



# Van- Fraser News

VAN - FRASER HERITAGE CLUB

## ANTARCTIC ADVENTURERS

In early January 2020 a small and intrepid group of Heritage Club members enjoyed 44 days of cruising around South America and Antarctica.

Marveling at the scenery and wildlife of South America and Antarctica the travelers commented on their journey. *"I was excited by this Cruise but it far exceeded my expectations." "Without a doubt the best cruise I have ever been on." " Words and photos can never do justice to the beauty of Antarctica."*

The travelers were joined by hundreds of whales travelling through the area coming close alongside the ship. On several occasions three pods of whales would feed close to the ship at the same time.



Trying to stay warm on deck off the coast of Antarctica (left to right) Fred Danells, Bev and Mel Wilde.

A large number and wide variety of penguins were seen throughout the voyage. They provided excitement and entertainment as they swam and dived around the ship and off the shoreline.

Unending numbers of glaciers, icebergs, fjords and abundant wildlife all framed by beautiful sunrises and sunsets kept the photographers busy throughout their travels.

In addition to the overwhelming beauty of Antarctica each of the ports between San Antoine, Chile and Buenos Aires, Argentina offered great sightseeing, culinary and cultural experiences. Alpaca sweater proved to be popular amongst the travelers.

Plans are underway for an Antarctic Tour in 2022. Watch the newsletter for information. *(Photo Gallery on Page 3)*



Susan Logan at the mailbox at the "end of the world" in the Falkland Islands

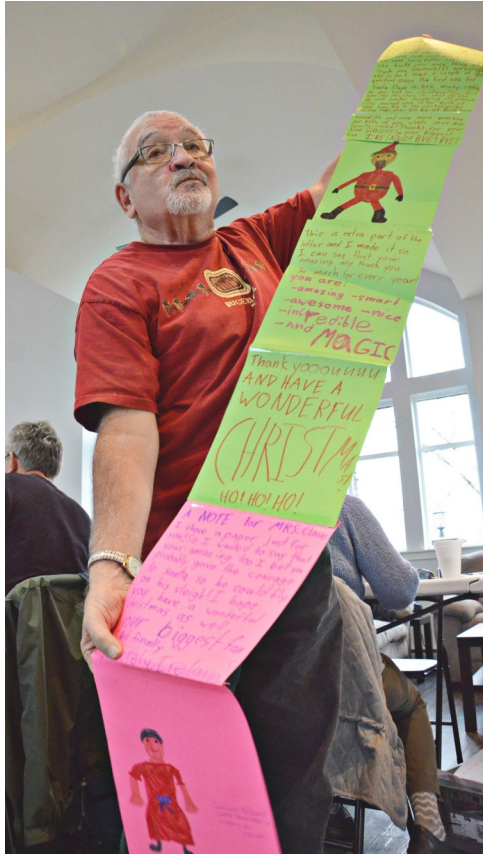
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# LANGLEY NEWSPAPER FEATURES ELVES

A December issue of the Langley Advance Times features Langley Santa Elves hard at work featuring the photos below.



Upper left: Don Campbell shows a very long Santa Letter  
Upper right: Anita Folk shows a School Class Letter.  
Lower left: Sharon Svensrud included a maple leaf in International Letters  
Lower right: Bruce Mavis shows a Santa Letter received from Japan





# ANTARCTIC CRUISE PHOTO GALLERY



(Above left to right) Susan Logan, Charlie and Joan Haws enjoy dining aboard ship in the Pinnacle Grill.



(Above) Leslie Wilson enjoys a stroll on the deck off the coast of Antarctica.



Whales (above) and penguins (below) were frequently along side the ship.

(Below) The group enjoys a day out in Santiago, Chile.





# SANTA SAYS A BIG THANK YOU

One hundred and twenty-one Van Fraser Members volunteered this past Christmas Season to give Santa a BIG HELPING HAND processing all his mail and delivering it to Santa's Special North Pole Post Office. Thanks to all our Delivery Colleagues each and every letter was delivered to bring a special moment of delight, surprise and magic to each child who wrote to Santa.

