



SILVER LIGHTS CLUB

NEWFOUNDLAND AND LABRADOR HYDRO
A Nalcor Energy Company

President's Message

Gerry Bowers

Another Christmas has passed, this one was white and weather wise arrived with a vengeance. In the midst of all this I hope that all loved ones who traveled to spend time with family and friends made it to their destination on time and safely.

A brief review for 2013 shows your Silver Lights Club held the following events:

- A pre-retirement seminar for existing employees in St. John's area which was conducted with help from HR;
- A highway cleanup completed in the spring and fall;
- A labour day outing to Twillingate; and
- A Christmas float which it won first prize in the Holyrood and Mount Pearl parades.

My short story begins:

For the Bowers' household 2013 was also an eventful year. My wife, Heather, retired in June and my daughter was married in October. During September, Heather and I left for London in the UK for a week visiting some relations. We met another couple of friends in Barcelona, Spain for four nights then all four of us went on a twelve night Mediterranean cruise.

In Barcelona, we rented an apartment and shared the expenses which were half that of a hotel. After arriving at the apartment, we went for a 45 minute walk to get oriented

to our new surroundings. We returned to the apartment to find we had been robbed. Gone were two iPads, two cell phones, jewelry and cash. Fortunately our passports were not stolen. At eight o'clock that night in the dark and with limited Spanish vocabulary we found an electronics store and purchased a pay as you go cell phone. We reported the theft and police arrived within the hour. The police commented that a similar situation had occurred two weeks prior to a couple from Australia. There being no signs of forced entry it looked like an inside job using a key to gain entry. The apartment manager arrived and offered us another location, however it was not as convenient. There was nothing left to steal, so we agreed to stay put if the lock was changed which he agreed to.

The following day, less than 24 hours, the police had recovered our two iPads. We had to go to the police station and file a report and claim the iPads. We returned to the apartment to discuss any possible insurance claim with the manager who was already there. He informed us that the door was not properly locked. This door had a knob in the middle of it that did not turn, it was used just to pull the door shut, and like any North American hotel door would spring lock. In addition to closing the door we turned the key to engage the dead bolt and then backed off the key one half turn to remove it from the lock.

The correct way to lock this door was to turn the key three times and then back off one half turn. Here is what happens if done properly. Turn one engages a set of three finger like dead bolts near the key hole one half inch.

The second turn extends this set of dead bolt another half inch. The third turn engages two more sets of three fingered dead bolts, one set at the top of the door and another at the bottom. Then back off the key one half turn to remove it from the lock. This meant that our initial locking procedures had never engaged any dead bolts, hence all a thief needed was a strip of flexible film or plastic to insert between the door and the door frame and spring open the door.

We now felt a little guilty and remorseful about thinking that the theft was an inside job. This however was short lived because we were informed that on day three of our stay we had to go to court and testify against the person the police recovered the iPads from. We testified with the aide of a translator and 45 minutes later we were returned to our apartment to resume being a tourist. Of the four days in Barcelona I figure we lost a half day between going to the police station and to court to testify. We were impressed with the swift response to our situation. Nothing else was recovered, but we put it behind us, grateful that we were not mugged or injured. The 12 day cruise was a positive experience, then we arrived home the end of September to prepare for our daughter's wedding early October. Home owner insurance back in St. John's did cover some of the loss for those items not recovered.

In closing here is wishing you and yours a Happy New Year and all the best for 2014, and if you travel to Europe verify how to lock the door.

Regards,
Gerry Bowers

Editor's Message

Janet Calver

Brrrr! Winter has arrived! The temperature keeps on dropping while the snow piles on either side of the driveway get higher and higher. Sometimes I feel that I would like to hibernate for the winter and not poke my head outdoors until the buds start to form on the trees again in the spring. But then we get a beautiful sunny day and all thoughts of the winter blahs disappear. Out come the cross country skis or the snowshoes and away we go! By the time we get back to the house, I've got lots of energy and a completely different outlook on winter. Will it last? Only until I have to shovel out the bottom of the driveway for the umpteenth time!!

Meanwhile, Christmas has come and gone and we are now approaching a whole New Year. Can you believe it? By the time you read this newsletter, we'll be a few days into 2014 and probably have another snowstorm or two under our belt. If you are tired of shoveling snow or lugging the snow blower around, then this newsletter is a perfect excuse to kick the boots off, grab a coffee, sit down and have a read.

The winter newsletter takes on a slightly different look than the others. I like to think it's a bit more relaxed and somewhat nostalgic. Ken is here with another great article, full of retiree news and entertaining anecdotes. He has a wonderful "interview" with Harvey Young and you won't want to miss his description of Christmas Eve dinners in the warehouse at Bishop's Falls! Thank-you Ken

for another wonderful article! Chris Schwartz has provided a reflective piece about 10 Ingredients for Retirement Bliss. We all need to read that one! Thank-you Chris! We have updates on the Fall Team Gushue Highway cleanup and the people who took part. We also have some fabulous pictures from the St. John's Santa Claus parade and all the prep work that went into making the Silver Lights' float an award-winning entry!

We welcome our newest members to the Silver Lights Club and meet our recent retirees.

We have a look back at December 24, 1955. Was it much different than December 24, 2013? Read on. Finally, we have a little Christmas story that will bring a smile to your face.

There are many people to thank - our contributors who bring something special to the newsletter every time, Amanda from Human Resources who goes out of her way to get all the retiree information to us in time to publish, our volunteers who are always there to lend a hand with our activities and finally, our Silver Lights executive, who are always there to help me out and answer all my questions. Couldn't do it without any of you!

Finally, I hope you all had a lovely Christmas time with your family and friends and that the New Year is filled with that same Christmas spirit of love and thoughtfulness.

SilverLights News

Out and About with Ken Ball

I got my snow blower ready for winter but I'm still trying to convince myself that winter won't soon be here. I don't know about you, but the older I get the more I hate the thought of shoveling and blowing snow.

As a boy back in Rencontre West, winter was something to look forward to; skating on the pond, sliding on moonlight nights with the girls and knowing Christmas was coming and the men would be back for the winter. Maybe this year we won't get much snow even though the trees are loaded with dogwood berries, and that according to old folks means a bad winter. I must take the time to see what it says in the Farmer's Almanac for this winter.

I have a new technical assistant at my beck and call whenever I get into trouble, and that's whenever I sit down at this contraption. Anyway thanks to Bob Hobbs, I'm starting to get the picture for what I want; That's turn the blasted thing on and type a few paragraphs. Sending pictures, well that's another thing.

I sometimes think a lot of us are from another world, not just another age. My technical requirements when I was young were to start a 3 horse power Acadia engine, screw down the hard grease cups and have a spare window blind spring aboard the dory in case the trip spring broke. At home we had a 9 volt Ray-O-Vac Battery that operated our ra-

dio, that was it. Now I'm not saying I haven't come a long way but I know I'll never be where I should be with computer skills.

After a great summer I visited my son and the grand kids in Orangeville, Ontario this month (October). We had a great visit, but I'm not so much impressed with up-along as I used to be. I really believe we don't have to take a back seat when it comes to restaurants, stores and conditions generally, and I think we are starting to catch up weather wise.

I've had a scarce season for spotting retirees but I managed to see a few which makes my day whenever that happens.

