



SILVER LIGHTS CLUB

NEWFOUNDLAND AND LABRADOR HYDRO
A Nalcor Energy Company

President's Message

Gerry Bowers

Gerry is away on vacation. His message will appear in the next newsletter.

Editor's Message

Janet Calver

I hope everyone enjoyed their summer! Can you believe it is “officially” over? We look forward to the warm weather and sunny skies for most of the year and then before you know it - poof - it's gone. Fall has many great things about it though - the harvest from the gardens, the beautiful fall foliage, the berry picking and those beautiful sunny, crisp days that just beg you to go for a walk.

My husband and I love to spend our summers in Newfoundland. It's amazing how you can live somewhere for your entire life and still find areas you've never really explored in depth. This year, our little “day” trips took us to the archeology sites at Ferryland and Cupids. The work they are doing at both sites is fabulous and if you haven't visited them in a while, you should plan to do so. These communities take such pride in their history and their enthusiasm is infectious. That same “pride of community” was evident in Twillingate. The Silver Lights trip there in September was a wonderful experience. Read more about it in the following pages and enjoy the pictures!

We have some great articles in this newsletter. Ken has more wonderful stories and conversations with fellow retirees that we all look forward to. Our contributors (Chris Schwartz, Tom Clift, Blair Jerrett) are back after the summer break with informative columns. See who has joined the 25-year club and joined the ranks of “retiree”. Check out what's coming up and see who you can recognize in the pictures!

Thanks to everyone - our columnists, Amanda (Human Resources), the Silver Lights executive team and of course you, our readers! Couldn't do it without you!

Take care and enjoy the fall.

SilverLights News

Out and About with Ken Ball

I'm starting to put together this piece at the end of July so I won't comment on the beautiful summer beyond July. Hopefully before I finish with it I will be able to brag about what a great summer we had.

The last article I wrote I told about an accident that happened with a Horton Steel Crew who were welding a surge tank in Camp Boggy. They fell and some of the workers were killed. I thought that 3 or 5 people fell but my friend, Jerry Wells, told me this was not the case. Apparently there were 4 workers there when the accident happened and 2 of them were killed. A hasty recovery team were assembled and the 2 remaining workers were rescued by lowering them down inside the tank. Jerry, as Security Supervisor and Ambulance Driver, was called to the scene of the accident and was part of getting the victims ready to transport to the hospital. From Jerry's report it was a life changing experience that stays with one. I sincerely hope this is correct and I apologize for getting it wrong the first time.

Gerald Thorne

I saw Gerald at the Avalon Mall just after I submitted my last column so even though this may be late, it's better late than never. I had not seen Gerald for a while. The last time I talked to him was at Morgan Hollett's funeral. This seems to be the trend these

days, meeting your friends at another friend's funeral.

Gerald is looking great as always and is enjoying retirement. He has a lot to be thankful for because his wife, Linda, is doing great after a bout with cancer.

He has just completed building a cabin in Point Lemington. He has a boat and, with a bit of farming on the side, keeps himself busy.

They visit their children, which can range anywhere from British Columbia to Asia and finally to Southlands near Mount Pearl.

Gerald worked in the Materials Management Department as Sr. Supervisor in Central Stores, Bishop's Falls. The Satellite Stores also reported to him.

Aubrey Green

I had the pleasure to talk to my old friend this week. I had not conversed with Aub for a while and that is unfortunate because you miss out on a lot of things that still interest you; Particularly the health of your older friends in Francois and that part of the coast.

Aub is very active in his community and I might add a very valuable man to have in a small community. He's a member of the volunteer Fire Brigade and does a lot of favours for his neighbours associated with electrical problems in their homes and boats.

He has a cabin down in Chaleur Bay and a boat. The week before I talked to him he had been to St. Pierre for the weekend. That's the way to live Aub, enjoy every minute you can while you still can.

Aubrey was the Sr. Diesel Plant Operator at Francois and is retired and still lives there.

George Lundrigan

I saw George the other day at one of the local coffee establishments. George is in fine shape and enjoying the beautiful summer weather. He is not working presently and spends some time at his cabin.

I get the impression that this not working thing is only temporary and maybe if the right opportunity presents itself, George will be back to work. He certainly has a lot of knowledge and experience to offer any potential employer.

George was an Engineer with the Construction Department at Hydro Place, St. John's but his work took him around the province .

Claude Quinton

I saw Claude at the Avalon Mall this summer. I met him there about the same time last year. No doubt it is the annual trip to the Mecca of the Avalon.

We had a good discussion about our Hydro friends and Claude brought me up to date on their status. It was good to hear Harry Elliott and his boys are busy in the wood contracting business and that they are as busy now as when the mill in Grand Falls was open. I always like to keep informed about Harry because he was my old moose hunting license partner, although he wouldn't let me in the woods with him. He claimed I would only hinder him and get in his way.

There were two other central retirees in the Avalon Mall that day, Donna Hynes and Lloyd Gillingham, but even though I went looking for them I didn't see them.

Claude looks as if he could still climb a steel transmission tower if he had to.

Claude was a Transmission Lineman with Harry Elliott's Crew. He later became Distribution Supervisor for the Central Area.

Ray Reid

It was only last week that I was thinking about my friend and fellow retiree, Ray Reid. I had not heard from or seen him in years and today at the Village Mall I met him.

Ray looks great even after a bit of trouble with the old ticker but it seems everything is under control and it's back to enjoying his retirement.

Ray lives in Dildo so even though I didn't know it, there were times this summer when I was close to him when we vacationed in Greens Hr. and visited around the Dildo area.

Ray has an acre plus of land in Dildo and there are trees on the back of his property so he always has something to do, whether it's mowing grass or cutting firewood. It's good to see he's active.

Ray worked with the TRO in St. John's with Dan Pike's Crew. Ray and I always found time to have a little yarn whenever he came to my office to inquire about Transmission Hardware.

Keep that grass mowed Ray.

Joanne Gorman

I had a real surprise today at COSTCO when I saw another friend/retiree, Joanne. She looks in great form and is thoroughly enjoy-

ing her retirement. She is active on the local scene with Hydro Golf Tournaments and having weekly coffees with Libby Power's Group.

Joanne will soon be off out West to visit family members and attend a wedding. They keep on the move.

Joanne used to work with us in Materials Management and moved over with Bob Barnes on the work associated with Muskrat Falls Project for the duration of her working career. Joanne was a Secretary in both job locations.

Hughie Butler

Through friends from Hydro, I first heard that Hughie was having a bout of sickness. I called him today to confirm this.

Hughie fell ill starting last Christmas while visiting his son and family in Ontario. He doesn't know and the Doctors can't confirm if it was a bug or something he came in contact with. There was a period when he coughed for two weeks continually. Then he started loosing weight. He has lost 25 lbs. That's a lot of weight off of Hughie.

He has had every conceivable test the doctors can think of, and in most cases they were repeated. Still no conclusive results. He is still seeing doctors regularly and having all sorts of blood work and cat scans looking for a cause.

Hughie said that he didn't feel sick, but his energy level is low. He is supposed to try and but back the weight but his appetite is just not there. He still goes for walks but has had to cut down on the distance.

Good luck with this Hughie. They should

have you back in the saddle soon. Hughie is still on the go and plans to visit his son in Ontario this Christmas.

