

**SILVER LIGHTS CLUB**

Nalcor Energy

President's Message

Wayne Chamberlain

It has been a long winter with a lot of snow, cold temperatures and high winds but the first day of spring is next week! Retirement has provided me with the opportunity to enjoy some winter activities such as curling, snowshoeing and bowling which I did not seem to find time for I when working. It is important to remain active especially during the winter months when it is easier to remain indoors with your favourite snack and watch the tube. Speaking of curling and the tube it was great to see that another team from The Province has reached the pinnacle of curling and not only won the ultimate curling prize, the Brier, but managed to do it on home soil! Congratulations to Team NL (Brad Gushue, Mark Nichols, Brett Gallant and Geoff Walker).

We have been busy over the winter updating our membership list and contact information and looking at venues for the next Silver Light fall trip this year. We are hoping that having a fall get together in central NL will give more members an opportunity to participate. Last year in Port Rexton my wife and I were the newbies and we thoroughly enjoyed the wonderful two days where we had an opportunity to meet and socialize with members across the Province. We will definitely be regular attendees and are looking forward to the trip this year. Please seriously consider partaking in the fall trip - you won't regret it.

Looking forward to a big turnout in Grand Falls-Windsor!

Editor's Message

Janet Calver

Spring is officially here and while there could be a lot of skepticism about that in this part of the world, I think we owe it to ourselves to look beyond the ever-increasing piles of snow and look forward to that day when we can heave off the winter coat and leave the winter boots in the basement. I live in hope this time of year. The days are longer, the sun is certainly warmer when it shines and the birds seem to have more enthusiasm in their chirp! A major sign of spring happened just the other day - I actually hung clothes out on the line to dry and they did, without coming off the line like a frozen piece of cardboard. Yes, we have much to be thankful for!

The winter has not been an idle time for your Silver Lights Club. There has been a major push on to get our membership list brought up to date, and to figure out the best way to stay in touch with each member. Weve had to deal with some major issues surrounding the newsletter and its distribution. The Silver Lights executive are also dealing with the policy and personnel changes within the Nalcor corporation itself. Yes, I admit, there are days when it gets discouraging but there are a lot more days when its a joy to volunteer with this group.

So heres the latest newsletter. The first thing you will notice is that there is no column from Ken Ball. Ken has decided that he can no longer write the "Out and About" column that we have all come to know and love. I was devastated when he told me but I respect his decision and his reasons. Read the Tribute to Ken in our newsletter. Take note of the new 25 year-club members. We have our financial statements for 2016 in this

edition of the newsletter, along with news about our Fall trip 2017 - never too early to make plans for that! We have a picture to share with you of the Tuesday morning A&W Breakfast group - recognize anyone - and an invitation for you to start your own. The archives section is back - always an interesting read and we have some pictures to show you of the donations Silver Lights and Nalcor made to several groups and charities in February.

Chris Schwartz is back with an article that is sure to be of interest and there is an article in honour of National Tartan Day in Canada. If you have ever struggled with getting a good nights sleep, the Health and Wellness section is a must read. Finally, we have a list of the activities from the Capitol Social Club. Lots of great activities coming up for you to take part in!

We regret that our newsletter does not contain Nalcor's most recent retirees. I know this is always of interest to you but Human Resources was unable to get this information over to us by our deadline date. Never fear. We will have the retirees' bios and pictures in our next newsletter, so stay tuned.

Finally, a big thank-you to everyone who has helped put this newsletter together, especially the Silver Lights executive and our contributors. Your support means so much! And a thank-you to you, our members, who have been so patient and understanding over the past little while. Take care.

SilverLights News

Tribute to Ken Ball

Janet Calver

Well, all good things have to come to an end sometime, and the time has come for Ken Ball, our intrepid “Out and About” columnist, to say “Farewell”. Ever since I started as editor of the newsletter, Ken has been there for me. I could always count on him not only to have his article in on time, but also to have an article full of retiree news, short stories, crazy jokes, funny sayings, and reminiscences of times and life long ago. He never let me down and more to the point, he never let you down.

We are going to miss his writings - peppered with his keen wit and “Newfoundlandia” language. Ken had a way of writing that made you feel you were right there with him as he strolled through the malls, savoured that cup of coffee and met and talked with his friends and yours. He brought their news into our homes and we remembered them. We were connected to them as they went through the happy and sad times - sickness, hospital visits, death, birth of grandchildren, travel, accomplishments - Ken was there to tell us.

