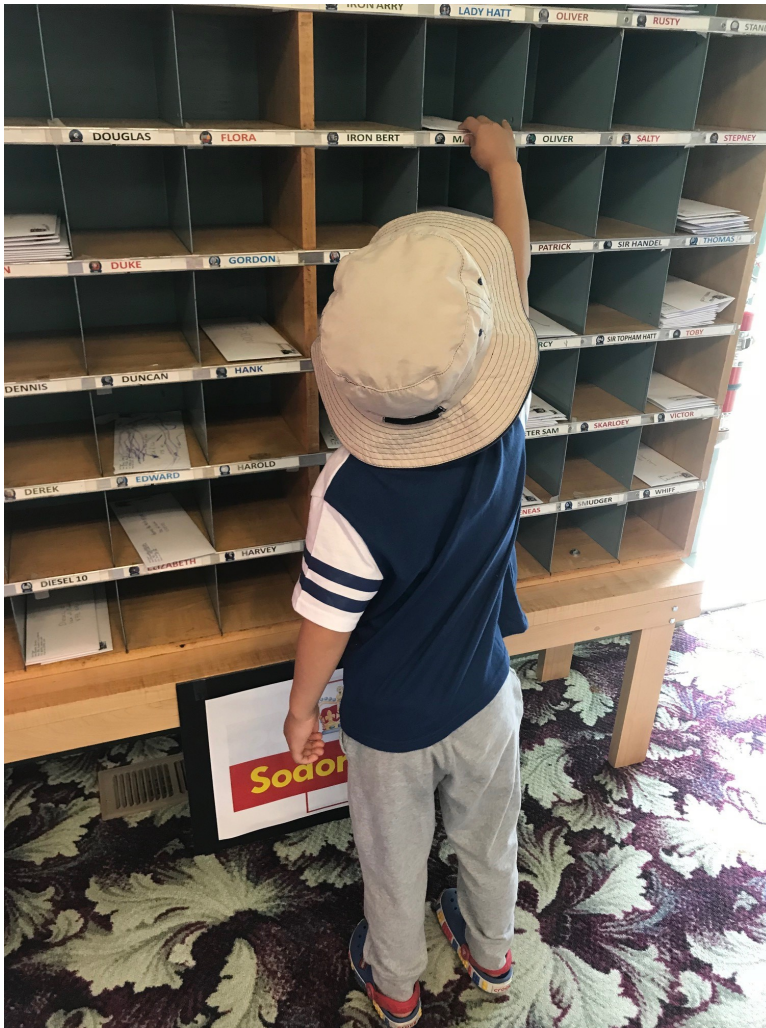




Van-Fraser News

VAN - FRASER HERITAGE CLUB

VAN FRASER VOLUNTEERS HELP THOMAS



Van Fraser volunteers were on site at the West Coast Railway Heritage Park in Squamish for two weekends in May providing the opportunity for the many little ones to write a letter to Thomas and his friends. This activity is in support of the Literacy Initiative of the Heritage Club.

Rene Brissette, who coordinates the Thomas Program, reports another very successful event with hundreds of excited children arriving at the park each day, breathlessly anticipating that first glimpse of Thomas. The children had opportunities for a train ride with Thomas pulling the cars, to view many displays and of course a chance to write a Letter to Thomas or one of his many friends.

Rene said over the course of the five days more than 1100 letters were written to Thomas. Each child would then receive a personalized reply in the mail prepared by Heritage Club volunteers.

Many parents spoke with the volunteers thanking them for their efforts in creating such a great experience for their children. *"It's gratifying for me and the other volunteers to receive heartfelt*

A young Thomas fan trying to remember the proper sortation. The children enjoy writing their letters and sorting them as well.

thanks from the parents for this experience", said Rene.

One of the volunteers, Pat Metforth, reported the majority of the letters thanked Thomas for the train ride and saying they had a lot of fun at a "Day Out With Thomas". She said many of the letters had cute pictures of trains that the children coloured and many said they hoped Thomas would write them a letter.

