



## SILVER LIGHTS CLUB

NEWFOUNDLAND AND LABRADOR HYDRO  
A Nalcor Energy Company

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### Editor's Message

*Janet Calver*

As I'm writing my message, it's still March and it's officially Spring! I can't remember what the weather was like at the beginning of the month (was it a lion or a lamb?) but it seems that we are going to have a couple of fairly good days to end off the month. Not that I don't like snow, I do, but we've done the skiing and snowshoeing, the skating and shoveling for this year and now I'm ready for milder days!

This winter has been a busy one. Besides our regular activities, there were always friends to visit, cups of tea to enjoy and good books to read. We had friends retiring, 65th birthdays to celebrate, (No, not mine!), St. Patrick's Day activities followed closely by Easter. Wow! We are now eating our way through all the chocolate Easter eggs and bunnies that mysteriously appeared throughout the house over the past weekend. You do what you have to do!

Seriously though, doesn't it feel like Spring in the air? Now we might have a dump of snow yet, I'm not that naive, but the air feels fresher somehow, the sun is stronger and the evenings are so bright. We can actually see our garden plots appearing from underneath the piles of snow in the backyard and I'm already dreaming of what plants I'm going to try to grow this year. Spring is definitely the season of new life and promise.

So here we are with another newsletter. I guess you noticed that there was no President's Message this time. Don Barrett, who

had agreed to serve, underwent surgery in January and unfortunately will not be able to take on that position. We are so disappointed. We know Don would have made a great President for our club but it goes without saying that one's health comes first. We all wish Don the very best as he recovers from his surgery and hope that he feels better as each day goes by.

Our March newsletter is jam-packed with great articles thanks to our contributors. Ken Ball is back with his "Out-and-About" full of "who's-where-and-what-are-they-up-to". He also included a great story for our enjoyment. Thanks Ken ever so much! We have our club's financial statements included in this edition. Chris Schwartz from Scotia McLeod is here with some great advice on managing market ups and downs. Chris's advice is always down to earth - definitely worth the read. We'll introduce you to our newest retirees along with those employees who have joined the 25-Year club. From the history files, read about Thomas Nangle, and the important role he played in World War I and the immediate years following. Over the past few months there have been a number of incidents where people have been scammed by persons supposedly from Canada Revenue Agency. Get the latest advice from Canada Revenue Agency on how to protect yourself from such activity. Check out the immunization guide for adults over 50 in our Health and Wellness section. Bored, can't find anything to do? Have a look at some of the activities going on around our Province over the next few months. And make sure you check out the article on Muskrat Falls. It gives a

great overview of the progress to date and serves as an introduction to a more detailed update of the project from Gilbert Bennett scheduled for the June newsletter. And finally, have a look at the Capitol Social Club events that are on the go. There's something for everyone!

A special "thank-you" to all our contributors: Ken Ball, Chris Schwartz, Nalcor Human Resources - Kelsey Hayley, Nalcor Corporate Communications - Dawn Dalley, Deanne Fisher and Karen O'Neill, the Capitol Social Club - Caryn Philips and the gang, and last but not least, the Silver Lights Executive, always a great support! Couldn't do much without all of you!

And finally, a big thank-you to you, our members! Best wishes for a lovely Spring! Take care.

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## **SilverLights News**

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

#### **Letter to the Editor**

Well Christmas is over, winter is coming on strong and Lent will soon be here. Time is flying.

I spent most of Christmas visiting my son and his family in Orangeville, Ontario. It was good to get away and experience some good weather. Driving in from the airport you could just see your hands in front of your face the fog was that thick. The next 3 days it rained, that cold drizzle that chills you to the bone. The next morning we woke up to around 6 inches of snow and the cold weather set in. Come to think of it the weather was not that much different than ours. I really think bad weather follows me like blackfish follows squid.

To quote our great singer/song writer Simani's, Bud Davidge, "Christmas is not like it was". I really enjoyed my time with the family and being part of the grand-kids Christmas but there was something missing. I missed the soup suppers and dances and also mummering. I know you won't believe this, but I swear this is true, I never saw one mummer in Ontario. What's wrong with those people up there?

Well I'm back in the land of ice and snow and shoveling away. Will it ever end? Each winter it seems to get worse. I wonder if it has anything to do with age because according to the Farmers Almanac and Ryan Snodden, the

weather is getting better, warmer than what we were used to when I was a boy.

I had a pretty good fall. I survived the 20% off days at the Avalon and Village malls, came through with hardly a scratch and then was foolish enough to get tangled up in the Black Friday torture. I don't give a hoot - this year I'm staying away from that. You could easily get squat in among all them women!

Now before I get into the guts of the matter let me be quite clear. Visiting and eating at the Malls is not the only thing I do. I also shop at Wal Mart occasionally. All Ken does is eat. Really??? What about all the work I put into creating those masterpieces you all love. Forgot about them didn't you? You ought to be ashamed of yourselves.

Everything is happening fast this year. Ash Wednesday is the 10th of February and Easter Sunday is the 27th of March. I understand this is unusually early for Easter.

Now I bring this up because I want to talk about Strove Tuesday, or Pancake Night as we always knew it. You see back home we never celebrated Halloween when I was a young gaffer - we did our door-to-door on Pancake Night. We had our tune. We would knock and then sing "Give us a pancake or we'll beat down your door". We were years ahead of our time!

I was just talking to a friend (Feb. 2nd) and he told me that yesterday he saw about a dozen robins in a tree in his backyard in Mount Pearl. Now that is really early isn't it?

## **Out and About**

### **Aubrey Hill**

I was at the Village Mall the other day having a mug up, when Aubrey came along. It was good to have a chance to have a few words with him.

Aubrey had just been elected Treasurer of the Silver Lights Club and was going to the bank to set up new signing authorities for the Club.

He is very active in the church and takes part in most everything that the Silver Lights sponsors or undertakes. They had just recently finished painting the rooms at the Ronald MacDonald House. A very worthwhile cause.

Aubrey has curled for 35 years at the Hydro Bonspiels. That's dedication.

Aub is enjoying his retirement and is in great shape with no health problems and has a very positive attitude.

He was the Projects Reporting Supervisor at Hydro Place.

### **Conrad Oxford**

I was at the Avalon Mall today and saw an old friend and Hydro retiree, Con Oxford. I had not seen Con since before I retired and if he hadn't spoke to me I wouldn't have known him. After all it's probably been close to 25 years or more since I saw him. It was a really pleasant surprise to see him. He is in town babysitting his grandchildren.

Con lives in Springdale and although he's retired from Hydro he still keeps his brain active by doing the odd electrical job.

He goes sealing every spring. He has a sealing license and boat. He's been doing this for 25 years.

Con sold his cabin recently and is in the process of buying a new one at a preferred location.

He keeps in touch with Hydro friends when he can. He sees Gerald Dalley fairly regularly and every Christmas he talks to Cal Bailey. Recently, he contacted Eric Hewlett who lives in Nova Scotia .

Conrad was a member of our Tools, Equipment and Consumables Committee writing standards. We had a great time and we got to visit various locations while writing the standards.

We had a great yarn and brought each other up to date as we knew things. I was surprised that there were some of our retirees who had passed away and he had not heard about it.

This is what prompts me to go to the Malls, that and orders from the Missus. I love to meet old Hydro friends again and hash over old times. Both Con and I agreed that we had the best of Hydro. Things were constantly being built and everyone felt part of it. Good old days and friends we'll never forget.

Con worked in Stephenville and was Sr. Supervisor of Terminal Maintenance.

### **Keith Boone**

Had a good yarn with Keith the other morning at the breakfast. It's amazing what our retirees get themselves into.

Keith was preparing to cook for the Robbie Burns Dinner at the Kilwinning Masonic

Lodge. Not only was he planning and cooking the main meal, he also was going to cook a haggis.

How the blazes does one go about cooking a haggis? Well Keith named the ingredients and the process to make it. I tried to get tickets for this gourmet feast of Scottish tradition but alas they were all sold! Maybe next year.

Keith had a few medical problems last year but thank God they seem to be cleared up and he's back to his old self again.

Keith worked in Hydro Place in Systems Planning.

### **Gerry Noseworthy**

I saw Gerry at Wal Mart the other day. He's looking great and is enjoying retirement.

He is not into the Florida thing but loves it at Eastport where he has a trailer parked permanently and stays there for the summer. He is a neighbour of Dave Reeves. They have their trailers next door to each other.