Now although Ken will no longer be writing his quarterly column, we hope we have not heard the last word from Ken. Can he be persuaded to write some stories about his growing up around the bay? Let’s keep our fingers crossed!

In the meantime, “Farewell, good friend”. Thank-you for keeping us connected to each other all these years!

25 Year Club

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

Darren Moore	Bishop's Falls
Paul Nolan	Hydro Place
Donald Philpott	Churchill Falls
David Hicks	Hydro Place

Silver Lights Financial Statements

Every year our Treasurer presents the financial statements for the Silver Lights club. But our Treasurer, in turn, relies upon a fellow Hydro retiree and volunteer to review those figures. Harold Steele has been helping us out with this important piece of work for many years and we want to say a heartfelt thank-you to Harold for his support and assistance. It's good to know our financial statements are in good hands and we appreciate Harold's help very much!

Balance Sheet December 31,2016

Assets:

Cash in Bank	6271.55
Accrued Interest	399.22
Term Deposits	<u>30000.00</u>
Total Assets	<u>36670.77</u>

Liabilities: 0.00

Fund Balance:

Balance beginning of year	35932.50
Current net income	<u>738.27</u>
Balance end of year	<u>36670.77</u>

Silver Lights Income & Disbursements

Jan 1 to Dec 31,2016

Income:

Computer Sales	4275.00
Cell Phone Sales	90.00
Fall Trip	1800.00
Interest Income	308.91
Membership Fees	<u>80.00</u>
Total Income	<u>6553.91</u>

Disbursements:

Donations	2000
Events Expense: Fall Trip	3259.20
Socials	746.44
Meetins & Conferences	<u>-200.00</u>
Total Disbursements	5815.64

Income over Disbursements 738.27

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 usually 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.



A typical A&W Breakfast Get-Together!

Notices

It is with great sadness that we report the passing of two of our retirees. Our condolences to their families.

Richard Wade: November 23, 2016. Richard was 76 years of age. He was from Kelligrews, but was formerly from Harri-cott, St. Mary's Bay.

Samuel Philip Stickland: March 6, 2017. Sam was 86 years of age. Sam was born in Rencontre West but lived most of

his life in Mount Pearl. Many of us remember Sam as Manager of Labour Relations for NL Hydro.

Fall Trip 2017

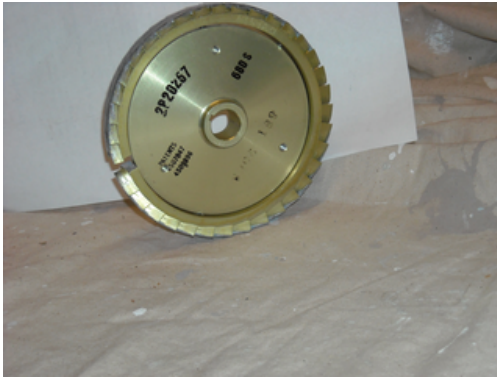
As Wayne hinted in his president's message, this year, we are planning the fall trip for central Newfoundland - Grand Falls-Windsor! The trip is planned for **September 12 - 14** (Tuesday - Thursday). Silver Lights members who wish to come will only have to pay **\$75.00 per person (\$150.00 per couple)**. 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. Please confirm your intention to come and **have your payment paid in full by June 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. Plus, as Wayne said, the get-together with other retirees and co-workers is always enjoyable and so much fun. So please reserve this time on your calendar. We'd love to see you! Space is limited to 30 couples, so please let us know sooner rather than later if you plan to come.

From the Archives

Back in September 2015, this picture appeared in our newsletter. It is one of the many artifacts we have in our possession at the Silver Lights office. Back in 2015, I asked if anyone knew what

it was or its significance. I had also promised to let you know the answer in the next newsletter. Well, wouldn't you know, I forgot! So here is the answer along with another archival picture. This time, the answer appears at the end of our newsletter!!



This was the start-

Starting Motor Impeller

ing motor impeller from Happy-Valley Gas Turbine. It failed during start up. It was driven by compressed air at 200 psi (pounds per square inch) and it produced 150 hp (horsepower) @ 33,000 rpms (revolutions per minute).

