



The Beacon

National Grid Retiree Club Inc. –
Long Island Chapter

Chairman's Corner – by Bob Benson

Well, here we are coming up on Thanksgiving, 2010. I read an article recently, it said: "Gratitude is not very popular among the younger set today". Yes, we celebrate a Holiday called "Thanksgiving". But even then, it is often mostly about how much we consume, how much I can eat, drink, and indulge in a football game...than it is, "Giving Thanks". Some decades ago, people filled their Churches, Synagogues and other places of worship on Thanksgiving Day, sadly, that practice is dying off. It's time for many of us to remember and say, "Thank You", for what we have.

Vytra/GHI telephone numbers:

Vytra/GHI has nine representatives who have been trained to handle Vytra National Grid Medical Questions, 1-800-842-4148.

2010 Retiree Directories

The annual retiree directory along with a list of retirees who passed away will be available early next year. There will be separate National Grid and KeySpan directories. The directories will

only be available through email.

If you have sent in a request for the directory, you do not have to do it again. To request a directory, if you haven't done so already, send an email to:

christine.berardi@us.ngrid.com

www.krccli.org - Fall 2010

or call 516-545-4156. Please note whether you want a National Grid or a KeySpan directory and if you would like your email address or phone number included.

Monthly Meeting:

At our Club meeting held on November 2, 2010, Lyn Pilgrim and Hyacinth Winn from National Grid Human Resources gave an excellent presentation about retiree medical and pension benefits for the year 2011. Following their presentation, Lyn and Hyacinth helped to answer a number of questions from the membership.

A Listing of Speaker for Future Meetings:

January 3, 2011– We will have a speaker talking about reverse mortgages. A Reverse Mortgage is a government-insured program commonly known as a home equity conversion mortgage (HECM). It is a program designed for homeowners 62 or over to use a form of financial relief. A Reverse Mortgage lets you access your home's equity like cash without making payments while you continue to live in your home.

Come to our next meeting and learn all about it. There may be some of our retirees that can take advantage of this program.

A Few Helpful Cleaning Tips With Peroxide:

After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.

Also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If

there is blood on clothing, pour it directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.

Use peroxide to clean mirrors. There is no smearing, which is why I love it so much for this.

Pass it on! Clorox vs. peroxide. VERY interesting and inexpensive.

WE WISH TO THANK ALL THOSE THAT GAVE BLOOD AT OUR BLOOD DRIVE. OUR NEXT BLOOD DRIVE WILL BE JANUARY 3RD, 2011 AT THE CRESTHOLLOW COUNTRY CLUB FROM 2-8 P.M.

Birthday Greetings:

The National Grid Retiree Club, Inc., L.I. Chapter would like to wish all members celebrating a birthday in the coming months, a very happy and healthy birthday.

Seniors Need Pneumonia, Seasonal Flu Shots:

Remember to your Flu and Pneumonia (if needed) shots for the coming winter.

Special Announcement:

Congratulations to Peter and Barbara Berman on their 50th Wedding Anniversary on July 15th, 2010. We wish them many more.

Condolences:

Our deepest sympathy to the Family and Friends on the death of loved ones. They are in our thoughts and prayers

Contact us at:

Editor: Catherine Schwartz
Call: (516) 822-5978
or e-mail: schwartzce@optimum.net

Helpful Telephone Numbers

- Medical/Dental, Pension Issues,
 - 1-866-KEY-TO-HR
 - (1-866-539-8647)
- 401k Hotline
 - 718/403-3131
- Vanguard
 - 1-800-523-1188
- Life Insurance/Beneficiary Change
MetLife
 - 1-800-906-6779
- Investors Relations:
 - 1-718-403-3141
 - 1-718-403-2629
- Pension Checks/Changes in Address/Tax
Withholding/Direct Deposit The Bank of
NY
 - 1-800-634-7936

EDITOR'S NOTE:

At this time, we would like to wish all retirees and their families Happy Holidays and a Very Happy and Healthy New Year.

ANNUAL HOLIDAY PARTY

DECEMBER 7, 2010 NOON to 4:00pm

The *elegant* **WATERMILL RESTAURANT** on Route 347 in Smithtown with its beautiful Christmas decorations will again host our Holiday Party. A cocktail hour with hot and cold hors d'oeuvres, a four course dinner, and unlimited wine, beer and soda will be served. A cash bar will be available for other drinks. Music by John Geida will be provided throughout the afternoon for your dancing pleasure.

Through the generosity of National Grid we are **reducing the price for retirees by \$6.00**, as we did this past June. The prices are: **Retirees \$20.00, Guests \$33.00 Total \$53.00 per couple** unless **both** are LILCO, BUG, KeySpan or National Grid retirees. Participants are **limited to a Retiree and one Guest!** Once again, we will have a 50/50 raffle with approximately 20 cash prizes and there will also be a free door prize raffle.

ENTREES: Prime Ribs aujus
Chicken Verdi
Grilled Salmon

TABLE RESERVATIONS: Seating will consist of 10 to 14 persons.
List who you would like to sit with and **please**
contact those persons.
Gentlemen jackets please

Only paid reservations will be honored!!

PAYMENT AND RESERVATIONS MUST BE RECEIVED BY Nov. 30th !!!

Make checks payable to National Grid Retiree Club and return to:
Ken O'Connor, 86 Division Ave., Massapequa, NY 11758
please call **only** if necessary (516 541 1320)

DIRECTIONS: Northern State Pkwy EAST to the end, merges with Rts 347 & 454, continue 2 miles to fork, bear left on Rt 347-Port Jefferson, go 3 more miles. Watermill is on the corner of Rt 347 and Terry Rd which is less than 20 minutes from the Nassau County line.

.....detach & mail.....

Table Reservation List

Retiree Name(s)	Guest Name	Telephone #
_____	_____	_____
_____	_____	_____
_____	_____	_____

Retiree Club Food Drive—see reverse side for details



Island Harvest
Fighting Hunger. Touching Lives.

Did you know that over 93,000 children on Long Island are hungry or at risk of Hunger?

**THE NATIONAL GRID
RETIREE CLUB OF
LONG ISLAND**

Announces

A FOOD DRIVE

**Please donate food to help out
neighbors who are in need!**

Suggested food items:

**Canned soups, meat, vegetables, fruit, tuna, sauces, pasta,
peanut butter, jelly, beans, rice, baby food, diapers,
personal hygiene items, etc.**

**PLEASE BRING YOUR ITEMS TO THE DECEMBER
CHRISTMAS LUNCHEON AT THE WATERMILL.
THERE WILL BE CONTAINERS AT THE ENTRANCE.
THANK YOU FOR YOUR SUPPORT.**