

**SILVER LIGHTS CLUB**NEWFOUNDLAND AND LABRADOR HYDRO
A Nalcor Energy Company

President's Message

Wayne Chamberlain

I'm sitting here today in late June composing this message and thinking that winter has lingered much too long for my liking and that summer has been hesitant to show itself. I am grateful that it appears to have finally arrived and I hope it lingers until at least August. Your Executive is currently planning the Fall Trip for Grand Falls-Windsor in September. As it is a central location, we are hoping for good attendance and seeing many new faces from all over the Province. We have reserved rooms at the Mount Peyton and will need to advise them soon as to how many rooms we will require. We are hoping to arrange a tour of one of the hydro plants in Central among other events. I encourage you to take advantage of this opportunity to meet and socialize with other Silver Lights members and if you have an interest in seeing a hydro plant in operation this is your chance.

We are always looking for opportunities to connect with our membership and support activities of common interest across the Province. In St. John's, members have been gathering for breakfast and a chat once a month at two locations and have good attendance at both. If anyone is interested in

organizing a breakfast get together of Silver Lights members in your area of the Province please let us know. We will do what we can to assist and will make our best effort to have someone attend if possible. For our Fall Trip in Central we hope to organize a breakfast get together at a local business and members of the Executive will be in attendance. If you would like to assist in helping us organize this get together please contact myself or any member of the Executive. If we are successful we will advise everyone by email at our earliest opportunity.

We will be contacting the Social Clubs across the Province in the near future and if they have any social events that Silver Lights members can attend we will try to include this information in the Newsletter. We are always looking for suggestions and ideas regarding the Falls Trips and the Newsletter so don't be shy to share any ideas you may have. We would also like to have members from across the Province on the Silver Lights Executive and would encourage you to contact us if you are interested as we would welcome your input and ideas. We meet once a month for approximately an hour and a half and Executive members can either attend in person or by telephone. It is not painful and would ask that you give it serious consideration.

I have rambled on long enough. I wish you a safe and enjoyable summer with family and friends and hope to see you in Central in September. All the best.

Editor's Message

Janet Calver

Summer is finally here and we're off – trying to fit in everything we want to do in six weeks – eight if we're lucky! We are always talking about the weather. It sneaks into most of our conversations, determines our mood and shapes our outlook on just about everything from what we eat to what we wear. Let's hope that our summer stays warm and sunny, the fog retreats to beyond the top of the hills and that ice bank off our shoreline is blown away by all that hot air from the States!

There are so many great activities for you and your family to enjoy. Our newsletter is just chock-a-block full of things to do – some sponsored by Silver Lights, and some by your area Social Club. We've also gone around the province and highlighted just a few of the hundreds of events planned. Don't forget it's Canada's 150th birthday and we encourage you to join in the festivities.

Check out some “easy” hikes/walks in and around St. John's. They are led by a Silver Lighter and did I mention there is a free tea/coffee for each participant afterwards at a local coffee shop or cafe? The area Social Clubs have a number of activities planned for employees and retirees over the summer. Don't miss the opportunity to meet up with old friends from work. The Silver Lights Fall Trip is coming up in September. It is being held in central Newfoundland. Read all about it in the newsletter and book your space soon!! We'd love to see you!

We have an update on the Environment Week Cleanup at Hydro Place (yes, the re-

tirees played a key part!). Read all about it. I encourage you to read our Health and Wellness column on elder abuse – awareness is key. We learn a bit more about Canada's National Parks and National Historic Sites (in honour of Canada's 150th Birthday). We welcome some new members to our club and we have a LOT of new retirees to introduce. Chris Schwartz is off on a well-deserved vacation but he will be back in September with his always informative article.

Enough chatter. Grab a coffee, put your feet up and start reading!

Enjoy the next few months and everything they have to offer. May you have a wonderful summer with your family and friends! Take care.

SilverLights News

Summer Walking and Hiking Around the St. John's Area

For those of you who live in the St. John's area or if you happen to be visiting this part of the Province over the summer months, take note that Silver Lights will be hosting "a number of gentle walks and hikes June through August. The plan is to meet on Wednesday mornings, sharp at 9:30 AM, enjoy a walk and then a cup of tea/coffee in a nearby cafe or coffee shop, (compliments of Silver Lights). For more information, please call Brian or Janet at 745-1343.