Bill Flynn

I was waiting to board my plane at the Toronto Airport when I see this man coming down the aisle. Usually names don't come to me, but right away I knew Bill by name, and would you believe it? He could call me by name.

I had not seen Bill since I retired in '96.

Bill was on his way back from visiting family in Edmonton and Fort MacMurray.

Bill has finally retired from jobbing around and except for the occasional lending a hand to a friend or family member he is officially finished working. Bill spends most of his winters in Florida.

It was a good touch to my vacation. I'm always glad to see all retirees because most of them are friends.

Bill was an electrician with Harold Bartlett and the Terminal Station Crew in Central.

Bill is in fine shape and hasn't gained a pound. How the hell can he keep the weight off?

Don Tuff

I was at the Avalon Mall the other day and met an old friend, Don Tuff. I always enjoy meeting Don because we have a chance to reminisce about our days with Hydro.

Don has not been to the breakfasts this summer because of a busy schedule. He's been visiting family in Ottawa and spending time up at his cabin when he gets the chance.

If you want to hear some stories about the good old Hydro days you should talk to Don.

Don worked as Transportation Supervisor at Hydro Place in St. John's.

Looking good Don.

Hughie Butler

I mentioned in the last bulletin that Hughie had been sick with an unknown virus of some sort and that he had lost 25 pounds. Now, after many scans and tests, they still don't know what he's caught.

I saw Hughie in the Avalon Mall recently and not much has changed. He's trying to put back the weight, as per his doctor's suggestion but the results are very slow. He's eating bars, chips, candy (all the good stuff) and still not gaining much weight. His energy level is very low but he thinks it is coming back gradually.

Hughie is still visiting doctors regularly and please God they will soon discover the cause of his trouble.

Like a true Bell Islander, this glitch is not stopping him and they plan to visit their son in Ontario for Christmas.

All the best, friend.

Lewis Clarke

I saw Lewis at the food court in the Village Mall the other day. Now before you start with that "all he does is eat", I'll have you know we were there planning a pre-Christmas dinner that we do every year at one of the local restaurants. I'm not sure if that statement helped me or not. Anyway as I was saying, Lewis is looking great and planning another cruise. I think this will be his 19th. This time they're going through the Panama Canal and all that includes.

The other year Lewis had problems with blockages but that is all fixed now and he looks fit as can be.

I don't understand how a person can go on all those cruises and not gain at least some weight. There's food available 24 hours a day and I would probably be eating 23 of those hours.

Lewis was an Accounts Payable Supervisor at Hydro Place in St. John's.

Don Cull

I was at a local Christmas fair recently at the Glacier in Mount Pearl and ran into another retiree/friend, Don Cull. Don was in to await the arrival of a grandchild who was due the next day.

Don hasn't changed a bit and is still very active in golf and anything that tickles his fancy.

I don't know if he still curls but I would say he does. I won my set of booster cables at a Hydro tournament with Don. He skipped the team and we won the B Section. I was lead for him and we won in spite of that.

I remember the first time I met Don; It

was just after we moved into the new warehouse in Bishop's Falls and Don was testing a big control panel. I think it was for the plant in Bay d'Espoir. We wondered how could anyone possibly know what was supposed to be going on inside that contraption. Remember, we were very new to this type of equipment and were amazed that anyone was smart enough to actually check it. I'm still amazed 40 years later.

Don was Supervisor of Protection & Control in Central and later transferred to Churchill Falls as Superintendent of Protection & Control and Communications.

Hope you and Guy Roy and all the other west coast retirees will be golfing for many more years Don.

Bill Boyde

I saw Bill at McDonald's the other day as I was availing of their free coffee. Bill looks full of energy and rearin' to go.

Bill and his wife recently returned from a British Isles cruise. The trip took him to London, Dover and Liverpool where he ran his 33rd Terry Fox run. While at Dover, they visited the Dover castle and all the tunnels under the castle. This castle was once the headquarters of prime minister Winston Churchill during the War. They saw the white cliffs of Dover and visited the Guinness factory for a few sample swalleys of the whiskey.

Because of a storm, they couldn't get to Norway so they diverted to Ireland and visited Dublin and then Scotland. They toured Edinburgh, Glasgow and Inverness, the place of the Loch Ness Monster. They ended up in Paris and on his birthday went for a picnic

under the Eiffel Tower. Who said romance is dead?

They didn't take advantage of the planned tours. Instead they used train and bus to go where they wanted.

The way Bill described his trip you could tell he had a most educational and enjoyable time. Bill has spent 60 days on 11 different cruises.

They are going to New Zealand in January.

Back home Bill and his family had another occasion to be proud. His granddaughter was the youngest Newfoundlander ever to fly solo. She was 14 years old.

Bill ran the Tely 10 for the 8th year and finished in 1 hr. 30 min.

Unfortunately, time never permits to have a good yarn and when you're taking notes on a crumpled napkin something could get lost in the transcribing of said notes.

I do see Bill occasionally because he works part time at the Dominion Store where I shop, but I can't disrupt his work. Like his wife said: "Bill's a Wrapper".

Bill worked as a Technician in Telecontrol Maintenance with Lorne Babb, Steve Pacquet, John Curran (deceased), and Cyril French.

You're an inspiration to all of us "stay-at-home" retirees Bill.

Hans Zahn

I saw Hans this fall while I was waiting for the boss to do some shopping. We had a great yarn for the little time we had. Hans looks great so I know retirement is agreeing with him.

Retirement may be a little overemphasized

in Hans' case because he is in fact very busy with his magic show. He goes around the province putting off his magic safety show in schools and his regular magic show wherever he lands a gig.

There's also travel associated with family which helps to keep him hopping.

Hans worked with Systems Operations at Hydro Place.

John Butler

I saw John at the Avalon Mall food court recently. He looks terrific and is enjoying his retirement.

John worked as a Safety Supervisor in Fort MacMurray after leaving Hydro. He has now retired from that job and has settled into the Florida circuit. Golfing in the winter and golfing in the summer back home. Not a bad job if you can get it.

John was the Safety Supervisor at Hydro coordinating the Loss Control Program throughout Hydro and CFLCO. Great to see you again John.

Seeing John again reminded me of the time we went to Central for a meeting. We were traveling together. When we went to check into the Mount Peyton in Grand Falls, the clerk at the front desk asked if we had a reservation. I asked her if she had a reservation for the "James Boys". She looked and asked what were our first names. "Frank and Jesse" I answered. After looking a little longer it dawned on her. She was not amused, but John came to the rescue by interjecting the famous line "don't mind him my dear; he's nuts".

Des Butt

I saw Des a few weeks ago while I was waiting for an appointment at the Health Sciences. Des was walking by and stopped when he saw me. He must have been there visiting because he looked as fit as a fiddle.

I only had a moment to say "Hi" and I was surprised when he told me he had sold his construction company and was working with the Muskrat Falls Project. That was the extent of our conversation.

Des worked in The Transmission Design Department with Harvey Young .

Wish I had more time to talk to him but sometimes circumstances dictate otherwise.

Ian MacPherson

I had a pleasant surprise the other day at my Avalon Mall hangout. I ran into Ian. I didn't really run into him because I saw him go into a store and I followed him. I had not seen Ian since I retired in 1996.

