



SILVER LIGHTS CLUB

NEWFOUNDLAND AND LABRADOR HYDRO
A Nalcor Energy Company

President's Message

Wayne Chamberlain

As I am writing this message I am listening to Andy Williams bellow out that "It's the most wonderful time of the year..." and it is my favourite time of the year. It is a time when we make a special effort to get together and enjoy family and friends but also to share our time and if possible improve in some small way the lives of someone less fortunate than ourselves. My family and I wish you and your families good health and a safe and joyous holiday season and the very best in the New Year.

Editor's Message

Janet Calver

Well, here we are right in the middle of the Christmas holidays. It's always a special time of year. The bright lights, the beautiful Christmas carols that we all know, the cherished Christmas decorations that have been passed down from generation to generation - all contribute to the "magic" of Christmas. But have you noticed how much more we are inclined to lend a helping hand to someone in need at this time of year? During the Christmas season, contributions to the food banks go up, donations to shelters increase, there are more volunteers at community kitchens and more toys are donated for little children. Wouldn't it be wonderful if that spirit of giving back and of wanting to help those around us could continue all year long? The good

news is, it can continue. For 2017, I challenge you to think about just one act of kindness you could do for someone else - a family member or stranger - and see how much of a difference that can make, not only in their life but in yours.

In our Christmas newsletter, there's lots to read. Ken is here with his much loved and read "Out-and-About" column. We get to meet the newest members of the 25 Year Club and of course, our latest retirees. Check out the recap of our Fall Trip to Port Rexton and see who you recognize in the pictures. There are safety tips on preventing slips and falls in the winter and recommendations for the best boots to wear walking on icy surfaces. You'll also see that the "spirit of giving back" is alive and well within the Silver Lights. Your club is fortunate enough to be able to make some sizable donations to different groups and organizations. Consequently, four organizations are very happy. Read all about it. We've also included some Christmas related stories that we hope you'll enjoy.

For the Silver Lights Executive, this has been an interesting year. The changes at Nalcor have presented many challenges in how our Club operates. You have witnessed some of those challenges - the publication and distribution of our newsletter is perhaps the most obvious. The good news is that we are making great progress and thanks to our Executive, we are moving forward, better than ever. Stay tuned!

So heres a big "thank-you" to the Silver Lights Executive - a great bunch of volunteers! Thanks also to all our newsletter contributors over the year, especially Ken Ball

who is our heart and soul, Chris Schwartz with his financial advice, and Kelsey Hayley, in Human Resources, who puts together the names of our 25 Year Club members and our retirees. And a special “thank-you” to you, our readers, for being so patient with us as we navigate troubled and uncharted waters.

Best wishes to you and yours for a safe and healthy 2017!

SilverLights News

Out and About with Ken Ball

Here is the latest gossip that I've been able to accumulate over the past few months of interfering in peoples' lives. Hope you will gather from this that some of your friends are doing OK.

Wayne Howell

Wayne was in town recently and joined us for breakfast. He is one of a select few that calls when he comes to town to see if we are having our Jerry Marks Breakfast Club breakfast. This time we were having it on the Tuesday of his visit and he joined us. It is always great to have a Hydro retiree from out of town join us.

I mentioned before that Wayne is having treatments for bowel cancer. He has had 4 of the 12 chemo treatments, and to date they have had no adverse effects on him. Wayne is looking great and carrying on with his life without letting the treatments interrupt him. For instance, he had his 4th treatment and 20 minutes later he was on his way to his cabin in central.

Wayne has finally called it quits on the work front. He finished up the Apprenticeship Program he was doing for Deer Lake Power and gave up teaching Electrical at the Trades College in Corner Brook.

He still has his cabin in central and spends some time there in the summer. He also visits his daughter in Labrador.

It was really great to see him and know that he is doing well.

Wayne worked in Human Resources, and was in charge of the Apprenticeship Program

Job Norris

I was in the food court at the Avalon Mall the other day having a mug-up when Job came by. I had not seen him for many years, but I knew him right away. He hasn't changed a bit.

He was in St. John's on his way to Ottawa to join wife, Bernice, and visit their daughter.

Job just got back from moose hunting on the Bay d'Espoir highway with his Hydro buddies Garry Brinston and Ken MacDonald. I think they missed their other hunting buddy, Albert MacDonald, who passed away last year.

Job and Bernice have tried the Florida in the winter trip and cruises but now prefer to spend the winter in Ottawa with their daughter. Last winter while in Ottawa, he had a call from Joe Ansara and Joe came and picked him up and took him out to lunch.

