



## SILVER LIGHTS CLUB

NEWFOUNDLAND AND LABRADOR HYDRO  
A Nalcor Energy Company

---

### President's Message

#### *Wayne Chamberlain*

Well I have one full year's retirement under my belt and must say I give it two thumbs up although I am not too sure my beloved wife is of the same mind at times. When I look at some of my fellow Silver Lights executive members I am most definitely a rookie and hope I get as long and fulfilling a retirement as they have. One such member that most certainly exemplifies that there is life after retirement is Reg White who is a founding member of the Silver Lights and continues to be an active member of the executive and his community. Reg has been retired for more than two decades and he has been an active volunteer in community events and organizations for more than five decades. The Silver Lights nominated Reg for a Seniors of Distinction Award which recognizes the many contributions seniors make during their lifetime in their communities in this Province. I am pleased to say that Reg received one of the five 2016 Seniors Distinction Awards from Premier Ball at the Hampton Inn & Suites on October 4th and congratulate him and his wife Phyllis for an award that is very well deserved. Many organizations and people including the Silver Lights have and continue to benefit from Reg's commitment and work ethic and it was fitting that Reg was one of the first to leave after the ceremony due to volunteer commitments in the afternoon. Well done Reg and continue to make a difference.

It has been a busy summer for Silver Lights members who were gracious enough to volunteer their time and skills in moving the Christmas float playhouse from the Holyrood Generating Plant to Ronald McDonald House for the enjoyment of the children during their stay. Thanks to John Mallam and Gerry Bowers for their lead-

ership and organizing the move and also special thanks to the Whitborne crew led by Reg Day in transporting and offloading the house next to the playground. As always there were many Silver Lights members involved in this endeavour and I would like to thank each and every one of you for taking the time in supporting this worthwhile cause. I take special note that safety was top of mind when this work was being carried out and that everyone involved had all the appropriate PPE. No injuries or lost time retirement hours when the work was completed.

I attended the Bull Arm site visit in late August and must say it was worthwhile to see the site and the magnitude of the work being undertaken there. There were about a dozen or so members and their spouses who were able to attend. I also attended my first Silver Lights breakfast meeting at A&W in late September and had an opportunity to speak to a few people I haven't seen in many years. I didn't hear any complaints about retirement and most had a good scoff going when I arrived. Looking forward to meeting a few more Silver Lights members I haven't seen in awhile when we travel to Port Rexton on October 5th and 6th for the Fall Trip.

My parting comments are to remind everyone that we are slowly but surely moving to providing the newsletter in a digital form so that we can provide the newsletter in a more timely, efficient and environmentally responsible manner. We are looking at various ways to do this and would encourage you to contact the Secretary or the Editor with your email address or any changes thereto in a timely manner. I also encourage all members to help us make the newsletter even better by submitting any memories or interesting stories that you may have that we could share. Ken Ball has been our go to person for many

years and he has provided some great memories and stories. If you can find the time we would love to hear from you on anything you would think our members would enjoy.

All the best and please have a safe and wonderful fall.

## Editor's Message

### *Janet Calver*

September. In many ways this month seems like the beginning of the year rather than January. Those long, lazy summer days are over, the kids are in school, and everyone gets back to their "routine". September is also a great time to make some changes in your life and try something different. It takes a leap of faith sometimes to try something new and be adventurous, but I think most of you would agree that exploring new possibilities often leads to new friends and wonderful experiences.

Change is also in the works for the Silver Lights newsletter. We believe it will be for the better but we will need your help and cooperation to make it work. We all know that the price of everything has gone up and this includes the cost of producing and distributing our newsletter. Think how much it costs to send a simple card through the mail and then imagine the cost to send our newsletter out to close to 800 + retirees. It's a lot and Nalcor, who has been handling all production and mailing costs for some while now, wants us to cut those costs. We believe we can do that and still provide our retirees with a high quality newsletter that is informative and at the same time allows us to stay in touch with our friends and former co-workers.

Here's what we are doing. Over the next few weeks we are going to get as many up-to-date email addresses for our retirees as possible and deliver the newsletter electronically. For those retirees who have no access to the internet or email, arrangements will be made to get the newsletter delivered to them. In the long-term, we hope to be able to have a Silver Lights internet site where we can place all our newsletters, pictures, articles of interest, announcements, etc. So stick with us - we're counting on you!

In the meantime, our September newsletter has some great information for you: the newest members of the 25 Year Club, Ken's Out and About is a great read as usual and is full of news about "who's-where-and-doing-what", our newest Senior of Distinction, updates on the playhouse for Ronald McDonald House, our trip to the Bull Arm Fabrication Site in August, our latest retirees and of course, Chris Schwartz's article (one that most of us will be able to relate) and much more. Thanks to everyone who contributes to the newsletter and continues to support us with pictures, articles and stories - you're my inspiration! Read on!

Take care,  
Janet.

---

## SilverLights News

### 25 Year Club

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

Martin Drachier	Churchill Falls
Stephen Power	Churchill Falls
William Hartery	Bay d'Espoir
Brent Sellars	Hydro Place

### Ken Ball

#### Letter to the Editor

It's coming up to Canada Day and what weather we have had in this area. Hot enough to roast you if you are easily roasted like myself.

