



SILVER LIGHTS CLUB

NEWFOUNDLAND AND LABRADOR HYDRO
A Nalcor Energy Company

President's Message

Gerry Bowers

The Fall get-away and social to Woody Island, Sept. 11 was a great success thanks to Vern Penney who organized the event. We had 30 in our group and a great time was had by all. If you missed the trip this fall, then plan to attend next year in the Rocky Harbour area on the Great Northern Peninsula. Expressions of interest are now welcomed with no commitment on your part.

The Fall cleanup event of the Team Gushue Highway in St. John's is still on hold by order of the Provincial Department of Highways.

The Nalcor Christmas float for the St. John's parade will likely be suspended this year. In past years, Silver Lights members have volunteered their time to build the float at the warehouse in Holyrood. However, this year, the warehouse is occupied with equipment for the standby generator installation. Keeping the lights on this coming winter is Nalcor's main objective, and I can't disagree.

Nalcor would like to partner with us to provide transportation for cancer patients requiring treatment in the St. John's area. Nalcor will provide a car, and Silver Lights the driver. One half day a month for three months as a trial run is what your commitment would be. If you are interested let us know.

A reminder that the mailroom is encouraging us to deliver this newsletter electronically and we are phasing this in as email addresses become known. The advantages are that you can access the newsletter wherever you have

access to the internet so make sure we have your email address.

Nominations for the positions of President and Secretary Treasurer are now open. Please consider supporting your Club and fellow members by joining the Silver Lights executive team.

Regards, Gerry Bowers

Editor's Message

Janet Calver

Another summer gone! How did that happen? We seem to wait a lifetime for those nice long, warm days and then you blink and it's the end of August. We so enjoy our summers here in Newfoundland and when the weather cooperates, there's no better place to hang out. But here we are in September, probably my favourite month, and even though the evenings are closing in, there are lots of clear, crisp, sunny days to enjoy. (I hope so because we still have a load of vegetables to harvest!).

We have another newsletter just bursting with lots of great information. There are updates on upcoming Silver Lights events and activities. (Please take note of the call for volunteer drivers for cancer patients.) We have a LOT of pictures from our Woody Island trip (early September) so check out this article and see who you recognize. Our regular contributors are back with informative articles. Thank-you Chris, Tom and Blair! We continue our World War I theme but this time

we focus on a different aspect of the War. For those of you out there who suffer from arthritis, our health and wellness section is for you. We welcome our newest retirees and our latest 25-year club members. Congratulations to all!

A big "Thank-you" to the Silver Lights Executive Team - Gerry, Cindy, Vern, Reg, and Dennis - and to Kelsey and Amanda from Human Resources. And a special pat on the back to all of you who continue to read the newsletter and take part in Silver Lights' activities. We hope you enjoy this edition. I'll also take this opportunity to wish everyone a Happy Thanksgiving! Take care.



SilverLights News

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25 Year Club

Below are the names of the employees who have joined the ranks of the 25 Year Club during the third quarter of 2014. Congratulations to all!

Harold D. Kendell	Bay D'Espoir
Joseph W. Walsh	Bay D'Espoir
Truman J. Buckle	L'Anse-au-Loup
C. Paul Stratton	Hydro Place
Brian P. Hynes	Holyrood
Howard D. Richards	Hydro Place
Janet M. Wall	Hydro Place
Linda A. Butler	Hydro Place
Fabian M. O'Brien	L'Anse-au-Loup
Annette M. Poole	Hydro Place
Norbert J. Benoit	Bay D'Espoir

Fall Trip to Woody Island

The annual Fall Trip, sponsored by the Silver Lights club, was a great success! This year, we set off for beautiful Woody Island. The last time we were there was back in 2011. Many of us had been there before and came away with wonderful memories. This trip was no different!

We left home extra early so we could stop and have breakfast at our favourite spot in Whitbourne - Monty's! We just got in and ordered when who should come in through the door but Gerry and Heather Bowers and Kim Petley and Bill Walker! We all had breakfast together and shared some stories while enjoying the breakfast special. Then it was off to the ferry at Garden Cove.

We met the rest of our merry bunch at the boat. Everyone was looking forward to our adventure. Our group included: Heather and Gerry Bowers, Kim Petley and Bill Walker, Gloria and Bill Boyde, Rosella and Bill Byrne, Lorraine and John Croft, Phyllis and Henry Deering, Ida and Fred Deir, Ruby and Aubrey Hill, Pat and Dennis Jones, Lynn and Bob Lovett, Phyllis and Sam Spence, Dorothy and Richard Wade, Jasbir and Rami Wadhwa, Phyllis and Reg White and Brian Gamberg and me! We also had a few other tourists that we soon took under our wings. All in all, a great group!

We were met by "Captain" Gary Pomroy. Gary hasn't changed at all. He's still very quiet and unassuming, yet Gary is a large part of what makes the trip so enjoyable and memorable. He made everyone feel very much at home right away and passing out homemade tea biscuits didn't hurt either! Our ride was very smooth and before we knew it we were pulling into the wharf at Woody Island greeted by singing! Yes, the departing guests all belonged to a visiting choir and they were serenading us as we stepped ashore!!

Once we landed and got our rooms assigned, there was time for a bit of exploring,

including a brief walk to the beach. But you didn't want to go too far away because you knew the lunch "chimes" were going to sound and you certainly didn't want to miss out on lunch! Thick slices of homemade bread, pea soup, toutons and molasses. Soooooo good!!

