



## SILVER LIGHTS CLUB

NEWFOUNDLAND AND LABRADOR HYDRO  
A Nalcor Energy Company

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### President's Message

*Gerry Bowers*

What a summer it has been, and this is not a question. After Labour Day it was pretty good too. That's when our Silver Lights' fall social took place with a trip to Tuckamore Country Inn in Main Brook on the Northern Peninsula. It was great to meet some of our members who reside off the Avalon. Enough said here...check out the pictures later in this newsletter.

Do you get amazed and disgusted by the amount of garbage you see on the side of our highways? In St. John's you will have a chance to fight back for at least two hours by participating in the Team Gushue Highway cleanup in October. Drop us an e-mail and we will add you to the crew. The start time is now an hour later so no more excuses. This is open to all employees in Hydro Place not just retirees or Silver Lights members.

The Christmas float construction is underway. The club now has a trailer dedicated for our use. Our thanks go to Jeff Hiscock in Bishop's Falls for sourcing it, Dawn Dalley in Corporate Relations for adopting it into her accounting code structure and Terry LeDrew in Holyrood for providing a home for it in the off season. Cindy Morgan will be coordinating volunteer participants - children who want to ride on the float and parents who will act as safety walkers for the float during the parades. Cindy may be reached at 229-2189 or by email at CMorgan@nlh.nl.ca. This year's theme is Sesame Street and costumes will be provided.

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

Reg White and I recently attended a convention on your behalf that defines financial security, social well being, and challenges in retirement. I'll outline the topics in more detail later. Some Silver Lights members are already members of this association too. However, none attended. I am referring to the NLPSPA (Newfoundland and Labrador Public Sector Pensioner's Association) which held its AGM in Gander. The theme was strength in unity. (or no unity no strength)

Do you have time to kill? Are you bored? Becoming a couch potato? Do you need some stimulation? Need to get out of the house? Want to make a positive contribution in your community? There is a solution; Make your mark and become an executive member of your Silver Lights Club. Openings will be available in November since our two year term will expire then. Only those interested in participating with a bunch of energetic, fun loving retirees are asked to notify the Silver Lights' office.

### Editor's Message

*Janet Calver*

What a beautiful summer it was! Accord-

ing to Environment Canada (and Ryan Snodden), this was the best one in most people's lifetime. Unlike last year when we had to coax the vegetables and flowers to even poke their heads up through the ground, this year everything went nuts! Ever since the beginning of July, I've been making jams, jellies and pickles or blanching and freezing vegetables. Most days, our kitchen resembles a war zone with berries and/or vegetables scattered around in various stages of cleaning, along with bottles, covers, rims, canning utensils and boilers. But it's all fun and there's no denying the fact that what we grow in our garden tastes better than anything we buy at the grocery store.

Even though our garden takes up a tremendous amount of our time during the summer, we did manage a few days of R&R. Besides our Silver Lights' trip to Main Brook and Tuckamore Lodge (see inside for details and pictures) we were fortunate enough to spend some time around Lewisporte and Twillingate. There are so many communities to explore along the way and each one has its own bit of history and breath-taking scenery. One of the highlights of our trip was the Boyd's Cove Beothuk Interpretation Centre. This is an amazing site and you can easily spend a couple of hours exploring the exhibits, artifacts, trails and the actual dig site.

The Silver Lights' trip to Main Brook gave us the excuse to explore that part of the province. Even though the stay was relatively short, we did manage to get to L'Anse Aux Meadows and check out the Grenfell Interpretation Centre in St. Anthony. As usual, we ran out of time but we look for-

ward to going back that way again and this time making our way to Conche to see the French Shore tapestry. Patricia and Dennis Jones, and Stella and George Fowler did get to see it and they said it was absolutely beautiful. So much to see, so little time!! Gerry and Heather Bowers, along with Linda and Vern Penny, traveled on to Labrador after the Main Brook visit. I know they were really looking forward to it and I can't wait to hear all about their experiences including coming back home in the middle of hurricane Leslie!

Speaking of Leslie, I hope everyone got through our first hurricane of the year without too much damage. We were lucky. We lost a 30-year old Austrian pine tree but it came down gently and was far away from the house and fence.

Enough of my idle chatter... I should just invite you to take a few minutes and have a read through the Fall newsletter. We have a great submission from Ken Ball - simply loaded with news!! Thanks again Ken! We have lots of pictures from the Main Brook trip and we hope you recognize some of your former co-workers. There are notices about upcoming Silver Lights' events including the Santa Claus parade, the Team Gushue Highway cleanup, and computer sales. Check out the notice about the Ladies Luncheon Group. We welcome our latest 25-Year Club members along with new retirees. Congratulations everyone! With Leslie still fresh in our minds, there is an article on Storm Preparedness. Our usual contributors are here again. Chris Schwartz from Scotia McLeod talks about "Seven Keys to Successful Retirement Planning", and Brian Gamberg, our technol-

ogy guru, discusses E-Books (who doesn't have one of these around the house now?). We also have our regular listing of East Coast Trail hikes and other events happening around the province. We have some tips and guidelines for physical activity for the older adult(!) and we end off with some trivia.

Once again, many thanks to the Executive Team - Gerry, Vern, Dennis and Reg - and to our contributors. It would be near impossible to get the newsletter out without you!

We do have an update for our readers who receive an electronic version of the newsletter. In addition to the regular pdf file ,we will now be providing an epub file for those of you who would like to read the newsletter on your iPad or eReader. You'll find instructions in Brian's technology column. Please let us know how this works out for you.

Enjoy!

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## SilverLights News

### Out and About with Ken Ball

Our beautiful summer is winding down according to the calendar, if not by the temperature.

I can only recall one or two foggy days in Mount Pearl this summer.

After weeks of sunny weather I woke up one day and looked out at a gray foggy morning. My mood changed immediately. I thought of Stu.

Like all my summers, I plan for a great time but never follow through. A few weeks ago I did go out to The Shriner's Park at Eastport where we spent a week with Bob Hobbs. Bob has recently retired from Hydro where he was the Gas Turbine Operator at Hardwoods. Before taking that position he worked as an Electrician at Holyrood Generation Plant.

Bob made sure that we saw this area by driving us through all the settlements. What a great part of the Island!

Dave Reeves and Gerry Noseworthy were parked across the way from Bob. I can really understand why someone would want to spend their summers there.

I did have some luck in spotting some of our Retired Friends over the Summer.

I saw Claude Quinton at Swiss Chalet. Claude was Linesman with Harry Elliott's Crew before he became the Distribution Supervisor for Central. Claude and I were both members of St Jame's Church in Botwood so we had lots of news to catch up on. Claude

looks fit as a fiddle and is enjoying his retirement.

I ran into Alvin Chubbs at Winners in the Avalon Mall (here we go again. Can you see the pattern? Eating at restaurants and visiting Malls - ah my son this is what I'm becoming!) Anyway I'm getting off track. Alvin was one of our original Operators at Bay d'Espoir. He also worked in Churchill Falls. He is still involved with moose hunting on the Island and fishing in Labrador. This style of life obviously agrees with him.

I was sitting in my car the other day at Stavanger Drive waiting for the "Boss" to do her shopping when I spotted another retiree, John Hobbs, heading across the parking lot. I shouted to him and he came over to where I was parked. John looks great but like most of us he was getting his "pills" from the drug store. John is doing fine but he really summed up his physical status by saying "I'm turning into my Father" ... Ah, John my son aren't we all? John worked with telecontrol at Bay d'Espoir, Bishop's Falls and St. John's. John is the brother of Bob and they are sons of our former Chairman, George P. Hobbs.

