

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

President's Message

Wayne Chamberlain

It is the most wonderful time of the year for me as I love the holiday season and especially the lead up and preparations beforehand. I begin with putting out our outdoor decorations in mid November but I don't flick the switch until first week of December. A few years ago our house could have competed with National Lampoon's Griswold house but I have scaled it back as it was too dangerous climbing up on the roof and our trees out front.

Next comes unpacking and setting up our Christmas village which I usually start in the first week of December under the watchful eye of my wife, Lynette, to ensure I don't take over even more of the family room. I have been collecting houses and accessories for more than two decades and change it up every year. It takes about a week to set up. (Check out the pictures further on in the newsletter.)

We love listening to traditional Christmas music from our childhood including Burl Ives' "Holly Jolly Christmas" and "Frosty the Snowman", Gene Autry's "Rudolph the Red-Nosed Reindeer" and Bing Crosby's "White Christmas". We also set time aside

to watch favourite holiday shows such as "National Lampoon's Christmas Vacation", "Miracle on 34th Street", Alistair Simms' "Scrooge", Jim Carey's "The Grinch" and "Merry Christmas Mr. Bean".

Last but not best is spending time with family and friends in a festive setting and this year is really special as we have a new grandson to share it with. It is also important to think of those that are less fortunate than ourselves and share our time and good fortune with them.

The Executive has had a busy year and provided several opportunities for members to participate in various activities including: insurance and wills information sessions, an experienced drivers' workshop, monthly breakfast get-togethers, summer hikes/walks, a tour of the Soldier's Pond facility, a fall trip to Woody Island and the construction of a float for Christmas parades. We have also established a Silver Lights Club Facebook site to further communicate with members and if you are interested please ask to join the site.

On behalf of the Silver Lights Club Executive and my family we would like to wish you and your families good health and a safe and wonderful holiday season and all the best in the New Year.

Editor's Message

Janet Calver

Here we are at the end of December with a

brand new year looming ahead. In the hustle and bustle of the Christmas Season, it's easy to get a bit lost or left behind. There's always so many things to do it seems and never enough time to do even half of them. How can that be? We're retired aren't we, with lots of free time on our hands! Well, no! A lot of our friends who are retired and a lot of you out there are busier now than when you were working. Many of us have children, grandchildren, even great grandchildren that we help out on a daily basis. Others have focused on different volunteer activities which seem to ramp up once November hits. Still others have taken up new hobbies and interests which provide much pleasure and fulfillment. Put Christmas commitments on top of everything else we do and it's no wonder we all feel a bit over-whelmed at times!

Now no matter how full or over-loaded your calendar gets, when you pull together with your family and friends, things have a somewhat magical way of working out. As I put together our newsletter, it always amazes me how much we do as a volunteer group and how many people and other groups/organizations are ready to help us out at the drop of a hat. You'll see evidence of that when you read through the following pages.

Look out for the articles on the Soldier's Pond Tour and the annual Santa Claus parade float. There are so many people that worked behind the scenes and volunteered many, many hours of their time to make both activities possible. Check out which charitable organizations will be receiving donations from Silver Lights early in 2019. All thanks

to you! We have some wonderful pictures from different Christmas Season dinners and get-togethers - have a look and see who you recognize. Our regular contributors - Butler Wills and Estates, Scotia McLeod and SafetyNL - have provided excellent articles once again and we can't thank them enough for taking time out of their busy schedules to support our newsletter! Welcome our latest retirees and check out the latest progress on the Silver Lights' artifacts and historical pictures.

I can't say thank-you enough times to everyone who helps me out during the year: The Silver Lights Executive have always been there for me; Nalcor's Human Resources personnel, especially Andrea Green, who provides all the photos and bios for our retirees; Lynn Butler and Chelsea Kennedy from Butler Wills and Estates; Susan Kielley from Scotia McLeod; Lloyd Hobbs from SafetyNL; Capitol Social Club Executive, especially Candance White; and you, our members who provide support, comments and suggestions. I'm only one person but I feel like I have an army behind me!

So as one year draws to a close and we welcome in 2019, just a brief moment of reflection.... We seem to be engulfed in a world full of disdain, distrust, and disillusionment. And then along comes Christmas and we seem to get our humanity back again. How good is that! We feel like we want to help others. We feel the necessity of making contributions to those less fortunate. We try to be kinder, more understanding, more patient, more willing to listen. It's truly a special time. Can we make that feeling last throughout the year?

Let's hope so! How about we each make it one of our New Year's resolutions?

In closing, Brian and I would simply like to wish each and everyone one of you a very Merry Christmas Season and a safe, happy and fulfilling 2019! Take care!



SilverLights News

25 Year Club

Well this is a first for me! There are no members this time around to welcome to our 25 Year Club. Maybe there will be new inductees in 2019!

Tour of Soldier's Pond

On Monday, November 19th, the Silver Light's tour of the Soldier's Pond Facility finally went ahead after being delayed due to a snow storm a week earlier. It was definitely worth the wait!

