

South Interior Power Pioneers

News Update

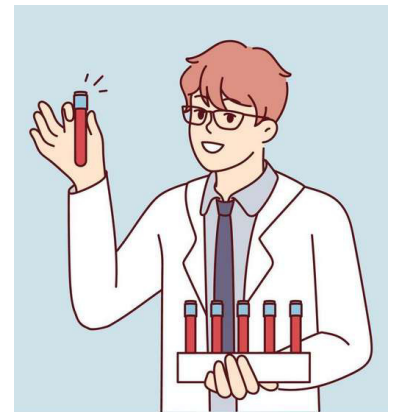
April 2024

Breaking news! - editor

The *Valley Medical Lab* at Railway Plaza (4710 – 31st St.) near the Village Green mall is now permanently closed!

The good news is a new medical lab operated by *Dynacare*, located at 5240 Anderson Way across from Superstore, is now open for walk-in's Monday through Friday 7:30 AM to 4:00 PM and by appointment Wednesday evenings. There should be ample free parking to accommodate larger vehicles.

Dynacare is a Canadian company operating for more than 50 years with 170 health service centres across the country. They purchased Okanagan-based *Valley Medical Laboratories* last year. There is no immediate change to the old *Valley Medical* downtown location.



Jim Clouston

Golf Tournament Update - editor

Organizing the SIPP branch Annual Golf Tournament is in full swing (pun intended). Once again our resident pro, Jim Clouston, is leading the way with help from Steve Harrison and others.

Date: Friday, July 5, 2024

Time: 1:30 pm Tee-off

Place: Spallumcheen Executive Course

At this time Jim needs enough players to commit ASAP in order to reserve the greens. Detailed prices will be announced once the event is confirmed to proceed.

Contact: Jim Clouston by email: jclouston@shaw.ca



April Luncheon

April Luncheon- editor

On Tuesday, 9th of April, thirty-three members and our guest speaker enjoyed the latest offering from Chef Deep at the Schubert Centre.



The entrée was a delightful helping of braised chicken breast on a bed of buttered noodles topped with a creamy mushroom wine sauce. It was garnished with an unusual sprig of green vegetable that appeared to be overripe asparagus or a gangly floret of broccoli. In fact it was *broccolini* – which is more often served in up-scale dining establishments.

Gourmet 101 - According to *bonappetit.com*:

...broccolini is actually a cross-breed of common broccoli and Chinese broccoli, a leafy vegetable referred to as *gai lan* in Cantonese or *jie lan* in Mandarin. You get the florets found in common broccoli and the longer stems and leaves found in Chinese broccoli. It's a pretty logical mix of the two.

And when it comes to flavour, broccolini also lands somewhere in the middle. It's mellower and less bitter than standard-issue broccoli, with a mild sweetness much more akin to Chinese broccoli.



Assorted Desserts



Jocelyn Sewell

Guest Speaker

Everyone likes to eat food. Some like to prepare food. Others like to grow food. If you are so inclined, our guest speaker *Jocelyn Sewell*, Morning Star Garden columnist, gave a pep talk on do's and don'ts of spring gardening. Whether you have a full back yard garden or only a few containers on your balcony, her personal experience confirmed what works and what doesn't. She covered timely topics such as:

- Growing from seed and germination techniques.
- When to sow and how to transplant.
- Composting in bins or in beds.
- Grass & weed control around beds

Her interesting presentation was sprinkled with humour and wrapped up with an amusing anecdote.

You too can be a winner!

Ruth Davies and Debbie Raymer each won \$25.00 in the 50/50 draw.

Six door prizes were claimed altogether worth approximately \$70.00. In case you didn't win: *Did you know you can buy these and other merchandise on line from the Power Pioneer's Gear Store?* Point your browser to:
<https://powerpioneersgear.com/>



April Door Prizes



L->R Pauline, Rita, and Sonja cheerfully accept your cash!

Show your appreciation of the volunteers who receive your payments for lunch and 50/50 draw. Please arrive 15-20 minutes before lunch so the cashiers have time to close their tills and enjoy the meal with you. Occasional delays are bound to happen and we will do our best to accommodate you. Payments received from late sales of 50/50 tickets will not contribute to the payout purse; instead will be donated entirely to the Literacy Program.

Next Luncheon

Tuesday, May 14th 2024. Doors open at 11:30AM. Lunch served at 12:00 Noon.



President's Notes – by Fred Wernicke

- I had a chat with Tom Flensburg and Eleanor Baxter to keep in touch and wish them well.
- Feedback received indicates action continues although no significant news to report on our eligibility for the new Federal Dental Plan.
- Follow-up with the St. James School confirmed choir will attend our Christmas Gala on Dec. 3rd.



Vice President's Report – by Stew Wallach

I have completed two out of three training sessions to learn how to update our part of the new and improved Power Pioneer's website. It appears to be much improved although the member database still needs work. If you haven't already, have a look. Point your browser to <https://www.powerpioneers.com/> and, for future convenience, add the page to your *favourites/bookmarks* listing. You will need to log in to see the good stuff. Use you email address as user name and your existing password. Need help? Call or email me.



Membership Report – by Donna Wallach

Vivian & Andrew Kendrick have moved to Duncan. Until they decide which branch to join they will remain SIPP members.

Roll Call	
147 Regular members	
2 Gold/Life Time members	
2 Branch Honorary members	
3 Donor member	
154 Total members	



Treasurer's Report – by Forbes Niemi

Once again our luncheon was well attended which also boosted our 50/50 proceeds. We paid for one guest lunch and advanced Jim Clouston operating funds for the Golf Tournament. As expected we incurred a net loss for the month, which was easily covered by our bank reserves.

Month of March 2023		
Opening Bank Balance		\$5010.41
Income received		
Luncheon Sales (44)	\$880.00	
50/50 net proceeds	\$47.05	
Membership dues	\$30.00	
Total Income	\$957.05	
Expenses		
Luncheon Costs (45)	-\$803.25	
Golf Tournament Advance	-\$500.00	
Total Expenses	-\$1303.25	
Net loss		(-\$346.20)
Closing Bank Balance		\$4664.21



Literacy Program – by Debbie Raymer

Garage sale season is coming. *Friends of the Vernon Library* are having their annual book sale on the first weekend in May. If you are rummaging around, spring-cleaning or downsizing, please look out for suitable children's books for grades K-12

ages. I will gladly collect them for distribution to area school libraries.

If you prefer, a cash donation in our collection jar at the monthly luncheons is a convenient way to contribute. In recent times the cash donations appear to have dried up so next opportunity please consider tossing whatever pocket change you may have into our Literacy Program donation jar.



Caring Crafts – by Donna Wallach

The anticipated baby toque parcel from Kamloops has arrived. Thanks to Barb Nichols for her knitting talent and donations to our branch’s Caring Craft Program! Barb is one of our donor members.

Another knitter, Vivian Kendrick, has moved to Duncan and possibly may choose to donate her knitting to a different PP branch.



Care Cards – by Flo Ryan

In March a sympathy card was sent to Len Cebluiak following the death of his brother.

If you know of someone deserving a Get Well, Condolence or Congratulations Card please contact Flo Ryan at 250-542-6919 or email fvryan@shaw.ca



The End!

Editor & Ghost Writer

Suggestions, comments or contributions are welcome.
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