I saw Ed Legge at Home Hardware. Ed worked with Project Services in St. John's. Ed looks great but is having problems with his back, and according to his Doctor this is something he will have to live with. An operation would not guarantee positive results. Ed and his friends meet every morning at MacDonalds on Commonwealth Avenue for coffee and a yarn. Ed lives in St. John's now, but spends most of his winters in Florida. I was talking to Ed during the Recreation Food

Fishery and he was telling me they were out one day and got their 15 fish which produced 43 pounds of fillet; not too bad for size. Ed gets his moose license but takes it easy with the hunting.

This summer one of our retirees showed up at our June Breakfast. Our old friend, Wayne Howell. It was good for him to drop by. We enjoyed his visit.

Wayne was in on a baby-sitting assignment with his grandchildren and took time out to see a few of his friends and associates and of course the breakfast never turned Wayne off.

I arranged to meet with him at home for an update on his activities since he retired from Hydro.

When you get in a yarn with Wayne it's always entertaining because it brings back so many memories.

I did our session as an interview so I hope I've quoted Wayne correctly. When you talk to him there are always a few things you can't put in print.

KEN: Wayne, when did you join the Company?

WAYNE: 1970. June 15th

KEN: Do you remember who did the interview?

WAYNE: Bill Dyer and Lou Crummey interviewed me. I left Corner Brook and went over to Bishop's Falls. The first question Bill asked me was did I drink. I wished he had asked me something technical because I figured if I answered honestly I wouldn't get the job. Not that I drank that much but I did enjoy a party. I was thinking, if I tell a lie he won't believe me so I said yes sir I do have a drink. Mr. Dyer said "Good, good good, I

figure you wouldn't get along with our crowd if you didn't take a drop."

KEN: Good for him.

WAYNE: I figured this was the best way, tell the truth and take my chances.

KEN: Where did you first work with the Power Commission?

WAYNE: I started off with the Diesel Group in Deer Lake. The old PDD. We had a Quanset Hut up in the back of Deer Lake. Max Wiseman was there at that time.

KEN: Who were your co-workers?

WAYNE: Max Wiseman was the Foreman and Rufus Baker, Gerry Murphy and Bill Houlihan made up the Crew.

KEN: What areas did you cover from Deer Lake?

WAYNE: We covered the Baie Verte Peninsula, Jacksons Arm, Sops Arm, Hampden and White Bay but part of the Northern Peninsula went on the Hydro System in '69. I worked with Checo for a while on the line construction.

KEN: Where did you go from Deer Lake?

WAYNE: We were only in Deer Lake a year then we moved to Bishop's Falls. That was the same time the moved the diesel boys up from Bay d'Espoir.

KEN: What was your job in Bishop's Falls?

WAYNE: I went with the PDD as an Electrician. This lasted a year.

KEN: What areas did you maintain there?

WAYNE: Basically the same areas when we worked in Deer Lake. But this area lost a lot of Plants when the Northern Peninsula went on the grid in '69. When he hired me, Bill Dyer said the most we would be in Deer Lake was one year.

KEN: Who was your Supervisor in Bishop's Falls?

WAYNE: Max Wiseman.

KEN: Who were your co-workers?

WAYNE: We had the same crew; Rufus Baker, Gerry Murphy and Bill Houlihan - but we were in the Diesel Shop with Ross Head, Derm Osmond, Everett Langdon and Clyde (Twiggy) Rodgers. Later Junior Compden moved in.

KEN: How long were you at this job?

WAYNE: 4 Years. There were all kinds of changes taking place - brought Bren Fitzgerald up from Bay d'Espoir and Max quit as Foreman and transferred to Stephenville as a Mechanic. When Max went we ended up working for Bren. We were on the road all the time, sometimes 7 day a week. This was before the Unions.

KEN: Weren't you a Shop Steward in the early days?

WAYNE: Yes. Well after 4 years in the Diesel end I went with Terminals. Don (Sonny) Locke was Supervisor of Terminals and Harold Bartlett was foreman.

KEN: Who was the Manager of Bishop's Falls in those days?

WAYNE: Ed Rendall was in charge, Jim Long was Superintendent of P&C and Gunter Dlugosch was Superintendent of T&T. When Ed and Jim moved to St. John's, Bob Whitehorne became Manager at Bishop's and Lloyd Fudge was made Superintendent of P&C. Gunter transferred to Stephenville as Area Manager and Gerry Marks became Superintendent of T&T. I was with Terminals when we formed a union and I became Shop Steward. I was the first Shop Steward in Bishop's.

KEN: What was your next position?

WAYNE: I went with Safety & Training when you went to the Warehouse. The first job I had down there was Safety & Training Officer. Horace Pye was Superintendent of S&T and wanted to put the Technical part in the Training. Bob Edison got my job twice. He got the job when I moved from Diesel Maintenance and got the Terminals job when I transferred to S&T.

KEN: Who were your co-workers at S&T?

WAYNE: Horace Pye was Manager, Lloyd Cook was Safety Inspector. Lloyd Gillingham came with S&T after he dislocated his shoulder with the Line Crew and wasn't allowed to climb anymore. Donna Hynes was the Secretary.

KEN: What was your next job progression?

WAYNE: They split the S&T and I became full time Technical Training Officer until my retirement. We started in-house training programs. There were times when we had 40-45 apprentices in all the trades.

KEN: If there were some *Characters* you met, who would they be?

WAYNE: There were some characters in every crew. Rufus Baker, Gerry Pike, Kevin McCarthy and Bob Diamond in Diesel. Harold Bartlett in Terminals. Harry Elliott, Foreman of Transmission Lines. We had them everywhere. Another one comes to mind was John Elliott in Whitbourne and Dave Abbott in the Warehouse. Many a time we started on the road with a few bottles of Dave's homemade wine.

KEN: Is there one above all the rest?

WAYNE: Harold Bartlett. He had an opinion on everything that went on. Harold

would be contrary at 4 o'clock every afternoon. Harold would get his lunch box and eat an apple. Harold's explanation for this was if he ate an apple on an empty stomach he would end up having a bad stomach and be contrary when he got home. On the personal side, Joyce, Harold's wife, babysat our young son. Jason was about 1 1/2 years old. The first thing he did when Harold brought home his lunchbox was to scatter the contents over the floor,. Harold's approach to this was to let out a roar, "Take that G.D youngster home."

KEN: Wayne you must have a story you can tell us after your colorful career with Hydro?

WAYNE: One of the good ones happened when I was hired. I went to Bishop's for the interview in the middle of the week. It was the 15th of the month. Mr. Dyer told me that by Friday I would hear because they wanted to fill the job as soon as possible. There were a couple of other candidates to interview. Mr. Dyer said to me, "I and Crummey will be discussing this and letting the lucky person know Friday." Anyway Friday came and went. No call. I waited until Wednesday. No call. The Mill called for me to go to work for the summer. I really didn't want to go to work there but I had to do something. On Wednesday or Thursday I called Bishop's and talked to Mr. Dyer. He said, "Aren't you up to Deer Lake working" I said "No sir. I haven't heard from anyone at the Power Commission." "Judas, Judas, Judas. I told them to hire you before you were off the site and cancelled the other interviews because you were selected. So you are supposed

to be working. Go up to see Max Wiseman." Anyway when I got paid I was paid from the 15th but I never worked till a week later. So the first thing I did with Hydro was get a week's paid vacation! I've never been able to knock Hydro since.

KEN: What's your opinion of the Power Commission/ Hydro?