Gerry brought me up to date on my Holyrood friends and as usual we discussed what's happening with some of the Hydro retirees we both knew.

Gerry was Office Supervisor at the Hydro Generating Plant.

### **Bill Boyde**

I saw Bill at Dominion where he is working part time. Bill is always busy as a beaver but he stops to give me an update on what's happening.

Bill is always going somewhere most of us only read about. This time he's off to visit

family in New Zealand.

Have a good trip Bill and hopefully I'll get an update when you get back.

Bill was a Technician with Generation and Telecontrol in St. John's.

### **Libby Power**

I was at the Mall Food Court the other day talking to my friends when Libby came and sat at the next table. When she saw us she came over. After the usual pleasantries, I introduced Libby to my table friends, one of which was Bud Davidge. Libby's face lit up, she was so glad to meet him.

She told Bud how much she enjoyed his music and how often she had danced to his song "Music and Friends". Now if any of you know Bud you will know how much he enjoys hearing from people and just meeting new friends.

I then introduced his wife, Daphne, to Libby, who was sitting with my wife at the table behind us. "Libby, this is Bud's wife, Daphne. No doubt you see her every Christmas Eve on the Mummers Show on CBC." In typical Libby friendly fashion she expressed her pleasure in meeting the two of them and without pause said "You got a good firm handshake not like some limp ones I've had in my hand." I guess she saw my eyes crinkle with mirth. "I'm talking about her hand grip you idiot." All of us, including Libby, had a great laugh. I would say she has made two friends for life.

It has been brought to my attention that Libby and her breakfast group have been increasing their members by inviting ladies of

deceased Hydro personnel to their breakfasts. This is wonderful. It's great knowing those friends are not forgotten. Life is always bad enough losing a loved one without being excluded from people you have known for years. Looks good on you and your group Lib!

It's always such a joy meeting Libby.

Libby worked at Hydro Place with the Construction Department.

### **Jim Long**

I ran into Jim at my favourite watering hole better known as the Mall.

I was surprised to see him because I had heard that he had had a heart attack around Christmas and that it was serious, yet there he was looking great.

He told me he was out for a walk when his problem started. He finished his walk, got in his car and drove to the hospital. It was later discovered that he had an artery that was 99% blocked and another 50% blocked. They put a stent in the worst one and that cured the problem. The lesser one will be treated with medication.

Jim did a bit of sailing this summer in the boat he built himself. His longest trip was down to Trinity where they stayed overnight in British Hr.

He looks great and we did a bit of reminiscing about our Bay d'Espoir days. During our conversation Jim wanted to know if I had heard anything from our mutual friend, Albert MacDonald. He had not heard that Albert had passed away. That's one thing that bothers me. It's too bad this information doesn't reach all our retirees.

Jim was VP of Human Resources.

### **Tom Jensen**

I was at Costco the other day and ran into another retiree/friend in the person of Tom Jensen. I had not seen Tom for a few years, and as usual I didn't know his name but he solved that by introducing himself. Then of course everything settled into place.

Tom was from Hr. Breton originally and we have some mutual friends there which we reminisced about. This is always a highlight of any meeting because without this you lose touch with what's happening to former friends.

Tom worked at Holyrood plant and when he retired, he went with Crosbys on a construction job for 6 months. Later he worked on the new gas turbine installation at Holyrood for a couple of years.

I briefed Tom on what is happening to some of his Hydro friends. I was pleased to update him on Bob Hobbs because just the night before we were at Bob's watching a movie and yarnning.

Tom looks great and is enjoying his retirement and like a lot of retirees I come in contact with, he has only good things to say about Hydro as a Company to work for and his days there.

Tom worked in Holyrood as a Turbine Boiler Operator and was promoted to Labour Manager for operations at the Plant.

## Quickies

I saw the following friends/retirees lately at different locations, Stu Dicks, Pat Puddister and Trevor Arbuckle. They are all keeping in good health and have their sense of humour in tack.

One was shopping, one was browsing and still another was waiting for his wife who was in getting her hair permed. (Do they put the Toni in their hair anymore?)

We just had a chance to exchange greetings and find out how each was doing and away we went on our way. Can't waste time boy or you'll miss the bargains.

I see Stu every month at the Gerry Marks Breakfast Club. He rarely misses that. I hope when I'm in my 80's I'll be as sharp and spry as he is. Must be the Harbour Buffett moist air that keeps him so healthy. They say thick fog is a good healer. I just thought maybe that's what's wrong with me because it was always sunny in Rencontre.

I was leaving the Avalon Mall a while ago and met Lewis Clarke. I see him occasionally and exchange greetings along with any retiree updates. Lewis is in fine shape and enjoying his retirement. He is now in the process of planning 2 cruises for April. Lewis is like an old navy salt, see the world through a port-hole. Good for you, enjoy it will you can!

I was in the line-up at the Food Court getting a coffee when Doug Corcoran came and joined the group. We had time for a little chat. Doug is having a problem with hearing in his left ear. He has seen an Ear, Nose and Throat Specialist and is waiting for an MRI in August. Other than a little hard of

hearing in one ear, Doug looks fantastic and is enjoying his retirement.

Doug was Office Supervisor at Whitbourne.

Just after leaving Doug, I saw another retiree/friend coming down the corridor. It was Lou Crummey, and as always, being pushed in his wheelchair by his wife, Gladys. Gladys always sees that Lou is getting out of the house whenever the weather permits. I think we all hope we'll have someone in our lives like that if ever the need arises. Good luck to you both.

When I met Lou, Bud Davidge was with me and I introduced them. It's always a pleasure to see peoples' reaction to meeting Bud. I guess people like him, having seen him on TV for the last 30 years, and also love his music. Bud, in turn, loves meeting people.

It is important to repeat that Lou, in spite of his stroke, is very upbeat and he's a good example of maintaining a positive attitude in spite of adversity.

Lou had the right job at Hydro, working in the Human Resources department dealing with the employees!

I ran into Dave Kiell on one of my many weekly excursions at the Avalon Mall. I had not seen Dave for a few years. He looks great and is enjoying his retirement.

Dave worked on the Muskrat Falls Environmental Assessment project during the last 3 years of his employment with Hydro.

Today he is a member of a band that plays bluegrass music. Dave is a banjo picker. You never know!

Prior to working on the Muskrat Falls Project, David was Manager of Environmen-

tal Services.

I was down to Bidgoods in the Goulds the other day getting my homemade bread when I saw Ken Evans. Ken was there getting his raisin bread.

He has just finished instructing an electrical course at the College of the North Atlantic and if asked will do another one this fall. Right now however he's off to Florida for a month or two of rest and relaxation.

Ken has a couple of other options pending in the electrical instruction field and will take on this challenge if it materializes. Ken is always in high gear and is enjoying his retirement.

Ken was the Building Maintenance Superintendent at Hydro Place.

As Foreign Correspondent for the Silver Lights Bulletin you never know who you will hear from. I'm serious. This is the second call I've had in the 5 or 6 years of writing this modern literature.

My second call was from my old buddy, Wallace Wells, who is down from Nova Scotia visiting his children. Needless to say I was pleasantly surprised. We only had a few minutes on the phone but managed to exchange some information about the retirees.

Wallace is the brother of my other friend, Jerry. I was pleased to know that Jerry has recovered from the illness of a couple years ago and is back to his old normal self - full of pee and vinegar.

Wallace missed our breakfast by 2 days but was glad to hear who was attending and passed along his greetings.

Wallace was General Maintenance Supervisor at Bay d'Espoir.

I was up to see my friend, Sam Stickland this week. Sam lives in a Senior's Home in Mount Pearl.

He is still the same old Sam only he can't get around much without his walker. I saw him on NTV news the other night during St. Patrick's Day celebrations at his complex.

We visit occasionally and always have a good time. Sam still loves a good laugh.

I'm sure if you are in that way, Sam would love a visit

## **Now For Your Added Enjoyment**

### **An Inshore Fisherman's Tale**

Written using my Newfoundland vernacular.

Note: Interpreters can be provided!

The clock 'larmed at 3:00 AM like always. Winse jumped out of bed in his long johns and headed out doors to look at the sky and feel the wind. The sky was clear and filled with stars and the draft of wind was from the NW. A good day for fishing.

He lit the fire with a drop of kerosene, being careful not to add too much, there might be some hot coals in the bottom of the stove. He touched a match to the splits. POOF! There was some hot coals. Thank God he had not used too much oil or he might have had a mess in the kitchen. He made toast and tea. He soon had breakfast gone. Now to pack his lunch.