I can't tell you how many times we have driven by the highway and caught a glimpse of the site from afar and wondered just what was in there and how it fit in with the big Muskrat Falls project. It always seemed a bit mysterious from the Trans Canada Highway.

Needless to say, everyone was excited the afternoon of the tour. It was bitterly cold on the 19th with a few snow flurries but that didn't dampen the excitement of everyone who showed up for the tour. We met at the guardhouse for a 1:30 PM start and met our hosts: Amy Callahan, Communications Advisor at the Soldier's Pond Site, and Tobie Comtois, Supervisor Production, Soldier's Pond Facility - and tour guide extraordinaire!

After getting properly suited up in safety gear and listening very carefully to all safety

instructions, we were off. No bus for us - we walked the entire site. Tobie was fabulous. He gave us a very detailed description of every aspect of the facility, taking care to ensure we understood how the power got from Muskrat Falls to Soldier's Pond and beyond. There were lots of questions but Tobie answered every one of them! As you can imagine, there were quite a few very knowledgeable former employees in the group who were keen to know the ins-and-outs of the facility. You could easily tell Tobie and his team were very excited about the project and very proud of their work.

At the end of our 1 1/2 hour tour we turned in our safety gear, thanked Tobie, Amy and the others who made our afternoon so memorable and scurried back to our cars to warm up.

With all the controversy about Muskrat Falls and the ongoing inquiry, it's really easy to feel negative about the project. Even though I've been retired now for eight years and a lot of the people I worked with have retired as well, I still regard Hydro and Nalcor as "my company" and I felt such pride in the work that had been achieved at the Soldier's Pond Facility. Well done one-and-all! A terrific accomplishment!

To everyone at the Soldier's Pond Facility, from everyone who got to take the tour, Thank-You!

(Rami Wadwha, Bill Walker, Ian Macpherson, George Lundrigan, Sandra Sheppard, Wayne Chamberlain, Dennis Jones, Gerry Bowers, Dave Fifield, Tom Jensen, Ross Dawe, Janet Calver, Brian Gamberg, Brian Bursey, Bill Day, Kathy



Soldier's Pond Aerial Picture - June 2018



Group Photo at Soldier's Pond Facility

Day, Reg White, Harvey Young, Ron OBrien)

Above are a few pictures taken at the site (Thank-you Amy!) and two links that will give you an appreciation of the Soldier's Pond Facility.

Here are the links. Check them out!

1. Path to Power video: <https://www.youtube.com/watch?v=NrYTthTvSeo>
2. 360 Tour of Soldiers Pond Converter and Terminal Station (this video works best in Google Chrome browser and is a fantastic, informative tour of the SP site):<https://www.youtube.com/watch?v=ctdrMqGY3SM>



One Final Group Photo - What an Afternoon!

Donations

Silver Lights is pleased to announce that early in 2019 we will be making charitable contributions on your behalf to four groups/organizations. There are so many worthwhile groups out there and it is always difficult to make a decision. Silver Lights will be donating \$500.00 to each of the 4 groups listed below and Hydro will match our contribution of \$500.00 for 2 of the groups.

- Transition House Association of NL (\$500.00 each from Silver Lights and Hydro)
- Jimmy Pratt Memorial Outreach Centre (\$500.00 from Silver Lights)
- Choices for Youth (\$500.00 from Silver Lights)
- John Howard Society of NL (\$500.00 each from Silver Lights and Hydro)

Computer Sales - Update

Every so often, Silver Lights is able to offer our members used computers for sale at great prices. We check with Nalcor staff on a regular basis to see when we can expect these computers. There are no computers for sale in the next couple of months, but feel free to put your names on the list for when they do become available. They could turn up at any time, so send an Email to Silver Lights or contact any of our executive.

Fall Trip 2019

It might seem a long time away, but Silver Lights is already looking forward to our Fall Trip 2019. Please let us know about your suggestions for a possible Fall Trip. We would appreciate your input! Get in touch with any one of the executive.

Breakfast Get-Together

Silver Lights is committed to ensuring our members keep in touch with each even when they retire. We encourage our members to start their own "breakfast club" in their area

of the province and keep in touch with old friends. If we can help you out with getting your Breakfast Club going, please let us know.

Meanwhile, in St. John's, there is one group that meets regularly for breakfast on the last Tuesday of every month at the **A&W on Kenmount Road around 9:00-ish**. If you have been retired for a while or are just recently retired, please come along and see what it's all about. If you are visiting St. John's on the **last Tuesday of the month**, think about dropping by and seeing some of the old gang. You'll get a warm welcome and enjoy a great breakfast. Hope to see you there!

Note: 2018's last breakfast Get-Together took place on the 18th of December as most of us would prefer to be at home on Christmas Day! We look forward to seeing you for our first breakfast of 2019 on January 29th!

Archival Work Update

We have received great support from both Paula Krats, Manager, Supply Chain Management and Administration and Erin Squires, Communications Manager, Hydro, in our quest to get the 25 Year Service Plaques re-mounted in Nalcor's front lobby along with a permanent, highly visible space for the Club's many artifacts and photographs.

