



SILVER LIGHTS CLUB

NEWFOUNDLAND AND LABRADOR HYDRO
A Nalcor Energy Company

President's Message

WANTED

NEW PRESIDENT and SECRETARY/TREASURER for one of the best retiree clubs in the Province.

APPLY NOW

Editor's Message

Janet Calver

Well, here we are, the last few days of September and the summer of 2015 is history. Every year, I'm always amazed at how quickly the time goes by. Granted this past July was best forgotten if you were trying to do anything outdoors, but nature came through for us in August and September and once again, all is forgiven. I hope you had a wonderful summer and enjoyed get-togethers with family and friends!

For my husband and I, September is the beginning of a lot of our volunteer activities and recreational classes that go on hiatus for July and August. It's also the time our garden is clamoring for attention. All our veggies are demanding that we do something - now! September into October is always interesting from a multitasking perspective. I always felt we were busy when we worked full-time, but retirement is worse again! And we don't get any vacation!

Our September newsletter has loads of great information for you. You don't want to miss Ken's article. It's chock-a-block full of conversations and meetings with fellow re-

tirees. He's amazing! Thanks Ken! We introduce you to our newest retirees and the latest 25-year club members. There are important announcements about an evening with Ed Martin to discuss the "Future of Nalcor" and a notification of the new location of Blue Cross - don't miss them. There are pictures galore from our trip to Rocky Harbor and important information about our Christmas parade float (Yes, it's going to happen!), volunteer opportunities with Ronald McDonald House, mystery artifacts, and so much more. Tom Clift is back with an explanation of what's happening with housing markets. Meanwhile, Amanda O'Brien bids us farewell with her article (a Q&A interview with vegetarian cookbook author, Dreena Burton). We would like to say a special "Thank-you" to Amanda for her contribution to our newsletter this past year and wish her all the best! There's a lot more in the newsletter, but I'll let you discover the rest.

Special thanks go to the Silver Lights executive, Kelsey from Human Resources, Caryn from the Capitol Social Club and Amanda Singleton, who passed along the important information about Blue Cross and all our contributors. And what can I say about Linda Penney and Jasbir Wadhwa who provided us with the beautiful pictures from the Rocky Harbor trip? I would be lost without all of you!

One final word though and that has to do with "stepping up to the plate" and doing your part to make sure the Silver Lights Club continues. We need people to volunteer and keep the Club going. The positions of President and Secretary/Treasure will become va-

cant at the end of this year. Gerry and Vern have made it quite clear that they will not be returning in 2016. They have given 5 years of their lives to the Club and I know they would both say they have enjoyed it immensely. But they want to turn the reins over to someone else - someone with new ideas perhaps and fresh energy. So please give this serious consideration. Your Club needs you.

Happy Thanksgiving!

SilverLights News

Out and About with Ken Ball

This is the beginning of August and it's still raining as it has for all of July. A friend of mine took the month of July for his vacation and spent it in this area. He had 3 fine days!

The forecast predicts that the rest of the summer will be within seasonal temperature ranges. Well just have to wait and see.

Today we had a fine day, the temperature reached 27 degrees, and wouldn't you believe it, I heard people whinge that it was too hot. Hard to please everyone.

Had a feed of capelin the other day. They were given to me by a friend. I cleaned and fried the works and ate them for breakfast, dinner and supper for the next three days. I love capelin.

Out and About

Pat Rossiter:

Saw Pat the other day at the CIBC parking lot in Mount Pearl. It was good to see him as I had not seen him in a few years, probably not since I retired.

Pat is retired but is still keeping his hand on the wheel. Occasionally he works at Hydro when needed and has a part time job with a construction company.

What made this meeting enjoyable was that Pat introduced himself to me so I could pay attention to what he was saying and not

be there trying to recall his name. This is important to a scatter brain like I'm becoming.

I know Bob Whitehorne will probably say "What's changed"?

Pat worked in the Financial Planning Department. He is in good health, looks great, and is enjoying his retirement

Bill Boyde:

I saw Bill the other day at Dominion in Mount Pearl where he works part time.

I had not seen him for a few months. He is in great shape and I found out why - he's another Tely 10 runner. He ran with Barry and their times were about the same. I won't tell their time - that's classified information.

Bill had been to Toronto recently visiting his grandchildren. When he said he had been away I expected him to say he had been to some foreign country, because the last time I saw him he was just back from Australia or New Zealand. There goes my mind again!

Bill was a technician with Telecontrol in St. John's.

Ed Legge:

I saw Ed today at Dominion Stores. I had not seen him for just about a year.

Ed looks great, obviously enjoying his retirement. We only had a minute to chat because my ice-cream was melting.

Ed spent 3 months down in Florida this winter. Several Hydro retirees were in the same location - Tom Dunne, Pat Stamp and someone else but the name escapes me.

Ed now lives in Mount Pearl after selling all his property out around the Bay. As Ed put it, "I'm spending the money I got for the property, and enjoying it". Great attitude Ed!

Ed looks in fine shape. Tanned and fit. Ready to wrestle Whipper Billy Watson .

Ed worked in Hydro Place with the Project Services Department.

Glenn Mitchell:

I was at my nephew's wedding recently and saw Glenn. He was also an invited guest, being a close friend of the groom's family.

Glenn retired from Hydro 5 years ago and has been working ever since as a part-timer at the same job he left. He has been compiling facts and figures for the next rate hearing.

We only had a short time to discuss things but I gathered Glen will be retiring for good at the end of this year. He will be 60 years old and figures he's had enough.

Gord Alexander, another Nalcor employee was at Glenn's table and I was able to say "Hi" to him. I hadn't seen Gord in a few years.

Glen looks great. Work obviously agrees with him.

Glen worked at Hydro in the Financial Planning Department and is still at this job.

Cheryl (Oliver) Goulding:

My favourite spot in the Avalon Mall is on the seat outside of Winners. That's where I was recently and met Cheryl.

She spoke to me, and of course I couldn't remember her name, but thank God she saved me from more embarrassment by telling me who she was. Then it came flooding back and I could see who it was.

She is looking great and is enjoying her retirement.

Since I saw her last, she has become Mrs. Jerry Goulding. Jerry was a shift supervisor at the Holyrood Plant.

They spend most of their winters in Florida and have bought a place down there. They're hoping to spend 4 months there this winter.

I knew Cheryl when she worked at the Library in Hydro Place. It's always good to see old friends and fellow retirees.

Cheryl ended her career as an Administrative Assistant with Environmental Services in St. John's.

Tom Alteen:

This was a good day for me at the Mall. Shortly after seeing Cheryl, I ran into Tom.

Tom was the Sensei teaching Aikido after work hours in Hydro. I was one of his students for a while but instead of progressing, I almost lost my white belt.

Tom is enjoying his retirement and has started a business called the Musubi Drum Circles. He is the drum circle facilitator.

I gather from Tom that this is a group dedicated to playing all types of drums. To find out what this is all about you can visit his website: <http://www.musubidrumcircles.com>. Find out more by visiting this site, especially if you have dream of becoming a drummer.

Tom is no longer teaching Aikido but is still in terrific shape.

Tom worked at Hydro, St. John's in Rates.

Lou Crummey:

I've always been of the opinion that spotting Hydro retirees is a lot like moose hunting. You can browse the Mall for weeks and not run into a soul then out of the blue, you spot them in groups.

Last week, I saw Cheryl and Tom after a long drought and 2 days later, I run into my old friend, Lou.

Lou looks great and is as cheerful and positive as ever. I don't know if I was in a wheelchair if I would be so cheerful and uplifting as he is.

He keeps busy and every warm day you will find him on the go. He also keeps active in the Shriner Lodge.

Lou wanted to know about all the Breakfast Club friends and sends along his greetings to everyone. Lou would like to go to breakfast with them but it's a bit too early in the morning. He likes his kip.