Normally the wife fixed his lunch but last night she wasn't feeling well so he had to do



it. He got his scram box, made a thermos of tea added some lassy and then cut 4 thick slices of homemade bread. He added a good bit of butter and then lassy. Lassy scrape bread was one of his favourites, and along with a can of sardines and a few homemade beans left over from supper, he would have lots of grub.

Dressed, and with his scram box, he headed for the stage where they had to bait 2 tubs of trawl. His dory mate was already at the stage when he arrived and had the lantern lit and the bait cut. They were using hern. "Good morning Winse, late idden you?" "Yes boy. The misses wasnt feelin good last night an I had to pack me own dinner."

"What do you think Joe? Looks like a good day. Will we go off to Watch Rock?"

"I think we should try it. We'll see what it looks like when we gets the trawl baited."

"Did Sam come over to see you last night? He thought hed go to Penguin Islands today. Anyway I said we'd most likely go to Watch Rock so there would be plenty room for him to set."

"Guess he took you at your word cause he didn't show up. You know Joe you got to stop tormentin Sam cause you tells him so much foolishness he don't believe you when you tells him the truth."

Chuckling they both baited the hooks, and except for the occasional smoke, nothing interrupted this process. They wanted to get it done as fast as possible. They had a long steam to get to the fishing grounds.

With the trawl baited, they hauled in their dory by the stage head and loaded the 2 tubs. They put on their rubber clothes and taking

their scram boxes got aboard the motor dory and shoved off. The day looked perfect.

Two hours later they reached the grounds and prepared to set the trawl. They would set with the engine about half speed. Joe would be at the tiller and Winse set the gear. He was good with the heavin stick. All the years they had been dory mates, Joe had never seen him get hooked by one of the hooks flying out. Not like that feller down the shore that got a hook through the nish part of his nose with a piece of hern on the hook.

They would let the trawl fish for a couple of hours before they hauled back and in the meantime they would go into shoal water and try for some with the jigger. The last time they were here they jigged a score of good size cod. They found the shoal and the size of water they were lookin for and Joe threw out his jigger while Winse kept up the dory. If they struck any they would anchor. There was fish there so they anchored. They jigged away until they had a score or more then when the fish slacked off the boys decided to have a mug up.

"Joe, before I forgets, thurs 2 pair of nippers in my scram box. Mary knitted a pair and I had a spare rubber set at the house. Our old ones is starting to crack and if we have a hard haul he could crack up all together."

"I loves those worsted ones Mary knits. I'll haul gear in fast this day wif them new nippers."

Settin on the locker boards and the engine house cover, they poured their tea and had dinner. It was also a chance for a good yarn.

"I was up to Reg's Saturday night to listen

to the fight. We had a few games of cards before the fight and a cup of tea afterwards. Can they play cards! Remembers every card that's played and always picks up the last few tricks. Wish I had a mind like that."

"Who was fightin Winse?"

"My old favourites, Rocky Marciano and Jersey Joe Walcott. Rocky got him in the 13th round, but he wouldin no pushover."

"I knew that was comin on but I forgot it."

"After I got home I picked up WWVA Wheeling West Virginia on short wave. The Grand Old Oprey - and would you believe it - Hank Snow was on. I loves Hank. He sang his latest song, "Movin On" and one of his old ones "Brand On My Heart". I tell you I was in the mood when I turned in. What did you do last night Joe?"

"I never done much. I listened to the Ol'Timer on CHFX Antigonish. He had Percy Baker and Winston Scotty Fitzgerald on. Can that guy play the fiddle. After me wife washed me I listened to the hockey game. Toronto played Detroit. That young guy, Gordie Howe, is a rough bugger. He'll never last. Someone will squat him if he keeps goin like that. Winse them Leafs are somthin' else. They will always be one of the best. That young defenseman, Tim Horton, is a good player."

"I knows how you feel about Toronto but what about them Frenchies? They'm not too smatchey! I likes that new rookie, Jean Beliveau. Winse boy we'em not goin to get rich talkin hockey. I think it's time we hauled our trawl."

Chuckling, Joe said "The trawls won't be long comin aboard usin a new pair of Mary's

nippers".

"You haul Joe and I'll shack the trawl."

They steamed up to their buoy and got it with the gaff hook and started hauling. The anchor came aboard and shortly afterward a good size cod. There was one on almost every second hook and nice size too. The micherbroom filled up quickly.

About half the second tub was in when Joe started to complain that the line was commin some tight. "I would say shes in bottom. Either that or there's a big fish on. I got to take a spell."

"Take a spell my son. Blay the trawl around the thole pin and I'll keep a strain back here."

Joe had a smoke, took a leak, and put on the rubber nippers preparing for a hard haul. Sometimes the line would come easy and all of a sudden it would bring up. It had to be a big fish.

"My son I tell you this is a good place for big halibut. Maybe we got one on."

"Either that or a shark but it don't seem to be jumping about enough for a shark."

In the meantime, Winse had kept his eye on the sky. It had a pinkish cast to it. He didn't like that. It was usually the sign of a good breeze. With their dory down a nice bit in the water it was something you dreaded.

"What do you think Joe. Goin to get any wind?"

"Boy I wouldin be surprised. Anyway thurs nuffin we can do now. I'm anxious to see what's on this trawl. Look Winse, see the white, that's a halibut 'ol man, and a big one too!"

Winse looked over the side and saw the big

white shadow coming up. Oh brother he was a big bugger!

"I'll have the verk ready to hit him with when you get the gaff into his head. We don't want to lose that fish. He's worth a few dollars."

The fish was landed after they was sure he was dead. A fish that size could easily damage the dory with the strength of his tail. He was close to 400 pounds and went down one side of the dory and almost up to the gunnell on the other side. He would have to stay there even though he loaded down the dory by the head.

With the locker full she sat low in the water.

They put the two tubs of trawl aft to lighten her fo'rd and got under way.

They had not gone only about a half hour steam when it became clear that it wasn't goin to be all that nice if the wind picked up. The wind had veered to the SE and a nice size lop was building.

"Joe, I don't like the look of those clouds. They'm blacker then your sou wester. Make sure you have the scoop and the piggin ready. It looks like we might need them."

"No sweat ol man and I think I'll put the cover on the engine house. There's a nice bit of water flyin."

"Joe, keep an eye on that one, you may have to cut back on the engine."

The lop broke over the bow and caused the bow to dip with the weight of the water. Joe grabbed the piggin and scoop and jumped in the forward standing room. He began bailing for all he was worth. This was not goin to be a good time.

"This blasted halibut is in the way and I have a hard job to get the water out. What we goin to do?"

"If it gets much worse we'll have to start trowin away the fish. Joe for God sake look out. Thurs a big one commin!"

He barely had a chance to respond when a huge lop broke and flushed off the dory. They had to bale for their lives and make sure the water didn't reach up to the flywheel. If the engine stopped they would be goners.

The wind and seas were picking up. Would their dory be able to take it?

"Joe, start trowin fish out of the locker. We got to lighten her."

Frantically, Joe pitched the fish overboard until the mitcherbroom was half full. It broke their hearts to ha've away their fish. Every pound that went over the side cost them two and a half cents. Their day's pay would be saved because of the halibut. He would fetch probably 25 cents a pound.

"Winse come up yer wid I, we got to get the halibut in that locker. That will bring her bow up."

Joe and Winse dragged and tugged on the big fish until they had it in the locker. The dory came up about a foot after everything was stored for the trip to port. All the buoys and anchor were stored aft. This was the best they could do. They put on the locker boards, screwed down the hard grease cups, put on the engine house cover and started once more for land.

The first hour it was rough goin. The seas were picking up but the wind didn't seem to get much worse. If the weather held, with any luck they would have no problem as long

as they kept bailing the water so the dory wouldn't get any heavier. Why does land seem so far away and long to get to in weather like this? But after another hour steaming they found themselves in the lee of the cliffs and the seas were smoother. From here t'was only half an hour to the wharf.

When they were steaming in the harbour, Winse noticed that Sam's dory was not moored on her collar nor was she by the stage head. "Joe," hollered Winse above the noise of the engine, "don't look like Sam and Jack are back yet." A look of concern crossed Joe's face as he looked at his pocket watch, "4 oclock - should be een fore this time. Wonder what's keeping' um? Probably had a problem wif thur engine. They'll be yer soon."