The afternoon turned out to be a scorcher - sunshine, blue sky and a light breeze. Most of us made plans to explore the island knowing that later this evening we would be enjoying another homemade feast. Some decided to try out the row boats while others decided to explore the island on foot. Some were even game enough to explore the island in the "covered wagon". Let's just say that this mode of transportation certainly gave you an appreciation for travel in the early part of 20th century!! It was reported that some people who started off taking the covered wagon decided to walk back to the lodge! And oh yes, there was talk of one person who was so shaken up that her sciatica was cured!! A miracle perhaps?

For those of us who chose to use our own feet, the leisurely walk to Jane's Cove was a real treat. We passed several graveyards, the ruins of a church and a school house, the old building that housed the Newfoundland Hydro diesel generator, and several beaches. It was one of those lazy, peaceful autumn afternoons that everyone yearns for once in a while.

Before we knew it, dinner was on the table. Mouth-watering fresh codfish, pan-fried, with vegetables (including my favourite turnip) and cottage pudding with caramel sauce for dessert. Conversation was sparse as we enjoyed the meal!

Later on in the evening, the tables and chairs were pushed against the walls and it was time to enjoy the evening's entertainment. Richard Woodrow and his wife, Marie, were just great. Richard is an accomplished musician and singer. It didn't take him long to get us tapping our feet and singing along. Now maybe our happy little group couldn't hold a tune as the choir ladies the previous night had done, but our enthusiasm more than compensated! Dancing soon followed. Who knew about John Croft's hidden talent! When he starts to dance, his feet move like lightening! In between the songs, Marie kept us laughing with her "colourful" jokes! I could go on, but let's just say everyone thoroughly enjoyed themselves!

Friday was another beautiful day and of course, it started off with more food! Toasted homemade bread, blueberry jam, eggs, bacon - just what we needed to get us started for the day. Before we knew it, we were packing up and taking one last walk around the area. Then we were boarding the boat and Gary was giving us a tour of Woody Island and nearby Sound Island. He talked about the history of the islands and the families that lived there.

One last adventure awaited us - a boil-up on the beach. By now, it had clouded over a bit but that didn't dampen our spirits for food! A bowl of hot soup along with sandwiches (there's that homemade bread again!), followed by molasses cake and yummy date squares. Richard provided lunchtime music - a fitting way to end our visit.

In what seemed like a blink, we were stepping off the boat for the last time. What a

wonderful time! Many thanks to Gary and his “crew” for making our trip so memorable and taking such good care of us! I’m sure we’ll be back!

Below are just some of the pictures from our two days. I hope you enjoy them!



Reg on dock; (l-r)Sam, Phyllis, Patricia and Dennis all on board



Ruby heading toward the Merasheen for boarding



(l-r) Phyllis Deering, Dorothy and Richard Wade, Lynn Lovett all waiting for departure



Dennis and Pat - Ready to go!



(l-r)Rosella Byrne and Ida Deir enjoying
a coffee



Captain Gary



(l-r)Heather and Kim - ready to go



Our welcome to Woody Island with song
...



... and dance!



Lobster traps on a wharf. See how clear the water is!



A Woody Island picture!



An old time root cellar



The old stone house; built by Randy Lieb.
Yes, that's a tree growing on the roof



Homemade pea soup - Yummy!



We missed you Linda and Vern!



The famous covered wagon



(l-r)Phyllis and Sam Spence, Reg and Jasbir - ready for the ride



View from Jane's Cove



(l-r) Ida Deir, Marie Woodrow, Rami and one other guest



"Dinner is Ready" announcement!



(l-r) Richard and Dorothy Wade and
Rosella Byrne



(l-r) Gloria and Bill Boyd, Lorraine and
John Croft all enjoying fresh fish!



(l-r) Bill Byrne, Gloria and Bill Boyd



President's Table! (back) Gerry, Kim,
(front) Bill and Heather



Ruby and Aubry Hill



Jasbir and Rami Wadhwa arriving just in time!



(l-r)Reg and Phyllis White, Henry and Phyllis Deering



(l-r)Fred and Ida Deir, Lynn and Bob Lovett



(l-r) Sam and Phyllis Spence, Brian Gamberg



(l-r) Phyllis Spence, Janet and Brian - Cheers!



(l-r) Brian, Pat and Dennis Jones



The old museum



Inside the old museum



Boil-up friends: (l-r) John Croft, Bill Byrne, Bob Lovett



Our Boat - The Merasheen



Jasbir conquers the hill!



Nothing like a woodstove fire to warm cold hands!



Richard Woodrow playing the accordion!



Happy Birthday Bob!



Our Captain and mates (l-r) Gary, Marie and Richard

Upcoming Events

Team Gushue Highway Cleanup

On Hold until Further Notice!

Due to safety concerns, the Government of Newfoundland and Labrador is banning any further highway cleanup activities by volunteer groups and organizations until new pro-

protocols and signage laws are in place. The Silver Lights highway cleanup was cancelled in the spring and we regret to inform you that our fall cleanup has also been cancelled. Stay tuned for any updates on this issue.

Christmas Parade Float

As many of you are aware, the Holyrood facility is currently in the midst of a construction blitz with the installation of a 100MW combustion turbine generator (completion date, December 2014). This means that the space we normally used for our float construction has disappeared. The Silver Lights' executive have made inquiries to Hydro management to see if other space can be made available. It does not look hopeful at this time. The Christmas float has long been a tradition for our group and it would be a shame to miss the excitement of the Christmas parades. If you have any suggestions for warehouse space, please let the executive know. Stay tuned for further updates.