We brought each other up to date on Hydro retirees but we had a hell of a time remembering names. He feels that it's too bad that when former Hydro employees pass away it is not generally known by the remaining group. Hopefully something can be done to remedy this.

Job was Superintendent of Maintenance Services at Churchill Falls.

William Hartery Jr.

I had a pleasant surprise the other day at Winners in the Avalon Mall. I was strolling down the aisle looking for the Boss and there was Junior coming towards me. Surprise. I knew him!

I had heard of his father's passing recently so he gave me an update. I knew Bill Sr. when I worked at Camp Boggy in 1967-68 and I was fortunate enough to see him occasionally when I used to visit my son in Bay d'Espoir.

Junior brought me up to date on mutual friends and what was going on generally at the plant.

I had some dealings with Junior and Lloyd Kendall when I worked at Bishop's Falls. We would visit them to check stock and see if procedures were being followed. In other words we tormented them occasionally. They always seemed glad to see us and of course it was a highlight of the workday for us.

Junior looks great and as enthusiastic as ever. Always a pleasure to talk to an old friend.

Junior is the Hydro Storekeeper in Bay d'Espoir.

David Hodder

I was at the food court in the Avalon Mall the other day and saw David. I had only met him once or twice in Churchill Falls so I knew he would not know me. However, undaunted, I knew I could not miss a chance to talk to a fellow retiree.

David retired early because of health prob-

lems but seems to be doing great at present. He is enjoying his retirement.

He visits his children annually. His son in Calgary and his daughter in Churchill Falls. David has 3 grandchildren to keep him busy.

We discussed mutual acquaintances and had a great yarn.

David's wife passed away a few years ago but he still lives in his own home.

David was the Sr. Civil Engineer at Churchill Falls.

Frank Hennebury

I saw Frank and his Misses at Pizza Delight the other day. We had just finished pigging out on the buffet when Frank came in all ready to dig in.

Frank is home for his 2 weeks off from his job at Menniek and will make breakfast with us this time. Frank only misses when he's working.

I had some news to discuss with him, like mutual friends I had seen. Most of them are mentioned in this "Out And About".

Frank loves his job and has no plans for retiring. He seem to be quite contented with his 2 weeks on and 2 weeks off.

Before Frank retired he was Plant Maintenance Superintendent at Churchill Falls.

George Lundrigan

I was picking up a few essentials at Dominion Stores yesterday and ran into George. I had not talked to him in a couple of years.

George had a bit of a medical problem a couple of years ago - blockages that caused

some damage to the heart.

He told me that just before this happened he walked for 5 hours straight up and down Gross Morne Mountain and never felt a thing. I would say he was more than lucky.

He had 2 major blockages. One George referred to as the widow maker was 100% blocked and another 95% and even though there was some damage he is fine now.

George looks fit as a fiddle and was trying for some work this summer that eventually fell through.

George worked with the Construction Department at Hydro Place.

Janet Morris

I was talking to Janet the other day at the Village Mall Food Court. She saw me and came over and, well really, introduced herself. I knew her but had no idea of the name. Thankfully she recognized my distress and came to my rescue by introducing herself. I really wish more of our retirees would take that approach, then life would be so much less embarrassing.

Janet is doing a little home care and with the grandchildren she keeps busy. She looks terrific.

We never had much time for any conversation but it was great seeing her again.

Janet worked with Humas Resources at Hydro Place dealing with benefits.

Ian MacPherson

I saw Ian the other day walking through the food court at the Avalon Mall. I wasn't there

eating if that's what you're thinking. I'd just finished a doughnut and coffee.

Ian is in terrific shape and hasn't changed a bit. He obviously keeps up his strict exercise routine.

He lost his wife in a tragic accident a year and a half ago while vacationing in England. While this is one of life's most tragic things to bear, it does get better as time goes on. But anyone knows who has had to face this situation that sorrow keeps cropping up, and sometimes when you least expect it. You just have to keep going, and always with the help of your friends.

These days Ian spends a lot of his time travelling to some far away places. He told me where he has been but I've forgotten them already. I remember he told me he visited parts of China and Korea and is going to the Falkland Islands for Christmas. Even though I'm green with envy Ian, I wish you good luck in all your travels.

Ian was Administration Manager at Hydro Place in St. John's.

Don Tuff

I was at the Village Mall the other day and another old friend and retiree happened by. I had not seen Don for a few months so there were a few things we had to talk about. I think we discussed and fixed most of the world problems and certainly all of Hydro's.

Don has lost all interest in going up to his cabin and has given it over to his son. So now I know it's not only me that sometimes feels that way.

He had a couple of trips out around Car-

bonear this summer but mostly enjoyed his own backyard.