Several fishermen were on the wharf when they got in. Everyone wanted to know what it was like outside and had they seen Sam and Jack, but their inquiries took another turn when Joe took off the locker boards and they saw the big halibut.

Then the guessing started. How heavy was the fish. Some said 500 pound and others went as low as 350 pounds. The fish weighed 375 pounds and fetched 30 cents a pound. Not a bad day's work!

After the dory was washed out and moored, Joe and Winse started for home where a good cooked meal awaited them. All aspects of the days goins on was put out of their minds.

After supper and a wash, Winse was setting back listening to the Gerald S. Doyle news when another fisherman came in. "Winse boy, Sam and they edden een yet and everybody is starting to worry about them. What do you think we should do? Their poor

wives is almost off thur heeds."

"I don't know eef thurs anything we can do now Max. Tis dark and a nice breeze outside. We'll have to wait til marnin and see what it's like then. Who knows they may be back in soon."

No sooner had those words been spoken, then an engine was heard commin in the harbour. Thank goodness the boys were safe!

That night it was learned that the men had to take shelter in the lee of Penguin Islands because they had a dory load of fish and because they wouldn't throw nar one away. They waited out the worst of the wind and then made home safe with all their fish. Like someone said, "Sam would rather drown than ha've away ar fish."

Fish or nar fish, there was relief in the harbour that night. Tomorrow was another day.

### **Keeping Your Humour**

Asked what he was doing tomorrow, Bob Whitehorne replied, "don't plan that far in advance those days."

### **Then and Now**

I am always complaining about not being able to remember names. This, as I recall, has always been a problem only now we tackle it a little different. We will approach a person and ask them his or her name. In my time back in Rencontre, I remember the old-timers also had this problem. For instance, a bunch of fishermen were sitting on the stage head in a yarn about a fisherman they knew in Parsons Hr. who had lost his net and they were

discussing this. The man who had brought up the subject said, “You know him - Devil Skin, who has that big dory.”

Times then seemed more romantic.

## **25 Year Club**

Below are the names of the employees who have joined the ranks of the 25 Year Club during the last quarter of 2016. Congratulations to all!

Leveson Kearley	Bay d’Espoir
Frederick Sheppard	Bay d’Espoir
Perry Churchill	Churchill Falls
Gerard Dunphy	Hydro Place

**Silver Lights Financial Statements - 2015**

## Silver Lights Club

## Balance Sheet

Dec 31, 2015

## Assets:

Cash in Bank	5842
Accrued Interest	90
Investment - Term Deposits	<u>30000</u>
Total Assets	<u>35933</u>

## Liabilities:

## Fund Balance:

Beginning of Year	32944
Net Income (Loss)	<u>2989</u>
End of Year	<u>35933</u>

## Silver Lights Club

## Income &amp; Disbursements

Year Ended Dec 31,2015

## Income:

Computer Sales	5400
Cell Phone Sales	3380
Membership Fees	760
Interest Income	<u>402</u>
Total Income	<u>9942</u>

## Disbursements:

Summer Social	2638
Coalition for Seniors	200
Bank Fees	15
Christmas Float Supplies	295
Christmas Executive Social	1307
Charitable Donations	2500
Total Disbursements	<u>6954</u>
Income over (under) Disbursements	<u>2989</u>

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## Everyday Life

Scotia McLeod

*Chris Schwartz*



### Five Tips on Managing Market Ups and Downs

The notion of investing without volatility is as illusory as a car without an engine. Like it or not, the two concepts invariably go hand-in-hand, but does that mean you should avoid volatility and investing altogether? Market uncertainty can naturally cause panic and lead to poor investment decisions. But by recognizing short-term market uncertainty for what it is, you can help ensure that it doesn't derail your long-term financial plan.

Here are five tried and tested principles that can help you gain needed perspective:

#### 1. **Keep Calm and Carry On**

Investors generally feel a financial loss about two and a half times more than a gain of the same magnitude. Understandably, many of us experience a roller coaster of emotions when investing, which can translate into poor buy and sell decisions. Being aware of these emotions during times of volatility will help you stay on the straight and narrow and away from the cycle of market emotions.

#### 2. **It's Time, Not Timing**

Why shouldn't you automatically trim your investments when market uncertainty sets in? Because trying to time the ups and downs of the market is a bit like rolling the dice and sitting on the sidelines; it can cost you. Over 10-year periods, if you're not invested for only a small fraction of days when the market is performing at its peak, you can substantially erode your savings. Staying invested - sometimes referred to as the 'grin and bear it' approach - can potentially translate into a better outcome.

#### 3. **Manage Risk, Don't Avoid It**

Risk can be a loaded term when it comes to investing - and is often misunderstood. For example, volatility is often seen as synonymous with risk, but in fact volatility simply measures how much a return fluctuates.

While investors may fixate on these fluctuations, the permanent loss of capital should be of greater concern.

Often, investors believe that reducing exposure to securities that are perceived as 'risky' helps to lower risk, but some investors ignore other risks altogether, such as longevity risk - the risk that they'll outlive their retirement savings. Whether we like it or not, investing and risk are a package deal - you can't have one without the other.

The key to longterm investment success is to manage your exposure to risk by using time and diversification to your

advantage. While the performance of any portfolio can swing significantly each year, a balanced portfolio has historically resulted in fewer negative returns when compared to an all equity portfolio over the long-term.

As an example, over 3 year periods (from 1960-2015), a balanced portfolio (approximately 50% equity and 50% fixed income), had positive returns 98% of the time.

#### 4. **Put Diversification to Work**

Often equated to not putting all your eggs in one basket, diversification is a technique that mixes different types of investments in a portfolio to help smooth out returns over time. Diversification includes combining different asset classes and different geographic regions.

By including investments that have different reactions to economic trends - or have a negative correlation to one another - as one type of security falls the other should rise, which can help to offset the negative effects. A diversified portfolio of different asset classes provides the opportunity to participate in potential gains of each year's top winner while aiming to lessen the negative impact of those at the bottom.

As an example over a 30 year period (1980-2015) a diversified portfolio of 35% equity and 65% fixed income provided an annualized return of 9.8%.

#### 5. **Focus on the big picture**

Short-term ups and downs can cause you

to lose sight of the big picture, which is why it is so important to seek advice and develop a financial plan.

Research on the value of advice has shown that investors who work with a financial advisor not only save at a higher rate than non-advised investors, but they also have a greater feeling of confidence about their financial future than those who don't work with an advisor.

If you have taken the time to determine what your financial goals are and have a financial plan to help you reach those goals, this can go a long way to keeping you on track and remind you why you're investing in the first place, whether it's for retirement, your child's education or some other goal important to you.

Understanding your initial reactions to market ups and downs can help you make better investment choices and view your portfolio more objectively. Staying invested during market ups and downs is simple - but not always easy.

#### **About the Author**

Chris Schwartz is a Wealth Advisor with ScotiaMcLeod and works with the Morrison Randell Group. He can be reached at 576-1387 or [chris.schwartz@scotiamcleod.com](mailto:chris.schwartz@scotiamcleod.com)



## Thomas Nangle

*As 2014 - 2018 are the 100<sup>th</sup> anniversary years of the First World War, I always like to include some special little story from our history that I hope will be of interest. I heard the name Thomas Nangle mentioned in a radio interview not too long ago. I had not heard of him before but it turns out, he played a very significant role in the war and in the creation of the war memorials both here in Newfoundland and Labrador and overseas.*

### Thomas Nangle (1889-1972)

Thomas Nangle is known for his tireless efforts to keep alive the memory of Newfoundlanders' sacrifices in the First World War and the places embodying those sacrifices.

Nangle planned and supervised the selection and placement of monuments commemorating the battles in which Newfoundlanders had fought in Europe and had Newfoundland-specific monuments put up at five battlefields along what is known as the "Trail of the Caribou." He also purchased a large portion of the Beaumont-Hamel battlefield to preserve the graves of Newfoundland's fallen soldiers, and acquired part of the Somme battlefield, thus establishing a permanent legacy in memory of the First World War. Thomas Nangle was born in St. John's, Newfoundland, in 1889. He completed his classical studies at St. Bonaventure's College in St. John's, run by the Irish Christian Brothers. After obtaining his diploma, he went to Ireland to study for the priesthood and, in 1913, was ordained by the Archbishop of Newfoundland. In the two years that followed, Nangle served the parishes in Topsail

and Bell Island, as well as St. Patrick's Parish in St. John's.

