President’s Message

Wayne Chamberlain
I am taking advantage of a week of RDF to get some things done indoors including this message. On the Avalon it was great to have several weeks of summer with warm temperatures in the evening and our garden flourished despite my limited gardening abilities. It was an effort keep the grass mowed at the house and cabin this summer and now understand when friends rolled their eyes when I was spreading grass seed at the cabin. With all of the beautiful weather this summer the Silver Lights Club organized ten weekly walking hikes around various trails in St. John’s, Mount Pearl and Manuels. Special thanks to our Editor, Janet, and Brian, her significant other, in organizing and leading these hikes. We had a great turnout and the trails for the most part were easy and afterwards we had some grand chats and a brew at nearby coffee shops.

A Silver Lights Fall Trip was planned for Grand Falls-Windsor but unfortunately had to be canceled due to low interest. The Executive welcomes and encourages your feedback, comments and suggestions on any of the activities that we have organized or any activities or events you would like to see. The Executive would also like to have members from outside the Avalon to provide input and insight to better serve our members throughout the Province. If you are interested in being on the Executive or would like to assist in organizing an event or activity in you area of the Province please contact any member of the Executive. I can honestly say that it is rewarding and does not involve a lot of time.

Plans are underway for the construction of a NL Hydro Christmas float and an information session on the life and health insurance coverage that is available to members including travel insurance coverage. There is always some confusion around what exactly the coverage is and we hope to bring better clarity for our members with the assistance of the company and our our insurer.

Although we have an informative Quarterly Newsletter, we continue to look for opportunities to better communicate and share information with our members. We have established a pilot Silver Lights Facebook site thanks to Dennis Jones and expect to have a Silver Lights Facebook site fully operational by year end. Although not all members are on Facebook we are hoping that this will be another successful means to communicate information in a timely manner.

Note that school is back in for another year. We ask everyone to drive safely and keep an extra lookout for the children who may not have their full attention when walking along our roadways. Best regards.

Editor’s Message

Janet Calver
It’s hard to believe that summer has come and gone. And what a beautiful summer we had! It was a bit slow getting started - I seem to remember trying to get the vegetable beds
tilled and seeds planted in cold, damp, foggy conditions - but once July came it was downright gorgeous. Our berry bushes and vegetable gardens have been providing us with lots to eat for weeks now. I’m still trying to figure out new and inventive ways to add kale to our menu without it being readily identified! Soon we’ll begin harvesting the “boil-up” vegetables in earnest. I can’t wait!

I hope you enjoyed your Summer and got to travel a bit or explore some of our beautiful Province and spend some time with family and friends. Silver Lights organized a series of walking/hiking events over July and August. They were a lot of fun and many of us discovered new trails and walks we didn’t know existed. The coffee hour after the hike was a great time for a catch-up-chat. There was an unofficial contest as to what coffee shop had the best date squares! Check out some of the pictures from our summer hikes in the newsletter.

The Silver Lights’ Fall trip to Grand Falls-Windsor had to be canceled unfortunately. I was really looking forward to visiting that part of the province. But all was not lost because while we didn’t actually get to go there, I did do some research into the history of Grand Falls and got to know its importance in the growth of our Province. You’ll find an article on this remarkable town in the newsletter.

For most of us, Fall means getting back on some sort of schedule. Even though we are retired, most of us are heavily involved in volunteer activities or helping out with the grand children. We also tend to start new exercise programs or courses. Well, Silver Lights is gearing up for a couple of fall events and activities as well. First, we are working closely with Nalcor management to get the Christmas float back on track. Keep an eye out for future announcements and calls for volunteers to help with this project. We are also working with Human Resources and Blue Cross personnel to bring you a presentation on our insurance coverage. Just what are we covered for? Stay tuned for dates and times and more information.

We are delighted to have Chris Schwartz back this time with another of his columns - full of good advice about financial planning. We have our mystery artifact - see if you can identify this one and its significance. We also are highlighting Fall Prevention Month (October) with a related article. As we are in the middle of hurricane season, we have an article on this phenomenon with some interesting information you may not have known. There are notices of upcoming social club activities from St. John’s and Holyrood. Check them out! We also welcome our latest 25-Year member along with our newest retirees. Congratulations to all!

