



## SILVER LIGHTS CLUB

NEWFOUNDLAND AND LABRADOR HYDRO  
A Nalcor Energy Company

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### President's Message

#### *Gerry Bowers*

Here is a brief summary of what has happened during the fall.

Silver Lights has teamed up with Ronald McDonald House and volunteers have freshened up some 15 rooms with paint. (Vern Penny, Don Barrett, Aubrey Hill). Nalcor has also joined the team and has purchased an 8' by 10' cedar play house for the Christmas parades. This house will be donated to Ronald McDonald House as an addition to their play ground. Some assembly was required by Silver Light members Denis Jones, Bill Day, John Mallam, Reg White and Gerry Bowers. Final Christmas decorations were at the hands of Cindy Morgan and Annette Higdon.

The Christmas float theme was the Minions. Logistics of parade applications and red tape were again dealt with by Cindy Morgan. Parades entered were as follows: St. John's (we won 2nd place in the over 20 foot category), Mount Pearl, Holyrood, and New Harbour.

An evening with Ed Martin was held Nov. 30th with about 20 in attendance. This was an informal meeting which began by Ed asking us what questions we wanted answers to. He then customized his presentation to provide the answers. This covered both Muskrat Falls and the Oil and Gas sector. This is not the same company that some of us retired from. Nalcor Energy has or will have 14 billion dollars of assets, (in 2005 it was \$2 billion). Employees total 1,500 worldwide versus the 500 in 2005 in the province.

Charitable donations of \$500 each have been made to the following groups: The Salvation Army, The Gathering Place, Association for New Canadians, Community Food Sharing Association.

Kudos to Nalcor for also matching our donations for a total of \$4000.00.

### Silver Light Executive News

Vern Penney and I will not be absconding with Silver Light funds to Europe after all. Aubrey Hill is the new Treasurer. Kim Petley will coordinate the mailing list and e-mail new flashes sent via the Silver Lights e-mail account. Don Barrett is our incoming president.

Best wishes for the Christmas Season and Happy New Year. I am a snow bird this year so I will be in sunny warm Florida.

Warm Regards  
Gerry Bowers  
Past President

### Editor's Message

#### *Janet Calver*

This time of year always seems to be a whirlwind of activities - most of them happening before the big day! The parties, the dances, the special dinners and luncheons, the concerts, not to mention the decorating, gift buying and wrapping. I'm glad to say I still enjoy every minute of the madness but there is

something really special about the quietness of Christmas Eve night. We usually go to Christmas Eve midnight service. The church is lit by candles - yes, real candles - and we get to sing the old-fashioned carols, hear the Christmas story, and wish Merry Christmas to some wonderful friends as we step out into the stillness of the night. It's magical.

If only we could hold on to those magical feelings of hope, faith, joy and love throughout the year. I guess as adults we tend to get hardened by the realities of life. We're so tied up in trying to be somebody, or achieve something or get somewhere that we tend to completely overlook the really important things. Now I think we all know what they are - our health, family, and friends. But I suggest there is another that we tend to overlook - giving of our time to help others. The giving of our time can be as simple as meeting a friend for coffee, phoning a shut-in neighbour to see how things are going, or offering to drive a cancer patient to their appointment. I believe Silver Lighters are some of the best around for "giving of their time". And I'm sure these volunteers would tell you that they receive much more than they give. There's that magical feeling again!

As you read through this latest newsletter, you will find there are a lot of our members who give of their time. They include all the contributors who write articles for our newsletter, the folks that make our Christmas parade float a reality, all the volunteers that help out at Ronald McDonald House, and those that step forward to lead the Silver Lights Club.

We've got a lot squeezed into this Christ-

mas newsletter. Ken leads off with his usual great stories of who's-where-and-doing-what along with some special memories of his Christmas in Francois! Yes, Silver Lights has a new executive team, so we say a special good-bye and thank-you to Gerry and Vern and welcome to - well I'll let you read on and find out! We have great pictures of our winning float(!) in the Santa Claus parade and an update on Christmas donations made to several local charities. We welcome our newest 25-year club members along with our latest retirees. Congratulations to all! We have a special report on the Evening with Ed Martin, held the latter part of November and some special Christmas related stories and articles we hope you'll enjoy. Chris Schwartz is back with a great article on financial planners and financial planning - make sure you read it. We have a wonderful story about Hydro, salmon and the Exploits River - one you will not want to miss. Looking into the new year, we hope to carry articles on more of what Nalcor is up to including updates on Muskrat Falls, the oil and gas strategy and their work with alternate energy sources. So stay tuned.

As 2015 draws to a close, we have much to be thankful for. At the top of my list is everyone who helps out with putting this newsletter together! My thanks go out to all our contributors this past year (Ken Ball, Chris Schwartz, Tom Clift and Amanda O'Brien), Nalcor HR (Kelsey Hayley), Nalcor Corporate Communications (Dawn Dalley and Deanne Fisher), our Silver Lights executive, Gerry, Cindy, Vern, Dennis and Reg, who are always there to help me out, and to you, our

members and readers who support us in so many ways. Cheers to you and your families and to 2016! Best wishes for a wonderful new year!

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## **SilverLights News**

### **Out and About with Ken Ball**

I haven't had much luck spotting retirees from Hydro. It's up in November now and I have to get something for Janet or she will fire me.

The weather is fairly miserable but we can take that and pray it will get better before the snow comes. There are a lot of dogberries this year and some say that's the sign of a bad winter. I prefer getting my information about the weather from the Farmers Almanac, and that says the weather will be better than normal.

There were a few partridgeberries on the go so it's time for me to start stewing the partridgeberry and apple jam. Some good on toast idden it?

I take back what I said about not spotting retirees. Now they are thicker than flies on a bake apple bog this last couple of weeks.

### **Janet Calver**

I was over to Costco the other day and met Janet. We had a good yarn there in the aisle blocking everybody, but who cares when you meet another Hydro retiree. That takes priority over a few dark looks and the odd snide remark about blocking the aisle.

Janet is one of those people who has a great attitude and likes to know what's happening. We discussed her fall crop. Brian and her always have a garden. This year, because of

the miserable July weather, the harvest was not as good as other years.

We talked about Hydro friends and she updated me on the Ballroom Dancing Group. I bet you can't picture me in my tutu spinning around the ballroom floor. You never know what you'll do in this life but back in Rencontre when I was jigging squids I always knew I would be a Ballroom Dance Student. That really is a bit of a joke for some of you who don't know about my (sick) sense of humour.

Janet reminded me about elections for the Silver Lights Executive that are coming up very soon. I hope we get people interested in this very worthwhile club and put their names forward. It helps keep us informed about our Hydro friends that are retired. Don't rely on someone else doing it. Jump in yourself.

Janet is now the Editor of the Silver Lights Newsletter but, in her years with Hydro, she worked in the IS &T Department.

You notice I never said anything out of the way. I know how the editor feels about some of my racy comments and I wouldnt dare say anything out of the ordinary!

### **Libby Power**

The other day I was in the Food Court stuffin' me face when Libby came along. I tried to clutch the bit of doughnut I had in my mouth before I spoke. That's always embarrassing isn't it?

Libby looks great and like she said "If I was any better I'd be twins". With an attitude like that you can't really ever get down.

We only had a few minutes but we updated

each other on what was happening. Libby told me about the wonderful trip the Silver Lighters had up to Rocky Harbour and Area this Summer. Wish I'd had enough sense to be there with the group. I think Libby and the Hydro ladies and wives of Hydro employees still have a breakfast monthly but I'm not sure. You should check it out. I know where Libby is involved you'll have an enjoyable time.

Libby worked with the Construction Group in Hydro.

### **Bill Puddister**

Saw Bill down at the Ice Caps game the other night. Just had a chance to exchange greetings and he was gone in the crowd. Bill is in fine shape and loves his hockey. It's always great to see a friendly face in a big crowd of strangers.

Bill worked in Financial Planning.

### **Tom Dunne**

I was over to Costco the other day and just after I passed through the checkout I saw Tom. Tom is getting ready for another winter in Florida. He still has his tan from last winter and looks great. The retirees I meet never seem to get old. Is wintering in Florida the secret?

Tom worked with Project Services.

### **Harold Steele**

I met Harold at Costco. I'm used to seeing him at the monthly breakfast at the A&W in Mount Pearl. He was browsing through the

computer section and we had a great yarn before we were summoned by the bosses.

Harold has a cabin outside of St. John's and although I've visited him there, I can't place the name at this time. (What else is new?) He has spent a fair amount of time there this summer.

Harold usually visits his daughter and grandchildren in Texas for Christmas but has decided to stay home this year.

Harold worked in the Materials Management Department and was responsible for fuel purchases for Holyrood Plant and auctioning of used and surplus equipment, and vehicles.

