



PACIFIC UPDATE

Merry Christmas

to You and Your Family

from

Pacific Power Pioneers Executive

*Glory to God in the highest, and on earth
peace, good will toward men." Luke 2:14*

30
AC HYDRO
Power
Pioneers

*We invite you to a magical tour of a number of
delightful Christmas Markets in Austria.*

Enjoy the sights and sounds of the season...

<https://www.youtube.com/watch?v=JPBi6GVZb>

[L4](#)

*We wish You and Your Family a Merry
Christmas
and a Healthy, Happy New Year!
All the Best in 2021!*

Pacific New Year's Eve Social

Pacific Virtual Social - December 31, 2020 1 pm

We are having a Pacific New Year's Eve Virtual Social on December 31st at 1 pm.. This will be lots of fun. **There will be bingo games, prizes and a toast to 2021.**

Bingo cards will be emailed to participants. 2 prizes will be awarded: one for a straight line bingo and one for a diagonal line bingo.

[Click here](#) to get your online bingo card to play bingo. Ben Dobranowski email: ben.dobranowski@shaw.ca

An eBlast with a Zoom link will be sent out on Monday December 28th with a reminder to request a bingo card.

Please feel free to indulge in your favorite New Year's Eve beverage while at the social.

We hope to see you there.

If you need help with Zoom please see the **Zoom Help Line box** below.

Don't miss this fun event



January Program
Seniors Chair Yoga session via Zoom
Date: Wednesday, January 20, 2020
Time: 11:00 AM

Introduction to Chair Yoga for Seniors with Kerri Sumner

There are many benefits to yoga including better sleep, improved range of motion and flexibility, as well as stress reduction through regulating the nervous system. In this half hour introduction to chair yoga session, we will explore simple movement and breathing techniques to help improve mobility and manage stress. This 30 minute session will be conducted from a chair, and is designed to be accessible to everyone. Please wear comfortable clothes and have a supportive chair to sit on.

Some of the benefits of yoga (there are many!):

- helps reduce stress and anxiety
- improve sleeps
- improves range of motion and flexibility
- can build stamina and strength over time
- improves mood and can help with depression
- helps quiet the busy mind and focus on the present
- helps with digestion and immune system
- is relaxing and fun!

Kerri comes from a corporate marketing background, where she spent 15 years promoting top local and national brands. She was introduced to yoga in 2006 and quickly saw physical benefits, healing chronic back pain. She also noticed other benefits, like the ability to calm herself in stressful situations, increased patience and self compassion. Curiosity brought her to teacher training and she has been teaching yoga since 2012. She is currently training in Yoga Therapy, including the recent completion of the Therapeutic Yoga for Trauma & Resilience program at Langara College.

An eBlast with a ZOOM link will be sent out 2 days prior to the course to all Pacific members.

If you have any questions or need more information, please contact Wayne McLeod:
phone: 604-240-4701 or email: wayne.mcleod@dccnet.com

Upcoming Pacific Events

Armchair Virtual Ramble - Tuesday, January 12th, 11 AM

Come January, with the festive season over, it can leave behind a 'dreary void' that is often alleviated by planning our next vacation!! Consequently for the 11am, January 12th Armchair Virtual Ramble, in contemplating a post vaccine safe travel scenario later in 2021, we are to present a compendium of short, narrated travel video. The hope in mind, is of getting you into the traditional mindset of New Year vacation travel planning.

The video will cover the whole gamut from the familiar 'Road Trip' down the Oregon Coast, to the more adventurous Europe and Australia, with an intermission in between to allow more social time.

Those of you wishing to receive a Zoom-link for the presentation, are asked to contact Roy at royc46@shaw.ca or phone him at (604) 897-3583.

A reminder email will be sent a few days prior to the event and Ben will send the Zoom link invite the day before that will allow you to enjoy the presentation, even if your device does not have a camera or microphone!

Crafting Bee via Zoom - Tuesday, January 26th, 11 AM

**Calling all crafters: sewers, knitters, crochet, needlework,
quilters, etc.**

Bring your project to work on or your completed projects to show to fellow crafters and a refreshment and join other crafters as we work on our projects and discuss crafting.

Those of you wishing to receive a Zoom-link for the Crafting Bee, are asked to contact Heather at hmullan@telus.net or phone her 604-616-4800.