Finally, I want to wish you a Happy Thanksgiving season! In a world that seems to be totally crazy sometimes, our little space seems pretty good. We have much to be thankful for - family, friends, peace, security, freedom. We are so fortunate in many ways. Often times we lose sight of that. So as you enjoy that turkey dinner in a few weeks time and you are surrounded by those you love, remember that’s what Thanksgiving is all about.

Take care.
Summer Walking and Hiking Around the St. John’s Area

Well, what a great summer we had for this! I believe there was only one of the scheduled ten walks that got canceled because of rain and even the rain didn’t stop us from enjoying a grand cup of coffee and a good chat. It was wonderful to have members participate and from the comments, it was an eye-opener for many who did not realize all the beautiful trails and hiking paths that are sometimes just minutes from where we live. Our coffee times after the hikes were an opportunity to catch up on news, hear of summer plans with family and friends, solve all the problems of the world and most importantly, try to figure out which cafe had the best treats. Did the date squares at the Network Cafe win?? We may have to go back just to double check!! Below are just some of the pictures from our summer hikes. Hope you enjoy!
Long Pond to MUN Botanical Garden: What a View of the City! (from left to right: Dennis Jones, Reg White, Ruby Hill, Aubrey Hill, Glenn Mitchell, Donna Smith, Helen Sinclair, Wayne Chamberlain)

Reg Shows Off His Musical Talents Along the Way

Bowring Park South Trail: See the Umbrellas? (from left to right: Wayne Chamberlain, Dennis Jones, Gerry Bowers, Aubrey Hill, Ruby Hill, Janet Calver)

Portugal Cove (Murray’s Cafe): Rain May Stop the Hike but Not the Coffee Time! (from left clockwise: Ruby Hill, Brian Gamberg, Gerry Bowers and Aubrey Hill)

Mun Botanical Garden: A Magical Place (Front row left to right: Glenn Mitchell, Jasbir Wadhwa, Rami Wadhwa. Back row left to right: Brian Gamberg, Janet Calver, Wayne Chamberlain, Lynette Chamberlain, Reg White, Bill Day, Cathy Day)

25 Year Club

We only have one employee this quarter who achieved 25 years of company service. Well done and congratulations!
   Terry LeDrew St. Johns

Breakfast Get-Together

Silver Lights is committed to ensuring our members keep in touch with each other even when they retire. The Breakfast Get-Together idea seems to be working really well. A group of retirees who are now living in the Ottawa region, have expressed an interest in starting a breakfast group - and Silver Lights is there to help them out with the initial setup. Let us know if you would be interested in starting a “Breakfast Get-Together” in your town or community.

Meanwhile, in St. John’s, there is one group that regularly gets together for breakfast on the last Tuesday of every month at the A&W on Kenmount Road around 9:00ish. There’s usually a big crowd there and the more the merrier. If you are visiting St. John’s on the last Tuesday of the month, drop by and meet some of the old gang. You’ll get a warm welcome and enjoy a tasty breakfast. Hope to see you there!

Christmas Float

Nalcor management is working with Silver Lights to help us get our float ready for the metro-area Christmas parades. This is great news! We look forward to finalizing details regarding construction, holding venue, budgets, etc. with our corporate sponsor over the next few weeks. Stay tuned for more updates and think about volunteering for this fun project. If you know how to hold a hammer, you can help!
Information Session

Silver Lights is working with Nalcor’s Human Resources department to bring our members an information session on our benefits package including health and insurance coverage. Details are being worked out and we hope to have more information for you shortly.

Fall Trip 2017 - Canceled

We regret to say that the planned Fall Trip to Grand Falls-Windsor had to be canceled due to lack of participants.

Notices

It is with great sadness that we inform you of the passing of two of our retirees. Our condolences, thoughts and prayers are with their families.

David Wayne Little: July 21, 2017
Richard Wayne Leggo: August 22, 2017

From the Archives

Here is this month’s artifact. What is the story behind this instrument? The answer is near the end of the newsletter.

Facebook Site

Progress is being made with setting up our Facebook site. We hope to “go live” by year-end.

