



PACIFIC UPDATE

Pacific Ramblings Newsletter February 2021 - Issue 25

We hope this Ramblings Newsletter continues to find you and your family safe and well.

Looking back at February 2020, our branch had our second to last outdoor ramble to the Planetarium with lunch at the Dunbar Pub; the executive met at the Kalmar Restaurant for our monthly meeting; Bob Donnelly spoke at our General meeting about the flooding at the Semiahmoo Fish and Game Club hatchery area; and plans were underway for our participation in the Hydro Safety Rodeo. Then COVID-19 happened! Other than a ramble in early March that was the last time we met as a group.

Since then we've learned how to mask up, self-isolate, keep our distance and meet virtually. Until the vaccine rollout is completed sometime this summer/fall we will continue to meet virtually for our meetings, rambles and socials, and invite you to join us when you can.

The executive would like to express our appreciation and thanks to our membership team of Velma Derksen and Marilynne Hedley who manage our membership roll and in the past few months have done an outstanding job tracking and encouraging members to join (and pay their fees). We currently have 243 members – which includes a number of new members. We also welcome Bill Bishop to our Literacy Fundraising Team and Bruce Assman as our new Webpage Coordinator.

Your efforts in completing the volunteer hours survey have paid off. Our branch will receive \$1,000.00 which we will distribute to charities in our area. Fifty members completed the survey totaling over 13,700 hours of volunteer time.

If you have not yet checked out our webpage you can access it using this link <https://www.powerpioneers.com/branches/pacific/> . Under the Branches tab select 'Pacific'. Here you'll find the latest newsletter and scheduled (virtual) events. If you'd like to contact your executive or any of the Committee chairs, you'll find their contact information here too. The well attended Chair Yoga with Kerri Sumner held in January is now on our webpage and is available for you to access and do some great yoga exercises.

In this newsletter you'll read about our next spectacular ramble, the date of our next general meeting, an upcoming St Patrick's Day Social and more. We hope you will try to attend one or more of these virtual events.

Stay safe and well.

Your Executive

Pacific Power Pioneers

**St. Patrick's Day - Pacific Virtual Social -
Wednesday March 17th, 11 AM**

Everyone is Irish on St. Patrick's Day, so we are planning a Zoom Virtual Social on Wednesday, March 17th at 11 AM.

We will be playing Bingo and Trivia and having a costume contest for the best St Patrick's Day costume. Celebrate with a Guinness Stout, a Jameson Irish Whiskey or if it is too early then maybe a coffee with Bailey's Irish Cream but join us for this fun event!

Bingo cards will be emailed to participants. If you want to play bingo, please email Kathy Chambers bellaandme@telus.net to request your bingo card.

A reminder email and a Zoom link will be sent out 2 days before the event.

Please get out your best St. Patrick's Day costume and make plans to join us for this fun event.

Upcoming Events

Calling all Crafters - next crafting Bee Tuesday, February 23rd, 10:30 AM

This month we are doing some rock painting. So bring your rocks (cleaned and primed) and paints and brushes and let's have some crafting fun. If you don't want to do rock painting, you can bring your project to work on or your completed projects to show to fellow crafters and a refreshment.

We will be doing a show and tell of a selection of projects from our Pacific crafters. There are some talented crafters in our Pacific group. **Be sure to send Heather your craft photos so they can be included in the show and tell.** [Click here to submit your photos.](#)

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 at 604-616-4800.

A Zoom link invite will be sent out 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, February 25th, 11 AM

Please join us for the February Pacific Branch General Meeting.

We will be drawing for prizes for attendees. AND there will also be break out rooms so you can socialize with other members. We will also be voting on which local charities the branch will support in 2021. (In addition to BC Children's and United Way)

A reminder email and Zoom link invite will be sent out the day before the meeting. You can attend even if your device does not have a camera or microphone!