He is still in fantastic condition and has no medical complaints whatsoever. He attributes this to his exercise routine. He walks his dog for an hour daily, rain or snow. I admire dedication in anybody because I don't have what it takes to do anything for a prolonged period, especially something that's good for me.

Ian usually gets away 3-4 times a year to places like St. Lucia or Portugal. He's going to London, England in January for a family wedding. He also visits family in Calgary. When asked if he goes to Florida, Ian let it be known that once with the children years ago was quite enough and he has no intention of going back.

He still sails and has his boat in the Long Pond Boat Club. You will find Ian sailing during the summer months. Ian worked from Hydro Place as Transmission & Administration Supervisor.

Here's a little anecdote: I once gave Ian a cigar that was given to me by my brother which in turn was given to him by Fidel Castro, prime minister of Cuba.

My brother was part of a delegation from Ottawa and Nova Scotia to try and drum up business with Cuba for the Port of Halifax. After meetings were concluded, delegates were invited to Castro's mansion for dinner. After dinner each guest was presented with a box of cigars from Castro's private stock.

I had a cigar that was of no use to me because I didn't smoke and I didn't value Castro's or anybody else's cigars. One time Ian had told me he used to go home every evening after work, pour himself a drink and smoke a cigar. I figured that here was someone who would appreciate a good cigar. I gave the cigar to Ian but I can't for the life of me remember if he liked the cigar or not and I forgot to ask him the other day. I must keep that in mind for the next time I see him.

Trevor (Tom) Atkin

I saw Tom in the Avalon Mall attending a Salvation Army Christmas Kettle. At first I passed by thinking that I had seen him somewhere before. I turned back and recognized Tom. He looks great.

A few years ago Tom started the PROBUS Club. A Club for Professional and Business People. Its membership has grown from 10

to 150. Not too smatchey.

Tom told me he does not do much travel because his dog has diabetes and has to have regular care, so he doesn't want to leave him for prolonged periods. How is that for loyalty and dedication?

Tom was Manager at the Holyrood Generating Plant.

Another Blast From The Past

Recently I sat down with Harvey Young and talked about his work with Hydro and life before Hydro. Harvey's father was a teacher, and like many of their day, teachers, rangers, clergy and magistrates were often posted in Newfoundland and Labrador outposts. Mr. Young's first school was in Lance au Loup Labrador in 1936.

Harvey was born at the Grenfell Nursing Station in Forteau.

His father was in Lance au Loup from 1936 to 1942.

In 1942, he went to university in St. John's for a year. Harvey and his mother went to Twillingate to live with his grandparents.

The next teaching position was in Flat Island, Bonavista Bay until 1946. That was where Harvey started school.

In '46 his father went back to university for another year, so it was back to Twillingate for the family.

His next teaching position was at Fogo on Fogo Island from 1948-51. They were here during confederation period. Harvey's father was a pro-confederate and his grandfather was an anti-confederate. I can imagine some conversations they had around the supper table. Harvey's father agreed with join-

ing Canada because he saw how well off the people of the north shore of Quebec were in relation to the people of Lance au Loup in both living conditions and cost of living.

The next teaching job was in Bay Roberts from 1951-53. Here, Harvey had running water and electricity for the first time.

In 1953 the family moved to Millertown and this is where Harvey finished school at Millertown Academy. A classmate of his was Bob Whitehorne. He was here until '56 when he went to Memorial University to do engineering. After getting an engineering diploma at MUN, he continued on at Nova Scotia Tech, obtaining a bachelor of engineering degree in electrical engineering.

After graduation he worked with the Iron Ore Company of Canada (IOC) where he had worked as a student. In May of '62 he joined IOC in a permanent capacity and stayed until February of '63.

In '63 he went to work with Nfld Light & Power as a Distribution Engineer and was there until October '64.

He joined Beothuck Engineering in October '64. Here his work involved constructing diesel plants and distribution lines for the outport communities. Two communities where they put in electricity were Gaultois and Francois on the South West Coast. There were umpteen others.

In May of 1966 Harvey joined the Power Commission and another Hydro retiree, Don French joined at the same time. Don left in August of 1967 and went with Foulis Engineering, a supplier of cables & equipment used in utilities and paper mills. In April of '68 he resigned from Foulis and returned to

the Power Commission.

It is interesting to note how he came back to the Commission. He was at a cable manufacturing plant in St. Jean, Quebec. He received a phone call from the chairman of the Power Commission, Mr. G.P.Hobbs, asking him if he would come back and to meet him in his St. John's office when he returned to the province. He had heard that Harvey was interested in coming back. Much the same format as today, isn't it. Now let's find out about his life with Hydro.

Ken:

When did you start with the Power Commission this time?

Harvey:

I returned in May of 1968.

Ken:

What was your job?

Harvey:

I came back as a Planning Engineer reporting to John Fitzgerald.

Ken:

What was your next position?

Harvey:

I went as Transmission Design and Construction Engineer and started as a Hydro representative working closely with ShawMont, who built most of the transmission lines.

Ken:

Who did you report to?

Harvey:

Leo Cole. During this period, I had the privilege of working with Jim Long, Frank Beaton, Vince Peddle (deceased), Norm Parsons and many others associated with the transmission system.

Ken:

What was your next position?

Harvey:

I was seconded from Hydro to Gull Island Power as Project Engineer on the HVDC Transmission Lines and Submarine Cables across the Strait of Belle Isle. This was in 1975.

Back in those days Gull Island was going to be developed before Muskrat Falls. Two $\pm 400KV$ lines were to be brought to the island, one terminating at Soldier's Pond and another at Stony Brook.

When the plug was pulled on this plan I went back to Hydro in 1977 as Manager of Transmission Design, which at a later date included Properties and Survey.

Ken:

Who was in your department at that time?

Harvey:

Des Butt, Dan Pike, Peter Linegar, Terry Gardiner, Neville Codner, Kevin Williams (deceased) and Brian Martin. I was in that position until 1990 when I was promoted to Director of Engineering and Design.

This department was responsible for all the Engineering Design in Hydro associated with Transmission, Mechanical, Electrical Protection & Control and Drafting.

The personnel heading up these departments were:

Civil	John Carnell
Mechanical	John Mallum
Electrical	Gordon Holden
P&C	Chris Walsh
Transmission	Dan Pike
Drafting	Graham Wells

Ken:

Who were you reporting to at this time?

Harvey:

I reported to Sam Banfield, VP of Engineering and Construction.

Ken:

What was your impression of Hydro?

Harvey:

It was a wonderful place to work, especially during my time. There was so much being built. You had the sense of family. The cooperation and work relations were superior. We weren't at odds. The people you worked with were more than working acquaintances; They were friends. I worked with Hydro for approximately 30 years. I retired in 1995.

Ken:

Was there anyone in Hydro that you were especially impressed with?

Harvey:

I was impressed with David Collett. Dave was a good friend and was well respected throughout Hydro and CFLCO.

I enjoyed working at Hydro very much and I think it's important that you enjoy your work. I'm a firm believer in giving a day's work for a day's pay.

Harvey and I had a great yarn. I could have stayed talking to him all day, but

we both had some trivial things to do. I had to pick up my wife at the Mall.

Harvey had a lot of historical documents associated with Hydro, including a travel claim from day one when he started with Hydro. There were binders of material that I would have loved to browse through, not that I would have understood much of the contents.