When the Great War broke out, he asked to enlist, but the Archbishop denied his request. After the tragedy at Beaumont-Hamel in 1916, Nangle was authorized to join the British army's chaplaincy. Posted to the Royal Newfoundland Regiment, he was a very popular "padre" until the end of the war. He was given new responsibilities after the conflict, owing to the reputation he had built for himself at the time.

When the war ended, Nangle returned to Newfoundland and was assigned to St. Michael's Parish on Bell Island. His ministry was interrupted in 1919, when he was appointed as Newfoundland's representative on the Directorate of War Graves and Enquiries and the Imperial War Graves Commission (IWGC). In this role, Nangle returned to Europe, where he marked and documented all grave sites where Newfoundlanders were buried.

Asked to develop a strategy for commemorating Newfoundland's contributions to the war, Nangle suggested erecting a sculpture of a caribou at each of the five main battlefields where Newfoundlanders had fallen. To raise the necessary funds, he travelled throughout Newfoundland and visited the families of the victims. Having received additional funds from the Newfoundland government, Nangle negotiated with over 250 French landowners to acquire the land on which the monuments were to be built. He was also responsible for searching for the graves of Newfoundland's soldiers in Europe and in Newfoundland. At the same time, Nangle contributed to the

creation of a national commemorative monument for Newfoundland, unveiled in 1925 in St. John's.

Nangle left the priesthood in the 1920s. When he completed his work for the IWGC, he moved to Southern Rhodesia (now Zimbabwe), where he married and had four children. In 1966, Nangle went to France to attend ceremonies marking the fiftieth anniversary of the Battle of Beaumont-Hamel. He never returned to Newfoundland and died in Rhodesia on January 4, 1972. <http://news.gc.ca/web/article-en.do?nid=1032979>

## Canada Revenue Agency Scams

*Over the last few months, there have been a number of incidents where Canadians have been scammed by people supposedly from Canada Revenue Agency (CRA). Many of the incidents have involved telephone calls and the results have prompted both CRA and police forces to issue warnings to Canadians. CRA has an excellent summary of the types of fraudulent activity that has been reported along with some tips on how to prevent identity theft. For more information please check out this link. <http://www.cra-arc.gc.ca/scrty/frdprvntn/menu-eng.html>*

## Protect Yourself Against Fraud

### Fraud types

There are many known scams, pitches and fraud types with new ones invented daily. Below is a description of common scams and

frauds, organized by the medium used to reach the potential victim. (Since identity theft crosses all mediums, it gets its own section.) Even though parts of the scam may change and new scams are invented almost daily, the best way to protect yourself is to be informed. If it seems too good to be true, it usually is.

### Telemarketing scams

Any false, deceptive, misleading or fraudulent act where the fraudsters attempt to reach potential victims by phone.

### Online scams

Any false, deceptive, misleading or fraudulent act that potential victims may come across while using the internet.

### Email scams

Any false, deceptive, misleading or fraudulent act made for personal gain or to damage another individual through email.

### Identity theft

Any false, deceptive, misleading or fraudulent act used to obtain someone else's personal information for criminal purposes.

### Business scams

Any false, deceptive, misleading or fraudulent act used to manipulate or falsify documents to mimic a real business in order to deceive consumers.

### Mail scams

Any false, deceptive, misleading or fraudulent act carried out with the use of mail, either through the postal or private mail carrier service.

Taxpayers should be vigilant when they receive, either by telephone, mail, text message or email, a fraudulent communication that claims to be from the Canada Revenue

Agency (CRA) requesting personal information such as a social insurance number, credit card number, bank account number, or passport number.

These scams may insist that this personal information is needed so that the taxpayer can receive a refund or a benefit payment. Cases of fraudulent communication could also involve threatening or coercive language to scare individuals into paying fictitious debt to the CRA. Other communications urge taxpayers to visit a fake CRA website where the taxpayer is then asked to verify their identity by entering personal information. These are scams and taxpayers should never respond to these fraudulent communications or click on any of the links provided.

To identify communications not from the CRA, be aware of these guidelines.

- If you receive a call saying you owe money to the CRA, you can call us or check My Account to be sure.
- If you have signed up for online mail (available through My Account, My Business Account, and Represent a Client), the CRA will do the following:
  - send a registration confirmation email to the address you provided for online mail service for an individual or a business; and
  - send an email to the address you provided to notify you when new online mail is available to view in the CRA's secure online services portal.

- The CRA will not do the following:
  - send email with a link and ask you to divulge personal or financial information;
- Exception: If you call the CRA to request a form or a link for specific information, a CRA agent will forward the information you are requesting to your email during the telephone call. This is the only circumstance in which the CRA will send an email containing links.

When in doubt, ask yourself the following:

- Did I sign up to receive online mail through My Account, My Business Account, or Represent a Client?
- Did I provide my email address on my income tax and benefit return to receive mail online?
- Am I expecting more money from the CRA?
- Does this sound too good to be true?
- Is the requester asking for information I would not provide in my tax return?
- Is the requester asking for information I know the CRA already has on file for me?

If you do have a debt with the CRA and can't pay in full, take action right away.

- How to protect yourself from identity theft

- Never provide personal information through the Internet or by email. The CRA does not ask you to provide personal information by email.
- Be suspicious if you are ever asked to pay taxes or fees to the CRA on lottery or sweepstakes winnings. You do not have to pay taxes or fees on these types of winnings. These requests are scams.
- Keep your access codes, user ID, passwords, and PINs secret.
- Keep your address current with all government departments and agencies.
- Choose your tax preparer carefully! Make sure you choose someone you trust and check their references. Always review your return, agree with the content before filing, and follow up to make sure you receive your notice of assessment, since it contains important financial and personal information that belongs to you.
- Before supporting any charity, use the CRA website at [www.cra.gc.ca/charities](http://www.cra.gc.ca/charities) to find out if the charity is registered and get more information on the way it does business.
- Be careful before you click on links in any email you receive. Some criminals may be using a technique known as phishing to steal your personal information when you click on the link.
- Caller ID is a useful function. However, the information displayed can be altered by criminals. Never use only the displayed information to confirm the identity of the caller whether it be an individual, a company or a government entity.
- Protect your social insurance number. Don't use it as a piece of ID and never reveal it to anyone unless you are certain the person asking for it is legally entitled to that information. If an organization asks for your social insurance number, ask if it is legally required to collect it, and if not, offer other forms of ID.
- Pay attention to your billing cycle and ask about any missing account statements or suspicious transactions.
- Shred unwanted documents or store them in a secure place. Make sure that documents with your name and SIN are secure.
- Immediately report lost or stolen credit or debit cards.
- Carry only the ID you need.
- Do not write down any passwords or carry them with you.
- Ask a trusted neighbour to pick up your mail when you are away or ask that a hold be placed on delivery.

**Have you been a victim?**

You should report deceptive telemarketing to the Canadian Anti-Fraud Centre online or by calling 1-888-495-8501.

If you suspect you may be the victim of fraud or have been tricked into giving personal or financial information, contact your local police service.

If the CRA has confirmed that a taxpayer's information has been compromised, the Agency will act to prevent the fraudulent use of the information involving systems and processes for which the CRA is responsible.

If your social insurance number (SIN) has been stolen, you should contact Service Canada at 1-800-206-7218. For more information, see Social Insurance Number (Service Canada website).

You can ask the CRA to disable online access to your information on the CRA login services by calling the e-Services Helpdesk. After access to your information is disabled, you may change your mind and want access again. If so, you can call the e-Services Helpdesk and ask that your access be re-activated.

If you think your CRA user ID or the password you use in personal dealings with the CRA has been compromised, contact our e-Services Helpdesk.