Armchair Virtual Ramble - Tuesday, March 9th, 11 AM

For the Tuesday March 9th Armchair Virtual Ramble, we take a journey back to a more leisurely and elegant Colonial era of travel, featuring a 'Spectacular Train Journeys' theme. In our first such train journey, join us for a narrated video featuring 15-days aboard a luxury private train, for those with deep pockets and a sense of adventure. The journey takes us 6500-km across the African continent from Cape Town at the southern tip, terminating in Dar es Salaam, on Tanzania's Indian Ocean coast. Guests enjoy the delights of The Cape, before experiencing historic Kimberly, the wildlife of the Madikwe game reserve and the grandeur of Victoria Falls, Zambia, ending the journey at the east coast Capital of Tanzania.

The second video, features our very own home grown spectacular train journey from Vancouver to Banff aboard 'The Rocky Mountaineer', and the onward land journey along the spectacular 'Icefields Parkway' where we again get to partake of the luxury of up-market rail travel, while experiencing the awesome grandeur in traversing the Rocky Mountains, during daylight hours!

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!**

March Programs

Introduction to Smart Homes - Tuesday, March 2nd, 11 AM

The Smart Home – What is in it For a Power Pioneer?

On Tuesday, March 2nd at 11 am Bill Fernihough and Heather Mullan will be presenting an Introduction to Smart Homes and smart devices via Zoom.

You have heard of the Smart Home, Smart Devices, Alexa and Google. But do you know what it is all about? Do you know if there are any benefits for you and your family particularly as we age, travel more, or just get more relaxed?

Bill and Heather will take you through some of the process and show you some of the benefits of the Smart Home as they have learned them in a discussion on March 2 at

11:00 am. We will discuss various devices, costs, set up considerations, and ongoing use of some of the smart devices. It is not all that expensive to set up some very convenient smart devices for easy home use. Learn what might help you out and what to avoid.

Feel free to attend if you have some smart devices and want to share your experiences with other members.

To register for this event, please contact Bill Fernihough via email: billfern@shaw.ca

An eBlast with a ZOOM link will be sent out prior to the presentation to all Power Pioneer members.

Electric Vehicles Presentation - Late March 2021

Date to be Announced in early March.

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 Get Well Card to Glen and Iris Parkes and a Condolences card to Sandra Wagner, her husband passed away. Esther also spoke to Lucy Martinow. Lucy has been able to visit Wilson again and she is going to the care home every week to see him. Lucy also mentioned that her son Norman has had a stroke and is in the hospital.

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

Introduction to Chair Yoga for Seniors Video now available on the Power Pioneers Website

A video recording of the recent Pacific Branch Introduction to Chair Yoga for Seniors class presented by Kerri Sumner is now available on the Power Pioneers website.

[Click here to go to the Power Pioneers website.](#)

Senior's Safety - by Bryan Bodell

A Covid scam circulating via text messages is offering a tax deduction because of the pandemic. They ask that you click on a link to register and it is information you should not share! SCAM

Right now, scams could look like any of the following:

- Fraudulent texts, emails or calls offering COVID-19 financial help or offering medical equipment (i.e. masks): scammers may provide a link to a website that looks legitimate for you to enter your personal financial information.
- A fraudulent COVID-19 informational website popup: clicking unknown links might open your computer up to viruses, malware or hackers.
- A call from a scammer impersonating a charity looking for COVID-19 donations, or an email from a scammer impersonating a family member that needs help due to COVID-19: if you didn't initiate contact, you don't know who you're talking to.

It's important to know that the above isn't an exhaustive list – scams can be varied and can target a variety of people in a variety of ways. The Anti-Fraud Centre also has a scam list you can look through for more examples and information. Although this is not

a comprehensive list, it may help to give you a sense of what to look for.