A reminder email will be sent a few days prior to the event and Heather will send the Zoom link invite the day before that will allow you to enjoy the crafting bee, even if your device does not have a camera or microphone!

Pacific Branch General Meeting via Zoom - Thursday, January 28th, 2021

More information will be provided in the January 2021 Ramblings Newsletter.

Pacific Branch Christmas Donations

Thank you to all who contributed to the Pacific Branch Christmas Giving campaign.

Our members really stepped up! It was a truly amazing response from our members and one that both the Surrey Food Bank and the Langley Memorial Hospital Foundation greatly appreciated! Thank you Pacific members for your contributions!

\$1,000 was donated to the Surrey Food Bank and \$670 to the Langley Hospital.



Surrey Food Bank Donation: Left to right: Surrey Food Bank Executive Director Feezah Jaffer, Heather Mullan and Bill Fernihough. Ben Dobranowski, photographer.



Langley Memorial Hospital Foundation, photo left to right: Langley Memorial Hospital Stewardship representative Sheila Reimer, Heather Mullan and Ben Dobranowski. Wayne McLeod, photographer.

Langley Memorial Hospital Foundation Facebook Post:



Langley Memorial Hospital Foundation

December 19 at 10:07 AM · 🌐

Yesterday morning, three representatives from BC Hydro Pacific Power Pioneers presented a cheque of \$670 for Langley Memorial Hospital!

Since our the fundraiser Festival of Trees was cancelled this year, they decided to do a personal drive to support their local hospital.

Thank you for your continued support! You are improving health care in Langley.

Volunteer Hours Survey

Help Your Community

Please Participate In Our 2020 Volunteer Hours Survey

The survey will be emailed to members by the end of December.

The year 2020 has been a challenging time for communities throughout the province. When you submit your volunteer hours through the survey, your Branch will receive funds to be donated to local charities.

How the survey will work for 2020

- Each branch will receive \$20 for each member who submits volunteer hours.
- Your Branch will donate the funds raised through the survey to local charities.
- These funds will be disbursed to the branches early in 2021.
- All participating members have a chance to win the \$1,000 provincial draw. and the winner can donate the \$1000 to the charity or two charities of their choice in B.C. and get a tax receipt.
- Members without email will be contacted by the Branch Volunteer Hour Rep.

We can't stress enough how important submitting your Volunteer Hours is for our Branch.

For example, if 50 members submit their hours (of even 1 hour each) our branch will receive \$1000. The more members who complete the survey, the more dollars we will receive and the more we can donate to charities.

What counts as volunteer hours?

Volunteer hours can take many forms. Here are some ideas to get you started:

- Examples of volunteering can be the simplest of gestures: phone calls, texts or emails to maintain contact with someone who may be otherwise isolated,
- Shopping for a neighbour who is unable to get to the grocery store or who is concerned about going out during the pandemic,
- Things you do that you are not paid for that help to support your neighbours, family, friends and community,
- Volunteering for charities and non-profits in your communities,
- As always, volunteering for Power Pioneers to keep our organization running throughout the year,
- Remember, every hour counts.

If you have any questions or need more information, please contact Pacific Volunteer Hours Rep Kathy Chambers via email bellaandme@telus.net.

Care News

For the most part, it would seem that our members are remaining in good health.

In the past month Esther Exelby has sent a Thinking of You card to the Winkelmann's and a Get Well card to Gerry Lysyk, Gerry had knee surgery.

If you know of anyone that is under the weather or is now in recovery, please call Esther Exelby at 604-507-0230

