



Van-Fraser News

VAN - FRASER HERITAGE CLUB

END OF AN ERA IN DOWNTOWN VANCOUVER

Friday, October 28th marked the end of an era as the Retail Counters, the last Canada Post presence at 349 West Georgia, closed its doors for the final time and moved to a new location. It was a short move as the new Downtown location, that will open on Monday, October 31, is only one block west at 459 West Georgia Street.

However, the move is not merely a physical relocation but also a major change to a new concept in design and service. The new location features a more open format with new technologies allowing for speedier transactions and service. The new technologies include a Self Serve Shipping Kiosk for the preparation and shipping of parcels, an automated parcel Drop Off system that will provide a mailing receipt and vending machines for the purchase of stamps and mailing supplies. For customer convenience a box area for picking up parcels at any time is included in the new facility.



Vancouver Post Office—1958.

To mark the final move from the 349 West Georgia, over 60 Van-Fraser members gathered in the building on Wednesday, October 12th. The group met in what was once the spacious counter area behind the current retail space. Event organizer Jim Stevenson welcomed all the attendees who had a chance to look through a table full of surplus photos from various Van-Fraser events from years past. It was a popular spot and everyone was invited to take whatever photos they wished.

On display was the *Postmark* Magazine, a former Canada Post Publication, that featured an article and photos from the Official Opening on March 14, 1958. The article in the 1958 publication, as does the article today, noted all the new technical innovations that were included in the new building. Several photo albums with photo albums from past years sparked a great deal of conversation amongst the attendees as everyone remembered past friends and colleagues and their experiences what is now the "Old Post Office".

(Continued on Page 2)

INSIDE THIS ISSUE:

End of an Era	2
Annual Banquet	3
Yakima U-Drive	4
Coast to Coast Hospitality Coastal Cruising	5
Literacy Letter Excerpts Visiting Members	6
Remember Concert Polar Express Cloverdale Open House	7
Johnson/Medoc Insurance	8
Mark Your Calendar Third Age Learning	9
Travel Opportunities	10

END OF AN ERA (continued from Page 2)

This was an occasion to reminisce and in addition to a great deal of conversation amongst the members there were presentations on the building itself.

Van-Fraser President Fred Danells explained the meaning of the mural located at the east end of the lobby (picture right). The mural, that fills a wall, is based on the writings of D.G. Mitchell praising the virtues of letters.

Heinz Franzke, Director of Operations of the new facility at YVR, recalled his first experience as a BCIT student in logistics fascinated by the operation of the facility.

Jim Bain spoke on the future of the building and the plans that have been put forward to refurbish the building with the construction of towers and the repurposing of former operating space to a mix of retail, commercial and residential space. In response to the concerns of several members he noted that the lobby mural, the letter carrier carved in the exterior façade and the clock mural in the passenger elevator lobby will be retained.

To bring everyone up to date, Dana Dumore, Manager Retail Business, outlined all the technological features that will be present in the new outlet and explained the new open layout.



Many Van-Fraser members were concerned for the future of the mural at the Lobby's east end.

The event closed with coffee, cake and a prize draw in support of the Canada Post Community Fund. The big prize winner was Bill Urquhart who won a beautiful framed painting.



Prize winner Bill Urquhart.



The photo table was well visited with a great many photos taken as a souvenir of past events.

ANNUAL YAKIMA TRIP A BIG HIT—AGAIN!

Once again a great time was had by all on the Annual Van-Fraser September U-Drive through Washington State to Yakima. The 4 ½ hour drive winds along I-82, the incredibly scenic Yakima Canyon Byway from Ellensburg to Yakima. The river flowing through the canyon was as beautiful as ever and there were a great many fishermen casting lines and tubers leisurely drifting with the current.

The hotel was a welcoming stopover with a pleasant atmosphere complemented by an outdoor pool to



The Yakima Travel group helps Fred Danells celebrate his 75th birthday.