Here are a couple of samples from travel in 1968:

Trip to Montreal to meet with Shaw-Mont personnel:

Hotel Room	\$12.96
Meals	\$8.00

Course at the University of Saskatchewan:

Lodgings	\$8.50
Taxi	\$1.50
Meals	\$8.00

Here's an account of one of Harvey's early projects:

I went to Change Islands with the contractor (Hussey Contracting) to find a place to locate a diesel plant. There was a lack of level land, and we wanted to locate the plant somewhere near the center of the community. The place we selected was next to the school. Noise and pollution were not major factors in those days.

Trips on the road were always an experience with its 10 cent drinks (later 25 cents) and \$2.00 steaks.

Ken:

Good Lord Harv, look at the time; I'm a hour late. The wife will not be a happy camper. Gotta go. Thanks Harvey.



Harvey Young

Recalling Former Times

I was going to write about Christmas in Rencontre West by way of getting you all in the Christmas spirit, but I was afraid that subject would have the opposite effect. Too much of a good thing you know?

I'm going to change this year and recall the dinners we had on Christmas Eve in the warehouse at Bishop's Falls. This was always one of my favorite times in life at Hydro although it did leave me bloated to the point if you tried to slew your head the next day you would be still giddy.

The celebrations started around 10:00 AM depending on the demands from operations personnel. We would have the roast of beef cooking since 8:00 AM. The cooks were in the kitchen peeling vegetables and generally

making the tables look festive. At the time stated above someone went in the yard and told Andy and Harvey to come in. Dick put the inside forklift on charge, the Christmas cheer came out, and the party started.

People from other departments dropped by to exchange greetings of the season and have a little nip. Our crew visited the main office, had a drink, exchanged pleasantries and watched Joe dance with the girls.

Back in the warehouse we all proceeded up stairs and sat down to a delightful repast. Our cooks always did themselves proud. The dinner was roast beef, all the vegetables, a thick gravy, and desert. The wine was usually supplied by Dave Abbott; Dave made good homemade wine. After the blessing, we all tucked in. It always took me 2 days to get over it.

I don't think you could get much better Christmas Spirit than what we had there together.

A lot of our friends are gone now, but the memories still remain for a lot of us.

Here's a little side story: One of our valued employees/friend was Dicky Kelly. Dick was a world war two veteran. Dick loved his drink and a game of cards at the Legion in Bishop's Falls. On this particular occasion Dick and his friend had purchased a ticket between them on a car. That night the ticket was drawn and Dick and his buddy won. The friend suggested that they sell the car and split the winnings but Dick was having none of that. "We'll cut the cards", said Dick, "highest card wins". Dick lost!!!

Bits & Pieces

Last year I reported that Allan Parsons had taken up skating and was learning fairly well. This month, he practiced falling, not on his tail bone like everyone else but on his thumb. I have no idea how you could dislocate your thumb skating but Allan did it. Nice one Allan; Dont give up! You could still make the Maple Leafs.

Allan was Traffic Officer with the Materials Management Department in St. John's.

For some time now I have been trying to get some stories for Janet's bulletin but I'm not getting much response. Who am I kidding? No response whatsoever. Now it's time for more forceful action. I've put together a list of all the locations of Howard Oldford's best berry picking spots. For one of your Hydro stories I will divulge this information to you.

Half of the engineers and other professionals that worked with Hydro over the years started out with George Burge on the spray crew. Imagine the good anecdotes that could be told about that. I'm well aware that a lot of these stories could not be put in print, but there are some of them that our retirees would really love to hear.

How about emergencies in the diesel plants on the Coast of Labrador or getting damaged lines back in service? There's a lot of stories out there people, so let's share them with our Silver Light members before these stories become just a memory for a few.

This offer applies to all retirees. Give me a story and I will show you where Howard gets all his berries. I ask only one thing - keep this a secret because if Howard gets wind of my plan he could be vexed.

They never told me the things I would have to do when I took this job.

Seasons Greetings

From the Jerry Mark's Breakfast Club, my technical assistant Bob, and myself, have a Merry Christmas and a Happy and Prosperous New Year. Please put your Hydro safety knowledge to good use this Christmas and please don't drink and drive. When you do drive, drive defensively like Dennis McCarthy, Bob Larson, Horace Pye and Ray O'Neill taught us.

REMEMBER!!!!!!!!!!!!!!

You don't have to drink in the mornings after a party to be impaired. The alcohol remains in your system for 24 hours. I sometimes wonder if this would account for the number of impaired drivers on our roads today. Don't become a statistic for MADD to be talking about.

I know I'm preaching again so forgive me for caring.



Bob and Ken at the nerve center.

25 Year Club

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

Janet Brushett

Ken Hayward

Robert Cater

Scott Simms

Alex Lau

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.

participate, stay tuned for the advance notice in the newsletter or contact Silver Lights. (See the contact information at the end of this newsletter.) We'd love to have your helping hands next year!

Team Gushue Highway Cleanup

Silver Lights has committed to cleaning up a portion of the Team Gushue Highway. Twice a year, in the spring and again in the fall, a team of volunteers arm themselves with lots of enthusiasm, not to mention garbage bags, and head off to do battle with the litter. On October 30, Silver Lights' members, together with Gerard Piercey and some of his staff, met at Hydro Place. Reg White was the coordinator of the cleanup. He made sure there was a good supply of bottled water and garbage bags for our 17 volunteers and that they each had appropriate safety gear on. All that was left was to assign each of them to an area and then they were off to conquer the garbage and litter!!

As the morning progressed, the "litter-busters" piled the filled garbage bags along the side of the highway for pickup by the Highway crews later on that day. After the cleanup was finished, the team met back at Hydro Place where they enjoyed lunch compliments of Silver Lights.

Many thanks to our cleanup crew for a job well done!! Below are some pictures from the cleanup.

The next highway cleanup will take place in the spring of 2014. If you would like to par-



Ewart, Aubrey and Vern preparing for the cleanup



Gerard Piercey and his staff



Doing a great job



The cleanup continues



Getting the job done



Those sides are steep



Lots of litter going into the garbage bags



What is this doing here?



Lunch back at Hydro Place



Congratulations on a job well done!



Well deserved lunch in the cafeteria

Santa Claus Parades

There's nothing better than a good Santa Claus parade to get everyone in the mood for Christmas. For me, and the hundreds of other people who lined the parade route for the St. John's Santa Claus parade, it's the unofficial start to the Christmas season.

This year, the theme for the Christmas parade was "Christmas Around the World". Our enthusiastic team of volunteers (carpenters/drivers/safety walkers) included Gerry Bowers, Reg White, Dennis Jones, Bill Day, Vern Penney, George Fowler, John Mallam and of course, our team captain - Cindy Morgan. It takes a tremendous amount of work to get the creative idea magically transformed into an actual float. Once the idea for the float has been agreed upon, it's off to get materials, tools if needed, and other props. Cindy looks after all the paperwork and red tape associated with the parades and keeps a watchful eye on overall construction progress. If we need families to man the float for the different parades, it's Cindy who makes that happen and she sees that they have appropriate costumes to wear. We owe her a big "Thank-you"!! We would also like to say "Thank-you" to George Warren (Hydro Place) and his wife, Elsie, and two sons, Thomas and Michael, for manning the float for the St. John's parade and to Stella Fowler and grandson, Wyatt Fowler, for being on the float for the Holyrood parade. According to all accounts, both families had a great time despite the cold. A special word of "Thanks" to Nalcor for once again supporting our participation in the parade through their finan-

cial support.