The walks and dates are as follows:

- June 21 Kent's Pond and Kenny's Pond (Meet at the south side of Kenny's Pond Go to the top of Tiffany Lane off Mount Cashel Road). Coffee at Tim Horton's after hike. **COMPLETED!**
- June 28 Bidgood's Park (Meet at parking area at start of parks walking trails (near south end of Back Line)). Coffee at Bidgood's Cafe after walk.
- July 5 Octagon Pond meet at east end of Sobey's parking lot in Paradise. Coffee at Sobey's after walk
- July 12 Long Pond to MUN Botanic Gardens and back. Coffee at Garden Cafe mid-walk. Meet at Fluvarium Parking Lot
- July 19 Power's Pond Trails meet at Irving Station on Clyde Ave. in Donovan's. Coffee at Robins after walk
- July 26 Quidi Vidi Loop meet at Legion parking lot. Coffee at Network Cafe after walk
- August 2 Bowring Park South trail meet at west gate parking lot. Coffee at MacDonald's (Topsail Road) after walk
- August 9 Portugal Cove (Neary's Road) meet at Murrays Garden Centre. Coffee at Murray's Cafe after walk
- August 16 Botanic Gardens hiking trails meet at Botanic Gardens. Silver lights will pick up entrance fee. Coffee at Garden Cafe after hike
- August 23 Manuel's River meet at parking lot on water side of CBS highway. Coffee at Coffee Matters after hike.

Silver Lights Facebook Site Coming Soon

We are delighted to be able to report that Silver Lights will soon have its own Facebook site which will offer our members yet another way to access news, notices, announcements, pictures, etc. about Silver Lights members and activities. Stay tuned!

Used Computers for Sale - Advance Notice

This is just a reminder that every so often, Silver Lights is able to offer used computers for sale. These computers are a great bargain. If you are interested in buying one of these computers, please contact Silver Lights (see contact information at end of newsletter) and get your name on the list!

Environment Week - Hydro Grounds Clean-up

On Thursday, June 8, members of the Silver Lights got together with staff from Hydro Place to clean up the grounds around the building. It was a beautiful sunny afternoon. We met our fellow “garbage-busters”, donned our safety vests and gloves, listened to our Safety Moment, and then we were off! The area we concentrated on was the treed area between Captain Whelan Drive and the Irving Station on Hamlyn Road. Although this is a small area, it has been known to be a hangout for teens. Besides the usual garbage (cups, plastic bags and various other litter), we hauled away the remains of a clubhouse (roof shingles, pieces of plywood) along with a rusty BBQ, a grill, pieces of metal pipe, lots of copper wire casings, and of course a few syringes and needles! A good couple of hours work!

Thanks to Janna Kenny (Environment Department) for helping to organize the

event. See the group picture of the Garbage Busters!.



The Garbage Busters Cleanup Team - Ready for Action

25 Year Club

Below are the names of the employees who have achieved their 25 years of company service during the second quarter of 2017. Well done and congratulations to all!

David Finlayson	Wabush
Hughie Ireland	Bishop's Falls
Jeffrey Ivany	Hydro Place
Roger P. Evans	Bay d'Espoir

Upcoming Events

Fall Trip 2017

This year, we are planning the fall trip for central Newfoundland - Grand Falls-

Windsor! The trip is planned for **September 12 - 14** (Tuesday - Thursday). Silver Lights members who wish to come will only have to pay **\$75.00 per person (\$150.00 per couple)**. This deposit will cover 2 nights' accommodations - the rest will be paid for by Silver Lights. Members are responsible for their own transportation and meals. A terrific deal! Accommodations will be at the Mount Peyton Hotel. We have extended the deadline date to July 30. Please confirm your intention to come and **have your payment paid in full by July 30, 2017**.

Central Newfoundland has so much to offer - golfing, hiking, parks, Mary March Regional Museum, Salmonid Interpretation Centre / Grand Fall Fishway - just to name a few. And, there is a good possibility of a hydro plant tour! The get-together with other retirees and co-workers is always enjoyable and so much fun. Don't miss it. Please reserve this time on your calendar. We'd love to see you! Space is limited so if you plan to come, please have your payment in to us by July 30.