(Continued on Page 2)

INSIDE
THIS
ISSUE :

| | |
|--|----|
| Thomas (continued) Post Retirement Seminar | 2 |
| Dennis McCainn | 3 |
| Summer Luncheon | 4 |
| Hawaii Cruise | 5 |
| Archives: Searching | 6 |
| Johnson Insurance Scholarship | 7 |
| Dates to Remember New Club Event | 8 |
| 30th Anniversary Banquet Sign Your Cheques! | 9 |
| Travel Opportunities | 10 |

THOMAS (continued from Page 1)

Comments from visitors included;

A little girl writing a letter to Sir Topham Hatt wrote, carefully spelling as she spoke, "Last year I was scared, NOW I am not."

Some other comments were;

"I like Clarabelle. Where do baby trains come from? My Dad won't tell me?"

"I like Cranky the Crane because he lifts stuff."

From a parent;

"Thank you for coming to the West Coast Railway Heritage Park. We are so happy to have you back again this year. We have come to every Day Out With Thomas since the start. Thomas and Friends are very important to our family. Hope you have a great this year and we look forward to seeing you next year."

Many thanks to Rene and his volunteers who drove to Squamish each day to help with the Letter Writing. While it is a big time commitment the volunteers all say it is time well spent and provides them so much pleasure seeing the children with their enthusiasm and excitement.



Thomas volunteers Alan Sung (left) and Rene Brissette.

POST RETIREMENT SEMINAR

Heritage Club Member, Neil Sharpham, has been presenting Retirement Seminars to Canada Post employees across the country helping them retire with sound financial decisions.

Neil has offered a similar seminar to Heritage Club members focusing on Post Retirement Planning to assist retirees making social and financial decisions. Having saved for retirement we are faced with the questions; *How much is enough? How much can I spend? Should I review my Estate and Will?* Also, how to help spouse and family understand my CPC Benefits.



Neil's Seminars always receive rave reviews and we are fortunate he is willing to share his wealth of information with us. This seminar will be held Sunday, August 25/19, 9am at the Pacific Processing Centre in Richmond.

To register for the seminar email vanfrasernew@gmail.com or phone the Van Fraser Office at 604 482-4311. You will receive detailed information in late July providing parking instructions provided the opportunity to suggest areas of interest you wish to Neil to cover.

There is a limited number of spaces available so register yourself and your spouse as soon as possible.

VAN FRASER MEMBER SUPPORTS KIDNEY WALK

As a recipient of a Kidney Transplant in June 2010 Van-Fraser member Dennis McCann is well aware of the importance of supporting the work of the Kidney Foundation. Dennis participated in his first Kidney Walk For Life just three months after his transplant and has participated every year since.

This year Dennis raised over \$2900 adding to his total of over \$16,000 raised since 2010.

"Originally I participated in the Walk and raised donations because of how grateful I was for the new lease on life the transplant provided me" said Dennis. "After the Second Walk, I continued to raise donations for those Kidney Patients I have met during the years who benefit from the Kidney Foundation's patient services programs and who are not as fortunate as myself in terms of economics, support networks, and ability to get a transplant. I am also emphasizing registering to be an organ donor."

Walking the full 8km distance of the Walk was a physical challenge and required some rest stops along the way. In a message to those who donated to his efforts Dennis sent this message. *"I do this to make the extra physical effort to encourage your donations. It also reminds me that I am able to do so only because of my kidney transplant. Due to my ambulatory challenges, I had to take a few extra rest periods in addition to the usual layover at the site*



Dennis McCann at the Walk for Life



Dennis with fellow Walk participants. Back row (left to right) Terry Chan, Finderson Alves, Dennis, Katrina McAndrew. Front row (left to right) Ada Cheung and Kha Leong.

between arriving and the start of the walk. It included 3 bench rests along the 5km route and lunch after returning to the site."