I need not have been concerned about being roasted by the hot weather, because as often is the case the weather changed and I almost froze. But now during the last weeks in July it is good again. Warm but not too hot. Like someone once remarked, if you don't like Newfoundland weather wait 5 minutes and you will most likely get the conditions you want.

Today Bob Hobbs took us for a drive out around the shore. We went down through Manuels and went through a lot of communities, some of which I had not seen before. Places like Brigus, the home of Captain Bob Bartlett, and Cupids, the first colony settled in Newfoundland by John Guy in 1610. Other places I had

visited before like Heart's Content where the first trans-Atlantic cable came ashore and Harbour Grace where the coastal boat, Kyle, lies grounded. Most communities have their own stories and our guide Bob gave us a lesson in Newfoundland history. We really enjoyed it. Looking at Shag Rocks while licking a chocolate soft serve ice cream can be entertaining on a hot day. Try it some time.

On this trip we saw one baby moose just outside Harbour Main.

I finally got my feed of capelin. Like always I feed on them until they are all gone which takes me about 3 days depending on how many dozen I've cleaned and fried. To me fried capelin are like cracker jacks. I can't leave them and whenever the fridge door comes open I'm at them. They weren't very big again this year and females were pretty scarce. I counted about a dozen in approximately 7 or 8 dozen capelin.

The Boss and I took another little trip with Bob last week. We went out to central to attend the Botwood Day festivities. This is the first time I've gone to Botwood Day in over 20 years.

The weather was not that great, which is uncommon for central weather at this time of the year, but I guess everything is changing. It was cold and we went through several downpours on our way to Botwood the first day we got there.

There was one thing I noticed – my friends are getting old. It's amazing how things change in 25 years. A lot of my friends and acquaintances have "Carpenters' Disease". Their chests are down in their drawers.

The trees we planted on our property in Botwood are huge. Looks like we have a good start on a forest.

I had the occasion to drop in for a few minutes on a couple of my former neighbours. It was great to see them but it brought back so many

memories and sometimes that can be sad as well as happy.

One of the highlights of this little trip, besides seeing old friends, was our visit to the Grand Falls Salmonid Centre where you can watch the fish proceed upstream. There were hundreds going right in front of our face. It was fantastic. If you have not had a chance to visit this site across the river in back of the mill, try and make it a priority on your next visit to Grand Falls. I think you will find it worth it.

The guide told us that approximately 25,000 grilse have gone up so far this year and they expect the number to reach 45, 000. The biggest fish she spotted this season was approximately 18 pounds.

Harry Elliott recommended we visit this site. I'm glad I listened to him. But I most always listened to Harry.

We never saw a moose on our way out and back.

I am very glad to report on the first of September that the summer has been fantastic weather wise. I think the weatherman reported that we had over 50 days this summer where the temperature was above 20 degrees and we are still heading for some warm weather.

I only got blueberry picking for one morning the last of August and by that time the berries in my spot were all picked over. We had a nice drive and a feed of Mary Browns but we only got a half gallon of blueberries.

Things are starting to settle down now that the children have all gone back to school. But I suppose things will soon start up for Christmas. Like some joker said to me the other day, "It's only four months till New Year's Day." Some people have a sick sense of humour.

I hope you have all had a good summer and that you will soon start getting ready for winter.

Dont wait too long to put on your winter tires. Be safe.



Salmon at the Salmonid Interpretation Centre

## Out and About

### David Hynes

I was at Home Hardware the other day and ran into David. I had not seen him for several years but, surprise, surprise, I recognized him and at the same time remembered his name. I must be getting better.

Dave is looking great and is actually retired. He still keeps in touch with his Hydro friends if only to keep them active in the ticket pool.

I didn't have much time because I was in a hurry at the time. The wife was waiting for me and you all know how keeping a woman waiting can cause a lot of problems.

The fact remains it is good to know that another of our fellow retirees is doing fine.

Dave was Senior Offices Clerk at Hydro Place.

### Bill Bradbury

I was at Coleman's supermarket in Mount Pearl the other day and saw a fellow retiree/friend,

Bill Bradbury. We never had much time to talk because we were there grocery shopping

I had not seen Bill for a while. I think I may have seen him a couple of times in the last 20 years. He looks great and is enjoying his second career.

Since retiring he has worked with Madsen Marine full time. This company was known as Diesel Injection when we used to purchase their products and services.

It was really good to see Bill again. Many a time I went to Bill Bradbury for advice or clarification on a piece of hardware we were asked to stock and I didn't understand what it was. Bill was always obliging and helpful.

Dennis Stafford, another Hydro retiree, works at Madsen Marine with Bill. They worked together in TRO. They are both Electrical Engineers.

### David Jarvis

I saw Dave the other day at Canadian Tire in Mount Pearl. He looks as fit as a fiddle and lives a very active life.

When he's not back working with Hydro you can find him around his house doing whatever repairs are required and when he gets tired of that in the summer you may find him out on the bay in his sail boat.

David is very active in the Masonic Lodge and is twice Past Master of Lodge Conception (Scottish Rite).

He has obtained an Associate Degree from Queens College, in Theology and Ministry.

