
Changing the Time Zone

1. Click Start, type **Control Panel** or **timedate.cpl**, and then select the appropriate result from the search.
 2. From Control Panel, double-click the Date and Time icon. (By default, the programs are listed alphabetically.)
 3. Click the Time Zone tab and use the drop-down menu to select (GMT -03:30) Newfoundland.
 4. Hop a plane to Newfoundland, secure in the knowledge that you will know what time it is once you get there.
 5. If you skipped step 4, change the time zone back to where it should be before closing the window.
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