WAYNE: Regarding the people you worked for, you were pushed at times but not in a negative way. If the power was off you did what you could to restore it. Our job involved travel by road, boat, helicopter, planes or sometimes fishing boats. Our fleet vehicles weren't much. One of the first fights we had as unionized employees was to get radios for the vehicles. When you worked you worked and when you met another Crew on the road, you partied when you went back to the Hotel. Everyone from St. John's was looked on as a boss. Politicians were called if for any reason the power was off, but that was a fact of life and you dealt with it. Many of the requests for service came from Taxi Drivers dropping off pieces of paper from the Plant Operator.

KEN: Where is home now?

WAYNE: We live in Corner Brook but still have the cabin at Crooked Lake. I was 18 years in Bishop's Falls and 18 years in St. John's.

KEN: What are you doing since you retired?

WAYNE: Teaching part time in Academy Canada in the Trades Training Program - Apprentice Electrical. I'm involved with my Church and the Masonic Lodge. I spend some time moose hunting, rabbit catching and fishing.

KEN: Any major plans for the future?

WAYNE: Live and enjoy life as long as I can but I don't know if I'm doing a good job of that considering I'm on needles for Diabetes.

I recently saw another retiree/friend at our most popular store, WalMart. Tom Dunne worked in Project Services Section in St. John's.

It is interesting to note that Tom was hired for the Lower Churchill Project.

Somebody must have been dragging their heels.

Tom is enjoying life and goes on an annual cruise around the Caribbean or Mediterranean. He also takes a couple of trips a year to visit his son and grandchild in Ottawa.

I like Tom's attitude about life. He said "As long as my hips don't give out and my cheque is in the mail every two weeks, and there's no sickness, life is good."

That's a fantastic attitude Tom 'ol Man.

## **Remembering**

This summer one of our Bay d'Espoir friends and Hydro Retiree, Uncle George Sutton, passed away. He was 25 days shy of his 98th birthday.

Uncle George was half of the cleaning maintenance Staff at the Generating Plant and along with Lloyd Cooper, they were an integral part of that Operation. He was a friend of all the staff and loved his job. He once said that "It was the best job he ever had'."

He took pride in his work and they kept a spotless Plant. You would not find a spot of grease to slip on or garbage to trip over after Uncle George and Lloyd did their clean-up.

He was a personal friend and I'll remember him and the good laughs we had whenever we met.

We said good-bye to another Hydro Employee recently when Max Piercey, a Buyer in St. John's, passed away after an unexpected relapse. This was a shock to a lot of his Hydro friends and fellow retirees because he has been doing great all along. Max was a part of the coffee crowd at MacDonalds. Ed Legge will miss his company at these sessions.

## **News and Nonsense**

I talked to Herb Dowden recently. We only had a minute because he was busy. Herb has been RVing all summer with an organized RV Group. He looks tanned, rested and rarin' to go. Way to go Herb enjoy your summers.

I saw John Butler at the Avalon Mall this week but he didn't see me and because John was heading for food I thought it best not to interrupt him.

I'm starting to run out of ideas (I know most of you are saying good, it's about time you quit writing your crap.). I need your help. Do you have any stories about your experiences in Hydro or during your retirement? We would love to hear from you. Maybe you know of some retiree who has passed on and would like for their Hydro friends to know about. If so, please let Janet or myself know. Believe it or not retirees are very interested in what's happening in your



life, so lets keep in touch.

Old age is like the gray fog of Hr. Buffett - it closes in on you.

### **Signs of Growing Old**

This year on 2 occasions I've shown up at the Doctor's office only to be told your appointment is tomorrow.

When I go to the Dentist I have to take 4 antibiotic capsules because I have a mechanical heart valve. Last appointment day I got up and took my pills and trotted off to the dentist only to be told your appointment is next week. What a waste of pills.

During my last visit to the barber he begin trimming of all things, the tops of my ears! Jeez, I'm turning into a Lynx.

Not too long ago I went grocery shopping; picked up my groceries and checked it through. I reached for my wallet to pay only to discover my wallet was home on the dresser. Embarrassing to say the least.

Last year I went to see my kidney doctor (yes I got them for all parts of me) and as he was examining me he noticed my chest zipper. "Oh" he remarked "You've had heart surgery. Where did you have the operation?" Without thinking I replied, "The Arts and Culture Centre." "Really!" he said. "They don't usually do surgery there." Then I recovered my senses. "No Doctor, at the Health Sciences." Through his burst of laughter he said "I kind of figured that" His nurse told me later that it was the first time she had seen him laugh in years. He's very stern and professional.

Remember this is not for laughing at - you could be like this yourself in the near future if you are not already there!

### **Tuckamore Lodge Trip**

On September 5 - 7, Silver Lights' members got together for a fantastic stay at Main Brook's Tuckamore Lodge. Billed as a wilderness resort, Tuckamore Lodge certainly lived up to everyone's expectations. The Lodge itself is located close to Main Brook on the east part of the Northern Peninsula. It is located on Tuckamore Pond and is completely surrounded by forest. Wildlife abounds and many of us saw moose, bears and ospreys up close!

Many of the "townies" that went, took advantage of the fact that we were travelling to the Great Northern Peninsula and added on another few days coming and going to take in the sites along the way. I'm always amazed at how vast our Province is and how the terrain changes from the east coast with its often stark rock formations, through central Newfoundland with its beautiful corridors of deciduous trees along the TCH, to the west coast with its breathtaking Humber River and then on up the Great Northern Peninsula with the magnificent Gros Morne National Park. As we traveled up the Peninsula, the majesty of the Tablelands was replaced by a breath taking coastline. We got a deeper appreciation of the part the ocean plays in the communities along this coast as we noticed the tuckamore hugging the coast-

line for dear life and further on, the hundreds if not thousands, of lobster pots dotting the sides of the roadway. The other thing we noticed were the number of log piles along the way. Someone has been doing a lot of work over the past few months! (No doubt, getting ready for those cold, blustery winter days ahead!) You certainly get an appreciation for the part nature plays in the lives of our people when you drive along the coastline. And finally, being want-to-be-gardeners, we couldn't help admire the countless road-side gardens along the way with the odd scarecrow to warn off birds or moose?? The main crop seemed to be potatoes but there were some gardens that boasted a wide variety of vegetables. All in all, the drive, both coming and going, was very enjoyable. The weather cooperated and we made sure we stopped every now and then to get out and explore a little hike or interesting trail. This trip confirmed that our Province has to be one of the most beautiful regions to explore.

Our happy little group of Silver Lighters included: Heather and Gerry Bowers, Linda and Vern Penny, Phyllis and Reg White, Patricia and Dennis Jones, Lynn and Bob Lovett, Phyllis and Sam Spence, Stella and George Fowler, Ida and Fred Deir, Judy and Calvin Bailey, and my husband, Brian Gamberg and me.

Once we all arrived it didn't take long to get settled away in our rooms. Then we had to meet the staff and owner/operator, Barb Genge (Barb turned out to be a great friend of Stella's from year's ago. They made up for lost time!). The staff were fantastic. They made us feel right at home! It didn't

take long to realize that Tuckamore Lodge was not your typical lodge. It could have been an art gallery. There were numerous works of art everywhere you looked - paintings, carvings, sculptures, etchings, artifacts, rare books, etc. - all there for us to enjoy. It was obvious that the Lodge supported local heritage and business. (Black Tickle jams, jellies and sauces, from Griquet, were proudly served at the breakfast table!)

