



## PACIFIC UPDATE

### Message from our Executive Committee

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

Your executive continues to meet virtually using Zoom and we always find things to talk about as you can read in the latest minutes (attached).

This month, one focus is on face masks. Several creative and talented ladies have been sewing face masks. We have been donating these face masks to the Kinsmen Place Lodge in Surrey who then distribute to those in need of face masks.

These cotton fabric masks which are rectangular in shape and use elastic bands for around the ears. If you would like one, please let us know by emailing [pacificpowerpioneers@gmail.com](mailto:pacificpowerpioneers@gmail.com) or let one of your phoners know, indicating how many you would like. Each mask has a unique pattern and is one size. There is also a BC Hydro Power Pioneer's version for sale on the Power Pioneers Gear Store in a selection of sizes and colours. Sale of the BC Hydro Power Pioneers masks will generate proceeds for our Miracle Makers Campaign for BC Children's Hospital.

You may also be sewing face masks for your family and friends and if you are, let us

know. Even better, take a selfie of yourself, your spouse or a relative wearing the mask and send us the photo. We are having a friendly contest with some great prizes which you can read more about in this newsletter. Photos will be placed in our SmugMug photo album.

We would also ask that you consider supporting the BC Children's Hospital Rapid Response Fund. This year we were unable to accept donations at our general meetings, but the need is still there. The contact information and links for making a donation are in the Provincial newsletter. Please consider making a donation.

We are now in the Provincial Health Authority's Phase 2 of the COVID-19 restrictions which means those shops than can meet the requirements set out by the authorities can open for business and also small gatherings are allowed. For many of us Power Pioneers we continue to be apprehensive about venturing too far afield. Why risk it? So our intrepid Ramble Organizer, Roy Charlesworth, is putting on a virtual ramble. From the comfort of our own homes we will be rambling around Whitby, England.

Details can be found below.

Again we would like to remind you that we have a great team of volunteers willing to offer support such as picking up groceries, medications, or other items you may need if you don't want to venture out. You just need to contact your phoner, any of the executive committee members or email us at [pacificpowerpioneers@gmail.com](mailto:pacificpowerpioneers@gmail.com).

Stay safe and well.

Your Executive  
Pacific Power Pioneers



Executive Committee Zoom Meeting. Members left to right by row top to bottom. Top row: Heather Mullan, Ben Dobranowski, Roy Charlesworth, Barb Heggie. Second row: Wayne McLeod, Marilynne Hedley, Dave Thomas, Kathy Chambers. Third row: Stanely Hortness, Wendy Doka, Bill Fernihough, Velma Derksen. Bottom row: John Strobl and Linda Strobl. Some members were unable to attend.

## Upcoming Events

**Armchair Ramble** - There will be a virtual ramble via Zoom in lieu of the traditional ramble on Tuesday 9th June at 11 A.M.

For this virtual ramble, Roy has decided to revisit his roots in Yorkshire UK. It is a 10-minute narrated video featuring the North Yorkshire coastal town of Whitby, a place that Roy has spent many happy times in his earlier years.

It is an area off the beaten track of most North American tourists, who generally make a stop in York while on their way north to Edinburgh from London and miss out on what is both a scenic, culturally interesting (great fish & chips, on a round bread

teacake and a '99-Ice cream cone') and historical part of England. It's main claim to fame in addition to it's whale fishery history, are Captain James Cook, born 25km further up the coast at Staithes and who started his seafaring career here, then Bram Stoker being inspired to write 'Dracula' by the ruins of Whitby Abbey, while staying here in the 1890's.

If you would like to participate in this virtual ramble, please email Roy [royc46@shaw.ca](mailto:royc46@shaw.ca) or phone 604-574-0282 and he will arrange for your attendance in the Zoom meeting room.

Please note: in order to participate in a Zoom meeting, your device will need to have both microphone and camera capability.

## Keeping Our Members Informed

In order to keep you informed about Branch news, we have attached the minutes of the May 19, 2020 Executive Committee meeting and the May Financial Report.

[Click here to read May 19, 2020 Executive Committee Meeting Minutes.](#)

[Click here to read May 2020 Financial Report.](#)

## Care News

Bill Hedley is still recovering from his fall and has been moved to long term care home in Fleetwood to continue his recovery.

Mary Fernihough is doing well after her surgery.

Ria Makarenko had eye surgery recently and is doing well.

A Sympathy card was sent to Harley and Jackie Saunders whose brother and

brother in law recently passed away.

A Thinking of You card was sent to the Winkelmanns.

A Sympathy card was sent to Ron and Ann Threlkeld whose son recently passed away.

## BC COVID-19 Survey

Here is the link to the BC Centre of Disease Control Covid-19 survey.

It is well explained, confidential, and entirely optional. If you are interested, you and members of your household can complete it.

It also includes an opportunity to participate in a Covid serology survey to identify those who have been exposed and are potentially immune. Do not feel that you must complete this, but data entered by seniors, would be appreciated.

[Click here to complete the survey](#)

## Foodbanks BC

Food Banks BC represent 100 food banks all across the province. This site enables individual Power Pioneers direct access to the food bank in their community. Power Pioneers are encouraged to donate whatever they can afford to their food bank in their community.

<https://www.foodbanksbc.com/get-involved/donate/>

# Mask Contest Extended Until June 22, 2020

We have received several interesting and unusual photos of face masks which can be viewed in SmugMug at Face Mask Photo Gallery. As you will see we only have a handful of photos so we ask that you consider sharing a photo of yourself wearing your face mask.

**YOUR MASK DOES NOT HAVE TO BE SEWN BY HAND** to enter the contest. It can be a bandana, a purchased mask, medical mask etc.

Share a photo of you in your mask and enter our contest.

We will be drawing the names of 3 lucky winners who will each receive a \$20 Tim Horton's Gift Certificate. Winners will be announced and some masks will be displayed in the June newsletter . So time is running out!

To enter: Email submit your face mask photos to  
[pacificpowerpioneers@gmail.com](mailto:pacificpowerpioneers@gmail.com)

[Click here to view mask photos in SmugMug.](#)

**Some information on reasons to wear a mask:**

Why 6 Feet May Not Be Enough To Protect Yourself From Coronavirus | TODAY

<https://youtu.be/4eQdCvHMY-U>

## More Sewers and Mask Supplies Needed

We are urgently looking for more sewers to make masks for Pacific members and for others in the Community.

We are also supporting the Kinsmen Place Lodge in Surrey with face masks and have currently provided 90 masks to them. They in turn provide these masks to anyone in the community who needs them.



Heather delivering our contribution to the Kinsmen's Lodge.

**We also urgently need more mask making supplies for masks.** Does anyone have cotton fabric or 1/4 inch elastic they can donate for mask making?

If you are interested in sewing masks or donating mask making supplies, please email [pacificpowerpioneers@gmail.com](mailto:pacificpowerpioneers@gmail.com)

**Senior's Safety**

To prevent the spread of COVID-19:

Clean your hands often. Use soap and water, or an alcohol-based hand rub.

Practice social distancing (2 meters)

Maintain a safe distance from anyone who is coughing or sneezing.

Don't touch your eyes, nose or mouth.

Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.

Stay home if you feel unwell.

If you have a fever, a cough, and difficulty breathing, seek medical attention. Call in advance.

[Click here to view a video on how the virus spreads.](#)

## QUOTE OF THE MONTH

"Age is merely the  
number of years the  
world has been enjoying you."

Unkown

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

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