Hughie used to work with us in Materials Management had had the godless task of balancing the weekly inventory accounts. I used to get tired just looking at the paper he reviewed weekly.

Tom Dunne

I saw Tom recently at Colemans supermarket in Mount Pearl. We were both there to get a bit of cheap, fresh cod for supper.

Tom looks fantastic and is keeping active in his retirement. The first years he was retired he built a new house, bungalow style, and now he's building new furniture to fit the place out. Tom told me he spent some time in Sears furniture department taking measurements for his own bed and table creation and the result has been worth it. I didn't know Tom could drive a nail let alone be a cabinet maker. Just shows you never know when you may be in the presence of a talented person.

Tom is planning to spend this winter in Florida now that his wife has retired. That's the way to enjoy life Tom.

Tom worked with Projects Management at Hydro Place in St. John's.

Sam Stickland - A Pioneer in Hydro Union Negotiations



Sam Stickland

One day in early September, I had an opportunity to sit down with another Hydro retiree, but this time it was with my life-long friend, Sam Stickland. Since we both came from Rencontre West, I have known Sam ever since I can recall. Sam started work as a teacher after high school and eventually became the Wireless Operator/Post Master in our little community post office. Sam and I both lived in Botwood and worked out of Bishop's Falls for a while. Actually Sam was our boarder for a few months until he got his family moved from Springdale.

I just hope I can be objective and not paint too good a picture of my friend.

KEN: When did you start work with Hydro?

SAM: I started working with Hydro, March 1973. Before this I was living in Springdale and working at the BRINEX Whalesback Mine. The mine had just closed and I went to work at the Vocational School as Office Administrator.

KEN: What did you do at Whalesback Mine?

SAM: I was the Personnel and Labour relations Supervisor.

KEN: Where did you start at Hydro?

SAM: When the mine was closing I put out several applications for employment. One was to the Nfld Power Commission. In February of 1973 I had a call from Stu Dicks. He wanted to come to Springdale to discuss my application. I had just had a fall, where I injured my leg and at the same time I was growing a beard for entrance in the beard growing contest sponsored by the Springdale Lion's Club. I can only imagine the first impression I made on Stu. I did tell him that if I got the job the beard would go.

Stu contacted me in March that they were going to hire me and that I would be working out of Operations Headquarters in Bishop's Falls.

Little did I know at the time that the government had a freeze on hiring. This freeze was done strictly by numbers and not occupations. At that time they needed a Labour Relations supervisor because they were unionized and in labour negotiations.

One of the jobs that they could fill was that of an electrician, so they hired me as an electrician, and this was far from my area of expertise.

KEN: Who did you report to?

SAM: I reported to Stu Dicks in St. John's through Ed Rendall, the Area Manager at Bishop's Falls?

KEN: Who was the Union Business Manager at the time?

SAM: Jim Walsh was the Business Man-

ager. I happened to know Jim from working in Whalesback Mine where he was negotiating for the United Steel Workers and I was one of the negotiators for management.

KEN: What was Jim Walsh like as a negotiator?

SAM: I found Jim a hard nosed negotiator but was fair. If he gave you His word you could depend on it. There were some trying times during the negotiations but we always managed to get a settlement.

KEN: What other Business Managers did you negotiate with?

SAM: There was only Jim Walsh at that time. The IBEW 1615 was split between operations and office workers. Even though it was the same union we had to negotiate two separate contracts.

KEN: When did you move from Bishop's Falls?

SAM: In 1975. The government took over controlling interests in CFLCO at Churchill Falls. Stu Dicks was seconded to CFLCO and I became Manager of Labour Relations for the new Newfoundland and Labrador Hydro. In the Fall of 1975 Hydro moved most of their Managers to St. John's. Ed Rendall, Gunter Dlugosch, Jim Long, Jerry Marks and I were relocated to Hydro head office at Phillip Place. It was then that I started negotiating with Local 1620 at CFLCO Churchill Falls. It was my first trip to Churchill to negotiate with this local. Mike Power was their Business Manager. At our first meeting Mike said "You're from Nfld Hydro, We negotiate with CFLCO and we don't want any part of Nfld Hydro so why don't you go home?"

KEN: How did you respond to that?

SAM: I said, "Mike, I'm here representing Newfoundland Hydro and my instructions are to negotiate a contract with your Local. I'm here, I'm willing to negotiate and if you don't want to negotiate with me that's fine but I'm not going away." Obviously we did continue negotiations and Mike and I have been friends ever since.

KEN: What was your impression of Hydro?

SAM: I have nothing but good to say about Hydro. They treated me fairly. We worked as a family in those days, and like families we had squabbles but those were settled amicably. By the way, this was 20 years ago. I retired in March 1993. Some of the people that I worked with and really appreciated and respected were, Gunter Dlugosch, Jim Long, Rollie Thompson, Frank Smith, Guy Roy and Harry Baikie. I mention these people but they are only a few of many.

KEN: Did any of the union employees leave an impression on you?

SAM: They all left an impression on me, but I found that Bob Clarke was a bit difficult to get to know. I recall a few years after I retired, Bob introduced me to one of his friends, "This is the man who taught me to keep my mouth shut." Obviously, I did something right. I met with many union employees at the bargaining table. Most were hard nosed and out for the good of their brothers and sisters, and no matter how rough the language got during negotiations, settlements were always reached.

KEN: What have you been doing since retirement?

SAM: During the first years of retirement my wife, Betty, and I enjoyed travelling in our

motor home. We visited numerous places in Newfoundland and Labrador as well as the mainland. Since Betty passed away 5 years ago I haven't travelled much any more. We have had a number of deaths in the family since that time. I'm a cancer survivor for 12 years now. I've had many operations but thank God, so far I've survived them. God willing, I'll see my 83rd birthday in January. I have very pleasant memories of my days working with Hydro. I have been heavily involved with Free Masonry and Shiners although I now find it more difficult to attend meetings and functions than I used to. I still have an association with some of my Hydro friends by attending the monthly Jerry Marks Breakfast Club breakfasts.

KEN: Do you think you could get up Chaleur Brook trouting now, where you saved me from a pretty seriously situation?

SAM: I don't think so. You would probably have to go over the falls now and fend for yourself. But maybe if I could still reach you, who knows?

How I Spent My Summer Vacation

Does that title bring back any pleasant memories? That was one composition I always hated writing.

We had limited travel opportunities but we had to tell what we did on our vacation so we wrote it down.

We went squid jigging every night when the bait depot wasn't full with the squids we jigged before. It took 12 hours to freeze them.

Every day we went hand lining in shoal water and split and salted the fish we caught.

We swam every chance we got, and all summer I never got a leech on me. Man I hate diving and swimming among leeches.

Later in the summer we went berry picking with the girls on a barter system. I don't care to elaborate on this any further.

Twice during the summer we went moose hunting and had success on both occasions.

That's all I done this summer.

I rarely got a high mark for my work.

Getting back to this summer. We visited the wife's parents in Stephenville. I find the drive across there a killer on my back. Now before you start that is not because I'm getting old.

We spent a few days in Greens Hr. at the Golden Arm RV Park with my friend and Hydro retiree, Bob Hobbs. We had a great time.

We visited Hearts Desire, Hearts Content, Victoria, Carbonear, Bay de Verde, Bareneed, Bay Roberts, Spaniard's Bay, and Dildo. I got a kick out of a boat in Dildo boat basin. It was called Dildo Pleasure, obviously a man with a sense of humour names his boat that.