One day this summer he decided to go for a drive out around the Irish Loop. He stopped for lunch at one of the local restaraunts and there was another couple there. After sizing each other up it was realized they had both worked for Hydro. This other retiree was Roy Goosney. You can meet them anywhere!

Don is doing great and still shares his favourite memories of Hydro. It is always good to have a chat with him.

Don was Transportation Supervisor at Hydro Place.

John Hobbs

I was talking by phone to John the other night. I was visiting my friend and fellow retiree Bob, John's brother, when he called. I had not spoken to John for a few years and it was a treat to have a little yarn.

John has had problems with his back this last few years and a couple of years ago he had back surgery. The doctor told him at the time that surgery would not cure his problem but it would delay his back from further deterioration. This has proven to be the case. He is better than before the operation and although it is not cured it doesn't seem to be getting any worse.

John spends a lot of his time those days transporting his grandchildren and baby sitting. He spends a bit of time on his computer.

We didn't have much time to compare Hydro retiree information but I plan to visit him soon for a better yarn.

John was a Technician with EMS.

Doug Corcoran

I was at the Avalon Mall the other day when Doug came by and had lunch with us in the food court.

I was interested in talking to him because he recently had hearing aids and I wanted to know how he was getting on with them. He informed me that they sometimes irritate his ears, but not that day because his batteries had gone dead and the spares were in his wife's purse. But she came by, and with replacement batteries his hearing was good again.

Since I have a moose license for the Salmonier Area, which runs down through Whitbourne, and Doug being from the area, I thought I might get a bit of inside information. But we had already hunted the locations Doug suggested we try and we had had no luck.

We discussed mutual acquaintances in that area and as always I was pleased to know Herb Woolfrey is doing well. Like I mentioned before, Herb is just about blind, but his son is living with him so a lot of worries have been eliminated.

Doug is doing renovations to his bathroom, and so far eight different trade types have been involved. No wonder Muskrat Falls is in the news if it takes eight different trades to renovate a bathroom!

Doug informed me I just missed John Foley. I would love to have seen John and found out how his wife was, but Doug informed me she is doing great after a long fight with can-

cer. This was great news.

Doug and the Missus were heading for a movie so we had to cut short our yarn.

Doug was the Office Supervisor at Whitbourne.

Steve Carter

I saw Steve at the Village Mall the other day. I didn't see him until he spoke to me and then he had to tell me his name. I knew that I knew him but the name wouldn't come.

We had a great yarn and I found out a lot about some friends that Steve knew. Friends from Francois, Parson's Hr. and Rencontre West. Most of those people have cabins at Paddy Stride off the Burgeo Highway. Steve also has his cabin there.

I probably asked more questions than was politically correct, but not very often I get a chance to catch up on all the good stuff. We went all up the coast and in all the communities. I really think Steve knows half the people I know on the coast including the Hydro retirees.

Steve is originally from Ramea and now lives in Bishop's Falls. We have some mutual friends there. He used to play cards with Morgan Hollett (deceased), Bruce Regular, Fred Dier and their wives. I know they didn't have the times. Until Fred moved to Arnolds Cove, the other six continued this practise .

Steve went to visit Fred at Arnolds Cove on his way to St. John's. Fred is doing great.

Sometimes I wish I could record the conversations as they took place. Then you could enjoy it as much as I do. This yarn with Steve was one of the better ones I've been privi-

leged to have in a while because we talked about friends back home. It probably could only have been better if we were on the stage head watching the dories coming in from fishing.

Steve worked as Supervisor in the Diesel Plants System and was stationed in Bishop's Falls

Mat Parsons

I phoned Mat the other day to see how he was getting along. The last time I spoke to him there was a problem with his eyes. He has been to Halifax for treatment but I gather the problem is still there. Recently he has found that if he lifts or moves anything heavy he may get ruptured blood vessels in his eye. This has happened twice recently. Hopefully the problem will be resolved eventually.

Mat got another problem, one that I wish I had. His fridges are blocked with moose that has been given to him by friends, and not only moose, but also the odd partridge. After talking to Mat I felt I would like to be back there again. I'm getting homesick.

I always feel great after talking to Mat. His sense of humour reminds me a lot of Morgan Hollett's. Always a good laugh on the go.

Mat was the Distribution Line Supervisor in Burgeo.

Quickies

Bill Puddister

I saw Bill at Tim Hortons in Mount Pearl. Unfortunately Bill was in line and I was on

my way out the door, not a good situation for a yarn.

Bill looks great and is a very positive person. He has to be; He's a Leaf's fan!

Bill worked in Financial Planning at Hydro Place.

Lewis Clarke

I ran into Lewis at Sears and had only a minute to talk.