Breakfast Get-Togethers

Silver Lights is committed to ensuring our members keep in touch with each other even after they retire. One of the ways we have found that seems to work really well is the "Breakfast Get-Together" idea. In St. John's, there is one that is held the last Tuesday of every month at the A&W on Kenmount Road around 9:00-ish. There's usu-

ally a great crowd there and the nice thing is if anyone is visiting from out of town, they can just drop by and join the group for a warm welcome, a tasty breakfast, and some lively conversation. No commitment, no fee, no long term planning required - just come if you can.

Silver Lights would like to see this type of "get-together" take place in other areas - and we are prepared to help get things started. If you would like to have a "Breakfast Get-Together" in your town or community, just let us know and we'll assist with the initial setup.

From The Archives

Here is this month's artifact. Can anyone figure out what it is and the story behind it? Answer near the back of the newsletter. We'd love to hear from you if you know the story behind this artifact.



Mystery Object

Everyday Life

Parks Canada

Some of the most treasured gifts we as Canadians have are our National Parks, Historic Sites and Marine Conservation Areas. As part of the Canada 150 Celebration events, Parks Canada is having free admission to all of its sites this year. Below you will find a brief explanation of what Parks Canada is all about and a list of all of its sites within Newfoundland and Labrador. Go and enjoy!

National Parks

National parks are established to protect and present outstanding representative examples of natural landscapes and natural phenomena that occur in Canada's 39 natural regions. These wild places, located in every province and territory, range from mountains and plains, to boreal forests and tundra, to lakes and glaciers, and much more. National parks protect the habitats, wildlife and ecosystem diversity representative of - and sometime unique to - the natural regions.

National parks tell the stories of Canada's natural beginnings - mountains forming, lakes emerging, rivers running, forests growing, glaciers moving, grasslands evolving - to anyone who takes the time to listen, to look and to understand. They tell tales of human history too, from traditional Aboriginal activities, to early exploration, to European settlement, to modern use. And they reveal ongoing natural processes - floods enriching,

fires renewing, species migrating. They provide opportunities to connect with nature, people and events that define Canada.

Understanding the importance of Canada's natural heritage to the nation and the world, and developing support for its protection are critical to the long-term health of the system of national parks.

The national parks of Canada are a source of pride for Canadians and an integral part of our identity, they celebrate the beauty and infinite variety of our land.

National Historic Sites

National historic sites are places of profound importance to Canada. They reflect the rich heritage of our country and provide an opportunity for Canadians to learn more about our diversity, including the history, cultures and contributions of Indigenous Peoples. Canada's first national historic site was designated in 1917. Today, there are more than 970 national historic sites; of these, 171 are administered by Parks Canada. Come discover these amazing places where history happened.

National Parks include:

- Torngat Mountains
- Akami-uapishk-KakKasuak-Mealy Mountains (Reserve)
- Gros Morne
- Terra Nova

National Historic Sites include:

- Kitjigattalik- Ramah Chert Quarries
- Red Bay
- L'Anse aux Meadows
- Port au Choix
- Ryan Premises
- Hawthorne Cottage
- Signal Hill
- Cape Spear Lighthouse
- Castle Hill

Toll Free: +1 (877) 661 3023
kellyrussell@nf.sympatico.ca
www.spiritofnewfoundland.com

Grand Bank Regional Theatre

Eastern
Grand Bank
Join us for rip-roaring comedies, spine-tingling mysteries, magical romance, and toe-tapping music. Plays 5 evenings a week, dinner theatre Thu & Sat.
Jul 1 - Aug 30, 2017
Toll Free: +1 (888) 442 2282
email@grandbanktheatre.ca
www.grandbanktheatre.ca

Lighthouse Dinners - Point Amour Lighthouse

Labrador
Point Amour
Come dine with us at Point Amour Lighthouse, and continue the dinner conversation. Locally sourced fish, vegetables, and berries with a modern flare.
Dinners every Fri 7:30pm, book by Tue.
Jul 1 - Aug 31, 2017
+1 (709) 931 2840
tbarney@tourlabrador.ca
www.tourlabrador.ca

Events Around the Province

We haven't been able to do this section for a long time, but I think it's worthwhile to give you just a sampling of some of the events and festivals that are taking place across our province this summer and into early fall. Hope you find something you like!