### **Albert Dean**

I ran into my friend Albert the other day and again it was at Costco. I have known Albert for years when he used to work at the Power Commission putting in power lines in rural settlements.

Then later on I spent a couple of months in Toronto at the Delta Hotel and Princess Margaret Hospital taking treatments for prostate cancer. Since that time I have had occasional conversations by phone with him.

Later on, after this time in Toronto, Albert had a fairly severe stroke,

The other day I was really surprised to see him making his way into Costco. He uses a stick and has to take his time but he walks with determination. He was able to make it. Slow but sure. Since then I've been talking to him on the phone. Albert is very positive and doesn't waste any time complaining which makes it a treat to talk to him.

After leaving Hydro, Albert had his own construction company. Like the other Deans, his brother Richard and Jordan and nephew Ingemar (worked with Transmission Line Department in Whitbourne), they worked on the Distribution Line System throughout the island.

### **Jim Haynes**

Here's a change in venue. I saw Jim the other day at Sears. It's always a treat to have a yarn with him. We discussed the then and now aspects of Hydro and talked about people we knew with the company that are retired or passed on.

Jim is a member of the Jerry Marks Breakfast Club and shows up for breakfast occasionally.

When Jim retired, he did what he had dreamed of doing; visited China. I bet you there are a lot of interesting yarns associated with that trip.

Jim was VP of Operations.

### **Garland Jennings**

I saw Garland the other day at the Village Mall. He looks great and is obviously enjoying his retirement. He has his summer home out around the bay and spends his summers there.

Garland lives in Paradise and doesn't go much for the Florida scene.

We discussed provincial and Hydro current affairs as we understand them and it is amazing how great minds think alike especially

when comparing past work experiences and people we knew. It's always great.

Garland was Plant Manager at Bishop's Falls and Churchill Falls and ended his career in St. John's in the Operations Department.

### **Trevor Arbuckle**

Right on the heels of talking to Garland I saw another retiree from Bay d'Espoir days. Trevor was in the jewellery store and Garland and I went in and spoke to him. Garland had not seen Trevor since he was a very young man, but Trevor remembered him.

Trevor is really retired except for golfing and cutting dead trees off of his land.

He told us that he plays about 100 rounds of golf during the summer. Not too bad for an old fellow.

Trevor has tried the Florida circuit but only for short periods and is not too hung up about vacationing there for long periods.

Trevor was Plant Manager in Bay d'Espoir before transferring to the Muskrat Falls Project in St. John's.

### **Wayne Howell**

I had a call from Wayne the other day. He was visiting his son in Mount Pearl. It just so happened that the next morning was our monthly Jerry Marks Breakfast Club breakfast and he came along. Wayne is on our list as one of our regular members but only gets to enjoy our company once or twice a year. It was good to see him.

Wayne no longer teaches at the Corner Brook Trade School but he is still involved

with establishing an Apprenticeship Program for the Deer Lake Hydro Plant Operators to conform with Hydro requirements.

He is very active in his church, the Masonic Lodge and the Shriners. Wayne mentioned that he and George P. Hobbs have something in common. They are past Masters of the same Corner Brook Masonic Lodge. Not bad company Wayne.

Wayne still has his cabin in Central, and one of his visitors this summer was another retiree, Harry Wells.

Harry is still the same energetic individual he always was but he is somewhat hindered by a medical problem. He is currently on a dialysis machine but thank God only occasionally.

Wayne spends a bit of time in Cartwright, Labrador visiting his daughter and grandchildren. He loves it down there and always visits the diesel plant and chats with the operators on every trip.

Wayne was in charge of the Apprenticeship Program in Hydro.

### **Clyde Fudge**

Ran into Clyde recently at the Village Mall. I'm beginning to believe that there are more retirees there on any given day then at the Avalon Mall.

Like always, I didn't have too much time because the missus had set a specific time to meet her and not wanting to start another world conflict my time talking to Clyde was limited.

He looks fantastic and is keeping busy with his finished carpentry business. He had just

finished doing a job for Cal Bailey. Cal always had an eye for good work.

Tis the season to be jolly and Clyde was in doing some Christmas shopping.

Clyde was the Protection & Control Supervisor working from Bishop's Falls.

### **Lloyd Gillingham**

I was walking down the hall at the Avalon Mall the other day and there sitting on one of the seats was Lloyd. It only took me a minute to realize who it was although I had not seen him for several years. He looked just the same as always although he can't get around so well. He had a serious stroke a few years ago but he has come a long way since then.

Lloyd does all the craft fairs. They make jewellery to sell and he loves meeting the people.

After retirement Lloyd was a guide with an outfitter, hunting moose, and in the summer-time, took American tourists on the rivers, salmon fishing. Even though this was suddenly taken away from him because of the stroke, Lloyd is very positive and happy doing what he can. What a great role model for people who are always whinging about trivial ailments. His have certainly not got him down.

Lloyd was the Safety Officer in Bishop's Falls and did first aid, fire and different types of safety training.

**John Butler**

Guess where I saw John the other day? Yes at the food court in the Avalon Mall. That's where John and I always seem to run into each other.

John looks great and has finally retired. His time is spent now doing a little golfing and going to Florida occasionally, but mainly being involved with the family. Looks good on you buddy.

John and I spent a fair amount of time together when I chaired a committee writing standards. John was a member of that committee. Other members were Frank Hennebury (Churchill Falls), Conrad Oxford (Stephenville), David Rowsell (Bishop's Falls), Sam Rose (Bay D'Espoir), and Ray Greene (Holyrood). We had several heated discussions while working on standards that were totally unrelated to the work. Great times. I reported to Fred Martin and his committee to get our standards passed.

John worked with Human Resources and was the Loss Control Coordinator.

**Larry House**

I was at the food court in the Village Mall the other day, (never mind your comments about all I do is eat) sitting down enjoying my cup of decaf coffee when I noticed this person in the lineup. I thought I knew him, then it finally dawned on me: Larry House from Port Saunders.

When I first met Larry, he was the Officer Manager in Port Saunders. He transferred to Churchill Falls in the same capacity and fi-

nally to Holyrood where he retired. He then came out of retirement and went to Churchill Falls as the temporary Office Manager and retired after that stint. Would you believe it! Larry is now out of retirement again and back to Churchill Falls while the regular Office Manager is on leave!

Larry is still looking great. Retiring/going back obviously agrees with him.

Throughout all the transferring he still maintains his house in Belburns on the Great Northern Peninsula and that's still his home.

**Les Chafe**

I saw Les today just as I was passing through the shoe department at Sears. The last time I saw Les was when I went to visit Mat Parsons at the Health Sciences Centre. He was in the same room as Mat, awaiting by-pass surgery.

I was passing through and he was busy trying on shoes so I just asked how he was and left it at that.

He told me he feels great after the operation. He certainly looks good.

Les worked in the Plant Ledger Department at Hydro Place.

**Madan Rana**

I saw Madan out in the hall by Winners in the Avalon Mall. I had not seen him for a few years but his name came to me as soon as I ran into him.

Madan looks great and has finally started to enjoy his retirement

After retiring from Hydro, he spent a year in Malaysia commissioning a power plant



there.

Many professional people from Hydro have had some interesting experiences since retiring.

He is back home now and has no immediate plans for job hunting.

Madan was Director of Engineering and Telecontrol.

### **Ken Evans**

Reporting on our retirees really makes me look bad. It seems that all I do is cruise the malls and eat,

I saw Ken in the food court at the Avalon Mall and to top it off we were in the line-up getting grub as usual.

Ken looks the same as ever, full of energy and rarin' to go. He told me he just came back from Churchill Falls where he has been for the past 11 months putting together an Apprenticeship Program for CF(L)Co Apprentice Operators. He has just finished putting together a program and presenting it to CF(L)Co. Now he's retired. Again!

Before going to Churchill Falls he had gone to MUN to take an upgrading course to get certified to teach at one of the local trade schools as an electrical instructor. He got certified and spent 6 years instructing at The Career Academy.

Ken is now officially retired until the next job comes along.

Ken was Maintenance Superintendent at Hydro Place.

### **Dianne Morris**

Saw Dianne at the Food Court just after talking to Ken Evans. As usual I could not remember her name but I couldn't let that stop me, so I went up and told her my predicament. Dianne laughed and told me she understood because she has the same problem.

Dianne doesn't do much travelling because she spends a lot of time with her mother who is 93 years old.

Once a year she goes to Montreal for a couple of weeks and really enjoys that.

Dianne looks in fine shape and enjoys her retirement.

Dianne worked in Human Resources.

### **Doug Corcoran**

I was relaxing in the food court at the Avalon Mall enjoying my decaf coffee when I noticed Doug at the other table next to mine. He was about 3 feet away yet we never noticed each other. He was surprised when I said loudly "Let's move to another table. I don't like the company here."