Progress is being made and early in the New Year, we expect to hear back from

Paula and/or Erin on the next steps. In the meantime, the Silver Lights office is getting re-organized and the hope is to have all the archival documents and pictures in our possession categorized and safely stored on proper shelving units in a secured room. No more boxes with unknown material in them!

We are still hoping that some of our members who have an interest in the Club and the Company's history will be willing to help out with the artifact categorization and preservation. Keep it in mind! We'll continue to give you updates on our progress!



Good Friends!

Ladies' Christmas Luncheon

I'm delighted to have some pictures from the December 13th Ladies' Christmas Luncheon which was held at the Sheraton Hotel! (Thank-you Kim!) I'm sure you will see some familiar faces in these pictures. Thank-you so much for sharing them with us! We wish you all a wonderful Christmas and a Happy New Year!

Santa Claus Parades 2018

The Santa Claus Parades only seem to get better and better! The excitement on the parents and childrens' faces is wonderful to see. The bands, the dancers, the clowns, favourite cartoon characters within touching distance, the floats and then Santa Claus



Recognize Anyone?

himself - who couldn't help but be touched by the magic of the moment!

Silver Lights had a fantastic "Santa Claus Float Team" this year. They were hard at work in the early Fall, designing, measuring, cutting, painting, etc. And all their hard work paid off! Silver Lights Retirees Cub/Hydro had a prize-winning float - 2nd Place in the Non-Corporate Division! Even though it takes hours of hard work, the Santa Claus Parade float is truly a labour of love for everyone who volunteers their time. Congratulations to the team - from builders to safety walkers. Well done everyone! Here are the worker-bees: Reg White, Dennis Jones, Gerry Bowers, Bill Day, Aubrey Hill, John Mallam, Wayne Chamberlain, Erin Squires (Communications Manager, Hydro and Silver Lights Supporter), Kim Petley, Bill Walker and Cindy Morgan. Thank-you one and all!

Here and on the next few pages are just some of the pictures of the float along with some of the people who made this project a success from start to finish. We hope you enjoy!



Early Stages of Construction: Dennis Measures and Measures Again!



Reg Ponders - What are they doing over there?



Gerry Puts on the Finishing Touches



Bill Day - His Dream of Becoming a Train Conductor Comes True!



The Little Engine - What a Beauty!



Wow! The Little Engine Takes Shape



Well Done Team!!



Bill Applies the Paint - Years of Experience Pay Off!



St. John's Parade: Janet Morris and her Grandchildren, Kelsey Rowe and Maddy Stack - Ready to Go!



The Hall Family - Ken, Christina and Mackenzie - Join Janet, Kelsey and Maddy.
Lots of Smiles!



Water Street - See Reg in the Truck?



Secuirty Walkers - Wayne and Bill (On
Other Side) - Wave to the Crowd!



Mount Pearl Parade: Kim's Daughters, Jane and Robin and her Grandson, Harrison, Join in the Fun on the Float!



Kim and Bill - Waiting for the Parade to Start!



A Great Christmas Present! From Left to
Right: Bill Day, Wayne Chamberlain, Santa,
Gerry Bowers, Reg White, Dennis Jones
Accept the Second Place Finish Award at
City Hall



The Village From Afar



One of the Main Streets

Tibb's Eve

Just last week, on December 23rd, Wayne and Lynette Chamberlain hosted a Tibb's Eve get-together at their house. Now Tibb's Eve (or Tips' Eve or even Topsy Eve) is often regarded in Newfoundland as the first official day of Christmas. Well, it was a wonderful "First Day of Christmas" at Wayne and Lynette's! Now don't get me wrong - we did not drink a lot, but it was wonderful to see good friends - both working still and retired - and enjoy the simple pleasures of friendship and laughter!

We also couldn't believe Wayne's Christmas Village that he proudly has on display. It's fantastic! Wayne says that he has been "building" it for well over 25 years. Each year, he buys or receives a new addition to his village, and each year the layout of the streets, houses, ice rinks, buildings, etc. is different. I've included just a few pictures on this page and the next. I know you will enjoy them! (Watch out for the mummers!)

Thank-you Wayne and Lynette for letting us share a special part of your Christmas with us!



Another Main Street with a Marching Band!



The Outdoor Ice Rink - Hockey Game in Progress!



This Year's Addition to the Village



A Beautiful Carousel



A Musical Trio



More Mummers!



A Well-Placed Law Office!

Everyday Life

DIY Will Kits

Chelsea Kennedy

Butler Wills and Estates has provided us with another informative article - on "DIY Will Kits". We have all heard about them but few of us know exactly how they work. Thank-you Lynn and Chelsea! Read on!

Are DIY Will Kits a Good Idea?

These days will kits are available everywhere. With a few clicks on your computer you can find a wide variety of options for writing your will at home without needing to contact a lawyer. Of course, quantity does not always equal quality, and making a will is something that can go terribly wrong if done incorrectly. Does this mean that you absolutely have to call a lawyer to have your will made? Perhaps. Let's take a closer look at the pros and cons of using a do-it-yourself will kit in comparison to working with a lawyer.