Dance Up

Avalon
St. John's
Traditional NL Square Dancing. Best fun you'll have all summer. Learn from caller Tonya Kearley Russell, live music by fiddler Kelly Russell and family "Russells in the Corner"
Jul 1 - Aug 31, 2017

Miawpukek Annual Powwow

Central
Conne River
Celebration of native traditions, culture, the finest native dancing, singing, & drumming. Sacred ceremonies, daily feasts, native

arts, crafts, the finest in native hospitality.
Alcohol- free event.

Jul 1 - 3, 2017

Toll Free: +1 (866) 882 2470

tcr@mfn.gov.ca

www.miaawpukektourism.ca

The Roy Babstock Beaches Accordion Festival

Central

Eastport

Accordion celebration, beginners/advanced workshops, 5 concerts, local/provincial players, accordion kitchen party

Jul 8 - 16, 2017

+1 (709) 677 2360

ephs@nf.aibn.com

www.beachsheritagecentre.ca

Exploits Valley Salmon Festival

Central

Grand Falls-Windsor

Annual Salmon Festival features Newfoundland's premier outdoor concert, stadium dances, salmon dinner, and family day.

Jul 13 - 17, 2017

Toll Free: +1 (877) 585 9762

ghennessey@townofgfw.com

www.evsalmonfestival.com

Bay St. George Mi'kmaq Cultural Revival Committee - Annual Powwow

Western

Flat Bay

The purpose of the Bay St. George Mikmaq

Cultural Revival Committee is to revive, enhance, support and preserve an awareness of Mikmaq Culture; workshops, teachings & the Annual Mi'kmaq Powwow.

Jul 14 - 16, 2017

+1 (709) 647 1370

bsgcrc@gmail.com

www.flatbay.wix.com/annualpowwow

Iron Skull Folk Festival

Central

Belleoram

Venture down to the southern coast of Newfoundland to experience the 3-day Iron Skull Folk Festival along the Ocean of Belleoram

. Jul 21 - 23, 2017

+1 (709) 881 6161

belloram1964@yahoo.ca

Twillingate/N.W.I Fish Fun & Folk Festival

Central

Twillingate

Parade, fireworks, traditional Newfoundland music, variety fish meals, kids' show, dances, giant craft show, unforgettable scenery.

Jul 24 - Jul 30, 2017

+1 (709) 884 2174

info@fishfunfolkfestival.com

www.fishfunfolkfestival.com

Gander's Festival of Flight

Central

Gander

Celebrate Gander's aviation history and the birthday of one of our favorite residents,

Commander Gander. A wide range of events for everyone.

Jul 29 - Aug 1, 2017

+1 (709) 651 5927

ksceviour@gandercanada.com

www.gandercanada.com

RDV 2017 Tall Ships Regatta

Western

Norris Point

A Sub-fleet of Tall ships from the 4 corners of the world are visiting 2 ports in Newfoundland and Labrador - Corner Brook & Norris Point. See website for details.

Jul 29 - Aug 2, 2017

+1 (418) 523 4540

info@rdv2017.com

www.rdv2017.com/en/

[participating-cities/](http://www.rdv2017.com/en/participating-cities/)

Flying Boat Festival

Central

Botwood

Music, food, fireworks, dancing, church service, parade, and bingo. Celebration of Botwood's pioneering role in aviation.

Aug 2 - 7, 2017

+1 (709) 2 572 839 EXT 224

botwoodtowncouncil@nf.aibn.com

town.botwood.nl.ca

Newfoundland & Labrador Folk Festival

Avalon

St. John's

One of the largest festivals in the province.

The folk music event of the summer, featuring performers from all over Newfoundland and Labrador, Canada, and beyond.

Aug 4 - Aug 6, 2017

Toll Free: +1 (866) 576 8508

office@nlfolk.com

www.nlfolk.com

Sunny Cottage Garden Party

Central

Harbour Breton

Enjoy history through a good old-fashioned garden party!

Aug 7, 2017

+1 (709) 885 2354

tanyarogersedo@hotmail.com

www.harbourbreton.com

Tuckamore Festival: Chamber Music in Newfoundland and Labrador

Avalon

St. John's

Atlantic Canada's premiere summer chamber music event in historic St. John's, NL. The Festival features over 30 performances and events featuring world-renowned performers and emerging young artists.

Aug 7 - Aug 20, 2017

+1 (709) 330 4599

manager@tuckamorefestival.ca

www.tuckamorefestival.ca

Rigolet Salmon Festival

Labrador

Rigolet

Come out & enjoy games for all ages,

listen to some live entertainment, Elder's afternoon; build a cardboard boat, boat races, ending with a community feast of traditionally prepared salmon & dance.