The Silver Lights' float was once again an award winner. This year, our float took top honours for best float for the Mt. Pearl and Holyrood parades! Well done everyone!

Below are some pictures from the St. John's Santa Claus parade. We hope you enjoy them!



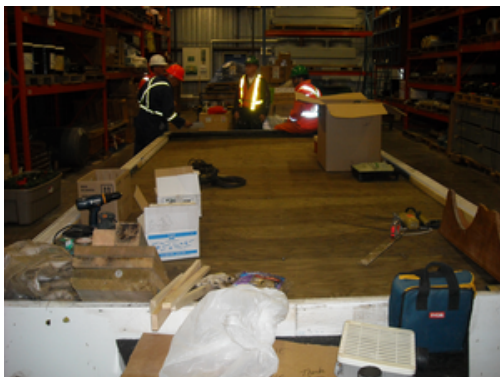
Tools of the Trade



PreFloat Construction Think Tank



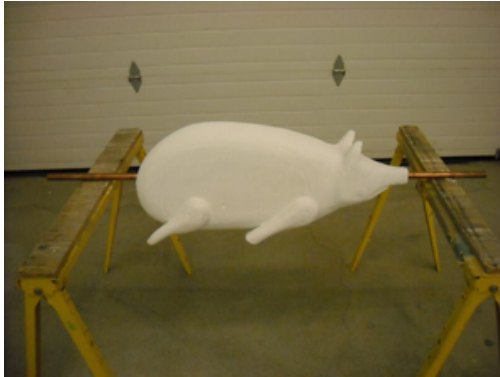
Lots of Progress



Drills, Hammers, Nails, Ready to Start



The Float Starts to Come Together



This Looks Like a Roasting Pig!



Dennis Keeps an Eye on that Pig



Yes It is a Roasting Pig!



Wires Everywhere



No Doubt About It. It's a Pig!



Work Crew Takes a Much Deserved Break



Finishing Touches



"Christmas in Cuba" Leaves Holyrood



Palm Trees?



What More Can You Say?



Gerry Drives the Precious Cargo



Bill and Gerry Waiting for the Parade to Start



The Warren Family: Elsie and George with the Straw Hats on and Their Sons, Thomas and Michael



Bill Day is our Safety Walker



George Keeps a Close Eye on the Roasting Pig!



Everyone is Ready Including the Pig



Lots of Dogs Sporting Christmas Hats



Gerry Drives the Lead Vehicle



Minnie and Mickey are Always Favourites



Getting Ready for the Parade to Start



Palm Trees instead of Spruce Trees



RNC Horses at St Johns Parade



Some of the Dancers in the Parade. See Bill in the background?



City of St Johns Float



Stockings Hung by the Fireplace



Roasting Pig over Flames



The Float Moves off and the Pig is Roasting Nicely



The Keystone Cops Having a Great Time in the Parade



The Keystone Cops Have their Man



The RNC Keeping an Eye on the Keystone Cops

Everyday Life

10 Ingredients for Retirement Bliss

Chris Schwartz



With the start of a new year, everyone takes time to reflect on the past and look to the future. While this quarter's article is not directly related to improving your finances, it looks at different ways to live the best retired life possible - whether you are getting ready to stop working or well into your retirement years. Not all points are relevant to everyone, but most provide some thought to enjoy your non-working years.

The day is coming when you may decide to depart the working world and join those lucky people living in retirement. You have paid your dues, and now it is time to relax and enjoy the fruits of your labor. Retirement can be a time to do what you have always wanted to do with your life.

Once you make the move, you want to get the most out of those days by living a second act that stimulates your senses and gives you a reason to get out of bed each morning. If you *call it quits* at 65 your retirement could last for 20 or more years. Here are some important ingredients that can help you live the best retired life possible:

A healthy balance between activity and relaxation. Few retirees would

be satisfied with a retirement made up entirely of doing nothing. Sure, after a busy career the first months or initial year of retirement may involve catching your breath a bit. But what about the many years to follow? A life filled with only relaxation can lead to boredom. The best solution can be to seek a balance between activities to keep busy and downtime to take it easy. Finding the right combination that meets your personal tastes can help to keep the days interesting and exciting.

Meaningful moments. At the end of the day, it can be rewarding to look back and see that you have accomplished something of worth. It may be as simple as helping a neighbor in need or as much as dedicating a day at the local shelter. Retirement can begin to lose its luster if you fill the hours without helping others.

Meaningful moments and achievements can help give substance to your day and perhaps even inspire you to greater things.

Energy to keep at it. Things get tougher as we age, and slowing down is a natural occurrence. But we don't want to watch life from the sidelines. Though it's not always easy, if we can push ourselves a little bit each day to get moving and stay active we will enjoy better health in the long run.

A happy spouse. After many years together making it through the good and the bad, the ability to bring on a smile or laugh with our partner never grows old.

What brought us together so long ago has matured and evolved, and hopefully we are learning to accept the inevitable changes that come with the years together.

Remembering the life lived. One of the cruelest parts of aging can be memory challenges. Thoughts of our most vivid life moments may dim with time. Some people are blessed to have sharp minds that are able to recall distant days and events in great detail. But remembering special events and the people most central to our lives is not guaranteed as we age.

Maintaining independence. In an ideal retired life, we will be able to remain in our own home in relative safety and have sufficient money to pay our bills and maintain a reasonable quality of life. But sometimes it becomes necessary to increasingly rely on others as we age.

Being a good grandparent. In the role of grandparent, we have the rare opportunity to be the good guy virtually all of the time. When trouble rears its ugly head, we can call in the reinforcements otherwise known as parents. Our job is to spoil, love and instill happiness in these joyful little people. We all want to be the favorite grandparent who the youngsters look forward to visiting. The good news is all it really takes is some love and attention with a dash of patience and a good sense of humor.

Living according to a personal retirement plan. Whether you want to explore things you have never done be-

fore or take it easy, having some idea of how your retired life will look before you quit your job is a great way to focus on the things that can maximize your retirement happiness. Think about what activities, hobbies and events will make up your days, who you will choose to spend your time with and develop a plan to maintain good physical and mental health.

Sharing love. Whether its a spouse, good friend, family member or even a fluffy pet, we all need a recipient of our love. We know how happy we become when someone makes the effort to show they love us. And for many people it can be even better to give than to receive.

Not being a burden. In the role of parents, many people have been the person who children could rely upon. We took care of their needs for school, security, health and support. Now in retirement we hope to avoid reversing those roles and becoming a burden on their busy lives.

Revised from "Retirement - Only the Beginning" Blog.

About the Author

Chris Schwartz, CMA is a Wealth Advisor with ScotiaMcLeod and works with the MYW Group. He can be reached at 576-1387 or chris.schwartz@scotiamcleod.com

Christmas From the Archives

Janet Calver

I've mentioned before how much I enjoy scrolling through the Centre for Newfoundland Studies at Memorial University just to see what's there. The other day I randomly picked a year, 1955 and happened upon the December 24th issue of the Daily News. Almost sixty years ago! It's true what people say though some things change but other things stay the same. There were stories of tensions in Israel and Jordan, fighting between Algerian rebels and French troops, flooding in California and Nevada, and 11,000 layoffs at the Ford plant in Oakville, Ontario. But all was not bleak. There were lots of make-you-feel-good stories that reaffirmed the Christmas message - taking care of those less fortunate, extending the hand of kindness, and spending time with family and friends. Below are just a few gems I found. I hope you enjoy the walk back in time!