- **Cost:** Whether you purchase your will kit online or in a store, the vast majority of kits are extremely inexpensive. Some online versions are even free when you sign up for the website subscription list. This is a huge factor for a lot of people who want to make a will, but who don't have a lot of spare income. Some online kits offer to have your document

reviewed by a professional for an extra fee. Often, this fee is a couple hundred dollars, but it isn't mandatory if a consumer wants to use the kit.

In comparison, a lawyer will likely charge at least a few hundred dollars for a will. This can be a big purchase for seniors on a fixed income, or young families with a lot of expenses. There is no fixed price for a will from one lawyer to the next, and many will charge based on how long the process will take and how complicated the situation is.

- **Ease of Access:** Consumers can purchase a will kit just about anywhere. Bookstores carry them, as do office supply stores. You can also download forms from the Internet, or use a program on a website. Since the user can complete the kit at any time in any location, kits are pretty easy to use. Kits come with instructions about how to fill them in, but there isn't usually anything included to tell you what to do if you are in a situation that is not covered by the kit. Paper versions of kits also most likely don't provide the consumer with resources for help.

To get a will done by a lawyer, you need to schedule an appointment. Chances are good you will need to go to their office, although more and more lawyers are visiting clients in their homes if the client is not mobile. Unlike a will kit, the lawyer will create the documents for you, and explain everything that is involved

including why certain things should or should not be included, and what the repercussions of those decisions are. If you go to an experienced estates lawyer, you can be sure that he or she will be able to provide you with a document that does everything you need it to.

- **What You Get:** What the consumer gets with a will kit is fairly straightforward - the kit gives you a document labelled "Last Will and Testament". The document itself will also be straightforward and simple since an algorithm or fill-in-the-blank booklet cannot account for every likely scenario for each person. A kit will provide the consumer with this one document and nothing else.

The sum of what you get with a lawyer is more than just the document itself. You will also receive personalized advice, information about potential pitfalls you may not have thought of, and a document that is tailored to your specific situation. An experienced estate lawyer will also discuss with you the option of having a complete estate plan rather than just a will.

- **Down the Road:** Will kits provide you with a template will that the consumer plugs their information into. For extremely simple situations (i.e. no investments or rental properties, no blended families, no dependents with a disability, and no lists of individual gifts) this document may be sufficient.

However, if your situation is even slightly

more complicated, a kit may not be the best choice. Problems with an estate arise after the person has passed away, when it is too late for them to explain what they want. This leaves family members to fight over what each of them thinks the person wanted. If you have not properly explained what you want in your will, and given your executor the appropriate legal powers to make it happen, a will can be worse than useless.

Wills that are made by lawyers can still be fought over. However, a lawyer will have thorough notes about what the person said, and what they wanted, and include all the necessary powers for an executor.

- **Is the Kit a Good Idea?** If your situation is extremely simple, a will kit might work for you. Unfortunately, you wouldn't know whether or not your will was being fought over. If you want to consider using a will kit, look for reviews of each kit online. The reviews on the company website will be positive in order to encourage sales, so check for reviews elsewhere, like a legal blog that is not sponsored. Some of the key things to look for include whether or not the kit is legal in all provinces, who wrote the kit and whether or not they are a lawyer, and how much information the users of the kit were able to customize in the document.

For people who are in situations that are more complicated than extremely basic,

consider meeting with a lawyer to get a will done. Do your research before you book an appointment to find out things like what the price will be, how long it will take, and what is included. If you are concerned about the fee, you can also ask whether or not the lawyer is willing to offer a payment plan.

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Scotia McLeod

Susan Keilly



Susan Kielley, Scotia McLeod, has provided an excellent article on RRSP Contributions for those who will turn 71. Yet another reason to have a financial adviser who can guide you through the maze! Read on!

One last chance for an RRSP contribution

ScotiaMcLeod, a division of Scotia Capital Inc.

Individuals turning 71 must wind down their RRSPs by the end of the year in which

they turn 71. This means that they must transfer the assets in their RRSP to a RRIF, purchase an annuity, simply withdraw or cash in the assets, or any combination of these options.

Getting around the rules - one more contribution

There is a way for someone falling under the new rules to contribute once more to their RRSP. To do this, they must have earned income during 2018 that would otherwise give them the ability to contribute to an RRSP during 2019, even though they will not be allowed to have one. The new rules also introduced carry forward rules that allow someone to make an RRSP contribution and deduct it in the future. Therefore, the way they get the contribution into their RRSP is to make an over contribution during the month of December 2018.

Example

John turns 71 this year and must wind down his RRSP by the end of the year. However, John is a doctor and still works parttime meaning he has earned income. His income levels would allow him to make a \$25,370 RRSP contribution next year. Because John has to wind down his RRSP, he cannot make the contribution next year and he will lose the opportunity to get a tax deduction and get \$25,370 more into his RRSP. However, there is a way around it. John would make an RRSP contribution of \$25,370 in December. This would mean that John would have

over contributed to his RRSP.