Volunteer Drivers for Cancer Patients

Nalcor would like to partner with us to provide transportation for cancer patients requiring treatment in the St. John's area. The plan is for Nalcor to provide a vehicle when one is available and Silver Lights will supply the drivers. In the event that a Nalcor vehicle is not available, volunteers will be expected to use their own vehicle and Nalcor will reimburse for expenses incurred. On a trial basis, we are hoping to commit to one week per month (Mon - Fri), with the week

in October being October 20-24. To meet this commitment, we are looking to establish a pool of drivers who are willing to volunteer at least one half day per month. Those interested should let us know as soon as possible so that we can prepare a schedule for the week. Please contact any one of your Silver Lights executive. Contact information for your executive is printed on the last page of each newsletter.



Everyday Life

Scotia McLeod



TREATING YOUR RETIREMENT LIKE A PENSION - THE FUNDED RATIO

Institutional investors such as Canada's big defined benefit pension plans keep a close eye on their funded ratio. Canadians who are preparing for retirement should too.

The funded ratio not only indicates whether there is enough wealth to support a desired retirement lifestyle, it can also help an investor make asset allocation decisions and provide insight into insurance decisions, such as whether to buy a life annuity. As such, it can play a key role in the planning, implementation and review process of an individual's retirement plan.

What is the funded ratio?

The funded ratio helps determine how well you are positioned to meet your retirement needs.

It can help answer a retiree's three tough questions:

1. How much can I spend?
2. Will my money last?
3. Am I on track?

In simple terms, a funded ratio divides total assets by total liabilities. If a pension plan has enough assets to meet its liabilities (the future pensions of its members), then its funded ratio is 100%, and if it doesn't, then its funded ratio likely falls somewhere below 100%. The preferred scenario is to ensure a plan's assets are more than enough to meet its liabilities, resulting in a funded ratio above 100%. This provides a margin of comfort in case there is a significant change on either side of the ledger - such as plan members living far longer than expected, or a decline in the value of the assets due to upheaval in the financial markets.

Similarly, a funded ratio for an individual investor can indicate how well they are positioned to meet their retirement income needs. An individual with a funded ratio above 100% is estimated to have more assets than liabilities and therefore can be said to have saved enough for retirement, while an individual with a funded ratio below 100% would do well to reconsider their savings programs, their projected retirement date, and their expected spending plans.

In other words, retirement security can be defined as a funded ratio of 100% or greater. The higher the ratio, the greater confidence the investor has that longevity risk (or the risk of outliving your money) has been minimized.

For the average Canadian, total assets would be represented by the current value of any investments. Expected liabilities would be the present value of the ongoing expenses faced throughout retirement, minus the value of any expected pensions and public benefits

such as the Canada or Quebec Pension Plan, the Guaranteed Income Supplement, and Old Age Security.

Determining the value of the total assets available is relatively straightforward. But determining total liabilities in retirement is complex for the following reasons:

- Retirement spending needs span a long and uncertain time horizon
- Spending needs may increase due to inflation and other unforeseen events such as large medical expenses or family needs. To further complicate matters, the portfolio that must fund these liabilities will fluctuate unpredictably through time as markets respond to economic and political events.

Producing cash flows from a portfolio over a long time horizon is riskier for an individual investor than it is for an institution. Institutions service a pool of investors, which allows them to diversify longevity risk. Individual investors on the other hand, face the key investment challenge of making sure their assets last for as long as they need them—without knowing exactly how long that is.

Using an asset-liability approach such as the funded ratio can help determine the asset allocation: this should be determined according to the relative size of the assets compared to the liabilities, as well as the relative risk of the assets. As the investors situation changes through time, the asset allocation needs to respond to help improve the possibility of reducing risk and potentially increasing expected ending wealth.

The other concern the funded ratio can help an investor address is risk tolerance, or an individual's capacity to handle market risk. Investors should have a high funded ratio - more than enough assets to meet spending goals - before taking greater market risk in their overall portfolio.

A lower funded ratio means there is less risk capacity and that means an investor with a funded ratio below 100% should consider a portfolio more heavily weighted in fixed income investments that are more likely to protect the value of the assets.

Retirees also need to maintain their funded ratio above 100% throughout their lifetime in order to feel financially secure. Projecting only the value of the accumulated wealth (assets) and not the value of the retirement spending plan (the liabilities) can obscure important aspects of the plan.

For example, if inflation increases or interest rates decline, the liabilities of the plan will increase, and that could lead to the assets depleting earlier than expected.

Even with a sound and well-tested retirement plan, it's critical to monitor progress at frequent intervals. Unexpected events that compromise retirement success are easier to deal with when they are caught early. It makes sense to monitor a funded ratio at frequent intervals: keeping a close eye on the funded ratio is a simple and effective way to flag any potential problems in a retirement plan.

About the Author

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Let's Talk Real Estate

Tom Clift

Should you consider purchasing a condominium? Has this question come to your mind? In this article I will provide some information of the pros and cons of buying a condo and some other points to ponder before you purchase. At the time of the writing of this article in 2014, there were 30 condos available in St. John's on MLS for lease. There were 204 condos for sale. The prices ranged from \$159,000 to \$875,000. That is a total of 234 condos available for lease or for sale.

The price of these condos per square foot range from \$228 per square foot to \$583 per square foot. This is a significant figure to keep in mind. For comparison purposes, I looked at new construction homes and the prices they are per square foot. For a typical newly constructed bungalow, the price is around \$270 per square foot. For newly constructed executive homes, the price per square foot averages about \$225 per square foot. Clearly, there is a big difference when you compare the price of a condo to a new house. On top of that there are condo fees, making the purchase of a condo even more

expensive. It is difficult to comprehend why condos are so expensive, especially when they share a common roof and a common foundation.