Around dinner time, people started drifting toward the common room for an informal "meet-and-greet" of new friends and old co-workers. How good to see everyone! It wasn't long before the inviting aromas of dinner had us heading towards the dining area. What a delicious meal - especially welcome after a long day of driving. Later that evening, our group gathered in the common room again for songs and recitations. With guitar and accordion in hand, George and Stella provided some beautiful renditions of well known songs and ballads. George played and sang some songs that he wrote including a very special one influenced by their grandchild. Stella worked her magic with her fine dancing - a pure delight to watch! Who could forget Reg playing the spoons; such hidden talents! (Gerry didn't do so badly with the spoons either!). Interspersed with the songs and dance, Calvin provided some beautiful recitations that had us wanting more. What a wonderful evening!

The next day after a sumptuous breakfast, we all headed off in different directions to explore. With so much to see in this area and so little time in which to do so, we knew we were going to have another long day. Some

headed toward L'Anse aux Meadows, some to St. Anthony and the Grenfell Mission headquarters, others to Raleigh and the historic fishing village there. While some of our group decided to explore Roddickton and the underground Atlantic Salmon river caves found there, others traveled to Conche to view the famous Conche tapestry that depicts the history of the French Shore through embroidery. There is no way to see everything in one day!

After an exciting day of sightseeing, it was back to the Lodge. By the time we met up with everyone and exchanged details of where we had gone and what we had seen/done, dinner was on the table! As we were finishing off our meal, one of the staff pointed to the window and said that we had "visitors". Sure enough, when we looked out the window, there around the fire-pit was a moose cow and her calf, cheerfully munching away on the bushes! This was a picture-taking-opportunity for sure.

As the evening wore on, the conversation became more reflective as we remembered good times and friends from earlier days. George, Stella and Calvin once again entertained us with song, dance and story-telling. What a treat!

All too soon, our couple of days at Tuckamore Lodge were over and it was time to pack up and move on; some to return home, others to continue their vacation (Burgoo, Labrador, Cormack, Terra Nova, Steady Brook, etc.)

Many thanks to everyone who helped make this trip possible, including the Silver Lights' executive, and the staff and owners of Tuckamore Lodge. To everyone on the trip, it was

wonderful to meet you and share some time and laughter. We hope to see you again next year!

Below are just some of the pictures from our Tuckamore Lodge trip. We hope you enjoy them!



Looking Forward to Dinner: Dennis, Ida and Fred Deir



Yummy Aromas From the Kitchen: Phyllis White, Vern and Linda Penny



Meeting New Friends: Phyllis and Sam  
Spence



Patricia Jones at the Head of the Table



Salmon Dinner!



Catching up on the News: Lynn and Bob  
Lovett



Enjoying Dinner: Phyllis and Sam Spence



Dinner Conversation: Gerry and Heather Bowers



Sharing a Laugh: Calvin and Judy Bailey



Smiles All Around: Stella and George Fowler





Reg and Sam Deep in Conversation with  
Vern in the Background



Relaxing After Dinner: Phyllis and Sam



Fred and Bob and a Nice Picture of  
Gerry's Elbow!



Nice Picture of Judy



Another Great Picture of Ida



Three Friends: Cindy, Linda and Heather



Enjoying the Music: Fred, Ida and Judy



George and Stella with Brian enjoying the music and singing



Toe-Tapping Music: Vern, Dennis and Patricia



With Good Friends: Brian, Janet and  
Phyllis



Reg and Phyllis: Is Reg Playing the  
Spoons?



Calvin Presents a Recitation



Songs From the Heart: George and Stella





Calvin Keeps us Enthralled



George Takes a Turn with the Accordion.  
Stella is Backup



Enjoying the Evening: Lynn and Bob



Sam Reminiscing



Stella Steps Things up a Bit



Now Gerry has the Spoons



Lynn Enjoying the Entertainment



George with his Accordion



Lynn and Bob Taking it Easy



Stella with Barb Genge - School Mates



Stella Shows us How's it's Done



Stella Dances for an Appreciative Audience



Mounted Cariboo Head - Tuckamore Lodge



Moose Right Outside the Lodge - Too Late for Dinner!



Mounted Polar Bear Skin - Tuckamore Lodge





George Strummin' on the Guitar



Linda, Cindy and Fred - Who Owns the Socks?



Vern and Gerry Enjoying the Music



Patricia Enjoying the Music and Dancing



Heather with a Beautiful Smile



A Closer View



An Oprey's Nest Near the St. Anthony  
Airport



What a Beautiful Sight!

Finally, on our drive along the Northern Peninsula highway, we caught sight of this sign in a number of places. We thought for a moment that we had our own private parking spot on the highway!



New Nalcor Sign on the Highway



A close Up of the Sign

## 25 Year Club

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

Employees for the third quarter of 2012 are:

- Rick Smith

- Terrence (Terry) D. Humphries
- Wayne Rice
- Terry Beaton
- Derrick Hancock
- James Hoskins
- Danny Kearley
- Rex Whalen
- Louis Willcott
- Deborah Ryan

## 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.*

## Upcoming Events

### Team Gushue Highway Cleanup

Saturday, October 27, 2012 9:00 AM  
(weather permitting)

Volunteers are needed! The highway cleanup takes a couple of hours in the morning (usually from 9:00 - 12:00 PM). People are asked to meet at Hydro Place by 9:00 AM where you will review the safety rules and receive an arsenal of cleanup supplies. Transportation to and from the highway is provided as are the cleanup supplies. Did we mention that lunch is also included? You do not need to be a Silver Lighter to help - anyone over the age of 12 can come along and participate. 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

Once again this year, we are looking for volunteers to help with our Christmas Parade float and with the actual parades (safety walkers, drivers, etc.). It's safe to say that anyone who has participated with this project in the past has had a great time! Wherever your talent lies - design, sewing, painting, hammering, etc, - we have a job for you. For more information, please contact Silver Lights at 737-1378 or email us at [silverlights@nlh.nl.ca](mailto:silverlights@nlh.nl.ca)

### Computer Sales

From time to time, Silver Lights receives pre-used laptop computers from Nalcor.

Some we donate to charitable organizations and the remainder we sell as a fundraiser for our Club. Here are the specifications for these computers:

IBM Think-Pad T61  
2 GB of memory  
144 GB of storage  
wireless communication capable  
DVD/CD-R drive  
Windows XP

They sell for \$150.00

If you are interested, please contact Silver Lights at 737-1378 or email us at [silverlights@nlh.nl.ca](mailto:silverlights@nlh.nl.ca)

### Notice of Elections

Silver Lights elections are fast approaching. Three positions - President, Vice-President and Secretary/Treasury - are up for grabs. Elections will be held the end of November. If you are interested in putting your name forward for one of these positions, please let us know. Contact us by phone at 737-1378 or send us an email at [silverlights@nlh.nl.ca](mailto:silverlights@nlh.nl.ca)

### Ladies' Luncheon Group

The Ladies' Luncheon Group gets together on the first Thursday of every second month. (The next luncheon will be on **Thursday, October 4<sup>th</sup>, 2012** at the Pheonix Restaurant, 12:00 PM.) Dianne Locke says, "It's a great bit of fun and camaraderie that gets better with each gathering. So nice to see and chat with the ladies we've known for many years, most through their husbands

having worked at NL Hydro, or some that had worked there themselves. We are increasing in numbers each time we meet. Libby Power is our main contact for the group.” Dianne sent along a few pictures from the 4<sup>th</sup> luncheon get-together.

Thanks Dianne for your pictures!

If you would like to have more information on the Ladies’ Luncheon Group, please contact Libby Power @ 745-6260 or Dianne Locke @ 754-2324.



Recognize Anyone?



Lots of Happy Faces!

## 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.



What a Great Crowd!