Enjoying the steak and prawn dinner, Elizabeth Drecher, Ken Cornish, Carol Burchett, Fred Danells, Sharon Svensrud, Brent Arnett, Terry Arnott, and Janice Whiting

lounge beside and a garden for some peaceful reflection. The price of \$55 per night certainly pleased all the travelers.

Each day people selected the activity of their choice including; golf, sightseeing, shopping or just some quiet relaxation by the pool. Each afternoon there was the usual gathering for Happy Hour and on two occasions a barbecue featuring chicken and all the fixin's one night and steak and prawns the other. With the purchase of groceries in nearby superstores the prices for dinner averaged \$5.00 to \$7.00 per person. Combined with much cheaper gas it was a wonderful budget priced trip.

By popular demand the September U-Drive has already been booked for next year. Mark your 2017 Calendars for an enjoyable fun trip from September 10 to 15.

ANNUAL BANQUET AN ENJOYABLE EVENING

On September 30th two hundred Van-Fraser Members and their families had an enjoyable evening at the Annual Banquet celebrating the 27th anniversary of the Heritage Club.

The banquet room at the Continental seafood restaurant was beautifully decorated and everyone enjoyed the eleven course dinner well served by the restaurant team. The conversation level was at an extremely high level all evening with everyone engaging in fun conversation. Interspersed throughout the evening were draws for the 50/50, door prizes, raffles and silent auction all in support of our colleague Al Miller and his work with orphans in Zimbabwe. During the evening Al outlined his work and explained how the dollars donated by the Heritage Club have been used.

Mark Costales from Johnson Insurance was present and answered members questions throughout the evening concerning their MEDOC travel insurance and donated some prizes.



The Van-Fraser Executive (left to right) Jim Stevenson, Fred Danells, Carol Burchett, Rene Brissette, Taka Nukina and Stan Wong ready to cut the birthday cake.



Alice Pang presents the first of 45 prizes to winner Al Miller.

Mark donated some nice prizes and had lots of goodies for those who visited hopes desk. Further details regarding Johnson Insurance/MEDOC on Page 8.

Retired professional football player Bobby Singh was present wearing the three championship rings he won throughout his career-- Super Bowl, XFL Championship and the Grey Cup. He challenged members to have a photo of themselves wearing the rings by donation and he would match all of their donations. Bob also donated some BC Lions caps and a signed CFL football for our draws.

In all, there was lots of good food, friendly conversation and many prizes creating an incredibly festive event. In fact, people were already planning their tables for ten for next years banquet.

In addition to all the good times \$1500.00 was raised for our charity.

COAST TO COAST HERITAGE CLUB HOSPITALITY

Heritage Club hospitality was evident as Eldridge Holmes, President of the St. John's Heritage Club and his wife Barb, met a group of BC and Alberta Heritage Club Executive while the MS Rotterdam was in dock for the day. The stop was part of the Voyage of the Vikings tour.

Eldridge and Barb took the group for a visit to Signal Hill and Cape Spear before arriving at the quaint Petty Harbour for lunch that included the best ever fish and chips and lobster rolls. For refreshments before returning to the ship.



Eldridge Holmes (left) with Heritage Club visitors at his home.

Heritage Club Hospitality
from one coast to another!

RELAXING COASTAL CRUISING



Dinner at the Crab Shack is always an enjoyable, if somewhat messy, event.

Once again, Heritage Club members enjoyed ten days in October aboard the Star Princess cruising along the West Coast from Vancouver to California and back again.

Members visited the tourist destinations of Los Angeles, Santa Barbara, Catalina Island and San Francisco. Amongst all the fun activities on ship, dinner in the Crab Shack is always a major highlight.

This fun and relaxing ten day itinerary, round trip Vancouver, will be available next year on October 8, 2017. Watch for details in the new year and be ready to book your cruise.