## East Coast Trail News

*Below are some of the events planned for the East Coast Trail Association. For more information, please check the East Coast Trail*

*website at <http://www.eastcoasttrail.ca/events/> (Note: these events are not connected with the Silver Lights Club.)*

Volunteer Hike Leaders Meet & Greet	Wed, Apr 6
New Hike Leader Orientation Session	Mon, Apr 11
ECTA Social and Awards Night	Thu, Apr 28
Portugal Cove-St. Philip's Environmental Fair	Sat, Apr 30
ECTA Tely Hike: Ferryland	Sat, Jun 4

## Events Around the Province

*Here are just a few events happening around the Province over the next few months. I hope you find an event or two that is of interest!*

### 2016 Provincial Drama Festival

Labrador City  
March 29 - April 2, 2016  
Adjudicator: Greg Malone

Tuesday, March 29th  
The Drowning Girls  
(Northern Lights Theatre Company, Labrador West)

Wednesday, March 30th  
Extremities

(Carol Players, Labrador West)

Thursday, March 31st  
Painting Churches  
(Avion Players, Gander)

Friday, April 1st  
Cherry Docs  
(Off Broadway Players, Corner Brook)

Saturday, April 2nd  
A Guide to Mourning  
(Mokami Players, Happy Valley Goose Bay)

### **Great Labrador Loppet**

Labrador  
Labrador City  
The Great Labrador Loppet, premier Cross  
County Ski event, 50, 28 and 10 kms between  
Fermont, Quebec and Labrador City.  
Apr 2, 2016  
+1 (709) 944 5842  
menihek@nf.aibn.com  
[www.meniheknordicski.ca](http://www.meniheknordicski.ca)

### **Teachers on Wheels**

Would you like to help another adult learn  
to read and write?  
Tutor Training Workshop  
Saturday, April 16, 2016  
Call Tom Dawe for more information at  
738-3975

### **The Rooms**

First World War Speakers Series: Dr. Seth  
Feldman

Date: Wednesday, April 6  
Time: 7:00 PM  
Cost: \$10 (10% off for members)

Movies were just hitting their stride when  
the Great War began. Studios and stars were  
there and the feature film had arrived as the  
industry's gold standard. This lecture traces  
the way film looked at the First World War in  
four stages over the last hundred years. We  
look at features, documentaries and propa-  
ganda films made throughout the war. The  
stories told by veterans of the Great War  
films during this time were often embittered.  
By the 1960s, the First World War was per-  
ceived as causing needless loss. But in our  
Centennial Era, when the veterans are gone  
and all we have are the archives, we come to  
see that it wasn't all that simple to under-  
stand what happened and what it meant.

### **The Rooms**

Colours of the Royal Newfoundland Regi-  
ment

Date: Wednesday, April 13  
Time: 7:00 PM  
Cost: No admission fee

In military organizations, the practice of  
carrying colours acts as a rallying point for  
troops and marks the location of the com-

mander. The Royal Newfoundland Regiment carried the King's Colour and the Regimental Colour. We invite you to view the colours the Regiment brought home at the end of the First World War and to learn about their significance from curator Kerri Button. We will also present a newly discovered colour - the one presented to the Blue Puttees at Pleasantville in 1914.

### **The Rooms**

St. Martin-In-The-Woods: The Story of the Sabena DC-4 Airliner Crash

Date: Wednesday, April 20

Time: 7:00 PM

Cost: No admission fee

70 years ago, one of the largest airliners in the world crashed near Gander. Days passed before it was found and the survivors were in danger of succumbing to their injuries and the cold damp, fall weather. Historian, Frank Tibbo, will be here to share the story of the Sabena DC-4 Airliner crash of 1946.

### **The Rooms**

Don't Meet Your Opponent With A Hatpin: Armine Gosling (1861-1942) and her Newfoundland Legacy

Date: Thursday, April 21

Time: 2:30 PM

Cost: Included with price of admission

Leader of the women's suffrage movement, initiator of a host of social reforms, pioneer in women's sports, Armine Gosling together

with her upper-middle class contemporaries helped to shape modern Newfoundland. On the surface living lives of ease, she and her peers challenged many assumptions and met complex challenges of their own. Join us for this talk by historian and author, Dr. Margot Duley.

### **Museum Association of Newfoundland**

Vernon's Antique Car Museum

Swift Current, NL.

25 Kilometers from the Trans-Canada Highway on Route 210 - the main road to Burin Peninsula.

Open each day, April through November

Monday - Saturday 10:00 AM - 6:00 PM

Sunday 1:00 PM - 6:00 PM

Nestled between rolling hills and situated in the head waters of Placentia Bay lies the quaint, secluded village of approximately 300 residents. A 23,000 square foot showroom containing what many consider to be the best private collection of vintage automobiles in all of Canada, and comparable to any facility of its kind in North America.

### **The Great Viking Feast Dinner Theatre**

Western

St. Anthony

Enjoy an evening of food, fun and feuds in the only sod covered dinner theatre in North America.

May 1 - Sept 30, 2016

+1 (709) 454 4900

randys.cull@nf.sympatico.ca

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

Toll Free: +1 (888) 442 2282  
[theatrefestival@townofgrandbank.net](mailto:theatrefestival@townofgrandbank.net)  
[www.grandbanktheatre.ca](http://www.grandbanktheatre.ca)

### **Gros Morne Theatre Festival**

Western  
Cow Head  
6 - play repertory theatre festival of comedy, drama, dinner theatre and evenings of Newfoundland music and recitations.  
May 28 - Sept 11, 2016  
Toll Free: +1 (877) 243 2899  
[tnl@theatrenewfoundland.com](mailto:tnl@theatrenewfoundland.com)  
[www.theatrenewfoundland.com](http://www.theatrenewfoundland.com)

### **Discovery Celebrations**

Eastern  
Bonavista  
A celebration of John Cabot's 1497 landfall. Come and enjoy a day full of discovery and entertainment. Activities and events to be determined.  
Jun 24, 2016  
Toll Free: +1 (877) 468 1497  
[matthewlegacy@nf.aibn.com](mailto:matthewlegacy@nf.aibn.com)  
[www.matthewlegacy.com](http://www.matthewlegacy.com)

### **Grand Bank Regional Theatre**

Eastern  
Grand Bank  
Join us for rip-roaring comedies, spine-tingling mysteries, romance, and toe-tapping music. Plays 4 evenings a week and a Saturday Scoff - dinner theatre with traditional Grand Bank potluck.  
Jun 28 - Aug 28, 2016

### **National Aboriginal Day- Boyd's Cove**

Central  
Boyd's Cove  
Celebrate the heritage and diverse cultures of our province's Aboriginal peoples.  
Jun 21, 2016  
Toll Free: +1 (800) 563 6353  
[info@seethesites.ca](mailto:info@seethesites.ca)  
[www.seethesites.ca](http://www.seethesites.ca)

### **Nickel Independent Film Festival**

Avalon  
St. John's  
Five day festival in St. John's which showcases local and foreign short films, features, documentaries and music videos.  
Jun 14 -18, 2016  
+1 (709) 576 3378  
[nickelfestival@gmail.com](mailto:nickelfestival@gmail.com)  
[www.nickelfestival.com](http://www.nickelfestival.com)

### **Saturday Summer Music Series**

Eastern  
Bonavista  
The Garrick Theatre hosts musical talent every Saturday night during the summer.  
Jun - Oct 2016, TBA  
+1 (709) 468 5777  
[garrickboxoffice@nf.aibn.com](mailto:garrickboxoffice@nf.aibn.com)



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

### **Southern Shore Dinner Theatre**

Avalon

Ferryland

Experience a traditional Newfoundland time on Ferryland's historic waterfront. Includes an authentic Newfoundland meal, musical pre-show and a side splitting play portraying our unique culture.

Jun 24 - Sept 9, 2016

Toll Free: +1 (888) 332-2052

[jenniferajohnston@yahoo.ca](mailto:jenniferajohnston@yahoo.ca)

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

traditional meal.

Jun - Sept 2016

+1 (709) 571 2509

[cathybrown@hotmail.com](mailto:cathybrown@hotmail.com)

[www.townoftwillingate.ca/events/](http://www.townoftwillingate.ca/events/)

[twillingatenwi-dinner-theatre/](http://twillingatenwi-dinner-theatre/)

### **The Split Peas**

Central

Twillingate

A seven lady singing group that performs traditional, folk and original music. They have sung in Toronto, Lunenburg, and throughout Newfoundland.

