



PACIFIC UPDATE

Message from our Executive

We hope this Newsletter finds you and your family safe and well and we hope you had a happy and blessed Easter weekend under these unusual circumstances.

Many religions have their particular celebrations at this time of year. It's a time for families to gather, attend their place of worship followed by a turkey feast and probably an egg hunt with their children and grandchildren. But not this year, worship is now done virtually and gatherings are via social apps. Hiding chocolate eggs for our grandchildren isn't the same any more either. We have all had to adjust our lives to manage and deal with this pandemic. Self-isolation and social-distancing are very common words as are ventilators and ICU. And the news whether on TV, radio, paper or internet is all about COVID-19.

These are unprecedented times with massive unemployment, layoffs and businesses in jeopardy. Millions are taking advantage of EI and CERB, with the government's offer to help assist people from further hardship. We have been exposed to several key personalities in all this, Dr Bonnie Henry and Adrian Dix giving us straightforward information.

The recent Power Pioneer Provincial Update put together by our Publicity person, Heather, provides good information from Sunlife virtual services and prescription drug

home delivery services to the 211 senior's service line. A useful document to keep handy as a reference.

As we find ourselves indoors or putting around in our backyards we look for ways to keep occupied. You can only clean house, rearrange rooms and clean the garage so many times. We find that using internet tools like FaceTime and Zoom help us keep connected to our families. Several of us on the executive keeping our brains functioning (well we try) by learning chess, playing Sudoku, and word search games all found on the internet.

Many are taking the iPhone and / or iPad webinars put on by Gluu, especially for us Power Pioneers. If you haven't heard of it then check it out. There should still be 'seats' available, the classes are on Wednesday's.

[Click here to register for the Gluu iPhone and / or iPad webinars.](#)

Or how about reading a book, a favourite pastime of young and old. Have you read all your books? Libraries being closed is not an issue since there are many 'Little Libraries' in our neighbourhood. **[Click here to find a library close to you.](#)** Enter your city and search.

Ben has been busy with his plenty of spare time scanning and uploading to SmugMug the photo albums that the branch keeps. He is currently working on the year 2009.

Check out SmugMug and see how active this branch is, since 1990!

[Click here for our photos in SmugMug.](#)

Our treasurer, Dave, reports that finances are ok. No money in and no money out. So he won't be taking any exotic holiday soon with our funds plus there is nowhere to go since he can't leave the country!

Though we'd all like to see this pandemic come to an end soon so we can meet again it appears that even our June Potluck Picnic is in jeopardy. As for the BBQ in August, time will tell.

Finally, what we'd ask is if you could let us know how you and your family are doing. Our telephone ladies 'the phoners' will once again give you a cheerful call to chat with you

and see if all is ok.

Or if you'd like, you can give them a call and let them know. If you normally receive your information via email from Wendy then let her know how you are. Her email address is

wdoka@shaw.ca.

The Phoners and the pioneers they are responsible to phone are (it's by alphabetical last names):

A to B ... Barb Heggie.... 778-388-2858

C to D ... Joan Session .. 778-840-8872

E to Gr ... Shawn MacDougall ... 604-944-3061

Gw to J ... Maxine Dobranowski ... 604-599-8663

K to Ma ... Penny McLeod ... 604-594-3990

McD to Pa ... Celia Hortness ... 604-626-0500

Pe to Sma ... Karen Agbayani ... 604-590-6410

Smi to Z ... Ellen Ratzlaff ... 604-514-1213

Your executive hopes that you will continue to stay safe and well and if you'd like to contact any of them to share a story, you'll find their numbers in this newsletter below.

Let's stay in touch.

Your Executive
Pacific Power Pioneers

Pacific Power Pioneer Photo Published

One of our members Rob Plowman had one of his photos published in the White Rock Times, April 2, 2020 edition. Well done Rob!

PeaceArch news

VOICE OF WHITE ROCK AND SOUTH SURREY

www.peacearchnews.com

Black Press Media

Thursday

April 2, 2020 (Vol. 45 No. 26)

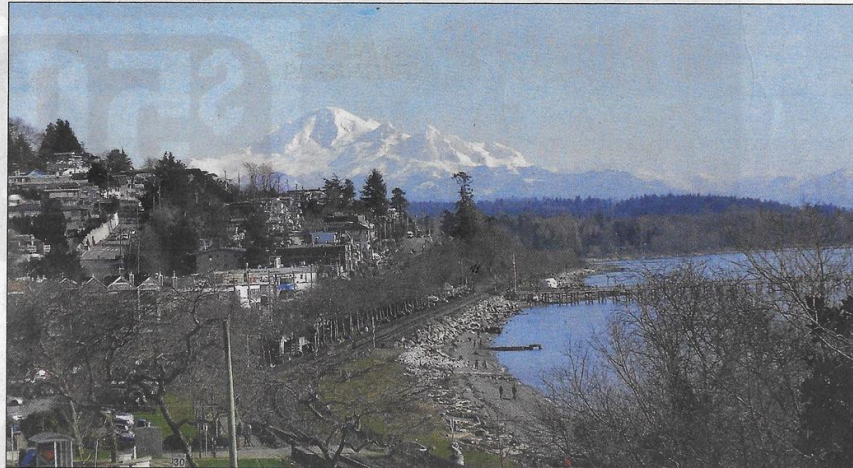
Frozen in time:

South Surrey men hiking in Golden Ears park came across a remote camping retreat that was created by a group of seven friends more than 30 years ago.

> see page A11

Rock solid

Photographer Robert Plowman – keeping his social-distance by shooting with a long lens – called this image of the White Rock waterfront ‘Two white rocks’ in reference not only to the city’s iconic beach boulder, but also a snow-capped Mount Baker in the distance. (Robert Plowman photo)



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Recipes and Crafts

Many of us are cooking a lot at home these days. Do you have a recipe that you can share with other members? [Click here to share your recipe.](#)

Some members are busy doing crafts. One member has been making masks for their family.



Do you have a photo of a craft you have been working on and want to share your photo with other members? [Click here to share your craft photo.](#)

Senior Safety Tips from Bryan Bodell

Avoid CoVid 19 virus-related scams:

People are vulnerable to scams with the recent outbreak of the CoVid 19 virus

- Avoid opening e-mail from an unknown source
- Disregard online offers for vaccinations
- Make sure the antivirus and anti-malware programs on your computer are up to date

Bank Investigator Scam

1. Beware of early morning phone calls claiming to be from your bank.
2. Banks do not ask clients to participate in investigations.
3. Gift cards are only for gifts, NOT payments.
4. Do not buy gift cards for people you do not know.
5. Register your gift card.

6. Look out for pop ups on your computer / device.
7. Be wary of links in unfamiliar emails.
8. Report it. Canadian Anti-Fraud Centre 1-888-495-8501

Cell Phone Scam

You receive a phone call saying your SIM card has been stolen. The caller asks if you want to pay to have it returned. Block the number and report it to the Anti-Fraud Centre
1-888-495-8501

QUOTE OF THE MONTH

It is what it is, right now.

Ben Dobranowski

If you require more information or would like to comment,
please do so to hmullan@telus.net.

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