Dildo Pleasure

We visited the cable station at Heart's Content. This is quite fascinating and of course is chock full of history.

If you have never visited this area you should make it a part of your holiday schedule next year. It is a beautiful part of our province.

Tourist Attraction



This is a picture of Shag Rock. A must see when you visit the area.

How is this for defusing a potentially sticky situation?

Security Supervisor, Jerry Wells, walked into Rheub George's office at the Hydro generating plant in Camp Boggy. Jerry had a plan that he had worked out in his mind. He was going to get a raise!

RHEUB: Hi Jerry; What can I do for you today?

JERRY: Well Sir, I would like to discuss getting a raise.

RHEUB: Jerry, what will you do if I don't give you one?

JERRY: I'll work for the same money sir.

I believe time has proven you made a wise decision Jerry!

If You Don't Read This, You Won't Miss Anything

- Where there's a will. I want to be in it.
- If I agreed with you we would both be wrong.
- Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- Women will never be equal to men until they can walk down the street with a bald head and a beer gut and still think they're sexy.

A Sign Of The Times?

This is factual. I ordered a medium ice cappuccino at Tim Hortons recently. The lady on the order counter asked me did I want it hot or cold? Should I have given her a clue or something?

Did You Know??????

Eating chocolate make your clothes shrink

Weather Update for the Summer We Just Had

I started this bulletin by bragging about our July weather, well August was just as good. The weather was hot; Not enough to burn the lawns but excellent for tanning the legs.

We had very little fog, which was a treat and not too much wind. All in all a very good summer. I don't know if there were many squid this year. It is not a high priority in Mount Pearl and St. John's like it was in Rencontre West

HELP!!!!!!!

People give me something to work with. I'm getting desperate. Call or Email and give me an update on yourself since you retired. Your friends would love to know how you're making out.

My Phone Number is (709) 368-2062

E-mail address kenball@nf.sympatico.ca

25 Year Club

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

Dean Smith	Port Saunders
Gerald Gould	Wabush
Rebecca Coady	Hydro Place
Raymond Rowe	Stephenville
Thomas Lawlor	Wabush
Clyde Strickland	Bishop's Falls
Thomas Compton	Holyrood
Thomas Keats	Holyrood
Anthony Kendall	Burgeo
Frank Kennedy	Stephenville
Rick Johnson	Mary's Harbour

Safe Driving for Seniors



A three-hour long safe driving course for seniors was held at Hydro Place on July 3. Jim Brazil, from the Newfoundland Safety Council, facilitated the workshop. It was a wonderful opportunity for Silver Lights members to check on their driving habits and performance. Talk about an eye-opener! Perhaps we become complacent over the years and start to take things for granted. Nearly every driver thinks they are perfect but the truth is that over time, we pick up a few bad habits and start to get sloppy about stop signs, yield signs, merging traffic, indicator lights, driving too close to the person in front of you, etc.

Many thanks to Bill Walker who organized the event. Attendees included: Bill Walker, Bob and Sylvia Taylor, Alex McInnis and Roseanne Veitch, Gerry Bowers, Brian Gamberg and Janet Calver.

See the article under Health and Wellness for more information on safety tips for drivers over 55.



Jim Brazil (Newfoundland Safety Council) and his students - Alex McInnis, Roseanne Veitch, Brian Gamberg, Robert Taylor, Sylvia Taylor, Gerry Bowers, Bill Walker. Missing from picture - Janet Calver

Twillingate Trip

September 4-6 2013

This September, Silver Lights organized a trip to Twillingate. I think I can speak for everyone that came – it was fantastic! Even though we were only there a couple of days, we managed to squeeze in a lot! That area of the province is known today as the Kittiwake Coast: Road to the Isles. The Road to the Isles refers to a series of islands in Notre Dame Bay that were connected to each other by causeways in the 1960's. The islands have their own beauty. As you drive through the little towns and communities, you can

only imagine how they lived in the 19th and 20th centuries. Today, the area is a bustling tourist haven with a known reputation for viewing whales and icebergs.

Our happy group met at the Harbour Lights Inn. It was a lovely sunny afternoon by the time we all reached Twillingate. The B&B had a very inviting veranda and it didn't take long for everyone to gather about and chat about what they had been doing since our last trip. Let me tell you these people are on the move!! Our group included: Jasbir and Rami Wadhwa, Lynn and Bob Lovett, Ruby and Aubrey Hill, Phyllis and Reg White, Patricia and Dennis Jones, Linda and Vern Penney, Brian Gamberg and me.

It was amazing how quickly we felt at home with friends. The magnificent view from the B&B's veranda was breathtaking. The well-protected harbour was dotted with boats of all sizes and shapes and as the daylight dimmed, we were almost hypnotized watching the the buoys' lights flickering red and green. Off in the distance you could see the rolling hills leading toward French Beach and Durrell, but they would have to wait. It was time to eat – one of our favourite past-times it seems!

Dinner that night was at Addy's restaurant where we all enjoyed a delicious seafood platter. We were able to sample some of the different wines from Auk Island winery (Durrell) as well. So good!! Thankfully, we could walk there and back!

The next day was picture perfect. After enjoying a hearty breakfast, we gathered our stuff together and headed for the wharf for a boat tour. Although we were much too late

for icebergs, there was always the possibility of seeing whales, porpoises or dolphins, not to mention the beautiful sea coast. Some preferred to stay on land and explore the different walking trails. For those who took the boat tour, it was fabulous. The calmness of the ocean, the beautiful scenery and the playful porpoises just beyond the tour-boat, all made for an unforgettable morning.

After the boat tour, we all met at a little roadside cafe, Cozy Tea Room and Bakery, for lunch. Then it was off again to explore the Longpoint Lighthouse, the trails around Long Point and the Titanic exhibit in the lighthouse. So much to see, so little time! A visit to the Auk Island Winery, including a 25 minute tour of the winery's facilities (plus a visit to their gift shop of course) and it was time to head back to the Inn.

That evening we all attended the Twillingate Dinner Theatre. Another delicious meal (salmon, cod or chicken) followed by a fantastic show featuring some very talented folks from the area meant a terrific evening. They had us laughing, clapping and yes, even singing along in no time!

Before you could blink, it was our last breakfast at the B&B followed by "Good-Byes" until next year! "any thanks to everyone who helped organize the trip and a special "Thanks" to Vern who handled all the financial details!! We hope to see you again next year - wherever we go!

Below are just some of the pictures from our trip. I hope you enjoy them and should you ever get the opportunity to visit the Road to the Isles - go!



Harbour Lights Inn B&B



Dennis & Patricia with Twillingate Harbour in the Background



Jasbir & Rami: Guess where they are?



Jasbir, Ruby, Linda, Rami, Aubrey, Vern and Lynn's Back: Relaxing on the Veranda



Meeting Friends



Aubrey, Bob and Dennis Catching up on the News



Rami Enjoying the Sun in Twillingate



Jasbir & Rami Enjoying the Sea Breeze



Happy Group Ready for Boat Tour



Watching for Dolphins and Whales



Heading out the Harbour



Reg and Vern Enjoy Calm Seas



Linda & Vern Enjoying the Sunshine



Dinner with Friends: Vern, Aubrey, Lynn
and Jasbir



Lunch at the Cozy Tea Room



And Across the Table: Linda, Ruby, Bob,
Rami



Dinner Theatre: Reg, Phyllis and Patricia



The Harbour Lights of Twillingate at Night



Dennis & Patricia are Early Risers



Breakfast at the B&B



Aubrey Starts the Day Right

2013 Alumni Tribute Award

This announcement just appeared and it involves an award to one of our retirees Randy Murphy . Congratulations Randy! Well deserved for all your years of work with the East Coast Trail Association.