Those who choose to purchase a condo usually do so because they do not want to have to worry about exterior maintenance issues such as snow clearing, painting, and grass cutting. Also, condos are highly beneficial if the owner spends a lot of time away due to work or holidays. Due to security precautions of condo buildings and the number of fellow owners within the same building, owners have less worry about criminal activity when they are away as well. Also, worries about pipes breaking or other maintenance issues are minimized for the same reasons. As many of us get older climbing stairs becomes an issue. Most newer condo buildings have elevators, making them appealing as well. Some have underground parking which is another benefit.

The issues that some people consider a problem with condos include some of the restrictions that are placed on condo owners. Many do not allow pets or children. Each condo has a board of governors who determine the rules, regulations, and fee structures. Therefore, your living arrangements can be determined by someone else. The fees are determined by what is or may be required to maintain the building and often go up as the building ages. Although new buildings are required to have sound proofing between shared spaces such as walls and ceilings, they cannot completely contain noise from other condos. Also, cooking smells and other odors may seep to other parts of the building. Not

all condos have indoor parking, so this may be an issue if you spend a lot of time away. This is not a complete analysis of condo living, however, hopefully it is of help. If you require further assistance or information, please feel free to contact me.

About the Author

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Travel - Don't Worry, Be Happy

Blair Jarrett

Blair has sent along a brief description of an enticing motorcoach holiday. Read on!

Welcome to the new era of hassle-free motorcoach holidays

Sip delicious - and delightfully cheap - wine at an outdoor, streetside cafe in Rome... Marvel at the Eiffel tower lit up at night, or take in a real pizza-making cooking class from a real Italian "Mama". Yes, this can all be part of a coach tour.

"Escorted vacations are a wonderful alternative to a self-drive holiday - especially if time is precious." says Rosarii Farrell, manager of LeGrow's Travel, Howley Estates, St.

John's. "With hand-picked itineraries, VIP access to major attractions and absolutely no lineups, you can get on with the task of enjoying that dream vacation without any of the hassles sometimes associated with other forms of travel."

In the bid to make your vacation as seamless as possible, some escorted tours offer deeply customized experiences like personal limo service from your home to the airport or "insider" dining experiences in-destination. "The trend in escorted vacations is very much towards capturing the true essence of a destination, so that guests can experience it through the eyes of a local, rather than as a tourist." says Rosarii. "Your vacation can include invitations into private homes, wineries, working farms and family-run restaurants in picturesque settings. It adds a lot of value to the experience."

We Recommend:

Trafalgar Tours' Irish Highlights Preview Tour is a seven-day fast-track encounter with the Emerald Isle, which takes you from Dublin and back, stopping at Waterford, Limerick and the scenic Ring of Kerry. Special insider moments include a visit to world-renowned chef Catherine Fulvio's 350-acre farm near Dublin.



Killarney

From \$1585 per person. (A savings of \$100 per couple!)

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Roundtrip Dublin including:

- County Wicklow
- New Ross
- Waterford
- Youghal
- Blarney
- Killarney
- Ring of Kerry Excursion
- Cliffs of Moher

- Bunratty
- Limerick
- Galway

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World War I: The War Effort at Home

In the last two editions of our newsletter, I've talked about the Trail of the Caribou and how that Trail relates to major events that happened to Newfoundlanders in the First World War. I'd like to switch gears just a bit and talk about how people helped out the war effort here at home.

According to the records about 12,000 people enlisted in the war. Thousands more were involved behind the scenes. One such organization was the Women's Patriotic Association (WPA). Started by Lady Margaret Davidson, it was a force to be reckoned with. The following article is taken from the Rooms website (www.heritage.nf.ca/greatwar/articles/wpa).

Womens Patriotic Association

The following section is based upon Gale Warren, *The Patriotic Association of the Women of Newfoundland: 1914-1918*, Newfoundland Quarterly 92.1 (Summer 1998). On August 31, 1914, Lady Margaret Davidson, wife of the governor, called upon the women of Newfoundland to assist in aiding the British Empire in the present crisis by providing the necessities needed by our soldiers at the front ¹. Seven hundred women attended the first meeting. Those in attendance passed a resolution to form a Patriotic Association of the Women of Newfoundland with the object of helping the men of Newfoundland in the defence of the British Empire.



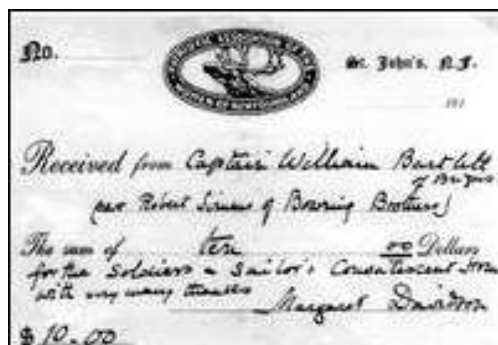
Making supplies, ca. 1915. Womens Patriotic Association, St. John Ambulance Division, making supplies at Mrs. Brownings.²

The next step in the organization of the Womens Patriotic Association (WPA) was an island-wide appeal. Lady Davidson sent letters to magistrates and justices of the peace

throughout the island asking them to hold meetings with the prominent women in each community with a view to establishing WPA branches outside St. John's.

In the outports, as was often the case in St. John's, the WPA was formed around existing women's denominational groups or the ladies auxiliaries of fraternal organizations.

Branch membership in the WPA extended beyond the local elite. By the end of 1914, the WPA's island-wide membership had reached 15,000. Over the course of the war these women, scattered throughout the colony in 218 local branches, were responsible for raising over \$500,000 in support of the war effort.