Dennis also serves on the Kidney Foundation, BC Branch, Board of Directors.

This year's Kidney Walk for Life, held June 2nd at the Athletes Village Plaza, Vancouver, raised over \$300,000 to support the activities of the BC Branch, Kidney Foundation of Canada.

LUNCHEON STARTS THE SUMMER SEASON

It was a great start to the summer and vacation season as over 50 Van Fraser members gathered for lunch at The Olde Spaghetti Factory in New Westminster. In addition to the regular attendees several first time guests were on hand to enjoy the event.

The menu featured a selection of pasta dishes complemented with salad and French bread and followed by ice cream, coffee, tea, and soft drinks.

The level of conversation and laughter forced MC Jim Stevenson to clink a glass on several occasions to get people's attention. This was especially true when it came time to draw for the door prizes.



Bruce Mavis (left). Sharon Svensrud (centre) and Sharon Jones enjoying the day.

The luncheon ended on a happy note with everyone wishing each other well for the summer season and looking forward to seeing them at the Fall Luncheon.



Photo above: Jim Robertson happily awaits his lunch.

Photo bottom right: Dennis McCann (left) and Craig Pendman.



Photo right: (left to right)

Betty and Dennis Coles, Alan and Florence Sung



CRUISING HOME FROM HAWAII

A group of Van-Fraser members and friends took advantage of the opportunity to sail on a Repositioning Cruise aboard the *Noordam* as it sailed from Honolulu to Vancouver.

The ship was moving to Vancouver to begin its Alaska Cruise season.

Prior to the Cruise members enjoyed a few days in Honolulu including the warmth and sunshine of Waikiki, shopping at the various markets in the area and relaxing in the evenings with beautiful sunsets.

Once aboard ship everyone enjoyed a brief stopover at the island of Kauai before five days sailing to Vancouver.

Comments following the cruise included; *"I thoroughly enjoyed the 7 day repositioning cruise and hope to take another one in the not too distant future. This past couple of weeks provided me with amazing connections with new friends-and old ones too!"; "Has been fun meeting old friends and talking about life, work and relationships"; "We are grateful for the benefits of the Heritage Club"; A wonderful time and we plan more trips with the club."*

The cruise ended with an unusual coincidence. As the ship was docking in Vancouver and while waiting to disembark. Fred Danells decided to enjoy a cup of coffee at the stern of the ship. As he was enjoying his coffee a cruise ship arrived from Japan and docked stern to stern. Sitting on the stern on the other ship, enjoying a coffee while waiting to disembark was fellow Heritage Club member Ken Cornish. The chance meeting featured several shouted greetings!



Happy Hour aboard the *Noordam* (left to right); Roy Cummings, Michelle Hiew, Mike Nahimy, , Fred Danells, Edmund Wong and Carol Cummings.

TRAVEL CLUB OPPORTUNITIES

On Thursday, June 20/19 forty Van-Fraser members, family and friends, set sail on the Queen Elizabeth II to cruise to Alaska and enjoy the "Cunard Experience". The QEII has taken time from its Around the World Cruise to make several trips to Alaska.

The Van-Fraser Travel Club provides opportunities to enjoy many voyages and a variety of vacation excursions with fellow club members and stays up to date with the latest "deals" available.

If you are interesting in finding out about the various travel opportunities the Travel Club will keep you informed. Contact the Van-Fraser office at 604 482-4311.



ARCHIVE UPDATE: SEARCHING

The cataloguing of publications in the Van-Fraser Club Collection has been completed and we have identified a number of missing editions from several discontinued and current magazines.

