

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

President's Message

Wayne Chamberlain

We are halfway through 2019 and as usual summer is slowly arriving with many single digit temperatures but thankfully we are not seeing any white rain (snow) on the Island this year. We opened the cabin on the May 24 weekend and were anxiously greeted in the first three weeks by black flies and the wildlife around the cabin. Again this year there are many birds that flock to the three or four bird feeders we put out but there are also those pesky squirrels. We are now reluctantly awaiting the arrival of the mosquitoes which usually make their presence known in early July.

Last year we had one rabbit that frequently visited the cabin and we tried giving him carrots and lettuce but he wasn't the slightest bit interested but we hit the jackpot with apples. He loved the apples so much that near the end of the summer he would come right up and take a piece of apple from our hand. We saw a fox in the area last fall and after that didn't see Rupert (our rabbit who has a white mark on his forehead) again. When we pulled into the cabin this year we unloaded our provisions and to our surprise Rupert greeted us and had invited a few of his buddies. Rupert continues to eat apples from our hand and a few of his buddies are close to doing so as well but they are still a little wary.

Retirees were notified in May by the Capitol Hydro Social Club that Corporate management had advised them and other social clubs that Nalcor and NL Hydro Management would, as of July 1, 2019, be discontinuing the Management contribution for retiree members and would as well be withdrawing the Management contribution for special benefits (flowers or fruit baskets, etc.), bereavements and hospitalizations for all employees and that the Management contribution for employee members would remain the same. This change in approach has come halfway through the calendar and budget year and with little notice or opportunity to discuss with Management. The Silver Lights Club has recently met with the Executive of the Capitol Hydro Social Club to get a better understanding on this matter from the social club's perspective and will be reaching out to the other Nalcor and Hydro social clubs in the coming weeks to understand the impact of this decision by Corporate Management on retirees attending social club events in their areas. The Silver Lights Club executive have also written Corporate Management seeking a meeting and have asked that this decision be delayed until we have had an opportunity to meet and discuss.

I would ask all retirees that have a concern with this recent decision by Corporate Management to send an email to the Silver Lights Club email or any executive member outlining your concern or please make contact by telephone. Our telephone numbers are at the back of the Newsletter and although we would prefer to receive an email if you are more comfortable voicing your comments or concerns over the telephone please do. The Silver Lights email is sil-

verlights@nlh.nl.ca and my email is wchamberlain@nl.rogers.com. We encourage you to take the time to communicate any comments or concerns that you may have to the Silver Lights Club or your respective social club.

I will end this message on a happier note. Thanks to our Editor, we are again planning weekly walks on Wednesday mornings this summer with a stop at a local cafe to socialize and get to know one another better. Many of these walks are low to medium intensity and I would strongly encourage everyone to participate if they have an opportunity to do so. We had great interest in these walks last year and we look forward to seeing familiar and new faces this year. Also, please take note of the time and location for our 2019 Fall Trip on the west coast of the Island this year. We hope to see many of you there as well.

On behalf of the Silver Lights Executive we wish you and your families a safe, relaxing and enjoyable summer.

Editor's Message

Janet Calver

Welcome to summer – Newfoundland style! Our expectations of summer - long warm, sunny days, with gentle breezes, beautiful sunrises and sunsets - may be challenged somewhat but at least we're not suffering through a major heat-wave as they are going through in France and Germany right now. Personally, I love an outdoor temperature between 15C and 20C. It's great for working in the garden and hiking, two of our favourite activities in the summer months. Speaking

of activities, have any of you been iceberg or whale watching yet? Such simple pleasures! We take their sightings for granted here but they are such a great source of excitement and fascination for tourists to our Province. Haven't the icebergs been fabulous this year! I haven't seen any whales yet but hopefully that will change over the next few weeks.

With so much to do during the next couple of months we hope you will be able to take a few moments now to read through the latest newsletter and check out some of our articles. We have our regular contributors - all with timely and informative articles for you to read. We have updates on Computer Sales – a great success thanks to Dennis and Wayne – and news on the upcoming Summer Hikes (which start on July 3rd!!). Our Fall Trip to Steady Brook is a go – read all the details and make plans to join us!

