



# Van-Fraser News

VAN - FRASER HERITAGE CLUB

## PLANS FOR FORMER VMPP UNVEILED

Plans for redevelopment have now been unveiled outlining the future of the former Vancouver Mail Processing Plant in downtown Vancouver. The plans are being called the largest heritage revitalization in Vancouver.

The building is now owned by BC Investment Management, the 4th largest pension fund management company in Canada. The firm handling the development is Bentall Kennedy. The design is being undertaken by the architectural firm of Musson Cattrell Mackey Partnership.



Model of the proposed changes for the former Vancouver Mail Processing Plant, 349 West Georgia, Vancouver.

The plans call for a mixed-use building with retail, office and residential space on six existing levels. Three floors would contain retail space and the remaining three would contain mixed residential and business. There would also be five towers constructed on top of the roof following the removal of the former 6th and 7th floors. The tower on the Georgia and Homer corner would be office space while the remaining four would be residential. The residential component will be primarily rental units providing the owner with a steady income stream. The plans will save the entire building including most of the exterior. Also included is restaurant space on the Georgia Street face of the building. Utilizing the existing structure will avoid 50,000 cubic feet of waste requiring 7,000 truck trips to transport it.

The official Rezoning Application, including a request for increased density, will be submitted later this month. It is expected to take at least five years to get all the approvals and move on to construction. In the interim the building has been leased in part to film companies for filming and the storage of equipment and vehicles. (Source: Vancouver Sun/Toronto Globe and Mail)

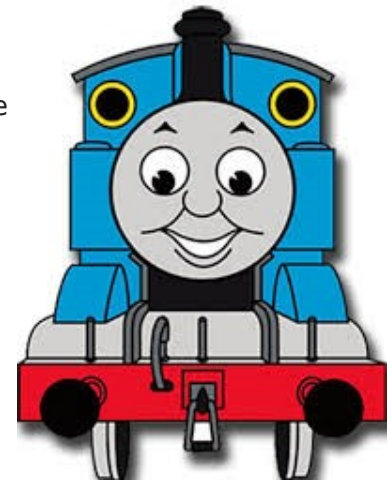
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## A DAY OUT WITH THOMAS

Once again, Thomas the Tank and his friends will be at the West Coast Railway Park in Squamish for two weekends, May 21-23/16 and May 28-29/16. What an exciting event for the family! plan to take your children/ grandchildren for a visit, that includes a train ride with Thomas The Engine pulling the train! The little ones are always in awe to see Thomas, having watched the movies and read the books.

One of the special activities is the letter writing activity Center that our club sets up and manages, helping children write a letter to Thomas and to take it into our railway rail car, where a special Thomas and friends sortation case has been set up. In addition to our members who volunteer at the park, we have others who volunteer from their home, replying to the letters on behalf of Thomas.



**Day Out With Thomas™** offers an opportunity for children and their families to take a 25 minute ride with Thomas the Tank Engine™ and to meet Sir Topham Hatt™, the Controller of the Railway. Prices for the rides are; Departures at 11:30am, 1:00pm and 2:00pm- \$29.40 (GST included); Departures at 9:30am, 10:30am, 3:00pm and 4:00pm- \$25.20 (GST included). Tickets are available online at [www.ticketweb.ca](http://www.ticketweb.ca).

If you would like to volunteer to help out at the park for half a day, full day, or for several days please call our office at 604 482-4311 or email [fwdanells@hotmail.com](mailto:fwdanells@hotmail.com).

## BC LIONS MEMORABILIA DRAW WINNERS

The winning raffle tickets for BC Lions Memorabilia, in support of the Heritage Club's Zimbabwe Project, were drawn at the Christmas Luncheon on December 8/15.

The lucky winner of both the first and second prizes was Henry Cabhal. He won both a game worn helmet and jersey signed by BC Lions Quarterback Travis Lulay.

Third prize went to Ravinder Sidhu who won signed framed portrait of Geroy Simon. Other prizes were won by Peter Kozakevich, Latta Traverse, Jag Sumra, Ken Cornish and Daryl Whiting.

Congratulations to all the winners and thanks to all those who purchased tickets. The proceeds go to help Al Millar in his work with orphans in Zimbabwe.



Van-Fraser President Fred Danells with Henry Cabhal first prize winner in the BC Lions Memorabilia Draw.

## MEET YOUR CLUB EXECUTIVE: STAN WONG

The Van-Fraser Heritage Club is fortunate to have a capable and energetic leadership group, including Stan Wong.

Stan manages the administration of the PPC Wellness Centre for Canada Post employees, donating his time on this project at least two days a week.