Dave had a varied career in Hydro, He worked in the following Departments:

PDD Operations	Ron OBrien
PDD Engineering	Allan Andrews
	Bill Bradbury
Hydro Engineering	John Mallam
	Gordon Holden
Meter Shop (Hydro Place)	Ern Barber
	Bob Whitehorne
Customer Services	Al Ballard
	Sam Banfield
Holyrood Instrumentation	Bob Garland
	Wayne Rice

Dave worked in Hydro for 33 years and went back for 10 months while they were looking for a supervisor to replace him. I think he is still ready to return if the call comes.

David was the Supervisor of Instrumentation at Holyrood.

### Gerald Thorne

I was walking across the Avalon Mall parking lot the other day and this voice sang out "KSB". I walked over to the vehicle and looked at this person. He said "You don't know me?" In all fairness to me I was facing into the sun and I could have sworn I had never seen him before in my life. When he got out of his SUV and I wasn't looking in the sun anymore I blasted well knew him. My Lord, how could I not know this dear friend of all those years. We both had a laugh.

Besides that, Gerald was the only one called me KSB (for you the unformed Kenneth Stanley Ball). All makes sense now, don't it?

There was another former Hydro employee with him, his wife Linda. Linda used to work in the office at Bishop's Falls with Morgan Hollett. It was so good to see them.

Linda and their daughter, Krista, had to head for the Mall because it was so cold. About 10

degrees at the time with a 30 knot breeze.

Gerald and I, despite the weather, had a good yarn and he brought me up to date on friends from Hydro in the Bishop's Falls area. This always makes my day.

Gerald looks great and is enjoying his retirement. He is involved in the community, the school lunch program, his church, and heading up a committee sponsoring a Syrian family. He spends a lot of time during the summer in in cabin down around Point Leamington. Great to see you active and enjoying your retirement.

Gerald also brought me up to date on some friends of mine that just happen to be retirees of Hydro and Churchill Falls, and are relatives of Linda and him. Job Norris recently had two knees replaced and even though it's early, appears to be doing great. Job was Supt. Serv. Maintenance at Churchill Falls. Fred Granter had a knee replaced and is doing fine. Fred was a Maintenance Mechanic in Bishop's Falls. Gerald recently saw an old friend, Vince Kelly. Vince used to work with us in the warehouse. Vince is great and spends most winters in Florida.

I pass on this little bit of trivia while I'm at it. I took Gerald up to Francois with me one fall to do a bit of hunting in Rencontre. The weather turned terrible and we could hardly get out doors for the fog and rain.

Anyway, this day the rain stopped and though it was still foggy we ventured up on the hills to try our luck at getting an animal. While we were heading up the hill it was still pretty foggy. Gerald suddenly said "Look there, there's a caribou." I looked in the direction he was pointing and started to laugh, "That's a fox you gert fool." Foxes do loom up in the fog. Ha!

You should ask me about the Chinese Junk!

Gerald and I worked together for many years. He stepped in as Central Stores Supervisor when

I transferred to St. John's.

Always good to see you 'ol friend.

### **Doug Corcoran**

I saw Doug at the Avalon Mall the other day. He looks great. To keep in shape he walks about 10 km a day. Wish I had dedication like that.

The last time I saw Doug he was having hearing problems. He now has hearing aids and they are working good. According to him it is not something you put in your ears and right away everything is great. It takes time for you to adjust but these days Doug is hearing much better.

Doug still keeps in touch with Herb Woolfrey. Herb is pretty much blind these days but is coping with this problem and is still doing whatever he can to enjoy life.

Doug was Office Supervisor at the Whitbourne Office.

### **Jim Long**

Just after talking to Doug Corcoran I saw Jim. As always he looks fantastic. 80 going on 70!

Jim is enjoying his boat again this summer and plans to do some serious sailing when his son gets home from Toronto for a visit.

Jim plans to move his boat to St. Jones Within and visit some resettled communities in the local area and spend a night at some of those locations. Sounds like a great plan. One that turns me green with envy.

Jim was sitting at a table next to ours at the food court and we had a great yarn through mouthfuls of grub.

Jim was VP of Human Resources

**Harry Elliot**

I made sure I saw Harry on my recent trip to central. He was where I last saw him - at his maintenance garage on Grenfell Heights, right behind his home and those of his boys. Locally, it's referred to as "Elliottville".

Harry looks great and had a hundred things to tell us in half an hour and a lot of it was Hydro nostalgia. Thank God he never changes.

Harry's logging operation is doing great. He has 15 men in the woods down off the Bay d'Espoir Highway. The crew includes three of his sons. It's a real family operation.

They cut and haul logs to a sawmill off the highway near Lethbridge and pulpwood to the mill in Corner Brook. Harry did not slow down just because the paper mill in Grand Falls closed.

Harry keeps in contact with other retirees that worked with him. He talks to Tom Walsh and George Burge and occasionally Alf Osmond will drop by.

Bob Hobbs had only met Harry once before years ago but he remembered him. Like I told you, Harry don't change, only improves with age!

Harry was a Transmission Supervisor in the central area.



Ken and Harry (Butch Cassidy and the Sundance Kid)

**Bruce Regular**

I was really lucky to see Bruce on Botwood Day, but see him I did. I do occasionally have phone conversations with him but our meetings are rare.