Aug 9 - 12, 2017

+1 (709) 947 3382

kberthiaume@rigolet.ca

www.townofrigolet.com/home/attractions.htm

Great Labrador Canoe Race

Labrador

Happy Valley-Goose Bay

Provides participants and spectators with an opportunity to experience Labrador's heritage and the importance of the canoe for accessing the interior of Labrador.

Aug 20, 2017

+1 (709) 896 1076

perry.trimper@gmail.com

www.labradorcanoerace.com

After Dark

Eastern

Trinity

Experience our historic sites by candlelight with readings, music, and refreshments.

Aug 21, 2017

+1 (709) 464 2064

info@seethesites.ca

www.seethesites.ca

Roots, Rants and Roars Fall Festival

Eastern

Elliston

Designed to bring together the best of Newfoundland foods, wines, and storytelling. Promotes new and traditional ways of enjoying the local cuisine.

Sep 15 - 16, 2017

+1 (709) 468 7080

rootcellars@persona.ca

www.townofelliston.ca

Fogo Island Partridgeberry Harvest Festival

Central

Joe Batt's Arm

A celebration of our heritage of food, music, and craft. Come celebrate with us and enjoy a festival like no other.

Oct 6 - 8, 2017

+1 (709) 658 7256

prbrown12@live.ca

www.fogoislandpartridgeberryfestival.com

Health & Wellness

Elder Abuse

As I'm putting this newsletter together, I remembered that Elder Abuse Awareness Day is coming up June 15th. We never think this will happen to us or anyone we know, but it never hurts to be aware of what elder abuse is and how to recognize it. (The following information is taken from the Canadian Government's website <https://www.canada.ca/en/employment-social-development/campaigns/elder-abuse/reality.html>). We're all going in the same direction so let's look out for one another.

It's estimated that one in five Canadians believes they know of a senior who might be experiencing some form of abuse. Seniors from all walks of life are vulnerable to elder abuse and it is happening in communities across Canada. Outlined here is basic information on how seniors and Canadians can spot elder abuse as well as information on how to help stop it.

What is elder abuse?

Elder abuse is any action by someone in a relationship of trust that results in harm or distress to an older person. Neglect is a lack of action by that person in a relationship of trust with the same result. Commonly recognized types of elder abuse include physical, psychological and financial. Often, more than one type of abuse occurs at the same time. Abuse can be a single incident or a repeated

pattern of behaviour.

Financial abuse is the most commonly reported type of elder abuse.

Why does elder abuse happen?

Elder abuse often occurs because of the abuser's power and control over an older person. In some situations, the abuse may also result from addiction issues (drugs, alcohol or gambling), mental health problems, a cycle of family violence or ageism. Abuse can happen when the aggressor wants to intimidate, isolate, dominate or control another person.

Who abuses seniors?

Older adults affected by abuse often know and trust the person mistreating them. Elder abuse can be caused by a family member, a friend, someone who provides assistance with basic needs or services, or health care providers in institutional settings. In many situations of elder abuse, the abuser is dependent on the older adult for money, food or shelter.

Who is affected by elder abuse?

Most older people who experience abuse are able to make decisions for themselves.

Abuse can happen to anyone, in any family or relationship. It can happen to people of all backgrounds, ages, religions, races, cultures and ethnic origins. Why are some older adults reluctant to talk about elder abuse? Older adults may feel ashamed or embarrassed to tell anyone they are being abused

by someone they trust. They may fear retaliation or punishment, or they may have concerns about having to move from their home or community. They may also feel a sense of family loyalty. Often, older adults may not be aware of people and resources that can help.

Who can help?

It is important that the older person have access to information to make informed decisions and be aware of available help. This may include support and assistance from family members or friends, health care providers, social services, police, legal professionals and/or members of faith communities. No one ever deserves to be abused or neglected.

What are indicators of elder abuse and neglect?

Elder abuse and neglect can be very difficult to detect. The following signs and symptoms may indicate that an older adult is being victimized or neglected:

- fear, anxiety, depression or passiveness in relation to a family member, friend or care provider;
- unexplained physical injuries;
- dehydration, poor nutrition or poor hygiene;
- improper use of medication;
- confusion about new legal documents, such as a new will or a new mortgage;

- sudden drop in cash flow or financial holdings; and
- reluctance to speak about the situation.