Holiday Songs Quiz - Answers

Bleached Yule

WHITE CHRISTMAS

Castaneous-coloured Seed Vesicated in Conflagration

THE CHRISTMAS SONG

Singular Yearning for the Twin Anterior Incisors

ALL I WANT FOR CHRISTMAS IS MY 2 FRONT TEETH

Righteous Darkness

O HOLY NIGHT

Arrival Time: 2400 hrs – Weather: Cloudless

UPON A MIDNIGHT CLEAR

Loyal Followers Advance

O COME ALL YE FAITHFUL

Far Off in a Feeder

AWAY IN A MANGER

Array the Corridor

DECK THE HALLS

Bantam Male Percussionist

LITTLE DRUMMER BOY

Monarchial Triad

WE THREE KINGS

Nocturnal Noiselessness

SILENT NIGHT

Jehovah Deactivate Blithe Chevaliers

GOD REST YOU MERRY GENTLEMEN

Red Man Enroute to Borough

SANTA CLAUS IS COMING TO TOWN

Frozen Precipitation Commence

LET IT SNOW

Proceed and Enlighten on the Pinnacle

GO TELL IT ON THE MOUNTAIN

The Quadruped with the Vermilion Proboscis

RUDOLPH THE RED NOSE REINDEER

Query Regarding Identity of Descendant

WHAT CHILD IS THIS

Delight for this Planet

JOY TO THE WORLD

Give Attention to the Melodious Celestial Beings

HARK THE HERALD ANGELS SING

The Dozen Festive 24-Hour Intervals

12 DAYS OF CHRISTMAS

Keeping Our Members Informed

[Click here to read Pacific Executive Meeting Minutes - November 2020.](#)

[Click here to read the Pacific Financial Statement - December Interim Statement](#)

Do you have pop cans and bottles to return? Use the Express Return at the Return It Depot and the Pacific Code **6911691100** to return your items and donate the funds to the Pacific Literacy Fund.

Pacific Activities - November

Pacific Virtual Christmas Social November 26

On November 26th, 33 folks attended the first Pacific Virtual Social, including guests Suzie and Jim Gemmill (Provincial President), Diane and Rob Kikkert (incoming Provincial President), Ros LeBlanc, (incoming Provincial Vice President) Lorilee Koltai (Executive Director) and Phil Russell (Vancouver Branch President).

Several folks wore Ugly Christmas Sweaters.

\$40 Gift card Prize winners were Valerie Wood (Attendee prize) , Kathy Chambers (Bingo), Karen Arnold (Bingo), Barb Howell, (first time Zoom attendee), Linda Strobl (Ugly Sweater contest).

A few photos from the fun event:





Calling All Volunteers - Help Wanted Ad

In November's Rambling Newsletter it was mentioned that our Branch has volunteers giving their time to head committees or be a part of one of the many committees providing valuable service to us and the community.

As we approach a new year for our executive and committees we'd like to encourage you to consider participating in a committee. We have some specific openings and also areas where a few more hands would be appreciated by the committee chairs.

First, we are creating a new committee to be involved in fundraising working closely with our School Literacy Liaison. This Literacy Fundraising team would be responsible for collecting bottles/cans that our members collect and businesses donate, and deposit them at Return-It depots using the Express feature.

The Telephone / Outreach committee needs a few more members as back up phoners supporting Wendy Doka and her team. Phoners call members to inform them of our scheduled monthly activities.

We are also looking for an individual to take on the Branch's Web Page upkeep.

Information on each Committee can be found on our Branch Web Page at Roles & Responsibilities.

If you see an area where you'd like to volunteer, please give Ben Dobranowski a call / text / email to discuss at 604-916-1081 or ben.dobranowski@shaw.ca .

Zoom Help Line

As we look forward to getting vaccinated and over time meeting in person it is apparent that it will be many months before this will be allowed. In the meantime, other than our phoners calling members monthly, meeting virtually is our only way to stay connected as a branch.

Our Zoom platform has been in use since the summer; executive and general meetings, rambles and socials. We would like to see more of you attend our events and encourage you to give Zoom a try. We have several individuals who are reasonably proficient using Zoom and can help you access and navigate this virtual world.

Contact Ben Dobranowski - call 604-599-8663 or email ben.dobranowski@shaw.ca

BC Government Covid Recovery Benefit

Don't forget to apply for your Covid-19 Recovery Benefit. Applications started on December 18th.

[Click here for more information.](#)

[Click here to apply for the benefit.](#)

Some Interesting Information About the Covid-19 Vaccines

[Click here for BC Centre for Disease Control - Covid Vaccines](#)

[Click here for COVID-19 What you need to know about the vaccine rollout in B.C.](#)

Internet links for all of the sources of information are included in the articles in case you want to go to the original sources.

We suggest you check the BC Centre for Disease Control for regular updates on Covid information.

Joke for December

I made myself a snowball,
As perfect as could be,
I thought I'd keep it as a pet,
And let it sleep with me.
I made it some pajamas,
And a pillow for its head,
Then last night it ran away,
But first-- it wet the bed.



If you require more information or would like to comment,
please do so to hmullan@telus.net or [Kathy Chambers](#)

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