Bruce is a retiree of Hydro but not a Silver Lights member. He was let go with only 20 years service.

Bruce has had some health problems over the years and has had 2 open heart surgeries. Today he is not well but is plugging along because he does not want to have another operation. His doctors are presently looking at the possibility of clearing up any blockages without operating.

Bruce is still the same likeable joking friend



I have known for 40 plus years and I hope and pray that everything goes well with him in the future.

If you want a science fiction type story ask Bruce about our moose hunting trip we had when I lived in Botwood.

Bruce was the Purchasing Supervisor working out of Bishop's Falls.



Ken, Florence and Bruce Regular

### **Marg Everson**

I saw Marg at Samuels in the Avalon Mall. No, I was not buying ladies clothes, but I spied Marg and went in to talk to her.

I had not seen her in a few years but she looks great.

Marg did the Florida thing for a few years. Spending a couple of months in Florida dur-

ing the winter but lately they have been visiting their daughter in Ottawa. During this last trip to Ottawa, her husband had a heart attack and is presently awaiting an aortic valve replacement.

This waiting can be very stressful so let's hope the wait won't be too long. Good luck and God bless.

Marg worked in the Payroll Department at Hydro Place.

### **Allan Parsons**

I saw Allan at Tim Horton's in the Avalon Mall the other day. Unfortunately I never had a chance to talk to him as he was talking to someone.

By the look of him he's doing great. How the hell does he stay so thin and fit? I bet you it's all that skating he does.

Allan was Traffic Officer with Materials Management.

### **Henry Deering**

I saw another Hydro retiree the other day. I was having a mug up at the food court in the Avalon Mall when Jerry came and sat at the table next to ours.

Jerry looks great and because I had seen him a few months ago when we both visited Sam Stickland, I knew him but I was glad when he told me his name.

Jerry is working part time with H.B. Construction sticking poles for Newfoundland Light & Power.

When he was with Hydro, he worked in both the Distribution and Transmission Departments. Jerry has pretty well visited all the outport communities in Newfoundland and most of the communities on the coast of Labrador. I can't imag-



ine a better job for a young adventurous man than this. I would love to know all the stories Jerry could tell.

Jerry now lives in Bay Roberts in his retirement!

Jerry retired as Line worker "A" in Whitbourne.

### **Aubrey Hill**

I was talking to Aubrey the other day at Costco. I had not seen him since this spring he looks great and is in fine shape.

He has not done much this summer other than scout around the area and just enjoy his retirement. But in May he had the trip of a lifetime. He was on a 25 day cruise.

He joined the liner in Scotland and travelled from there to Russia. Calling at a lot of ports in between. The weather was good and according to Aub, a lot like ours which eliminated a lot of temperature adjustments.

The seas were calm and he visited a lot of ports, not taking tours but strolling the streets and going where he wanted to. Well, where his wife headed him.

I asked Aubrey what he most liked about the cruise. He said "One word - FOOD!" A man after my own heart.

He has plans for some trips planned by the Silver Lights club. For a good time find out about the many excursions they have.

Aubrey was Supervisor of Projects Reporting in Hydro Place.

### **Lloyd Gillingham**

I happened to spot Lloyd at the Avalon Mall recently. He was sitting 3 or 4 rows away from us and didn't see me. I sneaked up behind him

and put my hands on his shoulders and asked did he have a pass to come to St. John's. Lloyd laughed and said "I recognize that voice."

I joined him and his missus at their table and had time for a little yarn.

Lloyd just finished up his last trade show, where they sold home made jewellery. They have been at this together since 2002. They attended 6 shows a year all across the island. But as he said there's no profit to be made anymore.

Lloyd told me he still goes salmon fishing, even though he finds it difficult getting around after the stroke he had a few years back. He goes with his son in a boat on the Exploits river. How is this for perseverance? Lloyd is right handed and that's the side the stroke effected. So he has learned to cast a fly left-handed. He told me he raised 6 salmon and landed 2. Great goin' Lloyd, you are an inspiration to many of us.

Lloyd had to leave as his son had an appointment so we had to cut our yarn short. It was really great to see him.

Lloyd was Safety and Training Officer stationed in Bishop's Falls.

### **Sam Stickland:**

We visited Sam recently at the Hillcrest Manor. He is doing great and still loves a good yarn and a few jokes.

He is 85 years old and the only real problem he has is that his back is bothering him and he has to use a walker to get around.

He has to visit his cancer doctor occasionally to make sure there are no other outbreaks like the 3 lots he's already had.

We always talk about our friends from Rencontre and Hydro. These days our Rencontre friends are getting fewer.

Sam still gets out to his daughter's place and

to the occasional restaurant. Hard to keep a good man down.

Sam worked with Human Resources as Company Negotiator.

### **A Moose Hunting Trip With a Twist**

(The names are changed but the story is true. Might be embellished just a little.)

The trip had been 6 months in the planning because it involved a bit of travel by road and boat and they weren't really sure they were up to it but in the end their hunting spirit prevailed and the trip was on.

George came up from Marystown to meet Jim at Botwood (that's me) and we went from there. We started Wednesday morning in early September because the moose hunting season was open and we wanted to get on the go before the Francois people had them all killed.