Heres this month's artifact. Do you know what this is and what it was used for? See answer at end of newsletter.



Mystery Object

Donations from Silver Lights and Nalcor Energy

During February, the Silver Lights executive, on behalf of its members, was pleased to be able to present a donation of \$500.00, matched by an equal amount of \$500.00 from Nalcor Energy, to each of the following groups: Ronald McDonald House; The Community Food Sharing Association; The Gathering Place; and Jimmy Pratt Food Kitchen.



Ronald McDonald House Cheque
Presentation.

Christine Morgan accepts two cheques,
\$500.00 each, from members of Silver
Lights and Nalcor Energy (left to right:
Aubrey Hill, Treasurer Silver Lights;
Christine Morgan, Manager, Development
and Communication, Ronald McDonald
House NL; Reg White, Ex Officio, Silver
Lights)



Community Food Sharing Association
Cheque Presentation

Eg Walters accepts two cheques, \$500.00 each, from members of Silver Lights and Nalcor Energy (left to right: Sandy Walters, Community Food Sharing Association; Reg White, Ex Officio, Silver Lights; Eg Walters, Community Food Sharing Association; Aubrey Hill, Treasurer, Silver Lights)



The Gathering Place Cheque Presentation
Joanne Thompson accepts two cheques,
\$500.00 each, from members of Silver
Lights and Nalcor Energy (left to right:
Reg White, Ex Officio, Silver Lights;
Joanne Thompson, Gathering Place;
Aubrey Hill, Treasurer, Silver Lights)



Jimmy Pratt Food Kitchen Cheque Presentation

Judy Gulliver accepts two cheques,
\$500.00 each, from members of Silver
Lights and Nalcor Energy (left to right:

Don Bradbury, Jimmy Pratt Food
Kitchen; Reg White, Ex Officio, Silver
Lights; Aubrey Hill, Treasurer, Silver
Lights; Wayne Chamberlain, President,
Silver Lights; Sam Tiller, Jimmy Pratt
Food Kitchen; Judy Gulliver, Jimmy
Pratt Food Kitchen)

Silver Lights Annual General Meeting (AGM)

Preliminary notice that the Silver Lights AGM will be held
September 2017 in Grand Falls-Windsor. Further details will
be available in the June newsletter. Stay tuned.

Everyday Life

Scotia McLeod

Chris Schwartz



How You Pay for Mutual Funds

When you invest in a mutual fund, you can't swipe your credit card or hand over a stack of cash to pay your advisor and the fund company. Instead, your payment's deducted from the amount you invest.

That payment comes in two parts:

1. Sales charge
2. Management expense ratio

What's a sales charge?

The sales charge is a one-time fee. It's a percentage of your investment, usually no higher than 7%, that you either pay upfront (called a front-end sales charge) or later, if you sell within a set period (known as a deferred sales charge or low-load sales charge).

For the latter two options, the longer you hold the fund, the lower the fee. Under the deferred sales charge regime, most fund companies reduce your fee to zero if you hold the fund for seven years. Under the low-load sales charge regime, most fund companies reduce your fee to zero if you hold the fund for three years.

You pick which type of sales charge to pay; your advisor may also offer funds without a sales charge.

What's an MER?

You also pay a management expense ratio, or MER. But this ratio isn't charged directly; it reduces your investment's annual return.

MERs typically range from 0.75% to 3%. Your advisor can help you compare MERs among similar funds. Index funds tend to have lower MERs, since the costs to manage them are lower. Bond-heavy funds tend to have lower MERs than equity-heavy funds, since equities typically require more oversight.

Part of the MER covers the fund's operating expenses. A fund's operating expenses could include paying a portfolio manager to make investment decisions; bookkeeping and administrative fees; marketing costs; regulatory, legal and audit fees; and HST/GST.

Another portion of the MER compensates your advisor via a trailing commission. That commission, or trailer, is usually between 0.25% and 1.5%. If you own what's known as F-class funds, that trailer would be eliminated and your advisor would negotiate a fee directly with you. In some cases, that fee is tax-deductible.

How your advisor earns the trailing commission

A trailer covers the cost of your advisor's counsel. This includes your annual meetings, phone calls and what advisors typically consider to be value-added services.

