



Van- Fraser News

VAN - FRASER HERITAGE CLUB

VAN FRASER SCHOLARSHIP PRESENTATION

The Covid 19 Pandemic has forced the cancellation of a number of Van Fraser events including the Annual Banquet where the Van Fraser Scholarship would be presented to the 2020 Recipient. As the banquet was cancelled a small gathering was held to present this year's winner, Ashley Chan, with her award. Ashley is the granddaughter of Van MPP-City Division, Postal Clerks David and Miranda Chan.

The Van Fraser Scholarship, based upon a suggestion by Stan Wong, is offered to children in their preparatory education and formative development years, grades 8



Van Fraser President Fred Danells presents 2020 Scholarship Winner Ashley Chan with her award.



Scholarship Chairman Alan Sung presented Ashley with her Scholarship Certificate.

to 12 and ages 13 to 18. An applicant must have successful educational programs and career prep as a future Canadian leader. Eligibility requires applicants to have a parent/grandparent who is a current active member of the Van Fraser Heritage Club. The Selection Committee members are Alan Sung, Jean Wong and Pat Medforth.

Ashley is a Grade 12 Student at Burnaby North and is described by the Selection Committee as a very successful, well rounded individual who has shown varied interests and achievements.

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SCHOLARSHIP WINNER

Ashley is described by the Scholarship Committee as a hard working individual who believes in teamwork, communication, customer service, time management, and mental durability. She also embraces family and friends. Her application was well supported by her several references.

Scholastically she maintains a 90+ academic average through concentrated effort.

Ashley's interests include Ringette, swimming, physical fitness, First Aid, creative writing and peer coaching.



The Chan Family (left to right) Miranda (grandmother), Matthew (father), Ashley, Brendan (brother) and Jean (mother)

She established a reliable First Aid Room for sick students in her school. Ashley also coaches Ringette, enforcing On Ice Safety Rules. A reference from her Part Time employment describes her as providing excellent Customer Service as a Barista and Cashier.

On behalf of all Van Fraser members Scholarship Committee Chair Alan Sung wished Ashley success as she completes her Grade 12 Education and then moves on to Post Secondary challenges.



Scholarship Committee members (left to right) Alan Sung and Jean Wong with Ashley and grandmother Miranda and Scholarship creator Stan Wong.

Academic success and achievement is well represented in the Chan family as Ashley's father Matthew received one of the first Canada Post Scholarships in 1969.

Many children and grandchildren of Van Fraser members have been awarded scholarships from Canada Post and the Heritage Club. In addition to Matthew Chan one of the first winners in 1969 was Leslie Nyberg, daughter of Van Fraser member Donna Nyberg.

Information on a variety of Canada Post and Heritage Club Scholarships is available at the Van Fraser Office, 604-482-4311.

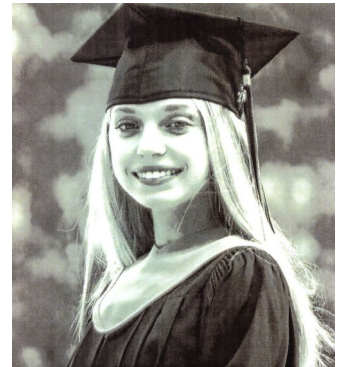
HERITAGE CLUB 2020 SCHOLARSHIP RESULTS

As we all know, the Covid-19 Pandemic has disrupted our lives in ways we never could have anticipated. Perhaps one of the more affected groups has been our young people, who are graduating high school without actually completing the year or observing any of the normal ceremonies of graduation. Now they are faced with trying to build a future as they enter university life without a clear picture of how that will work-certainly not what it looked like previously. No more than ever they need our support, and for that reason we are very proud to present the Canada Post Heritage Club 2020 Scholarships to three very worthy recipients. Thanks to all who applied, thanks to the judges and congratulations to Abigail, Anika, and Shanya. Good luck in your studies.

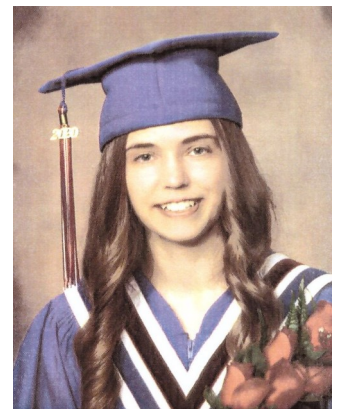
ABILGAIL LEU: Abigail Leu is the granddaughter of Walter Leu, member of Simcoe Chapter. She has shown herself to be a caring and capable leader through her participation in multiple activities throughout her high school years. Media executive for her school's on-line magazine, president of two very successful Junior Achievement Teams and a founding member of Relay For Life Team, her interests are many and varied. In response to the Covid-19 crisis she showed resilience as she was instrumental in transitioning the Kindness Project to virtual for her Business Leadership class, collaborating with speakers, creating training kits for other schools and building the website. Her communications skills are well recognized and she has maintained a high average throughout. We wish Abigail every success as she pursues her studies in Business Administration at SirWilfred Laurier.



