



South Interior Power Pioneers

News Report

February 2022

Not quite there yet...

COVID restrictions continue to thwart our luncheons. February luncheon is cancelled. Fingers crossed for March. Meanwhile Happy Valentine's day to everyone. Let's see what else there is to talk about...

SAD Season.

Are you suffering from SAD? *Seasonal Affective Disorder (SAD)* is a recognised mood disorder in which people who have normal mental health throughout most of the year exhibit depressive symptoms in the winter. Common symptoms include sleeping too much, having little to no energy, and overeating. SAD is triggered by unrelenting cloudy skies and more recently exacerbated by COVID restrictions. The most popular cure is to spend some time above the clouds on the ski hill.

Risky business! - editorial opinion

Reports suggest the BC Government is anxious to phase out restrictions with a new strategy to manage the COVID pandemic. Apparently after two years of guiding the population, they are also suffering virus fatigue! There is growing pressure to treat COVID like influenza and leave it for individuals to mostly fend for themselves. This is possible if, and when, the health system is no longer in danger of collapsing. Here's what you need to know...

Risk management is nothing new for seniors. Over the years we have experienced many of life's challenges and know what to do. When necessary we are accustomed to seeking advice from experts. We consult with a financial planner to reduce the risk of losing our life savings. We consult a lawyer for complex legal matters. We consult a medical doctor to stay healthy.

COVID risk management is not much different than managing an investment portfolio. Would you invest your money according to something you read on social media or heard from an acquaintance? Of course not! So if you need reliable advice about vaccines, side effects, risk factors or any other treatments just ask your health care provider. It's that simple!

For two years the BC Government has mandated layered protection upon the population. The most effective are:

- 1.) Get triple vaccinated if possible.
- 2.) Avoid gatherings, especially indoors.
- 3.) Wear a mask in public. KN95 is best in high-risk situations.

Every step reduces the risk of infection but nothing reduces the risk to zero. No matter how careful you are, there is always some risk of contracting COVID and, even worse, ending up in the ICU or the morgue. How does that probability compare with the probability of a vaccine side effect? Don't take my word for it - ask your doctor!



Treasurer's Report – Forbes Niemi

We began the year with \$2,325.62 in the bank plus \$1,461.50 cash on hand. During January we received \$120.00 in Membership dues. Thus \$1,581.50 cash was deposited leaving a closing bank balance of \$3,907.12 as at the end of January.



Membership Report – Donna Wallach

2022 membership dues collections are almost complete with only four members yet to pay... which is AMAZING! This is a new speed record since I took over the membership chair ten years ago... hats off to you all and a huge THANK YOU! As of February 3rd we have 164 regular members plus 5 gold lifetime members.

Failure to communicate?

I am investigating the possibility that some members are not receiving email notifications from Power Pioneers Provincial Office (PPPO). I have verified that every member's email address is entered in their personal profile. This includes spouses with separate email addresses. Therefore, every member should receive all notifications from PPPO. For example, emails were sent from PPPO on Jan 29, 15 in 2022 and Nov 30, 26, and 24 in 2021. (to list a few). I did not receive them so I wonder if there are others in the same situation.

So to help solve this problem I am compiling a list of names and email addresses of those who do not receive regular emails from PPPO. If you did **not** receive these or any emails from the PPPO, please email wallach@telus.net and let me know. My name will certainly be on that list. Am I alone? Let me know so I can advise PPPO and help them sort out their database/communication issues. Thanks for your help!



Care Cards – Flo Ryan

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



Volunteer Hours Program – Steve Harrison

Having taken over the survey of the Volunteer Hours for 2021 from Flo Ryan, I followed Flo's lead and contacted as many of our members by phone as were available. I thank those of you I talked to both for your time, and for your contributions that made this year's campaign a success. Check out the next Newsletter to see the final results of all our efforts.

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