Current rules impose a 1% penalty per month on over contributions to an RRSP. The penalty for John in December would be \$233.70 (assuming he takes advantage of the \$2,000 over contribution limit that is allowed without a penalty).

Starting January 1, 2019, John would no longer be subject to the over contribution penalty because he would have an allowable contribution limit of \$25,370 based upon his earned income from the prior year. This means that for a penalty tax of \$233.70, John can contribute an additional \$25,370 to his RRSP and receive the deduction for it in 2019. This is allowed because the carry forward rules allow an individual to make a contribution to their RRSP and deduct it at any point in time in the future based upon their earned income.

John is simply making the contribution while he still has an RRSP to allow him to take advantage of one more year of contributions.

Spousal contributions

John could also continue to contribute to a spousal RRSP after he winds down his RRSP as long as his spouse is under the age of 72 and he continues to have earned income. As well, he could take advantage of the above over contribution strategy in December of the year that his spouse must wind down her RRSPs.

Remember

For this strategy to work, an individual must have earned income that would allow them to deduct an RRSP contribution. Also, to minimize the tax penalty, the contribution should be made in December.

About the Author

About the Contributor:

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A Christmas Story

The tradition continues! This will be the sixth Christmas story from the book "The Twelve Tales for Christmas", written by Rev. J. S. S. Armour. Keep in mind the date - 1999 - and what technology looked like back then. Even though these stories are simple, they are a wonderful reflection of the spirit of Christmas. I hope you enjoy.

(Printed with permission of Rev. J. S. S. Armour 1999 The Church of St. Andrew and St. Paul; ISBN 0-9685857-0-1).

Christmas Mail

In our little talks over the years at the CBC Radio Christmas Sing-In, we have considered

many things to do with Christmas - Christmas trees, Christmas Pageants, Christmas Presents, Christmas Turkeys... What is left? Christmas cards - or perhaps better - Christmas mail.

For you see, nothing distresses me more than receiving a beautiful card - obviously expensive - plus a 46 cent stamp (adding to both GST and PST) - and inside - a scrawled signature!

No "love to you and your family", or "hope this finds you well" or even "wish I had time to give you my news but I have 60 more cards to write and it's two o'clock in the morning" ... just "Mary and Peter Higgenbottom" or simply "The Higgenbottoms".

What a waste! Do these people actually think that I will be deceived into believing that the syrupy sentiments penned by Mr. Hallmark are for my eyes alone? That I will fall for such phrases as "from our house to yours" or "to a very special friend at Christmas"?

The only thing worse is if the name is printed or stamped - in olde English script!

Why bother. Why not wait until the time when all the phone companies offer you a call anywhere in the world for an unlimited time for just one and half cents a second or whatever it happens to be now. Beats a card!

Then there are form letters.

Now, it is lovely to get two pages of closely printed prose from old friends - whose children you watched growing up - and whose fortunes in life you follow with the greatest of interest. But what of those letters from almost perfect strangers - whose lives are one long holiday or else an ever-ascending

career, that leave you breathless (and unbelieving). Their children captain every conceivable school team. Their average mark is A+. And from their recorded comments, they sound just a little beyond insufferable!

Lately, Christmas letters are taking on a more personal aspect. But anyone who knows anything about computers is suspicious. With blocking and rearranging, the same letter can be duplicated many times - with different greetings - and endings added asking for your wife and children by name - an allusion to your favourite sport or the recent death of the cat - lulling you into feeling that this letter was meant just for you!

It is rather just like those awful letters you get from a certain magazine giving you the impression that you are on the verge of winning a million dollars.

Now you know that the identical letter has been sent to half the inhabitants of the North American continent, but scattered throughout the letter are such phrases as "And Dear Mr. Armour" or "Believe Us, Incredulous Mr. Armour" or "Just Think, Unsuspecting, Stupid Mr. Armour"... until you actually believe that the million dollars has already been safely deposited in your savings account.

Which brings me to a rather good story that comes from a church in Victoria, Australia.

To produce a bulletin for a funeral of a woman named Edna, the church secretary merely updated the bulletin from a previous funeral (of a woman named Mary). By using the computer's 'search and replace' feature, every occurrence of the word 'Mary' was instantly replaced with the name 'Edna'. Imag-

ine the suppressed hilarity when the mourners dutifully following the Apostles Creed, read that Christ was ‘conceived by the Holy Spirit, Born of Virgin Edna’.

When St. John wrote his Christmas Story, he described the coming Saviour as the Word of God.

And the Word became flesh and dwelt among us, and we beheld his glory, the glory as of the only begotten of the Father, full of grace and truth.

The first-Christmas card was a very personal word from God Himself - that He loves us very much and is sending us His Son, The Babe of Bethlehem, that we, hearing His words and believing them, might receive the gift of eternal life.

What shall I give so-and-so for Christmas?

Why not write a long letter? Not only your news but an expression your interest in them and what is happening in their lives - an assurance at Christmas of what his or her friendship has meant to you down through the years. Life is busy - never busier than at Christmas - but life is short. What a pity if some good friend never knows the difference he or she has made in your life - that at this very special time of year, you remember and are grateful.