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## Everyday Life

### Grandparent Rights

In the last few newsletters, we have explored Advance Health Care Directives as presented by the Public Legal Information Association of Newfoundland and Labrador (PLAIN). PLAIN is a non-profit organization dedicated to educating Newfoundland and Labradorians about the law. They provide public legal education and information services with the intent of increasing access to justice.

In this issue we will explore a subsection of family justice - grandparents' rights. In today's society, the term "family" has taken on new meanings. All one has to do is read the latest census material to know that the blended family is here to stay. Although many families adapt to the new realities and situations, problems do arise and some of these problems involve grandparents, especially in the areas of custody and access rights. PLAIN has created a brochure containing general information about grandparent rights (see below). As always, PLAIN advises that this article is not intended as legal advice. You should always contact a lawyer and discuss your specific situation.

The article below is taken from PLAIN's website [http://www.publiclegalinfo.com/final\\_brochure\\_grandparents\\_rights.pdf](http://www.publiclegalinfo.com/final_brochure_grandparents_rights.pdf)

### Definitions

**Access** The right to visit a child and to be informed about the child's health, education and welfare.

**Custody** The legal right to have responsibility for, and make decisions about a child.

**I am being denied the right to spend time with my grandchildren. Do I have the right to take the matter to court?**

Yes, the "Children's Law Act" of Newfoundland and Labrador specifies that grandparents have a legal right to apply to court for access to their grandchildren.

**What is considered by the judge when deciding whether I can have access to my grandchildren?**

The judge's decision will be based on what is in the "best interests" of the child. Grandparents can be a source of love and guidance to their grandchildren. Courts have recognized that maintaining relationships with extended family is often in a child's best interests.

The judge will consider many other factors when deciding whether it is in a grandchild's best interest to spend time with a grandparent. Factors might include the emotional ties between the grandchild and the grandparent, the ability of the grandparent to provide guidance and support, the permanence and stability of the child's environment and the preferences of the child. The court will consider other factors which are relevant to the

issue of what is in the child's best interest. The court will also consider whether the individual applying for access may pose a danger to the child.

**My grandchild wants to live with me on a permanent basis. Do I have the right to apply for custody of my grandchild?**

Custody refers to the legal right to have responsibility for and make decisions about a child. The Children's Law Act of Newfoundland and Labrador specifies that grandparents have a legal right to apply to court for custody of their grandchildren.

**What will the court consider if I apply for custody?**

A decision about custody, like a decision about access, is made based on the best interests of the child.

The court will consider numerous factors to determine what is in the best interests of the child including the grandparent's ability to parent the child and to provide a long term home.

In custody cases, maintaining a consistent environment for the child is often a primary concern. Grandparents are most often granted custody where the grandparent has been the primary caregiver to a child, or where a grandparent has been a significant presence in the child's life and the primary caregiver is no longer able to have custody of the child.

**Do I need to go to court?**

Not necessarily. It may be possible to resolve a conflict over custody or access without going to court. Going to court can be financially and emotionally draining. It may make family conflict worse and can cause a stressful environment for the entire family, including children.

Other options include negotiation or mediation. If you and the parents of your grandchildren can come to an agreement, this can be finalized in writing and filed with the court.

**For more information on the Family Justice System (FJS) contact the following**

There are 11 offices province-wide.

**Avalon Region:**

St. John's: 709-729-1183

Carbonear: 709-945-3137

**Central Region:**

Clareville: 709-466-4036

Marystown: 709-891-4138

Gander: 709-256-1205

Grand Falls-Windsor: 709-292-1194

Lewisporte: 709-535-3212

**Western Region:**

Corner Brook: 709-634-4174

Stephenville: 709-643-8396

**Labrador Region:**

Labrador City: 709-944-3209

Happy Valley-Goose Bay: 709-896-7904

**Public Service Pensioner's Association AGM**

**Key Note Address**

*Irene Mathysen, NDP MP riding of London-Fanshawe*

The move by the federal government to postpone eligibility of the OAS (Old Age Security) and GIS (Guaranteed Income Supplement) from age 65 to age 67 for those who are currently 54 years old and younger is seen as dividing generations in the fight for retirement security in Canada. The NDP's proposed solution is to increase the CPP (Canada Pension Plan) and GIS payouts and a better co-ordination of benefits between Federal and Provincial Governments.

**Pension Issues of the Day; Panel 1**

*Dereck Fudge, National Policy Director, National Union of Public and General Employees*

Federal social security programs have three pillars, CPP, OAS and RRSP's (Registered Retirement Savings Plans). However 60% of the population have no pension and 31% of the population have no RRSPs. The trend towards defined contribution plans verses defined benefit plans shifts the risk to individuals and provincial governments as individuals are driven to welfare as their retirement funds dry up.

**Federal Employee Pension Plans, Panel 2**

*Derm Coady, National Director NL National Association of Federal Retirees*

Plan members include 316,000 direct federal employees and 564,000 indirect federal employees i.e. RCMP, etc. and only 500 MPs. This pension fund is self sustaining and makes a profit each year after all pensions are paid out. Federal retirees are suspicious about the reason given for changing the 500 MPs' funding arrangements.

**Provincial Employees Pension Plan, Panel 3**

*Ralph Morris, President NAPE Retirees local 7002*

If you are currently receiving a NL. provincial pension then you know the situation you are in. There is a trend to adopt defined contribution plans for new employees in this province and country. We should learn a lesson from Australia where at age 76 retirees are running out of their defined contribution pension fund.

**Session 1 - Housing & Homelessness**

*Kimberley Yetman-Dawson, Director NL Housing and Homelessness Network*

There is no national strategy for housing. What does it look like in Newfoundland and Labrador? In Newfoundland 27,000 people need core housing. The national vacancy rate is 5%, while in St. John's it's 2% and in Corner Brook 1.7%. During the period 2006 to 2011 housing costs in St. John's increased 16.2% and rents rose 14.4% with the average rent for a two bedroom apartment around \$800 a month. Shelter use among the working poor in 2008 was 1,171 and in 2010, 1,505 people used these facilities. The homeless consist of single people and single parents. Unfortunately no statistics seem to exist for seniors.

**Session 2 -The Myths and Realities of Long Term Care, Home Care and Home Support**

*Violet Squires-Ruelokke, retired RN, Acting Provincial Advocacy Officer*

Are you ready? Not likely.

Will you need it? Most likely you will.

What you should know: This province appears to be unique in that the financial assessment process for long term care includes not only your current income but also your liquid assets. The assessment applies to the month prior to your application. But if you purchased a lotto ticket, you have to declare it, i.e. the purchase. You are permitted to keep \$10,000 in the bank. In a government run long term care facility you are allowed an

allowance of \$150 per month. Also be aware that the application forms differ by region, so what applies in St. John's may not be the same in Corner Brook.

**Session 3 - Safe Seniors**

*Cpl. Pam Blackwood, RCMP, Gander Detachment*

- Be safe at home; Don't open your door for strangers.
- Elder abuse needs to be reported.
- Be safe in your car; Check the back seat before getting in.
- Be safe on the street; Avoid poorly lit areas at night.
- Note a current popular telephone scam. A caller informs you that a grand child of yours was in an accident or is in jail and needs money wired via Western Union, to a third person.

**Getting Prepared**

Hurricane Leslie has come and gone and although it did not leave behind the same destruction as Igor, it did cause headaches for many of us. Missing roof shingles and siding, toppled trees, broken branches, power outages and battered garden plots were just some of the after effects of the quick-moving storm

system. It never hurts to think about preparing for such events. Below are a few things you can do to get prepared for the next storm.