Jun to Aug 2016, TBA

+1 (709) 884 2282

[gerrypoirier@personainternet.com](mailto:gerrypoirier@personainternet.com)

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

### **Twillingate/NWI Dinner Theatre**

Central

Twillingate

An exposition of Newfoundland culture six nights a week during the summer. The group not only performs, but prepares and serves a

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## Health & Wellness

### Canadian Immunization Guide

*National immunization awareness week is April 25 to 29. Many think that immunizations are strictly for babies and young children but over the past few months I have met several older adults who have been suffering through a bad case of the shingles. It's a very painful experience for them but there are steps we can take to greatly reduce the risk of catching shingles. The proper immunization protection is also important if you travel. Once again there are steps we can take that will help reduce the risk of sickness and infection. I hope the following article helps you understand more about immunization. If nothing else, the article will give you some information you can take to your doctor. I encourage you to do so and have that discussion with your doctor to see what makes sense for you individually. **Always consult with your doctor or health care professional prior to taking any medication or drug.***

The Canadian Immunization Guide (the Guide) has been a trusted, reader-friendly summary of the National Advisory Committee on Immunization (NACI) and Committee to Advise on Tropical Medicine and Travel (CATMAT) immunization recommendations for over 40 years. Since the 7th Edition (2006), the entire Guide was revised to reflect advances in vaccines and immunization practices in Canada. The Guide is written

primarily for health care providers (front-line clinicians, public health practitioners, physicians) but is also used by policy makers, program planners and the general public. The Guide is reviewed and updated regularly as new recommendations and practices are put into place. See the following link for more detailed information. <http://www.phac-aspc.gc.ca/publicat/cig-gci/index-eng.php>

### Background

Vaccines serve as a cornerstone of public health and have made a significant contribution to the control of infectious disease in Canada and internationally. Vaccine development is one of the most active and successful fields in therapeutics, and activity in this area shows no signs of abating. Immunization is not just for children; adolescents now routinely receive vaccines to protect against meningococcal disease, HPV, influenza, tetanus, diphtheria, and pertussis, and there are a growing number of vaccines that are routinely recommended for adults. There are also other vaccines which are specifically recommended for travelers or people with underlying medical conditions or after exposures to specific infections. New methods of administering vaccines are being developed, such as intranasal sprays, and new vaccines are under development for the prevention of malaria, HIV and a variety of cancers.

In 1979, when the Guide was first published, the routine childhood immunization schedule included seven vaccines: diphtheria, pertussis, tetanus, polio, measles, mumps

and rubella. There are now fifteen vaccines recommended for routine childhood immunization, including vaccines to protect against *Haemophilus influenzae* type b, rotavirus, varicella, hepatitis B, human papillomavirus (HPV), influenza, meningococcal disease, and pneumococcal disease.

While the promise of current and future vaccines is inspiring, the risk of vaccine-preventable disease remains and would increase substantially if vaccination rates decreased. With the success of childhood immunization programs, there is a tendency to underestimate the risks of vaccine-preventable diseases and overestimate the risks of vaccines.

In Canada, immunization programming is a shared responsibility between federal, provincial and territorial governments, with provincial/territorial governments and local public health authorities undertaking the planning and delivery. The scientific advisory body on immunization is the National Advisory Committee on Immunization which develops recommendations for the use of vaccines for Canadians. The NACI has been working since the 1960s to provide timely medical, scientific and public health advice relating to immunization. NACI works in parallel with the Committee to Advise on Tropical Medicine and Travel that advises on travel-related health hazards including vaccine preventable diseases. Both advisory bodies regularly publish statements about new vaccines and, as new evidence and indications emerge, updates recommendations for the use of existing vaccines.

The Guide contains select references.

Please consult NACI and CATMAT statements for additional references and other information.

<http://resources.cpha.ca/immunize.ca/data/1897e.pdf>

### **Recommended Vaccines for Patients 50 Years of Age and Older**

In general, adult Canadians are underimmunized for routine vaccine-preventable diseases. Primary responsibility for adult immunization falls to family doctors and other primary care providers. To streamline current recommendations for average Canadians, the following table is provided as a tool for everyday use.

Vaccine	Recommendation	Comments
Tetanus	1 booster dose of Td every 10 years	
Pertussis	1 lifetime dose of Tdap as an adult	<ul style="list-style-type: none"> <li>•can be given at any interval after Td when indicated</li> </ul>
Influenza	1 dose yearly	<ul style="list-style-type: none"> <li>•all adults</li> <li>•focus on high-risk individuals</li> <li>•those at risk of spreading disease</li> <li>•essential service providers</li> </ul>
Pneumococcal	Conjugate (PCV13) <ul style="list-style-type: none"> <li>•3 doses for adults with hematopoietic stem cell transplant starting 3-9 months after transplant, administered at least 4 weeks apart, followed by a booster dose of PPV23 12-18 months post-transplant (6-12 months after the last dose of PCV13)</li> <li>•adults with HIV, immunosuppressive conditions, splenectomy or on immunosuppressive therapies should receive 1 dose of PCV13 followed by 1 dose of PPV23 8 weeks later</li> </ul>	PCV13 should be administered at least one year after any previous dose of PPV23
	Polysaccharide (PPV23) <ul style="list-style-type: none"> <li>•1 dose at age 65 and older</li> <li>•adults (at any age) who have asthma, regardless of whether they are on high-dose steroids or have chronic obstructive pulmonary disease</li> <li>•adults (at any age) with medical comorbidities making them higher risk for invasive pneumococcal disease (IPD)</li> </ul>	<ul style="list-style-type: none"> <li>•revaccination with one booster of PPV23 only for adults (at any age) at highest risk of IPD, i.e. immunosuppressed, asplenia, HIV or significant chronic kidney disease</li> <li>•high-risk individuals requiring an additional dose of PPV23 should receive the dose 5 years after the most recent dose of PPV23 and no sooner than 8 weeks after PCV13</li> </ul>

Vaccine	Recommendation	Comments
Herpes Zoster	<ul style="list-style-type: none"> <li>●1 dose age 60 and older</li> <li>●may be given to patients aged 50-59</li> </ul>	<ul style="list-style-type: none"> <li>●live virus vaccine (see over)</li> <li>●past diagnosis of shingles not a contraindication to immunization</li> <li>●NACI does not recommend booster doses at this time</li> <li>●in patients with history of shingles, experts suggest vaccination at least 1 year after HZ episode</li> </ul>
Hepatitis B	<ul style="list-style-type: none"> <li>●3 doses</li> <li>●generally 0, 1, 6 months</li> </ul>	<ul style="list-style-type: none"> <li>●may be administered with Hepatitis A vaccine in patients requiring both</li> <li>●for travelers and families with international adoptions</li> <li>●adults at increased risk of exposure, including chronic liver/kidney disease, hemophiliacs, and lifestyle risks (history of sexually transmitted infections, using illicit drugs and engaging in high-risk sexual practices)</li> <li>●no previous immunity</li> <li>●anyone wishing to decrease risk of HB infection</li> </ul>
Hepatitis A	<ul style="list-style-type: none"> <li>●2 doses generally 0, 6 months if given alone]</li> <li>●3 doses generally 0, 1, 6 months if administered with hepatitis B</li> </ul>	<ul style="list-style-type: none"> <li>●mortality from disease increases with age</li> <li>●for travelers and families with international adoptions</li> <li>●adults at increased risk of infection, including chronic liver disease, haemophilia A or B receiving plasma-derived replacement clotting factors, and lifestyle risks (using illicit drugs and men who have sex with men)</li> <li>●anyone wishing to decrease risk of HA infection</li> </ul>

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## NALCOR News

### Muskrat Falls Project - Advances and Opportunities

The Muskrat Falls Project includes an 824 megawatt hydroelectric generating facility, over 1,500 km of transmission lines in the province, and the Maritime Link between Newfoundland and Nova Scotia. The project will meet Newfoundland and Labrador's energy needs into the future and deliver significant long-term value to the province.

Construction on the project started in late 2012 and progress is being made across all areas of the project with work underway between Churchill Falls and the Avalon Peninsula.

In 2015, at Muskrat Falls concrete placement for the spillway piers and separation wall was completed, and installation of the spillway gates began in preparation for river diversion this year. Construction also started on the north and south dams that will span the lower Churchill River.

For transmission line work between Muskrat Falls and Churchill Falls, all access road construction and right-of-way clearing was completed. More than 85 per cent of transmission towers were erected and close to 70 per cent of all conductor (wire) stringing for the 500 km transmission line was completed by the end of the year.

Construction on the 1,100 km Labrador-Island Transmission Link advanced in Labrador and on the island throughout 2015.

In Labrador, over 90 per cent of access road construction and right-of-way clearing was completed, more than half of all tower foundations were installed, and approximately 20 per cent of towers were erected. On the island, half of all access road construction and clearing activities for the transmission line right-of-way was completed in 2015, and installation of tower foundations began on the Northern Peninsula.