With July 1st coming up, I always like to include an article on Newfoundland's "Memorial Day". World War I played such an important part in our history, on so many different levels, I feel it's important to acknowledge that defining moment. In this newsletter, I explore the Colours of the Royal Newfoundland Regiment – what they are, how they came about and their significance.

We congratulate our newest 25 -year members along with our latest retirees. We showcase another one of our mystery artifacts – kind of scary when I can remember seeing it being used! We highlight some safety tips on using outdoor fireplaces and share a little chuckle with those avid golfers out there.

I always want to thank our contributors – Lynn, Chelsey, Susan and Lloyd. They are always so good about providing interesting and timely articles for you, our members, and

I know I can always count on them! Nalcor Human Resources are so good in providing the information on employees joining the 25-year club and the ranks of the “retired” - thanks for all your support. (Just a quick note that Andrea Green, my principal contact from HR, will be relocating to Churchill Falls for the summer months. Andrea did not leave me in limbo though – she has made sure that we have a new “go-to” person, Kimberley Kearsey. Best of luck Andrea ... enjoy your time in Churchill Falls and welcome Kimberley ... I look forward to working with you over the next few months!) The Silver Lights Executive are always there to answer my questions and lend a helping hand when needed and of course where would we be without you, our fellow members? Your continued support makes it all worthwhile!

So whether you are planning a major trip abroad, taking a jaunt around the Bay, puttering around in your backyard or just finally getting to read that special book, I hope you enjoy your summer! Treasure those times with your family and friends – they are always special.

Take care and hope to see you soon!

SilverLights News

25 Year Club

We are pleased to welcome the newest member to the 25 year Club! Congratulations Daryl!

Daryl Myles - Churchill Falls

Breakfast Get-Together

Silver Lights is committed to ensuring our members keep in touch with each other 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. You'll get a warm welcome! 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. Come join us and enjoy a great breakfast. Hope to see you there!

Fall Trip – Marble Inn Resort, Steady Brook

Silver Lights has finalized plans for our annual Fall Trip. This time we are traveling to the west coast of the Island. We will be staying at Marble Inn Resort, Steady Brook. The dates are **September 11 (arrive) through 13 (departure)**; that's 2 nights, three days. **Silver Lights will be contributing \$150.00 per couple to the cost of the trip for fully paid up members and their significant other.** Members will be responsible for their own transportation and meals, but we hope to be able to offer a “group” activity once we determine the final number of people coming.

Silver Lights members who are interested in coming **must pay a deposit of \$150.00 per couple. Deadline date for full payment is Wednesday, July 31, 2019.**

Steady Brook area is a beautiful community along the Humber River. It's a 5 minute drive to Corner Brook, a 20 minute drive to Deer Lake and an hour's drive away from the beginning of Gros Morne National Park. There is something for everyone – golf, shopping, hiking, zip-lining, boat tours, water-rafting, biking, etc. If you just want to explore the area, there are beautiful little communities scattered along the picturesque bays, each offering something unique for the traveller. And did I mention the Insectarium? If you have not paid it a visit, put it on your list of things to do. Marble Inn Resort has a pool, sauna and Labradorite steam bath which you can enjoy after a hard day of having fun!

As with previous trips, there are a limited number of rooms available so who gets

to come will depend on the “first come, first served” principle. If you intend to come, get your cheques in early. Payments made be made to:

Silver Lights
C/O Nalcor Energy
500 Columbus Drive
St. John's, NL
A1B 0C9

For further information on Marble Inn Resort, please have a look at the website <https://explorenewfoundland.com>

This is a great little get-away for a couple of days. We hope you can join us!

Summer Walking Tours

For those of you who live in the St. John's area or if you happen to be visiting the city over the summer months, Silver Lights will be hosting a number of gentle walks and hikes during July and August. This is our third year doing this. There are some walks from last year with a few new ones added in. The plan is simple - every Wednesday morning we meet at 9:30 AM sharp at the designated starting point, enjoy a walk and talk and then finish off with a cup of coffee/tea in a nearby cafe or coffee shop. (compliments of Silver Lights). For more information, please call Brian or Janet at 745-1343. Hope to see you soon!