We drove to Terranceville and got the coastal boat, Sprinter from there. The Sprinter was one of CN Marine's fast travel crafts and could go up to Francois in about 10 hours. She was a bit bouncy though.

We arrived in Francois and got settled in our boarding house and went to visit our friend, Steve, who would go hunting with us. Because he knew the area, he was to be our unofficial guide.

Plans were made to leave next morning and go to Chaleur Bay a couple of miles east of Francois.

Next morning with our bags packed, rifles and ammunition checked and all the necessities we would need we boarded the boat for our trip down the bay.

We decided that we would go up the falls - as a good likely place to see a moose.

It was a beautiful morning as we steamed up the bay. The sky was clear and a little breeze

stirred the water causing little whitecaps. The mountains going by were coloured with the many fall colours of red, orange, brown and the ever green background. With the fresh/salt air in your face, life was good. It had rained a little the night before.

We arrived at our destination a half-hour later, took ashore our bags and guns and moored off the boat.

We still had on our rubber pants as we climbed up the path because the boughs and rocks were still wet. When we got almost to the top, I was ahead and a fairly big rock blocked our path. The only way was to climb up over it. Now I'm not the spriest in the first place and with the rubber pants hindering my movement I asked Steve to give me a boost. I placed the butt of my shotgun on top of the rock and Steve gave me a shove. I went up with no problem but in the process my face slid along the gun and the cock (hammer) hooked under my jaw on the left side and tore out a gash about 2 inches by 1/2 long in the form of 2 sides of a triangle.

I remarked, "I struck my bloody jaw." When I took my hand down there was blood. "Looks like I cut my face." I said. It was then I noticed the look on George and Steve's faces. They could see what I had done and were waiting for the blood to gush out. They expected that I would probably expire pronto.

"What's the matter? Is something wrong?" Silence.

Steve said "Jim you got a bad cut under your jaw."

"What do you mean a bad cut?" I inquired. "We can still go hunting can't we?"

"Hunting?" said George who had recovered from his shock, "We won't be goin' huntin' Jim. We have a bigger problem. How we are goin' to get you down off this hill?"

"If we got to go down, I'll walk down the same way I came up." I said. They were still expecting me to start bleeding because they could see in my neck and figured I must have severed the jugular. Of course I didn't know the extent of my injury. There was no pain and not much bleeding, so I thought we could bandage it up and continue moose hunting.

George spoke up, "Jim we ain't got nar bandage, what we goin to do?"

"Well," I said "there goes the tail of that new shirt you got on. Strip that up and wrap it around my neck. We'll get it to stay in place."

"That's fine," said Steve, "but we still got a problem. How we goin' to get you down the hill?"

"Boys, I'm alright. I'll walk down."

With the tail of George's shirt wrapped around my neck, we made our way to the boat. This time they carried my gear. They wouldn't let me lift a thing. We got the boat in, loaded the gear, and started for Francois about half hour away.

When we got in Francois we landed at Steve's mother's stage head and went up to her house. It was only a short way from the clinic. Soon the lady who operated the clinic part time was to our house. She would dress and bandage me up. I asked her if I could see the cut.

She said "Are you sure you want to? It's not nice. You might faint."

"Ma'am I don't know what else I'll do, but I won't faint." She handed me a small mirror. I did get a little jolt when I saw the tear in my neck. I had not even dreamed it could be that bad for the little discomfort I felt.

"We will have to call the helicopter." the first aid lady said. "We have to get you to Burgeo in a hurry."

We got in the cottage hospital in Burgeo a

couple of hours later. The clinic was packed, but being classed as an emergency, I was pushed through in a hurry.

The doctor stitched up the cut and I was on my way with 21 stitches in my neck. With orders to see her in the morning.

Next morning bright and early I was at the clinic waiting for the doctor. Again I was given priority, which was good because I had a coastal boat to catch that afternoon for the return trip to Francois and onto Terranceville. My suitcase would be waiting for me on the wharf in Francois.

The doctor looked at the cut and said for me to go visit my doctor when I got back to Botwood. Then she made a remark that I remember well. She said, "I had a busy day yesterday. I had two emergencies. A little boy fell from a cliff and broke his leg."

"What was the other one?" I asked.

"Why it was you." she said. "Don't you realize if you had gone an eighth of an inch deeper into your neck, you would have struck the jugular? Even if you were in a Montreal hospital, surrounded by doctors, there would have been nothing they could have done to save you". That made me think. I guess the old saying applied - The bigger the devil the better the luck.

I called my wife from Burgeo to make my report. The first thing she asked was did I get my moose. When I told her where I was and what had happened she laughed at me. She didn't believe me, I used to pull the odd prank on her.

I got back home and went to visit the doctor but the clinic was full and I didn't wait. I dressed the cut daily and cleaned it with peroxide until I could take off the dressing for good. I never had a problem but was left with a nice scar. Most people going moose hunting will usually get their moose, not me. I ended up cutting my throat.

Just goes to show weird accidents can happen.