Keeping Our Members Informed

[Click here to read the January Executive Minutes](#)

[Click here to read the January General Minutes](#)

Literacy Fund Raising

Our Return-It team have been very busy since January 1st. The team members are:

- Ben Dobranowski (604-599-8663) - Fleetwood / Guildford area
- Wayne McLeod (604-594-3990) - North Delta area
- Bill Fernihough (604-597-4323) - Newton area
- and our latest member to join the team - Bill Bishop (604-538-0878) - South Surrey / White Rock Area

If you have drink cans and bottles you can call on a team member to pick up your items. You can also take your items to the Return-It Depot and use the Express Return Pacific Code **6911691100** to return your items. All the donate funds go to the Pacific Branch Literacy Fund.

\$208.45 collected this month. Approximately 2102 bottles and cans were returned in January.

The Final Report on the 2020 Volunteer Hours Survey

Volunteer Hour Survey 2020 Lotto draw winner - Esther Monroe of Northern Branch!

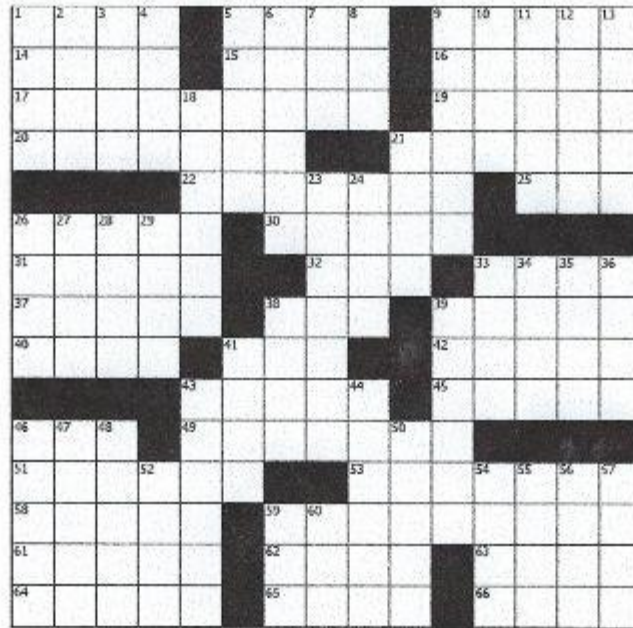
By last count, Pacific Branch had 50 respondents. The result is we will have more funds to be distributed to our local charities. Thank you to all that participated.

New feature - Monthly Crossword Puzzle

[Click here to print the Crossword.](#)

Across

- 1. Shower alternative
- 5. Wine bottle word
- 9. Arguments
- 14. Reverberate
- 15. Soften
- 16. Pie nut
- 17. Movie genre
- 19. ___ couture
- 20. Arid wastelands
- 21. Small sofa
- 22. Not one or the other
- 25. Miscalculate
- 26. Artist ___ Picasso
- 30. Female relative
- 31. Hiking path
- 32. Informer
- 33. Notable periods
- 37. Broadcast
- 38. Made a lap
- 39. Atmosphere layer
- 40. Desert material
- 41. Married
- 42. Inclined
- 43. Designates
- 45. Diner
- 46. Contains
- 49. Jennifer ___ of "Friends"
- 51. Receive willingly
- 53. Came forth
- 58. Tiny
- 59. Deep respect
- 61. To the point
- 62. Principal
- 63. Venture
- 64. 19th letters
- 65. Takes to court
- 66. Wall support



Down

- 1. Rosary segment
- 2. Complexion woe
- 3. Not that
- 4. Abode
- 5. Actress ___ Davis
- 6. Dried grape
- 7. GI's hangout
- 8. Perfect gymnastics score
- 9. Orb
- 10. Soil enricher
- 11. Sharp
- 12. Starchy veggie (sl.)
- 13. Disdainful look
- 18. Mr. Schwarzenegger
- 21. Faction
- 23. Ranting speeches
- 24. Miami team
- 26. Sch. groups
- 27. Operatic melody
- 28. Horse's home
- 29. Told a fib
- 33. Poet ___ Pound
- 34. Tooth part
- 35. Diarist ___ Frank
- 36. Soothsayer
- 38. Tractor-trailer
- 39. First game
- 41. Desire
- 43. Italian seaport
- 44. Musician ___ Wonder
- 46. Speed
- 47. Summits
- 48. Injury marks
- 50. Propheic signs
- 52. Otherwise
- 54. Lipstick shades
- 55. Bothersome insect
- 56. Light lan
- 57. Act
- 59. Real estate abbr.
- 60. Water, to Jacques