The schedule is as follows:

- July 3 Branscombes Pond. Meet at Kitty Gaul Brook Park parking lot off Birmingham Street (off Frecker Drive).

Coffee at the Element, Cowan Avenue.

- July 10 Neil's Pond or Octagon Pond. Meet at the east end of Sobey's parking lot in Paradise. We will walk around Octagon Pond or Neil's Pond for those who would enjoy a more leisurely stroll. Coffee at Coffee Matters in Paradise.
- July 17. Gull Pond. Meet at the parking lot at Gull Pond. (This is across from St. John's Rotary Park. Drive out Thorburn Road and turn onto Bennett's Road. You're there!). Coffee at Murray's Garden Centre Cafe.
- July 24. Quidi Vidi Neighbourhood. Meet at the public parking lot on the Boulevard across from the East White Hills Road. Coffee at Network Cafe.
- July 31. Long Pond. Meet at the YMCA parking lot off Ridge Road. Coffee at the YMCA.
- August 7. Holyrood. Newfoundland T'Railway through Holyrood and other paths. Coffee at Tim Horton's, Holyrood.
- August 14. Downtown Hike. Meet at the front entrance to Government House on Military Road. Coffee at Coffee Matters/Classic Cafe.
- August 21 Manuel's River. Meet at Manuel's River Interpretation Centre parking lot. Coffee at Coffee Matters, Interpretation Centre.
- August 28. MUN Botanic Gardens. Meet in parking lot. Coffee at Garden Cafe. (Note: Silver Lights will pick up entrance fee to the trails)



Mystery Artifact

From the Archives

Above is a picture of our mystery artifact. Any idea what it is? The answer appears towards the end of the newsletter.

Computer Sales – Good News

Silver Lights received the first batch of computers from Nalcor and sales were brisk! Many thanks to Dennis who did the bulk of the re-imaging and trouble-shooting and Wayne, who pitched in to help. Silver Lights was also able to donate several of these computers to non-profit organizations. We hope to have more computers for sale in the near future, so we have started a new “Computer Sale List”. To add your name to the list, please contact Silver Lights.

Everyday Life

Butler Wills and Estates

Top 5 Tips for Representing Yourself in Court on an Estate Case

Chelsea Kennedy

Lynn Butler and Chelsea Kennedy have once again provided a very interesting article on representing yourself in court on an estate-related case. Now some of us may believe that we have the “smarts” to go ahead and do this on our own and save some money. You might want to re-think that after reading this article! Thank-you Lynn and Chelsea!

Everybody has the right to be self-represented in court. The legal system isn't easy to understand, and it is cost-prohibitive for a lot of Canadians. Representing yourself in court is a lot of work, and takes a great deal of determination, time, and patience. Any court case is time-consuming and exhausting, and the learning curve is even steeper for people who haven't been through the process before. With this in mind, let's take a look at our top 5 tips for representing yourself in court on an estate-related matter.

1. – Be prepared.

Being prepared for each step of the court process is incredibly important. If you aren't prepared, you can miss crucial points along the way. Check the rules about when and where to file your documents. If you have had a previous court date, the judge may have given you a filing date. Make sure you stick to this date, and have all of your documents filed on time. Late documents may not

be accepted by the court. Not all court dates are the same. For example, if your upcoming court date is the first date in a lawsuit and it is in open court, this isn't the time to tell your whole story and expect a judgement. If the other party has a lawyer, you can ask that lawyer for information about what to expect for each type of court date. He or she won't be able to provide you with legal advice, but it is fair for all parties to arrive knowing the basics of what will happen.

2. – Familiarize yourself with the court rules.