Lewis looks great. I'm not surprised; He was on two Caribbean Cruises in October.

We had a minute to ask each other about Hydro friends and then the Master called and I had to mosey along.

Lewis was an Accounts Payable Supervisor at Hydro Place.

Libby Power

Saw Libby walking through the lower corridor at the Avalon Mall. I just had time to say "Hi" and she was gone in the crowd.

Libby still had that mischievous grin on her face so I know she is feeling great. Would have loved to have had a chance to chat.

Libby worked in the Construction Department at Hydro Place.

Old Foolishness

The other day a friend of mine had taken his car in for a maintenance check and was heading home via courtesy vehicle. Before dropping off my friend, they had to drop off a nurse at the Waterford Hospital.

On the way to my friend's house the driver mentioned that one day the week before he

had gone to the Waterford for blood work. He said "You won't believe this but trying to get out of the hospital, I got lost. I saw a patient sitting painting a picture and I asked him how I could get out of there." The patient replied, "Listen to your doctor and take your pills."

Seasons Greetings

I hope this Christmas will be a good one and may all the twelve days be enjoyable. Please arrange for transportation if you plan to have a few. We don't want your Christmas celebrations disrupted by such preventable actions as driving under the influence.

Merry Christmas and Happy New Year.

25 Year Club

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

Catherine Mackey	Hydro Place
Angela Dunphy	Hydro Place
Billy Loveless	Bishop's Falls

Donations

For the past two years, Silver Lights has made several donations of \$500.00 each to four sep-

arate groups. Nalcor has come on board and has matched our donations, meaning each group receives \$1000.00 around Christmas/New Year's. There are many worthwhile organizations out there making a difference to so many people and Silver Lights is pleased to be able to support them. This year Silver Lights will again be donating \$500.00, matched by Nalcor's equal donation, to each of the following: Community Food Sharing Association, The Gathering Place, Ronald McDonald House, and the Jimmy Pratt Centre. We know it will be very much appreciated and well used.

Trip to Port Rexton

The annual Fall Trip sponsored by the Silver Lights Club was a wonderful time! This year our destination was Port Rexton and the area around Bonavista. This part of our Island has its own rugged beauty just waiting to be explored. I think I can speak on behalf of everyone who came along, that we thoroughly enjoyed our two days there and are looking forward to returning some day soon.

Now everyone has horror stories about the weather in the Bonavista area - the wind, the rain, the fog - but for our two days in October, the weather was perfect - sunny, warm (shorts and T-shirt temperatures), and very little wind. Talk about luck!

Most arrived in Port Rexton around lunchtime. Joining us this time were: Lynn and Bob Lovett, Jasbir and Rami Wadhwa,

Ida and Fred Deir, Judy and Calvin Bailey, Linda and Vern Penney, Kim Petley and Bill Walker, Phyllis and Reg White, Heather and Gerry Bowers, Ruby and Aubrey Hill, Patricia and Dennis Jones, Lynette and Wayne Chamberlain and Brian Gamberg and me. We stayed at the Fishers' Loft, overlooking the idyllic harbour of Ship Cove. The Inn itself is a collection of structures which reflect the traditional architecture of Trinity Bay between 1850 and 1900. The minute you checked in, life seemed to slow down - maybe it was watching the cat curled up near the reception desk enjoying a snooze! Once we landed our gear in our room, it was off to meet up with the rest of our group and find out where we could grab some lunch - food was never far from our thoughts! Although we were traveling "out of season" we found a lovely spot for lunch that offered delicious home-made soup and sandwiches. Let's just say no one left hungry.

After driving all morning and then having a big lunch, we decided that a hike would go over well. The sunshine beckoned! There are numerous hiking trails in the area and it is no problem to find one that suits your hiking capabilities. For our afternoon hike, we picked one that suited everyone - the Skerwink Trail. This hike meandered around the coast, taking us past sea stacks, breath-taking views of the coastline and ocean and through meadowlands and country gardens. There was ample opportunity to sit and simply enjoy the view and watch the seagulls or to take pictures and have a chat with your walking companion. All too soon, we were back at the Loft and making plans for - yes, dinner!

We decided that Trinity would be the place, so reservations were made and off we went. Some of us took the “more scenic route” to get there (mentioning no names!) but all turned out well and before long everyone was enjoying a delicious meal and lively conversation. When we finished our meal, it was dark outside and we could appreciate the magnificent night sky. You can hardly believe the number of stars and planets you can see when there are no city lights around you!