Randy Murphy

Memorial University proudly announces the recipients of the 2013 Alumni Tribute Awards. The awards recognize Memorial graduates who have made an outstanding contribution to their professions, communities and to the university. Randy James Murphy (B.Comm.72) is being recognized with the Alumni Award for Outstanding Community Service. Mr. Murphy has had a tremendous impact on tourism and communities throughout the Avalon region of the province and was the founding member of the East Coast Trail Association, where he served as president for 17 years. Today, the

East Coast Trail (ECT) attracts more than 60,000 hiker visits including local hiking enthusiasts and tourists from around the world. The ECT has been recognized by National Geographic on two occasions. First in 2010, National Geographic ranked the Avalon Peninsula as the worlds #1 coastal destination and in 2012, the publication identified the ECT as one of the top 10 adventure destinations in the world.

Upcoming Events

Team Gushue Highway Fall Cleanup

Date: To Be Determined

The spring cleanup of the Team Gushue Highway was a great success. You may remember, we threw out the challenge to Nalcor employees to help with this great community initiative. We were not disappointed. Gerard Piercey and his department rose to the challenge and the result was a major cleanup of our “adopted” section of the Team Gushue Highway. We hope to repeat this success later this Fall. So stay tuned for more information! If you would like to help with the cleanup, please contact Silver Lights. (See contact information on back page.)

Christmas Float and Parade

Silver Lights is looking for volunteers. Once again we are entering a float in the Christmas parades. We need volunteers who are handy

with hammers, drills and paint brushes as we will soon begin float construction. We are also looking for volunteer walkers and drivers to guide the float through the parade routes. Anyone who has participated with this project will testify that it is a great bit of fun and that the enthusiasm of the children is quite infectious and truly puts you in the Christmas spirit. Stay tuned for more information on how you can help. If you are thinking about lending a hand , please contact Silver Lights. (See contact information on back page.)

Everyday Life

Scotia McLeod

Chris Schwartz



5 mistakes to avoid in early retirement

Many people dream of early retirement, especially if they don't like their current job. According to a recent poll, 70 percent of workers are disengaged from their job.

Basically, the majority of us don't like our current position. While early retirement is a great alternative to working in a job you hate, there are many pitfalls. Here are some early retirement mistakes to avoid:

Spending too much too early.

Our life expectancy is steadily increasing, and many of us will spend 20 or more years in retirement. Spending too much money early on can greatly increase the chances of your retirement savings running out when you need it most. The 4 percent safe withdrawal rate might be good for traditional retirees, but early retirees have to be more conservative. By keeping your withdrawal rate under 3 percent in the early years, your portfolio will have a better chance of lasting much longer.

Not considering working part time.

One way to reduce your withdrawal rate

is to work a little bit after you first retire. Many early retirees are still young and want to contribute to society. Even if money isn't an issue, it's still good to work a little bit when you first transition into retirement. Working part time will keep you more active and engaged. Easing your way into retirement is much better than quitting work cold turkey.

Investing too conservatively.

As we approach retirement, our risk tolerance decreases. Many people reduce the stock exposure in their retirement portfolio, perhaps down to 30 to 40 percent equities. However, early retirees will spend even more time in retirement, so they might be able to handle higher stock exposure.

Not considering future medical costs.

Early retirees are often healthier than the typical retiree simply because of their younger age. But being a healthy early retiree can be misleading. When you're younger, you generally don't need to spend as much on health care, and you might think you'll be healthy forever. However, future medical costs and long-term care is unknown and you have to plan accordingly. Planning for early retirement must include the cost of future health care.

Being too passive in retirement.

Sipping an umbrella drink on the beach sounds good when you're slaving away at your office, but it's an unrealistic plan for early retirees. Retirees will need to figure out how to meaningfully spend their time. A lot of time is available once you

stop working so much, and not filling your hours adequately can lead to dissatisfaction and depression. It's better to plan for a retirement full of activities you like. This is why I have worked part time since retiring early. You still have time to relax, but not too much time.

Early retirement might sound good in theory, but there are many pitfalls you should be cognizant of before actually pulling the plug on work. You have to plan more carefully than a traditional retiree and be more flexible because you will spend a long time in retirement. Adequate preparation is necessary to enjoy this segment of your life without the added stress of dwindling retirement funds.

Revised from Yahoo! Finance

About the Author

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Let's Talk Real Estate

Tom Clift

Personality Profiles

Choosing a real estate agent is extremely important as she/he is going to negotiate a very important deal for you. The agent is going to be responsible for most people's

most expensive purchase in their life time. It is critical that you align yourself with someone who understands your expectations and your way of thinking. An interesting fact is that seventy percent of people choose a realtor without checking out the agent's credentials or understanding what kind of person the agent is.

Credentials and experience are easy to ascertain. However, determining if the agent's personality aligns with yours is not so easy. I will give a brief explanation of Dr. Robert Rohm's Positive Personality Profiles so that you may better determine which personality you are, and some ideas of determining what your agent's personality is. Dr. Rohm uses an acronym called the DISC system. Each of the letters represents one of the four major personality types. It is important to note that we all have each of the four personality characteristics, however most people are more dominant in one or two of these profiles. It is not always easy to determine a person's profile, but knowing the characteristics of each profile, does make the task easier. Actually, being aware of each profile will not only make it easier for you to deal with a realtor, it will make life a lot simpler as you will gain inner understanding of family members, friends, colleagues, and just about anyone you deal with on a regular basis. It will also help you understand yourself a lot better.

I will go over each profile, and although it will not be a comprehensive explanation, each of the profiles will enlighten you a little. I will start with the "D" personality. The "D" stands for characteristics as decisive,

doer, determined, direct, demanding, and dominant. Generally they like to be successful and plan for the future. They like new ideas, like to achieve results, like to be their own boss, like to move fast, and like a challenge. They are both active and task oriented. They are the drivers and the doers. They make the world go around. They tend to be dynamic leaders. They generally never quit, and the old adage of "if you do not first succeed, try, try again" is very common among high "D" personalities. They are thinkers — optimistic, self-sufficient and leaders by nature. They are constantly looking for better ideas and ways of doing things, and are rarely satisfied with the status quo. "D" personalities make up about 10% of the population. Obviously, a "D" personality realtor will go to the ends of the earth for you to find what you are looking for. They will negotiate tough deals for you as they love to win. They love a challenge, so they want you to be successful in finding the right property, and their ability to think outside the box will give you the opportunity to attain the deal through their marketing or negotiating creativity. The main flaw of "D" personalities is they sometimes have difficulty understanding why everyone does not think the way they do and their directness can be misunderstood for coldness.