Doug looks like he always did. Fit as a fiddle.

He told me that he has very few health problems except his sugar needs controlling. This fall he tore the ligaments in his foot and couldn't go moose hunting. Things are remedied now and he plans to hunt before Christmas and if he's not lucky there's still the month of January.

Doug has a situation that most of us were not lucky enough to have. His mother is still living at 95 years old and is living alone in

her apartment. What a wonderful gift. Doug was in the process of arranging to take her out for birthday celebrations at a place of her choice. Nothing fancy for this lady. She wants chicken at Swiss Chalet.

We talked about some old friends from the Whitbourne area and I found out that Herb Woolfrey is having a hard time seeing. His eyes are really bad now. I asked about Jasper Williams but Doug had not seen him in years.

While we were talking I noticed someone in the line-up for coffee looking our way. It was obvious from the looks and grin that he knew either Doug or myself or both of us. When I mentioned this to Doug and asked if he knew him, Doug said "I don't know his name but I think I know him." We waited for him to get his coffee and hoped he would head for our table. He did. I'll finish this later on.

Doug was Officer Manager at Whitbourne.

### **Jim Sceviour**

Just before the mystery person got to our table, his name came to me. Jimmy Sceviour. I was glad to know I had not lost my mind completely. I had not seen Jimmy in a few years but like most of the others he has not changed a bit. He is still working at different jobs since his retirement.

He is now working as an Inspector at CF(L)CO for the outside contractors who come into Churchill every year. He had a meeting in Hydro Place the next day. He is busy and loving it.

I lived for 20 years in Jim's hometown of Botwood so I had a lot of catching up to do. We have knowledge of a lot of people

in Botwood especially former employees. He brought me up to date on some friends, especially Hydro retirees who were not up to snuff. My old friend Les Noseworthy had lost his wife this Fall and Bob Edison is having a medical problem. Both of those guys ended their careers with Hydro in the Salvage Stores doing repairs on electrical equipment.

When I lived in Botwood, Les was not only my friend but personal electrical repairman. We had an understanding. He would do my repairs and I would supply him with our home-grown vegetables. Don't take much figuring out to know who benefited most from that arrangement. Les was that type of a friend.

Jim also told me about the Hydro employees in Bishop's. He assured me I would know only a few there now that were there when I worked at the stores. Time changes everything and I sometimes feel were becoming a rare breed, us Hydro retirees. Not to worry we're still kicking.

Jim was a Distribution Technologist stationed at Bishop's Falls.

### **Sign of the Times**

When we have our breakfast gathering in November each year we always show our appreciation for the A&W Staff by giving a little Christmas donation. This year was no exception. Because I was one of the first there it fell to me to make a list of the people who paid their Christmas stipend.

Bill Collier, Derek Osmond and I were the only ones there at the time. Bill passed his contribution and I wrote his name on a nap-

kin so that no one would be missed. Derek passed me his money, I paused, Bill was looking across the table at me. I looked at Derek and politely asked "What's your name?" Derek said "Ken stop fooling around." I said, looking stupefied "I can't remember your name, honestly." "Derek boy, Derek Osmond." He said. As I was writing this down Bill spoke up. "I was looking to see what you were going to write down because I couldn't remember his name either."

I'm not the only one loosing it.

## Remembering Christmas

I'm always telling about my Christmases in Rencontre West and I know you're tired of that because you've told me. So this year I'll fool you when I tell you about my Christmas in Francois.

Francois was just 7 miles by boat from Rencontre West but until I got a wife from there it was another world entirely.

I knew a few people I had met when shipping out of Halifax although they were on other boats. This helped when I became a part of Francois People.

The same routine followed there, soup suppers, card parties, mummering and going around from house to house. While Rencontre had some good pranksters and singers, Francois had more. That last part created a problem. It was very hard to get a lot of the old guys to sing a song, but once going you couldn't get them to stop. Their old time favourites were different from those we had in Rencontre, and their accordion players had different tunes to dance to. The dances were

the same - killers.

I always enjoyed going from door to door because the stories and songs were different than the ones I grew up listening to. There was a unwritten rule in Francois - be prepared for any kind of devilment, ranging from getting epsom salts in your home brew to getting the crown cut out of your hat. Don't get me wrong; I loved doing my part if given the chance and somehow it always seemed to be prevalent in the crowd I ranked around with, which happened to be every man from 16 to 80. Age was not a factor!

There was always a good spread at the Orange Lodge and good fiddlers to play for the dances. We always had a great time.

Mummering was a bit rough for rookies like me. It was before the roads were upgraded. Cover your face when you have had a few drinks is one thing but navigate around Francois in the dark was a quite another thing. Risky is a word that comes to mind.

You were welcome in every home. No one had hardwood floors or carpet then so dirty boots mattered little. Go in and go to it. After guessing who the mummers were, the drinks were passed around. I can't ever remember soft drink mixes on the table. If you weren't man enough to drink it straight you used water, but no one wanted to admit you couldn't drink it straight.

After a few drinks, some songs and recitations we were off to the next house to repeat this over and over all through the night. When all the visitations were finished we would sometimes head for someone's house where a prearranged feed would be waiting. There is nothing in this world that can make

you feel upset in the morning like having a few too many drinks followed by a load of grub around 2 or 3 in the morning. Given that schedule now I think I would have to get someone to put me out of my misery. Back then it was a big part of our Christmas celebrations.

One thing comes to mind that we tried a couple of times. The Wharfinger in Francois took pride in being on the wharf whenever the Coastal Boat came, be it morning or night. This particular night the boat was due in around 2:00 AM. At 1:00 AM we went under his window and blew into a pop bottle which sounded somewhat like the ship's horn.

We blew in the bottle and waited outside the room window. What an uproar. "Jumpin' the Steamer is Yer and I'm in bed. Where's me socks and hurry up and light the lamp. I got to get to the wharf before she gets in." I seem to recall that the next day word spread about that people should have better sense than do the like-a-that.

We enjoyed Christmas in those days. We may not have had much in the way of material things but we had friends who welcomed you into their homes and visited you in yours and a good time was always the result.

I know you are sweating by now thinking is this idiot ever going to stop. O.K. I'm almost finished but for one last thing. I hope your Christmas this year will give you the fun and laughter that I've experienced in Rencontre West and Francois and your New Year will be happy and prosperous. Don't ruin your life by drinking and driving. Be safe.

## 25 Year Club

Below are the names of the employees who have joined the ranks of the 25 Year Club during the last quarter of 2015. Congratulations to all!

Todd Jones	Whitbourne
Barry Wellman	Bishop's Falls
Denise Snow	Bishop's Falls
Boyan Hillier	Springdale
Andrew Mackay	Hydro Place

## New Executive

The big news is that we have a new executive! After many years of dedicated service to the Silver Lights Club, both Gerry Bowers (President) and Vern Penney (Secretary Treasurer), are "retiring". Ever since I started as editor ( 5 years ago), Gerry and Vern have been there - always supportive, helpful and encouraging. They have organized our Fall trips to various spots around the Island, helped out with the Santa Claus parades (building, driving the float, walking beside it in the parades, taking pictures, etc.), organized many different events for our members and have kept a good eye open for different activities that would match our retirees' varied interests. They have encouraged "coffee mornings", provided advice and expertise with our computer and cell phone sales, helped make Silver Lights into a more giving group by initiating annual donations to province-wide charities, and done a hundred

other things behind the scenes. More importantly, they have given their time and experience to help make our club into something to be proud of. So “Thanks” Gerry and Vern from all the Silver Lights members!

Our new Executive will be taking over from Gerry and Vern over the next few weeks. We are so pleased to welcome:

Don Barrett – President  
Kim Petley – Secretary  
Aubrey Hill – Treasurer

Thank-you so much for giving your time and energy to become part of the Silver Lights Executive!

## Ronald McDonald House Volunteers and Donation

Silver Lights has partnered with Ronald McDonald House (RMH) to help out with basic maintenance at their facility. To date, our volunteers have helped paint some 15 rooms. Supplies are provided by RMH and time frames are flexible. Our volunteers include Vern Penney, Aubrey Hill and Don Barrett. If you would like to give the gift of your time to RMH, contact Silver Lights at 737-1378 or any member of the Silver Lights executive for more information or to sign up!

Something else worth noting is a special donation Nalcor has made to RMH. Nalcor purchased the 8 x 10 cedar playhouse that was on the Silver Lights float. Now that the

parades are finished for the year, the playhouse is stored and in the spring Nalcor will be donating the playhouse to RMH for their childrens’ playground.