The Heritage Club took the responsibility of managing the Wellness Center several years ago. It is a time consuming job; registering employees for the centre, making sure all the documentation is complete, arranging orientation sessions for new members, allocating lockers, ordering new fitness equipment as required and ensuring existing equipment is maintained and sanitized, as well as day to day interaction with fitness club members.

In return for this work, the Heritage Club receives a monthly stipend which we use for one of our charities. Stan selected Vancouver Children's Hospital as the recipient of our dollars raised from the management of the Fitness Center during 2015.



Van-Fraser Executive Member Stan Wong .

Stan also organizes our annual gala banquet each September to celebrate the Heritage Club's anniversary and provide a fun filled evening for our members.

While these are his two main responsibilities in his executive capacity, he helps with planning sessions and our luncheons and other interactions with members.

Thanks Stan, for your outstanding efforts and leadership.

## AN INVITATION FROM NICK KVENICH

Van-Fraser Member Nick Kvenich extends an invitation to all of our members to assist the Eagle Creek Streamkeepers as they release 50,000 Chum Salmon Fry into Eagle Creek, Charles Rummel Park, Burnaby.

The release, conducted in conjunction with Department of Fisheries and Oceans, will take place Saturday, April 9th 10:30 am to 1:00 pm. The park is located at Government Road and Lozelles Avenue, Burnaby.

This release is an important building block in restoring salmon stocks that have been lost to urban development.

This is a great event for families and children are invited to bring their parents to participate.

If you are interested in attending please contact Nick at [nkvenich@telus.net](mailto:nkvenich@telus.net) or 604 420-5651.



## VAN-FRASER LOSES A GREAT SUPPORTER

We were sad to learn of the tragic death on March 6/16 of Marie Robinson, Director of Collection and Delivery for the Pacific Region and former Plant Manager of the VMPP, resulting from a horrific traffic accident in Richmond.

Marie was an active supporter of the Heritage Club for many years. She always supported the Santa Writing program and would regularly stop by the Heritage Club office to thank the volunteers and to discuss various issues.

On many occasions, she worked with the Club Tour Guides arranging for tours for all her superintendents and staff from around the Region.

We will truly miss Marie and her support .

Our sincere condolences to her family on their tragic loss.

Fred Danells  
President, Van-Fraser Heritage Club



The Late Marie Robinson (Photo courtesy Mike Wong)

## SPECIAL THANK YOU

The Order of the Easter Star Auxiliary Group who receive all our used postage stamps, post cards and Campbell Soup labels we collect through the year, want to say a big Thank You to all our members.



We recently delivered 13 containers for processing in support of the Vancouver Cancer Foundation. This is our greatest volume to date. Approximately \$9,000 was raised in 2015 for donation.

Thank You again to our members for your dedication and effort. If you would like to help during 2016 simply save and collect any used postage stamps, Campbell Soup labels and Post Cards. At the end of year let us know if you need any envelopes to mail in the collected items or bring them to any of our events during December and January.

This is a great way to help and is something everyone can do to help out someone else.

## VISIT OUR WEBSITE

The Van-Fraser Heritage Club maintains a Website that all of our members will find useful.

It contains information on all the latest activities, upcoming travel, a photo and history archive, past issues of Vanfrasernews and most importantly information regarding your retirement benefits.

The address for the Van-Fraser Website is;