Missing Editions from:

Canadian Postmaster

The publication of the Canadian Postmasters Association prior to CPAA

The Postal Tribune

The publication of the Canadian Post Office Employees Association

The Railway Mail Clerk

The publication of the Railway Mail Clerks Association

Communication

A Canada Post publication sent to all employees

Performance Magazine

A Canada Post publication sent to all employees

Contact Magazine

A Canada Post publication sent to all employees

Heritage Magazine

A Canada Post publication sent to all members of the Heritage Club

Manager Magazine

A Canada Post publication sent to all managers and supervisors

Interaction

A Canada Post publication sent to all managers and supervisors

Pacific Post

A Pacific Region publication sent to all Pacific Region Employees

Pacific Xpress

A Pacific Region publication sent to all Pacific Region Employees

We are also looking for Retail Publications such as *Details* and any publications from other Regions or Districts.

The next material to be catalogued will be Postal Booklets and Forms.

If you have any of these items or Postal Memorabilia and are willing to donate them to the Pacific Postal Archives and Museum please contact us at vanfrasernews@gmail.com or 604 482-4311.



Scholarship Program 2019

OPEN: April 1, 2019

*"Smells like
an A+ to me"*



Johnson Insurance is proud to offer 50 scholarships, valued at \$1000 each, to eligible students completing high school in 2019 and starting post-secondary education in the fall.

Johnson Insurance has awarded over 1500 scholarships valued at more than \$1 million to support young Canadians across Canada in pursuit of their post-secondary education.

To learn more, visit Johnson.ca/scholarship
scholarshipfund@johnson.ca
1-866-544-2673

Application Deadline: August 12, 2019

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INSURANCE
HOME · CAR · TRAVEL

Johnson Insurance is a tradename of Johnson Inc. ("Johnson"), a licensed insurance intermediary, and operates as Johnson Insurance Services in British Columbia.

DATES TO REMEMBER

| | |
|--------------------------|---|
| August 14/19 | New Event! Golf and Lunch at the Willows, Surrey |
| August 20-21/19 | Work Party, Railway Mail Car, Squamish |
| September 8-13/19 | Annual U-Drive to Yakima WA |
| September 20/19 | 30th Anniversary Gala Banquet |
| November 8/19 | Honouring Our Own Ceremony |
| November 13/19 | Santa's Elves Orientation |
| November 17-20/19 | Four day Tulalip Bus Trip |
| November 27/19 | Christmas Luncheon, Green Acres, Richmond |



A reminder for everyone on the Annual U-Drive to Yakima. Remember that Tuesday, September 10th is *Tacky Tourist Tuesday* with a prize for whoever is the Tackiest Tourist!

NEW EVENT!

Join us August 14/19 at 9:30 am for a round of golf and lunch at the Willows, Surrey Golf Club in Surrey. The fee for nine holes is \$25.00 which includes a \$10.00 voucher for lunch. All golfers are welcome, new, inexperienced and regulars. It is a course for all levels of play.

Mark this date on your calendar and meet others members for a fun time.

To register email the Van Fraser vanfrasernews@gmail.com or leave a message at the office: [604-482-4311](tel:604-482-4311). Please register before August 4/19.

Willows, Surrey Golf Club is conveniently situated on the eastern boundary of Surrey near the Langley/Surrey border and is readily accessible from #1 Highway via the 176th Street exit to the North and #10 Highway via Route 99 to the south. The address is 7700 168 St. ,Surrey.



It has an Executive Nine – The Willows Nine.

The Willows Nine features 5 par 3's and 3 par 4's and 1 par 5. Water is featured on 4 holes; there are ample bunkers and the greens are interesting and challenging. The Clubhouse is comfortable featuring the 80 seat Bud's Bar and Grill. Practice facilities include a large putting green, chipping green, practice bunker and a 'self use' practice triangle.

GALA BANQUET TICKETS SELLING QUICKLY

Enquiries and requests for tickets for the 30th Annual Gala Banquet, September 30 are being received at a fast pace.

30th Anniversary

TICKETS ARE GOING FAST!

All those who indicated on their Registration Form they would be attending the Banquet will have received an application for tickets in the mail. Individuals who regularly book a table of 10 have also been sent an application in the mail. These forms should be completed and returned promptly in order to ensure space is reserved for you.