## Donations

Last year, Silver Lights made several donations of \$500 each to four separate groups. Nalcor came on board and matched our donations to these groups making a very merry Christmas for many. Well this year the Silver Lights executive decided to extend the “gift of giving”. Nalcor has once again agreed to match our contribution to each of the charities and as a result, the following four charities received a special gift just before Christmas: The Salvation Army CBS Corps; The Gathering Place; Community Food Sharing Association; and the Association for New Canadians.



Dennis, Vern and Reg Presenting a Cheque to Sandra from the Association of New Canadians



Dennis, Reg and Vern presenting a cheque to Ross Reid from the Gathering Place



Vern and Reg presenting a cheque to Captain Lorne Pritchett from the Salvation Army Conception Bay South Corps



Dennis, Reg, and Vern presenting a cheque to Eg Walters from the Community Food Sharing Association

In addition, Silver Lights made a special presentation of \$500 to the Holyrood employee who was involved in the industrial accident at the plant in April 2015. We are pleased to report that the employee is making great strides in his recovery. We wish him and his family the very best as he continues his healing process.

## Santa Claus Parades

The Silver Lights' float was back this year - better than ever! You may remember that in 2014, Silver Lights could not take part in any Santa Claus parade because we could not find adequate facilities to build our float. Thanks to the good folks at Holyrood, we had the building and storage space required and we had Silver Lights members volunteer

their time and expertise to build and decorate the float. They did such a great job that our float claimed second place in the “Over 20 foot Category”! We can’t forget the drivers and safety walkers who take responsibility for the float during the actual parade. A big Thank-you to everyone who helped! Well done! Here are our worker-bees: Reg White, Dennis Jones, Gerry Bowers, Bill Day, John Mallam, Annette Higdon, George Fowler, Vern Penney, Aubrey Hill, Don Barrett, Bill Boyd, Marcella Croke, our little Minions - Katherine Drover, Danielle Bickford, Jenna Gordon and Zack Clancey - and Cindy Morgan who keeps everyone organized and on their toes!

We participated in four parades: St. John’s (November 29), Mount Pearl (December 5), Holyrood (December 6) and New Harbour (December 12).

Below are some pictures from construction phase to actual parade. Hope you enjoy them! Until next year!



Measure Twice, Cut Once



Playhouse Under Construction



Early Construction Days at Holyrood





Another View of the Playhouse Under Construction



A Helping Hand is Always Appreciated



Christmas Float is Ready!



A Small adjustment Required





Two Minions waiting for the Parade to Start



Everyone Loves the Minions!



Lots of Excited Children



Best Commercial Float - Mount Pearl  
2010



The Latest Award - St. John's Parade  
2015

you can get a prepaid plan from Bell for as low as \$100/year. Since these phones are unlocked, they're also good for travelers. In most places, you can buy a local SIM card at your destination, and avoid roaming and long distance charges while on holiday.

These phones are an excellent bargain for our members.

Sales so far have been going well but there are still more cell phones left for purchase. If you are interested in acquiring a phone, please contact the Silver Lights office (709-737-1378) or one of the executive (see contact information on the back page of this newsletter).

## Cell Phone Sales

Hydro has upgraded its cell phone system, and has given the Silver Lights club the old phones to dispose of. These phones are all Blackberries, and all have a hardware keyboard. All phones are unlocked, and have been cleaned, tested, and have working batteries. The most recent phones are Blackberry Bold 9900, Blackberry Torch 9800 and Blackberry Torch 9810, all with touch screens. These are available for \$50. The 9900 is available from the Blackberry website <http://shop.blackberry.com> for \$430, so the \$50 is a pretty good bargain. The remainder of the phones are slightly older, slightly smaller and do not have touch screens. These are selling for \$40.

All phones will need a SIM (Subscriber Identity Module) card with a payment plan to activate. If you're only an occasional user,

## Reception with Ed Martin

On November 30, Ed Martin hosted a reception at the Bungalow, Bowring Park for Silver Lights members. Also in attendance were Deanne Fisher, Manager, Corporate Communications & Stakeholder Engagement and Mike Roberts, VP of Human Resources. For many of us, the sheer enormity of the Muskrat Falls development is mind-boggling – and we worked for the Corporation! You can only imagine how the ordinary Newfoundland and Labradorian must feel, especially when dollar amounts are bantered about.

This was an opportunity for Ed to talk about the future of Nalcor with respect to Muskrat Falls, Oil and Gas Development and wind energy and talk about the financial con-

siderations associated with each project. Every attendee had the opportunity to ask a question or voice a concern. As the evening went on, Ed talked at length about each project and addressed the questions from the audience.

I believe it is safe to say that at the end of the evening, the majority of attendees had a better understanding of the Muskrat Falls Project - the finances and the project's progress - and the Oil and Gas initiatives - especially how oil and gas companies bid for offshore licenses and the financial ramifications that go with that.

It was a great evening - very informative - and we hope that the opportunity might arise to have another reception with Ed Martin in the coming year. Many thanks to Dawn Dalley for extending the invitation to Silver Lights members!

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## Everyday Life

### Christmas Story

*For the past two years, I've printed a story from the book, "Twelve Tales for Christmas", written by Rev. J. S. S. Armour. This year, the tale is titled "A Memorable Christmas" and with the arrival of Syrian refugees to (our province and) Canada, it seems appropriate that this story should be the chosen one. I hope you enjoy and that it finds a special place in your heart.*

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

#### A Memorable Christmas

The year was 1979. In common with many churches and groups in Canada, the congregation I then served decided to sponsor a family of boat people. The tragic aftermath of the war in Vietnam - the plight of the families fleeing in overcrowded boats, scarcely sea-worthy - then being refused landing in so many ports, touched many hearts across this generous land.

Several meetings were held and a committee elected. We considered at some length what we might do about housing, a possible job, clothes, food, medical care, etc. Things were progressing, but very slowly. It was somehow all an effort. Many had doubts about the project. Unemployment was high. How would these people fit in? The congregation was less than enthusiastic. However, there was plenty of time. They were not to

come 'til February and it was now the middle of December.

"Wait until the New Year when people aren't so busy - then we'll really get organized!"

Then came the call... "Your family has arrived in Canada. They are in Edmonton. We'll put them on a plane for St. John's next week."

One week to get ready, and it was almost Christmas!

And yet within that week, everything was miraculously done. People who had shown no interest suddenly came to life. An apartment was found and furnished. We were flooded with clothes and dishes, food, and toys for the children, even a TV. Christmas cards began arriving for the family even before we knew their names.

Then it was off to the airport to welcome them. It was snowing, somehow a typical Canadian Christmas scene. The airport was jammed. Students returned from school. Family members home for the holidays. Everywhere, people were laughing, bags stuffed with gaily wrapped presents, parents hugging sons and daughters, everyone full of Christmas spirit.

And then, almost without warning, there stood our family - pale, emaciated, with matchstick arms and legs, sallow skinned, huge eyes and incongruously dressed in an assortment of Canadian winter clothes that did not fit. Uncertain, frightened, alone, the mother had a tiny child in her arms. The father, with a child at his side, had his arms outstretched, as though to protect them all from the strangeness, the suddenness of their

arrival in an unknown place, among an unknown people.

None of us moved. Somehow, before our eyes, amidst all the prosperity of a North American Christmas, a tableau of tragedy. A child born in a stable because there was no room for Him in the inns of the world. A family who were to become refugees in Egypt, escaping the horrors of persecution. The eternal lesson of Christmas - reinforced for us each year by all the needy children of the world - be they in Europe, Africa, in Asia, in Central America, or here in Canada.

Christmas means seeing Christ in all - being Christ to all - especially to those in need of our help.

A Happy Ending? Yes, please, at Christmas-time. Let me tell you the rest of the story. Our Vietnamese family, by their hard work, quickness of mind, independence of spirit, became self-supporting long before the year ended. They prospered and we saw and heard less of them.

Christmas Day 1982. I was just about to sit down to dinner. It had been a hectic morning, visiting the hospitals, delivering the poinsettias from the Christmas Eve service and now it was time to sit down and enjoy my family and friends. The doorbell rang. What now? With some reluctance I opened the door.

There stood the little family, immaculately dressed, radiating good health, beaming from ear to ear. "May we come in?" "Of course."

In they trooped and perched on the chairs. No, they would have nothing. In their hands were packages, carefully wrapped in white tissue paper. "For me?" "For you. Is not your

Christmas a time of giving?"

Inside was a tea set - not Crown Derby, not Limoges - and yet no cups and saucers could have been more precious. That Christmas Day, the little family visited every member of the committee, and for each one, there was a tea set that said, "This is Christmas."

St. Francis of Assisi reminds us that "it is in giving that we receive."

May it be so with you this Christmas.