Services your advisor may provide include:

- Analysis of your financial goals
- Advice on how to reach those goals, including suitable investment and insurance solutions
- Advice on how to structure your corporation or partnership

- Tax planning, including how to minimize your taxes owing, how to use registered and non-registered accounts, and tax filing services
- Estate planning, including will reviews, trust planning, powers of attorney advice, and end-of-life planning
- Life planning, including advice on home buying, your child's education, career changes and other life events
- Divorce planning, including advice on tax minimization and how to split assets, as well as revision of estate plans
- Advice for your children, even if they don't meet your advisor's minimum
- Retirement planning, including discussing your employee pension benefits, Old Age Security (OAS) and Canada Pension Plan (CPP)
- Cash flow management, including setting a budget and creating a savings plan

Some advisors aren't paid a salary, and are only compensated by trailers. Others charge a flat fee for service; still others earn a mix of compensation. Talk to your advisor about how she's paid.

Other mutual fund fees to note

A fund's trading expense ratio also reduces your investment's annual return. It's usually below 0.50%. This ratio is meant to recoup the fund's trading costs. The more turnover in the fund's holdings, usually, the higher the trading costs.

You may also have to pay switching fees if you want to move into another mutual fund from the same manufacturer. If you do

this within 90 days of purchase, you'll likely have to pay a short-term trading fee. These fees are usually around 2%. Adapted from advisor.ca

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

NLPSPA Announcement

Newfoundland and Labrador Public Service Pensioners' Association is holding their annual Convention and Annual General Meeting (AGM) at the Capital Hotel on Kenmount Road on October 24 - 25, 2017.

The theme for the convention is "Gaining the Edge on Successful Aging". The Convention and AGM is open to all pensioners, seniors and other citizens,

To register or to find out more information about the event, please contact 709-754-5730 or call toll free at 1-800-563-4188.

Canadian Tartans

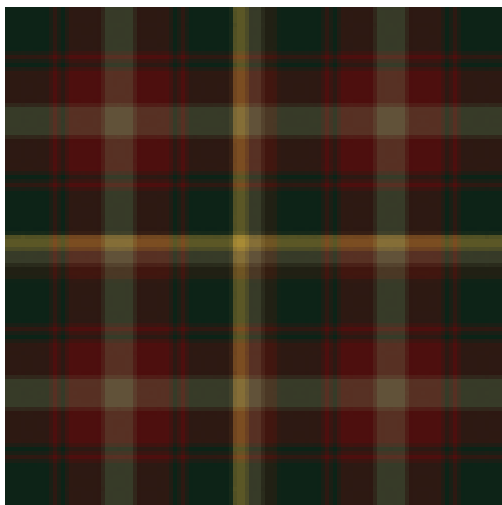
Did you know that National Tartan Day in Canada is April 6th? Here is some information about Canadian tartans and a few samples from Wikipedia! Read on!

All of Canada's provinces and territories, except for Nunavut, have regional tartans, as do many regional divisions in Canada. Tartans were first brought to Canada by Scottish settlers; the

first province to adopt one officially was Nova Scotia in 1956 (when registered at the Court of the Lord Lyon; adopted by law in 1963), and the most recent province was Ontario in 2000. Except for the tartan of Quebec, all of the provincial and territorial tartans are officially recognized and registered in the books of the Court of the Lord Lyon King of Arms of Scotland. The tartan for Canada as a whole is known as the Maple Leaf tartan and became an official national symbol in 2011.

National Tartan

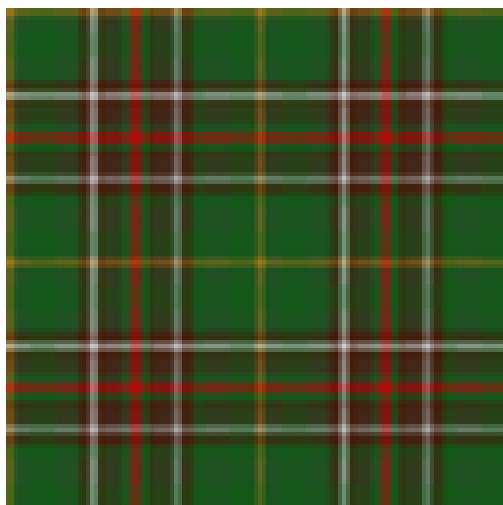
The Maple Leaf tartan was designed in 1964 by David Weiser to commemorate the new Canadian flag and declared an official national emblem of Canada in 2011. The four colours reflect the colours of the maple leaf as it changes through the seasons - green in the spring, gold in the early autumn, red at the first frost, and brown after falling. Its International Tartan Index number is 2034.