The next day was “ours to explore”. After a good night’s sleep we were ready to start the day - so much to see, so little time it seemed. Now it’s hard to believe that we could be hungry after the big dinner the night before, but we were. We decided to explore the community of Port Rexton to see what that had to offer. We found a quaint little old-house turned into a cafe that served home-made bread and muffins - not to mention, all kinds of locally-made jams. Life is just too good! Outside, there was a little garden that looked very productive even at that time of year and strutting around, as if they owned the place, were hens!

Now it turned out that a number of our group had found this cafe, so while we were there, a number of us decided we would take advantage of the sunny weather and try another hike. This time it was Fox Island Trail. This is a coastal loop trail, with an optional climb to a peak (more difficult). We even met some berry pickers on the way. They were out for the day, with a packed lunch and all! Partridgeberries were the focus of their attention and by the looks of things, the pickings were good!

After the hike, our little group split up to explore more of the area. It was now early afternoon and as we were expected to meet at Bonavista for an early supper, that didn’t leave us much time. So we drove on to Port Union, Elliston and Bonavista, taking in some of the attractions and sights. There’s way too much to see in one afternoon!

Before we knew it, we were on our way back to Bonavista for supper. It was great fun to hear what everyone had been up to all day. The Sealer’s Interpretation Centre was an obvious hit with everyone and the tale it told was heartbreaking. I was surprised to learn that Nalcor had made a significant contribution to the Centre - it was a proud moment. After dinner, we drove back to Port Rexton, dare I say in convoy fashion - enjoying the stars. After all the fresh air and the wonderful dinner, I was ready to call it a night.

Our last morning was a final chance to explore the Fishers’ Loft grounds. They have a maze on their grounds of all things! My husband and I walked it, each of us starting at a different entry point to see who would reach the centre first. Should you ever visit the Loft premises, try it! We also meandered down to Gunnery Lookout - a hill with a restored cannon that provided protection for the settlers in days gone by. Did I mention the blueberries we passed by on our walk there and back? The only problem was I had no bucket for picking!

Our last breakfast together at the Loft was delicious. All too soon though it was over and we were saying good-bye to everyone. Another wonderful get-together with good friends!

A special thanks to the Silver Lights Ex-

ecutive who planned the trip and made all the arrangements, especially Dennis Jones, Aubrey Hill, Kim Petley and Wayne Chamberlain. Great job!

Below are some pictures from the trip. I hope you enjoy them!



Cafe Hens!



Cafe Garden



Hikers are ready (l to r) Rami, Kim ,
Jasbir, Gerry, Ruby, Aubrey



Our “Home” at Fishers’ Loft



View from the Loft Premises



View of the Harbour and Port Rexton
from Fishers' Loft



Gunnery Hill looking out over Port
Rexton



Fishers' Loft Premises



Gerry and Heather out for a stroll



Gunnery Hill Lookout



Dinner at Trinity, Good Times!bottom left corner going counterclockwise: Aubrey, Cal, Fred, Heather, Gerry, Kim, Bill, Brian, and across the table, Ruby, Lynette, Wayne, Ida and Judy (picture taker, Dennis))



Dinner at Trinity, Good Friends!bottom left corner going counterclockwise: Bob, Lynn, Jasbir, Phyllis, Reg, and across the table, Janet, Rami, Patricia (picture taker, Dennis))

Fall Trip 2017?

We always seem to have a great time at our Fall Trip get-aways and it seems one is just over when we start thinking about where our next one should be. The Executive try to move the event around the Province so that one year it is based on the east coast, the next year on the west coast. For 2017, we were wondering if we should try central New-

foundland as our destination. What do you think? Do you have any suggestions? We'd love to hear from you - just send one of us an Email and give us a call.

Santa Claus Parade

Well, if you braved the weather to go to one of the metro areas Santa Claus parades, you probably noticed there was no float this year from Silver Lights and Nalcor. Needless to say, the Executive was very disappointed. Due to unforeseen circumstances, space to build the float could not be guaranteed at the Holyrood warehouse and by the time this was discovered, it was too late to find alternative warehouse space. Next year, we hope to have budgets prepared and Nalcor commitments in place well before the Fall. So be prepared to get your hammer ready and your paint brush dusted off for next year's float building!

Everyday Life

Auld Lang Syne and Hogmanay

Now by the time you actually get to read this newsletter, Christmas and New Year's Eve of 2016 will be just a memory - a happy one, we hope. If you were out to a dance on New Year's Eve, there's a good chance that at the stroke of midnight, everyone started to sing Auld Lang Syne. I've wondered for many years what those words meant and where they originated - and is there only one verse to the song? Well here's a little bit about the history of this very famous song and the Scottish tradition of Hogmanay.