Contribution of ten dollars, ca. 1916.³

In addition to their monetary efforts Newfoundland women knitted scarves, socks, helmets and waistcoats for the men overseas.

On May 27, 1915, the women of the WPA sent the first consignment of 40 cases and barrels filled with warm clothes and comforts to the troops. Between 1914 and 1916, the women produced 62,685 pairs of socks, 8,984 pairs of cuffs (mittens with a trigger finger),

¹Daily News 1 Sept. 1914: 5

²Courtesy of the CNS Archives, MUN

³Courtesy of the Bartlett family

and 22,422 mufflers.

The WPA also aided the Red Cross and nursing services by preparing medical materials for the war.



Surgical dressings sterilized and ready for 1,000 cases.⁴

The WPA also established a Visiting Committee which kept in touch with the parents or relatives of the Newfoundland volunteers and Naval reservists. In the St. John's area alone, between 1914 and 1919, the committee made 11,270 visits.

The WPA established a Belgian refugee fund and the Alliance Francaise Fund.

The next page contains an excerpt from a book co-written by Tryphena Duley and her daughter Margaret Duley during the Great War called *A Pair of Grey Socks*.

Margaret, who went on to become one of Newfoundlands best-known authors, wrote the poem of the same name in honour of the

work of the women of Newfoundland.

A Pair of Grey Socks

Not only at Government House were busy fingers at work; the grey socks were inevitable wherever one went, they were found on table or work basket in every house, both in parlour and kitchen.

They were found at bridge tables; dummy knitted while her partner played the hand. They accompanied the worker to committee meetings and social calls. Knitting parties became the fashion, and they have even been seen in the theatre, and now some knit them even on Sundays.

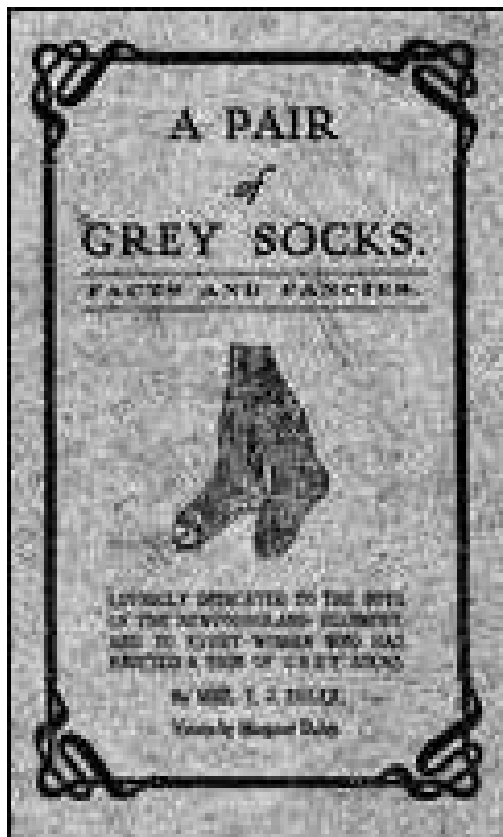
A pair of grey socks is a never-failing source of conversation. The different qualities of the wool, the various shapes of the heels, the many ways of narrowing the toes, the numbers of pairs accomplished, and above everything, the excellencies and discrepancies of our neighbours knitting.

They are a bond of unity between rich and poor, high and low, between all mothers who have sons in the war, between all women who knit.

The grey sock has become the tie that binds.

(Tryphena Duley, *A Pair of Grey Socks*).

⁴Courtesy of the Centre for Newfoundland Studies Archives (Mary Southcott Collection 190), Queen Elizabeth II Library, Memorial University of Newfoundland, St. Johns, Newfoundland.



Booklet cover, ca. 1916.

Cover reads: A Pair of Grey Socks. Facts and Fancies. Lovingly dedicated to the boys of the Newfoundland Regiment. And to every woman who has knitted a pair of grey socks. By Tryphena Duley. Verses by Margaret Duley.⁵

A woman is knitting most all the day
A sock that shapes from a ball of grey,
Her fingers fly, and the needles click,

⁵Courtesy of the Centre for Newfoundland Studies Archives, Queen Elizabeth II Library, Memorial University of Newfoundland, St. Johns, Newfoundland.

Fast grows the sock so soft and thick.

Why do you knit at such a pace,
Dear woman, with patient face?
Is it for tireless little feet,
Or covering warm for the huntsman fleet?

Or maybe for fisherman strong and bold,
Who fights the sea when the winds blow
cold.

Or perhaps for the strong brave pioneer,
Who faces new worlds with dauntless air?

No, no, my child, tis for none of those
That I patiently knit in endless rows;
Tis for nearer and dearer - then a broken
pause,
For those who are fighting their countrys
cause.

For those who sailed on the ocean wide,
To do their bit gainst a lawless tribe.
Thus, I do for my country a womans part,
Who give the pride of their mothers heart.

But what means the white row I see right
here,
Is it a sign to make the pair?
No, that marks the socks for the slender
youth,
Who does his part for the cause of truth.

The red is the sign for the hardy man,
At the height of his strength in lifes short
span;
But young and old alike do the same,
For life or death, for honour or fame.

Blue in the sock is the medium size,
The colour dear to the sailors wives,
So in the grey socks, red, white and blue
Form our colours so bright and true.

And that is why all the livelong day,
I sit and knit in the same old way;
And into each sock I weave a prayer
That God keep our boys in His love and
care.

