cash.

On the home scene you could tune in to the Big 6 and listen to Omar Blondell, Wilf Doyle and the McNaulty Family just to name a few.

Our Christmas celebrations were a riot with all ages taking part. There was the occasional scuffle but the woman used to jump in between the combatants and rarely was a punch thrown. This was all set right the next day when both parties apologized.

The only thing that threw off Christmas celebrations was sickness or death. When someone died everything ceased for 3 days. Everybody was touched by this. Remember we were only about 150-200 strong and everyone was your friend.

The 12 days went by very quickly and for some they passed in a daze from lack of sleep and too much St. Pierre alcohol. Then the finale, Old Christmas Day. This was a "Time" hosted by the Society of United Fisherman (SUF), The Fisherman's Lodge.

The festivities started with a Church Service for the Members of the SUF, the Orange Lodge and the Church of England Women (CEWA) at 2:00 in the afternoon. After the service we paraded around the Harbour. We would then go back to the lodge, store the regalia and head home to get the boilers of soup and bowls of meat and salad. Sometimes at the end of the night a pot of dried fish would show up. Man did that hit the spot.

We danced and ate until 4 or 5 AM and

the last thing we did was sing the “Old Goat Song”, the last line being “The old goat is dead and Christmas is gone to me hey oh Christmas is gone”. No matter how smashed you were this brought you back to reality. We hated to see Christmas end.

I apologize if I've bored you with my memories and by way of retribution I wish you and yours a very Merry Christmas and a happy and safe New Year, and promise not to repeat the same crapola next year.

## Better Late Than Never

**Ross Mair - October 4, 2012)**

**(Reprinted with permission from the Clarenville Packet**

*The following is a wonderful story about Jim Long, who was Vice President Employee Relations when he retired from Hydro on August 31, 1992. We hope you enjoy the article and “Thanks” to the Packet for allowing us to reprint the story.*

“My kids used to call this the SS-never built, because it was so long (in the making),” quips Jim Long, of Adeytown, from the hull of the vessel he built from scratch - a triple hulled ship called a trimaran.

What began with Long ordering the designs for the vessel in 1975 from a company in New York, came to fruition last week when he and two mates set out from Deep Bight on Sept. 21 and successfully navigated into the Clarnville Marina later that day.

By his own admission, his love of sea-going long preceded the purchase of the designs for the trimaran that would eventually come to be called The Albatross.

“I always had an interest in boats, from the time I was a boy. I just had a... I don't know, but all the old poems in school, like Sea Fever, they always struck me. Of course the Rhyme of the Ancient Mariner, hence this one being called the Albatross,” says the retired electrical engineer.

It was not for lack of dedication in intention to build a boat for the better part of half a century, but as John Lennon said, “Life is what happens when you're busy making plans.”

A Newfoundlander born and bred who spent many of his early days traversing Random Sound with friends in their fathers' vessels - in the days before the causeway - Long left Canada at 17, moving to America and soon after joined the Air Force.

This was during the Korean War, and the draft, and Long's original intention was to join the Navy. However, a 10 month waiting list scrapped that option, and he was left with either the Air Force or the Army.

His reasoning was, better to spend four years volunteering with the Air Force rather than two years after being drafted into the Army. Volunteering with the army wasn't an option for Long.

“It was a good time for me because it was a chance to grow up a bit, but still have the security of a roof over your head and a regular paycheck, small as it was.

After the Air Force, Long financed his education through the GI Bill - a program instituted after World War Two to help servicemen reintegrate back into the regular workforce with marketable skills - and took a five year electrical engineering degree at Northwestern University in Chicago.

From there, Long headed back to Canada and took a variety of jobs from Halifax to St. John's and many places in between, working

with electrical companies, largely in hydro.

"I moved around a fair bit in the early days," jokes Long, an unimposing man with kind blue eyes.

Part of that movement brought him to the Bay d'Espoir region of Newfoundland where he purchased his first boat in 1967, a 12 foot aluminum vessel he could cruise the waterways with, and with that a lost love was rekindled.

"From then on I always had some sort of a boat."

Part of the fun of those days, says Long, was not having to worry so much about the regulations governing the fishery and the thrill of pursuing a fresh feed.

"I used it for fishing, really, out cod fishing or getting a few muscles. There were lots of cod at that time and I even had a few lobster pots and salmon nets out. It was all legal at that time, you didn't have to be a bona fide fisherman."

Shortly after his work was completed in the Bay d'Espoir region, he and his family moved to St. John's. That's when Long ordered the parts for the vessel that would become the Albatross.

"I didn't do anything serious with it at that point, but after I moved back to St. John's I started working on the first outrigger hull in the late 70's," says Long, adding that job itself was no easy feat, and the length of the outrigger exceeded that of his garage, so like any resourceful Newfoundlander, he improvised.

"There are pros and cons (to the trimaran). I knew I had to build it in a shed or basement. To try to build a conventional hull, with a full keel, you need a lot of headroom, you need a boat shed, and that wasn't an option. The advantage of the trimaran is I could build it with an eight foot ceiling. In St. John's

I had the headroom, but I didn't have the length, so I had to build an extension over the garage. I knew the city wouldn't approve that, so I prefabbed an extension and put it out there. I managed to get away with that long enough to build the two riggers. I got a lot of questions from the neighbors, but we had no problems."

As he says this, you can see a mischievous - albeit harmless - spark about Long, one that's followed him from his early days, but has been disciplined by his years of service and decades of work.

After the two outriggers were completed, Long was nearing retirement and sought to build a home in Adeytown, which then presented a chicken-egg situation: What came first, the house plans or the boat plans?

In Long's words, "The retirement home had to be able to accommodate the main hull. I went through a lot of house plans. It needed a garage door at the end of the basement; it couldn't be in the side. And the house itself had to have a fairly long basement so that you could set up the tools on one side and the hull on the other."

By then it was 1995, and Long had found another seagoing passion that caused him to put the Albatross on hiatus: kayaking.