ANIKA HEIDINGER: Anika Heidinger is the step-granddaughter of Heartland member David Zayac. Anika has turned learning exceptionality into Honour Roll success in her four years of high school. She has demonstrated her compassion and concern for others in her work as a gymnastics coach and her many volunteer activities. She is the Editor at Large for her yearbook, having taken many of the pictures for the book and also helped create the layout of the book itself. Rarely seen without a camera, she also participated in a polar bear research trip to Churchill MB, and is working on a young-children's book to educate others about climate change, proceeds to go to charity. Anika hopes to become a lawyer, and we wish her well as she begins her studies at the University of Manitoba.



SHANAYA McMILLAN: Shanya McMillan is the granddaughter of Robert L. Sweetland, member of the Heartland Chapter. Shanya received the Governor General's Academic Bronze Medal for her final average, while being the only graduate from her school to complete the International Baccalaureate (IB) Program. In addition to her notable academic achievements, she was a leader in the Writing Club, Debate Team, Science Fair, as well as curling, soccer, Ukrainian dance, and as a volunteer swim coach working with children who require extra help. A Type 1 Diabetic herself, Shanaya has volunteered with the JDFR and Diabetes Canada for many years, even creating and delivering her own educational presentation for elementary and university Students. She intends to pursue a Science Degree at the University of Manitoba, and we are confident that she will be successful in her endeavours.



PENTICTON U DRIVE A PLEASURE FOR ALL

In mid-September, 17 Van Fraser Members and friends drove to Penticton for a five day visit, staying at the Sahara Courtyard Inn. All were excited that we were able to relocate our annual trip from Yakima, Washington to Penticton, for a "staycation".

Upon arrival, tables were set up by the pool with seating for four at each table and lots of room for social distancing. Mel and Bev Wilde, members from Kelowna had arrived the evening before with four cartons of fresh picked fruit from their friend's orchard. On each table every evening, we had beautiful baskets of a variety of fresh fruit for the group to enjoy during happy hour and to take to their room for breakfast the next day. Many thanks to Mel and Bev for this treat.



The travellers enjoying a relaxing dinner..

During the day people would go off in their own vehicles for a variety of excursions. The golfers in the group played at three different beautiful golf courses nearby while others would go sightseeing, enjoying downtown Penticton and going off to the outskirts visiting the numerous fresh fruit markets and vineyards. There were beautiful drives and walks from the hotel within 20 minutes towards Summerland and Naramata. Some picked up fresh fruit, vegetables, pastries and were able to sit by the lake or bring back to have a picnic. A group excursion was organized one afternoon to the Bench 1755 Winery, in groups of six, to sample a variety of wines and some purchases were made as well.



Group members sampling wine at the Bench 1755 Winery.

Each afternoon, the group met poolside, (always mindful of social distancing and (sanitizing), for Happy Hour, followed by dinner. There were always lots of chatter, catching up on what all have been doing during the Pandemic, sharing the places visited during the day, showing the purchases made, including homemade pies, candy, jams and syrups. The golfers were excited about the beauty of the courses and discussed the great drives and the challenges.

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PENTICTON U DRIVE

A best ball tournament was held on the final morning at the beautiful St. Andrew by the Lake course. This is always a time for golfers and non-golfers, played in the best ball format and the focus on fun for all. Congratulations to the winning team—Anne Young, Ken Cornish and Mike Willems.

Everyone was happy to stay by the pool for our BBQ dinners. It was a comfortable setting, with no driving, safe for those who had a drink and everyone could be together rather than dispersing to different restaurants— plus the bonus, the price for all the meals was only \$15.00 per person total— no taxes, no tips and delicious! Meals were beef dip with au jus and salad followed by Carrot cake; Slow cooked Ham with fresh peaches with baked potatoes and stir fry noodles, with Tuxedo Cake and the final night ,we had BBQ chicken, roast potatoes and corn on the cob, with Granny's home-made pies.

We were thrilled to celebrate Bill Walks 90th birthday as well as Fred's and Brent's birthdays during the week.

We were so fortunate to be able to arrange this ever popular U Drive trip and encourage others to watch for our U Drive next year. If it is still not safe to travel to Yakima, there was unanimous consent that Penticton will be an excellent option and



Bill and Sandra Walks celebrated Bill's 90th Birthday.



Mike Willems pondering just how he's going to get his ball back into play!

nice to stay in BC. It is a comfortable trip where everyone can travel at their own pace, budget friendly and lots of fun for everyone.

Thanks to Ken Cornish for organizing the trip for us, finding the site, planning the schedule and keeping in touch with all.