## **Christmas Truce 1914: Fact or Fiction?**

### **The Early Days of the War**

Fraternization - peaceful and sometimes friendly interactions between opposing forces - was a regular feature in quiet front-line sectors of the Western Front. In some areas, it manifested simply as a passive inactivity, where both sides would refrain from overtly aggressive or threatening behaviour, while in other cases it extended to regular conversation or even visits from one trench to another.

Truces between British and German units can be dated to early November 1914, around the time opposing armies had begun static trench warfare. At this time, both sides' rations were brought up to the front line after dusk, and soldiers on both sides noted a period of peace while they collected their food.

There was a growing mood of "live and let live", where infantry in close proximity would stop overtly aggressive behaviour, and often

engage in small-scale fraternization, engaging in conversation or bartering for cigarettes. In some sectors, there would be occasional ceasefires to allow soldiers to go between the lines and recover wounded or dead comrades, while in others, there would be a tacit agreement not to shoot while men rested, exercised, or worked in full view of the enemy.

The close proximity of trench lines made it easy for soldiers to shout greetings to each other, and this may have been the most common method of arranging informal truces during 1914. Men would frequently exchange news or greetings, helped by a common language; many German soldiers had lived in England, particularly London, and were familiar with the language and the culture. Several British soldiers recorded instances of Germans asking about news from the football leagues, while other conversations could be as banal as discussions of the weather or as plaintive as messages for a sweetheart. One unusual phenomenon that grew in intensity was music; in peaceful sectors, it was not uncommon for units to sing in the evenings, sometimes deliberately with an eye towards entertaining or gently taunting their opposite numbers. This shaded gently into more festive activity; in early

December, E. H. W. Hulse of the Scots Guards wrote that he was planning to organize a concert party for Christmas Day, which would “give the enemy every conceivable form of song in harmony” in response to frequent choruses of *Deutschland ber Alles*.

## The Approach To Christmas

In the lead up to Christmas 1914, there were several peace initiatives. The Open Christmas Letter was a public message for peace addressed “To the Women of Germany and Austria”, signed by a group of 101 British women suffragettes at the end of 1914 as the first Christmas of World War I approached. Pope Benedict XV, on 7 December 1914, had begged for an official truce between the warring governments. He asked “that the guns may fall silent at least upon the night the angels sang.” This attempt was officially rebuffed.



British and German troops meeting in No Man's Land during the unofficial truce (British troops from the Northumberland Hussars, 7th Division, Bridoux-Rouge Banc Sector) Christmas 1914

The Christmas truce (German: *Weihnachtsfrieden*; French: *Trve de Nol*) was a series of widespread but unofficial ceasefires along the Western Front around Christmas 1914. In the week leading up to the holiday, German and British soldiers crossed trenches to exchange seasonal greetings and talk. In areas, men from both sides ventured into no

man's land on Christmas Eve and Christmas Day to mingle and exchange food and souvenirs. There were joint burial ceremonies and prisoner swaps, while several meetings ended in carol-singing. Men played games of football with one another, giving one of the most enduring images of the truce. However, the peaceful behaviour was not ubiquitous; fighting continued in some sectors, while in others the sides settled on little more than arrangements to recover bodies. (The following year, a few units arranged ceasefires, but the truces were not nearly as widespread as in 1914; this was, in part, due to strongly worded orders from the high commands of both sides prohibiting fraternization. Soldiers were no longer amenable to truce by 1916. The war had become increasingly bitter after devastating human losses suffered during the battles of the Somme and Verdun, and the incorporation of poison gas.)

The Christmas truces were particularly significant due to the number of men involved and the level of their participation even in very peaceful sectors, dozens of men openly congregating in daylight was remarkable and are often seen as a symbolic moment of peace and humanity amidst one of the most violent events of human history.

Roughly 100,000 British and German troops were involved in the unofficial cessations of hostility along the Western Front. The first truce started on Christmas Eve 1914, when German troops decorated the area around their trenches in the region of Ypres, Belgium and particularly in Saint-Yvon (called Saint-Yves, in Plugstreet/Ploegstraat Comines-Warneton),

where Capt. Bruce Bairnsfather described the truce.

"The Germans placed candles on their trenches and on Christmas trees, then continued the celebration by singing Christmas carols. The British responded by singing carols of their own. The two sides continued by shouting Christmas greetings to each other. Soon thereafter, there were excursions across No Man's Land, where small gifts were exchanged, such as food, tobacco and alcohol, and souvenirs such as buttons and hats. The artillery in the region fell silent. The truce also allowed a breathing spell where recently killed soldiers could be brought back behind their lines by burial parties. Joint services were held. In many sectors, the truce lasted through Christmas night, continuing until New Year's Day in others."

Captain Robert Patrick Miles, King's Shropshire Light Infantry, who was attached to the Royal Irish Rifles recalled in an edited letter that was published in both the *Daily Mail* and the *Wellington Journal & Shrewsbury News* in January 1915, following his death in action on 30 December 1914: "Friday (Christmas Day). We are having the most extraordinary Christmas Day imaginable. A sort of unarranged and quite unauthorized but perfectly understood and scrupulously observed truce exists between us and our friends in front. The funny thing is it only seems to exist in this part of the battle line - on our right and left we can all hear them firing away as cheerfully as ever. The thing started last night - a bitter cold night, with white frost - soon after dusk when the Germans started shouting 'Merry Christ-

mas, Englishmen' to us. Of course our fellows shouted back and presently large numbers of both sides had left their trenches, unarmed, and met in the debatable, shot-riddled, no man's land between the lines. Here the agreement - all on their own - came to be made that we should not fire at each other until after midnight tonight. The men were all fraternizing in the middle (we naturally did not allow them too close to our line) and swapped cigarettes and lies in the utmost good fellowship. Not a shot was fired all night." Of the Germans he wrote: "They are distinctly bored with the war...In fact, one of them wanted to know what on earth we were doing here fighting them." The truce in that sector continued into Boxing Day; he commented about the Germans, "The beggars simply disregard all our warnings to get down from off their parapet, so things are at a deadlock. We can't shoot them in cold blood...I cannot see how we can get them to return to business."

### Football Matches?

Many accounts of the truce involve one or more football matches played in no-man's land. This was mentioned in some of the earliest reports, with a letter written by a doctor attached to the Rifle Brigade, published in *The Times* on 1 January 1915, reported "a football match played between them and us in front of the trench." A wide range of similar stories have been told over the years, often naming specific units or a precise score. Some accounts of the game bring in elements of fiction by Robert Graves, a British poet and writer who reconstructed the encounter

in a story published in 1962; in Graves's version, the score was 3-2 for the Germans.

However, the truth of the accounts has been disputed by some historians; in 1984, Malcolm Brown and Shirley Seaton concluded that there were probably attempts to play organised matches which failed due to the state of the ground, but that the contemporary reports were either hearsay or refer to 'kick-about' matches with 'made-up footballs' such as a bully-beef tin. Chris Baker, former chairman of The Western front Association and author of *The Truce: The Day the War Stopped* is also skeptical, but says that although there is little hard evidence, the most likely place that an organised match could have taken place was near the village of Messines: "There are two references to a game being played on the British side, but nothing from the Germans. If somebody one day found a letter from a German soldier who was in that area, then we would have something credible." In fact, there is a German reference. Leutnant Kurt Zehmisch of Germany's 134th Saxons Infantry Regiment said that the English "brought a soccer ball from their trenches, and pretty soon a lively game ensued. How marvelously wonderful, yet how strange it was." In 2011, Mike Dash concluded that "there is plenty of evidence that football was played that Christmas Day - mostly by men of the same nationality, but in at least three or four places between troops from the opposing armies".

A wide variety of units were reported in contemporary accounts to have taken part in games; Dash listed the 133rd Royal Saxon Regiment pitched against "Scottish



troops”; the Argyll and Sutherland Highlanders against unidentified Germans (with the Scots reported to have won 4-1); the Royal Field Artillery against “Prussians and Hanovers” near Ypres; and the Lancashire Fusiliers, based near Le Touquet, with the specific detail of a bully beef ration tin as the “ball”. One recent writer has identified 29 separate reports of football, though does not give substantive details.