M. D. [MARGARET DULEY]

(By the way, if anyone is interested in obtaining the knitting pattern for these socks, let me know! Janet)

East Coast Trail Hikes and Events

What could be better than a hike on one of our cool, crisp, clear autumn days? The East Coast Trail offers a series of guided hikes during the Fall. Please note that these hikes are not organized by the Silver Lights Club. Detailed information can be found at http://www.eastcoasttrail.ca/scheduled_hikes/schedule.php

Biscan Cove Path

Pouch Cove – Cape St. Francis

Oct 4

Moderate/Difficult

Father Troy's Trail

Torbay – Flatrock

Oct 12

Easy/Moderate

Flamber Head Path

La Manche – Brigus South

Oct 18

Moderate/Difficult

Cape Spear Path

Cape Spear – Maddox Cove

Oct. 26

Moderate

Sounding Hills Path

Ferryland – Aquaforte

Nov. 1

Moderate

Beaches Path

Witless Bay – Mobile

Nov 9

Easy

Stiles Cove Path

Pouch Cove – Flatrock

Nov 15

Moderate/Difficult

Sugarloaf Path

Logy Bay – Quidi Vidi Village

Nov 23

Moderate/Difficult

President's Choice

Nov 29

Moderate

Annual General Meeting

Wednesday, Oct. 8, 2014

Foran Room, St. John's City Hall

Contact: Susan Quinlan

susan.quinlan@eastcoasttrail.com

Events Around the Province

Annual BPAC Craft Fair

Eastern

Marystown

Annual craft fair showcase crafts of hundreds of local artisans: knitting, quilting, art, wood turning.

Nov 7 - 9, 2014

+1 (709) 279 1846
bpartscouncil@gmail.com
www.nlgeotourism.com

Bay Roberts Festival of Lights

Avalon
Bay Roberts
Illumination Parade & Park, live Nativity.
Large day time Parade, old fashion Christmas Concert, Musical concerts, Community Sing-a-long, children's activities throughout the festival.
Nov 2015, TBA
+1 (709) 786 2126
rdelaney@town.bayroberts.nf.ca
www.bayroberts.com

Christmas Craft Fair

Avalon
St. John's
A stunning display of work produced by our finest artists and craft people. Exquisitely made, juried craft - traditional and contemporary. You won't want to miss this great event.
Nov 20 - 23, 2014
+1 (709) 753 2749
info@craftcouncil.nl.ca
www.craftcouncil.nl.ca

Eastport Peninsula Agricultural Exhibition

Central
Eastport
Agriculture Exhibits, craft fair, demonstrations and display, meals, pet show, parade, mini Olympics, scavenger hunt and contest.
Oct 10-13, 2014
+1 (709) 677 2360
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www.beachsheritagecentre.ca

Fogo Island Partridgeberry Harvest Festival

Central
Joe Batt's Arm
At the Iceberg Arena. Sat 10am - 6pm, Sun 12pm - 5pm.
Oct 11 - 12, 2014
+1 (709) 658 7256
prbrown12@live.ca
www.fogoislandpartridgeberryfestival.com

Grand Falls-Windsor Red Maple Festival

Central
Grand Falls-Windsor
Best decorated halloween house contest, community fall festival with dances, skating and entertainment for all. The event concludes with a huge bonfire and mini fireworks at Centennial Field.
Oct 30 - Nov 3, 2014
+1 (709) 489 0450

dnichols@grandfallswindsor.com
www.grandfallswindsor.com

Gros Morne Fall Fest

Western
Cow Head
A fall festival of traditional craft workshops, demonstrations, music and culture. Craft fair held Sunday 10am - 4pm. Experience the splendour of Gros Morne in October!
Oct 2 - 5, 2014
+1 (709) 243 2023
cowheadheritage@gmail.com

Labrador Open Cross-Country Ski Races

Labrador
Labrador City
Cross Country Canada sanctioned ski races, free ski and a traditional ski, both 10 km. Labrador Snow training camp.
Dec 5 - 6, 2014
+1 (709) 944 5842
nordicski@nf.aibn.com
www.meniheknordicski.ca

Leading Tickles Day

Central
Leading Tickles
Games of chance, variety of food such as fish and brewis, mussels, chinese food, and much more. Come to enjoy a day of fun and relaxation. Tickets sold on live lobster.
Aug 2015, TBA
+1 (709) 486 7782
leadingtickles@nf.aibn.com

The Rooms - Engaging Evenings

The History and the Preservation of a 19th Century St. John's Farm

October 1

This presentation by Ann Marie Whelan and Shane ODea will take you through the history of the OBrien family as they emigrated from Ireland, settled in Newfoundland, built their homes and farmed the land for four generations. Find out about the work of the OBrien Farm Foundation and their efforts to preserve a piece of our heritage.

Documentary Film: Annie Pootoogook (2006, 27 min)

October 29

Annie Pootoogook is one of several Inuit artists on display in the art gallery. Learn about Pootoogook's life, struggles and studio practice in Cape Dorset in the award winning 2006 documentary by Marcia Connolly. Screening is followed by a guided tour of the contemporary exhibit Inuit Ullumi: Inuit Today.

From Fishing Boat to Flotilla

November 5

Did you know that almost 2000 Newfoundlanders and Labradorians served with the Royal Naval Reserve during the First World War? Lieutenant Commander Shannon Lewis-Simpson, Commanding Officer of HMCS Cabot, is here to tell us the story of the first Royal Naval Reservists to be trained and sent overseas one-hundred years ago.

Finding the Chapeau Rouge: The History and Archaeology of French Settlement in Placentia Bay Before 1720

November 12

Join archaeologist Amanda Crompton as she talks about the Capeau Rouge, a French settlement in the area of Placentia Bay and Fortune Bay. Here, small family-based fishing plantations were established and grew from the mid-seventeenth century until their forced abandonment in the early eighteenth century.