Thanks to Rav and Harv, managers /owners of the Sahara Courtyard Inn and all of the staff who were so accommodating, so friendly, had Covid 19 protocols in place and had much patience with us! They truly made us feel at home.

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PENTICTON U DRIVE PHOTO ALBUM



PHOTO LISTING

Top Left: Mike Willems pitches in to carve the ham.

Centre Left: Carol Burchett sets out the food to be plated and served.

Bottom Left: Janet Maxwell (left) and Sharon Svensrud share their craft tips. Janet made the quilt and Sharon made the blue table cloth.

Top Right: Ken Cornish (right) makes sure the chicken is cooked to perfection

Centre Right: The winning golf team (left to right) Mike Willems, Anne Young and Ken Cornish.

RENOVATIONS OF “THE POST” CONTINUE

Renovations and additional construction at the former Mail Processing Plant, now named “The Post” continue.

Construction of the south tower has begun and a ramp to facilitate parking on the third floor has been finished. Final completion of the project is scheduled for 2023. Construction will soon begin on the north tower.

The majority of the 1.1 million square feet of has been already leased by Amazon who recently announced the hiring of an addition 3,000 employees in their Vancouver operation. They will have 6,000 staff situated in “The Post”.



Construction of the South Tower is underway. (Photo courtesy Alan Sung)

The former retail lobby is being retained and expanded to 200,000 square feet and it's expected



A spiral ramp for parking access from Homer Street is nearing completion, (Photo courtesy of Alan Sung)

that some the space will be occupied by Amazon owned retail outlets such as Whole Foods, Amazon Books or Amazon Go. The area is also slated to house a food services area.

The building will retain a number of its icon features including the relief of a Letter Carrier at the Homer Street entrance, the Canada Crest, and the tile mural in the retail lobby. The address will remain 349 West Georgia.

Updates, news and announcements on the conversion of the Van MPP are available at the Quadreal Web site; <https://www.quadreal.com/casestudy/the-post-vancouver/>.

HONOURING OUR OWN

Each year, prior to Remembrance Day, the Van Fraser Heritage Club hosts a ceremony to honour the Canada Post employees who lost their lives in military service or as a result of service. In World War I and II.

Two hundred and thirty-two Canada Post employees from British Columbia including Postal Clerks, Letter Carriers, Railway Mail Clerks and Postmasters served in World War I. The records for World War II are not yet available, except to family members, but we have been able to identify some Canada Post employees who served.

The COVID 19 Pandemic will prevent us from hosting an Honouring Our Own Ceremony this year. We ask each of our members to pause at 11 am on November 11, 2020 for a moment and remember those who have given the ultimate sacrifice and these Canada Post employees in particular.



WORLD WAR I

Herbert Norman Canning
Letter Carrier, Victoria

James Hayes
Railway Mail Clerk, Vancouver

James Pender
Postal Clerk, Vancouver

Frank Edward Carr
Postal Clerk, Vancouver

Henry Harry Jackson
Postal Clerk, Vancouver

Marshal Wilder Pineo
Postmaster, Fort Fraser

Joseph White Cornick
Postal Clerk, Victoria

John Jamieson
Letter Carrier, Vancouver

Laurence Oliver Randle
Postal Clerk, Nanaimo

Alfred James Dailey
Letter Carrier, New West.

Douglas John Lamborn
Letter Carrier, Victoria

Joseph Richardson
Letter, Vancouver

Arthur Gibson
Postmaster, 150 Mile House

Rae Bruce McCallum
Postal Clerk, Victoria

Archie Blackwood Russell
Railway Mail Clerk, Pr. Rupert

Arthur Frederick Goffin
Railway Mail Clerk, Haney

Thomas Charles Morris-White
Letter Carrier, Vancouver

James Elliot Stephen
Postal Clerk, Pr. Rupert

Samuel Livingston Haegert
Letter Carrier, Victoria

Clarence Roy Palmer
Letter Carrier, Vancouver

Ernest M. Wilkinson
Postal Clerk, Victoria

Matthew Henry Harlock
Letter Carrier, Vancouver

Charles Herbert Peart
Postal Clerk, Vancouver

Francis Wenman Wright
Letter Carrier, Vancouver

Alexander Filmore Quinn
Postal Clerk, Vancouver

WORLD WAR II

Russell Haig Clapperton
Postal Clerk, Kamloops

Melvin Ralph Derrick
Letter Carrier, Vancouver

John Gibson
Letter Carrier, Vancouver

Randolph Percy Day
Letter Carrier, New West.

Richard Godfrey East
RR Courier, Keremeos

William Pyle Thomas
Postal Clerk, Vancouver

LOOKING AHEAD!

Van Fraser Member Charles Li sent this photo taken last year and included a comment; *"last year at this time...seems like a long time ago. Take care everyone!"*.