"I love the outdoors and I love the water. Kayaking, it's an interesting sport, it gives you access to a lot of area that you really couldn't access with a power boat. I've had some interesting trips - we spent some weeks in the upper reaches of Terra Nova country. On another year my son and I spent a couple weeks in Labrador kayaking and fishing. I had a couple weeks in Grey River a few years ago. The fjord runs back about eight miles to the mouth of Grey River and that's an excellent salmon river"

"There is the isolation, and with kayaking

you almost have a bird's eye view, except you're right on the water.

Regular trips to Florida provided ample excuses to further pursue kayaking, and the trimaran sort of fell by the wayside, admits Long.

"Then, one day I realized I was running out of time, so I got back to the boat building and really put a push on. This is the result," he says, sitting in the hull of the Albatross.

When finally completed, launching the vessel provided its own problems, with Long stating, "I had no idea how to get it into the water. Parson's trucking came to my rescue. They had boom trucks and cranes. I called them, I was desperate at this point."

The 18 foot trimaran wasn't just a matter of hitching to a boat trailer and away you go. Instead, Long had to build a custom crib for the vessel to rest in between being placed in the water or in storage.

Finally, on Friday, Sept. 21, the Albatross hit the water, and Long could only wait so long before taking it on its maiden voyage.

"That was a big day, and I had no idea how well she would sail, but she has exceeded my expectation so far. I'm still getting used to this one, but it's quite a bit different to sail a trimaran than a monohull.

"It's a great feeling to sail your own boat. And these trimarans, a gust of wind hits them and you really accelerate. It was a great feeling to feel this thing pick up speed," said Long.

Even though it turned out to be a long labour, Long said he's glad he undertook the endeavor, and wishes more people would be interested in the art of shipbuilding, regardless the undertaking.

"It's sad in a way to see traditional wooden boat building disappear, because when I was a boy there was a lot of people building rod-

neys and trapskiffs. They seem to be keeping the tradition alive in Twillingate, and of course they have the boat-building museum in Trinity South."

However, he does know his limitations.

"Anyone with reasonable competence can build this boat, but to build a boat like Vokey built, you have to be a Henry Vokey," he says, referring to the master boatbuilder of Trinity, Trinity Bay.

"You really do have to have skills the average person doesn't have. I have the ultimate respect for his capability. I was sorry to have missed the launch," he says of Vokey's launch in Trinity earlier this year of his latest work, a schooner.

In the meantime, with a limited sailing season left for the year, Long just wants to make the most of it, for now, for the rest of his life, and whatever lies beyond.

"My oldest grandson has sailed with me, but not aboard this one, but I'm sure next summer we will get a chance to sail."

And with that, Long rigged the sails, prepped the safety equipment, and released the lines from the dock.

"I'm going to sail this one now, I want to enjoy it."

## 25 Year Club

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

- Frederick G. Clarke
- Peter Hickman
- Derek E. George
- Bobby T. Adams

- Glen F. Kennedy
- Perry G. Peyton
- David Pollard
- Adelor J. Lavers

## 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 group has adopted a portion of the Team Gushue Highway and twice a year - every spring and fall - volunteers put on their rubber boots, work gloves and safety vests and head out armed with garbage bags and cheerful smiles. This fall, the cleanup took place on November 3. Volunteers met at Hydro Place at 9:00 AM, and soon set off armed with garbage bags and determination.

The cleanup was very successful and a lot of fun as well! It's sometimes hard to believe that so much litter and garbage can accumulate in six months but it was no match for our cleanup crew. At the end of the morning, everyone was ready for lunch at KFC. Well-earned!

Many thanks to our executive Gerry, Reg, Vern and Dennis for organizing the event and ensuring things went smoothly. Also many thanks to all participants!

Below are a few pictures from the cleanup.

Stay tuned for notice about our 2013 Highway Cleanup and plan to join us in a worthwhile cause.



Reg Getting Things Ready at Hydro Place



Attacking the Litter!

## Trip to Tuckamore Lodge Feedback

It's always great to get feedback from those who take part in some of the activities the Silver Lights club organizes throughout the year. This past September, the Silver Lights club organized a trip to Tuckamore Lodge. Below is an Email from Ida and Fred Deir and Judy and Calvin Bailey on their experience. We hope their Email encourages you to join us on next year's excursion!

Read on.

*Bailey's trip the Tuckamore Lodge.*

*This was our first experience traveling with the Silver Lights Club. We have been hearing and reading the reports on the previous trips and decided it was time to experience it first hand. We signed up for the trip to Tuckamore and were quite impressed. The drive to the lodge was long, but very scenic and this was made more enjoyable traveling with our friends, the Deirs, (Fred and Ida) and spending a night in Rocky Harbour. We stayed at The Fishermans Inn in Rocky Harbour and thoroughly enjoyed our evening, sight seeing and relaxing in the hot tub.*

*On arrival at the Tuckamore, we were totally impressed with the accommodations and the lodge. The evening meal they provided was exceptional. After the meal, it was time to mingle in the sitting area and renew old acquaintances and make new ones. The reminiscing and stories about the "Good old Days" were very entertaining. George's music and songs were great, Sam's jokes were funny, and the old guy that did the recitations wasn't bad either.*

*The yearly trips are great and going somewhere different each year makes it even more interesting. We will do it again and recommend that more retirees should take part in these excursions.*

*Keep up the good work.*

*The Baileys and Deirs.*

## Moose Hunting with John Croft

It's so good to hear news about our former co-workers. John Croft is one of those people who "doesn't let the grass grow under his feet"! Every year, John, Wayne Dawe, John's son, Jason, and John's brother, Vince, get together and go moose hunting. Each year, one of their group is usually successful in getting a big game license. They stay at John's summer cabin in Calvert and concentrate their hunt close to Aquaforte, a favourite spot. The pictures below were taken during the second week of the season, mid-October, in Aquaforte the community where John grew up. You can see from the photos he has sent along, he really enjoys hunting! I would guess that John's family and friends will enjoy many a fine meal from this day's work! John has also sent along a poem written by Marion Counsel (Wayne's wife) that



describes this thrilling and exciting outing. Thanks John and Marion for sending along the pictures and the poem!