Lou worked as a Personnel Officer in Hydro Place and was one of the Pioneers of Hydro. Lou, along with Noel Halfyard, started the Outlet Magazine.

Donald Cull:

Today was a lucky day for "retiree spotting" at the Mall. I ran into Don in the lower hallway and got a chance to have a short yarn with him. Don lives in Stephenville and I see him occasionally there and in town.

He has finally given up working with Hydro and he spends his time concentrating on the grandchildren who live in CBS and Nova Scotia.

Don still enjoys golfing and some of his old Hydro friends often have a game together - Guy Roy and Ken MacDonald and sometimes Tony MacDonald are in his group. He occasionally sees Max Wiseman. Everyone seems to be doing great.

Don was the Supervisor with Protection & Control in Bishop's Falls and later transferred to Churchill Falls as Superintendent of P/C and Communications.

It is always a positive experience having a chat with Don.

James Long:

I saw Jim in the Mall at the same time Don came by. What a lucky day. Unfortunately, trying to pump two friends at the same time can be a little tricky, but you do what you can with the time you have.

I couldn't believe my eyes, because only a day before I thought of trying to call Jim to see if he knew the name of the Hydro schooner but unfortunately I wasn't sure where he lived, even though I've heard Gunter Dlugosch say where Jim lived a number of times.

Jim lives in Appleton and has spent a lot of time this summer sailing the boat he built himself.

I first met Jim when he was Superintendent of Transmission and Distribution in Camp Boggy. In those days there was Jim, Bob Johns and Frank Beaton in this area. Re-

member, everything was under construction, including transmission lines and the powerhouse. They were great days.

Jim looks in fantastic shape and like he said, "I'm too busy now to work."

Don, Jim and I shot the breeze for a few minutes before departing our own ways but it was a fantastic afternoon seeing those two retirees/friends.

Jim was VP of Human Resources until the end of his career with Hydro.

Bill Puddister:

I met Bill today, not at the Mall as you are thinking. I do go to other places. Today I was out walking and saw Bill. I have occasionally seen him but never had a chance to have a little yarn. Today we were both able to stop. We weren't going anywhere in particular.

Bill is doing fine and looks great, probably all that walking. Like myself, Bill is not into too much traveling but enjoys the simple pleasures of home, and the retirement he worked 30 years to get.

Bill is a hockey fan and attends the AHL games, but unfortunately he is a Leaf fan and has mixed feelings about the red, white & blue Ice Caps. Like all Leaf fans Bill, you'll learn to love the Canadians.

He is a great fan of Erik Karlsen of the Ottawa Senators and has tickets for the NHL game in St. John's later in September.

The last position Bill held at Hydro was with Al Ballard in Customer Service TRO.

Ann Strickland:

I saw Ann at the Avalon Mall this summer, actually it was before the last newsletter, and promptly forgot to mention it. This doesn't happen too often even for me.

Ann is looking great and enjoying retirement – doing a bit of traveling and taking advantage of this good life.

I didn't have a chance to see Brian. He was smart and dropped Ann at the Mall and was picking her up later. I wish I knew their secret. I would never get away with that.

Ann was an Area Office Clerk at the Bay d'Espoir Generating Plant.

Matt Parsons:

In the last newsletter I told you about Matt and the medical problems he encountered. Well, I called him this week to see how he's getting on and after 3 or 4 calls finally tracked him down.

The problem Matt had with his heart has been apparently corrected and he's doing good. The problem now is with one of his eyes. He may have to have a cornea transplant. If an operation is required, he will have to go to Halifax.

Matt is one of those natural comedians and always has a story to tell. This is the one he told me.

An old guy from down the coast went to Port Aux Basques to visit his son. While there, he went to one of the local restaurants for lunch. He ordered a bowl of pea soup. The waitress said, "I'm sorry. We don't have pea soup today." "Don't have pea soup?"

Uncle Bob roared, "Don't you know the day is Saturday?"

You can take us out of the bay but don't try to change us.

Sam Stickland:

I called my friend, Sam, the other evening to see how he was getting on because I hadn't seen him in a while even though he only lives a 5 minute drive from me. I have since visited him.

Sam is doing great except for his back. He has been having a great deal of difficulty with this and now uses a walker to get around. He's still interested in boxing, hockey, baseball and curling.

He has finally retired from most of his Masonic Lodges, of which he was involved in every Lodge and Chapter. I would say his presence and work contributions will be sorely missed.

Thank God his sense of humour is still intact and he always enjoys a good laugh.

Sam worked with the Human Resources Department and was the Company Negotiator.

Old Hydro Folklore (not known to the outside world)

The Case of the Missing Dog

Joe had a dog he wanted to get rid of. The dog would bark at crows in the early AM and wake everyone.

Harry was looking for a good hunting dog. No problem, right?

Wrong. A big problem.

While Joe wanted to get rid of the dog, his children wanted to keep their dog.

Joe hatched a plan.

Harry would come under the cover of darkness and take the dog.

This plan worked until Harry noticed some time later, that every time he went into this store where Joe's wife worked, she shot him killer looks.

Harry couldn't stand it. He approached her. "Ma'am is there something wrong?"

"Something wrong? You stole our dog."

The jig was up. Harry had to set the record straight. He told her the story.

"Why that no good SOB, I'll make away with him."

So ends the case of the missing dog. Harry and Joe remained friends but didn't do any more dog trading.

Meeting New People.

A supervisor and worker (names withheld to protect the innocent) were going to Stephenville to do an inventory.

The supervisor's parents lived in Port Aux Basques. He planned to go and visit.

He needed his buddy to help him with the driving.

The young single worker wanted to stay in Stephenville.

"Come on let's go, I'll introduce you to Ann Harvey, she's pretty sleek."

The decision was made he would go if only to meet this "girl".

As they approached the PAB Tourist Chalet, the supervisor said, "There she is."

"Who? Where?"

“Ann Harvey boy, nice little schooner isn’t she? And a good tourist attraction.”

The rest of the drive was spent in silence except for the occasional outburst of cussing.

You should always be prepared to meet new people or see schooners.

The Runner

In the last Newsletter, I mentioned that Barry Taylor was running in his 16th Tely 10.

What I didn’t tell you, was that one year Barry ran the 10 miles and when he was finished he remembered something.

His car was back at the starting line!

Not to be too downhearted, Barry walked back the 10 miles, got his car and drove home.

You might call it bad planning, but I prefer dedication.

You do what you got to do.

The Chef

Gord was out to his cabin up near St. Anthony for a bit of salmon fishing.

Bill was at his cabin just a few yards away also salmon fishing.

There was a knock on Gord’s door.

It was Bill, come to borrow a bit of butter. He wanted the butter because he was going to fry some bacon for breakfast.

I know some of you will see the humour in this while others will say, “Where else could he get butter up in the woods?”

Forget it. I don’t even know if it is funny.

The Students

This happened to me personally while working with Horace Pye, Dennis McCarthy and the Safety and Training Department.

This little instance happened when I was introducing the metric system to the various maintenance personnel in Port Saunders.

I had everything planned and was introducing the program and how we would proceed with the material when one of the crew got up from his position and turned his chair around and sat down back on to me.

“Problem George?” I asked innocently. “Yes, I have a problem. I don’t want to know about no metric system. That’s a pack of bloody foolishness. I might have to be here, I don’t have to listen.”

Before the session ended, George was taking part in the discussions and went on to really hate the metric system.

Another time in Whitbourne, I was doing a Safe Driving Course for the maintenance personnel. Everything proceeded fine and we finally broke for lunch.

After lunch, we picked up where we left off. Right away I could tell something was going on. I casually asked, “What’s going on boys?”

One of the crew spoke up, “OK Max, tell Ken what happened.”

He proceeded to tell me that while on his way home from the Safe Driving session he got a speeding ticket.

I really felt my instructing left a lasting impression on the employees.