Inspired, influencing, impressionable, interesting, impressive, involved, and illogical are some of the characteristics of an "I" personality. They are active and people orientated. They like recognition. They want to be liked and they like to express their feelings and ideas. They like to be in

front of a group and they like surprises and fun activities. They tend to be the life of a party. They are so influencing, they can talk a lot of people into anything. The old adage, "he can sell ice cubes to an eskimo" comes to mind with "I" personalities. They are inductive, so they cause things to happen. They enjoy socialization, so they generally are not boring, and they can make an onerous task such as house hunting a fun event. As they are interesting, they usually know a lot of people. This can be helpful in putting you in contact with other people you may require such as lawyers, inspectors, and trades people. As "I" personalities are impressionable, they want everyone to like them, and will do whatever they can to please a customer. High "I" personalities are interested in relationships so they will be highly concerned that their client is pleased with their performance. "I" personalities make up about 25%-30% of the population. They are outgoing and enthusiastic. They would be excited about showing you properties or hosting an open house for your property. They are people pleasers. Their biggest weakness is staying on task, as they love the social aspect of meeting with you. As a result they can seem inconsistent, doing everything they can to please their client yet not always following up on a task.

People with "S" type personalities tend to be reserved and people orientated. They are steady, stable, supportive, sweet, shy, and like security. They like to stick with the status quo. They like to be accepted and they enjoy teamwork and cooperation. They like to stick with what works and they like

things to stay the same. They enjoy appreciation and like things to be harmonious. They strongly dislike any kind of conflict or disagreement. Their supportive nature endears them to others as they like to be of service to others. They have great difficulty saying no, as they aim to please everyone they meet and look out for the other person's best interest. Their sweet disposition causes most people to feel comfortable around them and enjoy their company. They are sentimental and love to cherish friendships and past memories. A couple of "S" words they do not like are stress and surprise. They enjoy stability so situations out of the ordinary or unexpected events do not garner well with this personality. Agents who are "S" personalities are very dependable. If they say they will do something, it is very likely they will. They tend to keep their promises. As an agent, that is a very good characteristic to possess as their clients know they can count on them. They tend to be the salt of the earth type of people. Their biggest weakness is their avoidance of any conflict, so negotiating tough deals can be stressful for them.

People with "C" personalities are competent, cautious, calculating, conscientious, contemplative, careful, conforming. They appear to be cold. They are reserved and task orientated. They make up about 20% to 25% of the population. They like to be right and they like to know what is expected of them. They like to establish patterns and receive clear instructions. They love to organize and they want to finish what they start. They do their research and want to be

prepared and knowledgeable with clients. As a result of their cautious nature, they find it difficult to make decisions, and sometimes talk themselves out of deals. They are good at critical thinking and analyze situations more than other people. They appreciate compliance and have great difficulty with others who do not follow the rules. They tend to be serious people. If they write up a deal, you can be sure it is not likely to have any mistakes in it. They will know all there is to know about the property. They can appear to be cold as they put completing a task ahead of socializing. Their attention to detail is superior, and they tend to be a wealth of information. They want to be the best. They look for the best and strive to be the best. Their biggest weakness is that they think they are always right. They tend to react to things rather than respond to them. As an agent, you can be sure they will represent you well, making sure all details are in place.

Each personality has its weaknesses and strengths. A good realtor will be aware of personality types and tailor his or her approach to suit each client best.

About the Author

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Escorted Tour... Welcome to the worry-free vacation

Blair Jarrett

In this issue of our newsletter, Blair Jarrett, our travel guru, fills us in on the advantages of the escorted tour and backs it up by detailing a tour for all you country-music fans that is sure to make you start packing your bags! Read on.

More and more people are discovering the freedom and fun of the escorted tour. Travelling with a group means everything is looked after, from the accommodations, airport transfers, moving luggage, getting to main attractions to your transportation. Adding a knowledgeable and friendly escort increases the fun and enjoyment even more.

"A tour escort will point out not just the main sites of interest, but will also have inside tips and of knowledge that add to the overall travel experience," says Phyllis Barter, Manager, LeGrow's Travel, Avalon Mall, St. John's. An added bonus of a group tour is that you travel with like-minded individuals who are interested in the same things you are - not just the destination itself, but the various things about the destination. Many people make friendships to last a lifetime while on a tour.

Calling Country Music Fans!

LeGrows Travel Nashville Country Music Trip of a Lifetime!
June 1-13, 2014

Join LeGrows Travel and country radio

celebrity Denyse Sibley for a star-studded music experience of a lifetime. From Halifax, we'll make our way by deluxe motor coach to Nashville, Tennessee, to meet up with the hottest country stars in the world... Carrie Underwood, Blake Shelton, Taylor Swift, Brad Paisley, Reba McEntyre, Keith Urban, Alan Jackson, and many more.

For four days each year, the CMA Music Festival showcases the best in country music. Your 4-day CMA Fest ticket includes star-packed nightly concerts, daily concerts at Riverfront Park, access to star photo lines, autograph signings and exhibits at the Fan Fair Exhibit Hall.

The Nashville CMA Fest Tour includes:

- 12 Nights Hotel Accommodation
- Return transportation Halifax to Nashville via deluxe motor coach
- 4-day CMA Fest Ticket, with access to daily and nightly concerts, autograph signing, photo sessions
- En route visits to Maine, Connecticut, Pennsylvania Amish Country, West Virginia, and much more!
- Fully escorted by Denyse Sibley and a LeGrows Travel tour director
- 1 Dinner; 4 Breakfasts; 8 Continental Breakfasts
- Daily transportation to and from hotel to CMA Fest events

Here's quick look at the itinerary:

Sunday, June 1 Travel from Halifax to Bangor, Maine.

Monday, June 2 Travel from Bangor to North Stonington, CT
(Continental Breakfast)
Enjoy some time at Foxwood Casino

Tuesday, June 3 New Britain to Bird-in-Hand, PA
(Continental Breakfast, Dinner)
Experience a fascinating look at Amish Country. This evening, we will enjoy a typical Amish dinner together.

Wednesday, June 4 Bird-in-Hand to Charleston, WV
(Continental Breakfast)

Thursday, June 5 Charleston, WV to Nashville, TN
(Continental Breakfast)

Friday, June 6 CMA Music Festival
(Breakfast)
Festival Events Day
Evening Concert

Saturday, June 7 CMA Music Festival
(Breakfast)
Festival Events Day
Evening Concert

Sunday, June 8 CMA Music Festival
(Breakfast)
Festival Events Day
Evening Concert

Monday, June 9 Nashville to Gatlinburg, TN
(Breakfast)
Free time in Gatlinburg

Tuesday, June 10 Gatlinburg to Harrisonburg, VA
(Continental Breakfast)
Fly-In Option!