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 so if you are interested in buying one, please contact Silver Lights (see contact information at the end of the newsletter) and get your name on the list!
Everyday Life

The Town of Grand Falls-Windsor: A Brief History

I was looking forward to visiting Grand Falls-Windsor for the Silver Lights’ Fall Trip this year and was disappointed when we had to cancel. Hopefully, we’ll get to visit soon but in the meantime, I was curious about this town in the middle of our province. When I looked up its history, it was fascinating and I’d like to share some of it with you. (References: Book of Newfoundland, Volume 6 p 289 - 299; Wikipedia)

In 1768, Lieutenant John Cartwright, was exploring the Exploits River and came across a magnificent waterfall. What else could he do but name the area Grand Falls? It wasn’t until many years later however, that Grand Falls became incorporated as a town. In 1902, engineers from Britain were sent to Newfoundland to find adequate sources of wood for a mill to supply newsprint for the owners and operators of the Daily Mail - the Harmsworth brothers (Alfred, a dreamer who later became Lord Northcliffe and Harold, the business and financial entrepreneur). It didn’t take them long to discover the potential of Grand Falls. The site not only had a vast supply of raw material, but there was the possibility of a hydroelectric plant close by and the availability of a deep-water port not far away in Botwood. A deal was struck with Robert Gillespie Reid, owner of the Newfoundland Railway and the Anglo-Newfoundland Development Company (AND) was founded. In 1905 site clearing began and 1907 through 1909 saw a major dam constructed on the Falls that gave the town its name. When completed, it was the greatest engineering feat accomplished in Newfoundland up to that point. During those same three years, mill buildings, installation of the plant and the actual town-site were all constructed. The mill was officially opened on October 8, 1909 by Lord Northcliffe. The first ground-wood was produced on December 22, 1909 and the first paper that same day. By January 10, 1910 the first paper was shipped from St. John’s to England and was used in the printing of the Daily Mail newspaper. In the meantime, a special railway line had been built by AND from Grand Falls through Bishop’s Falls to Botwood, 22 miles away. Botwood became the summer shipping port. The area around Grand Falls thrived for many years. Workers came from other parts of Newfoundland and the world to help build and develop the town. As with most company towns, only employees of the mill and private businesses were permitted to live in Grand Falls. Other people settled north of the railway line in what was known in its day as Grand Falls Station. As time went by, Grand Falls Station could not help but become a vibrant community on its own. On November 1, 1938, Grand Falls Station became incorporated and changed its name to Windsor in honour of the British Royal Family, the House of Windsor. The AND, owners of the town, catered to the social and athletic needs of its workforce. Hockey, boxing, golf, soccer and baseball were all played in
the area. There was great interest in arts and music with several drama and theatre clubs formed. The AND also provided all the municipal town services - even the telephone service. When Grand Falls became an incorporated municipality in 1961, the new town inherited a water system, the ice stadium, well designed streets (although some were quite narrow) and of course, lots of room to expand. Over the years, the Grand Falls mill saw many changes - management, renovation, modernization, and amalgamation with Price Brothers of Quebec. Through it all, though Grand Falls thrived and was home for thousands of Newfoundlanders.

Financial Planning is for Everyone

Chris Schwartz

Do you really need a professional financial plan? Yes - a financial planning provides a vital road map for anyone’s financial future, regardless of age or net worth.

A road map for your financial future:

A financial plan is like a road map to help you achieve your financial goals and dreams. It provides clarity and shows where adjustments might need to be made.

But once you have a plan in place, it doesn’t end there. A financial plan needs to be reviewed regularly and adjusted as necessary. Keep your plan current by visiting your advisor at least once a year, as well as when you make a significant life change like marriage, a new job or expansion of your family.

A regularly reviewed financial plan is like a road map with a built-in GPS. If you veer off-course, it recalculates to get you to your destination.

The power of setting goals:

The act of setting goals through financial planning is a powerful force.

Goals are only wishes until they’re written down and a plan put in place to help you achieve them. If a goal is time-bound, like wanting to save an additional $20,000 to buy a house in two years, it gives you the awareness to rethink your daily spending choices and make better decisions.

And while everyone has a multitude of needs and wants, a qualified advisor can provide clarity on competing goals and priorities, giving you a reality check about what’s possible for your financial situation and short- and long-term goals. If you set goals with the help of an advisor and monitor them regularly, you will achieve them.

Start now for the best results:

When to get started? The sooner the better. There is a definite opportunity cost to delaying saving, investments and other important financial decisions.

Although saving is important and is often what people think of first when it comes to fi-
nancial planning, your advisor will look at all areas of your life, including financial management, asset management, risk management, tax planning, retirement planning and estate planning. This consideration of all areas of your financial life is a key benefit of working with an advisor.

**Why financial planning is for you:**

People need to know that no matter what their assets or net worth, financial planning is worthwhile. Many people start small, but after clarifying their short-term and long-term objectives, you can realize your financial goals.