Name That Schooner

At a recent breakfast, I was asked by Don Tuff for the name of the schooner Hydro owned and operated from Bay d'Espoir. I honestly couldn't remember and no one around the table could recall the name either.

Now there is one thing in this world that gets under my skin, is not knowing something I know I should know. I had to fine out.

I called Sam Stickland. He didn't know. Sam is doing great especially since the Blue Jays are in the running for the World Series Championship.

Next I called Dave Fever and like Sam, he couldn't recall but he's happy. His garden is growing great even though his greenhouse crop is a bit behind last year.

Where to next? OK, Dave Fogwill has a mind like an elephant's. I called, but Dave wasn't home. I left a message and he called back. Dave assured me this was before his time and he had no recollection of the boat. Dave is doing great and has forgotten all about changing my stock numbers.

I called Dave Reeves. He wasn't home. I left a message.

Now I'm almost out of options when I think of Lou Crummey. Lou remembered the boat and thought her name was the Jean & Grace. It didn't sound quite right. Lou is as chipper as ever and always willing to contribute any way he can.

Desperate now, I know I must go farther afield. I call Jerry Wells in Nova Scotia. I forgot I had already called him about this and like the others he could not recall the name. Jerry is doing fine. Most of the medi-

cal problems have been resolved and he's back to normal and enjoying life. Jerry suggested that I call Bryant Green.

Now I know I'm in the money. Bryant did all the maintenance on the boat and traveled on her on many occasions. I was on the right track. Bryant couldn't remember the name. He is doing good except for getting around. With the help of his walker and the shopping carts, he can maneuver nicely. He can enjoy getting out shopping. He sounds great and if he ever comes this way again, I promised I would organize a breakfast meeting with the group so we can all enjoy reminiscing about the good old days.

Oh my! I know, I'll call Jim Lambert in St. Albans. Jim used to take many a trip down to the wharf and maybe take something for the boat. No one was home.

Now I'm running out of options because people who would know have passed away. I'll call Peter Farrell, maybe he will know. Peter could remember the schooner but the name eluded him. He suggested I call Frank Beaton, for as Peter said "Frank got a good memory." Peter has had some very bad luck in the last year; His wife passed away. What do you say to a friend in this situation? Peter seems to be coping very well. I wished him all the best and assured him our thoughts are with him. How many, that we never know about I wonder, slip through the cracks? If only we had a mechanism for getting this information out to our members.

I know this is a long shot but what the blazes, I've come this far; I can't quit now. I called Frank at his home in Norris Arm. No one was home and I couldn't leave a message.

I first met Frank when I worked in Camp Boggy. We shared a building. Frank and his line crew in one end and the stores in the other end.

Frank was the Line Foreman in the Bay and later went to Stephenville.

He then switched careers and became a helicopter pilot. He flew for Hydro in Bishop's Falls. Later, he transferred to Churchill Falls. He's retired now but as far as I know he may still be flying.

While trying to get in touch with Frank, I thought of Bruce. As Purchasing Supervisor, he may have had occasion to buy something for the boat. So I called him.

After exchanging greetings, I told him what I was looking for, but he, like everyone else, couldn't remember her name.

Bruce has had some very exciting holidays since he retired (involuntary) but he has also had some medical problems. Thank God he is doing good now. Bruce is always glad to hear from old friends and is ready for a yarn. This time I didn't have much spare time, I was on a mission. I'll get back to my friend later and finish the yarn.

Bruce takes in the Hydro parties and plays cards with Fred Deir and Steve Carter. I know they don't have the discussions! I would love to be a fly on the wall when they get in high gear.

Bruce was Purchasing Supervisor in Bishop's Falls and as such took care of the buying needs for Central and the Power Plant in Bay d'Espoir.

Almost out of options, and in desperation I call my friend, Bill Collier, not expecting the answer but if Bill's memory was as good as his

eyesight I might be on to something. I told him what I was looking for and the bother I'd had trying to get the answer to Don's question. Bill said "Oh yes, I remember the boat, wasn't she called the

*****Drum Roll*****

JOAN & GRACE."

Right on the money.

Lou buddy you were close.

In the meantime, I had calls left on my phone from Sam and his sister in Milltown telling me the name.

In finding out the name, Laura had to call around the Province. How is that for a friend helping a friend?

No more questions Don!!!!

(To conclude this nonsense, when I saw Jim Long at the Mall after all this trying to find the name of the schooner I mentioned it to Jim, He said "Oh you mean the Joan & Grace." I knew I should have called Jim!)

Over & Out

I sincerely try to pass along information I get from fellow retirees but you may not realize this is not as easy as you might think. I am becoming a "Mall Rat" trying to dig up something that you might find interesting but I'm running out of ideas. You out there however, are loaded with nice little stories of your Hydro days. Why not share them with us?

If you don't help me, I'm soon going to start making up stories. Then you'll have something you can tell your children about.

With winter coming on please put your Safety Training to good use. Have your vehicle winterized and good snow tires installed.

Dont take any chances this winter, life is too precious.



Side View of Mystery Object

From the Silver Lights Archives

In the last newsletter, I told you about how our Silver Lights office is crammed nearly to the ceiling with artifacts related to the history of Hydro. Today, I've included a couple of pictures of one of them. Does this bring back any memories for you? Does anyone out there know the significance of the artifact? Good luck! Answer will appear in the next newsletter.



Mystery Object

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 2015. Congratulations to all!

Brian Hemeon	Hydro Place
Murray Collier	Hydro Place
Terry Holmes	Churchill Falls
Paul Blake	Churchill Falls

Trip to Rocky Harbor

The annual Fall Trip, sponsored by the Silver Lights Club, was a another great time. This year, our destination was Rocky Harbor, in the beautiful Gros Morne National Park. Even though many of the participants had visited the area before, I think I can vouch

for everyone on the trip and say that it was a great couple of days! No matter how many times you visit the park, there will always be something new to explore and enjoy!

For my husband and me, the drive to Rocky Harbor meant a drive across the Province. It was a great excuse to spend some time in Steady Brook and explore the area around there for a couple of days. We had time to drive as far as Stephenville, Stephenville Crossing and then on to St. George's, exploring side roads and walking/hiking trails and discovering beautiful sandy beaches along the way. Wednesday, we took our time driving to Rocky Harbor. We spent a wonderful couple of hours at the Newfoundland Insectarium. For those of you who have not visited this facility, we encourage you to do so the next chance you get. Granted there are lots of insects there of all sizes - including tarantulas - but they also have the most beautiful display of mounted butterflies from all over the world. They also have a real-live bee hive and you can watch the honey bees coming and going, and watch them produce the honeycomb right before your eyes. The best part of the whole visit was walking around the greenhouse containing hundreds of butterflies. They fly all around you and even land on your hair and clothes as you walk around! We had visited the Insectarium a few years back but we were so pleased to see that the exhibits were better than ever and that the Butterfly House was greatly expanded. What a great way to spend a morning!

After leaving the butterflies, we headed north, but it wasn't long before we turned

off the main road and headed towards the Sir Richard Squires Memorial Provincial Park. The Park is named in honour of Sir Richard Squires, Prime Minister of Newfoundland from 1919-1923 and 1928-1932. (Read more about the Park in the Travel article later in the newsletter.)

It was then off to our final destination - Rocky Harbor - and meet up with the rest of our group. We made good time and it wasn't long before we pulled into the Bayside Cottages and Motel. The first person we saw was Gerry Bowers - almost like the welcoming committee! We discovered that most of our group was already there: Heather & Gerry Bowers, Linda & Vern Penney, Kim Petley, Lynn & Bob Lovett, Monica Lundrigan, Phyllis & Reg White, Phyllis & Henry Deering, Libby Power, Arlene & Harvey Young, Eileen Ravell, Jasbir & Rami Wadhwa, Ida & Fred Dier, Rosella & Bill Byrne, and Theresa Barnes.