Wednesday, June 11 Harrisonburg to Hasbrouck Heights, NJ
(Continental Breakfast)

Thursday, June 12 Hasbrouck Heights to Bangor

Friday, June 13 Return to Halifax

Price for this 13-day tour is just \$2899 (taxes included!) per person, double occupancy. Contact a LeGrows Travel counselor for details

About the Author

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Events Around the Province

East Coast Trail News

The East Coast Trail offers many guided hikes during the Fall. The changing colours only add to the breathtaking scenery. Below are some of the hikes you may wish to join. For more information check out the East Coast Trail website at http://eastcoasttrail.ca/scheduled_hikes/

Stiles Cove Path

Pouch Cove - Flatrock
Oct 6, 2013 (Sun)

Spout-Motion-Cape Spear Paths

Bay Bulls - Cape Spear
Oct 12, 2013 (Sat)

Cobbler Path

Outer Cove - Logy Bay return
Oct 13, 2013(Sun)

La Manche Village Path

Bauline East - La Manche return
Oct 19, 2013(Sat)

Brigus Head Path

Brigus South - Admirals Cove return
Oct 27, 2013(Sun)

Bay Bulls to Freshwater

Bay Bulls return
Nov 2, 2013(Sat)

Beaches and Tinker Point Paths

Witless Bay - Tors Cove

Nov 11, 2013(Mon)

Annual Presidential Hike

Location to be announced
Nov 16, 2013(Sat)

Winter Solstice Hike

Stiles Cove Path
Dec 21, 2013(Sat)

Rising Tide Theatre - Seasons in the Bight Theatre Festival

Eastern

Jun 6 - Oct 6, 2013

Trinity

Rising Tide's award-winning blend of history, drama and culture set amidst the magnificent backdrop of historic Trinity and presented the province's finest professional artists off-stage and on.

Trapline Marathon

Labrador

Oct 6, 2013

Happy Valley-Goose Bay

Destination Labrador Trapline Marathon Oct 6, 2013. A unique, heritage oriented, Boston qualifying marathon event. www.traplinemarathon.ca

Gros Morne Fall Fair

Western

Oct 3 - 6, 2013

Cow Head

Craft, music and culture workshops, demonstration, music and more. Craft Fair held on Sunday.

Eastport Peninsula Agricultural Exhibition

Central
Oct 3 - 8, 2013

Eastport

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

Fogo Island Partridgeberry Harvest Festival

Central
Oct 12 - 13, 2013

Joe Batt's Arm

At the Iceberg Arena. Sat 10am - 6pm, Sun 12pm - 5pm.

Oktoberfest Craft Fair

Avalon
Oct 14, 2013

Mount Pearl

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

Penney Mazda Cape to Cabot 20K Road Race

Avalon

Oct 19- 20, 2013

St. John's

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

St. John's International Woman's Film Festival

Avalon

Oct 22 - 26, 2013

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

Oct 23 - 27, 2013

Mount Pearl

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

Bay Roberts Pumpkin Festival

Avalon

Oct 21 - 27, 2013

Bay Roberts

Experience a Halloween Park with a haunted

tour, pumpkin fest, thanksgiving walk, guided historic walks, avail of various business discounts.

Labrador Traditional Craft Fair

Labrador
Oct, 2013, TBA
Happy Valley-Goose Bay
The finest handmade crafts available in Labrador.

St. Paul Music Cafe

Avalon
Jan 1 - Dec 3, 2013
Harbour Grace
This music cafe showcases musical talent from the local area. On any given night you will be treated to accordion, fiddle, guitar, piano, flute music.

Health & Wellness

Propane Safety

As winter approaches and those cold northerly winds start to blow, it's always inviting to flick on the propane fireplace and settle in with a nice cup of tea and a good book. Many of us now have propane fireplaces or stoves and other appliances. There are some basic safety practices that are good to keep in mind as we use propane more and more for heating and cooking.

- Have a qualified professional inspect, service, clean, and test your fuel burning appliance and controls annually, and any time they are moved to a new location or turned off for an extended period of time.
- Check for leaks regularly, including each time you change cylinders, run out of propane, move an appliance, or use an appliance after an extended period.
- During extended absences from your building, close all propane supply valves on the supply container and at each appliance. Upon your return, have a qualified professional test for leaks before the propane is turned on. Also have the technician re-light the pilot lights.
- Consult a qualified professional if you're adding a new fuel burning appliance or making changes to your building/home's ventilation system, including adding insulation or new windows.
- Never use matches or lighters to check for leaks.
- Repeated problems with a pilot light may be a safety issue – call a professional.
- Refer to the manufacturer's installation and operating manuals provided with your appliances, and use appliances only for the purpose for which they are intended.
- Use only fuel for which your appliance was specifically designed.
- Ensure your building/home and the area surrounding appliances are properly ventilated. Ensure the indoor and outdoor vents, and air inlet ducts for all appliances, are not corroded or blocked, and that they're open and/or turned on.
- When operating correctly, propane appliances burn with a blue flame. Yellow flames, or soot can indicate incomplete combustion, which may produce carbon monoxide. Turn off the appliance immediately and contact a licensed professional.
- When shopping for propane equipment and carbon monoxide detectors, always ask if the product is certified by the Canadian Standards Association (CSA) or Underwriters Laboratories of Canada (ULC). Many products sold outside Canada do not comply with Canadian safety standards.

Homeowner's Insurance Policy

My husband and I live in the "Heights" - probably one of the windiest areas of St. John's. We get our fair share of gale force winds, from all directions, but luckily, we have never had any damage to our house or grounds until last year when one of our 40 foot Austrian pine trees toppled over during the hurricane. There was no real damage done. My husband quickly got to work with a chain saw and we now have quite a good supply of fuel for our wood stove. We know we are one of the lucky ones.

Just a few weeks ago, our friends in Gander suffered a major flood in their basement when over 120 cm of rain fell on the area. They had never had any trouble with rain storms or runoffs before and they have lived in the same house for well over 20 years. Thankfully, the water that flooded into their home was "clean water" but it certainly created havoc for them. They were amazed at how quickly the water level rose and how much damage was done in just a few hours.

As we listened to their story, I thought it would be a good idea to check to see how our insurance would have handled a similar event at our house and because we had to renew our insurance policy the end of September, it seemed like a good time to ask a few questions. I suggest you do the same. Insurance policies are different, so make sure you check with your insurance company to see what exactly is covered in your policies.

It turns out that our insurance policy has optional extended water damage. *"Extended water coverage insures water damage inci-*

dents including sewer backup, which is not covered under your home insurance policy. Flood damage is not covered by private insurers in Canada; governments have various assistance plans under these circumstances." It turns out we do have the extended water coverage but even that would not have been enough for our Gander friends.

So contact your insurance company and have a chat about your coverage. Severe weather events seem to be getting worse and happening more often. It would be in everyone's interests to be better prepared and to know up front about what your insurance covers.

Shingles Vaccine

You've probably heard about shingles and you may even know someone who has suffered with the disease. Shingles, also known as "Herpes Zoster", is a viral disease characterized by a painful rash with blisters which is usually limited to one side of the body and is often in a stripe. As children, many of us had chicken pox caused by the VZV (varicella zoster virus). In children, chicken pox is usually a short-lived illness. What I didn't know until recently was that even if you had chicken pox as a child, the virus is not eliminated from your body and can go on to cause shingles often many years after the initial infection. VZV can remain latent in the nerve cell bodies without causing any symptoms for years, even decades, after the initial infection.

How the virus re-activates is still unknown but when it does, it causes a very painful rash. The rash usually heals in two to four weeks but in some cases, people can experience residual nerve pain for months or years. For some, the pain can be excruciating and can also lead to anxiety, depression, and even result in loss of mobility.

Both my husband and I had chicken pox as children. Recently, it seemed that within our extended circle of friends and acquaintances, we were hearing that some of them had had shingles or had recently recovered from the outbreak. We were both in that risky age bracket (50 years of age or older) and so we decided to contact our doctor and learn more about this. After talking things through with the medical professionals, we both decided to get the vaccine.