*Adapted from Financial Planning Standards Council*

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**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

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**Hurricanes and the Newfoundland Hurricane of 1775**

*This is the season for hurricanes and we have heard quite a bite about some pretty powerful ones this year so far. Below is a bit of information about the basics of what a hurricane is (taken from Environment Canada’s website. For more information check out [https://www.ec.gc.ca/ouragans-hurricanes/default.asp?lang=En&n=DA74FE64-1]).*

**What causes hurricanes?**

The weather in the tropics is hot and humid because the earth there receives more solar energy than it sends back to space. This over-heating makes weather that can affect any place in the world. It’s this difference in energy that helps drive the flow of the atmosphere.

There is plenty of rainfall in the tropics because the heat of the sun causes air to rise. At certain times of year, showers and thunderstorms can occur every day. The high temperatures in the tropics (usually between 22 and 35C) are steady throughout the year, with very little change. Therefore, tropical seasons aren’t defined by periods of warm and cold as they are in Canada. Instead, the seasons in these warmer climates are distinguished by changes in rainfall and cloudiness.

These hot, humid conditions over tropical oceans are the main ingredients needed for tropical cyclones to form. A tropical cyclone is a storm system that has a low-pressure centre and thunderstorms that produce strong winds and flooding rain. These storm systems range in intensity from tropical depressions, which have winds below gale strength (less than 63 km/h), to intense hurricanes and typhoons, which can have winds exceeding 250 km/h. All of them can have devastating rainfall accumulations of hundreds of millimetres happening at fast rates; rainfall rates of 25-50 mm/hr are not uncommon. In
addition to the wind and rain, tropical cyclones can also produce high waves and damaging storm surge. They can even spawn tornadoes.

The ferocity of these storms is behind the origin of the word hurricane. "Hurricane" stems from the word "hurican", the Carib Indian god of evil, which itself comes from the Mayan god Hurikan, one of their creator gods. In essence then, "hurricane" means "evil wind". Anyone who has experienced the wind, rain, storm surge and ocean waves in one of these storms will probably agree with the meaning behind the name.

About 30% of insurance losses around the world are related to tropical cyclones. In Canada alone, tropical cyclones have claimed more than 600 lives since 1900.

It may be surprising to learn that hurricanes aren't all bad. In fact, climate scientists have speculated that hurricanes may serve an important function of redistributing built-up heat energy in equatorial regions and shunting it toward the poles as the storms drift to higher latitudes. The degree to which these storms help the global heat budget is uncertain, but an average of 80-85 of them annually perform this role.

Newfoundland Hurricane 1775

Newfoundland has encountered several devastating hurricanes in its history. On September 9, 1775, a storm struck the eastern coast of Newfoundland. It’s possible this could have been the remnants of the hurricane that passed over the outer Banks a week earlier.

The Governor of the colony, Commodore Governor Robert Duff wrote, “The Newfoundland fisheries received a very severe stroke from the violence of a storm of wind, which almost swept everything before it.” And “... A considerable number of boats, with their crews, have been totally lost, several vessels wrecked on the shores,” he said. Ocean levels rose to heights “scarcely ever known before” and caused great devastation, he reported.

A total of 4,000 sailors, mostly from England and Ireland, were reported to have been drowned. A localized storm surge is reported to have reached heights of between 20 and 30 feet. Losses from the hurricane include two armed schooners of the Royal Navy, which were on the Grand Banks of Newfoundland to enforce Britain's fishing rights.

The hurricane is Atlantic Canada’s first recorded hurricane and eighth deadliest Atlantic hurricane in history.

Newfoundland and Labrador Public Sector Pensioners Association Announcement

The Newfoundland and Labrador Public Sector Pensioners Association (NLPSPA) announces their 2017 convention, “Gaining the Edge on Successful Aging”, and Annual General Meeting. Both events will take place at the Capital Hotel on Kenmount Road on October 24-25, 2017.

The Convention will feature two sessions. One will be with Lynn Butler of Butler Wills
and Estates who will discuss wills, Endur-
ing Powers of Attorney and Health Care Di-
rectives, why we need these documents and
how to avoid family disputes, lawsuits, and
excessive taxation. The other session will
be with Mary Ennis who has worked with
the AIDS Committee of Newfoundland and
Labrador to develop and produce “Best Sex
in Years: Sex over 50” which is intended to
assist the aging population in talking com-
fortably about sexual health. This promises
to be a dynamic convention that will also
include time for renewing friendships, enter-
tainment, and the holding of the Annual Gen-
eral Meeting. Various officials and other in-
teresting speakers have also confirmed their
attendance.