There's no shortage of places to eat or things to do in Rocky Harbor and high on the list for a Wednesday night was the "Anchors Away" show, held in the Anchor Pub in the Oceanview Hotel. It was a "kitchen party" type show with lots of jokes, music, singing, dancing and laughs galore. In between acts, we touched base with the rest of our merry group and caught up on their news. It was so good to see everyone!

The next day, we were up bright and early and off to breakfast at the Sunset Restaurant. Who should wander in a little while later but Heather and Gerry and Jasbir and Rami. We all enjoyed a leisurely breakfast - how decadent!

Thursday was the day we had arranged for boat tours: Western Brook Pond Boat Tour or the Bonne Bay Boat Tour. It was very foggy Thursday morning and threatening rain, but those scheduled for the Western Brook Pond tour soldiered on in hope that the fog would lift and the rain stay away long enough to complete our adventure. Well, all good plans go astray sometimes! We had a great, although sometimes soggy, 3 km hike across forest and bogs alive with wildflowers. Once we got to the boat dock, we waited for the captain to make the decision as to whether there would be a tour that day. Unfortunately, due to weather conditions, the captain deemed it unsafe to “leave port”. There was nothing to do but walk back the 3 km. But wouldn’t you know it, as we walked back, the fog started to lift and the sun peeked through!! All was not lost though. Most of us decided to take advantage of the afternoon and explore the Park. We ended up going to Norris Point and later Woody Point and taking in the Discovery Centre.

The folks who were going to take the Bonne Bay Boat Tour fared much better. It was a glorious trip for them! The following pictures say it all!

That night, most of us had our “farewell” dinner at the Fisherman’s Landing Restaurant. Jasbir and Rami decided instead to take advantage of the last evening of the Gros Morne Theatre Festival at Cow Head. By all accounts, it was well worth the drive! For the rest of us, it was a scrumptious dinner shared with good friends. As you can imagine, there were lots of stories, pictures and laughs! Our sociable little group grew to include a visitor

who was so taken with our merriment that he insisted on taking some pictures of the whole group for us. Thanks Ron Roberts! It was a lovely ending to a wonderful couple of days.

After breakfast the next morning, we said our farewells and waved good-bye - another great get-together with good friends at an end.

A special word of thanks has to go to Vern Penney and Gerry Bowers who made all the arrangements for the trip and kept everything and everyone on track - not always an easy task!! We sometimes forget that behind the good times, there is a lot of organization and hard work. Thank-you Vern and Gerry!

Below are just some of the pictures from the trip. A special thanks to our photographers Jasbir and Linda. They have a unique ability to capture the perfect picture and not cut off heads!! I hope you enjoy.



Anchor Pub Hellos: Fred, Libby, Rami,
Arlene and Harvey



Western Brook Pond: Gerry, Heather,
Fred, Jasbir and Rami



Still on the Dock but Still Smiling:
Heather, Jasbir, Brian, Janet, Fred, Gerry



On the Dock in the Fog: Heather, Rami,
Janet, Brian, Fred and Gerry



Bonne Bay Excursion: Vern and Linda



A Great Day on the Water: Kim, Phyllis
and Reg



Enjoying the Boat Tour: Monica and
Eileen



Soaking Up the Sun: Rosella and Bill



Good to Have Those Sun Glasses: Bob
and Lynn



The Gros Morne Mountain Climbers:
Theresa, Monica and Eileen



Lucky Reg: Theresa, Reg, Monica and
Eileen



Cheers to Good Times Together: Harvey
and Arlene



Farewell Dinner at the Fisherman's
Landing: Gerry, Heather, Ida and Fred



Good Friends: Bill, Harvey, Arlene and Rosella



Good Laughs: Kim, Monica, Theresa, Libby, Eileen and Vern



Good Times: Phyllis, Reg, Lynn and Bob



Until Next Time: Rami, Heather, Gerry, Brian, Janet and Jasbir

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, 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).

Silver Lights has met with representatives from Ronald McDonald House Charities and we have agreed to construct a Christmas parade float with the theme - Ronald McDonald House! The float will include a playhouse that could be donated to Ronald McDonald House for the children to use on their outdoor playground. In return, Ronald McDonald House has agreed to help in any way with such items as signage, volunteers, costumes and a Ronald McDonald House (RMH) logoed vehicle to lead the float where possible.

This is fantastic news! As you may remember, last year we were not able to participate in any of the parades because we lost our construction space at Holyrood due to the special maintenance projects that were underway there. This year, we have been informed that our normal warehouse space is available and now this wonderful announcement of the partnering with Ronald McDonald House!

Needless to say, we are looking for volunteers to help. Let's show everyone what a great job we can do with a saw, hammer and paint brush and build a playhouse for RMH that we can be proud of!

Upcoming Events

Christmas Parade Float

We have some exciting news about our Christmas parade float!

If you are interested in participating in this project, please call the Silver Lights office at 737-1378 or get in touch with anyone on the executive. (See contact information at the end of this newsletter.)

An Evening with Ed Martin on the Future of Nalcor

Dawn Dalley, Vice President of Corporate Relations & Customer Service at Nalcor has extended the following invitation to Silver Lights members.

Nalcor Energy/Ed Martin would be interested in hosting an evening event/reception with the Silver Lights. We'd like to talk about the future of Nalcor and the work we're doing for the Province from updates on Hydro's capital and operating investments to our new Oil and Gas Strategy and of course, some updates on Muskrat Falls. There would also be time for a good discussion and some questions. We're flexible on times and we'll take care of the event.

To assist Dawn in planning for this event, we would need to get some idea of the level of interest from our members. Please let us know asap if you're interested in attending. A further note will be sent when the time and location are confirmed.

Contact Silver Lights at 737-1378 or via email at silverlights@nlh.nl.ca or contact any member of the Silver Lights executive if you are interested in attending.

Maintenance Volunteers Needed

Ronald McDonald House (RMH) requires volunteers to assist with the upkeep and maintenance at their facility. There are three different areas where your help is required.

1. Maintenance Volunteers: Currently, there are numerous small maintenance tasks required at the RMH in each of the family suites and common areas. Ronald McDonald House is asking for our help. Supplies such as tools, paint, etc. will be provided by RMH and time-frames are very flexible. Silver Lights will create a group of volunteers who would be willing to help out. Volunteers can work with time-frames that suit their schedules. Work can be done anytime during weekdays and can last for 1 hour, or 2 or more hours at a time. When our group is ready to start, contact will be made with Bonnie Birmingham, the Operations Manager at RMH.
2. Immediate Maintenance Issues: If our volunteers are in agreement and pending their availability of course, RMH would like to call upon our group should there be a maintenance issue that requires immediate attention. Communication of such issues would be communicated via Vern Penney (Silver Lights) and Megan Greenslade (NL Hydro) by Bonnie Birmingham, Operations Manager.
3. House Operations Volunteers: Some Silver Lights members expressed interest in becoming a regularly scheduled

House Operations Volunteer to assist with front desk and light housekeeping activities. A Volunteer Application is required and can be found at ourhousesnl.ca/volunteering.

Please consider this plea for help from RMH. It's a win-win proposition. Contact Silver Lights at 737-1378 or any member of the Silver Lights executive for more information and to sign up!

Everyday Life

Real Estate

Market trends in real estate are affected by a number of variables. These trends determine if it is a buyer's market, a seller's market, or a stable market. Currently, Newfoundland is going through a market adjustment and home owners are finding themselves in a market where there are fewer viewings, pricing is becoming very competitive, and their house is on the market longer than expected. The average days on market is a good indicator of what the market is like. Last year the average days on market for a house for sale was hovering around 60 days. This year it is above 75 days. This 75 days is misleading though as it is likely higher than that, the reason being many houses are being withdrawn from the market for a couple of days and then re-listed so that they appear like new listings. The statistics make it appear that it is now on the market just a few days.