For the Strait of Belle Isle marine cable crossing, manufacturing of the marine cables was completed. Land cables that will connect the submarine cables to the overhead transmission line from Muskrat Falls to Soldiers Pond, were also installed on both sides of the Strait. These advances in construction also generated significant contributions to the provincial economy through employment and business benefits. In 2015 employment peaked at more than 5,300 people and approximately 85 per cent of those workers were residents of Newfoundland and Labrador. Since the start of construction more than \$1.1 billion in wages has been paid to workers from the province. An estimated \$9 million is returned to the provincial economy each week from project construction, with over \$1 billion to Newfoundland and Labrador-based businesses since construction began. A lot is happening on the Muskrat Falls Project and many milestones will be achieved this year. Stay tuned for the next edition of the newsletter for a question and answer with Gilbert Bennett, Vice President, Lower Churchill Project. In the meantime, if you have a question about the project please

email: lowerchurchill@nalcenergy.com . **Frazer Budgell**



Muskrat Falls



Transmission line



March 2001 - Transferred over from Abitibi-Bowater as Electrical Maintenance/Relief Operator  
January 16, 2013 - Technical Operator in Exploits  
December 23, 2013 - Hydro Plant Operator (Exploits)  
December 31, 2015 - Retired

### **John Snow**



July 27, 1999 - Hired  
- Temporary time spent from 1999-2004 as Stores Repair Worker and Electrical Maintenance A  
November 22, 2004 - Became permanent Electrical Maintenance A  
January 14, 2008 - Planner (TRO)  
January 29, 2016 - Retired

### **Retirees**

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

**Gordon Alexander**



May 14, 1977 - Hired as a Graduate Trainee (Commerce)

December 11, 1978 - Became Financial Analyst

March 22, 1985 - Became Manager, Rates and Financial Planning

November 1989 - Resigned from Manager, Rates and Financial Planning

August 2, 2010 - Re-joined the company as Team Lead, Information Systems Infrastructure Support

March 4, 2013 - Became Team Lead, Financial Planning (Investment Evaluation)

2013 - President's Award recipient for Business Excellence

December 31, 2015 - Retired

**Keith Hancock**



May 29, 1989 - Hired as General Maintenance B

June 28, 2010 - Became Terminal Maintenance A

January 31, 2016 - Retired

**Bonnie Byrde**

December 2, 1985 - Hired as Stores Worker

April 14, 2003 - Became Inventory Control Clerk

December 31, 2015 - Retired



## Capitol Hydro



### Events

#### Family Skate

April

Contact:

Brad Smith 778-6635

Jason Coady 725-0588

#### Dinner Theatre

May

Contact:

Susan Ryan 737-1776

Natasha Carey 737-4698

#### Family Movie

June

Contact:

Susan Ryan 737-1776

Natasha Carey 737-4698

### 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](mailto: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!

### The 2016 Capitol Hydro Social Club Executive

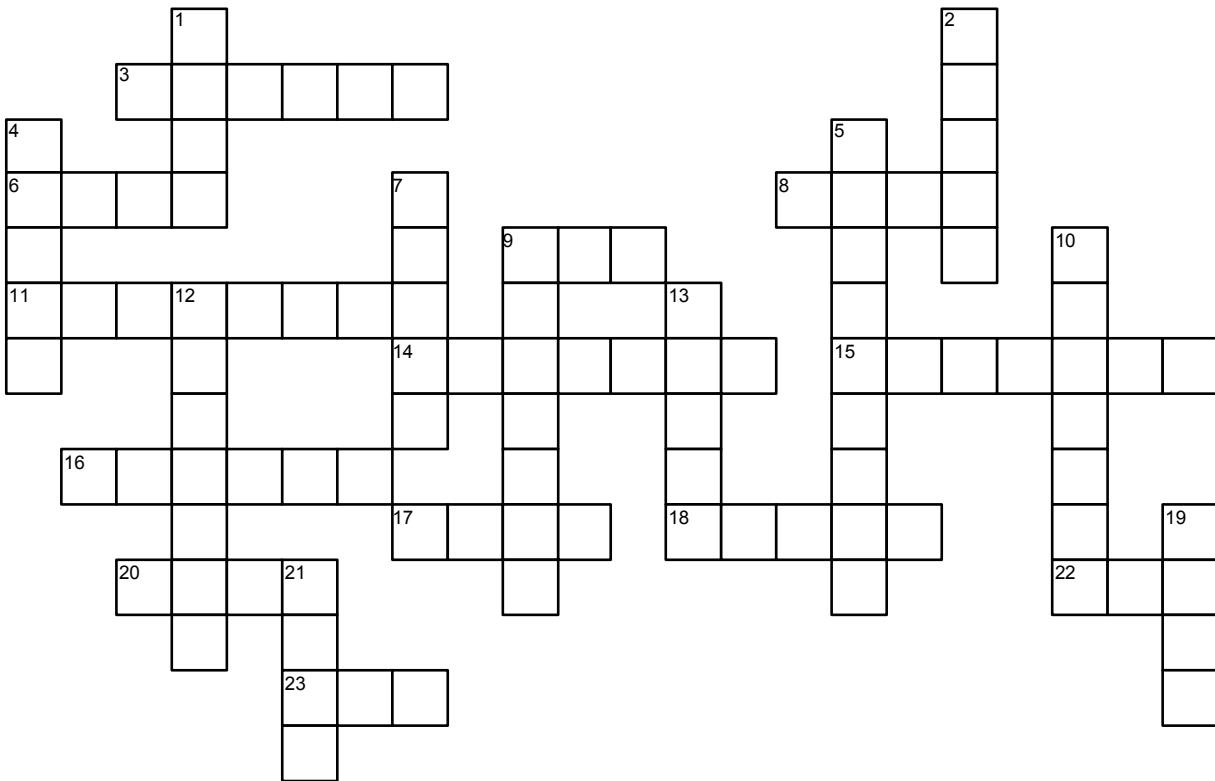
President	Chris O'Brien	737-1214
Vice President	Tim Manning	737-1730
Publicity	Caryn Philips	737-1765
Secretary	John Flynn	737-1739
Finance	Maria Viscount	737-5219
Treasurer	Tracy Maynard	737-1288
Special Benefits	Marie Avery	737-1476
Entertainment	Susan Ryan	737-1776
Entertainment	Natasha Carey	737-4698
Sports	Brad Smith	778-6635
Sports	Jason Coady	737-1834

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## **The Lighter Side**

Here's a crossword puzzle for you to work on as Spring approaches! You should be able to relate every word to our Newfoundland spring! Enjoy!

# Spring Weather



## ACROSS

- 3 Rain \_\_\_\_\_ the earth.
- 6 March comes in like a \_\_\_\_\_.
- 8 It makes kites fly.
- 9 \_\_\_\_\_ makes it hard to see.
- 11 It's supposed to rain today. Take an \_\_\_\_\_.
- 14 March winds bring April \_\_\_\_\_.
- 15 A loud noise associated with storms.
- 16 No matter how long this season lasts, spring is sure to follow.
- 17 Not too hot.
- 18 If it's foggy in the morning, it will be \_\_\_\_\_ in the day.
- 20 Not too cold.
- 22 This gives light to help plants grow.
- 23 Rain mixed with dirt. Don't track it in the house!

## DOWN

- 1 Dark clouds often bring this.
- 2 Hold onto your hat. It's \_\_\_\_\_ today.
- 4 I may be white and puffy or dark and threatening.
- 5 \_\_\_\_\_ flashes in the sky.
- 7 This turns green as days grow warmer.
- 9 April showers bring May \_\_\_\_\_.

- 10 Rain leaves these behind on the ground (but your mother probably doesn't want you to splash in them!).
- 12 I can be seen after a storm.
- 13 These bud with new leaves in early spring.
- 19 This wintery substance sometimes falls in the spring.
- 21 March goes out like this animal.



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## Contacting the Silver Lights Club

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

President Vacant  
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 Fax: 737-1231  
Silver Lights Email: [silverlights@nlh.nl.ca](mailto:silverlights@nlh.nl.ca)

## Membership Fees

We remind any of you who have not paid your Silver Lights Club Membership fees that we have converted to a one-time lifetime membership of \$80, less any fees paid previously. Please send your cheque to the Secretary Treasurer at the address indicated on the letterhead of this Newsletter.

*Also Available!! Silver Lights members who are still active employees can now pay their fees through payroll deductions. If this is of interest to you, please contact the Silver Lights Office for a form to have the deductions started.*

## Club Service and Support

Part of our mandate is to support club members when needed. If you have a family member in hospital and would like us to visit, please give us a call. Visitations and other help is extended to all club members and their families, but it will be done on a family request basis only.

# Answer Key