The Rooms - Coffee & Culture

24 Hour Trench: A Special Presentation by Andrew Robershaw

October 2

The trench was the frontline soldiers home. He lived, ate, slept and sometimes died in this narrow passage amongst the slime of mud and blood on the Western Front. Over six million men died serving in the trenches - how did they live in them? First World War historian, Andrew Robertshaw and a group of soldiers, archaeologists and historians used official manuals and diaries to build a real trench system and live in it for 24 hours. Join us as Andrew Robertshaw shares their experience and gives us a glimpse of how a frontline soldier's day unfolds.

First World War Road Show & Tell

November 6

Last spring, The Rooms travelled the province to document stories, artifacts and archival material from Newfoundlanders and Labradorians in the First World War. Today, we're ready to show you what we found! Join museum staff to get a sneak-peak at some of the stories well be telling in our upcoming permanent First World War exhibition,

opening in July 2016.

Grenfell Mats

November 20

Mat maker Margaret Angel shares her passion for Grenfell hooked rugs and discusses what made them different from the traditional hooked rugs. Following the presentation, join us for a guided tour, *More Than a Doctor: The Legacy of Sir Wilfred Grenfell*.

Moravian Christmas in Labrador: An Illustrated Talk by Dr. Hans J. Rollmann

December 4

Moravians, members of the oldest Protestant Church, came to Labrador from various parts of Europe more than 200 years ago, bringing with them their traditions and customs. Dr. Hans Rollmann will be here to share with us some of the Moravian Christmas traditions that have been celebrated in Labrador since the 1700s.

Teachers on Wheels Tutor Training Workshop

Oct 18, 9:00-4:00 St. John's

Teachers on Wheels is an adult literacy organization operating primarily in St. John's and the surrounding areas. This workshop provides you with the skills to help adult students improve their reading and writing skills. Pre-registration is required.

Call (709) 738-3975

Health & Wellness

Arthritis

Arthritis Facts & Figures

The information in this article was found at (www.arthritis.ca). Always consult your medical professional about your specific medical issues.

The term arthritis (“arthro” meaning joint, “itis” meaning inflammation) is used to refer to more than 100 related conditions. Arthritis can strike anyone at anytime, regardless of age, physical condition or ethnic background, often with devastating and debilitating effects. Arthritis brings with it a burden of pain and disability that those living with this disease must face every day. The main symptoms of arthritis are chronic joint pain, stiffness and swelling, which can result in significant disability and poor quality of life.

Arthritis consists of more than 100 different conditions

Arthritis consists of more than 100 different condition which range from relatively mild forms of tendinitis and bursitis to crippling systemic forms, such as rheumatoid arthritis. It includes pain syndromes such as fibromyalgia and arthritis-related disorders, such as systemic lupus erythematosus, that involve every part of the body. Other forms of the disease, such as gout, are almost never thought of as arthritis, while osteoarthritis is often thought to be the only form of this dis-

ease.

Joint pain is the most common denominator

The common denominator for all of these conditions is joint and musculoskeletal pain, which is why they are grouped together as “arthritis”. Often this pain is a result of inflammation of the joint lining. Inflammation is involved in many forms of arthritis and is the body’s natural response to injury. The warning signs presented by inflammation are redness, swelling, heat and pain. When a joint becomes inflamed, it may get any or all of these symptoms. This can prevent the normal use of the joint and therefore it can cause the loss of function of that joint.

Arthritis can affect anyone

Arthritis can affect babies and children, as well as people in the prime of their lives. Nearly three of every five people with arthritis are of working age (under 65).

Treating arthritis

Establishing an early diagnosis is critical to the outcome of the disease, since it only gets progressively worse and therapies work best when started as early as possible.

Managing Daily Activities

Find Arthritis Friendly Products

Disclaimer

This information doesn't replace professional advice. If there's a particular problem you can't solve on your own, ask your occupational therapist or physiotherapist. If you're not already seeing one, ask your doctor for a referral.

If you have arthritis, you probably know by now even simple daily activities can become a lot harder. Arthritis can turn even the simplest tasks - dressing, washing or brushing your hair - into a real challenge. Feeling tired and drained of energy only makes things worse.

Fighting off Fatigue

Fatigue is often dubbed the “silent symptom” of arthritis. It is important to determine the cause of your fatigue in order to fight it. Did you know that sometimes fatigue is caused by things other than your arthritis? Everyone experiences fatigue differently because its causes are usually a combination of physical and emotional factors like arthritis itself, inactivity, poor nutrition, insufficient or poor quality rest, emotional stress or anxiety, or a side effect of medication. One of the best strategies to help look at factors that might be causing your fatigue and fight it, is starting to bring what we call the “Four P’s” into your life:

- Priorities
- Pacing
- Planning

- Posture

Obviously, a good night's sleep is essential for fighting off fatigue.

Principles for Protecting Your Joints

- Respect Your Pain
- Balance Work with Rest
- Maintain Muscle Strength and Joint Range of Movement
- Use Joints in their Most Stable and Functional Position
- Use Stronger and Larger Joints
- Reduce the Force

Using Helpful Tools and Devices

To protect your hands and wrists, and preserve your grip strength: Choose tools with “fat” handles.



Vegetable Peeler with fat handle

* Change the shape of the grip handle.



Milk carton with handle



Doorknobs replaced with levers

* Choose tools with non-slip textured hand grips.

* Use tools that hold objects in place.



Can Opener with textured handles

* Use levers to reduce effort and increase strength.



Jar Opener with grip for lids

*

Support your wrist, finger and thumb joints with splints.