People who bought in the last four or five years and are now thinking about reselling are often surprised to find they are not getting much more for the house than what they paid for it, especially when they take into account the closing costs. Prices have only gone up about 4% in four years. The number of sales for the first quarter in 2015 were down by a whopping 27% from the same time last year. New housing starts were down by 31%. The number of listings are up by 17%. The condo market has enough listings to supply the demand for three or four years. How-

ever, there were still more than 800 sales in the greater St. John's area in the first two quarters, so houses are selling.

Is the market different than the past six or seven years? Certainly! Are houses still selling? Certainly! Those who have a house for sale need to realize they may not get what they want because there are so many other houses in the same price range for sale. Those who are willing to be more realistic on their price will likely sell faster as buyers have lots to choose from.

For someone who has a house for sale and are looking to buy another, they will suffer little affect, as what they may lose on their own sale, they may gain on the purchase of the next one. It is a buyer's market, so if you are contemplating that first house, now is a good time.

Tom Clift
1 709 7465363
homes@tomclift.ca
www.tomclift.ca

Travel - Sir Richard Squires Memorial Provincial Park

This year, on our way to Rocky Harbor, we decided to take a bit of time and explore some of the areas along the way. One of the spots we visited was the Sir Richard Squires Memorial Park. My husband is from the west coast and he has many memories of this Park. For me, I can remember staying at this Park when

my family undertook a camping trip across the Island back in the 1960's! I can't remember everything about the trip but I do recall this immense river (the Humber River) with beautiful falls (they were very loud!). My memories are of it being dusk and there were salmon fishermen everywhere it seemed along the shoreline. But it wasn't the fishermen that caught my attention but rather huge salmon jumping up the falls! I had never seen anything like this before and I was totally amazed! Well, many years have passed between then and now. I had never been back to the Park so it was a real treat to be able to walk the trails along the river and seek out the Big Falls again. It's a bit of a trek off the main highway but the road is not bad - paved most of the way, dirt a bit closer to the actual park.

We drove through Cormack, a farming mecca on the west coast. All along the road to the Park, we could see these huge fields of vegetables tucked away behind a veil of trees and shrubs. Every now and then, there would be a dirt road leading into a massive field and a few times we actually saw people harvesting some veggies. When we got to the actual Park, it seemed like the park personnel were in the process of shutting things down for the season. From what we saw, however, it seems like the park has beautiful facilities for adults and children and lots of well maintained camp sites. The walking trails are easy-going and the view of the Humber River and the Falls breath-taking as always!

From the Government of Newfoundland and Labrador website:

"Locally known as Big Falls Park, Sir Richard Squires Memorial Park is located approximately 36 kilometres northeast of Deer Lake along Highway No. 422. The park is situated on the scenic Humber River and is a popular place for salmon angling. Sir Richard Squires Memorial Park was established in 1954 as the first Provincial Park in Newfoundland. It was opened to the public in July 1959. The park is named in honour of Sir Richard Squires the Prime Minister of Newfoundland from 1919 to 1923 and 1928 to 1932. During his first term in office, Squires successfully arranged the construction of a paper mill in Corner Brook. A tiny settlement at that time, Corner Brook has grown to be the second largest city in Newfoundland. Knighthood was bestowed upon Squires in 1921 for his achievements."

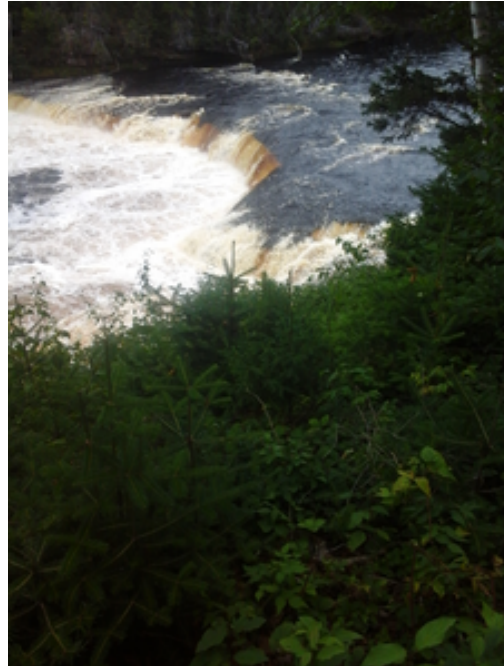
And just in case you didn't know about salmon migration habits, read on:

"A big attraction to Squires Memorial Park is the Atlantic salmon.

The Atlantic salmon is an anadromous fish meaning the adults live in the sea but return to freshwater to spawn. The salmon migrate into Newfoundland rivers from early May to September. These fish are well known for their ability and determination to jump falls and other obstacles in their upstream journey to their birthplace. Salmon have been known to leap as high as four metres.

Once upstream the females lay thousands of eggs which are then fertilized by the males. In April or early May the newly hatched fish

are called alevins. When they leave the depression or redd where they were born, they are called fry. As the fry develops it changes colour and becomes known as a parr. Its sides are now marked with dark bars. After one to two years in the river, the parr marks begin to disappear and the young salmon is called a smolt. These near adults follow a general down-stream movement, eventually reaching the sea. In the open sea the adult salmon takes on its majestic silver and blue coloration. After one or more years in the ocean, the adult salmon returns to its home river to spawn. Many salmon repeat this process several times but some die of exhaustion or natural causes and, of course, some are caught by skillful anglers."



Big Falls



Big Falls - Another View

Anyway, it was a great little side-trip and we recommend it if you are traveling around that part of the Island.

Remembrance Day

Remembrance Day will come and go before the next newsletter is published, so I decided to include a brief article on Tommy Ricketts. May we remember, not only Tommy, but all those who sacrificed their lives for us. (Source: The Evening Telegram, November 11, 2008)

Tommy Ricketts was barely 15 years old when he enlisted (September 2, 1916) in the Royal Newfoundland Regiment. He followed the lead of his older brother, George, who had enlisted in July 1915. Growing up in the now deserted settlement of Middle Arm (White Bay), he and his brother had no idea and little preparation of what would await them on the European battlefields.

George went missing and was presumed killed in action on December 3, 1917, but it would be another few months, August 1917, before Tommy saw his first action in Steenbeek. In November, 1917, he was wounded in the right leg by a rifle bullet but he returned to his Regiment in April 1918. It would be six months later and the last month of the war, that Tommy took part in a battle that earned him the coveted Victoria Cross (VC) for bravery. King George V presented Tommy with the VC on September 19, 1919 and reportedly stated at the time that "This is the youngest VC in my army."

Tommy was promoted from private to sergeant on January 29, 1919 and he arrived home to Newfoundland the first week of February 1919 aboard the SS Corsican. Even though his uniform was covered in medals, his mind was full of images of destruction,

violence and death. Like many of the returning vets, Tommy carried these images with him for the rest of his life. The weariness of battle fatigue and the guilt of why he survived and many of his comrades died, led to Tommy shunning publicity and the spotlight as much as possible. But in the eyes of the public, he was their hero. There were parades, accolades and gifts - including money and scholarship funds.

Tommy stayed in St. John's. He upgraded his education at Bishop Field College and actually lived with the family of one of the school teachers, George House, for three years. He then spent some time at Memorial University College before completing his pharmacy training at McMurdo's drugstore. He later went on to open his own pharmacy at the corner of Water Street and Job Street.

Tommy was described by friends and colleagues as generous and compassionate, quiet and sometimes withdrawn. Although Tommy tried to avoid the limelight as much as possible, he did attend a special gathering of VC recipients in London in 1929. But generally, he was content to stay at home and just be one of the crowd.

Tommy married Edna Edwards and they had two children - Thomas and Dolda. Tommy died suddenly at the age of 66. and he was honoured by a state funeral.

Today, we honour Tommy Ricketts with a memorial plaque at the site of his pharmacy business.