## Fishing in Twillingate

### *Reg White*

Every year Phyllis and I travel to Twillingate during the Fish, Fun and Folk Festival. While there this year we were out driving around Twillingate when we met Doug Young and his wife, Eleanor, who were out for a walk (Doug is a Newfoundland and Labrador Hydro retiree living in Twillingate). I knew that Doug had a boat and spent some time out fishing during the Food Fishery. After the regular handshakes and catching up on the latest news etc., Doug said that after their walk they were going out fishing and they would bring me back a fish. Before leaving I asked if he needed anyone else to go with him and Doug said he already had arranged with a friend of his to go on this trip with him. They continued on their walk and Phyllis and I continued on our drive and then went to Riffs to do a bit of shopping. When Doug went to pick up his friend he found out that he was unable to go as planned and Doug decided that he would go look for me and Phyllis and invite us to go along to the fishing grounds. They found our camper parked outside Riffs and waited for us to come out. Doug offered us the opportunity to go with them and they were on the way to their boat now if we wanted to go. Without any further conversation I said, "I will follow you to your boat." It was a beautiful day and there wasn't a breath of wind in the air. After passing us life jackets we all boarded his boat and headed away from the wharf. Doug didn't go directly to the fishing grounds. He decided to give us a view of what Twillingate looks like from the water and he took us completely around the island and then headed for his favourite fishing spot.

He handed me a jigger that was on a wooden spool and set Phyllis up with a rod and reel with a jigger on the end of it. After about twenty minutes I had caught three, Phyllis reeled in a couple, and the Youngs completed our quota of fifteen fish. We then went back to the stage where Doug and his friend skillfully turned the round fish into nice long thick strips of fresh cod.

I took four of the fillets, thanked Doug for the wonderful experience and headed to the camper for a feed of our own caught fish. I am not very photogenic and even with a camera in my bag and a cell phone in my pocket the thought of taking pictures never even entered my mind!

## Bull Arm Fabrication Site Tour

Silver Lights arranged a tour of the Bull Arm Fabrication (BAF) Site for August 25th. It turned out to be a beautiful sunny day - just right for an excursion "around the bay"! For many of us it was a great excuse to leave home a bit early and explore the surrounding area before the tour began. Arnold's Cove, Comeby-Chance and Sunnyside offered some beautiful sight-seeing and hiking opportunities, not to mention the breath-taking views of the coastline.

Once we arrived at the Hebron Information Centre at the TCH entrance to the Bull Arm Site (Nalcor Building), we were greeted by Roxane Wareham, Community Relations Advisor Hebron Project. There were other visitors there as well from Canada and Europe who were interested in learning more about this project. Roxane gave us a detailed briefing of the project to date and described the different components - the Gravity Base Structure (constructed in Bull

Arm), the Topsides which include the Drilling Support Module (made in Marystown), the Derrick Equipment Set (made in Korea), the Flare Boom, (constructed in Port-aux-Basques), the Utilities and Process Module (constructed and just recently arrived from Korea), the Living Quarters, (constructed in Bull Arm), the Helideck, and the Lifeboat Stations. She explained the construction process for the Gravity Base Structure (GBS) and how it was floated out to deeper water waiting for the topside components. Then there was a short film which time-capsuled the actual construction and floating of the GBS. It's a mega-project worth about \$14 billion dollars and employing thousands of people from this province and around the world.

It was then onto the bus for our tour around the site. It's about a 6 km drive from the TCH to the Mosquito Cove site. As you get closer to the site, and see the sheer size of the project's equipment and buildings, you start to get a feel for the enormity of this project. Roxane described the different buildings and work areas and also explained about the ongoing work of installing the piping and electrical systems in the centre shaft of the GBS. How it all comes together is truly amazing and definitely something to be very proud of for our province.

Before we knew it, we were back at the Information Centre and saying good-bye to our friends - new and old. It was a great afternoon. If you didn't manage to join us on the tour, the Information Centre at the TCH entrance is open during regular business hours, Monday through Friday, and even though the site visits have finished for the year, the Community Relations staff are generally available to answer any of your questions about the project.

Below are a couple of pictures from the tour.



Our Group! (Back row, left to right): Vern Penney, Aubrey Hill, Gerry Bowers, Heather Bowers, Brian Gamberg, Dennis Jones, Reg White, Wayne Chamberlain (Front Row, left to right): Ruby Hill, Janet Calver, Helen Nelder Eileen Ravell, Lynette Chamberlain.

Missing from photo, Linda Penney.



Partial picture of Roxane pointing out the pier at the Bull Arm quay

## Ronald McDonald Playhouse

Last year, part of the Silver Lights' Christmas float was a playhouse which was to be donated to Ronald McDonald House (RMH) after the parades. The installation was a big undertaking to organize and it required the cooperation of many willing hands, including the folks from Nalcor head office - especially Erin Squires - Holyrood, Whitbourne, Ronald McDonald House and our own Silver Lights members. On Septemebr 28, a crew from Whitbourne including Reg Day, Pearce West and Blair Deering, ably assisted by Reg White, Bob Barnes, Wayne Chamberlain, Dennis Jones, Gerge Fowler, and John Mallam successfully transported and installed the playhouse at RMH. Cross bracing to the interior was added by John, Bob, Dennis and George a few days later. And there you have it! A great outdoor playhouse that will be enjoyed by the children staying at RMH for many years to come! A big "Thank-You" to everyone who helped out and especially to John Mallam who organized the move and got everyone working together and to Denise from the Whitbourne Office who helped put names to faces! Below are a few pictures. Hope you enjoy!