For me, the best part of Christmas is the mail. Hearing from old friends, knowing that they are still in life and health and that they are thinking about me and my family at this happy time of the year. In our family, we treasure cards - reading them once when they arrive and then, when the hectic season is almost over, getting them out and reading them through again - savouring every word.

“You cared enough to send the very best,” goes the well-known commercial. The best is never a printed card or a circular letter - but finding the time and taking the trouble to write something personal - that says, “I am thinking about you”.

This Christmas, send the very best - yourself - in an envelope.

Silent Night, Holy Night

Recently, we were watching reruns of Downton Abbey, one of our favourite shows. It was a Christmas special and Lady Mary Crawley sang “Silent Night”. Now we expected to hear the same words to a much-loved Christmas carol, but NO - the words were different! This is what Lady Mary sang:

*SILENT NIGHT, holy night!
Sleeps the world; hid from sight,
Mary and Joseph in stable bare.
Watched o’er the Child beloved and fair
Sleep in heavenly rest
Sleep in heavenly rest.*

Well that got me thinking a bit more about “Silent Night” and here are some interesting facts behind this much sung hymn.

“Silent Night” (German: Stille Nacht) is a Christmas carol that was composed in 1818 . It is 200 years old this year! Just imagine all the millions of people who have sung those beautiful words over the past 200 years! The lyrics were written by Joseph Mohr, a young priest, and the music was composed by Franz

Xaver Gruber in the little town of Oberndorf bei Salzburg, Austria. Gruber was a schoolmaster and organist. Apparently, it was first performed with a guitar accompaniment for a Christmas Eve mass in 1818 in the former St. Nikola Church.

According to Gruber, Karl Mauracher, an organ builder who serviced the instrument at the Oberndorf church, was enamoured with the song, and took the composition home with him to the Zillertal. (The Zillertal ("Ziller Valley") is a valley in Tyrol, Austria. From there, two travelling families of folk singers, the Strassers and the Rainers, included the tune in their shows. The Rainers were already singing it around Christmas 1819, and once performed it for an audience that included Franz I of Austria and Alexander I of Russia. It made its first debut in the United States, in New York City in 1839. The rest is history as they say. The song has been recorded by a large number of singers from every music genre. The version sung by Bing Crosby is the third best-selling single of all time. (For you trivia buffs out there, Bing Crosby also has the top selling single of all time - "White Christmas"!)

SeniorsNL Announcement - Upcoming Seminar

The following is a notice from SeniorsNL regarding an upcoming meeting/webinar regarding Medical Assistance in Dying (MAiD).

The Research Exchange Group on Palliative/End-of-Life Care is sponsoring the meeting/webinar which takes place on Wednesday, January 16, 2019 from 2:00 PM - 3:30 PM at the Newfoundland and Labrador Centre for Applied Health Research (NLC-AHR) Boardroom, 95 Bonaventure Avenue, Suite 300, St. John's. Coffee and tea will be served. Guest speaker will be Dr. Susan MacDonald. Dr. MacDonald will discuss what happens within the Newfoundland and Labrador healthcare context when patients request medical assistance in dying and discuss the recent report to the Federal Government on Advanced Directives in MAiD. This talk will include information on and a discussion about eligibility, informed consent, and where and how MAiD services are provided in this province. It will also discuss the Council of Canadian Academics' (CCA) international panel's findings regarding Advance Directives in MAiD.

RSVP the undersigned to attend.

How to Join the Webinar from your Home or Office:

You can connect to the video component of the meeting using Adobe Connect software described below but first you should join the audio component using your telephone.

To join the teleconference, use your phone to:

- Dial 1-888-579-9842

- At the prompt, enter the following Participant Code: 24 56 79 67 #
- Press*1 to mute/unmute your phone

Once you have successfully joined the audio-conference, you can join the video component of the meeting. To see the slides, you will need the following:

- A computer with internet access.
- If you have Skype on your computer, it must be closed. Adobe Connect will NOT work if Skype is open.

To participate, please click on the following link: <https://onthemove.adobeconnect.com/january162019/>

Adobe Flash Player is required. If it is not already installed on your computer, you will be prompted to install it. The installation takes only a minute and Adobe Flash is a safe download.

Health & Wellness

Safety NL



Many thanks to Lloyd Hobbs once again for an article which highlights some of the recent safety laws we need to be aware of. Lloyd always has some words of wisdom for us and his latest article is no exception. Hope you enjoy!

One Last Traffic Safety Review for 2018

How quickly the time goes by! One minute it seems we are talking about spring and the next we are looking towards another new year. Well, Merry Christmas and Happy New Year. 2019 is just around the corner and at times like this we reflect on the past and look forward with anticipation to what the New Year brings. This is a great time to reflect on the simplicity of driving in the era when we got our driving licenses and it is also a great opportunity to review many of the changes that have happened since. In most cases, we obtained our licenses when we had two lane roadways, intersections had only stop signs, cars had only a radio and you had to stop your vehicle and go into a building if you wanted to use a phone. Marijuana was illegal.