A cross, left in Saint-Yves (Saint-Yvon - Ploegsteert; Comines-Warneton in Belgium) in 1999, to commemorate the site of the Christmas Truce. The text reads: “1914 The Khaki Chum’s Christmas Truce 1999 85 Years Lest We Forget”

(Excerpts taken from [https://en.wikipedia.org/wiki/Christmas\\_truce](https://en.wikipedia.org/wiki/Christmas_truce))

## Christmas Seals and the MV Christmas Seal

Early Efforts to Combat TB in Newfoundland

*I remember when I was in school, that around November we would spend a morning or afternoon putting together the Christmas Seals envelopes. The envelopes contained not only a letter asking for a family’s financial support but also a sheet of very pretty, colourful Christmas seals. Back then I didn’t really understand what this was all about but I do know that every Christmas card mom sent out (and there were lots!) had one of those Christmas seals stuck to the envelope. But what was their purpose and what was their history and where does the MV Christmas Seal fit into things? The article below is taken from the heritage site of NL ([www.heritage.nf.ca](http://www.heritage.nf.ca)) Read on!*

Throughout the 19th and early 20th centuries, Newfoundland had a very high rate of tuberculosis infection and death, much higher than that of Canada, Great Britain or the United States. There were many reasons why tuberculosis (TB) took such a strong hold in Newfoundland and from the early 20th century there were many efforts to control the disease. But consumption, as TB was also known, was not truly defeated in Newfoundland and Labrador until the 1970’s. The earliest anti-TB group was the Newfoundland Association for the Prevention of Consump-

tion (NAPC), organized by Hon. John Harvey, a St. John's businessman and Legislative Council member, in 1908. Newfoundlanders had recognized the severity of TB for some time, but efforts to combat the disease had been difficult to organize, largely because of the isolation of many Newfoundland and Labrador communities, as health care pioneers like Wilfred Grenfell discovered. The NAPC focused on overcoming this isolation by disseminating information about TB, and organized a conference for teachers about prevention and treatment. Teachers took this knowledge back to their communities, where they proved to be staunch allies in the fight against TB. The NAPC also raised money and hired a doctor, a former teacher and several nurses to promote prevention and treatment.

On the principle that a society has to be healthy to be productive, the government was supportive of anti-TB efforts, and in 1911 recruited Dr. Herbert Rendell and nurse Ella Campbell to lead the anti-TB campaign. They traveled to Britain, the United States, and Canada to study the latest methods of treatment, and toured the island to learn about the disease and educate the population. The combined activities of government and the NAPC gained momentum, and the government created the Tuberculosis Public Service in 1912. However, the cost of sanatoria (quickly becoming the dominant form of TB treatment) and general financial constraints led the government to take over all TB efforts from the NAPC in 1913, and without government support the NAPC was essentially defunct by the 1920's.

## Sanatoria in Newfoundland

TB patients had long been advised to take fresh air and a rest cure. By the late 1800's, germ theory had reinforced the idea of quarantining TB patients to prevent the spread of the disease. There were several hospitals in St. John's at the turn of the twentieth century, and dedicated sanatoria began to appear soon after. There TB patients could be isolated and provided with medical care in quiet, restful surroundings. An old barracks on Signal Hill was converted into an isolation hospital for smallpox and consumption in 1898, and operated until it burned down in 1920. The Imperial Order of Daughters of the Empire (IODE) opened a summer rest camp for women with TB near Mundy Pond in 1911, and in 1916 Jensen Camp was opened off Blackmarsh Road for First World War veterans with TB. Jensen Camp was largely the work of Adeline Browning, wife of Hon. John Browning. That same year the Escasoni, a large Victorian summer home on the outskirts of St. John's, was turned into a sanatorium after it was confiscated from its German owner at the outbreak of war. The first true sanatorium was built in 1917 on Topsail Road. Originally with 52 beds, The San was enlarged several times and became the main location for treating tuberculosis patients in Newfoundland.

Outside of the capital city, a hospital was built at St. Anthony in 1904. In 1910 one third of the patients admitted there had TB. Additional hospitals built in Twillingate in 1924 and again in St. Anthony in 1927 contained special facilities

for TB patients, and a West Coast sanatorium in Corner Brook was opened in 1950.



Tuberculosis patients on the deck of Jensen Camp.<sup>1</sup>

By that time the sanatorium in St. John's had acquired the adjacent Royal Canadian Navy hospital and doubled its capacity. In 1954 an additional TB wing was added to the St. Anthony hospital, bringing the total TB beds in the province to 855, the peak of the sanatorium era. As well as being a place for treatment, sanatoria allowed the removal of infected and contagious people from their homes and communities, thereby reducing the spread of the disease. Rest cures were overshadowed by surgical treatments by the 1930's, but TB surgeries were generally performed in sanatoria. By the 1950's, pharmaceutical treatments were rendering surgical treatments and sanatoria obsolete, but a stay at The San was a major part of TB sufferers' experiences well into the 1960's. Sanatoria

remain one of the most memorable aspects of the fight against TB. The Newfoundland Tuberculosis Association By the 1940's the fight to control TB was in full swing. A TB dispensary (which provided free clinics, distributed information about TB, and gathered data) had been opened in 1912, and the Avalon Health Unit was set up in Harbour Grace in 1938 to survey the region for TB using a mobile X-Ray unit. The St. John's sanatoria was in operation, along with hospitals in St. Anthony, Grand Bank, and Twillingate, and TB was one of the major causes of hospitalization in Newfoundland and Labrador.

Although these efforts showed some success, they were largely piecemeal, and a dedicated anti-TB organization was needed. Largely through the efforts of Ted Meaney, the Newfoundland Tuberculosis Association was founded in 1944. Meaney was a civil servant and journalist who contracted TB in 1939, and during his stay at the St. John's sanatorium he established *The Happy Warrior*, a magazine about TB. Through his writings and speeches Meaney secured the help of the Rotary Club (an international philanthropic organization) in founding the Association. With the support of the Department of Public Health and Welfare, the Rotary Club contacted the National Tuberculosis Association in the United States, who in October 1944 sent a representative to assist in setting up the Newfoundland Tuberculosis Association. After Confederation in 1949, the Association became affiliated with the Canadian Tuberculosis Association.

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<sup>1</sup> Opened in 1916, it was named for Private Philip Jensen of Harbour Breton. Photo courtesy of Newfoundland and Labrador Collection, Provincial Resource Library, A.C. Hunter Library, St. John's, NL.

**Christmas Seals Advertisement, 1946**

An advertisement for Christmas Seals from the pages of *The Happy Warrior*.<sup>2</sup>

The Association's first task was to begin raising money, and it was selling Christmas Seals by December of that year. Christmas Seals had been sold throughout the world since 1904 to raise money for the fight against tuberculosis, and fundraising drives like this allowed the Newfoundland

Tuberculosis Association to start paying for their educational newsletter, *The Northern Light*, and purchase tools and supplies. The most memorable of these tools was the Christmas Seal, a motor boat which became an enduring symbol of the fight against tuberculosis.

**The MV Christmas Seal**

The isolated nature of many Newfoundland and Labrador communities was a major reason why TB was difficult to detect and treat. Without access to X-rays, medical advice, and treatment, TB cases in many outports simply had to run their course. The Newfoundland Tuberculosis Association realized that medical services had to reach these isolated coastal communities in order to fight TB. The Grenfell Association had some success using X-Ray machines aboard vessels, and Walter Davis (who succeeded Ted Meaney as Executive Director of the Association in 1946 when Meaney's health deteriorated further) spearheaded the effort to acquire a floating TB clinic for the Newfoundland Tuberculosis Association. Purchased from the U.S. Navy in September 1947, the Christmas Seal was a former crash boat (used to rescue crew from downed aircraft) from the Argentinia naval base. Bought with \$14,500 raised through the sale of Christmas Seals, it was equipped to take chest X-rays, test for TB exposure, and show films about TB. The Christmas Seal's frequent trips made it well-known along the coasts of Newfoundland and Labrador. In 1951, for exam-

<sup>2</sup> Christmas Seals were developed by a Danish postal worker in 1904 as a way to raise money to fight tuberculosis, and quickly became a major source of funding for anti-TB programs around the world. From *The Happy Warrior*, Jan. 1947, p. 27.

ple, the Christmas Seal visited 118 communities and took 10,648 X-rays. It continued to provide medical services to Newfoundland and Labrador (later expanded to include diabetes testing and polio vaccinations) until 1970, when the increase in the availability of roads made the vessel unnecessary.



Former Newfoundland Tuberculosis Association X-ray vessel Christmas Seal entering Twillingate harbour. <sup>3</sup>

The Christmas Seal was not the only traveling TB clinic. A railcar was turned into an X-Ray lab in 1948, and a bus was converted in 1950. A trailer was used from 1965-69 (when it was blown over and damaged on the highway near Wreckhouse), and together these traveling TB clinics did much to halt the progress of TB in Newfoundland and Labrador.

## The Defeat of TB

These mobile X-Ray units, combined with improving medical access and policies of increased screening for TB in hospitals meant that by the 1940's and 50's, TB infections were detected much more regularly, and most people diagnosed with active TB were sent to a sanatorium. There they were treated with ever-evolving techniques, from rest cures to surgical treatments such as lung collapse therapy and phrenic nerve crush that became common in the 1930's.