A Good Boom Truck Comes in Handy!



Positioning the Playhouse



Arrival At Ronald McDonald House (RMH)



The Group that Made it Happen for the Children! Back Row Left to Right: Annette Bishop-Higdon, John Mallam, Reg White, Bob Barnes, Dennis Jones, Wayne Chamberlain, Reg Day. Front Row Left to Right: Blair Deering, George Fowler, Pearce West. Taking the Picture: Erin Squires

## Seniors of Distinction Awards

The Newfoundland and Labrador Seniors of Distinction Awards recognize and celebrate the contributions, achievements and diversity of seniors throughout Newfoundland and Labrador.

The Seniors of Distinction Awards are an opportunity to recognize seniors of all walks of life - seniors who are experts in their field, seniors who share their culture and talents, seniors who volunteer as coaches, organizers and fundraisers, and seniors who care for people in need of understanding and companionship. To be eligible for the award, a senior must be nominated by an individual or group, must be 50 years of age or older and be a current or past resident of Newfoundland and Labrador. Seniors are considered for both voluntary and paid work. Posthumous

awards may also be given.

There were 23 nominations for the 2016 Seniors of Distinction Awards. This year's recipients are Gerald Andrews of Carbonear, Alice Blundon of Carbonear, Russ Murphy of Marys-town, David Rex of Stephenville and our own Reginald White of Mount Pearl. There will be a formal awards ceremony to honour these deserving individuals on October 4, 2016.

Congratulations to Reg! A well deserved honour!

A formal awards ceremony was held on Tuesday, Oct. 4th, 2016 at the Hampton Hotel in St. John's. On hand for the awards were family and friends of the recipients, government officials and Premier Dwight Ball, who presented the awards.

Below are some pictures from the event. We hope you enjoy them!



Seniors of Distinction Award Winners left to right: Russ Murphy of Marys-town, David Rex of Stephenville, Gerald Andrews of Carbonear, Alice Blundon of Harbour Grace and Reg White of Mount Pearl





Reg receiving his award from Premier  
Dwight Ball



Phyllis and Reg - A Great Couple!



Reg's Family left to right: son, Barry; wife,  
Phyllis; Reg; son-in-law, Danny Myler; and  
daughter, Marion Myler

---

## Everyday Life

Scotia McLeod

*Chris Schwartz*



### 5 TIPS TO FIGHT ANXIETY ABOUT MONEY

They can seem to be inescapable - those vague (or not so vague) money worries that persistently clutter your mind.

You're not alone in your anxiety. Research shows that most Canadians are worried about money, with 7 out of 10 saying they worry a lot about their financial situation. Women are more likely to worry than men and those in mid-life are more likely to worry than other age groups. In fact, few things cause more all-encompassing uneasiness than money, whether it's the need to get your debt under control, the monthly effort to make ends meet or the gnawing feeling that you're running out of time for that trip you've always dreamed of.

And those worries linger regardless of your income.

There are a number of tips you can use to combat your worries and rediscover a calm, confident approach to your money:

1. Face facts: People tend to simply ignore things that stress them out. Don't let fear become procrastination. Be proactive in addressing your concerns and you'll be on your way to eliminating them.
2. Get help: Many people worsen their stress because they're too unsure of their financial

situation to get help, or they want to wait until they're further ahead financially before they see a financial planner. Your advisor has seen countless situations like yours and is there to help, not judge. Regardless of circumstances, a qualified advisor can help you take charge and get back in control.

3. Ask questions: Many people struggle with numbers and financial terminology, becoming intimidated by the subject or just zoning out. Don't be afraid to ask your advisor lots of questions. A good advisor will make sure that every question is answered, that you understand what's happening, and that you agree with what's being recommended.
4. Make it a family affair: Have an open discussion with your family about your financial concerns. Stress can be dramatically compounded by our efforts to hide our situation from others. You may be surprised at the support and helpfulness of the whole family once you're all on the same page.
5. Revisit and revise: Review your financial goals regularly to be sure your day-to-day activities are still aligned with your family's short and long-term dreams. The number one secret to financial success? Knowing how much money you spend and where you spend it.

Knowing this will empower you to take control of your finances and make changes to reduce your stress.

*Adapted from Financial Planning Standards Council.*

### **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@scotiawealth.com](mailto:chris.schwartz@scotiawealth.com).

### **Newfoundland and Labrador Public Sector Pensioners' Association - Notice**

The Newfoundland and Labrador Public Sector Pensioners' Association (NLPSPA) will be holding their Annual General Meeting (AGM) on Tuesday, October 18, 2016 at the Capital Hotel, Kenmount Road, St. John's.

A reception will be held starting at 5:00 PM with the business portion of the meeting beginning at 6:00 PM. There are two guest speakers: Charles Bruce, CEO of the new Public Sector Pension Plan Corporation, who will speak about the establishment of the Corporation and how members will be impacted, and Cst. Tanya Swartz from the Royal Newfoundland Constabulary (RNC), who will offer some very useful hints for taking care of your own personal safety within your home and community. The AGM is open to all pensioners, seniors, and other citizens. There is no admission charge. If you would like more information, please contact the NLPSPA office at: 709-754-5730, toll free, 1-800-563-4188 or by email [pensioners@npspa.ca](mailto:pensioners@npspa.ca)

---

## NALCOR News

### Retirees

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

#### Peter MacIsaac



Peter was hired as a Driver-Ground Worker with the Stephenville Office on November 18, 1985 and retired on July 31, 2016.