Physical abuse of seniors

Physical abuse of seniors includes actions that injure or risk injuring an older person or cause them physical pain and may include:

- striking;
- hitting;
- pushing;
- shaking;
- burning;
- shoving;
- inappropriate physical and chemical restraints; or
- harm created by over or under medicating.

Psychological abuse of seniors

Psychological abuse of seniors includes actions that decrease their sense of self-worth and dignity, and may include:

- insults;
- threats;
- intimidation;
- humiliation;

- harassment;
- treating them like a child; or
- isolating them from family, friends or regular activities.

Financial abuse of seniors

Financial abuse includes actions that decrease the financial worth of an older person without benefit to that person and may include:

- misusing or stealing a senior's assets, property or money;
- cashing an elderly person's cheques without authorization;
- forging an elderly person's signature;
- unduly pressuring seniors to make or change a will, or to sign legal documents that they do not fully understand; and
- sharing an older person's home without paying a fair share of the expenses when requested.

Neglect of seniors

Neglect includes inactions that may result in harm to an older person and may include a caregiver or family member not providing appropriate:

- water or food;
- shelter;
- clothing;

- medication or medical attention; and
- assistance with basic necessities.

Seniors most vulnerable to neglect include those who are socially isolated, and those with serious health conditions.

Abuse happens when one person hurts or mistreats another. Remember:

- Seniors are entitled to respect.
- Seniors have every right to live in safety and security.
- There is no excuse for abuse.

Pat Mooney

NALCOR News

Retirees

The Silver Lights Executive would like to congratulate all our new retirees (those who retired from January through June) and wish them a happy and healthy retirement!



Truman Buckle

Truman Buckle was hired on August 21, 1989 as a Driver Ground worker. He became a Diesel Plant Operator on March 1, 2001 and then on July 23, 2001 he went on to become a Diesel System Representative. Truman retired on January 30, 2017.

Oswald Brown

Oswald Brown was hired on December 15, 1986 as a Line Worker "A". He became a Planner with TRO on September 3, 2012 and retired on March 31, 2017.

Pat Mooney was hired on December 8, 1986 as an Internal Auditor. He was promoted to Senior Internal Auditor on January 25, 2002 and retired on February 28, 2017.

Mike Mahoney



Mike Mahoney was hired on January 29, 1990 as a Utility Worker. He gained the position of General Maintenance "B" on July 21, 2009 and retired on January 30, 2017.

Mary McDonald



Mary McDonald was hired as Secretary on October 21, 1986. Mary went on to become an Administrative Assistant on September 21, 1998 and was promoted to Design Coordination Administrator on May 12, 2014. Mary retired on February 28 2017.

Laurie Downey



Laurie Downey was hired on July 14, 1981 as a Data Control Analyst. She went on to become an Application Support Analyst on January 28, 2000 and then a Finance Support Analyst on August 13, 2007. Laurie retired on March 31, 2017.

Lorne Oldford



Lorne Oldford was hired on February 22, 1982 as a Technologist in Network Services and retired on January 30, 2017.

Kirby Spence was hired as Supervisor, Technical Services on October 21, 1985. He went on to become Superintendent Terminal Stations and Generation on January 4, 1999 and moved to Superintendent Distribution Services and Planning on March 1, 2004. On March 18, 2009, Kirby became Superintendent Lines and Distribution and was promoted to Manager, Operations and Work Execution on May 31, 2010. Kirby retired on March 3, 2017.

Donna Petley

Kirby Spence



Donna Petley was hired on October 29, 1980 as an Accounting Clerk II and retired on January 30, 2017.

Brian Bursey

Brian was hired as a Communications Analyst on February 2, 1987. He was promoted to Systems Administrator Computer on April 10, 2000 and transferred to Systems Analyst on July 23, 2003. On July 13, 2010, Brian accepted the position of Infrastructure Specialist Systems. Brian celebrated 30 years of service in 2017 and retired on April 7, 2017.

Brian Hynes

Brian was hired as utility Worker on July 10, 1989. Brian was promoted to General Maintenance B“ on July 21, 2009 and retired on June 30, 2017.

