

Pacific Ramblings Newsletter

April 2019 Issue 7

Message from your President - Bill Fernihough

My holiday in Palm Springs was great. It seems like there is always more than one Power Pioneer member there at a time.

Spring is here, officially if not practically, so we are looking forward to the April and May meetings and then our usual June Pot Luck picnic and two months off to travel and enjoy the summer.

We are saddened at the loss of Steve Winkelman, a fellow I had worked with for much of my time at Hydro.

Wayne McLeod is planning a special program for May around "Driving as Seniors" and preparation for that dreaded time when we have to take a driver's test at age 80. See more information about this in the newsletter section below.

Follow up to the Radon Gas presentation: Home Hardware sells a kit for just under \$40 and then you have to pay another \$40 to have the analysis done. Please note - the Lower Mainland is not a high threat area, but members in other areas of BC might be interested.

Upcoming Events

May Ramble - May 14 -We will take a stroll around Bear Creek Park, meeting at 10:30 in the parking lot off 88 Ave near the Pavilion. Lunch to follow at the Edith and Arthur Pub at 8410 – 160 Street, Surrey. The contact this month is Ben Dobranowski 604-599-8663 or by email at ben.dobranowski@shaw.ca.

May Bowling - May 15 - Our next fun bowling session will be May 15 at the Cloverdale Bowling alley at 4pm with dinner to follow. For further information please contact Velma Derksen 778-593-0077 or Marilynne Hedley at 604-590-5594.

April Lunch and General Meeting - April 25 - Our next luncheon is Thursday, April 25 and will be a ham dinner at a cost of \$14. The meeting will start at 11:30 so please come early so the meeting can start on time. It is a good opportunity to visit with friends. We are taking part in "Jeans Day" at our luncheon and as always, a Jeans Day button is \$5, a Lapel Pin is \$20 with a receipt provided. Don't forget to wear your jeans and buy a pin!!

The program for the April meeting will be Linda Strobl, a retired Cardiac Nurse. Linda will explain how and when to use an AED, Automated External Defibrillator for cardiopulmonary resuscitation. CPR will also be explained and demonstrated. These are life skills we should all know!

Our Literacy Program continues so please bring your recyclables to the meeting, so John and his team can turn it into cash for "books for the kids"! Gently used pocket books are also needed and can be purchased (by donation) at the meeting with the proceeds going to the same program.

Care News - Val Chapple has recently relocated. Please contact Esther Excelby at 604-507-0230 or by email jexcelby30@gmail.com for Val's new location. For all those unwell, we miss you and our thoughts are with you.

In Memorium

Steve Winkelman - Steve's Celebration of Life will be held on May 6, 2019 at 11 A.M. in

the conservatory room at Newland Gold and Country Club.

Jeff Lam - Jeff passed away on March 15, 2019. Jeff worked in Key Account Management and Powerex, moving to a senior position in Compliance.

Recent Activities

Day at the Races



[Click here for more pictures.](#)

April Ramble - Fort Langley



[Click here for more pictures.](#)

GLUU Tech Talks



[Click here for more pictures.](#)

Special Program for May

The Pacific Branch is considering having a morning session, before our May luncheon

meeting, to update us on “Driving as Seniors” and preparing for the Age 80 Drivers Medical Examination Report (DMER). We need to know if there is enough interest to pursue this, so confirmation is not required this month, we are just polling to see who would be interested in attending. If you are interested in attending this special session, please contact Heather Mullan via email - hmullan@telus.net.

Senior's Safety - The Green Seniors Safety and Crime Prevention booklet

The Green Seniors Safety and Crime Prevention booklet, located on the Power Pioneers website under Member Resources, has very useful information for our members.

[Click here to for the Seniors Safety and Crime Prevention booklet](#)

Pacific Branch Phoners

This month we are focussing on the Pacific Branch Phoners, led by Wendy Doka. Each month September to June, Wendy and her Phoners diligently contact approximately 99 Pacific members by phone. They provide pertinent information about upcoming branch activities. In addition, 23 Pacific members receive the same information via email.

The Phoners are a group of eight Pacific folks with two backup Phoners to step in if a Phoner is unavailable. Each Phoner contacts approximately 10 to 15 members.

Wendy starts preparing the monthly information after the executive meeting and the calls are made and the emails sent out the weekend before the monthly luncheon

meeting.

In addition to giving out information, the phoners also receive information about members with illnesses and provide valuable contacts with our Pacific Branch members.

QUOTE OF THE MONTH

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.

[Henry Van Dyke](#)

Feedback

If you would like to submit ideas for the newsletter, require more information or would like to comment, please email hmullan@telus.net.