LITERACY LETTER EXCERPTS

For several years Van-Fraser supported the Literacy Program at the Richmond Public Library and provided financial donations. The following excerpts are from a volunteer writer at the Library who arrived in Canada from China 11 years ago and utilized the Literacy Programs.

Not knowing a language is quite frustrating, and I'm sure many people have experienced it before. It's similar to being trapped in a bubble of noisy silence, a half-soundproof cocoon. Mouths move and you catch endings of sentences, but never anything else in between. The only problem with this kind of cocoon is that it's invisible, and only exists to you. Using sheer force won't get you out, but you have to learn to peel it, fiber by fiber, tactfully. My tactic just so happened to be a library.

With a combination of the library's resources and my own efforts, I learned English. I suddenly had the ability to communicate with those around me; however, doing so was only the beginning. Once I overcame the language barrier, I started to appreciate English as a platform for storytelling.

The impact the Richmond Public Library had on my education and identity is monumental, even to this day. I wouldn't have gotten here without the library and every one of its shelves and employees. Joyce, Volunteer Writer

VISITING OUR MEMBERS

We had the pleasure to visit Van-Fraser member, Dick Henderson, for an open house at his retirement home in Whalley, Chartwell Imperial Residence. Dick, a regular on our Vegas bus trips and on the Alaska Cruises is very happy with his "new digs". He says it was a difficult decision to move from his home, but realizes it was the best choice.

He showed us around the facility, with beautiful grounds and outside sitting areas, dining room, meeting rooms, library, games areas, and huge common area. He has a large one bedroom suite with a mini kitchen and a balcony-- very comfortable. All meals are provided in the dining room. He takes advantage of the many social activities, particularly Happy Hours on Fridays, movies, bus trips, and is active in the Men's Club, recently enjoyed the corvette show, fishing trips and the aviation museum in Abbotsford.



Van-Fraser member Dick Henderson

While any move is initially difficult, we were pleased to see he was enjoying his new home and appreciative of the safe environment, which includes 24 hour staff to respond to any emergency.

Karl Berg, manager of the Surrey Chartwell facility, spoke about things we should consider when looking at a senior home for ourselves or elderly parents. He said most people look at the amenities a residence has to offer, but in fact, they all offer amenities. Look at things like the size and security of the room/suite, a positive, friendly attitude/ vibes as you walk around, air conditioning in the suite, a monthly lease. Does it have an assisted living capacity, so you don't have to move if additional care required.

Fred and Leslie

REMEMBER CONCERT

The Vancouver Orpheus Male Choir, featuring several Van-Fraser members will present a concert honouring Canada's veterans, peacekeepers and those who sacrificed for our nation.

The program will reflect on music that influences feelings and expresses our emotions, hope and love.

Thursday, November 10, 2016 at 7:30pm
West Point Grey United Church
4595 West 8th Avenue, Vancouver

Friday, November 11, 2016 at 7:00 pm
St Andrew's Anglican Church
20955 Old Yale Road, Langley

Tickets: \$22 / Seniors \$20 / Students \$12
Tickets available on line at
<http://www.vancouverorpheus.org/>
or at the door.

POLAR EXPRESS IS ON THE RAILS AGAIN

The Polar Express is back on the rails again at the West Coast Railway Museum for four weekends; November 26/27, December 3/4, 10/11 and 17/18. The Santa Letter Program will be on site for the first three weekends.

For tickets go to the website at www.wcra.org. There are two blue buttons at the top of the page. Click Polar Express FAQ for information and the Purchase Polar Express Tickets to purchase your tickets. Or you can call 604 524-1011 from the Lower Mainland or 604 898-9336 in Squamish.

Tickets are \$30 for coach and \$45 for First Class. The nighttime ride on Saturday evenings, featuring a fabulous display of night lights throughout the Railway Park.