Editor's Message (Daily News, Saturday, December 24, 1955)

Christmas

One may often hear people at this time of the year complaining of the great preparation for the celebration of Christmas Day. All this, they say, for just a few hours of one day. But these are people who miss the real meaning of Christmas, people who have lost the capacity to feel deeply and to make out of the seasonal chores part of the joy of its commemoration. All the work that goes into it should be a labour of love else the real spirit of yuletide

is absent.

There is not a great deal that can be said about Christmas that has not been said before and said much better. There is little that can be said that is not trite and platitudinous. Who does not love to hear Charles Dickens' Christmas Carol read aloud and what is triter than some of the writing in that self same story? But it breathes the spirit of Christmas, the love that can fill even the stoniest of hearts, the countless sacrifices designed to bring pleasure and happiness to others, the generous thought and the open hand and finally the family reunion and general good fellowship.

The toil and effort that may go into preparations for Christmas may bring a measure of weariness but ought never to cause a grumble or complaint. It should all be part of the fun, of the great satisfaction to be derived from thinking and working and planning not only for oneself but for family and friends and for the poor and friendless as well. The actual celebration on Christmas Day is simply the grand climax to a wonderful season. And what a season it is to be sure. Scott expressed it well when he wrote, "England was merry England, when Old Christmas brought his sports again, 'Twas Christmas broach's the mightiest ale; 'Twas Christmas told the merriest tales; The poor man's heart through half the year."

Times have changed a great deal since this was written. But if the preparations for Christmas involve today greater complexities than was the case a hundred years ago, in essence nothing has changed. The

fundamentals of Christmas remain, the pleasure of giving, the joy of receiving tokens of affection from others, the happy family around the Christmas tree and the pleasure of the Christmas table, the age-old charm of ancient and joy-filled carols, the continuous repetition of "Merry Christmas" and the feeling that all the world has come briefly together to share a common happiness, these things are timeless. They harbour great truths and enduring sentiments that changes in the outward trappings cannot harm. May that spirit prevail and may this be a happy and joyous Christmas for all.

The radio continued to play a significant role for entertainment back in the 1950's. Check out the ad for this Boxing Day broadcast.

Annual Folk Song Broadcasts

The Annual Boxing Day broadcast of Newfoundland Folk Songs which is presented with the compliments of Gerald S. Doyle will be heard this year on CBC Nfld. Network at 8:00 - 8:30 pm on Monday, December 26.

Included in this year's program will be some of the old favourites, as well as two new songs which have been recorded locally for the Folk Song Programme. Each year, Gerald S. Doyle Limited brings us this enjoyable half-hour, featuring our own songs and we are happy to see that once again, this year, our Folk Songs will be aired in the Annual Boxing Day Programme.

There were advertisements for four different movie theatres and the movies that were currently playing:

The Cornwall showing "The Bridges at Toko-Ri"

The Paramount showing "Seven Cities of Gold"

The Star showing "Father Brown, Detective"

The Capitol showing "My Sister, Eileen"

It seems that you could see these movies for .50 for a matinee or .75 for an evening show - children were half price!

VOWR, VOCM, CBC and CJON-TV had full listings for Christmas Eve, Christmas Day and Boxing Day.

If you wanted to go dancing, then the Crystal Palace was the place to be. The Crystal Palace was open Christmas Eve, Christmas Day (at 7:00 pm) and Boxing Day, while The Piccadilly Club would be open only on the 26th and 27th.

If skating was more your thing, then the Stadium would be open on Boxing Day for general skating (2:00 pm to 4:00 pm)

There was a full page of church announcements and service schedules. Churches of all faiths had services scheduled for Christmas Day.

The Woman's Page (sorry men - there was no page devoted to you!) was where you found out exactly who was doing what

(sounds a lot like Facebook!). It included a chit-chat column of who was moving to a new home, who was getting married, who was going away on vacation, who was having a birthday and who was coming home for Christmas.

Finally, there was a short story on how one family had gotten rid of their TV set and had “reclaimed their lives”. How does this compare to today’s addiction to tablets, iPads and texting?

The Smiths’ have gotten rid of their TV set. And they claim they wouldn’t have it back if the rabbit ears were gold tipped with diamonds. They have recaptured a way of living that TV drowned out in loud commercials, blaring music and stale jokes. The drastic decision that their TV set was expendable came after Mr. and Mrs. Smith sat down one night and confronted all the changes it had brought in their home.

Nobody listened to their collection of beautiful records anymore.

Evenings of games and family fun had disappeared as parents and children sat evening after evening before the one-eyed monster.

Reading for pleasure was a thing of the past. The printed word casts its spell in peaceful quiet and there is no peace and quiet in a home where a TV set blares forth program after program.

Even dinner table conversation was affected. Either the family watched some member’s “favourite program while they ate or hurried through dinner so as to get to their easy chairs in time for a half-hour play or

30 minutes of watching a comedian earn his weekly fortune.

Few plans were made for the family to take advantage of the music, plays, lectures, etc., that were available. It was so much easier to sit at home and watch TV.

About all that we and our children were getting out of our leisure time is what the TV set has to offer. And that is a mighty “slim diet” the Smiths decided. The TV set had to go.

They say they occasionally miss something good they would have enjoyed. But the time they have gained for more enjoyable family living by being freed from TV watching has more than made up for the occasional worthwhile programs they have missed.

Then there was the comic section. Featured in that day’s newspaper were: Pricilla’s Pop, Freckles and his Friends, Archie, Boots and her Buddies, Alley Oop, Bugs Bunny, The Story of Martha Wayne, Sir Arthur Conan Doyle, Wash Tubbs and Vic Flint.

My favourite part of the paper has to be the advertisements. Throughout the paper, there were pages of advertisements from various stores. I’m sure some of the names will be familiar to you. They included:

Bon Marche

Men’s bomber jackets for \$3.95

Men’s windbreakers for \$5.95

Ladies’ and Mens’ Wool Gloves for .75 each

Men’s Elastic Braces for .39 and .65 pair

Men’s Belts for .75 each

Ladies’ Sweater for \$2.45

The following businesses sent general Christmas greetings and best wishes:

Tooton's (reminding you to pick up your film and flash bulbs)

Ayre & Sons

The Royal Stores Ltd.