Clarence Byrne

Clarence was hired as a Technologist on July 7, 1981. He transferred to a Senior Technician Telecom on November 27, 2000 and became a Technologist Network on November 27, 2002. Clarence retired on June 30, 2017.

Gary Dawe

Gary was hired as a Technologist on June 12, 1989. Gary celebrated 25 years of service with the company in 2014 and retired on May 31, 2014.

Gerald Kennedy

Gerald was hired as a Utility Worker on May 1, 2011 and was promoted to General Maintenance “B” on April 2, 2012. Gerald retired on June 30, 2017.

Harold Doug Kendell



Harold was hired as a General Maintenance on July 1, 1989. He became General Maintenance "A" on November 11, 1997 and then promoted to General Maintenance Supervisor in Bay d'Espoir on November 19, 2007. Harold celebrated 25 years of service with the company in 2014 and retired on April 28, 2017.

Howard Moore



Howard was hired on November 4, 1996 as a Meter Reader/Collector. Howard retired on June 30, 2017.

Ivan Organ



Ivan was hired as Electrical Maintenance on November 4, 1996. Ivan celebrated 20 years of service in 2016 and retired on May 31, 2017.

Jerry Bragg

Jerry was hired as a Journeyman Mechanic Machinist on March 3, 1997. He retired on May 31, 2017.

Marg Snow



Marg Snow was hired as a Systems Analyst on June 7, 1982. She became a Systems Administrator Computer on April 10, 2000

and transferred back to Systems Analyst on April 23, 2003. On July 13, 2010, Marg transitioned to Infrastructure Specialist Systems. Marg celebrated 30 years of service in 2012 and retired on April 28, 2017.

Marie Avery



Marie was hired as a Computing Support Assistant on June 28, 1981. Marie was promoted to a Client Support Analyst on June 26, 2000 and retired on June 30, 2017.

Marshall Fudge

Marshall was hired as a Utility Worker on May 25, 1998. He was rehired as a Security Guard on April 16, 2007. Marshall was re-appointed to Utility Worker on May 16, 2007; Security Guard, November 17, 2007; Utility Worker on May 5, 2008; and Security Guard on August 19, 2008. Marshall was transferred to General Maintenance "B" on August 6, 2012 and retired on June 30, 2017.

Michelle Dooley Kirby



Michelle was hired as a Clerk Typist on April 28, 1986. On November 9, 1997, Michelle became a Treasury Clerk and on April 15, 2002 accepted a position of Customer Service Representative. She went on to Reception/Switchboard effective October 20, 2014 but was appointed back as Customer Service Representative on December 15, 2014. Michelle celebrated 30 years of service in 2016 and retired on April 30, 2017.

Roland Andrews

Roland was hired as a Carpenter on April 29, 1996. Roland went on to become a Planner CF(L)Co on May 16, 2005 and was promoted to General Maintenance Supervisor on April 30, 2012. Roland retired on June 30, 2017.

Ron Wade

Ron was hired as an Electrician/Operator on November 27, 1989. He was elected President of the IBEW (International Brotherhood of Electrical Workers) 1615 effective 2104 and retired on June 30, 2017.

Social Clubs

Butterpot Social Club

The Butterpot Social Club is currently updating our mail/email information. Due to company privacy policies we are unable to gather your information so please forward us your email address or mailing address if you would like to continue to hear about any upcoming social club functions. Please call Jo-Lynn Butt (President Butterpot Social Club) at 229-2172 or emailing jo-lynnbutt@nlh.nl.ca.



The Capitol Hydro Social Club, through the Silver Lights newsletter, not only provides event information to the retirees, but also seeks feedback on ways to improve the social club retiree relationship.

Attached, is a tentative list of events for the upcoming year with prospective dates. More information will be provided on the details of the event and how to purchase tickets as the dates draw closer.

You will also find a request for feedback or suggestions from the Silver Lights members on events they would like to attend. Our hope is to diversify our events calendar to ensure all our members are involved and enjoy being a part of the Social Club.

2017 Events

Boat Tour	July 29
Pippy Park Golf	Aug 17
BBQ/Dance	Sept 8
Softball	Sept 22
Family Pumpkifest	Oct 1
ECT Hike	Oct 15
Curling	TBD
Family Swim	Nov 15
Kids Christmas Party	Dec
Christmas Dinner/Dance	Dec 9
Office Christmas Party	Dec 15

Request for Event Suggestions

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

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

Updated Mailing List

Not receiving our event notices?