Getting the shingles vaccine is not as simple as getting the flu shot. It turns out that the vaccine is only available at the Costco pharmacy or at two private medical clinics that specialize in travel shots. At the private clinics, the vaccine costs a bit more but the staff will give you the shot right away at their office. Should you decide to get the vaccine from Costco, it is cheaper (by about \$50.00) but you have to make all the arrangements of getting the vaccine back to your doctor, getting the shot within 30 minutes of when you picked it up at the pharmacy and keeping it frozen all the time. If the vaccine is not given within the 30 minutes or it becomes thawed, its effectiveness is destroyed.

I hope you find this information useful. This is only our story and experience. We certainly advise you to contact your own doc-

tor and seek his/her opinion in determining if the shingles vaccine is right for you.

Safe Driving Tips

As the number of seniors driving in Canada increases, it's imperative that they think about their driving habits and personal safety. Even here in Newfoundland, the roadways are more complex than when we got our driver's license, there are more cars and trucks on the roads, and traffic moves a lot faster.

As seniors, what can we do to help make our driving safer for us and those on the roads with us?

I think we'll all agree that as we get older we change. Our flexibility, vision, hearing, and response time may not be as sharp as it was when we were 20. Still, there are a number of steps we can take to improve our driving safety.

- Always have a clear line of sight over the driving wheel. (3 inches is recommended.)
- Always have at least 10 to 12 inches of room between your chest and the front airbag and steering wheel.
- You should always adjust your seat for good visibility and easy access to the car controls.
- You should be able to reach the gas and brake pedals without stretching and

move your foot from one to the other easily.

- Safety belts, lap belts that go across your hips, and shoulder belts that go across your rib cage are a must.
- You should be able to perform simple tasks without pain or difficulty. (Can you turn your head to look over your shoulder when you change lanes?)
- You should always position your mirrors to minimize blind spots. Always adjust your rear view mirror, and both side-view mirrors before driving off. Always double check by looking over your shoulder
- For those who do require help due to physical issues there are adaptive devices that are available.

NALCOR News

Retirees

Due to unforeseen circumstances, Human Resources was not able to provide us with pictures or bios for all retirees in the second quarter. We have their names and pictures for you in this newsletter along with all those retirees for July through September.

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

2nd Quarter Retirees:

Jim Haynes



Sep 1976 - Hired as Engineer WT student
May 16, 1977 - Hired as Engineer in University Grad Development Program
1979 - Became Planning Engineer
1982 - Became Transmission Planning Engineer

1987 - Manager, Transmission Planning
1989 - Transferred to CF(L)Co as Operations Manager
Nov 1996 - Appointed to GM CF(L)Co
Sep 27, 1999 - Transferred back to St. Johns – Director Production
May 23, 2001 - Appointed to VP, Production
Oct 3, 2005 - Became VP, Regulated Operations
Apr 14, 2013 - Retired

Jim Wheeler



Jul 11, 1978 - Hired as Technician with P&C Section within Operations in Bishop's Falls
Apr 30, 1979 - Relocated to Whitbourne
Apr 7, 1980 - Relocated back to Bishop's Falls
Apr 30, 1999 - Promoted to Technical Services Supervisor – Central Area
Mar 1, 2004 - Asset Specialist – Generation and Terminals
Apr 30, 2013 - Retired

Terry Humphries



Aug 18, 2008 - Promoted to Line Supervisor
with TRO Central in Bishop's Falls

Apr 30, 2013 - Retired

Aug 24, 1987 - Hired as Accounting Clerk II
Sep 19, 1988 - Appointed to Accounting
Clerk III with General Ledger
Sep 25, 1990 - Appointed to Accountant in
General Ledger
Nov 23, 1990 - Appointed to Statistics An-
alyst
Apr 30, 2013 - Retired

Bernard Rideout



Aug 16, 1976 - Hired as Lineman Apprentice
Jun 23, 1980 - Appointed to position of Line-
man in Happy Valley
Mar 30, 1981 - Transfer to Sops Arm as
Lineman A
Aug 26, 1985 - Appointed to Lineman 'A'
in Operations Division, Central Area,
Transmission Section in Bishop's Falls

Dave Hynes



Nov 7, 1979 - Hired as Office Services Clerk
with Finance and Administration Divi-
sion

Jun 24, 1985 - Appointed to Sr. Office Ser-
vices Clerk with Administration Depart-
ment

Apr 30, 2013 - Retired

Adelor Lavers

Nov 23, 1987 - Hired as Customer Services
Clerk for P.D.D Operations, West Area

Mar 5, 2001 - Reclassified to Distribution
Field Representative (DFR)

Jun 30, 2013 - Retired

David Hancock



Aug 4, 1977 - Hired as Accounting Clerk I within Operations Department
Oct 30, 1979 - Appointed to Accounting Clerk II
Feb 19, 1981 - Became Accounting Clerk III
Jul 6, 1987 - Promoted to Financial Accountant within Operating Reports and Budgets Section of Controller's Department
Jun 3, 1996 - Took on position of Account
Jun 30, 2013 - Retired

Victor Penney

Sep 1, 1980 - Hired as Carpenter in CF
- Returned on a Temporary basis each year
Nov 28, 1983 - Took on position of Janitor
Feb 23, 1984 - Appointed as Utilityman
Mar 19, 1984 - Appointed to Serviceman Carpenter
1993 - Appointed to Carpenter
Jun 30, 2013 - Retired

Edward Earle

Aug 18, 1976 - Hired as a Linesman Apprentice in Bishop's Falls
Rotated through Stephenville, Bishop's Falls and Bay d'Espoir

Jun 9, 1980 - Appointed to Lineman located in Flowers Cove
Feb 14, 1983 - Moved to Lineman A position in Port Saunders
Mar 25, 1985 - Transferred to Springdale
Apr 30, 2013 - Retired

Clarence Kelly

Oct 10, 1978 - Hired as Operator Apprentice
Apr 2, 1979 - In Power Systems Operator Apprenticeship in Bay d'Espoir
Jun 28, 1982 - Assistant Hydro Control Room Operator, Bay d'Espoir
Apr 30, 2013 - Retired

James Sceviour



Oct 2, 1978 - Hired as Estimator in Bishop's Falls
Nov 26, 1979 - Electrical Engineering Technician in Bishop's Falls
Jul 7, 1980 - Promoted to Technician IV
Jul 7, 1987 - Moved to Technologist Level
May 3, 1999 - Became a Planner in Bishop's Falls
Apr 19, 2004 - Moved into Asset Specialist Distribution position Bishop's Falls
Apr 30, 2013 - Retired

Fred Reid



Jun 13, 1987 - Hired as Linesman Apprentice in L'Anse au Loup
Sep 13, 1977 - Transferred to Cow Head
Jul 1, 1978 - Became Class 'A' Linesman
May 25, 1981 - Transmission Lineman in Western Area/Stephenville
Jun 2, 2008 - Appointed to Lines Supervisor for TRO Central in Stephenville
Apr 30, 2013 - Retired

Jun 9, 1988 - Advanced to Technician III
Jun 9, 1989 - Advanced to Technician IV
Nov 13, 1989 - Transferred from BDE to St. John's
Aug 6, 1990 - Promoted to Senior Technician St. John's
May 31, 2013 - Retired