It is truly amazing realizing more than ever before that so many children sat down, dreamed, and then composed a Letter to Santa.

Every volunteer Elf loves to read each letter and sometimes share the contents with the other Elves. The letters often include stories, questions, jokes, and unique paper crafts made so beautifully by the children.

The kindness and generosity of the Van Fraser Elves is not only invaluable—it is priceless! Thank you to each every one, especially for touching the lives of 99,915 families with a special message in the Spirit of Christmas.

Thank You

Santa  
North Pole Canada  
HOH OHO

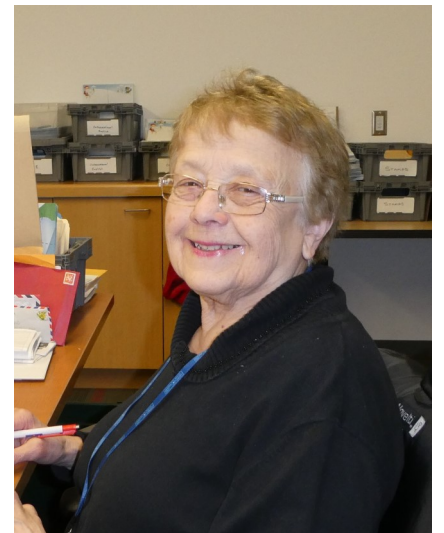


## SANTA'S VOLUNTEER ELVES GALLERY



More photos on Page 5

# SANTA'S VOLUNTEER ELVES GALLERY





# TRAVEL TIPS FROM PRINCESS CRUISES

Planning to travel soon? Regardless of how you plan to travel- by ship, plane, car or bus, the following tips are offered by Princess Cruise Lines and recommended for all travelers.

In an abundance of caution and based on our recent learnings from Diamond Princess, we are encouraging all guests to follow these best practices for travel:

**Pack 14 days of extra medication.** In the event of unexpected travel delays and emergencies, please remember to bring additional prescription medication for at least two weeks beyond the length of the cruise. Also bring a list of the names, strengths and dosages of all medication in case refills are required.

**Provide Emergency Contact.** It is critical that each of our guests provides a validated emergency contact and phone number with your trip organizer. The emergency contact should be a personal connection and not be travelling with you.

**Mobile Phone Instructions.** Guests should enable an International Travel Plan inclusive of voice and data. Cell phones will not work the same in all countries without an International Plan and Wi-Fi is not as available in many countries. An International Plan will enable you to stay connected at a reasonable rate and ensure you can be contacted.

**Purchase Travel Protection.** It's always a good idea and strongly recommend that you purchase some form of travel protection, not only to protect from any losses stemming from unforeseeable circumstances during your vacation, but also have confidence to make new plans with the "cancel for any reason" coverage offered by your plan.

**Practice Healthy Travel Habits.** According to the World Health Organization and the U.S. Center for Disease Control, the simplest and most effective way to prevent illness, is to take care to practice basic health habits, including;

Washing your hands frequently for at least 20 seconds.

Taking advantage of hand sanitizer wherever it's available.

Covering your nose and mouth when coughing or sneezing using a tissue or your bent elbow. And always remember to dispose of the used tissue and wash your hands.

Avoid touching your eyes, nose and mouth with your hands.

Avoid close contact with sick people.



# DATES TO REMEMBER

As we begin a new year take a moment to mark the following dates on your calendar.

- March 20/20** Spring Luncheon at River Rock Casino
- May 3/20** 13 day Spring Bus Trip to South Dakota and Yellowstone
- June 17/20** Summer Luncheon at New Westminster Spaghetti Factory
- September 13-18/20** Annual Yakima U Drive Trip
- September 24/20** Annual Gala Banquet, Continental Seafood Restaurant
- November 9/20** Honouring Our Own Ceremony, PPC
- November 15-18/20** Annual Tulalip Bus Trip
- November 20/20** Santa Elf orientation
- November 25/20** Christmas Luncheon, Greenacres Golf Course



## SPRING LUNCHEON RIVER ROCK CASINO BUFFET March 20, 2019 at 11:30 am

### Back by popular demand!

Once again, our Spring Luncheon will be held at the River Rock Casino Buffet, on the second floor overlooking the Fraser River. Call your colleagues and friends and remind them to book their ticket. Last year we sold out! So don't delay and miss a great luncheon, order your ticket today. A registration form is attached to this newsletter.