By the early 1960's most surgical treatments had been replaced by effective new drugs such as streptomycin, isoniazid and para-aminosalicylic acid, which became the standard treatments for tuberculosis. Combined with the BCG vaccine (developed in the 1920's and 30's and tested for use in Newfoundland on St. John's nursing students in 1950-51), widely administered in the early 1950's to prevent TB infections, the new pharmaceutical treatments finally gained the upper hand against the white plague.

By the 1970's, tuberculosis was no longer the dreaded disease it had once been. Living conditions in Newfoundland and Labrador had improved, and better diet, medical care, and education had drastically reduced the rate of TB infection. The BCG vaccine prevented many TB infections, and anti-TB drugs had revolutionized the treatment process. TB victims no longer required lengthy sanatorium stays or surgical intervention. So successful were the new treatments that by 1972, all sanatoria in the province had been shut down, and TB sufferers were treated at

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<sup>3</sup>Photo by Harry Stone. From the Captain Harry Stone Collection. Reproduced by permission of the Maritime History Archive (PF-001.e008a1), Memorial University, St. John's, NL.

home with drug regimens. There were only four deaths from TB in 1973.

Tuberculosis is still present in Newfoundland and Labrador, and people are still regularly diagnosed with active or relapse cases. There were twelve diagnoses of TB in Newfoundland and Labrador in 2006, for example. The Newfoundland Tuberculosis Association became the Newfoundland Lung Association in 1982, better reflecting the expanded scope of its activities, away from an exclusive focus on TB towards complete lung health. While drugs ultimately triumphed over TB in the western world (at least for now), improved lifestyles and general health in Newfoundland and Labrador since Confederation also helped defeat tuberculosis.

(For more information about the history, pathology, and treatment of tuberculosis, see *The Cambridge World History of Human Disease*, Kenneth F. Kiple, editor, or, visit the web sites of the Canadian Lung Association or World Health Organization.)

might wonder about the process and whether it's right for you. There are many misconceptions about financial planning. Read on to get the facts.

### **A Financial Planner is Someone Who Handles My RRSPS or Taxes**

A comprehensive financial plan covers every area of your financial life, from investments and real estate to insurance and retirement planning. An appropriately qualified advisor will guide you on how decisions about one aspect of your finances will affect other areas and how it all affects different areas of your life. For example, an investment decision can have tax consequences harmful to estate plans, while a decision about a child's education may affect when and how you meet your retirement goals. An advisor can help guide you toward the decisions that will help you reach your overall life goals.

## **Scotia McLeod**

*Chris Schwartz*



### **Misconceptions About Financial Planning**

If you've never engaged in comprehensive financial planning with a qualified advisor you

### **Financial Planning is all About Budgeting and Cutting Back**

When you have the right financial plan for your circumstances, you can balance what you need and want today with the personal goals you have for the future. An effective plan goes beyond saving to help you live the life you want with the resources you already have.

**If I'm Generally Moving in the Right Direction, My Financial Goals will take Care of Themselves**

Life is hectic and all too often we get sidetracked from reaching our life goals. Specific, measurable financial goals will help you target what you want to achieve. An advisor will help you understand what is required to attain a "comfortable retirement" so you can act today to reach your life goals in the future.

**Financial Planning is for People Who are Wealthier, Older or Younger than I am**

The tools and strategies of financial planning work for all ages and all levels of income. It's never too early or too late to start, nor do you have to be wealthy to have a plan. Planning is for everyone.

**Working With a Financial Planner Means I can Sit Back During The Process**

When working with an advisor, you need to be sure you understand the process, what the is being done and how the advisor is being compensated. You also need to be an active participant in the process your advisor relies on you to provide all the relevant information about your financial situation and life objectives. Ask about your advisors recommendations and play an active role in the decision making.

**Financial Planning is a Quick Fix for my Finances**

Financial planning is generally a long-term approach to managing your finances so that you can reach your life goals. It won't change your situation overnight. Remember that factors beyond your control, such as the stock market, inflation or interest rates, will affect your planning results.

**Once I have a Financial Plan in Place, I can Forget About it**

Financial planning, like life, is a dynamic process. Your goals or priorities may change over the years due to changes in your lifestyle or circumstances, such as a birth, an inheritance, marriage, house purchase or change of job status. Revisit and revise your financial plan to reflect these changes so that you stay on track.

**Having a Financial Plan Isn't Going to Make a Difference to My Situation**

Comprehensive planning with an advisor will help you proactively navigate your financial future, helping you reach your goals as well as deal with inevitable financial surprises along the way. Committing to the financial planning process is committing to your future.

Have a Merry Christmas and a Happy New Year!

Adapted from Financial Planning Standards Council

### About the Author

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### Events Around the Province

*There are lots of great ways to enjoy our winters and below are just some of the activities happening around our Province (between now and the end of March) you may want to check out.*

#### Bay Roberts Winter Carnival

Avalon

Bay Roberts

A celebration of winter with many indoor and outdoor events for the whole family, including an outdoor skating rink with family fun day. Come and enjoy!

Feb 1 - 28, 2016

+1 (709) 786 2126

[rdelaney@town.bayroberts.nf.ca](mailto:rdelaney@town.bayroberts.nf.ca)

[www.bayroberts.com](http://www.bayroberts.com)

#### Bayside Blizzard Winter Carnival

Central

Botwood

Snowmobile run, snow sculptures, community idol, dances, darts, cards, bingo, break-

fast, suppers and pool tournament.

Feb 25 - 29, 2016

+1 (709) 257 2839

[botwoodtowncouncil@nf.aibn.com](mailto:botwoodtowncouncil@nf.aibn.com)

[town.botwood.nl.ca](http://town.botwood.nl.ca)

#### Birch Brook Marathon

Labrador

Happy Valley-Goose Bay

Annual cross-country skiing event for all ages to enjoy.

Mar 2016, TBA

+1 (709) 896 2718

[grahammoorhouse@persona.ca](mailto:grahammoorhouse@persona.ca)

[www.birchbrook.ca](http://www.birchbrook.ca)

#### Cain's Quest Snowmobile Endurance Race

Labrador

Labrador City

Cain's Quest is an incredible off trail snowmobile adventure where teams of two battle through some of the most remote areas of Labrador.

Mar 5, 2016

+1 (709) 944 5011

[racecoordinator@cainsquest.com](mailto:racecoordinator@cainsquest.com)

[www.cainsquest.com](http://www.cainsquest.com)

#### Mid Winter Bivver

Central

Grand Falls-Windsor

Visit the Exploits Valley for Newfoundlands premier snowmobile & culinary festival.

Feb 19 - 21, 2016



+1 (709) 489 0450  
cswan@adventurecentralnewfoundland.ca  
www.midwinterbivver.com

### **Mount Pearl Frosty Festival**

Avalon  
Mount Pearl  
Join us as Mount Pearl comes alive in February! Check out the schedule of events on the website.  
Feb 4 - 13, 2016  
+1 (709) 748 1008  
ktucker@mountpearl.ca  
www.mountpearl.ca

### **Snow West**

Western  
Corner Brook  
Experience winter in Western Newfoundland. Enjoy the seasons best outdoor adventures like snowmobiling, skiing, zip lining, and mug ups aplenty, plus evening entertainment and fantastic local dining.  
Jan 15 - Apr 15, 2016  
+1 (709) 639 4787  
info@gosnowwest.com  
www.gosnowwest.com

### **USS Truxtun & USS Pollux Commemorative Service**

Eastern  
St. Lawrence  
An annual memorial service commemorating the victims of the USS supply ship Pollux and the USS destroyer Truxtun that foundered off

Lawn Point and Chamber Cove Feb 18, 1942.  
Feb 18, 2016  
+1 (709) 873 2222  
townofstlawrence@nf.aibn.com

### **Canadian Federation of University Women**

Avalon  
St. John's  
Book collection for the CFUW's 2016 great big used book sale will take place from January 18 to March 4 (Monday-Friday from 11 A.M.-3 P.M., Saturday 10 A.M.-12 Noon, and Sunday from 2-4 P.M.) at Kenmount Road, next door to Toys R Us. Book sale at Arts and Culture Centre from March 14 - 16.  
<http://www.cfuwstjohns.org/>

### **Winterlude**

Central  
Grand Falls-Windsor  
Winter carnival featuring cross country skiing, hockey/skating tournaments, dances, family swimming, family entertainment, snow frolics and snow sculpturing, fireworks and much more.  
Feb 12 - 21, 2016  
+1 (709) 489 0450  
todd.mercer@grandfallswindsor.com  
www.grandfallswindsor.com

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## Health & Wellness

### Cold Weather Safety

*Once the winter really sets in, it's important to understand the wind chill and its repercussions. The following information was taken from the Canadian Government's website <http://www.ec.gc.ca/meteo-weather/default.asp?lang=En&n=5FBF816A-1#X-201501151121055>. It lists seven steps for cold weather safety and goes on to explain how to handle the different kinds of cold injuries.*

#### Seven Step for Cold Weather Safety

1. Listen to the weather forecast.

Check the Environment Canada weather forecast before going out in the winter. Listen for an extreme cold warning. These warnings, based on local climate conditions, are issued when significant cold temperatures or wind chills are expected to occur. Environment Canada's weather forecasts are available through radio and TV broadcasts, Environment Canada's Weatheradio network, and online at: [www.Canada.ca/weather](http://www.Canada.ca/weather).