Solution:

Puzzle Solution © OnlineCrosswords.net

B	A	T	H		B	R	U	T		S	P	A	T	S	
E	C	H	O		E	A	S	E		P	E	C	A	N	
A	N	I	M	A	T	I	O	N		H	A	U	T	E	
D	E	S	E	R	T	S			S	E	T	T	E	E	
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P	A	B	L	O		N	I	E	C	E					
T	R	A	I	L			R	A	T		E	R	A	S	
A	I	R	E	D		S	A	T		O	Z	O	N	E	
S	A	N	D		W	E	D			P	R	O	N	E	
					N	A	M	E	S		E	A	T	E	R
H	A	S			A	N	I	S	T	O	N				
A	C	C	E	P	T			E	M	E	R	G	E	D	
S	M	A	L	L		R	E	V	E	R	E	N	C	E	
T	E	R	S	E		M	A	I	N		D	A	R	E	
E	S	S	E	S		S	U	E	S		S	T	U	D	

New Feature: Suduko Puzzle

[Click here to print the Suduko puzzle.](#)

Sudoku

Level A-1: Easy Cheesy

Fill in the empty boxes so that:

Each row contains the numbers 1 through 9.

Each column contains the numbers 1 - 9.

Each square 3 by 3 box contains the numbers 1 through 9.

1	6	5	7	9	4		3	8
4		7			2		5	
9	3				6			4
8	1		4		5			2
5	7	6	2	3	9	4		
2			6		1		7	5
3		1	5		7	8	4	9
6	9					5	2	7
	5			2	8	1		3

Solution #A-1

1	6	5	7	9	4	2	3	8
4	8	7	3	1	2	9	5	6
9	3	2	8	5	6	7	1	4
8	1	3	4	7	5	6	9	2
5	7	6	2	3	9	4	8	1
2	4	9	6	8	1	3	7	5
3	2	1	5	6	7	8	4	9
6	9	8	1	4	3	5	2	7
7	5	4	9	2	8	1	6	3

Recipe of the Month

This recipe is an oldie but a goodie and is a good comforting recipe for the month of February. Submitted by Heather Mullan

Sloppy Joes

1 lb. Ground Beef or ground turkey (I used ground turkey and it was delicious)
1 can of Sloppy Joe Mix (I used Hunt's Manwich Sloppy Joe Mix from the dollar store)
1 can of tomato sauce
2 cups of water
3 small carrots, grated
1 medium onion, chopped fine
1 red or green pepper, chopped fine
2 tsp minced garlic or garlic powder or 2 cloves of garlic
1/2 cup of shredded cheese (Cheddar, Monterey Jack or Tex Mex)
4 toasted and buttered large buns

In a non stick large frying pan, cook carrots, pepper, onion and garlic until beginning to soften, add meat and cook until done. Season with salt and pepper.

Add Sloppy Joe Mix, tomato sauce and water. Simmer for 10 to 15 minutes. Add in 1/4 cup of shredded cheese and stir until melted.

Serve on toasted, buttered buns or bread with another bit of shredded cheese on top.

Note - you can use a package of Sloppy Joe mix plus a can of tomato paste instead of a can of Sloppy Joe mix.

Covid Information

For the latest updates on the COVID-19 situation overall, visit HealthLink BC, <https://healthlinkbc.ca/>, which includes commonly asked questions and useful resources from health authorities.