Memorial Plaque Honouring Tommy Ricketts at the Intersection of Water Street and Job Street in St. John's

East Coast Trail News

Below are some notices pertaining to the East Coast Trail Association and a list of the guided hikes for October and November 2015. For more information, please check the East Coast Trail website at <http://www.eastcoasttrail.ca> (Note: These hikes are not connected with the Silver Lights Club.)

Notice of 2015 Annual General Meeting

Thursday, October 8, 2015

The 2015 East Coast Trail Association (ECTA) Annual General Meeting will take place on Thursday evening, October 8th at the Eastern Edge Gallery, 72 Harbour Drive in St. John's, NL. Doors will open at 6:30 pm for a 7:00 pm start.

There will be a report on the past year's activities, an update on initiatives in progress and an election of members to the Board of Directors.

Three more towns sign MOU with ECTA to protect trail

The East Coast Trail Association (ECTA) and the towns of Logy Bay-Middle Cove-Outer Cove, Petty Harbour-Maddox Cove and Bauline announced they have signed Memorandums of understanding (MOUs) agreeing to work together to manage and protect 28 kilometres of the East Coast Trail.

"The MOUs recognize that the East Coast Trail has become invaluable for tourism and recreation in the region, and will keep on giving across generations, as long as we provide the loving care, management and protection it requires," said ECTA president, Randy Murphy.

The new MOUs establish partnerships between the towns and ECTA for enhanced co-operation on the care, management and protection of the East Coast Trail, clarifying roles, responsibilities and a more formalized process to share information on issues that affect the trail.

Guided Hikes for October & November 2015

- Father Troy Path (Torbay - Flatrock): Moderate October 11, 2015 Sunday
- Flamber Head Path (La Manche - Brigus South): Moderate/Difficult October 17, 2015 Saturday

- Cape Spear Path (Cape Spear - Maddox Cove): Moderate October 25, 2015 Sunday
- Piccos Ridge Path (Portugal Cove - Bauline): Difficult/Strenuous October 31, 2015 Saturday
- Beaches Path (Witless Bay - Mobile): Easy November 8, 2015 Sunday
- Stiles Cove Path (Pouch Cove - Flatrock): Moderate/Difficult November 14, 2015 Saturday
- Cobbler Path (Outer Cove - Red Cliff): Moderate November 22, 2015 Sunday
- The ECTA President's Choice Moderate November 28, 2015 Saturday

items, Christmas cakes & Decor. Live music. Workshops.
Nov 6 - 8, 2015
+1 (709) 279 1846
bpartscouncil@gmail.com
www.bpartscouncil.wix.com/site

Christmas at Commissariat

Avalon
St. John's
Get into the festive spirit with the sights, sounds, tastes and traditions of an 1830's Christmas in St. John's.
Nov 20 - 22, 2015
Toll Free: +1 (800) 563 6353
info@seethesites.ca
www.seethesites.ca

Events Around the Province

Here just a few events happening around the Province between now and the end of December (Yikes! Did I really write that!) I hope you find something of interest here for you and your family.

Annual Burin Peninsula Arts Council Craft Fair.

Eastern

Marystown

A fine & friendly craft fair of a hundred local artisans marketing their knitting, woodwork, felt hats, jewelry, quilts, art floral, sealskin

Christmas Craft Fair

Avalon

Torbay

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 vent.

Nov 12 - 15, 2015

+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 8 - 12, 2015
+1 (709) 677 2360
ephs@nf.aibn.com
www.beacheshheritagecentre.ca

Fall in Love with Bay Roberts

Avalon
Bay Roberts
Experience an illuminated Halloween Park with a haunted tour, Pumpkin Fest, Palooza, sunrise Thanksgiving walk. Avail of discounts offered by participating "Fall in Love with Bay Roberts" businesses.
Oct 1 - 31, 2015
+1 (709) 786 2126
rdelaney@town.bayroberts.nf.ca
www.bayroberts.com

Fogo Island Partridgeberry Harvest Festival

Central
Joe Batt's Arm
A celebration of our heritage of food, music and craft. Come celebrate with us and enjoy a festival like no other.
Oct 10 - 11, 2015
+1 (709) 658 7256
prbrown12@live.ca
www.fogoislandpartridgeberryfestival.com

com

Labrador Open Cross-Country Ski Races & Provincial Training Camp

Labrador
Labrador City
Cross Country Canada sanctioned ski races, free ski and a traditional ski, both 10 km. Labrador Snow training camp.
Dec 2015, TBA
+1 (709) 944 5842
GerryRideout@nf.aibn.com
www.meniheknordicski.ca

Mummers Festival

Avalon
St. John's
The Mummers Festival hosts a series of events and workshops leading up to our crowning event the Mummers Parade. We want you there... and in disguise!
December 1 to 19 , 2015
Toll Free: +1 887 391 892 EXT2
info@mummersfestival.ca
www.mummersfestival.ca

Penney Mazda Cape to Cabot 20K Road Race

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

Oct 17 - 18, 2015
+1 (709) 579 2342
sdelaney@nfld.com
www.athleticsnortheast.com

Check out Coffee and Culture and Engaging
Evenings
[www.therooms.ca/programming_events.
asp](http://www.therooms.ca/programming_events.asp)

St. John's International Women's Film Festival

Avalon
St. John's
A five-day film festival showcasing works
by local, national and international women
directors and writers. Films made by women,
for everyone!
Oct 20 - 24, 2015
Oct 2016, TBA
+1 (709) 754 3141
eilish@womensfilmfestival.com
www.womensfilmfestival.com

Fall Festival of Quilts

YQX Quilter's Guild
Gander
JR Smallwood Arts and Culture Centre Art
Gallery
Friday, October 23 12:00 PM 8:00 PM
Saturday, October 24 10:00 AM 5:00 PM
Sunday, October 25 11:00 AM 4:00 PM
October 23-25

The Rooms

St. John's
Ongoing events through to the end of De-
cember 2015

Health & Wellness

Interview with Dreena Burton

Amanda O'Brien has been a wonderful contributor to the Silver Lights' newsletter for over a year now. As a registered dietician, she has provided an insight into healthy lifestyles and diet that can benefit everyone. This will be Amanda's last column for us and we want to give her a big Thanks for her contributions and to wish her all the best with her future endeavours!

Q&A with Newfoundland Native and Cookbook Author Dreena Burton

Recently I had the opportunity to speak with cookbook author Dreena Burton about her Newfoundland roots and living a vegan lifestyle. Dreena has been a vegan for almost 20 years, and in that time has written five bestselling cookbooks charting her journey as a plant-powered cook and at-home mother of three. Her newly released cookbook "Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes" is a must read and valuable addition for any kitchen.

In the book you mention growing up on traditional NL foods like cod tongues, fried bologna and Vienna sausages among others. What do you think of the typical Newfoundland diet, and how realistic do you think it would be for Newfoundlanders to transition to a more plant based diet? What advice

would you give to those of us looking to eat more plant based foods?

"I have some funny food memories, that's for sure! Beyond those meats, I also ate more than my fair share of chips, candy, and pop in those days! That was over 30 years ago, and I've seen dietary habits change in Newfoundland since then. We visited St. John's a couple of years ago, and enjoyed quite a few local restaurants and cafes - in fact, it was easier for us to dine there than here in White Rock (we are an hour's drive from Vancouver). There were also plenty more choices in supermarkets than there used to be. Plant-based choices are more available everywhere, and awareness has grown significantly, particularly in the past five years. I think documentaries like "Forks Over Knives" have brought much greater awareness. With all this expanded awareness, people are making more plant-based choices as a whole. I know many people that eat vegan with even more specialized diets because of allergies (ex: gluten-free vegans and soy-free vegans), so I think ultimately it's about your desire to eat plant-based. We all come to the diet for a reason. Whether for ethics, environmental concerns, or health (or all three). If we make those choices a priority, we find ways to make the diet work. Also, when our diets focus on more of what I call the "vegan basics" (beans, grains, greens, vegetables, fruits, nuts and seeds), it's quite accessible for most people. It's the convenience foods that become trickier. For readers in Newfoundland that want to explore the diet, I'd suggest connecting with vegans in the area through social media and also on a local level (ask in

health food stores and restaurants like “The Sprout Restaurant”). Farmers’ markets and CSAs are also great sources for networking, and also for the freshest produce. The other tip I’d offer is for people to recognize that these dietary changes are a journey. Most of us already eat a lot of vegan foods - bananas, potatoes, rice, carrots, beans, berries, almonds, peanut butter - and more! It’s a spectrum, and it’s possible to eat all plant-based foods over time, starting with the foods you already love and know and building on those.”