The 2017 Convention and AGM are open
to all pensioners, seniors, and citizens. Feel
free to invite non-members of the Association
to consider attending the Convention and for
those eligible to join NLPSPA, we would be
pleased to welcome you into membership.

To register, you can contact the NLPSPA
office at 709-754-5730, toll free 1-800-563-
4188 and we would be happy to assist your
registration.

Newfoundland & Labrador Public Sector
Pensioners’ Association
446 Newfoundland Drive, Suite 206
St. John’s, NL A1A 4G7
(709) 754-5730
1(800) 563-4188 (Toll Free)
(709) 754-5790 (Fax)

www.nlpspa.ca
Health & Wellness

Fall Prevention Month

November is Fall Prevention Month in Canada. Did you know that falls are the leading cause of injury among older Canadians? From the Public Health Agency of Canada (2014) Seniors’ Falls in Canada: Second Report, we get the following facts:

- 20% to 30% of seniors experience one or more falls each year.
- 95% of all hip fractures are due to a fall.
- 50% of all falls causing hospitalization happen at home.

Falls can result in chronic pain, reduced mobility, loss of independence and even death.

Now anyone can fall but there are preventative measures we can take to reduce the risk of falling. You can prevent falls by making adjustment to your home and lifestyle and by making sure you eat well, stay fit and use whatever devices are available to keep you safe. (see www.publichealth.gc.ca/seniors for more information on fall prevention.)

Your Home

Help identify and remove hazards with the checklist below.

Exterior

Keep front steps and walkways in good repair and free of snow, ice and leaves. Keep entrances well lit or install motion sensor lights. Put garden tools such as hoses and rakes away when you are not using them. Be mindful of pets when walking them.

Living Room and Bedroom

Reduce clutter: clear away any loose wires and cords as well as any other obstacles. Consider using a cordless phone to avoid rushing to answer. Have good lighting throughout the house; install night lights or keep a flashlight by the bed. Make sure the path is clear between the bedroom and bathroom. Get rid of scatter mats or make sure they are non-slip. Get out of your bed or chair slowly; moving suddenly can make you dizzy. Keep pets, pet toys and dishes out of your path.

Kitchen

Store kitchen supplies and pots and pans in easy-to-reach locations.
Store heavy items in lower cupboards. Always wipe up any spills immediately to prevent slipping. If you use floor wax, use the non-skid type.

Stairs
Make sure your stairs are well lit. Install solid handrails on both sides of the stairway. Remove your reading glasses when you go up and down the stairs. Never rush up or down the stairs. It’s a major cause of falls.

Bathroom
Ensure you have non-slip surfaces for the tub and shower. Install well-anchored grab bars by the toilet and bath to help you sit and stand. Use a raised toilet seat, and a bath seat in the shower, if you need them. Keep the floor clear of water or obstacles.

Your Health
Manage your health with regular check-ups:

- Medical
- Vision
- Hearing
- Medication

Eat Well to Stay Strong
Enjoy a variety of nutritious foods. Include milk and alternatives, meat and alternatives, grains, as well as lots of vegetables and fruit. Don’t skip meals. It can cause weakness and dizziness. Drink water regularly to prevent dehydration and dizziness. Eat at least three servings of calcium rich food daily and talk to your health care provider about taking a vitamin D supplement to keep your bones strong.

Keep Fit & Improve Your Balance
Engage in 150 minutes of moderate to vigorous physical activity every week. It’s your basic defense against falls. Add strength, stretching and balance activities like lifting weights and Tai Chi, at least two days per week. Consult your doctor before you start an exercise program.

Use Medication Wisely
Have a medication review every year with your doctor or pharmacist. Keep and up-to-date list of your medications. Ask your doctor or pharmacist about possible side effects and/or interactions between prescriptions, over-the-counter or natural health products. Read directions carefully for the proper dosage and when and how to take medications.
Talk to your doctor or pharmacist if you experience drowsiness, dizziness, unsteadiness, or blurred vision. Don’t mix alcohol with medications. Alone or in combination with drugs, alcohol may cause falls.