John Croft and Wayne Dawe



John Croft and John's son, Jason



Wayne Dawe



Jason Croft, John, John's brother, Vince



Wayne Dawe, John, John's brother, Vince

## Moose Hunting Swim

*Written by: Marion Counsel Oct 12, 2012*

Every year around this time  
The by's go on the loose!  
It seems that they all get an itch  
To hunt for Mr. Moose.

This year it was no different  
They all went "up da shore"  
There was Jason, John, Wayne and Vince  
at the "Condon home" once more.

John and Wayne would stay and cook,  
Jason and Vince would go...  
To the deepest woods...not make a sound  
And hope a moose would show.

Sure enough last Sunday  
There came an excited call  
"We got our moose" they shouted!!!  
"He's big enough for all!"

Sure enough a big bull moose  
Would run the woods no more.  
There'd be one less moose on the highway  
Going up the southern shore!

The moose was ponched and bragged about  
But to clean off all the hair...  
They brought it down to Aquaforte  
On the wharf...to clean him there!

They tied the moose on to the boom  
T'was really state of the art  
They cleaned him till there wasn't a hair  
Left on that moose's arse.

Jason and Vince were around the truck  
John was cleaning his knife  
Wayne was there observing  
just contemplating life!

Suddenly the rope let go  
The swinging moose flung free  
It struck John...he went airborne

And went arse first in the sea!!

Wayne saw what had happened  
And ran toward the brine  
He saw John under water  
Going deeper all the time!

Then impulse took right over  
Could happen to you or me  
“My buddy’s in trouble!” was all he thought  
And Wayne jumped in the sea!

Well, up popped John and he kicked and swam  
Safely to the step  
Then up popped Wayne to John’s surprise  
In the water...soaking wet!!!

Picture this now people  
On a cold October day  
Here’s John and Wayne...moose hunters!!!!  
Swimming in Aquaforte bay!!!!!!

Wayne finally swam in to the wharf  
And clung to the slippery stick  
But his long hip rubbers pulled him down  
He needed help real quick!

Vince and Jason threw a rope  
And dragged Wayne to the side  
John had already climbed back up  
Then they pulled Wayne from the tide!

I asked Wayne... “What went through your mind  
Did you think you’d make it home?”  
He said: “My concern was facing you  
With another wet cell phone!!”

So...the moose hunters are safe and sound  
But I’m still quite confused!!!  
Were they moose hunting????? or swimming????  
Or picking berries in Fermuse!????

By’s...let me give you some advice...  
If swimming is your sport  
Please choose the Aqua...arena  
Not the harbour in Aqua...forte!!

## Santa Claus Parades

There's something about a Santa Claus parade to get you in the mood for Christmas! Everyone who participates in a Santa Claus parade can feel the excitement build as the big day draws near. This was so true for the Silver Lights group this year. They had a fabulous float - the Sesame Street house and characters! We have to thank the Christmas Float Parade Team. Cindy Morgan (Holyrood), is our unofficial captain. She keeps everyone on track. Besides arranging for our participation in the different Santa Claus parades, she makes sure the team has everything they need to build the float and make a picture into reality. She also arranges for people to man the float for each parade and looks after costumes for them. We could not do it without her. Thanks Cindy! Gerry Bowers, Reg White, Bill Day, Dennis Jones, Vern Penny, George Fowler, Dave Butler, Jeff Vincent, and Herb Butler were the worker-bees/drivers/safety walkers. Thanks to their many hours of hard work and dedication, the Silver Lights' float was a great success and an award-winner as well! The Silver Lights float and the Tim Horton's float tied for 3rd place in the Best Float Over 20 Feet category in the St. John's parade. A special Thank-you has to go to Nalcor for their continued support and financial contribution. Well done everyone!

As mentioned above, Cindy takes responsibility for organizing a crew of volunteers to attend each parade as float "characters". We had a wonderful group of people come and support us. Here's the list. St. John's Parade: Jason Simms, Michelle Simms, Madison Simms, Brooke Simms, Michelle David and Sydney Fowler; Mount Pearl Parade: Margaret Anne Jones, Samantha Butt, Laura Butt, Matthew Butt, Dion Brushett,

Denika Brushett, Hailey Brushett and Sarah Payne; Torbay Parade: Wyatt Fowler, Liam Fowler, Madison O'Dell, Connor Bennett, Brooke Hawco, and Alexa Bowden; Holyrood Parade: Heather Galway, Braedan Wood, Glenn Noseworthy, Nina Noseworthy, Shawn Brown, Denise Brown, Emily Brown, Coady Brown, Lily Brown and Harrison Hawco; The Conception Bay South Parade: Wynona Farrell and Cameron Butler. Unfortunately I did not get the names of those who participated in the New Harbour parade. Whoever you were, a special Thank-you.

Below are some of the pictures from the various parades. I hope you enjoy!



Builders Take a Well-Deserved Break



Hard at Work - Holyrood





First Time Seeing Our Float - Wow!



Who is That in the Window?



Quick Change into Costumes!



Is That a Bird's Nest on the Chimney?



Good Friends Wait for the Start of the Parade!



Guess Who This is?



View From the Back



Reg and Gerry - Ready to Go!



Santa and a Beautiful Christmas Tree



Bill Day - Safety Walker



Is that Buddy??? Yes!!





One of the K9 Unit Dogs with its Owner



Nice Wave!



Bill Day Completes Safety Walk Around



Dancers Lining Up



Our Friends From Sesame Street!



Big Bird Arrves!



Nice Wave Big Bird!



City of St. John's Float



Let's Get Going!



Silver Lights Float on Dickworth Street



We're on the Way - So Long!



The Crowds are Clapping and Waving!





Big Bird Has Protection Thanks to the K9 Unit



The Dance Academy Dancers



Dancing Candy-Canes!



Float Arrives for Start of Mount Pearl Parade



The Shriner's Police Force!



Lined Up and Ready to Go!



There's Big Bird - So Happy to be Here!



Big Bird Waves to the Crowds



Torbay Parade at Night!



How Magical is That!