Each court has a set of strict rules. Every person attending court is expected to follow these rules, whether or not they are lawyers. There are some extra rules that apply only to lawyers, but there are others that anybody representing themselves should know. Courtrooms have dress codes. This seems old-fashioned, but dressing appropriately is considered a sign of respect for the judge. When in doubt, opt for business formal. The judge can have you removed from the courtroom if your attire is inappropriate. Also, each person in the court room has a specific job. It is important to know the role of each individual, such as the clerk. This is important, because if you have a document to hand in, you must give it to the clerk first, rather than directly to the judge.

3. – File high-quality documents.

The documents you submit tell the judge a lot about you. Documents that are sloppy, in the wrong format, or that contain spelling or grammatical errors are a

poor reflection on you. Of course, the documents you file won't be identical to those submitted by a lawyer who has been making them for years; however, anything you file at the court should be professional and clean. The way legal documents are formatted is incredibly important. The jurisdiction and level of court impact how your documents are formatted, and documents that are not done correctly could be rejected. For example, the level of court dictates what colour the cover of your documents should be. Spelling and grammar errors are not acceptable for legal documents. Take the time to make sure you haven't made any typos, that none of the words have auto-corrected, and that everything is in the right order.

4. – Stick to the point.

When it is finally time to tell your side of the story in front of the judge, it is easy to get carried away and add information that isn't relevant. Sometimes this happens out of nervousness. Having a timeline available helps you explain what has happened without getting confused or sidetracked. It also prevents you from jumping from one event to another. Getting emotional is also unhelpful, although it is difficult to stay calm when talking about the death of a loved one. Take a deep breath, and if you find yourself struggling, pause for a moment and start over. Focus on the judge, and remember that even professionals get nervous speaking in court. The most difficult part of a hearing is listening to what the other party has to say. Chances are

good you will be on completely opposite sides of the situation, and what they are saying will be contradictory to your position, sound like they are insulting you, or be what you consider to be dishonest. The only thing you can do is make the best possible case for yourself, and provide logical and clear arguments.

5. – Learn the terminology.

Your time in court will not be successful if you don't know what the judge is talking about. Many estate-related legal terms are in Latin, so take the time to learn the basics. A reasonable judge won't expect you to be as conversant as a lawyer, but you should learn the basic terminology for your type of case. As well, there are terms that are the same no matter what the issue is, such as probate, affidavit, and testator.

It may be helpful to attend court as an observer. You can watch how everything happens, and make notes about things that may be useful for your own situation. As long as you are respectful, you can attend any open court hearing. Consider taking a friend with you, since another set of eyes and ears won't go amiss.

About the contributor:

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Scotia McLeod

Susan Kielley



Susan Kielley, Scotia McLeod, has once again provided us with a thought-provoking article. Read on and find out more about "Staying Financially Fit During Turbulent Times" - something we all need to heed. Thank-you Susan!

Staying Financially Fit During Turbulent Times

Total Wealth Planning, Scotia Capital Inc.

Total Wealth Planning is the key to staying fit during turbulent times. It is the process of creating a roadmap for your financial future. A written Total Wealth Plan shows you where you are currently, where you want to go and how you will get to your final destination. A solid Total Wealth Plan will focus on achieving your goals – short and long term – using a number of different strategies along the way.

So what should you do during a declining market to stay financially fit? The answer is quite simple - stick to your plan. During this time of market volatility, meet with your Wealth Advisor and review your Total Wealth Plan to ensure you are still on track to meeting your goals; such as retirement, children's education or other life events. If you don't have a plan with clearly defined goals, we strongly suggest you create one with a professional that covers all planning aspects, including investment, estate, retirement, tax and insurance planning. We will help fine-tune your investment portfolio during turbu-

lent times to ensure you can meet your stated goals.

Here are some basic strategies to consider during a declining market that will help you stay on track to meeting your goals.