The Royal Stores advertised Dinner Dresses and Formal Dresses, various sizes, various colours, now 33 1/3 off

Parker & Monroe The Shoe Men

The Great Eastern Oil Company, Limited

Their slogan was "Let Her Remember it as the Year you Gave Her... a Marconi life-tested television or a President washer or a Gilson refrigerator

Musical Clock (Water Street opposite the Court House)

Milley's

Children's Fur Mitts for .97 pair
Boys' Leather Mitts for \$1.10 and \$1.30
Childrens' Wool Caps for .75
Girls' Plaid Dresses for \$2.10 and \$2.30
Rayon and Cotton Tablecloths for .97
Girls' Black Hose for .50
Ladies' Angora Gloves for \$1.25
Gift Soap, Boxed 24 cakes for .75

Christmas Greetings from:

Capital Taxi
Max Lawlor - Butcher
Foster's Meat Market
R. H. Trapnell Ltd. Jewelers
Simon Levitz & Son
HUB Taxi
A. G. Barnes
P. J. Lewis Meat Market
Ernst Clouston Ltd.
Coveyduck's Supermarket
King's Bridge Service Station
Murphy's Drug Store
Lar's Fruit Market
Connor's Snack Bar
Belmont Tavern
Royal Garage Limited
Flower Hill Grocery
W. J. Murphy
McDonald's Fruit Stores
City Fish Shop
House of Flowers
LeMarchant Drug Store
O'Mara's Drug Store
McKinlay Motors Ltd.
Snow White Laundry
Canada Packers Limited
Guards Bowling Academy
Brown's Service Station
Cottage Gardens Tea Rooms
Ben Tulk Ltd. The Key House

Just before I started to put together the

articles for the newsletter, I came across this book called "Twelve Tales for Christmas", written by J.S.S. Armour. For twenty-one years, Rev. Armour was minister of St. David's Presbyterian Church in St. John's. In 1983 he and his family moved to Montreal and he was minister of The Church of St. Andrew and St. Paul from 1963 to 1998. Today, he still serves as minister Emeritus. During his time there, CBC Radio started a Christmas sing-in from the Church. The music included Christmas music for the organ and choir as well as general congregation carol singing. During the sing-in, Rev. Armour would tell a Christmas story. The "Twelve Tales for Christmas" is a compilation of those stories. I hope you enjoy the story I have picked out

Miss Burry's Christmas Dinner

(Printed with permission of Rev. J.S.S. Armour. 1999 The Church of St. Andrew and St. Paul; ISBN 0-9685857-0-1)

Once not too many years ago in the ancient port city of St. John's, Newfoundland there lived an old lady by the name of Miss Burry. I say "Miss" advisedly, for although I know for a fact that her Christian names were Grace Elizabeth Mary, no one dared to address her by any of these names, for Miss Burry was a very proper lady, as befits one who taught in

a one-room school for a great number of years at Herring Harbour, Bonavista Bay.

But that was long long ago. Miss Burry had come to reside in a boarding house on Hamilton Avenue, not far from Patrick Street.

At first, she had stayed in one of the spacious downstairs rooms but as time went on and money ran short, she moved up in the house, until, at length, she occupied a small room on the third floor back. Mr. and Mrs. Albert Hodder, whose boarding house it was, were quick to assure Miss Burry when she paid her rent each week that because she was such a good tenant - "a real credit to the house (not like some that could be named)" - the rent would stay just where it had been these twenty years, and would Miss Burry not do them the great kindness to stay and have her tea with them this very night?

But Miss Burry would reply quite stiffly that she already has had her tea, and quickly start up the stairs to her room.

"Honest to God, Bert, what does that little bird of a woman live on? Tea and toast and a boiled egg." But no matter how often or how kindly she was asked, the answer was always the same.

"I have had my tea, thank you. Perhaps another time."

The exception was Christmas. Miss Burry had a nephew who lived with his wife in Mount Pearl. Every Christmas Day - for as long as anyone on Hamilton Avenue could remember, the nephew would arrive in his car at precisely 11 o'clock, and pick up Miss Burry, who waited for him at the door dressed in her Sunday best, returning her in the evening, after what she could only describe to

Mr. and Mrs. Hodder as a most sumptuous feast.

"Quite the best Christmas dinner ever," she would say. It was the highlight of Miss Burry's year. Indeed, last Christmas, when Miss Burry returned from Mount Pearl, she missed her footing on the stair and sat down quite unexpectedly on the bottom step. When Mr. and Mrs. Hodder rushed to her aid, she waved them away with a rare burst of laughter.

"Too much rum in the Christmas pudding, I expect," she said, as gathering her dignity about her, she continued her uncertain way to the third floor back and the sanctuary of her own little room.

"You could have knocked me over with a feather. Our own Miss Burry - tight as a tick she were."

But, alas, this year would be different. The nephew had died on St. Patrick's Day and his widow had moved to be with a daughter in the Boston States. It was now nearly Christmas. What was to be done about Miss Burry?

The Hodders, of course, had invited her - as had one or two friends in the United Church Women of Wesley Church. Bride Murphy and the Catholic ladies of Patrick Street assured Miss Burry that there was more than enough room at their tables for her this Christmas.

To one and all, the answer was a firm and final "No".

Miss Burry was most grateful for their kind invitations, but this year she was going to have her Christmas Dinner at Government House!

"Government House! My God, Bert, the

poor old soul! She has starved away her sanity, right enough. All that tea and toast has quite done her in. It's The Mental for her shortly, just you mark my words."

Now to understand the consternation of the Hodders, indeed of all Hamilton Avenue and half of Patrick Street - one must know something of Government House - the grandest residence in all Newfoundland.

A splendid stone mansion set in its own park, reached through impressive iron gates, up a sweeping drive to a porte-cochere entrance, it quite puts Ottawa's Rideau Hall in the shade.

It was built in the last century for His Excellency The Governor, who arrived from England in a warship and lived in much state with equerries and fine ladies and only appeared in public wearing a plumed hat and a uniform shining with medals.

Things were somewhat less grand since Newfoundland joined Canada. The post was now His Honour The Lieutenant-Governor, and was held by a Newfoundlander, but the mystique of Government House remained. An invitation to dine within its walls was a rare honour reserved for Queens and visiting dignitaries, its long mahogany table set amidst gilt-framed portraits and twinkling chandeliers, its polished silver and gleaming crystal, its monogrammed china and linen napkins like tiny bishops' mitres stiffly marching down the table.

You can be sure there was much talk over the teacups at the next United Church Women's meeting at Wesley Church and much concern expressed at the Legion of Mary at St. Patrick's and the houses and lit-

the corner stores around Hamilton Avenue at Patrick Street. What was to be done about poor Miss Burry? A delusion of grandeur, no doubt. T'was the nephew's unexpected death... And of course, there was the matter of her age. "Old as Buckley's goat, she is!"

The Hodders set an extra place for Christmas Dinner. "Why," they would say, "the grand folks of Government House must have forgotten. Never you mind. Just march right in here, Miss Burry, my dear, and take your place at our table. Not to fret. They must surely meant that old levee on New Year's Day - when the Premier and his crew, Her Worship the Mayor, His Grace and the Lord Bishop and the President of our own blessed Conference, go to show their respects..."

On Christmas Day, at precisely 11 o'clock, Miss Burry appeared at the door. She was dressed in her Sunday 'best', wearing her mother's black bugle beads. Miss Burry waited in the cold and all the houses on Hamilton Avenue at Patrick Street held their breath. Of course, nothing happened. Nothing could possibly happen - but still Miss Burry waited, her face all expectation.

The street was quite empty. The only things that stirred were the lace curtains behind which lurked many an anxious face.

"When in the name of Fortune is Floss Hodder going to step out and lead the poor old soul indoors?"

And then suddenly, a long black car appeared - a gold crown at the front - a small official flag snapping briskly on its hood. It drew up to the house and a uniformed chauffeur jumped out and held the black door open.

"Miss Grace Burry?"