The Christmas Tree Lights up the Float



Our Sesame Friends are Waving to the Children





There They Go!



All Gone Home for the Night?



George Fowler with one of His Grandsons



What a Beautiful Christmas Greeting!



Having Fun!



The Spirit of Christmas is Right Here

## Hydro Gals Luncheon

Thanks to Dianne Locke we got some great pictures from the Hydro Gals get-together that took place on December 6 at Portobello's Restaurant! Dianne wrote, "There were fifteen of us present and it was a fun time indeed." This was the second time at Portobello's and according to Dianne, "Everyone thoroughly enjoyed themselves." The Hydro Gals are already looking forward to their next luncheon. All (gals!) are welcome. The next luncheon will take place on February 7, 2013. For more information, contact Libby Power at 745-6260 or Dianne Locke at 754-2324. Below are some pictures from the Ladies' Luncheon. Hope you enjoy them!



Libby Takes in the View from the Dining Room



Get Together at Portobello's Restaurant



Recognize these Ladies?



Lots of Smiles



Another View of the Round Table!



A Fun Time Had by All!

## NL Coalition of Pensioners, Retirees & Seniors Associations

*As Gerry mentioned in his President's Message, we are including a copy of the affiliation Charter of the Newfoundland and Labrador Coalition of Pensioners, Retirees & Seniors Association. If you would like to learn more about this group, please contact Gerry or send your questions on to the Silver Lights email.*

### AFFILIATION CHARTER

The pensioners and seniors groups who comprise this Coalition have agreed to provide a unified voice in speaking out against all actions that seek to negatively impact the financial security, health benefits and social opportunities that impact the retirement of Newfoundlanders and Labradorians in particular and Canadians in general.

#### **Vision**

Retired persons and seniors will be a powerful and credible voice of influence and change on matters that impact retirement and social security income and health and social benefits.

#### **Mission**

To advocate on matters that impact retirement and that challenge the well-being and quality of life of retired and older persons in Newfoundland and Labrador.

#### **Mandate**

To provide a forum for retiree groups and seniors organizations to collaborate on issues that impact financial security, health benefits, and social considerations in retirement; to build a network for information exchange; and, to facilitate a collective voice of influence and to advocate on matters that are of importance to retired persons and seniors.

#### **Objectives**

- To provide an opportunity for affiliated federal, provincial, private and other non-governmental organizations to express their concerns over any proposed changes to provincial and federal pension benefits and other social security benefits;
- To identify other social issues of mutual concern, i.e. health care, long term care, pharmacare, housing, etc. and to consolidate research on these topics;
- To build a network of information exchange and to work cooperatively in advocating on these benefits and social issues on behalf of our respective memberships;
- To develop a plan of action to continue this collective collaboration and advocacy; and,
- To maintain the individual purpose and activities of participating associations/groups.

### **Membership**

Open to all associations/groups representing the interests of pensioners, other retirees, and seniors in Newfoundland and Labrador;

Any participating association shall state a conflict of interest with any issue under discussion or being advanced;

Each participating association/group has the option to participate fully, partly, or as an observer to any issue that might be advanced by the Coalition;

In the interest of equity when decisions are taken, each participating association/group shall have one recorded voice/vote.

Draft dated November 19, 2012

---

## Everyday Life

### Christmas From the Archives

The Centre for Newfoundland Studies at Memorial University is like a treasure chest of information about our Province. I enjoy scanning some of the old papers and annals just to get a glimpse of what life was like at the turn of the century and what people's thoughts and concerns were. Below are a couple of articles taken from The Christmas Review, 1901 and the other from The Commercial Annual, Christmas, 1919. The language itself is very lyrical. Read on!

#### Christmas, 1901 (The Christmas Review, 1901)

The gladdest time of all the year is with us again, and the hearts of the young and the old beat high in unison with the sentiments of the season. In the scramble for place and dollars, in the mad whirl of society, with its ambitions and jealousies, the world, by tacit consent, pauses for one day, throws by its garb of hypocrisy and dissimulation, and allows its better nature to dominate its action. We remember the poor, we feel less angry with our bitterest enemies, we speak in kinder tones to those around us, we draw the little ones closer to our hearts, and thus pay an instinctive tribute to that other Child, who was cradled in a manger so many Christmases ago.

The year that is about to close has been an eventful one in the world's history, and especially in the history of the British Empire. Its first month closed the earthly career of Queen Victoria - the beloved of her children - and saw the accession of King Edward to the throne of his fathers. Before three-quarters of the year had passed, the rulers of the United

States fell by the hand of an assassin his untimely death sending a shock thro the world.

A month later, Santos Dumont, the brilliant young Brazilian scientist, steered his balloon round the Eiffel Tower, thus practically overcoming the greatest difficulty in the way of successful aerial navigation. The Strait of Dover has been crossed by balloon, and now an attempt will be made to sail over the Mediterranean. There is even in contemplation an attempt to come across the Atlantic Ocean is one of Santos Dumont's air ships.

The crowning triumph of science was left for the last month of the first year of the new century - we refer to the discovery of Professor Marconi of the possibility of telegraphing across the Atlantic without wires. The world stands astounded at this discovery, and the possibilities that are opened up by it. There are upwards of three hundred million dollars invested in submarine cables of the world all of which property must become valueless in a few years if Professor Marconi's system can be utilized for commercial purposes.

In the month of October the heir-apparent to the British Empire visited us - the last call on the royal programme around the world. We received our distinguished visitors with enthusiastic loyalty, and convinced them that the oldest daughter of the household is, perhaps, the most warm-hearted of them all. During the coming summer our Premier will be amongst the guests to witness the coronation of the King.

The Duke's visit gave us two new Knights - Sir Robert Bond and Sir Joseph Little, two gentlemen worthy of the high honors bestowed upon them. It is rather significant that both of these gentlemen are bachelors - a fact that has been very much commented on by the fair daughters of the country.



The year has been a fairly prosperous one in Newfoundland. The fishery opened later than usual on the Newfoundland coast, but continued later. The fishery on the Labrador coast was much better than anticipated. Fall business has been good, and a general wave of prosperity contributes to a Bright Christmas and a Happy New Year.