- **Stay focused**
Try not to make impulsive decisions based on emotions. Stick to your Total Wealth Plan and think about the long-term picture. When you hear about a downward trend of the market, your immediate reaction might be to sell long-term equities to avoid further loss. While this is a tempting strategy; do not give in to your temptations. By remaining invested, you give your portfolio the opportunity to recover any paper losses in the long run.
- **Maintain a diversified portfolio**
Look at your existing investments and determine whether your funds have been allocated appropriately and are in line with your varying goals. A diversified portfolio consisting of stocks, bonds and cash investments tends to minimize risks. Revisit your portfolio periodically with your Wealth Advisor so that you can take advantage of the declining market and rebalance your portfolio.
- **Continue regular contributions**
By making regular contributions to your investment plans, you will mitigate short-term investment risks in a volatile marketplace. When you invest on a regular basis, not only are you contributing consistently but you are also benefiting by purchasing more with the same contribution amount. In a declining mar-

ket you will be able to buy more investment units at a lower price. Moreover, if you meet the necessary requirements, you can also discuss borrowing to invest with your Wealth Advisor.

- **Work with a trusted financial advisor**
Organizing your finances is not an easy task and may seem fairly daunting, especially during turbulent economic times. You might feel overwhelmed to make investment decisions or you might want to go over your investment strategy with a professional. Your Wealth Advisor and their team of experts have the necessary experience and expertise to help you focus your priorities, allocate your funds properly and select the specific financial products that will meet your financial objectives.

About the Contributor:

Susan Kielley is an Investment Associate with ScotiaMcLeod, a division of Scotia Capital Inc. Susan can be reached at (709)-576-1323, Toll Free at 1-800-563-1514 or by Email at susan.kielley@scotiawealth.com

The Regimental Colours of the Royal Newfoundland Regiment

July 1st is fast approaching and many of us will take the time to remember those who fought in World War I and reflect on war and peace in general.

If you have not already visited the World War I exhibit at the Rooms, I encourage you

to go – and be prepared to spend some time there. Personally, I see something “new” every time I walk through the exhibits. The latest artifact that caught my attention was the display of the old Regimental Colours. I had the chance to look at them more closely the other day and I wondered what was the story behind them. It’s a fascinating history with many twists and turns. This is what I learned.

Regimental colours were once carried into battle and they helped to identify the fighting unit. The term “Regimental Colours” evolved thanks to the British army. Each battalion had two flags – a senior flag called the Queen’s (or King’s) Colour and the junior flag called the Regiment’s Colour. Together, they are referred to as the “Stand” of colours.

The Queen’s Colour symbolizes loyalty to the Crown while the Regiment’s Colour represent the character and soul of the Regiment. Starting in the 1700’s, it was customary to put the names of any distinctive battles on the flag. The Royal Newfoundland Regiment has both Colours. The Regimental Colours have the following battles on it from the First World War: Albert (Beaumont Hamel) 1916; Arras 1917; Langemarck 1917; Cambrai 1917; Courtrai; Le Transloy; Ypres 1917 – 18; Poelcappelle; Bailleul and Gallipoli 1915-16.

The Newfoundland Regiment was first presented with the King’s Colours on June 10, 1915 at Stobs Camp, Hawick, Scotland, a gift from the Newfoundland Chapter of the Daughters of the Empire. The Chapter had hoped to present the colours before the Regiment left St. John’s however the Colours had not arrived from England in time.

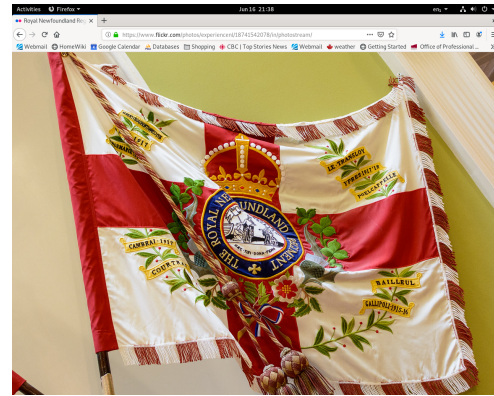
By all accounts, it was an impressive ceremony. There were regimental officers, clergy,

Lady MacGregor, representing the Daughters of the Empire, and Lieutenant Jack Fox, the officer in charge of the colour party. (Jack Fox, by the way, was promoted to Captain in 1916. He was one of the the few men who survived the War, returning to Newfoundland on May 22, 1919.)