Auld Lang Syne is an old Scots poem written by Robert Burns in 1788 and set to the tune of a traditional folk-song. It is well known in many countries, especially in the English-speaking world. It is traditionally used to bid farewell to the old year as the clock strikes midnight. It has also been sung at funerals, graduations, and as farewells or endings for other occasions. In many countries, the international Boy Scout organization uses it to close out its jamborees.

According to Wikipedia, the song's Scottish title may be translated into standard English as "old long since", or "long, long ago" or "days gone by" or "old times". Over the years, it has been used countless times in poems, tales, and folk-songs and the melody itself is very recognizable. (It is generally

accepted though that this is not the tune Robert Burns heard.) Below is today's English translation of the song:

Should old acquaintance be forgot,
and never brought to mind?
Should old acquaintance be forgot,
and old lang syne?

CHORUS:

For auld lang syne, my dear,
for auld lang syne,
we'll take a cup of kindness yet,
for auld lang syne.

And surely you'll buy your pint cup!
and surely I'll buy mine!
And we'll take a cup o' kindness yet,
for auld lang syne.

CHORUS

We two have run about the slopes,
and picked the daisies fine;
But we've wandered many a weary foot,
since auld lang syne.

CHORUS

We two have paddled in the stream,
from morning sun till dine;
But seas between us broad have roared
since auld lang syne.

CHORUS

And there's a hand my trusty friend!
And give me a hand o' thine!

And we'll take a right good-will draught,
for auld lang syne.

CHORUS

Hogmanay is the Scots word for the last day of the year and is synonymous with our New Year's Eve celebration. Singing Auld Land Syne on Hogmanay or New Year's Eve very quickly became a Scot's custom that soon spread to other parts of the British Isles. As Scots (not to mention English, Welsh and Irish people) emigrated around the world, they took the song with them. It is now common to sing this in a circle of linked arms that are crossed over one another as the clock strikes midnight for New Year's Day, though it is only intended that participants link arms at the beginning of the final verse, coordinating with the lines of the song that contain the lyrics to do so. Typically, it is only in Scotland this practice is carried out correctly. (Note: In countries other than Scotland the hands are often crossed from the beginning of the song at variance with Scottish custom. The Scottish practice was demonstrated by the Queen at the Millennium Dome celebrations for the year 2000. The English press berated her for "not properly crossing her arms" unaware that she was correctly following the Scottish tradition!)

There are many customs, both national and local, associated with Hogmanay. The most widespread national custom is the practice of "first-footing", which starts immediately after midnight. This involves being the first person to cross the threshold of a friend or neighbour and often involves the giving of symbolic gifts such as salt (less common to-

day), coal, shortbread, whisky, and black bun (a rich fruit cake), intended to bring different kinds of luck to the householder. Food and drink (as the gifts) are then given to the guests. This may go on throughout the early hours of the morning and well into the next day (although modern days see people visiting houses well into the middle of January). The first-foot is supposed to set the luck for the rest of the year.

A Christmas Story

This will be the third Christmas story I've printed from the book, "Twelve Tales for Christmas" written by Rev. J. S. S. Armour. This year the tale is titled "O Christmas Tree" and for those of you who have experienced cutting your own Christmas tree sometime in your life, this is sure to bring back memories. I hope you enjoy!

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

"O Christmas Tree"

To begin with let me say that at our house Christmas trees have to be real. The family insists! As I grow older, the idea of a perfect, life-like tree, that comes in a box and can be put up in minutes - which is the same size every year, and stands straight and tall, with

no needles to vacuum, and no container to fill with water - sounds pretty attractive.

“But, Dad, it must be a real tree. One that smells like a tree. An honest-to-goodness-go-get-it-yourself-new-every-year-God-grown-made-in-Canada-fir-tree.” I ask you - what is Christmas without a real live tree?

What indeed! Let me hasten to say that I am not a fanatic about this. Once only, when my boys were small, did I venture to plunge off the Trans-Canada and strike out into the woods for the perfect tree.

Hours (or was it days) later, we staggered on to the highway, cold, soaked to the skin, the kids sobbing hysterically because Daddy had turned into a madman just because someone almost chopped off his brother's foot! And the perfect tree? Charlie Brown should be so lucky!

But I digress.

It always starts well enough. The children are willing, yea eager, to go on the great adventure to buy the very best tree Montreal can afford.

They receive the same instructions from their mother as I have received.

“A nice tree, mind. This high. Make sure it's straight. Bushy all round - with a nice tall point for the angel. And don't forget to check the needles!” (What you do with the needles I am never quite sure.)

And, of course, “Don't pay too much for the tree!”

Off we go! Oh, by the way, it is freezing cold - sub, sub-zero. The day before was mild; the day after will sure to be balmy. But the day you go and buy your Christmas tree is always the coldest day of the year.