### **Christmas a Mystery an excerpt (Commercial Annual, Christmas 1919)**

Nobody knows how Christmas originated, its origin, who first celebrated it, or when or where or how. Nor, of course, does anyone know that Christ was really born on December 25. The whole day is shrouded in mystery, it has simply been handed down to us as an arbitrary day on which to celebrate the birth of Christ - not the day of his birth - says the Ladies' Home Journal.

There are more Christmas days than we know of. December 6 is one; several countries still celebrate that date; January 6 is another; in the Far East that date is celebrated. Other small nations celebrate April 20, May 20, September 20 and March 21. It was Pope Julius who first fixed December 25, and that date the large part of the world celebrates.

In foreign countries where December 6 is celebrated, it is known as St. Nicholas Day, the real Christmas Day for the children. In the Netherlands it is universally celebrated as Christmas, December 25 being a church day. The day comes, of course, from the day on which the original Santa Claus is supposed to have passed away, December 6, 342. He was the Archbishop of Myra, in Lycia, and was always known as the friend of children. Saint Nicholas became in Dutch, Santa Klaas, and thence came Santa Claus.

England abolished Christmas once, in

1643, when Parliament did away with any celebration of the day. The King protested, the people stormed, but Parliament stood firm, and for twelve years there was no celebration of Christmas, and everyone who attempted to celebrate was arrested and fined. Massachusetts followed suit in 1659, and until 1681 Christmas was not recognized or permitted in the old Bay State.

### **The Christmas Stocking (Commercial Annual, Christmas 1919)**

From Italy comes the legend from which we are supposed to get the time-honored custom of hanging up the Christmas stocking. Good old St. Nicholas of Padua used to throw long knitted purses, tied at both ends, into the open windows of the very poor people. These purses were of yarn, and not unlike a footless stocking. Finally, it became the custom of the people to hang these long empty receptacles out of their windows on the night before Christmas, so that St. Nicholas could put a gift into them as he passed by. By and by, when coins became scarce, toys were put in for the children, and useful presents for the grown up people. In the North country, where it is rather chilly at Christmas time, the purses were hung on the mantelpiece, and it was believed that the good old Saint would come down the chimney and fill them. When the purses went out of use, stockings were substituted, and have been in use ever since.

---

## Health & Wellness

### Holiday Hazard Checklist

Lights, decorations and toys are a wonderful part of the holidays but as with most things, you want to make sure that every precaution is taken to ensure your grand-children and other members of your family are safe and happy over Christmas. In the frenzy of Christmas, safety sometimes gets lost. Below are a few safety related tips that are worth remembering not only for grandparents but for the parents as well. Pass them along! (From the American Academy of Pediatrics and the U.S. Consumer Product Safety Commission)

#### Safer Trees and Decorations

- When purchasing an artificial tree, look for the label “Fire Resistant.” Although this label does not mean the tree won’t catch fire, it does indicate the tree will resist burning and should extinguish quickly.
- When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- When setting up a tree at home, place it away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water. Place the tree out of the way of traffic and do not block doorways.
- Cut a few inches off the trunk of your tree to expose the fresh wood. This allows for better water absorption and will help to keep your tree from drying out and becoming a fire hazard.
- Use only noncombustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals. Leaded materials are hazardous if ingested by children.
- Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders and place candles out of children’s reach.
- Take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food, which may tempt a child to eat them.
- Wear gloves to avoid eye and skin irritation while decorating with spun glass “angel hair.” Follow container directions carefully to avoid lung irritation while decorating with artificial-snow sprays.

#### Bright Ideas for Lights

- Indoors or outside, always use lights that have been tested for safety by a recognized testing laboratory that indicates conformance with safety standards.
- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets.

- Use no more than three standard-size sets of lights per single extension cord.
- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
- Before using lights outdoors, check labels to be sure they have been certified for outdoor use.
- Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use insulated staples to hold strings in place, not nails or tacks, or run strings of lights through hooks (available at hardware stores).
- Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
- Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.

### **Friendlier Fireplaces**

- Use care with “fire salts,” which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.
- Do not burn wrapping papers in the fireplace. A flash fire may result, as wrappings ignite suddenly and burn intensely.
- Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area. Check to see that the flue is open.

### **Trouble-Free Toys**

- Before buying a toy or allowing your child to play with a toy that he has received as a gift, read the instructions carefully. If the toy is appropriate for your child, show him how to use it properly.
- Follow recommended age ranges on toy packages. Toys that are too advanced could pose a safety hazard for younger children.
- To prevent both burns and electrical shocks, don’t give young children (under age ten) a toy that must be plugged into an electrical outlet. Instead, buy toys that are battery-operated.
- Children under age three can choke on small parts contained in toys or games. Government regulations specify that toys for children under age three cannot have parts less than 1 1/4 inches in diameter and 2 1/4 inches long.
- Children under age 8 can choke or suffocate on uninflated or broken balloons. Remove strings and ribbons from toys before giving them to young children.
- Watch for pull toys with strings that are more than 12 inches in length. They could be a strangulation hazard for babies.

### **Outdoor Play**

- Make sure your child’s gloves and shoes stay dry. If either becomes wet, change your child into a dry pair.
- Sledding on or into the roadway is not a great idea. Look for shallow slopes that

are free of obstacles, such as trees and fences.

- Most skiing and skating injuries involve twists, sprains and strains. Prevent injuries by providing your child with competent instruction, proper equipment and appropriate supervision.

### Happy Visiting

- Clean up immediately after a holiday party. A toddler could rise early and choke on leftover food or come in contact with alcohol or tobacco.
- Remember that the homes you visit may not be childproofed. Keep an eye out for danger spots.
- Keep a laminated list with all of the important phone numbers you or a babysitter are likely to need in case of an emergency, including the police and fire departments.
- Traveling, visiting family members, getting presents, shopping, etc., can all increase your child's stress levels. Trying to stick to your child's usual routines, including sleep schedules and timing of naps, can help you and your child enjoy the holidays and reduce stress.