The courage and valour of the Regiment was and still is legendary. In 1917, Governor Davidson, (Governor Newfoundland 1913 - 1917) strongly felt that the Regiment deserved special recognition for their performance at Ypres and Cambrai. He petitioned the British Government to bestow the prefix "Royal" to the Regiment's name. George V granted the prefix in December 1917. This was the only time during the First World War this honour was given. [Parsons, David (2003). "Newfoundland and the Great". In Busch, Briton (ed.). *Canada and the Great War: Western Front Association Papers*. McGill-Queen's Press.]

At the end of the War, the Colours were brought back home and presented to Sir Alexander Harris, Governor of Newfoundland from 1917 – 1922. The Colours were proudly used for remembrance ceremonies, especially those of July 1 and November 11. By 1953 however, they were considered to be too delicate to be used in parades anymore and in October 1953 they were trooped in a befitting traditional manner through the Regimental ranks for the last time. Sir Leonard Outerbridge, the Lieutenant Governor, presented the Regiment with new Queen and Regimental Colours. (Elizabeth II's coronation had taken place just months before on June 2, 1953). The old Colours were placed on display at Government House.

On October 21, 2004 it was decided that



Royal Newfoundland Regiment's Colours

The Rooms, who had the expertise to preserve the Colours would take possession of them. Lieutenant Ed Roberts presided over the ceremony at Government House. At the same ceremony, replica Colours were unveiled and you can still see them at Government House today.

On April 24, 2010, a new set of Regimental Colours was presented to the Royal Newfoundland Regiment by the Colonel in Chief, Her Royal Highness, Princess Anne, at Mile One.



Royal Newfoundland Regiment's Colours
2010

Health & Wellness

Safety NL



Lloyd Hobbs

Lloyd has provided a very time-sensitive article on roundabouts. They are a challenge for some and a breeze for others, but a reality for everyone. Read what Lloyd has to say about the proper way to drive through them safely. Thank-you Lloyd from all those loyal Costco shoppers!

Roundabouts “Because (the world is round)!”

Do you remember the Lennon and McCartney song “Because”? It was a Beatles classic some decades ago and the first few lines are:

“Because the world is round, it turns me on. Because the wind is high, it blows my mind.”

I was just thinking about roundabouts and wondering what the Beatles would have written on that subject if they were in Newfoundland and Labrador. Would they have written something like:

Because the road is a roundabout, it blows my mind.

I am not a song writer, so I will stop there. But I know many of us do have our minds blown by what is a relatively new road configuration in our province. How bad is it? Recently someone told me they had a friend

who might give up their Costco membership because they will have to use roundabouts to get to the new Costco when it opens in Galway. Could there be any greater sacrifice than having to give up Costco membership? I don’t think so. But, don’t cut up your membership card just yet. Let’s look at the reasons for roundabouts and how we approach and maneuver through them.

Once drivers are familiar with roundabouts the flow of traffic through such intersections is generally smoother and faster than traditional stop, yield or traffic light controlled intersections. Also, statistics show a significant reduction in personal injury and property damage should a collision occur in a roundabout. That is because vehicles usually do not collide directly head on or at ninety degree angles to other vehicles, as in traditional intersections and the vehicles are travelling at reduced speeds. But no one wants to find out first hand if this advantage actually exists. We want to avoid collisions altogether.

I googled “roundabouts NL” and found the provincial website for Service NL and reviewed the government’s information. I will present the key points here and suggest you visit the Safety NL site to get a clearer understanding of what they state.