- Stock up on heating fuel and ready-to-eat food, as well as battery-powered or wind-up flashlights and radios and extra batteries.
- When a severe storm is on the horizon, the Meteorological Service of Canada issues watches, warnings and advisories through radio and television stations, the WeatherOffice Website, automated telephone information lines and Environment Canada's Weatheradio.
- If a severe storm is forecast, secure everything that might be blown around or torn loose indoors and outdoors. Flying objects such as garbage cans and lawn furniture can injure people and damage property.
- Trim dead branches and cut down dead trees to reduce the danger of these falling onto your house during a storm.
- Create an updated list of emergency medical contact numbers and post it in an easily accessible place. Create an updated list of friends and neighbours' phone numbers and post it in an equally accessible place.
- Keep a reasonable amount of your prescription medications on hand and make sure they are safe, secure and easily accessible.

- Know how to access medical services in the community and surrounding areas during a communication outage or significant road closure.

For more information on getting prepared see this Government of Canada website at: <http://www.getprepared.gc.ca/cnt/hzd/rgnl/nl-eng.aspx>

## Seven Keys to a Successful Retirement Plan

Chris Schwartz, CMA



You can't calculate your number unless you have a clear vision of what you want your retirement to be.

Your plan has to begin with a reasonable consideration of how you want to live your life, what kinds of things will be important to you and where you want to spend your time. If you can create a lifestyle plan first, the financial plan is far easier and more realistic to design.

The **number** doesn't mean much if it isn't tied directly to your retirement lifestyle plan. Once you have clarified the vision, we can work together to develop a realistic financial plan to make it happen.

While there are many ways to structure a retirement plan, here is a suggestion that has worked well for Canadian investors. If

you think of your retirement plans using this framework, it will not only help you develop a long-term strategy but also make your transition into this next phase of life far clearer for you.

**Key one: Visualize your ideal retirement lifestyle.**

As you look forward to your retirement life, what kinds of things will be important to you? Many of the Boomers think of retirement as a series of leisure activities strung together over a long period of time – it is almost like they are planning for a thirty-year long weekend!

While your future will be no doubt be full of exciting and meaningful activities, the fact is that you are still living your life. What does an average week look like for you? What kinds of things will you value in this next phase of life, and what would you consider to be fulfilling activities for you?

Also, what things may change over time as you move through the various stages of your retirement? You don't need to write a fifty-page retirement planning manual to prepare for the future, but you should look at retirement as a lifestyle transition rather than a new life. If your retirement means that you now have more freedom, a reasonable question to ask yourself is how you can use that freedom to live the kind of life you really want?

You should think about the first five years of your retirement life first and then create some longer-term vision beyond that. Don't forget that things may change over time as

the result of changes in health, circumstance or your own attitudes. The vision has to be fluid and flexible!

Once you have developed your blueprint for the first five years, you can then turn your attention to the major areas of your retirement life.

**Key two: Take a close look at your health and your plans for healthy aging.**

While this may seem obvious, a lot of people think of physical health without much thought to mental health. In retirement, it will be likely be your mental health that influences your physical well-being. Retirement is all about attitude. Successful retirees believe they can control certain elements of their life, are committed to living each and every day to the fullest and continue to challenge themselves to do new things, go new places and practice life-long learning.

The more optimistic and positive you are mentally in retirement, the more likely you will be to pay attention to your physical health. After all, if retirement life is going to be this good, you might as well try to stay around for a long time!

**Key three: Take a positive attitude towards work.**

For many retirees, work is a welcome break from leisure. It is one of those positive stressors that can energize you and keep you connected to your community. Work can also give your life meaning and remind you that

you are still active and involved.

Work doesn't even have to be for pay. Many Canadians turn to volunteering as a way to give back or to self-actualize. The bottom line is that you want to use work as a positive contributor to your retirement life, using your time, energy and experience to benefit your community and yourself. Remember that old adage: If you love what you do, you never have to work again!

**Key four: Create and nurture meaningful relationships.**

In this next phase of life, much of your retirement happiness will come from the quality of the personal relationships you enjoy. This will include your family, close personal friends and your social network. Consider the relationships that will be important to you and make sure that you continue to nurture and support them. Also, you want to find ways to add to your social network so that people who can add to the quality of your retirement life surround you.

**Key five: Take a balanced approach to leisure.**

Most retirement plans are really leisure plans. One of the exciting things about retirement is that you can do the kind of things that really give you pleasure and life enjoyment.

Successful retirees recognize that the more balance they have in their leisure activities, the more they will enjoy each thing they do. For example, golf or travel every day may sound like an ideal way to spend your time

but will too much golf or travel actually take away from your enjoyment of each activity?

**Key six: Make sure that your home always meets your needs.**

You want your retirement home to be a source of comfort for you and not a source of stress. There may come a time when you don't want to shovel snow or spend time cleaning a big home. Remember too that a three-floor condo with lots of stairs may sound ok today but may prove to be impractical somewhere down the line.

Once you have considered these six keys to your retirement strategy, you can focus on key seven: Use your financial resources to make your retirement plans happen. This is called *financial comfort* and it is the goal of any good financial plan for retirement.

Chris Schwartz, CMA, is part of the MYW Consulting Group at Scotia McLeod in St. John's. Chris can be reached at 709-576-1387 or at [chris.schwartz@scotiamcleod.com](mailto:chris.schwartz@scotiamcleod.com)

**Technology: E-readers and E-books**

E-readers and E-books are becoming more commonplace. The Newfoundland Public library system now provides e-books for free (for library card holders), and more and more publications are becoming available in e-book format. This newsletter (if you received it by e-mail) is being provided in two formats:

The traditional pdf format, and starting this issue, the epub format. The epub format is meant for reading on an e-reader.

So, what's the essential difference between the two formats? For the PDF (Page Description Format), when the newsletter is produced, it is formatted optimally for an 8.5 X 11 inch page. The typesetting software (LaTeX) decides on how much text and how many pictures can fit on a page. If the PDF was produced with a specified size of A4 (European size paper), the newsletter would look different, since a different amount of text and pictures would fit on each page.

On the other hand, e-reader formats (epub), rely on the reading device to decide how much text and pictures to place on each page. Using this format, the user can decide when reading to enlarge the text, and each page will then have less text on the page.

One of the difficulties with e-readers is the number of different e-reader formats available. Amazon's kindle, and Chapter's kobo each have their own proprietary format. This leads to difficulties when downloading from sites. For example, the NL libraries provide many books in epub format. According to their web site, these books are not readable on Amazon's kindle. There is, however a workaround possible.

The open source(free) program Calibre (<http://calibre-ebook.com>) is designed to manage a library of books in different formats, and to automatically convert them to the appropriate format before downloading to your e-reader. I've downloaded the portable version of the Calibre program and installed it on a memory stick (Calibre on a stick).

This allows me to plug the memory stick into any usb port on any Windows computer, and to transfer books between the memory stick and the e-reader. I can carry my whole library in my pocket, but I still need a windows computer to transfer the data between my library and my e-reader.

Using Calibre with a site like the NL libraries site or Barnes and Noble is a two step process. The book should be downloaded to your computer using whatever software is provided by the site. (Adobe Digital Editions for the NL libraries). Then, the book should be imported into the Calibre library from wherever it was downloaded (username/My Documents/My Digital Editions). Finally, the book can be download to your e-reader device from Calibre. If it is set up correctly, Calibre will automatically reformat the book to match your reader.

An additional advantage of using Calibre is that with the use of an appropriate plug-in (<http://apprenticealf.wordpress.com/2012/09/10/drm-removal-tools-for-ebooks/>), Calibre is capable of modifying the restriction on the use of the e-book. For example, books downloaded from the library have a limit of two weeks, after which they will not be readable. Using Calibre, this restriction can be removed, allowing you longer than two weeks to enjoy the book. This will also allow you to download the book to more than one e-reader at a time.