The photo certainly reminds us of the many trips and cruises undertaken by our members. It also serves to remind us that is time to be looking ahead at what sites, sounds and adventures await travellers in the future.

On Page 10 you will find a listing of opportunities available for future travel.

Included in the travel listings you will find the two very popular annual road trips being planned for Van Fraser Members. May will feature the Spring Bus trip that will feature stops at Mount Rushmore and Yellowstone National Park. Currently in planning is the November bus trip to Tulalip which is always popular with bargain shoppers.

Now's the time to be Looking Ahead!



SANTA NEEDS YOUR HELP!

The Santa Letter Season will soon be here and hundreds of thousands of children will be mailing their letters to Santa.

Once again the Heritage Club has stepped up to help Santa respond to all those children.



This year of the Covid-19 Pandemic has been especially difficult and by ensuring a Letter to Santa receives a reply takes on added significance.

Van Fraser is looking to our veteran Elves and new recruits to make sure no child is disappointed. Training will given to all who participate, Health Protocols will be followed and individual elves may work from their own homes. Call the office at 604 482-4311 to volunteer.

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

2021 Travel Opportunities Van Fraser Heritage Club Members, Family and Friends

April 24, 2021 7 Day Repositioning cruise from San Diego to Vancouver on the Koningsdam. Visit San Diego; Avalon, California; Santa Barbara, California; San Francisco (overnight) and Victoria before arriving in Vancouver. Inside cabins from \$1039.00 plus taxes CAD per person and includes an amenity package— all you can drink ,pre paid gratuities and two Speciality dinners. (A lower price of \$649.00 plus taxes pp is available with no amenities). Taxes are \$240.00 pp.

May 1, 2021 7 days Alaska on the Koningsdam, Vancouver return. Visit Ketchikan, Juneau, Skagway and Glacier Bay. Inside cabins from \$1290.00 plus taxes CAD pp and includes the drink package, pre paid gratuities and speciality dining. (A lower rate starting at \$891.00 plus taxes CAD pp is available with no amenity packages) Taxes are \$273.00 pp.

NOTE: These two cruises can be combined for a 14 day cruise.

May 2021 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. ****Watch for news about next years trip****

June 20/21 and June 27/21 14 day cruise on the Nieu Amsterdam to Alaska, Vancouver return. This is two 7 day cruises combined for a 14 day return trip. Call now for detailed itinerary and pricing with the special promo including drinks and prepaid gratuities. Mark you calendar to get back to Alaska for the awesome scenery and perhaps some fishing.

July 14/21 35 day cruise on the Zaandam, Voyage of the Vikings. Boston return. Visit ports in USA, Newfoundland, Greenland, Iceland, Norway, Netherlands, Ireland, Scotland, Nova Scotia. Call the Heritage Club for a detailed itinerary and current prices. ***This voyage is selling out***

October 4, 2021 Travel Canada Tripca 11 day cruise, Montreal return on the Empress of the Seas. Visit Montreal, St .Pierre and Miquelon; St. Johns ,Newfoundland; Corner Brook NF Sydney, NS; Saguenay, Quebec; overnight in Quebec City ;Montreal. Fly to and from Montreal and enjoy all Canadian ports except one (St. Pierre and Miquelon). Insides \$1950.00 pp inc taxes.

October 15, 2021 15 day cruise, Montreal to San Juan Puerto Rico, Visit Montreal, overnight Quebec City, Sydney, NS; Halifax, NS; Saint John, NB; Bar Harbour, Maine; Portland, Maine; Cape Canaveral, Florida; labadee, Haiti; Philipsburg, Netherlands Antilles; San Juan ,Puerto Rico. Insides from \$1649.00 pp and windows from \$1959.00 including taxes .

Note: these two cruises can be combined for a 25 day "Back to Back" cruise.

November 2021 Watch for information on our Tulalip bus trip.

January 4, 2022 22 Day Antarctica cruise on the Westerdam, departing Santiago, Chile around South America to Buenos Aries, Argentina. On route visit Antarctica for 4 days.

January 27, 2022 22 Day Antarctica cruise on the Westerdam, departing Buenos Aries, Argentina to Santiago, Chile with 4 days in Antarctica.

Note: these two cruises can be combined for a 44 day experience and double the time in Antarctica. Call for current prices and promotions.

February 2, 2022 25 Day Hawaii/ Mexico cruise on the Koningsdam from San Diego return. Inside cabins from \$4,726.00 plus tax including the drink package and gratuities or from \$3,461.00 plus tax without the drinks and gratuities. Call for itinerary and pricing.

Note: Be sure you have adequate out of country medical and trip cancellation insurance before confirming your trip. Call The Heritage Club office, 604-482-4311 for info on Medoc insurance. Prices change as new promotions offered. Always call for latest price.