#### Robert Pretty

Robert was hired as an Auxiliary Operator at the Holyrood Plant on October 21, 1996. He became permanent Thermal Plant Operator on September 20, 1999, and retired on January 31, 2016.

#### Carl Harnum



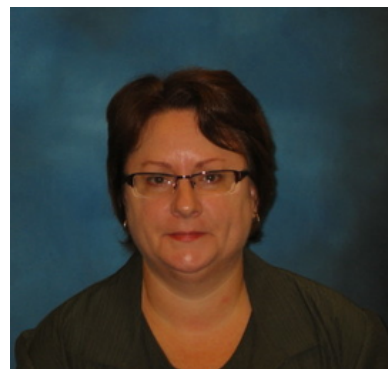
Carl was hired as a Draftsman trainee at Hydro Place on May 4, 1981. In May, 1985 he became a Draftsman with the Engineering Design Department, becoming Drafter/CAD Operator IV in June 1986 and then Technologist Drafter/CAD with Engineering Transmission and Design in June, 2000. Carl retired on July 31, 2016.

#### Ronald Smith



Ronald was hired as a permanent Line Worker "A" at Port Saunders on August 25, 1986. He became a Planner with TRO in October 2010 and later promoted to Supervisor - Short-Term Planning & Scheduling in June 2015. Ronald retired August 31, 2016.

#### Judith Kenny



Judith (Jan) was hired as Systems Analyst at Hydro Place on August 20, 1984, moving on to

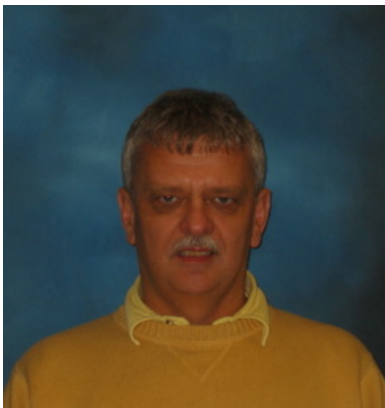
Team Lead, Business Applications in June 2000 and then promoted to Project Leader in April 2013. Judith retired August 31, 2016.

### **David Hanames**



Dave was hired as Programmer Trainee at Hydro Place on June 10, 1982. In February 2000, he became Team Leader, Enterprise Applications moving on to Senior Systems Analyst in March 2003. He was promoted to Team Lead - Corporate Systems with Nalcor Energy in April 2006. Dave received the President's Award for Safety in 2009. Dave retired August 31, 2016.

### **Paul Humphries**



Paul was hired as a permanent Senior Planning Engineer with Transmission Operations at Hy-

dro Place on May 31, 1982. He became Engineering Supervisor November 1999 and was promoted to Manager, System Planning October 31, 2005. In 2011, Paul was the recipient of the President's Award for Business Excellence. In April 2013, Paul was promoted to the Executive Leadership as the Vice-President of Systems Operations & Planning. Paul retired on August 31, 2016.

### **Karen Butler**



Karen was hired as an Administrative Assistant at Hydro Place on July 7, 1986. Karen retired on August 31, 2016.

### **Gerald Williams**

Gerald is from Bishop's Falls and was first hired as a temporary Transmission Line Inspector on May 20, 1980. From 1980 through 2002, George worked in temporary service for positions including General Maintenance "A". In February 2002 he was hired as permanent Terminal Maintenance. Gerald retired on September 30, 2016.

### **Gary Mesher**

Gary was hired as permanent Mechanic/Operator at the Happy Valley-Goose

Bay office on September 29, 1980. Gary retired on September 30, 2016.

**Mary Denine**



Mary started working at Hydro Place on February 28, 1979 as a Administrative Assistant. She retired as Project Assistant on August 31, 2016

## Capitol Hydro

### 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'd 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'd 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!

### Thanks for your participation!

The Capitol Hydro Social Club would like to take this opportunity to thank everyone who participated in our recent retiree survey. We received helpful feedback and some great ideas on future events! The executive hopes to build on this feedback to improve everyone's social club membership experience!

Event	Tentative Date	Contact Persons	
Kitchen Party at Quidi Vidi Brewery	Oct 1	Susan Ryan Natasha Carey	737-1776 737-4698
Family Movie - Trolls	Nov 13	Susan Ryan Natasha Carey	737-1776 737-4698
Spirit of Newfoundland Dinner Theatre	Nov 24	Susan Ryan Natasha Carey	737-1776 737-4698
Kid's Christmas Party	Dec 3	Susan Ryan Natasha Carey	737-1776 737-4698
Christmas Dinner and Dance	Dec 10	Susan Ryan Natasha Carey	737-1776 737-4698
Office Christmas Party	Dec 16	Susan Ryan Natasha Carey	737-1776 737-4698

4th Quarter Capitol Hydro Social Club Events



---

## 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  
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.