### Food Safety

- Bacteria are often present in raw foods. Fully cook meats and poultry, and thoroughly wash raw vegetables and fruits.
- Be sure to keep hot liquids and foods away from the edges of counters and tables, where they can be easily knocked over by a young child's exploring hands.

- Wash your hands frequently, and make sure your children do the same.
- Never put a spoon used to taste food back into food without washing it.
- Always keep raw foods and cooked foods separate, and use separate utensils when preparing them.
- Always thaw meat in the refrigerator, never on the counter-top.
- Foods that require refrigeration should never be left at room temperature for more than two hours.

### Everything You Wanted to Know About Safety and Turkeys

Sometime over the Christmas holidays we are probably going to enjoy a good old-fashioned turkey dinner with all the trimmings. From the Turkey Farmers of Canada, here are safety tips on how to safely thaw, cook, store and handle the humble turkey.

#### Thawing

The safest way to thaw frozen turkey is either in the refrigerator or in cold water. Never thaw your turkey at room temperature.

#### Refrigerator Method:

- This method of thawing a turkey is the safest, as it keeps the meat cold until it is completely defrosted.
- Place turkey on a tray on a bottom shelf in refrigerator.
- Allow 5 hours per pound (10 hours/kg).

**Cold Water Method:**

- Keep the turkey in its original wrapping.
- In a large container, cover the turkey completely with cold water.
- Change the water at least every hour.
- Allow 1 hour per pound (2 hours/kg).

Once thawed, keep your turkey refrigerated and cook within 48 hours.

Note: If purchasing a frozen, prestuffed turkey, **Do not thaw!!** Cook from frozen state and check product label for further instructions.

**Cooking Times & Temperatures****Whole Bird**

- Turkey Farmers of Canada recommends cooking a whole turkey to an internal temperature of 77°C(170°F) in the breast and 82°C(180°F) in the thigh.
- When roasting, any stuffing placed in the cavity of the bird should reach an internal temperature of at least 74°C(165°F).
- Let the bird stand for 15 to 20 minutes before carving.
- Cooking times are given in table 1.
- Cooking times may vary depending on:
  - The temperature of the bird going into the oven
  - The accuracy of the oven's thermostat
  - How many times the oven door is opened during roasting

- The size of the turkey in relation to the size of the oven

**Turkey Parts**

Cook breasts and thighs until the meat thermometer registers 74°C(165°F) . Cook ground turkey to an end-point temperature of 74°C(165°F) .

**Storing Turkey**

Processors' cooling and refrigeration methods may vary and extend the shelf life of some turkeys, therefore best-before dates on product packaging should be consulted to determine how long a fresh whole turkey can be safely stored in the refrigerator. If no best-before date is present, Health Canada recommends using fresh whole turkey stored in the refrigerator within 2-3 days of purchase or ask at the place of purchase.

Ground turkey can be stored according to the best-before date on-pack, or in the refrigerator for 1 day.

**Storing Frozen Turkey Meat**

Whole turkeys can be kept frozen for 1 year, parts for 6 months. Ground turkey can be kept in the freezer for 2-3 months.

Once thawed, treat previously frozen turkey as fresh turkey and do not refreeze until cooked.

**Storing Cooked Turkey**

Cooked turkey and cold cuts can be stored in a covered container, plastic bag or aluminum foil for up to 4 days in the refrigerator or up to 3 months in the freezer.

	Oven Roasting Times 160 °C(326 °F)		Barbeque Times Medium Heat
Weight	Stuffed	Unstuffed	Unstuffed
6-8 lbs (3-3.5 kg)	3-3 $\frac{1}{4}$ hrs	2 $\frac{1}{2}$ -2 $\frac{3}{4}$ hrs	1-1 $\frac{3}{4}$ hrs
8-10 lbs (3.5-4.5 kg)	3 $\frac{1}{4}$ -3 $\frac{1}{2}$ hrs	2 $\frac{3}{4}$ -3 hrs	1 $\frac{1}{4}$ -2 hrs
10-12 lbs (4.5-5.5 kg)	3 $\frac{1}{2}$ -3 $\frac{3}{4}$ hrs	3-3 $\frac{1}{4}$ hrs	1 $\frac{1}{2}$ -2 $\frac{1}{4}$ hrs
12-16 lbs (5.5-7 kg)	3 $\frac{3}{4}$ -4 hrs	3 $\frac{1}{4}$ -3 $\frac{1}{2}$ hrs	2-2 $\frac{3}{4}$ hrs
16-20 lbs (7-9 kg)	4 $\frac{1}{4}$ -4 $\frac{3}{4}$ hrs	3 $\frac{3}{4}$ -4 $\frac{1}{2}$ hrs	2 $\frac{1}{2}$ -3 $\frac{1}{4}$ hrs
20-24 lbs (9-11 kg)	4 $\frac{3}{4}$ -5 $\frac{1}{2}$ hrs	4-5 hours	3 $\frac{3}{4}$ -4 $\frac{1}{2}$ hrs

Table 1: Approximate Turkey Cooking Times *Cooking Times are for planning purposes only - always use a meat thermometer to determine doneness*

NOTE: After cooking, keep turkey hot (above 60 °C(140 °F) or refrigerate (below 40 °C(4 °F) ). **DO NOT LEAVE TURKEY AT ROOM TEMPERATURE FOR MORE THAN 2 HOURS!!!**

### Grade A vs Utility Turkeys

Turkeys are graded according to quality of appearance. Canada A turkeys are well shaped, meaty with even fat covering.

Canada Utility turkeys are birds with minor skin tears or one or more parts missing which in no way affects the quality. Use these turkeys for cutting up or when carving before serving.

There is no quality or taste difference between a Canada A grade turkey or Utility grade turkey.

All turkeys processed in a federally inspected plant bear a “Canada Approved” or “Canada” health inspection stamp. This stamp tells you that the product is safe to eat.

### Safe Food Handling

Food handling safety risks at home are more common than most people think. The four

easy lessons of *Clean, Separate, Cook and Chill* can help prevent harmful bacteria from making your family sick.