Today our roadways are much busier and rush hour traffic seems to last all day. Speeds

are faster, everyone is in a rush and drivers are distracted. Many of us are not quite sure how we should manage the new demands of driving on more complex roadways. Today we will touch on a few of these changes and areas of concern. One of the recent changes to the law was the implementation of what is called the “Move Over Law”. Intended to protect first responders and emergency personnel such as police, ambulance attendants, tow truck operators and others on the side of the roadways, it requires other motorists to slow down by at least 30km below the posted speed when approaching such scenes and to move to the left to give a safe zone to the people on the roadside. If the incident is at the median of a divided roadway, obviously you would move right. Remember, you must slow down and if at all possible you must change lanes. If you cannot safely change lanes, make sure your speed is reduced to ensure safety of those on the roadside. Not to do this can and likely will result in a ticket. It is a good practice under such situations to tap your brake a few times while slowing down to get the attention of drivers behind you and use your signal light and do a shoulder check before making the lane change. In recent years the law has been revised to enforce safety around school busses when picking up and dropping off students. You can get a hefty fine and six demerit points for passing a bus with its lights flashing. So to make it clear, if you are following a bus or you meet a bus and it activates its flashing red lights, you must come to a complete stop, whether you are on a two lane or a four lane/multi lane roadway. The only exception is if you are on a di-

vided roadway; one that has a median, fence or something else dividing traffic in one direction from traffic in the other direction. In this case, traffic travelling in the opposite direction of the bus does not have to stop. But no matter what, always be on the lookout for children.

There is a new law coming into effect, as I write this article, which many refer to as “the One Meter Law”. This was developed to provide protection to cyclists who share the roadways with motorists. If you are approaching a cyclist, you should pull safely to the outer boundary of your lane to allow at least one meter of space between your vehicle and the cyclist. For safety purposes you should slow your vehicle while passing cyclists. Remember they are very vulnerable road users.

The dedicated lane sign has become a part of our intersection vocabulary in the last few years. It is a sign which shows traffic coming straight through an intersection while other traffic is entering from the right. In this case the traffic coming straight through the intersection must stay in the left lane until it passes the solid line to its right. The traffic entering from the right has a dedicated lane and is not required to stop before passing through the intersection, thus improving traffic flow through the intersection. There are examples where traffic may be entering the main flow of traffic from the left and the left lane may be a dedicated lane. Whether traffic in the left lane wishes to be in the right lane or traffic in the right wishes to be in the left lane, all must establish themselves in their lane and wait until they are past the solid

dividing line before making a normal lane change when it is safe to do so. In the Northeast Avalon there are many examples of dedicated lanes. Some examples I will highlight are the one for traffic travelling east on the Outer Ring Road and exiting onto Allandale Road and the one for traffic travelling east on Topsail Road and exiting into Mount Pearl at the Mount Carson intersection. There is one intersection in front of St. Johns City Hall for traffic heading west from Duckworth Street onto New Gower Street where, after clearing the intersection, the left lane is a dedicated lane. If you pay attention to the signage when you are driving, I am sure you will find many other examples within your commute. The key is always to stay in your lane until you are allowed to change lanes and it is safe to do so.

Impairment has always been an issue, but it has become a greater topic in recent times. While .08 has always been the benchmark for the amount of alcohol in one’s blood system for impairment, a reading of .05 will land you in a lot of trouble resulting in administrative suspensions of your license and a 7 day impoundment of your vehicle. Remember, lots of older drivers find themselves facing a judge because they assumed that because they were not drunk, they were not impaired. Alcohol and many prescription drugs are a bad combination resulting in impaired behavior. And while marijuana is now legalized, its impairing effects still exist. The safest way of dealing with consuming alcohol or drugs and driving a vehicle is to keep the two activities completely separate. Don’t consume alcohol or drugs and then drive!!! This was a simple

but safe practice yesterday, it remains a safe practice today and it will tomorrow.

Thanks for the opportunity to highlight some safety issues one last time in 2018. Everyone here at Safety NL wishes everyone at Nalcor and Silver Lights Club a very Merry Christmas and a Happy and Safe New Year. Put on your seat belt and let's all get ready for what 2019 has to bring.

About the Contributor:

Jim Brazil is a Traffic Safety Instructor with Safety NL. Jim can be reached at info@safetyservicesnl.ca or call 709-754-0210.

NALCOR News

Retirees

The Silver Lights Executive would like to congratulate our new retirees (those who have retired from October through December 2018) and wish them a happy and healthy retirement! We hope to see you at some of our Club sponsored events in the near future! Stay in touch!

Lawrence House



Lawrence first joined the Company on October 13, 1980 as Senior Financial Analyst. On July 11, 2002, Lawrence assumed the position of Support Services Administrator Northern. On August 11, 2008, Lawrence became Team Lead, Support Services and retired from this position on February 28, 2011. Lawrence returned to work with Nalcor and has retired for a second time on November 30, 2018.

Arthur Weir

Arthur was hired as a Diesel System Representative on October 2, 1989 and will retire from that position on December 31, 2018.