And if you are frozen stiff - so are the trees. How can you tell if a tree is bushy when it lies like a corpse in netting tied tightly with rope?

You do the rounds - see hundreds of trees - no one agrees on which one to buy. Remember that no two people ever agree about a Christmas tree - except you and the man who wants to sell it to you.

What you do is bang it up and down several times. Turn it round. Finger the needles as if you know the secret they alone can tell you - and ask intelligent questions. Such as “Is it fresh?”

“Cut this morning, sir, in Chibougamau.”

In the end, the cold gets to you. You're prepared to take anything - even when it costs only slightly less than the limit on your Visa card.

Haul it home and put it in the garage to thaw out. Later, drag it upstairs - ominously shedding needles every step of the way.

It's too tall! It's always too tall!!

Hack off the best branches. Try to make it look straight. Fit it into one of those delightful clamp things designed for weightless trees, which rust out over the summer and is always missing a vital floor screw. Face the best side out.

It hasn't got one? Right. Tie it to the radiator. Tie it to the radiator again!

Just when it is looking its absolute worst, enter your spouse. Even the children look at you with scorn.

"Is that the best tree you could find? Why didn't you measure it first? Did you really check the needles? Well, you couldn't have paid much for that tree." And then with a sigh, "I guess it's too late to get another one now."

Merry Christmas, everyone!

But, I will let you into a little secret.

When the lights go on, when the garlands encircle it and the icicles strew its branches, when the decorations you have gathered down through the years adorn it, and when you place the wooden creche with Mary and Joseph and the Babe lying in the manger - and at its top, the angel, who smiles down as if to say, "Behold, I bring you good tidings of great joy, which shall be to all people", then everyone will say, "It's the best Christmas tree ever!"

For what is Christmas without needles to

vacuum and the smell and feel and sight of an honest-to-goodness-go-get-it-yourself-new-every-year-God-grown-made-in-Canada-fir-tree!

Health & Wellness

Slips and Falls

How to Prevent Slips and Falls

I was trying to remember the other day exactly when I started to worry about falling down and breaking a bone or two. I suspect I was in my 30's. I guess up to a certain age you think you are invincible and nothing like that will ever happen to you. Now, I have an intense interest in remaining upright when walking, especially during our winter. I have included some tips from the British Columbia Government's website. (Remember they had a fair bit of snow in Vancouver and Victoria this winter.) Check it out – the tips are just as applicable to Newfoundlanders as British Columbians.) That's followed by a report aired on the CBC last week which talked about the best boots for walking on ice. This is also useful. Here's to staying vertical this winter!!

(This article can be found at the following website: <https://news.gov.bc.ca/stories/top-ten-tips-for-staying-fall-free-this-winter>)

Falls are the most common cause of injury among British Columbia seniors and are the main reason why older adults lose their independence. Each year, one in three seniors over the age of 65 experience at least one fall and nearly 40 per cent of fall-related hospitalizations involve a hip fracture - which

greatly impacts the health and well-being of the senior as well as the B.C. health-care system.

Winter conditions, such as snow and ice, are known to increase the likelihood of experiencing a fall. Last year, 319 B.C. seniors aged 65 and over experienced fall-related hospitalizations due to ice and snow. According to Canadian Institute of Health Information data, over 70 per cent occurred between January and March. This information is often referred to as the tip of the iceberg, as many more fall injuries are treated in clinics, emergency departments and doctors' offices.

Falls usually happen due to factors that can be prevented. Identifying fall risk and taking the appropriate action to prevent falls can help seniors to stay independent and increase their overall health and well-being.

Top ten tips to help seniors stay fall-free this winter:

1. Check your traction - wearing appropriate shoes and boots for slippery sidewalks and stairs can help to avoid a fall. Research has shown that wearing an anti-slip shoe device can reduce the risk of a fall in icy conditions.
2. Slow down - 'tis the season for many exciting events. Falls often occur when you're in a rush.
3. Stay connected - letting people know your plans and taking a cellphone with you when you leave the house are great