Where do you get your recipe ideas / Is there a vegan chef or author that you draw a lot of inspiration?

“My ideas and inspiration often come from my own meal planning these days. If I have certain foods on hand, and want to pair with another dish or ingredient, I can have this spark of an idea to bring a recipe together. Other times, I may taste or see a dish that looks incredible, and I want to find a way to make it healthier, or make it plant-based. My readers often inspire me as well, with feedback from their families or requests for a particular dish. Years ago when I was learning to cook, I used to love watching James Barber. I found his approach to cooking was very practical and yet fun-loving. Other chefs I’ve learned from include Bonnie Stern, Bobby Flay, and Jamie Oliver.”

What is your all-time favourite vegan recipe?

“Wow. That’s hard. I love simple foods like sweet potatoes, lentils, and quinoa, and also love soups, dips, and desserts. So, I’d have to mention a few, like the “Artichoke

Spinach Dip” and “Chocolate Sweets Frosting” from Plant-Powered Families, and my “Sweet Potato Lentil Chili” from one of my earlier cookbooks, “Eat, Drink & be Vegan” (recipe also on my blog).”

What tips do you have for parents who are looking to incorporate healthier options (like fruit, veg, vegetarian and vegan foods) into kids diets?

“I often encourage parents to do two things. First, work with foods your kids already love, and then build on those choices. If your children love fruits and smoothies for instance, it’s really easy to make fruit smoothies that include nutrient-dense foods like greens, chia seeds, or berries. If your kids love pasta, find ways to make those pasta dishes healthier, with sauces or swapping in vegan options like beans or vegan meats for ground beef or chicken. Second, I remind parents to keep a longer term focus in mind. We can become overwhelmed in a day and discouraged when our children reject foods or put up resistance to healthier lifestyle choices. Over time, though, I’ve seen that children truly grow with diet and lifestyle. Diet is learned, and children love the food they know! So, keep that longer term perspective in mind, and continue to offer the healthy choices. Persistence and consistency truly pay off.”

For more information about Dreena, including her line of books, visit <http://plantpoweredkitchen.com/>

Heart Disease and Stroke A Woman's Perspective: Part III

In the last two newsletters, we have had a good overview of heart disease and strokes. In this issue, we take a closer look at some of the unique issues and factors that concern women with respect to heart disease. The information comes from the Heart and Stroke Foundation of Canada's website www.heartandstroke.com Read on!

Women and heart disease and stroke

Women today are living longer, but that doesn't mean that they still don't face major health challenges. Cardiovascular disease (heart disease and stroke) is a leading cause of death for Canadian women, and yet many are not aware of this threat.

In fact, most Canadian women have at least one risk factor for cardiovascular disease (heart disease and stroke). Women who have diabetes, come from certain ethnic backgrounds or are menopausal are even more at risk.

It is important for every woman to know about their risk factors and recognize the signs for heart disease and stroke so that you can prevent and manage them.

Women and heart attack

Are the signs of heart attack the same for women?

In the past, it was believed that women and men had different signs of heart attack. This may not be the case. Both women and men

may experience typical or non-typical symptoms such as nausea, sweating, pain in the arm, throat, jaw or pain that is unusual. However, women may describe their pain differently than men. Nevertheless, the most common symptom in women and men is still chest pain.

Cardiovascular disease (heart disease and stroke) is a leading cause of death for Canadian women. Women tend to be safeguarded from heart disease prior to menopause because of the protective effect of estrogen. However, this is not always the case. For example, pre-menopausal women with diabetes have similar risk to men of the same age because diabetes cancels out the protective effect of estrogen.

Women's unique conditions related to heart disease and stroke

Women are living longer, healthier lives than ever before. While most of the risk factors and signs are the same in women as they are in men, there are unique aspects to women's heart health that you should know.

The role of Estrogen

During a woman's reproductive life cycle, from about age 12 to 50, the naturally occurring hormone, estrogen, provides a protective effect on women's cardiovascular health. However, estrogen's protective effect can change depending on a variety of factors and conditions.

Birth control pills (oral contraceptives)

Modern oral contraceptives are much safer than those used decades ago. In women under the age of 35 who don't smoke, contraceptive use does not increase the risk of stroke. However, in a small proportion of women, oral contraceptives increase the risk of high blood pressure and blood clots. The risk is greater if you: smoke, already have high blood pressure, are over the age of 40, have other risk factors for heart disease or stroke, or already have a blood clotting problem.

Pregnancy

Over the nine months of gestation, women may develop certain conditions that put them at higher risk of heart disease.

- Pre-eclampsia is a condition that typically starts after the 20th week of pregnancy. It is related to increased blood pressure and protein in the mother's urine (the protein indicates that there is a problem with the kidneys). Although there is no proven way to prevent pre-eclampsia, you may be prone to the condition if you have high blood pressure or are obese prior to becoming pregnant. Other risk factors include being younger than 20 or older than 40, are pregnant with more than one baby, or have diabetes, kidney disease, rheumatoid arthritis, lupus or scleroderma. All women should be monitored by their healthcare provider throughout their pregnancy. Have your blood pressure checked often. Pre-eclampsia is

treatable under the supervision of a doctor.

- Gestational diabetes While pregnant, a woman's body must produce extra insulin because increasing levels of pregnancy hormones interfere with the body's ability to use insulin efficiently. If the woman's body can't produce the additional insulin sufficiently, her blood sugar levels may rise, causing gestational diabetes. There are no warning signs so it is important that women get tested for diabetes as part of their prenatal care and continue to be monitored throughout their pregnancy. Although gestational diabetes usually disappears after the baby is delivered, it can increase the risk of the mother and baby developing diabetes later in life. Diabetes is a risk factor for heart disease and stroke.
- The risk of a pregnancy-related stroke is greatest during childbirth and few weeks thereafter. It is usually the result of an underlying problem such as a pre-existing blood vessel malformation or eclampsia.

You may want to be assessed for heart disease by your doctor before you conceive and be followed closely throughout your pregnancy and after childbirth. Heart disease can complicate pregnancy. Visit The Hospital for Sick Children(<http://www.aboutkidshealth.ca/En/ResourceCentres/PregnancyBabies/Pregnancy/MaternalConditionsPregnancy/Pages/Heart-Disease-and-Pregnancy.aspx>) and

learn more about Heart Disease and Pregnancy. The Heart Disease and Pregnancy website also provides information about the risks associated with pregnancy and strategies for the management of pregnant women with heart disease. The website was developed by an international panel of physicians including internists, cardiologists, obstetricians and other medical specialists with expertise in pregnancy and heart disease.

Menopause

Menopause is a time when a woman stops having menstrual cycles. If you have reached menopause, your overall risk of heart disease may increase due to the reduction in the hormones estrogen and progesterone produced by your body. Before and after menopause, you may experience:

- An increase in total blood cholesterol, low density lipoprotein cholesterol (LDL or bad cholesterol) and triglyceride levels
- A decrease in high density lipoprotein cholesterol (HDL or good cholesterol)
- A tendency toward higher blood pressure
- An increase in central body fat, which can be harmful to your body because you may be more prone to blood clots and blood sugar problems
- Symptoms such as severe sweating or sleep disturbances

Hormone Therapy (HT) refers to different types of estrogen and progestin that a woman may take to ease some of the symptoms related to menopause. Randomized controlled trials have shown that HT does not reduce the risk of heart disease or stroke, or prevent future heart disease or stroke. It is not recommended to begin or continue to use HT, either estrogen alone or combined estrogen-progestin, for the sole purpose of preventing heart disease and stroke. Discuss all health risks and benefits of HT with your healthcare provider.

