



# Van- Fraser News

VAN - FRASER HERITAGE CLUB

## A MESSAGE FROM VAN FRASER PRESIDENT

Dear Fellow Members,

As we continue to encounter so many unprecedented changes, I hope you and your family are well and enjoying the beautiful weather we have been having in the greater Vancouver area. I hope as well you are finding meaningful ways to fill your days.

Each day brings new challenges and requires us to reach new levels. In talking with members, we hear many are catching up on chores around the house and garden and many cupboards, backrooms and garages are being de-cluttered. Some members are refining their cooking skills and even making bread. Some say they are enjoying the many podcasts and webcam broadcasts being made available to enjoy. Some of these podcasts display virtual travel, concerts, museum tours, etc. Many members are getting together with family and friends via the ZOOM video conference app., Face Time and Skype. This is a good time to review all your photos of family and gatherings to enjoy the memories and perhaps make those albums you have thought about. In addition, daily walks in quiet areas or drives with a coffee to scenic spots nearby are helping many to keep positive.



Canada Post has implemented a policy to reduce the number of employees working in the Pacific Processing Centre with many working from home. In support of this policy, I and the rest of the executive are not going into the Heritage Club Office and we too are working from home. We continue to monitor our incoming telephone messages and emails. If you have questions or need information, contact us at phone: 604-482-4311 or email: [vanfrasernews@gmail.com](mailto:vanfrasernews@gmail.com).

Canada Post has made it possible to access our computer programs online from home, so we are maintaining our membership database, processing Application Forms for new members, Change of Address notices and updating all of the records. Keeping current and accurate will help maintain our membership benefits/discounts with our Corporate Partners for current active members. The Scholarship Programs will be maintained and you can call the Heritage Club office if you need an Application Form for your child or grandchild and the appropriate form will be mailed to you. The Wellness Centre at PPC, which the Heritage Club maintains, has been closed until further notice. Our newsletter and any special notices will continue to be distributed. The scheduled major refurbishment of our Railway Mail car is underway in Squamish and progress is amazing. The mail car was relocated to the repair shop for the ongoing work. Watch for an update in the next newsletter. Jim's research on Honouring Our Own, Postal Archives and Railway Mail Service continues at his home. Ted Koppman's research on C&D and Postal Services is on hold until further notice.

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## A MESSAGE FROM THE PRESIDENT (CONTINUED)

We continue to make plans for the club and monitor our data base so that all our member information and email addresses are current. Our Tulalip bus trip in November is still planned- be sure to send in your registration form to hold your seat.

If all is well, we plan to have our Spring Luncheon at River Rock on June 17/20 and our Spring bus trip will be rescheduled for May 2021.

I, along with your Executive wish you the very best during these unusual times. Stay home as much as possible but keep your mind active and continue your social connections, whether by internet, telephone or mail and let's look forward to that time when we can all be together in person again.

Please follow Health Guidelines, practice Social Distancing and stay safe!

Fred.



During these times of social isolation and distancing, many of us are finding ways to cope. Our editor, Jim Bain was happy to discover he had way more room to spread out at home than he does in the Heritage Club Office. *L. Wilson*

## SPRING LUNCHEON RESCHEDULED TO JUNE 17/20

**Rescheduled and 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! There a just a few spaces left.

So don't delay and miss a great luncheon, order your ticket today. If you require an order form please contact the office at 604 482-4311 or via email at [vanfrasernews@gmail.com](mailto:vanfrasernews@gmail.com).



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.

## THANK YOU TO COLLEAGUES STILL ON THE JOB

A very large **Thank You** and **Hats Off** to all our Canada Post Colleagues, fellow Heritage Club members and friends who are still on the job providing Canadians with an Essential Service. They are an important component in a large group of individuals, in a wide variety of service activities, who remain working to help Canadians through these trying times.

Mail service, particularly the delivery of necessary items ordered on line or by phone, is helping ensure those who are unable to leave their homes receive all they need.

If you know or see a Postal Clerk, Letter Carrier, Mail Service Courier, Maintenance Technician, Heavy Vehicle Operator, or any other Canada Post staff still on the job please take just a moment to acknowledge their efforts on our behalf.

They earned it-they deserve it!