**Use Safety Aids**

Aids to daily living can keep you safe and active.
Wear your glasses and hearing aid(s). Consider using a walker or cane and make sure that it is the correct height for you.
Wear well-fitted shoes or slippers with closed and low heels and non-slip soles.
Find out about other safety devices that make your life safer: reachers or grabbers, ice grippers, hip protectors, grab bars, etc.

**Plan Ahead**

Be mindful of weather conditions and rearrange appointments if necessary.

**If You Fall**

Try to land on your buttocks to prevent more serious injuries. Don’t rush to get up. Make sure you are not injured before trying to get up or letting others help you get up. Don’t let the fear of falling again prevent you from being active. Inactivity creates an even greater risk of falling. Report falls to your health care provider to determine the cause and to help prevent another fall.
NALCOR News

Retirees

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

Lawrence (Larry) Lehr

Larry was hired as a Senior Financial Accountant on August 18, 1983. He became a Financial Analyst on June 1, 1998 and was appointed to Supervisor, Operating Reporting on September 4, 2001. Larry became Supervisor, Financial Reporting on October 3, 2005 and then on November 26, 2007, he became Team Lead, General Accounting. On December 19, 2016, Larry became a Regulatory Analyst and retired from that position on August 31, 2017.

Barry Brophy


Gord Corbin

Gord transferred over from AbitibiBowater in March 2009. He was hired as Mechanical Maintenance “A” on March 29, 2009. Gord retired from this position on August 30, 2017.
Albert Boyle

Albert was hired as an Engineer Level 3 on October 5, 2010. He became Program Manager on January 2, 2012 and appointed Project Manager on September 16, 2013. On January 1, 2017, Albert became an Engineer, Project Manager and retired from this position on July 31, 2017.

Wayne Rice


Barry Price

Barry was hired as a Utility Worker on March 6, 1989. On July 21, 2009, Barry was appointed to General Maintenance “B” and retired from that position on July 31, 2017.

Lou Willcott

Lou was hired a a Hydro Plant Operator on September 8, 1987. He was promoted to Lead Hydro Plant Operator on April 16, 2001. On July 25, 2011, Lou became Hydro Plant Operator Remote and was promoted to Supervisor, Plant Operations on November 25, 2013. Lou retired from this position on July 21, 2017.

Danny Kearley

Danny was hired as a Hydro Plant Operator on September 8, 1987. He was promoted to

Wayne Downing

Wayne was hired on March 30, 1998 as Electrical Maintenance “A”. He was permanently appointed on April 16, 2001 and retired from this position on July 31, 2017.
Social Clubs

Butterpot Social Club

Upcoming Events for the Remainder of 2017:

- Butterpot Social Clubs Spooktacular Event October 27
- Annual Christmas Party December 9

Thank you to all those who have replied with your contact information so that we can get in touch when we have an event. If you haven’t already replied please contact me as soon as possible so you don’t miss out on all the fun.

Capitol Hydro

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 October through December 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

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<tr>
<td>Family Pumpkinfest</td>
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<tr>
<td>ECT Hike</td>
<td>Oct 15</td>
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<tr>
<td>Curling</td>
<td>TBD</td>
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<tr>
<td>Family Swim</td>
<td>Nov 15</td>
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<td>Kids Christmas Party</td>
<td>Dec TBD</td>
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<tr>
<td>Christmas Dinner/Dance</td>
<td>Dec 9</td>
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<tr>
<td>Office Christmas Party</td>
<td>Dec 15</td>
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Request for Event Suggestions

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

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

**Updated Mailing List**

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

**The 2017 Capitol Hydro Social Club Executive**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>President</td>
<td>Caryn Phillips</td>
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<td>Vice President</td>
<td>Tim Manning</td>
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<tr>
<td>Publicity</td>
<td>Candace White</td>
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<tr>
<td>Secretary</td>
<td>Corinne Kennedy</td>
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<td>Finance</td>
<td>Crystal Patel</td>
<td>737-1272</td>
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<td>Treasurer</td>
<td>Tracy Maynard</td>
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<td>Special Benefits</td>
<td>Marie Avery</td>
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<td>Entertainment</td>
<td>Susan Ryan</td>
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<td>Natasha Carey</td>
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<td>Sports</td>
<td>John Flynn</td>
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</tr>
<tr>
<td>Sports</td>
<td>Linus Kelly</td>
<td>737-4253</td>
</tr>
</tbody>
</table>
Answer to Mystery Artifact

This is a Westinghouse Type “OA” residential kwh meter. It was manufactured from 1900 through to 1926.
The Lighter Side

Bow Wow Parliament

Now being a dog lover, it was hard to pass up a reference to the “Bow-Wow Parliament” of Newfoundland. Perhaps this doesn’t say much about my reading selections, but you have to admit when people say “things have gone to the dogs” there just might be something to this saying! Check out Heritage Newfoundland website. Read on!!