Covid Information

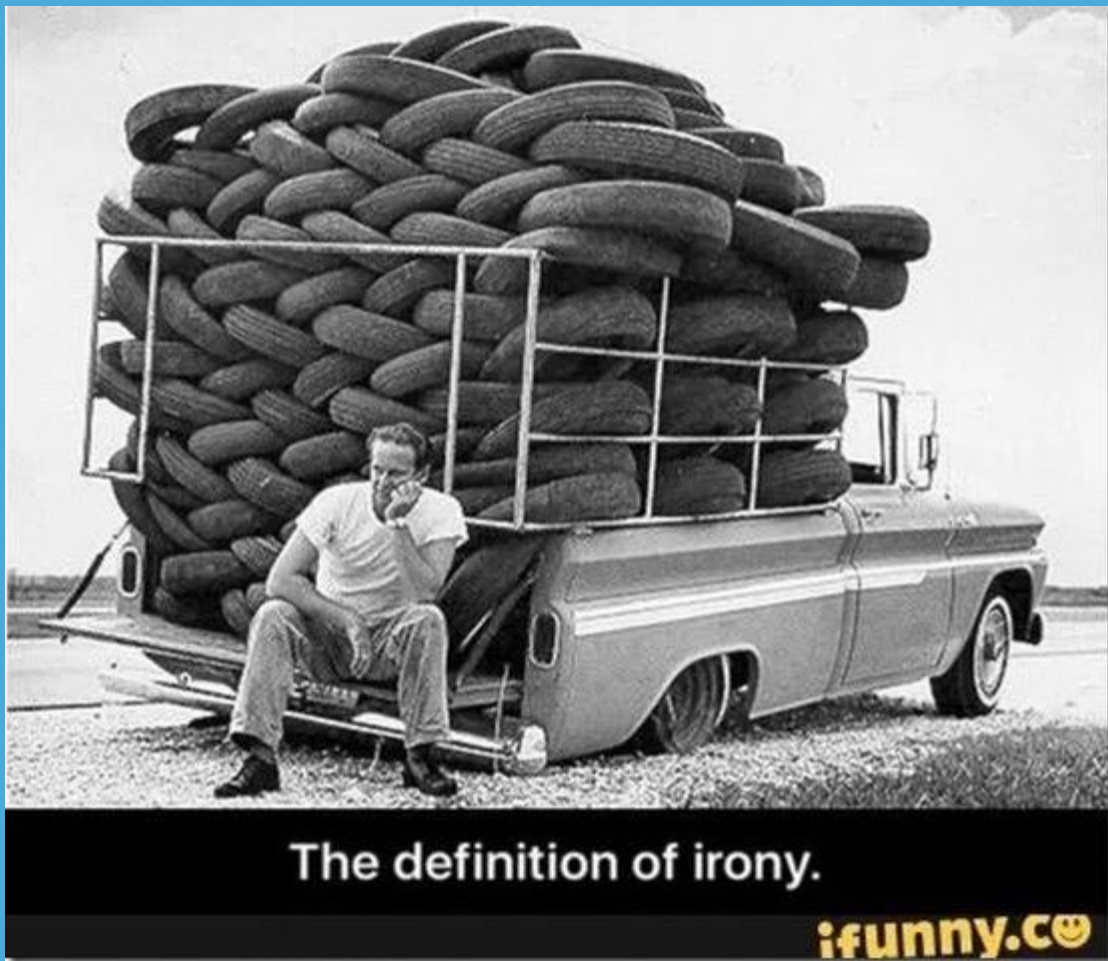
For the latest updates on the COVID-19 situation overall, visit HealthLink BC, <https://healthlinkbc.ca/>, which includes commonly asked questions and useful resources from health authorities.

Jokes for February



Benewah County Sheriff's Office

To whomever is setting these non-permitted traps, please stop. We've already had to free Deputy Vannatter twice this week. Also, as Deputy Fly found out, the powder on the powdered doughnuts you're using for bait is very hard to get out of our green uniforms. Thank you for your cooperation and understanding in this very delicate matter.



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

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