Bacteria are all around us. While most are harmless to humans (some are even beneficial), others can make you sick. Turkey Farmers of Canada is a proud founding member of the Canadian Partnership for Consumer Food Safety Education (CPCFSE), a national organization of public and private organizations committed to educating Canadians about the ease and importance of food safety in the home.

The Partnership advocates four simple practices for fighting foodborne bacteria and reducing the risk of becoming sick:

#### Clean

Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives and counter tops. Frequent cleaning can keep that from happening. Always wash hands with warm water and soap for 20 seconds before and after handling food.

#### Separate

Cross-contamination is how harmful bacteria spread. Keep raw meat, poultry, and seafood and their juices away from foods that won't be cooked.

#### Cook

Even for experienced cooks, the improper

heating and preparation of food means bacteria can survive. Use a food thermometer - you can't tell if food is cooked safely by how it looks.

**Chill**

Bacteria multiply fastest at temperatures between 4°C(40°F) and 60°C(140°F) , so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.



---

## NALCOR News

### 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. Amanda Singleton always comes through. Thanks again Amanda!

#### Mark Bradbury



Nov 24, 1986 - Hired as Assistant Corporate Controller  
Jan 1, 1997 - Appointed to position of Treasurer for Hydro Group of Companies  
early 1999 - Temporarily assigned to Labrador Hydro Project as Manager - Finance/Marketing  
Nov 8, 1999 - Appointed to position of Project Manager - Project Finance/Commercial  
Jan 1, 2001 - Appointed to Corporate Controller  
Mar 3, 2003 - Appointed to Director, Finance  
Oct 3, 2005 - Reassigned to Manager, Finance and Control

2006 - For some time filled in for VP, Finance and CFO  
Dec 21, 2006 - Corporate Controller and Treasurer  
Apr 23, 2007 - Corporate Treasurer and Risk  
May 2, 2011 - Appointed to GM, Finance  
Dec 31, 2012 - Retired

#### Gerard Byrde

Sep 23, 1976 - Hired as 'General Help' with the Staff House Catering Department in Churchill Falls  
Jun 9, 1981 - Appointed to position of Utility Man within Churchill Falls  
Oct 6, 1981 - Transferred to position of Grocery Clerk  
Feb 1989 - Accepted position as Janitor  
Mar 19, 1990 - Appointed to position of Utility Man  
Sep 30, 1994 - Appointed to position of Labourer  
Feb 4, 2002 - Appointed to position of Utility Worker  
Dec 31, 2012 - Retired

#### Valentine Corbett



Jun 17, 1985 - Hired as a Welder/Fitter (Mechanical Maintenance 'A')  
Returned during Summer Maintenance Programs until  
Mar 27, 1989 - Permanent appointment to Mechanical Maintenance 'A' with Holyrood Generating Station  
Oct 26, 2012 - Retired



**Fred Deir**

Aug 7, 1978 - Hired as Electrical Maintenance Man  
Jun 30, 1986 - Appointed to Production Foreman in Bishop's Falls with the Diesel Generation Department  
Jul 29, 1999 - Appointed to Generation Superintendent with Bishop's Falls Generation  
Oct 31, 2012 - Retired

**Dennis Morgan**

Oct 19, 1976 - Hired as a part-time Recreation Attendant in CF  
Jun 20, 1977 - Returned as a summer student with Recreation Department  
Jun 30, 1978 - Returned as a summer student  
Sep 11, 1978 - Accepted position as Bowling Alley Attendant  
May 29, 1979 - Accepted position as Utilityman with Special Projects  
Oct 8, 1979 - Part-time bowling alley attendant  
May 20, 1980 - Appointed to position of Utilityman  
Jun 25, 1980 - Accepted position as Bowling Alley Attendant  
Feb 2, 1981 - Accepted position as Recreation Attendant

Nov 12, 1990 - Appointed to position of Janitor with Town Services  
Mar 2, 1992 - Labourer with Town Services  
Dec 15, 1993 - Janitor  
Mar 28, 1994 - Appointed to Utilityperson  
May 15, 1995 - Appointed to Labourer  
Sep 23, 1996 - Appointed to Recreation Attendant  
Mar 27, 2000 - Labourer  
Jan 17, 2002 - Warehouse Worker  
Dec 31, 2012 - Retired

**Bill Walker**

Sep 4, 1984 - Hired as a Programmer/Trainee with Technical Systems Section of Management Information Systems Department  
Mar 4, 1985 - Became a Programmer  
Apr 7, 1986 - Promoted to Programmer/Analyst  
May 15, 1989 - Appointed to Systems Analyst - Micro Applications with Information Support Systems  
Jun 26, 2000 - Software Specialist - Enterprise Applications with Information Systems and Telecommunications  
Dec 31, 2012 - Retired

---

## Smiles & Laughter

### Christmas Humor

Below are some articles that are on the lighter side of Christmas. I hope you enjoy a chuckle or two!

#### A Microsoft Christmas

'Twas the night before Christmas, when all through the house  
Not a creature was stirring, except Papa's mouse.  
The computer was humming, the icons were hopping,  
As Papa did last minute Internet shopping.  
The stockings were hung by the modem with care  
In hope that St. Nicholas would bring new software.  
The children were nestled all snug in their beds,  
While visions of computer games danced in their heads.  
PageMaker for Billy, and Quicken for Dan,  
And Carmen Sandiego for Pamela Ann.  
The letters to Santa had been sent out by Mom,  
To [santaclaus@toyshop.northpole.com](mailto:santaclaus@toyshop.northpole.com) -  
Which has now been re-routed to Washington State  
Because Santa's workshop has been bought by Bill Gates.  
All the elves and reindeer have had to skedaddle  
To flashy new quarters in suburban Seattle.  
After centuries of a life that was simple and spare,  
St. Nicholas is suddenly a new billionaire,  
With a shiny red Porsche in the place of his sleigh,  
And a house on Lake Washington that's just down the way  
From where Bill has his mansion. The old fellow preens  
In black Gucci boots and red Calvin Klein jeans.  
The elves have stock options and desks with a view,  
Where they write computer code for Johnny and Sue.  
No more dolls or tin soldiers or little toy drums  
Will be under the tree, only compact disk ROMS  
With the Microsoft label. So spin up your drive,  
From now on Christmas runs only on Win95.  
More rapid than eagles the competitors came,  
And Bill whistled, and shouted, and called them by name.  
"Now, ADOBE! Now, CLARIS! Now, INTUIT! too,  
Now, APPLE! and NETSCAPE! you are all of you through,  
It is Microsoft's SANTA that the kids can't resist,