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

**The 2016 Capitol Hydro Social Club
Executive**

President	Caryn Phillips	737-1765
Vice President	Tim Manning	737-1730
Publicity	Candace White	737-4172
Secretary	Corinne Kennedy	570-5932
Finance	Crystal Patel	737-1272
Treasurer	Tracy Maynard	737-1288
Special Benefits	Marie Avery	737-1476
Entertainment	Susan Ryan	737-1776
Entertainment	Natasha Carey	737-4698
Sports	John Flynn	737-1739
Sports	Linus Kelly	737-4253

Answer to Mystery Artifact

These are remnants of the impeller from the turbo charger on HRD (Holyrood) stage 1 diesel that exploded in 2004 /2005. (Does anyone out there know the date? If you do, please let us know.) Some pieces were embedded in concrete block walls and some severed conduit.

The Lighter Side

Canada - Did You Know?

Just a bit of foolishness to help us celebrate Canada's 150th birthday. We can all think of many reasons why it's great to be a Canadian and to live in this country. One of the things we take pride in is our ability to enjoy a joke and a laugh - even if it is about ourselves. So here you go - a list of 20 things you may not have known about this wonderful country of ours!

1. The Apology Act was passed in 2009 to make apologies inadmissible in court. This is a result of Canada's frequent use of the word "sorry", so it means that any apologies are merely an expression of sympathy or regret, rather than an admission of guilt or fault. Only in Canada, eh?
2. Canada has the longest coastline of any country in the world. In fact, if you were to walk around the country (without sleeping, eating, or resting), it would take roughly four and a half years.
3. Saint-Louis-du-Ha! Ha! in Quebec is the only place in the world to have not one, but two exclamation marks in the name. In the 17th century, ha ha was the word for unexpected obstacles, and in the case of this town, the obstacle was Lake Tmiscouata.
4. Canadians consume more Kraft Macaroni & Cheese dinners than any other nation in the world.
5. Canada is well prepared for the arrival of aliens and in 1967, built a UFO landing pad in St Paul, Alberta.
6. The population is roughly 36 million. It's the second largest country in the world, but only 0.5% of the world's population reside in Canada.
7. Queen Elizabeth II is Canada's official Head of State.
8. The Canadian government has declared Santa as a Canadian citizen. In fact, you can mail your letter to the North Pole in any language (including Braille), and his trusted elves will answer them all. Yes, all 1.5 million of them.
9. Speaking of Santa, there are over 2.5 million Caribou (reindeers) in Canada.
10. Canada only officially became an independent country in 1982.
11. Manitoba has the largest concentration of snakes in the world. Around 70,000 snakes, particularly red-sided garter snakes, emerge in May as they come out of hibernation. For those with ophidiophobia (fear of snakes), stay away!
12. Basketball was actually invented by a Canadian.

13. Canada tops the list as the best G20 country to be a woman. Hurrah!
14. There are as many as 2 million lakes in Canada.
15. Canada is home to 15,500 of the world's 25,000 polar bears. If seeing polar bears is on your bucket list, fly to Churchill in Manitoba, which also has the world's only polar bear prison. At certain times of year, the town has more polar bears than people.
16. Hockey and lacrosse are Canada's national sports.
17. The longest non-militarized border in the world lies between Canada and the USA. It creates some interesting divides, especially in places like Derby Line and Stanstead, where the public library straddles the two countries.
18. Many of Canada's national parks are bigger than countries. Wood Buffalo National Park in Alberta is larger than Denmark and Switzerland.
19. There are more donut shops per capita in Canada than any other country in the world. But who's saying that's a bad thing?
20. And if you didn't think Canada could get any more weird or wonderful, Nanaimo in British Columbia hosts an annual aquatic bathtub race every year. Amazing!

Contacting the Silver Lights Club

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

President Wayne Chamberlain 738-1837
Vice President Cindy Morgan 744-3700
Ex Officio Reg White 368-5200
Ex Officio Dennis Jones 368-2351
Past President Gerry Bowers 722-6471
Secretary Kim Petley 754-6909
Treasurer Aubrey Hill 726-8306
Silver Lights Editor Janet Calver 745-1343
Silver Lights Fax: 737-1231
Silver Lights Email: silverlights@nlh.nl.ca

Membership Fees

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

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

Club Service and Support

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