The Maple Leaf tartan

Newfoundland and Labrador

The official tartan of Newfoundland and Labrador was designed in 1955 by Samuel B. Wilansky, a local store owner on Water Street in St. John's. It was registered in the Court of the Lord Lyon in 1973. The white, gold, and yellow come from the province's official anthem, "Ode to Newfoundland". The green represents the pine forests, the white represents snow, the brown represents the Iron Isle, and the red represents the Royal Standard. Its International Tartan Index number is 1543.



The tartan of Newfoundland and
Labrador

Labrador

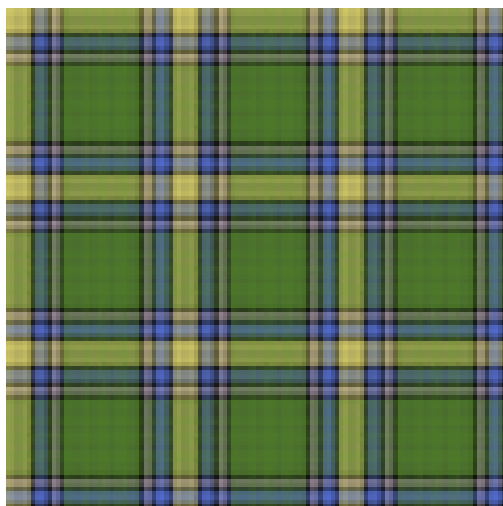
The region of Labrador also has its own design of tartan and it was created by Michael S. Martin. The tartan of Labrador, which can be related to Donald Smith, 1st Baron Strathcona and Mount Royal, was sent to the Scottish Register of Tartans, which assigned reference number 10004 to the tartan.



Labrador's tartan

Alberta

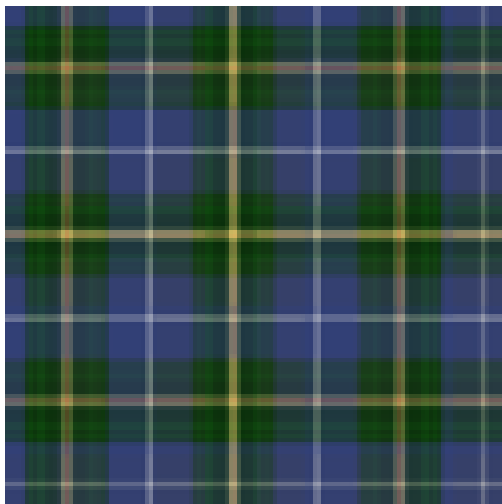
The idea for Alberta's official tartan began in 1961 at the Edmonton Rehabilitation Society, a charitable organization set up to teach useful skills to the disabled. The tartan was designed by Alison Lamb, the Society's director, and Ellen Neilsen, the weaving instructor, and was officially adopted by the province in an Act of the Legislature on March 30, 1961. The green represents the province's forests, while the gold represents its grain fields. The shade of blue, as well as the gold, are also Alberta's provincial colours. Its International Tartan Index number is 2055.



Alberta's tartan

Nova Scotia

Nova Scotia's tartan was designed by Bessie Murray, the President of the Halifax Weavers' Guild. She had originally displayed the tartan on the kilt of a shepherd in a panel at a breeders' convention in Truro in 1953, but the design was so admired that it was afterwards used as the province's tartan. It was registered at the Court of the Lord Lyon in 1956, making it the first provincial tartan in Canada, and officially adopted by the province in the Nova Scotia Tartan Act of 1963. Blue is used for the sea; white, for the granite rocks and surf; gold, for the Royal Charter; and red for the lion rampant on the provincial flag. Its International Tartan Index number is 1713.



Nova Scotia's tartan

Cape Breton Island

The tartan of Cape Breton Island, an island on the Atlantic coast of Nova Scotia, was designed in 1957 by Elizabeth Grant. Its colour scheme was derived from a 1907 poem by Lillian Crewe Walsh:

Grey for our Cape Breton Steel

Gold for the golden sunsets shining bright on the lakes of
Bras d'Or

Green for our lofty mountains, our valleys and our fields

To show us God's hand has lingered

To Bless Cape Breton's shore.