## MONDAY NIGHT PUB GROUP KEEPS IN TOUCH

Richmond members met each Monday for the Happy Hour Specials at 5 pm. at the Buck And Ear Pub in Steveston.

While the group can't physically meet at this time, they are in contact virtually by sending emails with photos, tips on how to make the most of isolation and general words of support to each other.

Some are even creating their Happy Hour favourites, wings, ribs, chicken strips at home on Monday's to keep up the tradition.



All are looking forward to the first Monday it will be safe to meet again and invite others in Richmond or areas nearby to join them.

# HOW TO PRACTICE SELF-CARE DURING THIS DIFFICULT TIME— PRINCESS CRUISES NEWSLETTER

It's common and totally normal to feel afraid and stressed during a pandemic or outbreak. But taking time to step away from the noise and focus on yourself to help ease those feelings.

**Make time to unwind.** Make time for those projects that make you happy. Spend time reading, writing, knitting, painting, de-cluttering, meditating or yoga— whatever you enjoy.

*"If you like to cook, plan out your next few days of meals and cook healthy dishes for yourself and everyone in your house using whatever you have on hand. This will challenge your creativity and help you fight boredom" says Doctor Maphis. "But if you're sick, leave the cooking to someone else."*

Doing something with your hands can be a great release for times such as this. Just remember to practice good handwashing!

**Exercise to promote good health.** *"If you're stuck in your house, take time to move around a little,"* says Dr. Maphis. There are plenty of free videos you can do right at home and free trials for to apps you can download to your phone.

*"Ask your Doctor first if you have any questions about your ability to exercise safely and consider low impact forms of exercise" said Dr. Maphis.*

Exercise of any kind helps boost and support the immune system. It's also a great tool for managing anxiety and stress and will help you pass time throughout the day.

**Be mindful to support your immune system.** Mindfulness, which can be defined as present moment awareness, has been growing more and more each year, and now is a great time to try it out for yourself. Just five minutes of mediation each day can help you reset your mind and perspective.

*"Meditation and breathing can help you slow your heart rate down and clear your mind. When practiced regularly, it can buffer the effects of stress, which helps support your immune system,"* said Dr. Maphis.

But you don't have to be "mindful" in a meditative way if it doesn't work for you. Taking a bath or reading a book— and staying off social media during these times—helps to clear your mind and relax.

## **Ways of being "mindful" include;**

- \* Breathing exercises, focusing on each inhale and exhale
- \* Eating healthy meals, savouring each bite
- \* Meditating on a positive word (relaxation, ease or calm) or an image that makes you happy
- \* Intentionally reconnected with an old friend (electronically of course)
- \* Taking a bath, noticing the warm temperature and its effects on muscle tension relaxing



# HOW TO PRACTICE SELF-CARE DURING THIS DIFFICULT TIME— PRINCESS CRUISES NEWSLETTER

**Take breaks from the news.** Taking breaks from the news and social media helps distance yourself, even a little more, from what's going on and avoid getting overwhelmed. When you're spending time doing another activity, you're automatically removing yourself from the barrage of news and social media that can be hard to avoid.

And, when you're practicing self-care, consider not posting to your favourite social media channels to really embrace giving yourself a break from these outlets. It can actually feel empowering.

*"Taking these steps to practice self-care will help a great deal to pass the time and to feel you've done something productive with it. Seeking reliable, up to date, and accurate information can help to feel overwhelmed by all of the information that's out there," said Dr. Maphis. "And by seeking reliable information from trusted sources, you'll feel well-informed and less anxious."*

**Remind yourself why.** Remind yourself why you're practicing isolation or quarantine. It's to keep not only ourselves safe but our older neighbours down the street, our parents and others we care about or may be extra vulnerable.

Thank yourself for doing such an honourable and selfless act, and keep your mind busy as much as possible.