All the characters from the movie and Santa will be on hand to help the celebration

VAN-FRASER DISPLAY AT CLOVERDALE

On Sunday, October 16th Van-Fraser was on hand with a display of antique items at the Family/Open House for the employees and families at the Cloverdale Delivery Centre.

The event, organized by the employees proved to be a great success with the attendees having a chance to tour the facility. There were lots of kids on hand who enjoyed the bouncy castle, face painting and balloons. A food truck was on hand to provide lots of delicious fare.

The Van-Fraser display visit attracted a great deal of attention with old uniforms, historic photos and magazines.

Thanks to the employees of the Cloverdale Delivery Centre for their hospitality and providing Van-Fraser to display its collection of historic items.



Van-Fraser member Ken Cornish (left) and Operations Director Robert Sawka looking through one of the books on display.

JOHNSON/MEDOC INFORMATION

We were fortunate to have Johnson representative, Mark Constaes, from the Langley office attend our annual banquet. Mark was available throughout the evening to answer members' questions about travel insurance. He also provided some nice prizes for our draws and had goodies for those who visited his table.

Some of the FAQ's to Mark were:

Q: I completed the medical questionnaire when I first applied for MEDOC and because of a prior condition, asthma, I was only approved for the base plan. When I renew this year, do I have to complete a new medical questionnaire because I had surgery and treatment for breast cancer?

A: For members with the Canada Post EHC Plan (CPEHCP) with Great West Life (i.e. qualify for 40-day MEDOC Base Plan): No, the Health Option Questionnaire (HOQ) only needs to be filled out if a Supplemental Plan is required (i.e. for trips longer than 40 days) in order to qualify for the Optimum Health Option or Preferred Health option rates. A 90-day stability clause would only apply to those under the Standard Health Option for trips OVER 40 days (i.e. Supplemental Plans).

For associate members/members without the CPEHCP (i.e. qualify for 35-day MEDOC Base Plan)

No, if you are under the Standard Health Option (i.e. automatic issue health option), you only have to complete the Health Option Questionnaire at initial application regardless of any additional medical conditions you may develop. You will automatically be re-issued coverage at the Standard Health Option every policy year. Under this MEDOC plan, all members are subject to the 90-day stability clause.

Q: I have the associate member, 35 day plan, does the 90 day stability clause apply?

A: Yes, any medical condition must be stable for 90 days prior to travel in order for you to be covered for a claim related to that condition while travelling.

Q: I have the Heritage Club member (with Great West Life extended care) 40 day plan, does the 90 day stability clause apply?

A: No, the 90-day stability clause only applies to those under the Standard Health Option for trips OVER 40 days (i.e. Supplemental Plans).



Van-Fraser members Peter Kozakevich and Cheuk Lam (left) and Jim Stevenson (right) getting insurance information from Mark Constaes (centre) of Johnson Insurance.

IMPORTANT REMINDER TO ALL MEMBERS:

Before you travel make sure your Travel Insurance is up to date and you have the necessary cover-

MARK YOUR CALENDARS

Mark your electronic calendars, enter these dates in your cell phones, lap tops, tablets, ipads and electronic devices or plain old paper calendars and diaries.

November 10/16, 10 AM

"Honouring our Own" Ceremony—followed by light lunch

November 15/16 10am

Orientation for new and experienced elves.

Join us at the PPC in Richmond(by airport) to hear all about the Santa letter writing program. We will have all of the 2016 stationery for you to see. Light lunch included. Call the Heritage Club office to register.

November 23-25/16

Annual Black Friday Bus Trip to the Tulalip Casino Resort and Premium Outlets

November 28/16. January 10/17

Santa Letter Writing Program

December 6/16

Christmas Luncheon at Greenacres Golf Course

January 2017.

Annual registration and dues .Form will be mailed to you.

March 21/17

Spring Luncheon. Location to be announced



THIRD AGE LEARNING AT KWANTLEN (TALK)

Life-long Learning:TALK provides those 50 and over with creative and stimulating educational activities.