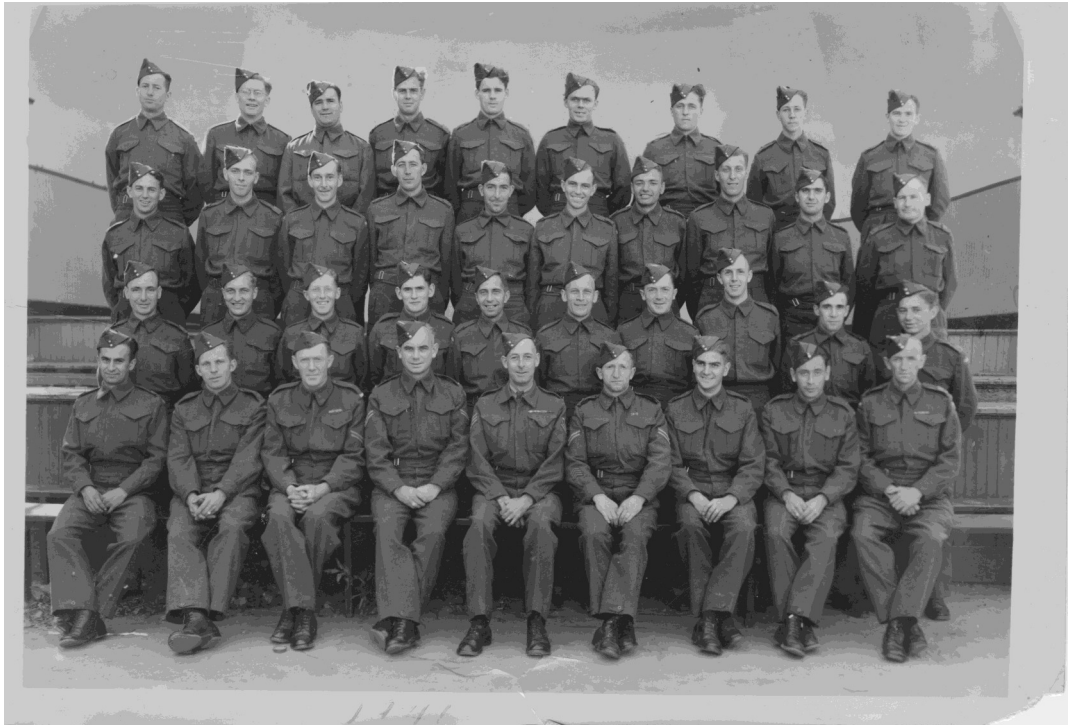
[www.vancouverheritageclub.com](http://www.vancouverheritageclub.com)



## POSTAL CORPS MEMORABILIA DONATION

The Van-Fraser Heritage Club recently received an amazing collection of photos and text on the Canadian Army Postal Corps in World War II. The generous donation came from Robert Kennedy and is a great addition to our collection to our Postal Corps collection

If you have any material on the Postal Corps and would like to donate or loan the Items to Van-Fraser please contact the office at 604-482-4311 or via email at [vanfrasernews@gmail.com](mailto:vanfrasernews@gmail.com).



Canadian Army Postal Corps, England 1941

Postal Corps memorabilia will be featured at our Annual Banquet in September.



Canadian Army Postal Corps in England May 21, 1944 (left to right) Jessie Rogers, Edith Brownlee, Peggy Murphy, Polly Drovier and S. Mills.



This photo was simply labelled;

*"In an orchard somewhere in France."*

## DATES TO REMEMBER!

<b>March 30-April 11:</b>	Spring 13 Day Bus Trip
<b>June 28th, 11:00 am:</b>	Summer Luncheon, Greka Taverna Restaurant, New Westminster \$15.99 per person
<b>Sept11-16:</b>	Annual U Drive to Yakima, Washington
<b>Sept 30:</b>	Annual Gala Banquet, Continental Seafood Restaurant, Richmond
<b>Nov.23-25:</b>	Annual 3 day bus trip to Tulalip Casino Resort
<b>December 6:</b>	Christmas Luncheon, Greenacres Golf Course

### Plans underway:

Always looking for new places for luncheons, we are exploring a venue for a Dim Sum luncheon, sometime later in the year and also looking into a buffet lunch at the Cloverdale Racetrack in the Fall. Watch future newsletters for details.

## ON LINE MEMBERS

Van Fraser members are proving to be very computer literate in this modern electronic age.

We now have just slightly under 1,000 members with email addresses and these numbers are growing. With computer access, and electronic mail, members get our newsletters, advance notices of travel deals or upcoming activities much quicker.

Those who receive our newsletter electronically benefit from the much clearer print and all coloured photos.

We always enjoy seeing how many seniors purchase an iPad on our annual bus trips to the States and then busily begin setting it up and enjoying the device taking and sending photos back home to family and friends.

Congratulations to all our "techies"!



## SUMMER LUNCHEON

Join us June 28th, 11:30 am for our Summer Luncheon at the Greek Taverna Restaurant, 326 Columbia Street, New Westminster.

There is pay parking on the street and easy access from Skytrain and local bus service. Please remember that Front Street is closed for construction, Columbia Street is busier than usual and allow yourself extra travel time.

Price for the meal is \$15.99 including tea, coffee, tax and tip. Drinks can be purchased from the bar.

Entrees include roast lamb, souvlaki (chicken, lamb, beef or mixed), kalamari, fettuccini alfredo or a vegetarian dish. Appetizers and salads will also be served.

Send your cheque for tickets payable to the Van-Fraser Heritage Club, 5940 Ferguson Road, Richmond BC V7B 0B1. If you have any questions call the office at 604 482-4311.

We look forward to seeing many of you at the Luncheon, meeting with old friends and colleagues, reminiscing about "old times", enjoying good company and a great meal.