## DATES TO REMEMBER

### JUNE 17/20

Summer Luncheon, River Rock Casino/Hotel, Richmond

### SEPTEMBER 13-18/20

Yakima WA U-Drive

### SEPTEMBER 24/20

Annual Gala Banquet, Continental Seafood Restaurant, Richmond

### NOVEMBER 9/20

Honouring Our Own Ceremony, PPC Richmond

### NOVEMBER 15-18/20

Tulalip WA Bus Trip

### NOVEMBER 20/20

Santa Elf Orientation, PPC Richmond

### NOVEMBER 25/20

Christmas Luncheon, Greenacres Golf Course. Richmond



## THERE WAS A TIME: THE RAILWAY MAIL SERVICE

*The Was A Time* when most everything in Canada travelled by rail. Canadian business, citizens, and Post Office relied on a vast network of main lines and branch lines to move freight, people and mail between cities, towns and villages. The main lines still work to move freight across the country but many of the smaller branch lines, such as the Kettle Valley Line in the Kootenays, are no longer used as a railway right of way.

The Railway Mail Service began operation in 1854 with the expansion of railways and passenger service across the country. The Railway Mail service, utilizing the vast rail line network, provided service up until 1971. In the 1950's, as air travel became more accessible and affordable, travel by rail began to decline. Also, road networks, servicing rural communities, began to expand and transportation of both people and freight by vehicle become more economical. Railways began to markedly reduce passenger train service and with this reduction the use of the Railway Mail Service began to decline.

Recently a package of 52 photos taken by RMC Rego Busch were given to the Van Fraser Heritage Club. The photos, taken primarily on a Railway Mail Clerk on the Calgary/Vancouver Line— Cal & Van, are a poignant reminder of the History and Heritage of Canada Post employees and one of the Missions of the Heritage Club.

The Van Fraser Heritage Club fulfills the Mission of preserving and presenting the History of Canada Post and our Members with the refurbishing and maintenance of Railway Mail Car 3704 at the West Coast Railway Heritage Park in Squamish. The club also has a collection of artifacts and materials from the Railway Mail Service including Cancellation Hammers, Sortation Guides, and the 1940 Operating Instruction for Railway Mail Clerks. Van Fraser continues to search for items relating to the Railway Mail Service and if you are aware of any that may be available please contact us.

Railway Mail Clerks were a unique group of individuals who sorted mail as the world moved beneath their feet and in their travels experienced a number of adventures. The next several editions of Van Fraser News will include stories of the Railway Mail Service and the recollections of some Railway Mail Clerks.

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Railway Mail Clerks (left to right) Rego Busch, Bob Ballantyne, Jack Conway and Warren Elliott on their last run with a Railway Mail Car, June 23, 1965

Space was at a premium in the confined space of a Railway Mail Car and you can see the sortation cases in the background are taller than a current case to take advantage of the height of the car.

## THERE WAS A TIME (continued)

Every inch of space on a Railway Car was put to use.

It was common at that time to have newspapers and catalogues shipped by mail across the country. On a Railway Mail Car they would be sorted into overhead bins (shown in the photo right) nicknamed "Rabbit Cages".

In the photo right Fred Dingwell is shown preparing the newspapers for despatch. The photo also shows sorting tables that would fold up against the outer wall to allow more room when despatches were being prepared.

As you can see there was not much room to move around and the Railway Mail Clerks had to work well as a team in order to get the job done.



Work on a Railway Mail Car was intense as clerks worked through the volumes to make sure everything on hand was ready for the next Post Office on the rail line.

It was always a relief when a trip ended and in the photo below D. Stewart, A. Fischer and Bill Manning relax just before the train pulled into the station and they were home.



Railway Lines pass through forested areas in the BC Interior filled with wildlife. Passenger Trains, with Railway Mail Cars, were often moved off the Main Line to a siding to allow a Fast Freight Train to go through.

In the photo above Railway Mail Clerk Howard Pound feeds an Elk on a siding just outside Field BC.



# SCHOLARSHIP OPPORTUNITIES

There are a number of scholarships available for children/ grandchildren of active Heritage Club members.

## **VANCOUVER FRASER HERITAGE CLUB SCHOLARSHIP PROGRAM**

The Van Fraser Scholarship Program is offered for children in their preparatory education and formative development, grades 8 to 12/ages 13 to 18 with success in educational programs and activity that promotes development as a future Canadian leader. Eligibility requires that applicants must have a parent/grandparent who is a current active member of the Van Fraser Heritage Club. Our goal is to encourage children to take on leadership roles, to prepare them for higher educational opportunities and other career aspirations. It is a great way to encourage and reward your children who are willing to take on extra challenges. The deadline for this scholarship is June 30, 2020. For further information contact the office at 604 482-4311 or email [cpcvfhcscholarship@gmail.com](mailto:cpcvfhcscholarship@gmail.com)

## **NATIONAL HERITAGE CLUB SCHOLARSHIP**

The Heritage Club is planning to award three (3) scholarships to children or grand children of all dues paying members of the Heritage Club. The scholarships are valued at \$1,000 each for university or college studies. The scholarships will be awarded to students starting, for the first time, their first year of full time studies.

