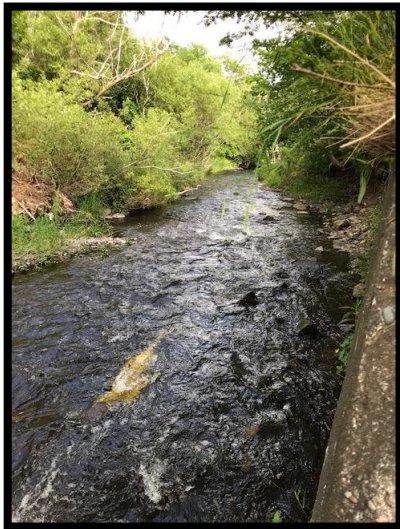


CBC Pensioners, Newfoundland and Labrador Region

It was a bright, sunny morning, a proper setting for what proved to be a very enjoyable day for our CBC pensioners.

Things got rolling as a small dedicated group of our weekly walking club members set out to make their way along a beautiful river trail that runs through a part of St. John's. The river widens and deepens in certain spots picking up speed as it tumbles through rock outcrops such as Sliding Rock.

One of those who took part in the walking adventure was a former producer of the popular CBC television show, Land and Sea, Dave Quinton. Dave has written numerous stories about people in Newfoundland and Labrador who make their living from the land and the sea. Dave was kind enough to express some of his thoughts about the Rennie's River trek.



"Rennie's River meanders and tumbles through the heart of old St. John's. Members of our walking club followed this magnificent stream from where it flows into Quidi Vidi Lake to Elizabeth Avenue and back.

With trees freshly in leaf, flowers beginning to bloom and the June sun beaming down, it was a hike this happy band of wanderers will long remember.



Trudging along behind leader, Lillian Bartlett, were Bill Maher, Kevin Hanlon and Gerry and Velma Davis. Francoise Quinton and I were usually in the rear with a surprise newcomer, our granddaughter Jessie Downey, a third year nursing student (and no, she did not come along as a health provider for us old timers).

The Rennie's River Trail is an amazing hike along pristine banks of a river that's teeming with trout. I have seen kingfishers here, wild ducks can be spotted paddling along the rushes, and songbirds serenading from the trees.



It's breathtakingly beautiful and richly steeped in history. Just below a spectacular waterfall we marvelled at a huge millstone that a long while ago ground the flour for Mr. Rennie's mill. The Mill Pond then became a popular swimming pool for east end townies. Bill Maher pointed to a flat rock he used as a diving platform in the good old days of his youth."



After this wonderful adventure it was time to trade in the walking shoes for the dancing shoes. Traditional Newfoundland music was in the air as our association members arrived for the annual barbecue. Four talented musicians and a singer, including our own Lillian Bartlett, provided the entertainment as those at the gathering settled in for a fine meal of steak or chicken, along with all the trimmings, dessert and a free refreshment.



There was plenty of chatter and laughter as the CBC pensioners traded many stories about their time working at the local CBC station.



After the meal was over and the lucky winners received their prizes there was a surprise activity for those who dared to participate, Traditional Newfoundland Dancing. Not all pensioners wanted to put their dancing skills on display. Instead many of them stayed around to watch the action. Enough brave souls decided to give it a try to make it an exciting time. Our dance caller lined up the dancers in straight lines or circles as she led them in a variety of moves around the floor.





It was obvious none of us had graduated from any school of dance but with the musical group playing a great mix of jigs and reels it was really a lot of fun.



Overall it was a most interesting and enjoyable day, both indoors and outdoors, for the **CBC Pensioners of Newfoundland and Labrador region**. Many of the walkers said they would like to return to the Rennie's River trail once again.