



Acts of Kindness – Volunteer Some of Your Time

Nalcor Energy employees lend a helping hand during National Volunteer Week

April 11, 2011 – During National Volunteer Week, April 10 – 16, Nalcor Energy and Newfoundland and Labrador Hydro (Hydro) employees across Newfoundland and Labrador are holding its first annual Acts of Kindness week to give back to the communities where they live and work. During the week, employees will volunteer their time and talents to support various community-based organizations in their area.

“Giving back to communities in Newfoundland and Labrador is a priority for our company, and we make every effort possible to contribute to charity organizations and groups throughout the province,” said Ed Martin, President and CEO, Nalcor Energy. “We have employees from Nain to Labrador City and from St. Anthony to St. John’s who actively support organizations in the communities where they work and live. Acts of Kindness week is a special opportunity for our employees to lend a helping hand.”

During Acts of Kindness week, Nalcor and Hydro employees across the province will volunteer at a charity organization or community group in their area. Some regions have assembled teams of employees to volunteer for an organization, while other employees will volunteer on their own to support their charity of choice. From serving meals at a soup kitchen to helping a women’s crisis shelter paint their walls, volunteers are needed all over Newfoundland and Labrador, and Nalcor and Hydro employees are answering the call.

“Nalcor and Hydro employees have a long history of supporting their local communities through volunteering and community investment donations,” said Jim Haynes, Hydro’s Vice President of Regulated Operations. “During Acts of Kindness week we are creating new volunteer partnerships within our communities and also creating new volunteers across our company. Many organizations exist due to the generous time and commitment given by volunteers, and we are proud to help in a small way through Acts of Kindness week. We encourage people across this province to continue to give back to the charities and groups who contribute to our well-being every day.”



Nalcor and Hydro employees are volunteering for the following organizations with acts of kindness between April 11 and 15:

Admirals Coast Community Care Seniors Home, Conception Bay South

Beagle Paws, St. John's

Canadian Cancer Society, Grand Falls - Windsor

Carmelite House, Grand Falls - Windsor

Churchill Falls Lion's Club, Churchill Falls

Community Food Sharing Association, St. John's

Easter Seals Newfoundland and Labrador, St. John's

Elwood Elementary School Breakfast Program, Deer Lake

Exploits Manor Personal Care Home, Bishop's Falls

The Gathering Place, St. John's

Iris Kirby House, St. John's

Jimmy Pratt Memorial Soup Kitchen, St. John's

Kids Eat Smart, St. John's, Holyrood, Kelligrews and St. Anthony

Labrador West Association for Community Living, Labrador City

The SPCA, St. John's

To learn more about how Nalcor and Hydro support local charities and organizations, visit nalcorenergy.com and www.nlh.nl.ca/community.

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