## VAN-FRASER REMEMBERS A FAITHFUL MEMBER

A large contingent of Van-Fraser Members attended the celebration of life for Lois Goon who died on January 12/16.

Lois was an active member of Van-Fraser since our founding in 1989. She worked tirelessly with her late husband, Ray Goon, who was our treasurer for years, managing our finances and an active member of our executive organizing fundraisers, planning and hosting our luncheons. Lois was actively involved in the Santa Letter Writing Program, responding to thousands of children each year and many elves remember her famous baked beans she always made for our pot lucks. In her spare time, she loved to travel with our club and enjoyed many cruises with us, loving to dress for formal nights, watching the scenery and wild life from the deck and even went salmon fishing.



She was a wonderful lady and will be missed  
The Late Lois Goon

## INSURANCE RENEWAL TIME?

Time to renew your home or auto insurance?

*"If you are looking for a simple, easy and quick insurance service please call Aaron from Rand & Fowler Insurance at 604 805-5611. I offer a convenient mobile service so I can right to your door for your insurance needs. I specialize in Auto and Residential Insurance and would be more than happy to welcome new clients. Feel free to give me a call if you would like to take advantage of my services.*

*Thanks  
Aaron"*

We were able to take advantage of Aaron's services last week when he came to our house to renew my ICBC Car Insurance. This service is ideal, especially when the weather is miserable, you're not feeling well or you just don't have the time to go out. I have known Aaron for a number of years and will use his service again.

Fred

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## TRAVEL OPPORTUNITIES 2016 HERITAGE CLUB MEMBERS AND FRIENDS

**APRIL 23/16 8 day repositioning cruise Honolulu to Vancouver**, MS Noordam, Inside cabins start at \$909.00 Cad plus taxes \$105.00 pp. One way airfare to Honolulu is extra.  
\*\*\*\*\*This cruise can be combined with May 1 sailing\*\*\*\*\*

**MAY 1/16 7 day Alaska cruise, Vancouver return, MS Noordam.** Inside cabins starting at \$599.00 CAD pp plus taxes \$292.00. Visit Tracy Arm, Glacier Bay, Juneau, Ketchikan, and Skagway. *You can combine this cruise with the 8 days April 23 Repositioning Cruise from Honolulu for a 15 day experience. LIMITED AVAILABILITY.*

**June 15/16 7 day Alaska cruise** on the Volendam, Vancouver return, visit Juneau, Skagway, Ketchikan, Tracy Arm and Glacier Bay. Inside cabins from \$1223.00 CAD \$268.00 pp. Limited Availability

**July 20, 2016 35 day Voyage of the Vikings** MS Rotterdam. Boston return. Visit east coast, Nova Scotia, Newfoundland, Iceland, Greenland, Norway, Rotterdam, Ireland and more. Inside cabins starting from \$8,048.00; outside cabins starting from \$9,199.00; Veranda cabins starting from \$16,098.00. Taxes and fees are an additional \$710.17 CAD p.p. **We have several solo travellers looking for roommates for this trip.**

**ALASKA 2016 WE WILL CONTINUE TO WATCH FOR LAST MINUTE DEALS AT REDUCED PRICES AND SEND ALERTS TO THE TRAVEL CLUB VIA EMAIL.**

**September 11-16/16 U-DRIVE trip to Yakima, Washington.** You drive to Yakima and stay with the group in the Howard Johnson Hotel. Each day golfing, sightseeing, shopping, pool time and BBQ's available. Travel at your own pace.

**September 17, 2016 7 day New England cruise** on the Rotterdam. Montreal to Boston (or back to back 14 days Montreal return) Visit Quebec City, Charlottetown, Sydney, Halifax, Bar Harbour, Boston. Inside cabins start at \$1429.00 plus taxes \$306.00 CAD pp.

**October 9, 2016 10 day cruise to California**, Vancouver return on the Star Princess. Visit Los Angeles, Catalina Island, Santa Barbara and 2 days in San Francisco. No flights! This cruise was a highlight for members last year. Inside cabins starting at \$1484.00 plus taxes \$303.00.

**November 23-25, 2016 3 day Tulalip Bus trip**, Enjoy Black Friday Shopping, casino, spa, sightseeing. Only one bus and it sells out quickly. Book now. Registration form included. \$279.00 pp includes bus, resort accommodation, taxes, driver gratuities

**REMINDER:** Be sure you have out of country travel insurance for any trip you book and that it is in effect before you pay for your trip. For those with MEDOC, ensure you have renewed your Heritage Club Membership for 2015 and paid your dues to be covered.

Van Fraser Heritage Club 604 482-4311