Demand for tickets for this 30th Anniversary is high, space is limited, so act quickly to guarantee your seat for this special event.



*Van Fraser
Heritage Club*

**A TICKET APPLICATION FORM
ACCOMPANIES THE NEWSLETTER.
COMPLETE AND RETURN
IMMEDIATELY!**

PLEASE REMEMBER TO DATE AND SIGN YOUR CHEQUES!

A number of cheques received in payment for Annual Dues and tickets for events have arrived with no date or without a signature.

These must be returned to the member for completion causing delays and inconvenience.

Please remember to date and sign your cheques.



Van-Fraser News

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any/all submissions
in whole or part
for use in this publication

**2019 TRAVEL OPPORTUNITIES
CANADA POST HERITAGE CLUB MEMBERS AND FRIENDS**

June 30, 2019 7 or 14 nights Alaska Cruise, Vancouver to Anchorage on the Westerdam, visit Ketchikan, Juneau, Skagway and Glacier Bay. With this trip, you can fly home from Anchorage or continue on a land tour to Denali ,etc before flying home or you can stay on the ship and cruise, 7 days, back to Vancouver with a full day in Seward for salmon/ halibut fishing or to explore the Kenai Fjords while in Seward. Call the Heritage Club for information on all these options and for some great last minute prices for the cruise. Still a few cabins left at time of writing.

August 28, 2019 7 night Alaska cruise ,Vancouver Return, on the Volendam, visiting Tracy Arm, Glacier Bay, Juneau, Skagway and Ketchikan. Window cabins from \$920.00 CAD plus taxes . No flights required!

September 8-13/19 Yakima U-Drive Trip. Drive your own vehicle or car pool with another member. Enjoy sightseeing, shopping, pool time, BBQ's, golf, shopping and more.

October 6, 2019 14 day Eastern Canada/New England Cruise, (including a port in Newfoundland) on the Norwegian Dawn, Quebec City to New York. Visit Quebec City (over night), la Baie, Saguenay; Corner Brook Newfoundland; Charlottetown; Sydney; Halifax; Saint John; Portland, Maine; Newport; New York (overnight on ship). Inside cabins start at \$869.00 plus tax. Call for details and latest promotions. Join other members for this much requested Eastern Canada/USA tour.

November 17-20/19 4 Day Tulalip Bus Trip. Call for Registration form.

NEW!! March 15/20 48 Day cruise , Repositioning from Fort Lauderdale to Vancouver, all around South America on the Koningsdam. Visit Barbados; French Guiana; 3 ports in Brazil; Uruguay; Buenos Aires, Argentina (overnight); 3 ports in Chile plus cruising the Chilean fjords; cruising through the Strait of Magellan; Peru; Costa Rica; Nicaragua; Guatemala; Puerto Vallarta; San Diego; Victoria and disembark in Vancouver! Inside cabins from \$5784.00 plus taxes. Call for a brochure and current promotions .

NEW!! PARTNERSHIP WITH COLLETTE TOURS

October 16-26, 2019 SHADES OF IRELAND ,Visit Dublin, Kilkenny, Waterford, Blarney Castle, Killarney, Lmerick, Cliffs of Moyer, and Galeay. Call for current prices.

February 17-28, 2020 Sunny Portugal, Visit Portuguese Riviera, Lisbon, Sintra, Obidos, Fatima, Evora, Alentejo, Sagres, Lagos and more. \$4179.00 pp includes air, hotels and some meals.

April 14-20 ,2020 Reflections of Italy, visit Rome, Assisi, Florence and Venice. \$5664.00 pp includes air, hotels and some meals.

Call the office for colourful information booklet including all the itinerary details and optional excursions with these fully guided tours with Collette.

REMINDER: Be sure you have out of country travel insurance for any trip you book and that it is 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 2019 and paid your dues to be covered. Contact the Heritage Club office for info on MEDOC and for more information on any trips.

Van Fraser Heritage Club: 604 482-4311 or email: vanfrasernews@gmail.com