There is easy access to the hotel on the Canada Line Sky Train and lots of free parking in the casino parking lot. Plan to stay and enjoy the slots or do some shopping in the nearby Premium Factory Outlets.



It's always a great time to meet with friends and some lucky members will walk away with some nice door prizes. We look forward to seeing you all.

## COLLETTE TOUR AFRICA

Heritage Club members, Linda and Cecil Fisher, are hosting an exciting three week tour to Africa this September and **space is still available**.

The tour leaves YVR on September 15, 2020, stopping over in Frankfurt for one night. Following arrival in Johannesburg the group will experience a fully escorted Collette Tour including Kruger National Park (two full day Game Drives), Knysna, ending in Capetown. The next portion of the tour is a flight to Victoria Falls and Chobe Park (a full day Game Drive).

Excursions include the Apartheid Museum, Blude River Canyon, Featherbed Nature Reserve, Plettenberg Bay, Franschocks Wine Tour, dinner with Wine Tasting, Table Mountain Boulder Beach to see the penguins, Robben Island Tour, Mpisi Village, and a Walk with the Lions. There will also be a Boma Dinner and Dinner with a Local Family. Most meals are included.

Flights are from Vancouver and you may travel via Dubai for a visit rather than travelling via Frankfurt.

For pricing and information contact Linda Fisher at 604 372-1275.



## VAN FRASER ARCHIVES: LOOKING FOR “STUFF”

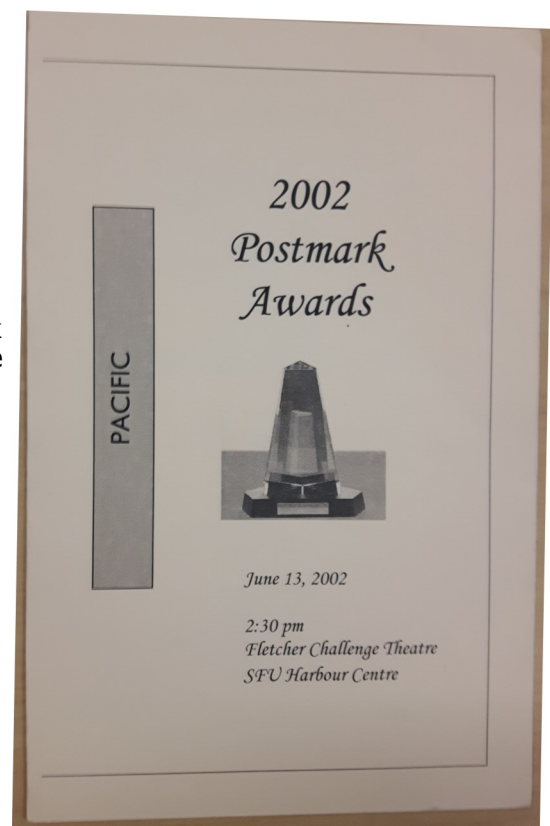
Thank you to Van Fraser members Terry Feser and Frank Sadowsky for their donation of items to the Van Fraser Archives.

Terry sent in Cancellation Stamps dating from the late 1800's while Frank provided two numbered Letter Carrier Cap Badges.

Cataloguing of documents and items in the Archives continues and we recently catalogued items from the Postmark Awards Program. These items included Ceremony Programs from the Gold and Silver Postmark Award Ceremonies. If you have items pertaining to the Postmark Awards Program you wish to donate, please contact us.

The Archives is always looking for any items pertaining to Canada Post Operations and History. If you have Post Office “stuff” taking up space at home that you'd like to clean out, and you wish to donate it to the Archives, then please send it to us at the office, Unit 160-5940 Ferguson Road, Richmond BC V7B 0B1.

If you're not sure if we would want it—phone us and we'll let you know!





# IN MEMORIAM

The Van Fraser Members who passed away in 2019.