2. Plan ahead.

Develop a cold weather safety plan in advance to ensure that you address safety concerns when it is very cold or when the wind chill is significant. (For example, schools could hold recess indoors, outside workers could schedule warm-up breaks

and those involved in winter recreation could reduce the amount of time they spend outdoors.)

3. Dress warmly.

Dress in layers with a wind-resistant outer layer. When it is cold, wear a hat (we lose a large portion of our body heat from the head), mittens or insulated gloves and something to keep your face warm, such as a scarf, neck tube or face mask. Wear warm and waterproof footwear. When it is very cold, or when the wind chill is significant, cover as much exposed skin as possible. Your body's extremities, such as the ears, nose, fingers and toes, lose heat the fastest.

4. Seek shelter.

When the wind chill is significant, get out of the wind and limit the time you spend outside.

5. Stay dry.

Wet clothing chills the body rapidly. Remove outer layers of clothing or open your coat if you are sweating.

6. Keep active.

Walking or running will help warm you by generating body heat.

7. Be aware.

Watch for signs of frostnip, frostbite and hypothermia. Some people are more susceptible to the cold - particularly children, the elderly and those with circulation problems. The use of alcohol, to-

bacco and certain medications will increase your susceptibility to cold.

## Cold Injuries

Exposure to the cold can be hazardous or even life-threatening. Your body's extremities, such as the ears, nose, fingers and toes, lose heat the fastest. Exposed skin may freeze, causing frostnip or frostbite. In extreme conditions or after prolonged exposure to the cold, the body core can also lose heat, resulting in hypothermia.

## Hypothermia

Being cold over a prolonged period of time can cause a drop in body temperature (below the normal 37C).

Shivering, confusion and loss of muscular control (e.g., difficulty walking) can occur. Can progress to a life-threatening condition where shivering stops or the person loses consciousness. Cardiac arrest may occur.

What to do:

- Get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.

## Frostnip

A mild form of frostbite, where only the skin freezes.

Skin appears yellowish or white, but feels soft to the touch.

Painful tingling or burning sensation.

What to do:

- Do not rub or massage the area.
- Warm the area gradually - use body heat (a warm hand) or warm water. Avoid direct heat which can burn the skin.
- Once the affected area is warm, do not re-expose it to the cold.

## Frostbite

A more severe condition, where both the skin and the underlying tissue (fat, muscle, bone) are frozen.

Skin appears white and waxy and is hard to the touch.

No sensation - the area is numb.

What to do:

- Frostbite can be serious, and can result in amputation. Get medical help!
- Do not rub or massage the area.
- Do not warm the area until you can ensure it will stay warm.
- Warm the area gradually - use body heat, or warm water (40 to 42C). Avoid direct heat which can burn the skin.

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## NALCOR News

### Mission Accomplished: Moving Salmon on the Exploits

*So often, the only news about Nalcor that reaches the radio and TV stations is negative or controversial, but there are many good-news stories out there. Below is one that was referenced during our reception with Ed Martin back in November. It has to do with the successful effort of moving thousands of salmon around a construction project on the Exploits River in central Newfoundland.*

**Goodyear's Dam, on the Exploits River in central Newfoundland was extensively damaged by ice last winter. During the repairs this summer, Hydro transported nearly 24,000 salmon around the breached dam by truck during the annual salmon run, without losing a single fish.**

The Hydro Environment team worked with an independent fish biologist and the Environment Resources management Association (ERMA) to oversee the fish transfer operation. Every possible precaution was taken to assist the fish in a safe journey.

In a letter to Hydro, Ray Finn, Regional Director at Department of Fisheries and Oceans (DFO) praised the project and said the initiative demonstrated Hydro's ongoing commitment to protecting the environment and natural resources. "Your continued lead-

ership in the management and protection of the salmon run built over many years on the Exploits River, in particular, is exemplary."

The transfer of salmon upstream started mid-July. The fish were caught in the fishway area in Grand Falls and transported by truck about 6 km upstream to bypass Goodyears Dam. About 30-40 fish were trucked at a time under continuous monitoring – about 700 trips in total.

It was very labour intensive work. Temperatures were measured, the weather was considered, the water in the tank was aerated and the fish were released upstream through a pipe attached to the tank in the truck to avoid overhandling. After the repairs to the dam were complete, ten salmon were tagged with radio telemetry in a makeshift fish hospital on the shore and placed back in the river to make sure that the salmon could get through the fishway and back on their natural migration pattern. Media coverage about the fish transfer was positive, several environmental journals noted its success, and a university group from Sweden has expressed interest in visiting the Exploits to learn more about it.

### Retirees

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

**Eugene Woolridge**



Mar,2009: Transferred over from Abitibi-Bowater as Electrical Maintenance/Relief Operator

Mar 18,2013: Electrical Maintenance "A" in Exploits

Sep 30,2015: Retired

**Frank Patey**



May 17,1982: Hired as Line Worker "A"

Dec 31,2015: Retiring

**Gerard McDonald**



Jan 3,2006: Hired as Vice President, Human Resources and Organizational Effectiveness

Dec 31,2015: Retiring

**Edward Park**



Dec 10,2001: Hired as Electrical Maintenance "A" in Stephenville

Sep 24,2007: Became Electrical/Mechanical Supervisor

Dec 31,2015: Retiring

**Richard Young**

Jan 11,1982: Hired as Utility Worker in Churchill Falls

Feb 5,2001: Became Mobile Equipment Operator

Dec 31,2015: Retiring

**Donna Bursey**



Dec 30,1980: Hired as Clerk Typist

May 19,1981: Office Clerk

Sep 5,2011: Area Office Clerk

Dec 31,2015: Retiring

**Patricia Thornhill**



Oct 2,1989: Hired as Records Clerk with Accounts Payable

Jan 1,1990: Accounting Clerk I with Accounts Receivable

Jul 20,1992: Accounting Clerk II with Accounts Payable

Apr 3,2000: Accounting Clerk II with Customer Service

Mar 1,2001: Reclassified to Customer Services Representative

Mar 31,2008: Billing Data Officer

Jan 31,2011: Billing Officer (Industrial & Retail)

Dec 31,2015: Retiring

**Robert Garland**



Jun 14,1982: Hired as Technician I in Holyrood

Jun 14,1983: Technician II

Jun 14,1984: Technician III

Jun 14,1985: Technician IV

Jun 14,1986: Technologist

Nov 1,1997: Appointed to Instrumentation Foreman (acting)

Oct 4,1999: Instrumentation Supervisor

Jun 21,2010: Asset Specialist

Dec 31,2015: Retiring

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## **The Lighter Side**

### **Word Jumbles**

Here are some winter-related word jumbles for you to solve. See how many you can get right! Answers are printed on the last page of the newsletter.

1. LCOD
2. TEAHER
3. ATOC
4. AOESNS
5. WONS
6. ICRACT
7. CEI
8. SRAFC
9. IDALZRZB
10. EZRFEE
11. LKNEFSAWO
12. TRFSO
13. ISK
14. IABREEHTN
15. OSDNWABRO
16. FERI
17. IECICL
18. SEGOLY
19. SNNMAWO
20. SRETAWWE

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## Contacting the Silver Lights Club

The Silver Lights Office is located on the second level of Hydro Place. Our telephone number is 709-737-1378. You can also contact the Executive directly:

President Don Barrett 754-4748  
Past President Gerry Bowers 722-6471  
Vice President Cindy Morgan 744-3700  
Secretary Kim Petley 754-6909  
Treasurer Aubrey Hill 726-8306  
Past Secretary-Treasurer Vern Penney 745-0705  
Ex Officio Reg White 368-5200  
Ex Officio Dennis Jones 368-2351  
Silver Lights Editor Janet Calver 745-1343  
Silver Lights Fax: 737-1231  
Silver Lights Email: [silverlights@nlh.nl.ca](mailto: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.



## **Answers to Word Scrambles**

1. COLD
2. HEATER
3. COAT
4. SEASON
5. SNOW
6. ARCTIC
7. ICE
8. SCARF
9. BLIZZARD
10. FREEZE
11. SNOWFLAKE
12. FROST
13. SKI
14. HIBERNATE
15. SNOWBOARD
16. FIRE
17. ICICLE
18. GLOVES
19. SNOWMAN
20. SWEATER