



## **Acts of Kindness – employees support their community**

### **Nalcor Energy employees lend a helping hand during National Volunteer Week**

*April 24, 2012* - During National Volunteer Week, April 16 – 20, Nalcor Energy and Newfoundland and Labrador Hydro (Hydro) employees across Newfoundland and Labrador participated in its second annual Acts of Kindness week to give back to their communities.

“The week was a huge success across the province, with over 200 employees volunteering their time to organizations that needed a helping hand,” said Jim Haynes, Vice President of Regulated Operations. “Our employees were generous with their time and support for many important charities and community groups.”

During Acts of Kindness week, Nalcor and Hydro employees volunteered with charity organizations or community groups in their area. While some employees helped kids start the day off right by serving breakfast at schools with the Kids Eat Smart Foundation, others spent time entertaining residents of a local senior’s complex. One group of employees in St. John’s designed and built wheelchair accessible picnic tables for children at Easter Seals Newfoundland and Labrador.

“This past week was an opportunity to lend our time to those in need, and it also offered us a rewarding experience to work alongside our colleagues to help make a difference in our community,” said Haynes. “Volunteers are the backbone of charity organizations, and our commitment to giving back extends into every week of the year. We hope this week’s activities have encouraged employees to consider further volunteerism, helping to build even better communities throughout the province.”

#### **Nalcor and Hydro employees volunteered for the following organizations with acts of kindness throughout the past week:**

Admirals Coast Retirement Centre - Kelligrews

Bay d’Espoir Academy, Bay d’Espoir

Beagle Paws, St. John’s

Boys & Girls Clubs of St. John’s, St. John’s

Children’s Wish Foundation, Bay Roberts

Churchill Falls Lion’s Club, Churchill Falls

Easter Seals Newfoundland and Labrador, St. John’s



Exploits Manor Personal Care Home, Bishop's Falls  
The Gathering Place, St. John's  
Greenwood Manor, Milltown  
Iris Kirby House, St. John's  
Jimmy Pratt Memorial Soup Kitchen, St. John's  
Kids Eat Smart, St. John's, Torbay, Bishop's Falls, Grand Falls-Windsor  
K M Homes, St. Alban's  
Resource Centre for the Arts, St. John's  
Ronald McDonald House Newfoundland and Labrador, St. John's  
School Lunch Program, St. John's  
Seniors Resource Centre, St. John's  
Single Parents Association, St. John's  
The SPCA, St. John's, Grand Falls-Windsor  
VOCM Cares, St. John's

This year, Nalcor and Hydro have introduced an Acts of Kindness Card Program from April 16 to June 8. During this time, employees will pay-it-forward across the province. When an employee does something nice for someone in their community, they will provide them with an Acts of Kindness Card. The hope is the recipient will also brighten someone's day by passing on an act of kindness. Participants in the card program will be asked to visit [ouractsofkindness.ca](http://ouractsofkindness.ca) to share their Acts of Kindness story have a chance to win an iPod Nano. The contest is open to employees and the public.

-30-

**Media Contact(s):**

Aimee Igloliorte  
Communications Advisor  
(t) 570-5953 (c) 631-9914  
[AimeeIgloliorte@nalcorenergy.com](mailto:AimeeIgloliorte@nalcorenergy.com)