*Mary Barry*

*Raymond Kwong*

*Art Penner*

*Dorrene Booker*

*Lawrence Laycock*

*Earl Preece*

*Wiebe DeHaas*

*Norma Lee*

*John Robinson*

*Gloria Esperanza*

*Robert MacDonald*

*Iva Soo*

*Vincent Forwell*

*Barbara McAuley*

*William Steinman*

*Ruth Frankish*

*Don McEwan*

*Barry Smith*

*Kevin Healy*

*Tom Mesic*

*Darryl Whiting*

*Irene Houston*

*Shig Nishimura*

*William Zahara*

*Robert Jasamindse*

*Kerry Pashak*

## CORRECTION

A correction to the article Honouring Our Own/Unveiling Lost Honours in the November/December 2019 newsletter.

The sentence referring to a poem Ashlee Simon is corrected to read;



The poem was written by, Ashlee Simon, 13 year old granddaughter of Van Fraser Member Jeremy Davy was read. The poem was written as a school project and honours her late great-grandfather, Dr. Gerard Barnes, of the Royal Army Medical Corps, who was killed in Tunisia in 1943 while attending to a wounded soldier.

### *Van-Fraser News*

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to edit  
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**2020 TRAVEL OPPORTUNITIES  
CANADA POST HERITAGE CLUB MEMBERS AND FRIENDS**

**May 3/20 13 day Spring Bus** visiting Rapid City ,South Dakota for five days seeing all the parks in the area, including Mount Rushmore, Custer, Badlands, Deadwood and 2 days in Yellowstone National Park. Call for availability.

**NEW!! Partnership with Collette Tours**

**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 for information brochures.

**June 22,2020, 10 day Cruise on the Queen Elizabeth**, Vancouver return. Visit Ketchikan, Juneau, Sitka, Icy Straight, Victoria and both Hubbard and Glacier Bay. Inside cabins from \$1845.00 plus taxes. Call for current price as prices fluctuate regularly. Enjoy the Cunard experience departing from Vancouver.

**July 13,2020 14 day Cruise on the Maasdam, "a classroom at sea"**. Visit Juneau, Ketchikan, Skagway, Anchorage, Homer, Haines, Inian Islands, Valdez, Misty Fjords, Tracy Arm, Hubbard Glacier on this Vancouver Return Trip. A unique opportunity to explore the coast in depth with special lecturers, photography expert, local culinary experiences. Opportunities for fishing. Call the Heritage Club for detailed information sheets and for current price.

**October 16-28,2020 12 night Eastern Canada/New England cruise** on the Empress of the Seas, cruising from Montreal to Miami, visiting Quebec City, Sydney, Halifax, Saint John, Bar Harbour, New York, Port Canaveral and Miami. Inside cabins from \$859.00 CAD per person plus taxes and oceanview from \$1260.00 CAD pp plus taxes. Air fare is extra. Plan to stay in Miami area post cruise. limited Availability!

**November 23,2020. 12 Day Southern Caribbean cruise on the Vision of the Seas, Fort Lauderdale return.** Visit Puerto Limon, Costa Rica; Colon, Panama; Cartegena, Columbia; Aruba (2 days) and Curaçao. Inside cabins from \$1151.00 plus taxes \$175.00 Cad pp.

**November 15-18,2020 4 Day Tulalip Bus Trip.** Visit downtown Seattle and enjoy 3 nights in the deluxe Tulalip Resort for Pre Black Friday shopping, sightseeing, spa and pool time, casino, dining and lots of social time. \$435.00 per person based on double occupancy.

**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 2020 and paid your dues to be covered. Contact the Heritage Club office for info on MEDOC and for more information on any trips. Also, information for MEDOC coverage for your family and friends. Contact Van Fraser Heritage Club: 604 482-4311 or email: vanfrasernews@gmail.com

**NOTE:** Cruise prices and air fares change regularly as new promotions are introduced. To be sure you have current information and to hear about last minute specials, be sure you have ticked the Travel Club box on your annual registration form. We frequently send emails with travel updates to those members on the Travel Club distribution list.