Traffic travels in a counterclockwise direction around a center island in a roundabout. You need to reduce your speed before entering a roundabout and yield to any traffic already in the roundabout or to any pedestrians waiting to cross the roadway before you enter. But do not stop once inside the circle. If there are two lanes to the roundabout, decide whether you need to be in the right or left lane before entering. If you are leaving the roundabout at the first exit, stay in the

right lane and signal your intention to exit as soon as you are inside the circle. Then exit at the first opportunity. If you are planning on using the second exit or further exit, enter the roundabout through the left lane with your left turning signal on. Again yield to any traffic already in the intersection. Do not change lanes but as you approach the exit you wish to use, put on your right signal light indicating your intention to leave the roundabout and check for other traffic around you, especially in the right lane. Traffic in the right lane is supposed to yield to left lane traffic wishing to exit. But remember, you only have the right-of-way as long as someone gives it to you. Again, you should not stop in a roundabout, so if it is not safe to exit when you want to, travel around the circle again and attempt the exit on your second rotation. When large vehicles use roundabouts, they often need both lanes to navigate the circle. Therefore you should avoid travelling side by side with such vehicles within the roundabout. Should you encounter an emergency vehicle while in the roundabout, do not stop within the circle. Exit the circle as normal and when outside the exit lane pull to the right and stop allowing the emergency vehicle to proceed.

If you are new to roundabouts, I suggest you take the time to visit one when traffic is not busy. Early mornings and late evenings, especially on weekends are good for this. But, of course, if you want to check out the Costco roundabouts, that won't work because the weekends are probably their busiest times.

So to recap the key points from Government's website:

- Slow down as you approach the roundabout.

- Traffic in the roundabout has the right-of-way.
- While in the roundabout, traffic to the left has the right-of-way.
- Choose the correct entry lane.
- Entering vehicles must always yield to vehicles in the roundabout.
- Watch for pedestrians crossing the road when approaching or exiting a roundabout.
- Give large vehicles extra space to manoeuvre.
- Avoid passing other vehicles in the roundabout.
- Do not stop or move over for emergency vehicles when you are in the roundabout.
- Do not stop, pass large vehicles or change lanes within the roundabout.
- Use your right turn signal when exiting the roundabout.
- If you miss your exit, continue around the roundabout again and exit.

Now you have the fundamentals of driving through roundabouts. Like any other skill, as you practice driving through them you will become more comfortable with them. Soon you will be an expert. Once you are, remember your first encounters with roundabouts and be patient and forgiving of other drivers who are in there for the very first time.

I began this article with lines from a Beatles song. To show that I have a deeper repertoire of music, I will end with a line from

a Trooper song titled “Stay”, recently rerecorded by Rihanna. When we meet at the new Costco, let’s all sing:

“Round and around and around and around we go. Ohhh now tell me, now tell me, now tell me, now you know.”

From everyone at Safety NL, we wish you an enjoyable and safe summer.

About the Contributor:

Lloyd Hobbs is Vice President of Safety NL. Lloyd can be reached at info@safetyservicesnl.ca or call 709-754-0210.

Outdoor Fire Safety

A Message from St. John’s Regional Fire Department

The thought of enjoying a peaceful evening outdoors sitting in front of an outdoor fire pit or a chimnea, no flies, wind, or RDF, is something we can only dream of! More often we are wearing waterproof gear, covered with a fleece blanket, and armed with bug spray or a fly zapper. Oh yes, that chimnea is tied down to the patio deck just for good measure! Regardless, it’s always good to have a quick reminder about fire safety, especially when we are about to get those outdoor fireplaces or chimneas out and ready. This article is from the St. John’s Regional Fire department’s website <http://www.stjohns.ca/city-hall/departments/st-john-s-regional-fire-department>.

With more people taking advantage of the warmer and drier conditions, there has been

increase in the use of chimneas, outdoor fire pit and charcoal BBQs. It is important to always remember that anytime you work with fire, there is a chance of losing control of the fire, or getting burned.

The St. John’s Regional Fire Department (SJRFD) would like to remind all residents to keep safety in mind when setting up, using and cleaning up after any outdoor fire.

By considering the following safety tips, outdoor fireplaces can provide a more pleasurable ambience for social gatherings.

- Use only seasoned wood.
- Wind speeds are not in excess of 25 km per hour.
- Smoke does not cause an annoyance to adjoining properties.