There are many other places to download books other than commercial sites and libraries. Project Gutenberg is set up to provide free unlimited access to all books which



have passed their copyright date. (In Canada this seems to be 70 years after the death of the author). So, if you're interested in Mark Twain, Shakespeare, Jane Austen or Thomas Hardy, all of their books are available, free of charge at the Project Gutenberg web site (<http://www.gutenberg.org>).

Caveat: I haven't tried this with a kindle, since I don't have one. I have tried it with a Sony e-reader, a kobo, and an android tablet, and it works fine on those.

## East Coast Trail Hiking

If our Fall is going to be anything like our past summer, there should be numerous opportunities to get those hiking boots on and hit the trails. Once again, the East Coast Trail Association has a number of hikes planned for the next two months for all fitness levels. Check out their website: [http://eastcoasttrail.ca/scheduled\\_hikes](http://eastcoasttrail.ca/scheduled_hikes) for start times and locations.

Please note that these hikes are not organized by the Silver Lights Club. Here is a list of the hikes for October and November.

### Wreck Path

Cappahayden - Chance Cove  
Oct 6, 2012 (Saturday)

### LaManche Village Path, return

Tors Cove - LaManche  
Oct 8, 2012 (Monday)

### Flamber Head Path

LaManche - Brigus South  
Oct 14, 2012 (Sunday)

### Father Troy's Path

Flatrock - Torbay  
Oct 20, 2012 (Saturday)

### Blackhead Path, return

Blackhead - Cape Spear  
Oct 28, 2012 (Sunday)

### Cobbler Path

Outer Cove - Red Cliff  
Nov 3, 2012 (Saturday)

### Brocks Head Path

Bauline - Portugal Cove  
Nov 10, 2012 (Saturday)

### Tinkers Point Path

Mobile - Tors Cove  
Nov 11, 2012 (Sunday)

### Sugarloaf Path

Quidi Vidi - Logy Bay)  
Nov 17, 2012 (Saturday) Season Ending Hike

## Events Around the Province

Not so long ago, when Labour Day was over and the children were back in school, most of the tourist attractions and events around the Province also came to a close. That's not the case these days. There's still a lot going on as you will see from the listings below.

### Music at Memorial Concert Series

Avalon

September 1, 2012 - April 20, 2013

St. John's

From concerts to master classes, and our annual Newfound Music Festival - we are dedicated to presenting excellence in music, by bringing you dynamic concerts of classical, jazz and world music.

### Eastport Peninsula Agricultural Exhibition

Central

September 28, 2012 - October 8, 2012

Eastport

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

### Newfoundland Symphony Orchestra

Avalon

September 28, 2012 - April 19, 2013

St. John's

The Newfoundland Symphony Orchestra presents over 20 concerts during its September to April season; usually on Friday and/or Saturday evenings. Call 722-4441, 9am-4pm

for concert and ticket information. Visit our website <http://www.nso-music.com>

### A Feast of Pottery, Tableware Show

Avalon

October 6, 2012 - October 8, 2012

St. John's

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.

### Fogo Island Partridgeberry Harvest Festival

Central

October 6, 2012 - October 7, 2012

Joe Batt's Arm

The Annual Fogo Island Partridgeberry Harvest Festival, At the Iceberg Arena.

### Trapline Marathon

Labrador

October 7, 2012

Happy Valley-Goose Bay

Destination Labrador Trapline Marathon Oct 7, 2012. A unique, heritage oriented, Boston qualifying marathon event. [www.traplinemarathon.ca](http://www.traplinemarathon.ca)

### Festival of New Dance

Avalon

October 9 - 14, 2012

St. John's

Neighbourhood Dance Works is the primary

presenter of contemporary dance in Newfoundland and Labrador. Our programs include the Festival of New Dance, main stage showcases, workshops and community outreach.

### **Oktoberfest Craft Fair**

Avalon

October 10, 2012

Mount Pearl

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

### **Scotiabank Cape to Cabot 20K Road Race**

Avalon

October 13 - 14, 2012

St. John's

Run from Cape Spear to Cabot Tower on Signal Hill! 20 tough kms from North America's eastern tip to a famous landmark in its oldest city. Breathtaking!

### **St. John's Storytelling Festival**

Avalon

October 15 - 31, 2012

St. John's

A celebration of the art and tradition of storytelling. Storytellers from around the city, across the island and the mainland come together to share stories for listeners of all ages.

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

Avalon

October 16 - 20, 2012

St. John's

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

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

Avalon

October 24 - 28, 2012

Mount Pearl

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

### **The Rooms**

St. John's

Fall Schedule: [http://www.therooms.ca/programmingflyer/the\\_rooms\\_programming\\_flyer.pdf](http://www.therooms.ca/programmingflyer/the_rooms_programming_flyer.pdf)

Something for everyone! Check out the Rooms website for Engaging Evenings (held on Wednesday evenings) and Coffee Culture (Held on Thursday afternoons)

### **Newfoundland Historical Society**

St. John's

Fall Schedule: <http://www.nlhistory.ca/index.html>

If you enjoy Newfoundland history, then this is the place to be. Check out the lectures about Captain James Cook and Trin-

ity's John Clinch, the first doctor to use vaccinations to fight smallpox in North America.

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## Health & Wellness

### Physical Activity Tips for the Older Adult

Do you know of anyone over 50 whose body does not have an ache, pain or something much more serious to deal with? After 50+ years of wear and tear, our bodies do start to rebel and they let us know about it in no uncertain terms. Physical activity plays an important role in our health and our quality of life. The Canadian Government's Health website offers some tips to help us get and stay active as we get older. As always when you start a new physical activity, check with your doctor first.

Overall Advice:

- Take part in at least 2.5 hours of moderate to vigorous-intensity aerobic activity each week.
- Spread out the activities into sessions of 10 minutes or more.
- It is beneficial to add muscle and bone strengthening activities using major muscle groups at least twice a week. This will help both your posture and balance.

Tips on how to get active:

- Find an activity you like such as swimming or cycling
- Minutes count. Increase your activity level 10 minutes at a time. Every little bit helps.

- Active time can be social time. Look for group activities or classes in your community or get your family or friends to be active with you.
- Walk whenever and wherever you can.
- Take the stairs instead of the elevator when possible.
- If you don't have too many groceries at a time, carry them from the store to your car - don't use the cart. Even better - carry them home if you are able to walk to the store.

### What is moderate activity?

Moderate intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk but not sing. Moderate activity includes walking quickly or bike riding.

### What is vigorous activity?

Vigorous intensity aerobic activity makes your heart rate increase quite a bit and you won't be able to say more than a few words without needing to catch your breath. Vigorous activity includes jogging or cross-country skiing.

### What are strengthening activities?

Muscle-strengthening activities build up your muscles. With bone-strengthening activities, your muscles push and pull against your bones. This helps make your bones stronger. Examples of muscle-strengthening activities

include climbing stairs, digging in the garden, lifting weights, push-ups and sit-ups. Examples of bone-strengthening activities include yoga, walking and running.

Every step counts. If you are not active now, adding any amount of physical activity can bring some health benefits. Start now and slowly increase your physical activity to meet the recommendations. The more physical activity you do, the better you will feel.

### **Is physical activity safe for everyone?**

The recommended level of physical activity applies to all adults aged 65 years and older who do not have a suspected or diagnosed medical condition. *Consult a health professional if you are unsure about the types and amounts of physical activity most appropriate for you.*

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## 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 Dana!