- ways to keep in touch with friends and family this holiday season.
4. Vitamin D and calcium - research has shown that Vitamin D and calcium play an important role for muscular strength and bone health. During the winter months, it is especially important to eat foods high in Vitamin D and calcium and/or take supplements to get the recommended daily intake.
 5. Stay active - strong muscles and bones are important in preventing falls and getting around safely. If winter conditions make it unsafe to exercise outdoors, stay active with an indoor routine that includes strengthening and balance exercises.
 6. Bring in the salt - keep your salt and shovel indoors to avoid slipping while on your way to the garage or storage shed to get it.
 7. Shovel the walkway - keep your steps and pathways clear. Check your railings and ensure they are sturdy, as they may save you from an unexpected slip or trip.
 8. Ask for help - 'tis the season to lend a helping hand. Most people are happy to help an older person navigate across a slippery sidewalk or parking lot.
 9. Have a plan - if you experienced a fall, what would you do? Being prepared in the event of a fall can assist in getting help as quickly as possible, and may even save your life.
 10. Ask yourself if you are at risk - check your risk for falling with the Staying Independent fall risk assessment tool at www.seniors.ca/stayingindependent
- The article below, from CBC, listed the top winter boots for icy conditions. (drill down through this link for additional details on work boot ratings: <http://www.cbc.ca/radio/the-current/the-current-for-december-16-2016-1.3898661/think-big-treads-on-winter-boots-can-stop-you-from-slipping-on-ice-nope-1.3898711>)*
- Here are the top casual boot ratings:
- Sperry Men's Cold Bay Vibram Arctic Grip Boot
 Caterpillar Stiction Hiker Ice Waterproof TX Boot
 Sperry Women's Powder Valley Arctic Grip Winter Boots
 Windriver Men's Yukon XL Winter Boot
 Windriver Men's Yoho Hiking Boot
 Windriver Men's Snow Leopard III Winter Boot

NALCOR News

Retirees

The Silver Lights Executive would like to congratulate all our new retirees and wish them the very best in their retirement!

Allan Down

Allan Down was hired as Recreation Attendant in Churchill Falls on July 31, 1980. He became a Labourer in May 1998 and a Utility Worker in April 2002. On January 1, 2014, Allan assumed the position of General Maintenance A. Allan retired on December 31, 2016.

Allan Wilton

Allan Wilton was hired on October 22, 1984 in Woody Point as a Line Worker A. Allan received the President's Award for safety in 2015 and retired December 31, 2016.

Danny Brenton

Danny Breton was hired as Mobile Equipment Learner I in Churchill Falls on April 3, 1985. He took the position Utility Worker in November 1997, moving on to become a Mobile Equipment Learner in December 2001. Danny was promoted to Mobile Equipment Supervisor on September 12, 2011 and retired on December 31, 2016.

Derek Rendell



Derek Rendell was hired as a Civil Engineer on May 4, 1987 and promoted to Program Manager January 2, 2012. Derek retired November 30, 2016.

Gerald Gould

Gerald Gould was hired as a Line Worker A on August 15, 1988 and was promoted to Line Supervisor in Wabush January 7, 2009. Gerald retired November 25, 2016.

Glenn Winsor



Glenn Winsor was hired as Electrical Engineer on January 20, 1986. He became senior Electrical Engineer on March 20, 2000.

On July 7, 2005, Glenn became Asset Manager and was promoted to Manager, Menihek Generation on May 23, 2012. On October 7, 2013, Glenn became Area Manager System Integration Telecoms (LCP), retiring from that position December 31, 2016.

Gord Hillier

Gord Hillier was hired as Hydro Plant Operator after transferring from Abitibi-Bowater in March 2009. Gord retired December 31, 2016.

Paul Smith

Paul Smith was hired as an Electrical Maintenance worker on October 11, 1983. He be-

came Safety and Environment coordinator on April 27, 2000 and was promoted to Manager, Transportation & Regional Services, September 22, 2008. Paul went on to become Manager, Safety, Health and Environment on June 14, 2010. He won the President's Award for Safety in 2012. Paul retired December 31, 2016.

Susan Norman

Susan Norman was hired as Office Clerk on October 2, 1979. She became Area Office Clerk in February 2001 and Support Services Admin Central in May 2004. Susan was promoted to Support Services Manager on August 11, 2008. In February 2010 Susan became Team Lead Support Services. Susan retired on December 31, 2016.

Wayne Hawco

Wayne Hawco was hired March 27, 1989 as a Mechanical Maintenance A Millwright in Holyrood. Wayne retired November 30, 2016.

Wilmore Eddy



Wilmore Eddy transferred from Abitibi-Bowater in March 2009 and was Manager, Exploits Generation & Menihek. He won the President's Award in 2010 in the environment category. Wilmore retired October 31, 2016.

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: Wayne Chamberlain 738-1837

Vice President: Cindy Morgan 744-3700

Ex Officio: Reg White 368-5200

Ex Officio: Dennis Jones 368-2351

Past President: Gerry Bowers 722-6471

Secretary: Kim Petley 754-6909

Treasurer: Aubrey Hill 726-8306

Silver Lights Editor: Janet Calver 745-1343

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.