ELIGIBILITY CRITERIA- dependent children, including adopted children and stepchildren, grandchildren, wards in legal guardianship of all active members (dues paying member for the last 2 years) of a Heritage Club Chapter. Applicants who have previously received a Heritage Club scholarship are not eligible.

## **JOHNSON INSURANCE SCHOLARSHIP**

Johnson Insurance offers 50 scholarships valued at \$1000 each to eligible students completing high school in 2020 and going to University in the fall of 2020. This program is open April 1, 2020. Eligibility is for children or grandchildren of a current active member of CPC Heritage Club. For more information contact [scholarshipfund@Johnson.ca](mailto:scholarshipfund@Johnson.ca) or phone 1-866-544-2673.

## **CANADA POST SCHOLARSHIPS**

Scholarships offered for children of employees attending college or university. Eligibility is for children of members who are currently employed at Canada Post.

For more information and application forms, contact the Heritage Club Office at 694-482-4311 or email [vanfrasernews@gmail.com](mailto:vanfrasernews@gmail.com)





# ALASKA TRAVEL SHOW

In early March, A number of Van Fraser members attended the Alaska Travel show sponsored by Holland America at the Fairmount Hotel in Vancouver. There were presentations by many of the Alaskan tour operators and venues along with ongoing presentations by each supplier providing lots of information and inspiration for future travellers. It was a fun day for all who attended.

Unfortunately, we had very little notice of this opportunity but will let everyone know in advance if the show is repeated in Vancouver next year.



Photos-

Above right (left to right)

Fred, Orlando Ashford, President Holland America, Leslie, Susan and Conan Hoy.

Left. William Pang enjoying a coffee while speaking with Alaskan tour guides.

Right. Janice Whiting listens to an Alaskan entertainer while enjoying some tasty "smores".



## ARE YOU COVERED?

In order maintain your Home and Travel Insurance or qualify for discounts with our Corporate Partners you must be a "paid" member of the Heritage Club.

A considerable number of Membership Forms mailed out with our previous newsletter have yet to be returned.

Those who have not completed and returned the Membership Form along with payment for Club Membership are jeopardizing their Insurance Coverage and Discount Qualifications.

If you have not completed and returned your Membership Form please take a moment and make sure you are covered.



### *Van-Fraser News*

Until is published by the

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The editor reserves the right to edit any/all submissions in whole or part for use in this publication

## 2020 TRAVEL OPPORTUNITIES CANADA POST HERITAGE CLUB MEMBERS AND FRIENDS

~~May 3/20 12 day Spring Bus~~ visiting Rapid City ,South Dakota for five days seeing all the parks in the area, including amount Rushmore, Custer, Badlands, Deadwood and 2 days in Yellowstone National Park. Call for availability.

**\*\*POSTPONED 'til MAY,2021.**

### **NEW!! Partnership with Collette Tours.**

Watch for new itineraries and dates for fall of 2020 / 2021 in forthcoming newsletters.

**June 14,2021 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. NOTE: This sailing has been rescheduled to 2021 and is available to book now. Inside cabins from \$2795.00 CAD pp plus taxes and windows from \$3061.00 CAD pp plus taxes. This offer includes a signature beverage package ( up to 15 drinks a day), prepaid gratuities,\$75.00 OBC and a deposit refundable til March 2021. Call for lower prices available without the amenities or with a non refundable deposit.

**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 \$1079.00 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.

**January 5/22 and January 27/22** Two 22 day cruises around South America and Antarctica. Cruise one segment or cruise back to back for 44 days and two Antarctica experiences. Call now for details or watch for information in next newsletter.

**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. Van Fraser Heritage Club: 604 482-4311 or email: [vanfrasernews@gmail.com](mailto: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.