No Doubt About It - The “Bows” Have It!

From the files of The Gazette, December 14, 1995.

Before 1832 Newfoundland was governed by non-elected officials, usually naval governors, appointed by the British Parliament. Agitation had been growing during the early decades of the 19th century for the granting of representative government to Newfoundland as it had been to other North American colonies. The fight for representative government was led by Dr. William Carson, a Scottish-born medical doctor, and Patrick Morris, an Irish-born merchant, both of whom had been living in St. John’s for many years. Through public speeches, pamphlets, letters to the newspapers and petitions to the British Parliament, they encouraged the people of Newfoundland to support the cause. In January 1832 a committee of local residents went to London to lobby for the establishment of an elected assembly. They were finally successful: a bill approving a representative assembly for Newfoundland was passed by the British Parliament in the summer of 1832.

The lobbying efforts of the Newfoundland representatives and their supporters in Britain did not go unnoticed in London. Articles appeared in the press both in favor and opposed to the idea. One person who took a particular interest in the subject was the noted caricaturist who signed his work HB. HB was the pen name for John Doyle (1797-1868), who had been born in Dublin and trained as a miniaturist and portrait painter. Unable to make a living in his chosen profession, even after moving to London, he soon took an interest in lithography. This led to the series of caricatures for which he became famous. During the years between 1829 and 1851 he produced over 900 draw-
ings, usually of the prominent British politicians of the day, including Wellington, Disraeli, O’Connell and Melbourne. His work was highly acclaimed for both his “excellent likenesses and gently satiric pencil.” His drawings were produced as broadsheets and over 600 are preserved in the print room of the British Museum. Newfoundland’s new legislative assembly became the subject of one of Doyle’s caricatures. It was entitled New Legislative Assembly. Newfoundland. (The Speaker Putting the Question.) It pictured a meeting of the House of Assembly with the Speaker in powdered wig and black robe presiding in the chair, and members on both sides. They are not represented as people, however, but as Newfoundland dogs. The Speaker puts the question: ”As many as are of that opinion say ...Bow! Of the contrary ...Wow! The Bows have it.” For many years it was thought that this cartoon was published in Punch but that magazine as not established until 1841 and there is no record of the cartoon appearing in its pages. The drawing was actually printed in broadsheet by Meifred Lemercier and Co., Leicester Square, and published by Thomas McLean, 26 Haymarket, London, on March 30, 1832. It is identified as “HB Sketches No. 187.”

It was assumed for many years that the drawing caricatured the Newfoundland House of Assembly after it had opened, as in its early years debate was rowdy, often acrimonious, and the members might be taken for a pack of unruly dogs. However, it would seem that no one took note of the date of publication and compared it to the dates surrounding the establishment of that first House of Assembly in Newfoundland. The bill granting the assembly did not pass the British Parliament until the summer of 1832, the first election of members did not take place until November 1832 and the first House of Assembly did not open until Jan. 1, 1833. Therefore, Doyle’s cartoon, published March 30, 1832, was not descriptive, but prescriptive, a prediction of what he thought would happen, before the fact; an interesting commentary on Newfoundland in Britain.

Some years ago Albert Decker (stage name), an actor in New York City, found a copy of this cartoon in a second-hand bookstore. He purchased it as a gift for his brother, Dr. Robert Ecke, who had served at the Twillingate Hospital during the 1930s and 1940s. Dr. Ecke, in turn, presented it to his long-time friend, Grace Sparkes of St. John’s, a former member of Memorial University’s Board of Regents. Recognizing its historical import to Newfoundland, Sparkes felt Memorial University was the proper place for the cartoon, and in November 1980, made formal presentation of it to President M. O. Morgan. It was subsequently deposited in Archives and Special Collections, where it stands as testimony to traditions still in evidence in Newfoundland’s House of Assembly over 160 years later.
Presentation of the Bow Wow Parliament Cartoon made on April 5, 2006. It was made by His Honour the Lieutenant Governor, the Honourable Edward Roberts, at the time, presented to then Speaker of the House, the Honourable Harvey Hodder.
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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.

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