Miss Burry nodded.

"His Honour is expecting you."

As the car drew away from the curb that Christmas morning, you could almost hear the cries of astonishment from every house on Hamilton Avenue at Patrick Street.

But if anyone had bothered to read the curriculum vitae of the new Lieutenant-Governor of Newfoundland and Labrador, they would have noted that he was born in Herring Harbour, Bonavista Bay, and had said quite publicly that he owed all his success to a certain wonderful teacher who had dedicated her whole life to her pupils.

"Happy Christmas, dear Miss Burry. White meat or dark?"

Health & Wellness

Over the past few weeks, Canadians in general have suffered through severe ice storms and winter weather. It never hurts to have a reminder or two about how to prepare your home for the inevitable. (This information, together with the hyperlinks, was found on the CBC website: www.cbc.ca)

Power Outage Tips:

1. The federal government warns that people should always be prepared for 72 hours without electricity while emergency workers focus on those in urgent need. That includes preparing an emergency kit and an emergency plan.
2. Check on vulnerable people such as seniors and people with mobility issues.
3. Do not use generators or barbecues indoors as this will create a carbon monoxide hazard. Also, ensure that batteries are working in carbon monoxide and smoke detectors. "I can't stress enough," Toronto Deputy Fire Chief Mike McCoy said. "Any appliance in the home that burns whether it's a barbecue, whether it's a gas appliance if the home stays closed and there's no way to bring in fresh air, oxygen, you're going to run into a CO issue."
4. Do not burn trash or paper or in a fireplace, as flaming paper can travel up the chimney and land on the roof.
5. Prefer a flashlight to a candle. If you must use a candle, make sure the glass shade is higher than the flame to protect against burning loose clothing. Blow out the flame when you leave the room and keep candles away from children.
6. The Canadian Food Inspection Agency advises that a full freezer will keep food frozen for about 48 hours after it loses power, a half-full freezer for about 24 hours. An unopened refrigerator will keep cold for about four hours. After that, try to relocate the food somewhere cold like just outside your front door, if the temperatures are frigid. When in doubt, throw it out.
7. Keep a few taps turned on to a trickle to prevent pipes from freezing.
8. You may find that your cellphone is your only remaining means of communication with the outside world, and if so you should conserve battery life. You can make the most of a limited resource by turning down the screen brightness and turning off power-hungry functions such as Bluetooth, WiFi and location services.
9. Avoid internal wires or fuses that may have come into contact with water. Leave those to an electrician if you have concerns.
10. Keep appliances unplugged or turned off to avoid problems when the power resumes.

Ice Storm Tips:

1. If you have to go outside after an ice storm, watch for branches or wires that could break or fall due to the weight of the ice.
2. Don't approach power lines or move downed trees. Any hanging power line could be charged. Stay back at least 10 metres from wires or anything in contact with them.
3. Avoid driving if possible. Freezing rain can make roads extremely slippery. Wait several hours after freezing rain ends so road maintenance crews have enough time to spread sand or salt on icy roads.

10 winter driving tips

4. Freezing rain and strong winds increase the chances for hypothermia. Dress for the weather with boots or shoes with rubber soles. If you live on a farm, move livestock to shelter where feed is available. Forage is often temporarily inaccessible during and immediately after ice storms.
5. Stay tuned to local television or radio stations for weather advisories, and check <http://weather.gc.ca/warnings/EnvironmentCanadaforweatherwarnings>.

Sources: Government of Canada, Toronto Hydro, Canadian Food Inspection Agency, Toronto Fire Services

NALCOR News

Retirees

The Silver Lights Executive would like to wish all new retirees congratulations and all the best in your retirement.

Kevin Ricketts



Mar 30, 1979 - Started temporary Service
May 11, 1981 - Hired as Draftsman with the
Engineering Department in St. John's
2000 - Became Technologist - Drafter/CAD
Dec 31, 2013 - Retired

Leonard Patey



Jul 29, 1985 - Hired as Diesel Plant Operator
'A' with Power Distribution District in

St. Anthony. He was a relief/temporary employee and returned annually

Feb 8, 1988 - Accepted Permanent appointment as "Operator" at a fully attended plant in St. Anthony

Sep 11, 1989 - Appointed to Mechanical Maintenance 'A' with P.D.D. Northern Region in St. Anthony

Aug 1, 2005 - Appointed to Mechanical Maintenance 'A' (Heavy Duty Repaid) in Stephenville with Generations and Teminals

Dec 31, 2013 - Retired.

Charles Learning

Jun 5, 1989 - Hired as Mobile Equipment Operator with CF(L)Co.

- Returned seasonally to the role of Mobile Equipment Operator

Dec 31, 2013 Retired

Joan Penney

Jun 15, 1998 - Hired as General Help with CF(L)Co

- Continued to return to work with CF(L)Co for the duration of her career taking positions as General Help and Labourer

Dec 31, 2013 Retired

Dwight Howell

Nov 27, 1978 - Hired as Line Apprentice with a start in L'Anse au Loop

- Progressed through Apprenticeship and spent time in various areas including Stephenville and St. Anthony.

May 31, 1982 - Appointed to Lineman A **Charles Morris**
with PDD in L'Anse au Loop

- Continued his career there and has been
lead head in area.

Oct 31, 2013 - Retired



Eldon Emberley



Jun 4, 1990 - Hired as Auxiliary Operator
with Holyrood Thermal Operations Se-
cion

Dec 28, 1998 - Became thermal Plant oper-
ator

Aug 14, 2006 - Appointed to Shift Supervi-
sor with HTGS Operations

Oct 31, 2013 - Retired

James Lambert

May 16, 1977 - Hired as Station Operator
Apprentice in CF(L)Co

- left for a short time

Jan 19, 1987 - returned as Station operator
in CFLCo

Nov 6, 2006 - Appointed to Sr Station Op-
erator

Dec 31, 2013 - Retired

Dec 5, 1983 - Hired as Electrical Tech-
nologist with PDD in Happy Valley,
Labrador

- Progressed through Technician and did
rotations in province including Bishop's
Falls

Jan 14, 1988 - Appointed to Distribution
Technologist with Technical Services in
Bishop's Falls

Apr 29, 1991 - Appointed to P&C Technol-
ogist in Stephenville

Nov 8, 1993 - Appointed to Distribution
Technologist in TROC.

Nov 31, 2013 - Retired

The Lighter Side

Here is a little something to hopefully bring a smile to your face as you contemplate all that snow and what to do with it !

One Christmas, a parent decreed that she was no longer going to remind her children of their thank-you note duties.

As a result their grandmother never received acknowledgments of the generous checks she had given.

The next year things were different, however.

“The children came over in person to thank me,” the grandparent told a friend triumphantly.

“How wonderful!” the friend exclaimed. “What do you think caused the change in behavior?”

“Oh, that’s easy,” the grandmother replied. “This year I didn’t sign the checks.”

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:

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Vice President Cindy Morgan 744-3700
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
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Best Wishes for a Very Merry Christmas and a Happy New Year from your Silver Lights Executive Team, your Editor and their Husbands and Wives! From left to right: Vern Penney, Linda Penney, Glenn Morgan, Cindy Morgan, Brian Gamberg, Janet Calver, Heather Bowers, Gerry Bowers, Reg White, Phyllis White, Dennis Jones, Patricia Jones