For a registration fee of only \$10.00, you can join the Kwantlen College Talk program. It is a program for seniors and offers sessions on a wide spectrum of topics. You can select the talks that interest you and only pay a small fee per session. Recent topics included Haida Gwaii, the USA Election Process, Advanced Care Planning, joy of solo travel, and climate issues.

Check the web site for the full calendar of courses offered at the Kwantlen-- Surrey, Richmond, Langley and Cloverdale campuses. This is a great opportunity for learning with no quizzes, papers, there are opportunities to volunteer as course facilitators.

Website: <http://kpu.ca/talk> or call [604 599-3077](tel:6045993077) for all the details.

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TRAVEL OPPORTUNITIES 2016/17

CANADA POST HERITAGE CLUB MEMBERS AND FRIENDS

November 23-25, 2016 3 day Tulalip Bus trip, Enjoy Black Friday Shopping, casino, spa, sightseeing. **WAITLISTED.**

January 10, 2017 21 day cruise to ANTARCTICA on the Zaandam, from Buenos Aires, Argentina to Valparaíso, Chile. Cabins starting at \$3400.00 CAD pp plus taxes \$770.00 CAD pp. Airfare extra.

January 31, 2017 21day cruise to ANTARCTICA from Valparaíso, Chile to Buenos Aires, Argentina. Cabins starting at \$4500.00 CAD pp plus taxes \$667.00 CAD pp. Airfare is extra.

March 5/17 7 days Western Caribbean on Nieuw Amsterdam, Fort Lauderdale return. Insides from \$799.00 Cad pp and Balconies, from \$1169.00 Cad plus taxes\$176.00.

March 12/17 7 days Eastern Caribbean on the Nieuw Amsterdam, Fort Lauderdale return starting from \$895.00 CAD pp plus taxes \$183.00. Combine the two cruises for 14 days back to back from Fort Lauderdale. **Limited Inventory Sale.**

April 16/17 11 day Spring bus trip. Vancouver return, visit La Grande, Oregon, Wendover, 3 nights Las Vegas, 2 nights Laughlin, 2 nights in Wendover, Pendleton. Optional side trips in Las Vegas, Laughlin and Wendover. \$829.00 CAD pp. based on double occupancy or \$1275.00 for single occupancy. Price includes all hotels, bus transportation, taxes, driver gratuities, some meals and currency exchange from USD.

April 9/17 20 day Panama Canal Cruise on the Nieuw Amsterdam, Fort Lauderdale to Vancouver, starting at \$2339.00 CAD pp plus taxes \$629.00 Cad pp.

April 29, 2017 7 day Alaska cruise, Vancouver return, Nieuw Amsterdam, visiting Tracy Arm, Juneau, Ketchikan, Skagway and Glacier Bay starting at \$993.00 CAD pp plus taxes \$247.00 pp. You can combine the above two cruises for a 27 day trip from Fort Lauderdale to Vancouver/Alaska return Vancouver.

September 10 - 15, 2017 U Drive trip to Yakima for golf, shopping, sightseeing, pool time and BBQ's

October 1/17 80 day Grand Voyage from San Diego return on the Amsterdam. Visit Dutch Harbour, 5 cities in Japan, South Korea, Beijing, Shanghai, Hong Kong, Vietnam, Singapore, Indonesia, Darwin, Cairns, Sydney, Australia, New Zealand, Fiji, Samoa and Honolulu. Call the Heritage Club Office for detailed itinerary and prices. This cruise can also be done in 53 days from San Diego to Sydney Australia.

REMINDER: Be sure you have out of country travel insurance for any trip you book and that it is in active before any cancellation penalty fees are in effect for your trip. For those with MEDOC, ensure you have renewed your Heritage Club Membership for 2016 and paid your dues to be covered. Contact the Heritage Club office for info on MEDOC and a registration package.

Call Van Fraser Heritage Club 604 482-4311 to book or for more information.