Cholesterol

You may have heard or read that natural estrogen helps to keep cholesterol levels in a healthy range. After menopause, as natural estrogen levels drop, more and more women tend to develop high cholesterol. Talk with your doctor about how often you should have your cholesterol checked.

Triglycerides

Triglycerides are the most common type of fat in the body. A high triglyceride level often goes with higher levels of total cholesterol and LDL, lower levels of HDL and an increased risk of diabetes. Research suggests that having high triglycerides may increase the risk of heart disease and stroke for women. Talk to your doctor about your risk.

Making heart-healthy changes in your life

A woman's overall risk of heart disease or stroke is determined by all of her risk factors. You can control some of these risk factors, but not all of them.

- Risk factors that you can control include smoking, high blood pressure, high blood cholesterol, diabetes, physical inactivity and obesity.
- Risk factors that you cannot control include age, gender, family history and ethnicity.

Women can prevent and reduce their risk of heart disease by:

- Becoming and remaining smoke free.
- Achieving and maintaining a healthy body weight.
- Being physically active for at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. Maintaining a blood pressure through lifestyle changes (such as increased physical activity) and when needed through medication.
- Eating a healthy diet that is lower in fat, higher in fibre and includes foods from each of the four food groups in Canada's Food Guide.
- Using medications to reduce the risk of heart disease and stroke as prescribed

by your healthcare provider, for example medications for high blood pressure, high blood cholesterol and diabetes, or other medications like acetylsalicylic acid (ASA commonly known as Aspirin™)

NALCOR News

Medavie Blue Cross is Moving!

Effective **October 19, 2015**, Medavie Blue Cross is moving to a new location:

Medavie Blue Cross
The Viking Building, Suite 204
136 Crosbie Road
St. John's, NL A1B 3K3

Please take note of the effective date of this move and the new location

Retirees

The Silver Lights executive would like to wish all the new retirees the very best in your retirement. Congratulations!

Jill Chisamore



Jun 9,1997: - Hired temporarily as Secretary

Oct 4,1999: - Reached term status

Jan 17,2002: - Became permanent Administrative Assistant with Customer Services Department

May 1,2011: - Reclassified to Regulatory Coordinator

Jul 31,2015: - Retired

Brian Ball



Mar 2009: - Transferred over to Exploits Generation from Abitibi as a Technical Operator

Sep 2011: - Became Lead Hydro Plant Operator

Jul 28,2015: - Retired

Joseph T. Walsh



Jan 8,1989: - Hired as Utility worker in **Donna Smith**
Hinds Lake plant.

2007: - Reclassified to General Maintenance "B"

2010: - Was a Recipient of a President's Award in the category of People

Jul 31,2015: - Retired



Wallace Dean



Jan 11,1988: - Hired as Programmer Analyst

Jan 20,1989: - Became Financial Analyst

Jun 2000: - Reclassified as Senior Financial Analyst

Jun 1,2005: - Became Project Reports Supervisor

2007: - Became Team Lead, Capital Asset Accounting

Sep 30, 2015: - Retired

Ingemar Dean

Jan 9,1989: - Hired a Line Worker "A".

Oct 28,1991: - Became a Utility worker in Whitbourne

Feb 1,1993: - Became General Maintenance "A"

Jul 31,2015: - Retired



Aug 16, 1982: - Hired as Lineworker apprentice

Aug 16, 1985: - Received Journey person status

Aug 24, 1987: - Became Driver groundsman in Whitbourne

Jun 14, 1988: - Became Ground Maintenance Person (Seasonal)

Jul 10, 2001: - Became Lineworker "A"

May 4, 2009: - Became Lines supervisor in Whitbourne

Jul 31, 2015: - Retired

Anthony OBrien



Aug 16, 1982: - Hired as Lineman apprentice

Sep 16, 1985: - Became Lineman "A" in Wabush

Nov 2, 1987: - Moved to Happy Valley Goose Bay

Aug 6, 2002: - Became Line supervisor

Mar 5, 2012: - Became Manager, Operations and Work Execution (Transmission and Distribution)

Aug 31, 2015: - Retired

Paula English

Sep 29, 1980: - Hired as Clerk Typist

1988: - Became a Secretary with Internal Audit

Jul 31, 2015: - Retired

Larry Edwards

Jun 1984: - Hired as Fire/Security Officer in Churchill Falls

Oct 2007: - Became Fire/Security Chief

2013: - Reclassified as Manager, Emergency Services

jul 2015: - Retired

Wayne Chamberlain



Aug 25, 1986: - Hired as Senior Legal Counsel

2008: - Became General Counsel and Corporate Secretary

Sep 2014: - Appointed to Queens Counsel

Sep 30, 2015: - Retired

Kim Petley



Jul 12,1977: - Hired permanently as an Office Services Clerk in the Office Services Department

Apr 1,1980: - Promoted to Clerk/Stenographer with the Purchasing Department

May 29,1980: - Promoted to Intermediate Secretary in the Rates and Financial Planning Department

Oct 6,1986: - Promoted to Senior Secretary in the Management Department

Apr 22,2002: - Temporarily assigned to Communications Department as a Corporate Affaires Coordinator

Mar 10,2008: - Temporarily assigned to Business Development, Oil and Gas as Executive Assistance

Mar 17,2010: - Reclassified to Office Services Manager, Oil and Gas

Jan 30,2015: - Retired

Capitol Hydro



Events

Kitchen Party

October 10

Contact:

Susan Ryan 737-1776

Dawn Dunn 737-4902

Melissa Hardy 737-4867

Family Movie - Peanuts Movie

November 8

Contact:

Susan Ryan 737-1776

Dawn Dunn 737-4902

Melissa Hardy 737-4867

Christmas Dinner and Dance

November 28

Contact:

Amanda Singleton 570-5981

Dawn Dunn 737-4902

Melissa Hardy 737-4867

Kid's Christmas Party

December 13

Contact:

Amanda Singleton 570-5981

Dawn Dunn 737-4902

Melissa Hardy 737-4867

Office Christmas Party

December 18

Contact:

Amanda Singleton 570-5981

Dawn Dunn 737-4902

Melissa Hardy 737-4867

Request for Event Suggestions

Do you have an idea for a great social club event? If so we want to hear from you!

The Capitol Hydro Social Club greatly values its relationship with the Silver Lights group and its members. As such we want to know what events you would like to attend. Please let us know of any suggestions you may have for a different social club event and we'll do our best to incorporate it this year and years to come. We would greatly appreciate your input on how to make our events better!

Updated Mailing List

Not receiving our event notices?

If not, and you would like to receive information on events and other communications, please let us know by contacting the Social Club at CSocialClub@nlh.nl.ca and provide us with an up-to-date email address. We'll get you added to our mailing list so you can receive timely information on all the fun events happening this year!

Club Executive

President	Chris O'Brien	737-1214
Vice President	Tim Manning	737-1730
Publicity	Caryn Philips	737-1765
Secretary	John Flynn	737-1739
Finance	Maria Viscount	737-5219
Treasurer	Tracy Maynard	737-1288
Special Benefits	Marie Avery	737-1476
Entertainment	Amanda Singleton	570-5981
Entertainment	Dawn Dunn	737-4902
Entertainment	Melissa Hardy	737-4867
Sports	Brad Smith	778-6635
Sports	Susan Ryan	737-1776
Exec@large	Trevor Smith	

The Lighter Side



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.