It's the ultimate software with a traditional twist -  
Recommended by no less than the jolly old elf,  
And on the package, a picture of Santa himself.  
Get 'em young, keep 'em long, is Microsoft's scheme,  
And a merger with Santa is a marketer's dream.  
To the top of the NASDAQ! to the top of the Dow!  
Now dash away! dash away! dash away - wow!"  
And Mama in her 'kerchief and I in my cap,  
Had just settled down for a long winter's nap,  
When out on the lawn there arose such a clatter,  
The whir and the hum of our satellite platter,  
As it turned toward that new Christmas star in the sky,  
The SANTALITE owned by the Microsoft guy.  
As I sprang from my bed and was turning around,  
My computer turned on with a Jingle-Bells sound.  
And there on the screen was a smiling Bill Gates  
Next to jolly old Santa, two arm-in-arm mates.  
And I heard them exclaim in voice so bright,  
"Have a Microsoft Christmas, and to all a good night."



## Buy Your Own Gift

Last Christmas, grandpa was feeling his age, and found that shopping for Christmas gifts had become too difficult. So he decided to send checks to everyone instead.

In each card he wrote, "Buy your own present!" and mailed them early.

He enjoyed the usual flurry of family festivities, and it was only after the holiday that he noticed that he had received very few cards in return. Puzzled over this, he went into his study, intending to write a couple of his relatives and ask what had happened. It was then, as he cleared off his cluttered desk that he got his answer. Under a stack of papers, he was horrified to find the gift checks which he had forgotten to enclose with the cards!

## What To Give An Optimist And A Pessimist

A family had twin boys whose only resemblance to each other was their looks. If one felt it was too hot, the other thought it was too cold. If one said the TV was too loud, the other claimed the volume needed to be turned up. Opposite in every way, one was an eternal optimist, the other a doom and gloom pessimist. Just to see what would happen, at Christmas time their father loaded the pessimist's room with every imaginable toy and game. The optimist's room he loaded with horse manure.

That night the father passed by the pessimist's room and found him sitting amid his new gifts crying bitterly.

"Why are you crying?" the father asked.

"Because my friends will be jealous, I'll have to read all these instructions before I can do anything with this stuff, I'll constantly need batteries, and my toys will eventually get broken." answered the pessimist twin.

Passing the optimist twin's room, the father found him dancing for joy in the pile of manure. "What are you so happy about?" he asked.

To which his optimist twin replied, "There's got to be a pony in here somewhere!"

## A Letter To Santa From Mom

Dear Santa,

I've been a good mom all year. I've fed, cleaned and cuddled my two children on demand, visited the doctor's office more than my doctor, sold sixty-two cases of candy bars to raise money to plant a shade tree on the school playground and figured out how to attach nine patches onto my daughter's girl scout sash with staples and a glue gun.

I was hoping you could spread my list out over several Christmases, since I had to write this letter with my son's red crayon, on the back of a receipt in the laundry room between cycles, and who knows when I'll find anymore free time in the next 18 years.

Here are my Christmas wishes:

I'd like a pair of legs that don't ache after a day of chasing kids (in any color, except purple, which I already have) and arms that don't flap in the breeze but are strong enough to carry a screaming toddler out of the candy aisle in the grocery store. I'd also like a waist, since I lost mine somewhere in the seventh month of my last pregnancy. If you're hauling big ticket items this year I'd like a car with fingerprint resistant windows and a radio that only plays adult music; a television that doesn't broadcast any programs containing talking animals; and a refrigerator with a secret compartment behind the crisper where I can hide to talk on the phone.

On the practical side, I could use a talking daughter doll that says, "Yes, Mommy"

to boost my parental confidence, along with one potty-trained toddler, two kids who don't fight and three pairs of jeans that will zip all the way up without the use of power tools. I could also use a recording of Tibetan monks chanting, "Don't eat in the living room" and "Take your hands off your brother," because my voice seems to be just out of my children's hearing range and can only be heard by the dog. And please don't forget the Playdoh Travel Pack, the hottest stocking stuffer this year for mothers of preschoolers. It comes in three fluorescent colors and is guaranteed to crumble on any carpet making the in-laws' house seem just like mine. If it's too late to find any of these products, I'd settle for enough time to brush my teeth and comb my hair in the same morning, or the luxury of eating food warmer than room temperature without it being served in a Styrofoam container. If you don't mind I could also use a few Christmas miracles to brighten the holiday season. Would it be too much trouble to declare ketchup a vegetable? It will clear my conscience immensely. It would be helpful if you could coerce my children to help around the house without demanding payment as if they were the bosses of an organized crime family; or if my toddler didn't look so cute sneaking downstairs to eat contraband ice cream in his pajamas at midnight.

Well, Santa, the buzzer on the dryer is ringing and my son saw my feet under the laundry room door. I think he wants his crayon back. Have a safe trip and remember to leave your wet boots by the chimney and come in and dry off by the fire so you don't catch a cold. Help yourself to cookies on the table but don't eat too many or leave crumbs on the carpet.

Yours Always...Mom.

P.S. - One more thing...you can cancel all my

requests if you can keep my children young enough to believe in Santa.



---

## **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 722-6471  
Vice President Rami Wadhwa 753-4757  
Ex Officio Reg White 368-5200  
Past President Dennis Jones 368-2351  
Secretary Treasurer Vern Penney 745-0705  
Silver Lights Editor Janet Calver 745-1343  
Silver Lights Fax: 737-1231  
Silver Lights Email: [silverlights@nlh.nl.ca](mailto:silverlights@nlh.nl.ca)