These open air fireplaces are required to be:

- Installed in conformance with manufacturer’s instruction, if supplied.
- Located at least 3 meters from any building, structure or combustible material.
- Capable of completely containing/enclosing the fire.
- Equipped with a spark arrestor and/or screen to prevent escape of sparks and/or embers.
- Placed on a firm and level surface which has a non-combustible base beneath it – a minimum of 0.5 m completely outside the perimeter of the unit.
- Attended by someone with access to a fire extinguisher, bucket of water or another water source while operating.

A copy of the complete regulations can be obtained at the St. John's and Mount Pearl websites (www.stjohns.ca or www.mountpearl.ca, respectively).

General Safety

- Never use gasoline, kerosene, starter fluids or any other substance that may create a rapid build-up of fire.
- DO NOT use any of these outdoor devices inside your home.
- These units are not intended as a primary heat source.

NALCOR News

Retirees

The Silver Lights Executive would like to congratulate all our new retirees (those who have retired from April through June 2019) and wish them a happy and healthy retirement!. We hope to see you at some of our Club-sponsored events in the near future. Please stay in touch!

Janet Wall



Janet was hired as an Office Service Clerk on August 20, 1990. She became an Accounting Clerk I in the Accounts Receivable Department effective August 24, 1992 and was promoted to Accounting Clerk II on January 3, 1995. On April 15, 2002, Janet took on the position of Customer Service Representative and she retired from that position on May 31, 2019.

Clyde Strickland



Clyde was hired as an Apprentice Heavy Duty Mechanic on September 12, 1988. He was promoted to Mechanical Maintenance A on March 23, 1992 and retired from that position on May 31, 2019.

Paul Dunn



Paul was hired as a Programmer Trainee on July 10, 1986. He was promoted to the position of Programmer Analyst on February 16,

1990. On June 26, 2000, Paul assumed the position of Database Analyst. He then went on to become an Infrastructure Specialist – System Support on July 13, 2010. Paul retired from this position on June 30, 2019.

From the Archives - Answer

This is a Microfiche Reader.

The Lighter Side

The Rules of Golf

Now I'm not a golfer – I've only ever played the game a few times – but I have several friends who just love the game and are out on the golf courses as soon as they are open for the year. So for all of you who live to golf, here are a few "words of wisdom"! Enjoy your time on the course this summer!

- A ball you can see in the rough from 50 yards away is not yours.
- A golf match is a test of your skills against your opponent's luck.
- A severe slice is a thing of awesome power and beauty.
- A stroke does not occur unless it is observed by more than one golfer.
- All vows taken on a golf course are valid only until sunset.
- An interesting thing about golf is that no matter how badly you play; it is always possible to get worse.
- Don't buy a putter until you've had a chance to throw it.
- During your swing, never think about more than a hundred separate things.
- Every par-three hole in the world has a secret desire to humiliate golfers. The shorter the hole, the greater that desire.
- Golf can best be defined as an endless series of tragedies, obscured by the occasional miracle, followed by a good bottle of beer.
- Golf carts always die at the point on the course that's farthest from the clubhouse.
- Golf is like marriage: If you take yourself too seriously it won't work, and both are expensive.
- You hit down to make the ball go up. You swing left and the ball goes right. The lowest score wins. And on top of that, the winner buys the drinks.
- Hazards attract, fairways repel.
- If you find you do not mind playing golf in the rain, the snow, even during a hurricane, here's a valuable tip: your life is in trouble.
- It's often necessary to hit a second drive to really appreciate the first one.
- Whatever you think you're doing wrong is the one thing you're doing right.
- Your best round of golf is immediately followed by your worst round of golf. The probability of the latter increases with the number of people you tell about the former.

Contacting the Silver Lights Club

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

President Wayne Chamberlain 738-1837
Vice President Bill Day 579-5597
Director at Large Darlene Hancock 709-290-3668
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Ex Officio Dennis Jones 368-2351
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Silver Lights Editor Janet Calver 745-1343
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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 care of the Secretary or the Treasurer Silver Lights at the mailing address found under the Contacts section in the 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.