#### Dave Bailey



Dec 10,1986 - Hired as Internal Auditor with Rates and Corporate Services

May 2,1986 - Appointed to Sr. Internal Auditor

Feb 12,1990 - Appointed to Manager, Internal Audit

Aug 31,2012 - Retired

#### Rick Fisher



May 12,1980 - Hired as Junior Accounting Clerk in CF

1980 - Progress to be Intermediate Accounting Clerk

Apr 13,1981 - Appointed to Senior Accounting Clerk

Apr 1985 - Transferred to NL Hydro and became Accounting Clerk III

Apr 6,1987 - Accouts Payable Officer

Jan 28,2000 - appointed to Business Analyst

Jun 26,2000 - appointed to Business Solutions Analyst (Supervisory)

Apr 10,2006 - accepted postion of Team Lead - Business Analysts (later changed to Team Lead - Business Solutions Support)

Apr 31,2012 - Retired

#### Glenn Hillier



Jul 12,1976 - Began as an Electrician with **Dennis O'Grady**

Churchill Falls

1983 - Attained Journeyman Industrial Electrician

Aug 3,1983 - Returned to CF in role of Journeyman Industrial Electrician

May 30,1989 - Accepted position as Electrical Maintenance Man 'A' with the Terminals Department in Stephenville

Mar 5,2000 - Took Electrical Maintenance 'A' position in Whitbourne

Jul 31,2012 - Retired



May 17,1977 - Hired as Lineman Apprentice in CF

- Progressed through Apprenticeship steps and attained Journeyman status

Jan 12,1983 - Accepted position as Meterman Apprentice I

Mar 30,1992 - Became Senior Technician (Metering)

Mar 30,1994 - Technologist (Metering)

2002 - Attained Certificate in Occupational Health and Safety

Oct 17,2005 - accepted position as Safety and Training Officer in TRO, located in Bishop's Falls

Apr 13,2009 - appointed to Safety and Environment Coordinator

Aug 31,2012 - Retired

### Janet Morris



Mar 24,1977 - Hired as Office Services Clerk in Administration Department

Nov 7,1983 - Became Sr. Office Services Clerk

May 22,1985 - Began in appointed position of Word Processing Operator with Administration Department

Oct 13,1986 - Moved to position of Secretary with Rates and Financial Planning Department

Dec 15,1986 - Started in position of Personnel Clerk with Employee Relations Department

Aug 31,2012 - Retired

### Eileen Organ

Sep 1983 - Started career as a Teacher at Eric G. Lambert School.

1983 - 2012 - Eileen continuously returned to teach at the school each year.

Aug 2012 - Retired



### Lawrence Organ

Feb 22,1984 - Hired as a Trades Learner III with CF

1984 - 2012 - He continued to faithfully to work with the company year after year, filling roles such as Labourer, Utility Worker and General Maintenance.

Jul 14,2008 - Accepted Permanenet postion of Utility worker in CF

Aug 31,2012 - Retired

### Thomas Snooks

Jul 17,1989 - Hired as a Carpenter in Churchill Falls

1989-2012 - Continued to return to the company each year in role of Carpenter

Jul 31,2012 - Retired

### James D. Saunders



May 15,1983 - Accepted General Maintenance Man (Carpenter) with Bishop's Falls - Civil Works

May 7, 1984 - General Maintenance 'A' in Bishop's Falls, continued to return to this position on a temporary position until 1989

Apr 24,1989 - Appointed to the permanent position of General Maintenance 'A' with Civil Works in Bishop's Falls

Jul 11,2006 - Appointed to Supervisor, Facilities Maintenance, with TRO in Bishop's Falls

Aug 31,2012 - Retired

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## Smiles & Laughter

### Things You Didn't know About Carrots and Parsnip (Maybe)

As a “gardener-in-training”, I’m always on the lookout for any books or reading material related to flowers and vegetables. A good friend gave me a book entitled ‘How Carrots Won the Trojan War’ by Rebecca Rupp. If you are not a carrot fan, the title might be enough to make you put down the book before opening the cover. Not me. I was curious. It’s a fascinating book. It takes 19 of your favourite veggies and gives a detailed history of their origin, how they developed genetically, and some amusing stories from literally hundreds of different sources. Who would guess that you could write a book about vegetables and make it interesting! Below are some excerpts from the book. Hope you enjoy!

“... a gourmet 58 percent of respondents garden for better-tasting food; a thrifty 54 percent garden to save money; a worried 48 percent cite food safety concerns; and a generous 23 percent garden so that they’ll have food to share. Exercise, after healthful food, was among the top reasons for gardening, according to a University of Illinois survey. The figure-conscious pointed out that an hour of moderate digging burns off a waist-whittling 300 calories.”

“...A dinner-party thrown by Samuel Pepys in 1663 - an annual celebration on the anniversary of his successful operation for kid-

ney stones - featured ‘rabbets and chicken’, a boiled leg of mutton, roasted pigeons, ‘Lampry pie’, and a dish of anchovies, without a vegetable in sight. Roast beef was the proper food for Englishmen, thundered Robert Campbell in 1747, protesting the ‘Despised Taste’ of the French, who liked to gussy things up with sauces and salads...’ And Speaking of Carrots -

“...(Henry Ford) was the guest of honor at a twelve-course all-carrot dinner, which began with carrot soup and continued through carrot mousse, carrot salad, pickled carrots, carrots au gratin, carrot loaf, and carrot ice cream, all accompanied by glass after glass of carrot juice.” And of course Parsnip -

“... Historically, the sugary parsnip has been boiled down into syrup and marmalade and, with the help of a little yeast, brewed into beer and wine. One early nineteenth-century source directs hopeful winemakers to boil twelve pounds of sliced parsnips, strain through a sieve, add loaf sugar and yeast, and then age for twelve months. Modern winemakers, however, according to biologist (and parsnip fan) Roger Swain, opt for aging up to ten years, and a lot of wine connoisseurs suggest never, under any circumstances, taking the stuff out of the cask.”

“... Drunk, however, it seems to be effective. In ‘A Child’s Christmas in Wales’, Dylan Thomas’s susceptible Aunt Hannah, having passed through port and rum, hit the parsnip wine, which led her to sing ‘a song

about Bleeding Hearts and Death, and then another in which she said her heart was like a Bird's Nest..."

The Story Behind Queen Anne's Lace -

"...The Queen of these lacy flowers is said to be Anne of Denmark, wife of England's James I and an expert needlewoman. Queen Anne, the story goes, in an attempt to alleviate the mind-crushing boredom of court living, challenged her ladies-in-waiting to make a piece of lace as fine as the flowers of the wild carrot. The Queen herself, not surprisingly, won hands down, and the flower was rechristened in her name. Less romantically, it is known as bird's nest or devil's plague."

'How Carrots Won the Trojan War'; written by Rebecca Rupp 2011; Storey Publishing 210 MASS MoCA Way, North Adams, MA 01247

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4. Moses came down from here +  
Found in some bivalve mollusks

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5. Slang for head + Small Bay

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6. Acting or responding quickly +  
Being up to date

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Answers can be found at the end of the newsletter

## Newfoundland and Labrador Place Names

Read the clues and see if you can come up with the Newfoundland and Labrador place name

1. Commanding Officer + Small Bay

-----'- ----

2. To want very much ; Every one

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3. A Celtic language; Larger than a village but smaller than a city

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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 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)

### **Answers to trivia questions**

1. Admiral's Cove
2. Hopeall
3. Irishtown
4. Mount Pearl
5. Noggin Cove
6. Swift Current