To save energy and avoid hurting yourself:

- Slide or roll objects, instead of lifting or carrying them
- Use large joints to protect smaller, fragile joints

- Keep items within easy reach

To stay mobile and avoid stiffening up:

- Raise seats to make sitting down and getting up easier
- Avoid standing for long periods of time
- Make activities as safe as possible



NALCOR News

Retirees

Larry Barry

Aug, 2004 Hired as a Mobile Equipment operator in Churchill Falls
Jun, 2014 Retired

Derrick Sheppard

Sep 1985 Hired as a High school teacher at Eric G. Lambert school in Churchill Falls
Jun 2014 Retired

Bryde Bolger-Howell

Sep 2000 Hired as a Special Education teacher at Eric G. Lambert school in Churchill Falls
Apr 2014 Retired

Hezekiah Patey



May 1985 Hired as a temporary General Maintenance "B" in St. Anthony
Feb 10, 1997 Became a permanent General Maintenance "A"
Apr 1, 2007 Reclassified to a Carpenter

Jul 2014 Retired

H. Doug Whelan



Sep 1968 Hired as an Assistant Fleet Officer
1970 Became a Safety, Properties and Fleet Officer
1971 Became a Meter Technician Trainee
1977 Became a Transportation Officer
Aug 2014 Retired

Asim Haldar



Jun 1980 Hired as a Transmission Design Engineer in St. Johns
1988 Became a Senior Specialist - Structured Analysis & Design
1990 Became a Senior Engineer - Technical Support

Aug 2008 Promoted to Manager, Engineering, Research & Development
Aug 2014 Retired

E. Gerard Piercey

Jun 1979 Hired as a graduate Civil Engineer
1990 Became Supervisory - Civil Design Engineer
Jul 2006 Promoted to Manager, Civil Engineering
Sep 2014 Retired

Cecil Cochrane

Jan 1976 Hired as a Clerical Assistant
1977 Became a Clerk
1978 Became a Records Clerk
2003 Promoted to Warehouse Supervisor
2009 Became a Materials Management & Shipping Supervisor
Jul 2014 Retired

Paul Kent

1989 Hired as a Protection and Control Technician
Jul 2014 Retired

Leo Evans



Aug 1982 Hired as a Lineman Apprentice
Feb 1983 Became a Lineman A
Oct 2005 Became a Distribution Field Representative
Feb 2006 Went back to Lineman A
Jul 2014 Retired

Alice White



Apr 1980 Hired as permanent Office Services Clerk
Aug 24, 1981 Appointed to Secretary with Controller's Department
Oct 2, 1989 Appointed to Projects Control Assistant with Project Services
1997 Labour Relations and Safety Clerk - HR & Legal Division
Sep 21, 1998 Human Resources Assistant in Human Resources
Nov 1, 2002 Administrative Assistant with TRO
2005 Administrative Assistant with Engineering Department
Apr 2014 Retired

William Morris



Apr 9, 1984 Hired as Auxiliary Operator in
Holyrood
Jan 15, 1996 Promoted to Assistant Turbine
Boiler Operator
Oct 15, 2000 Promoted to Thermal Plant
Operator
Jan 22, 2001 Promoted to Lead Thermal
Plant Operator
Mar 7, 2011 Promoted to Shift supervisor -
Thermal
Apr 30, 2014 Retired

Charles McNeil

Sep 1972 Hired as Power Plant Operator in
Makkovik
Apr 1975 Transferred to Rural Operations
Department of NL Power Corporation as
Diesel Plant Operator "A"
Aug 1991 Retired
1992 - 2000 Worked part time in Diesel sys-
tems
2000 Returned to full time as a Diesel Plant
Operator "A" in Makkovik
Jan 2002 Became a Diesel System Represen-
tative
Sep 2014 Retired

The Lighter Side

The Lighter Side

*I found a book by Art Rockwood the other day and below are a couple of excerpts from that book on some of our more interesting(?) societies that once called Newfoundland and Labrador home.*⁶

The Flat Earth Society

While it isn't a Newfoundland Society as such, the group did have a presence here in that one of their most important members was located on Fogo Island. The Flat Earth Society is a non-profit educational organization dedicated to restoring the philosophy of human reality.

According to the society there are four corners to the earth: Brimstone Head on Fogo Island, the Greek Island of Hydra, the Bermuda Triangle and Papua, New Guinea. At one point the society had a guardian at the edge of Fogo Island in the person of Al Pittman, poet, and playwright who was then teaching on the Island. Other members of the society included Farley Mowat and Lawrence Block, and actor Paul Soles. The original society was formed in 1800. Its members claimed that their proof of the earth's flatness was ignored because it would bring down the government, bring down education, bring

down everything. The Canadian Society was formed November 8, 1970.

The Newfoundland Order of Antlers

It may sound like something out of The Flintstones, or The Jackie Gleason Show, but Newfoundland once had a group called the Newfoundland Order of Antlers. The organization was formed by a group of unemployed youths in the west end of St. John's in 1933. Originally, they called themselves the Victorians and started with a membership of 30 young men. They met in various garages on Alexander Street to organize social and athletic events, as well as to fund-raise for worthwhile community causes. By 1934 their membership had increased to the point where they approached the Elks for a meeting place. It was during their association with the Elks that they changed their name to the Newfoundland Order of Antlers. By 1937 they were once again independent and moved headquarters to the Duff Building above the Queen Theatre on Water Street. By the second World War, the group had disbanded.

⁶Newfoundland & Labrador Trivia, Art Rockwood, Harry Cuff Publications, St. John's, 1993. ISBN 0-921191-85-5

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.