Albert Marshall

Mar 7, 1988 - Hired for position of Security Guard in the Bay d'Espoir Plant
Dec 18, 1989 - Appointed to Water System Attendant with Hydro Generation at Bay d'Espoir
Apr 1, 2007 - Became General Maintenance B
Jun 30, 2013 - Retired

Robert Taylor



Jun 9, 1986 - Hired as Telecontrol Technician with Telecontrol Dept in St. John's
Jun 9, 1987 - Became Technician II
Sep 8, 1987 - Transferred to Deer Lake

Cheryl Goulding



Feb 7, 1990 - Hired as Secretary with St. John's Rates and Corporate Services
Oct 22, 1990 - Moved to Secretary with Admin Dept working in Library
Aug 7, 1995 - Accepted position as Clerk Typist in Holyrood

Jun 3, 2002 - Appointed to Administrative Assistant with Environmental Services and Properties

Dec 6, 2004 - appointed to Records and Information Analyst with Materials Management and Administration

Sep 22, 2008 - Appointed to Administrative assistant with Environmental Services

May 31, 2013 - Retired

George Strickland

Apr 10, 1980 - Hired as Industrial Electrician Apprentice at Generation Station in BDE

Nov 9, 1983 - Appointed to Technical Operator at Cat Arm Power Plant

Oct 13, 1986 - Relocated to CF as Station Operator

Jan 14, 2002 - Sr. Station Operator

Apr 30, 2013 - Retired

Jeffrey Rumbolt

Aug 28, 1979 - Hired as Lineman Apprentice in Marys Harbour area of P.D.D, Goose Bay

Sep 6, 1983 - Appointed to Lineman 'A' in Mary's Hr.

Apr 3, 2006 - Appointed to Line Supervisor with TRON in Marys HR.

Apr 3, 2013 - Retired.

Anne Dwyer



Sep 7, 1982 - Hired as Audit Officer IV with Internal Audit Department

Mar 12, 1984 - became Internal Auditor

Jul 1, 1985 - Systems Analyst with Management Information Systems Department in Business Systems Section

May 16, 1988 - Financial Analyst with Rates and Financial Planning Department

Oct 24, 1988- Senior Financial Analyst with Rates and Financial Planning Department

Oct 26, 2005 - Became Rates and Financial Planning Analyst

Apr 22, 2013 - Retired

Lawrence Brown

Feb 21, 1977 - Hired as Lineman Apprentice in Cow Head

Feb 23, 1981 - Appointed to Lineman 'A' in Cow Head upon successful completion of Apprentice Program

Jun 19, 1989 - Appointed to Line Worker 'A' with Western Region Operations Dept.

Jan 17, 2000 - Appointed to Supervisor Lines with TRO in Port Saunders

Dec 18, 2000 - Appointed to Planner with TRO in Port Saunders

Apr 30, 2013 - Retired

3rd Quarter Retirees:

Thomas Moss

Dec 24, 1987 - Hired as Relief Operator
Dec 29, 1979 - Took on the role as a part-time Meter Reader
Apr 30, 1990 - Appointed to Diesel Plan Operator B
Apr 30, 1998 - Appointed to Diesel System Representative
Aug 31, 2013 - Retired

Harrison Barney



Mar 6, 1978 - Hired as Meter Reader - Collector South Labrador Area
Aug 31, 2013 - Retired.

Munden Critch



Jun 13, 1978 - Hired as Technician I - Communications Technician

Jun 1979 - Relocated to CF
Jun 15, 1981 - Became Technician IV and relocated to Bishop's Falls
Jun, 1983 - Transfer from Bishop's Falls to St. John's
Jun 26, 2000 - Appointed to Architecture Analyst position
Jul 31, 2013 - Retired

Donna Coates



Jul 25, 1977 - Temporarily took on role of Office Services Clerk, Treasury Department
Dec 2, 1981 - Hired as Office Services Clerk, Treasury Department
May 14, 2002 - Appointed to Treasury Clerk
Sep 30, 2013 - Retired

Augustine Collier



Apr 2, 1979 - Hired as Power Systems Operator Apprentice in Bay d'Espoir

Jun 28, 1982 - Appointed to Assistant Hydro Control Room Operator at Bay d'Espoir Generating Station

Dec 15, 1986 - Appointed to Hydro Control Room Operator in Bay d'Espoir

Apr 17, 1995 - Appointed to System Operator in Energy Control Center in St. John's

Jul 1, 2002 - Appointed to Shift Supervisor located in St. Johns with ECC

Jul 31, 2013 - Retired

Herb Butler



Apr 21, 1993 - Hired as General Maintenance 'A' - continued to return to Hydro each year

Nov 25, 2003 - Permanent Appointment to General Maintenance 'A' in Holyrood.

Apr 1, 2007 - Became a Carpenter

Aug 31, 2013 - Retired

Yvonne Thorne



Apr 19, 1977 - Hired as Clerk Stenographer in Whitbourne

Feb 2, 1987 - Became Area Office Clerk in Whitbourne, later appointed to Administrative Officer

Jul 31, 2013 - Retired

Noah Smith



Jun 30, 1981 Hired as Lineman Apprentice in St. Anthony, then through Bishop's Falls starting 1982

Dec 1984 - Fully attained Journeyman status

Jun 17, 1985 - Relocated from St. Anthony to Springdale

Oct 21, 1985 - Appointed to Lineman 'A' with Power Distribution Division in Roddickton

Aug 18, 1986 - Relocated to St. Anthony

Aug 31, 2013 - Retired

Reuben Perry

Jun 28, 1971 - Hired as Trainee (Utility Man I) in CF

Sep 17, 1975 - Appointed to Electrical Journeyman in the Protection and Control group of the Electrical Section

Nov 15, 1976 - Became Sr. Journeyman with Protection and Control

Mar 27, 1989 - Appointed to Protection and Control Supervisor

Jan 15, 2001 - Appointed to Asset Specialist, Lines and Stations with Plant Operations and Maintenance in CF

Feb 14, 2007 - Promoted to Manager, Production

Aug 31, 2013 - Retired

Trivia Answers:

A - 9 B - 4 C - 6 D - 1 E - 8 F - 2 G - 10 H - 5 I - 3 J - 7

The Lighter Side

Newfoundland Trivia

Below are some words/phrases taken from the “Dictionary of Newfoundland English” (University of Toronto Press, 1982; ISBN 0-8020-5570-2). See how good you are with our Newfoundland language. Match the word/phrase with the actual meaning! (Answers on page 38)

- | | |
|-----------------|--|
| A. Sprog | 1. A narrow lane or passage between houses, fenced gardens, etc. |
| B. Yaffle | 2. To drag, haul or tow a heavy object |
| C. Flanker | 3. A small wooden cask; esp such a cask sawn in half |
| D. Drung | 4. A small bundle or bunch; a handful (of people) |
| E. Lopchops | 5. Saucy |
| F. Scote | 6. A live spark from a wood fire; a burning ember |
| G. Jonnick | 7. Unmarried male under middle age; bachelor |
| H. Brindy | 8. Figure of an animal head with moveable jaws (Hobby Horse) |
| I. Noggin | 9. A big clumsy foot |
| J. Young Fellow | 10. Fair, equitable, honest |

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 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
Silver Lights Fax: 737-1231
Silver Lights Email: silverlights@nlh.nl.ca

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.