Helen Smith

Helen was hired as a Cleaner in Churchill Falls on November 29, 2002. Helen will be retiring from that position on December 31, 2018.

Raj Kaushik



Raj was originally hired on April 27, 1981 as a Planning Engineer - Generation. As of September 1989, Raj was a Senior Electrical Engineer with CF(L)Co in Churchill Falls. He transferred to St. John's in January 1992 as a Senior Electrical Engineer and was promoted to Supervising Electrical Engineer Generation in 1999. In 2001, Raj became Senior Supervising Engineer. On April 1, 2006, Raj was promoted to Engineering Specialist (LCP) and he became Manager, Technical & Design Integrity on July 31, 2014. Raj will retire from this position on December 31, 2018.

Angus Nichols

Angus was originally hired on September 7, 1982 as a Control Systems Programmer. In 1985, Angus became a Systems Programmer with Management Information Systems (MIS) Department. He was promoted to Senior Systems Analyst on November 13, 1997 and then promoted to the position of Asset Manager, Computer Operations on January 17, 2000. He became Manager, Technical Planning and Project Development on March 3, 2003. On October 1, 2018, Angus assumed the position of Senior Manager Solution Development and Enterprise Architecture and will retire from that position on December 31, 2018.

Keith Saunders

Keith was hired in 1987 as an Instrumentation Technician in Holyrood. On January 11, 1988 and was promoted to Instrumentation Technician II followed by regular progressions: 1989, Technician III, 1990 Technician IV, 1991, Senior Technician. In 1992, Keith became a Technologist - Distribution with Technical Services in Bishop's Falls. In 1999, he was promoted to the position of Protection and Control Technologist with TRO Central in Bishop's Falls. Keith was promoted to Senior Technician P&C on September 30, 2002. On April 5, 2004, Keith was promoted to Supervisor, Distribution Services. Four years later, on June 30, 2008, he was promoted to Work Method & Maintenance Specialist. Keith became Asset Specialist, Generation and Terminals on January 6, 2014 and later

worked on a temporary assignment as Asset Specialist - Sync Condensor beginning on October 9, 2017. Keith will be retiring from that position on December 31, 2018.

Kevin White

Kevin joined the Company as a Diesel System Representative on July 16, 2000 and retired from this position on October 21, 2018

Garry O'Brien

Gary was hired as a Line Worker A in Happy Valley-Goose Bay on September 8, 1987 and retired from this position on November 23, 2018.

E. Bob Dawe

Bob was hired as a Hydro Plant Operator in Exploits Generation on March 29, 2009. Bob retired from this position on November 30, 2018.

The Lighter Side

Three Wise Women

We've all heard the story of the three wise men who travelled far to see the baby Jesus and brought him gifts of gold, frankincense and myrrh, but here's a little something from the Internet that caught my eye!

What if the Three Wise Men had been Women?

- *They would have asked directions.*
- *They would have arrived on time.*
- *They would have helped deliver the baby.*
- *They would have brought practical gifts.*
- *They would have cleaned the stable.*
- *They would have brought a casserole.*
- *And there would have been peace on earth!*

Boxing Day Tradition

In Newfoundland and Labrador, as well as in the other Atlantic provinces, Boxing Day is a general holiday. Most retailers are prohibited from opening on Boxing Day either by provincial law, a municipal bylaw or an informal

agreement among major retailers. This provides many with a day of relaxation following Christmas Day. But have you ever wondered where the term "Boxing Day" comes from? (The Internet has the answer!)

It originated in the United Kingdom and is celebrated the day after Christmas Day in a number of countries that previously formed part of the British Empire. Back in the 1830's, the Oxford English dictionary defined it as "the first week-day after Christmas day, observed as a holiday on which post-men, errand-boys, and servants of various kinds expect to receive a Christmas-box".

A "Christmas box" dates back to the 17th century and meant, among other things:

A present or gratuity given at Christmas: in Great Britain, usually confined to gratuities given to those who are supposed to have a vague claim upon the donor for services rendered to him as one of the general public by whom they are employed and paid, or as a customer of their legal employer; the undefined theory being that as they have done offices for this person, for which he has not directly paid them, some direct acknowledgement is becoming at Christmas.

In Britain, it was a custom for tradesmen to collect "Christmas boxes" of money or presents on the first weekday after Christmas as thanks for good service throughout the year. This is mentioned in Samuel Pepys' diary entry for 19 December 1663. This custom is linked to an older British tradition: since they would have to wait on their masters on Christmas Day, the servants of the wealthy were allowed the next day to visit their families. The employers would give each

servant a box to take home containing gifts, bonuses, and sometimes leftover food.

So there you are. Traditions have obviously changed a lot since the 1600's!





From the Silver Lights Family to Yours -
Merry Christmas!



Silver Lights Executive (from left to right:
Aubrey, Wayne, Janet, Reg, Gerry) Missing
from photo: Kim and Dennis.

**Merry Christmas and
Happy New Year From
Your Executive!**

Contacting the Silver Lights Club

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

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

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.