Its International Tartan Index number is 1883.



The tartan of Cape Breton Island.

Health & Wellness

Sleep Tips

You're not doomed to toss and turn every night. Consider simple tips for better sleep, from setting a sleep schedule to including physical activity in your daily routine. The information below comes from the Mayo Clinic website.

Mayo Clinic Lifestyle

Sleep tips: 7 steps to better sleep

By Mayo Clinic Staff

Feeling crabby lately? Or simply worn out? Perhaps the solution is better sleep.

Think about all the factors that can interfere with a good night's sleep - from pressure at work and family responsibilities to unexpected challenges, such as layoffs, relationship issues or illnesses. It's no wonder that quality sleep is sometimes elusive.

Although you might not be able to control all of the factors that interfere with your sleep, you can adopt habits that encourage better sleep. Start with these simple sleep tips:

1. Stick to a sleep schedule

Go to bed and get up at the same time every day, even on weekends, holidays and days off. Being consistent reinforces your body's sleep-wake cycle and helps promote better sleep at night. There's a caveat, though. If you don't fall asleep within about 15 minutes, get up and do something relaxing. Go back to bed when you're tired. If you agonize over falling asleep, you might find it even tougher to nod off.

2. Pay attention to what you eat and drink

Don't go to bed either hungry or stuffed. Your discomfort might keep you up. Also limit how much you drink before bed, to prevent disruptive middle-of-the-night trips to the toilet. Nicotine, caffeine and alcohol deserve caution, too. The stimulating effects of nicotine and caffeine take hours to wear off and can wreak havoc on quality sleep. And even though alcohol might make you feel sleepy at first, it can disrupt sleep later in the night.

3. Create a bedtime ritual

Do the same things each night to tell your body it's time to wind down. This might include taking a warm bath or shower, reading a book, or listening to soothing music - preferably with the lights dimmed. Relaxing activities can promote better sleep by easing the transition between wakefulness and drowsiness.

Be wary of using the TV or other electronic devices as part of your bedtime ritual. Some research suggests that screen time or other media use before bedtime interferes with sleep.

4. Get comfortable

Create a room that's ideal for sleeping. Often, this means cool, dark and quiet. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs. Your mattress and pillow can contribute to better sleep, too. Since the features of good bedding are subjective, choose what feels most comfortable to you. If you share your bed, make sure there's enough room for two. If you have children or pets, try to set limits on how often they sleep with you - or insist on separate sleeping quarters.

5. Limit daytime naps

Long daytime naps can interfere with nighttime sleep -

especially if you're struggling with insomnia or poor sleep quality at night. If you choose to nap during the day, limit yourself to about 10 to 30 minutes and make it during the midafternoon. If you work nights, you'll need to make an exception to the rules about daytime sleeping. In this case, keep your window coverings closed so that sunlight - which adjusts your internal clock - doesn't interrupt your daytime sleep.

6. Include physical activity in your daily routine

Regular physical activity can promote better sleep, helping you to fall asleep faster and to enjoy deeper sleep. Timing is important, though. If you exercise too close to bedtime, you might be too energized to fall asleep. If this seems to be an issue for you, exercise earlier in the day.

7. Manage stress

When you have too much to do - and too much to think about - your sleep is likely to suffer. To help restore peace, consider healthy ways to manage stress. Start with the basics, such as getting organized, setting priorities and delegating tasks. Give yourself permission to take a break when you need one. Share a good laugh with an old friend. Before bed, jot down what's on your mind and then set it aside for tomorrow.

Know when to contact your doctor

Nearly everyone has an occasional sleepless night - but if you often have trouble sleeping, contact your doctor. Identifying and treating any underlying causes can help you get the better sleep you deserve.



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

Family Skate	April 8
Family Movie	TBD
Jack Axe	May
Dinner Theatre	June 9
Go Karting	June 17
Boat Tour	July 29
Pippy Park Golf	Aug 17
BBQ/Dance	Sept 8
Softball	Sept 22
Family Pumpkinfest	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 So-

cial 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	Caroline 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

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 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.

Answer to Mystery Artifact

This is an ice anemometer. It was used for weather data collection for early LCDC (Lower Churchill Development Corporation) studies. I was told that Neville Codner would have lots of details about this equipment!