



Van-Fraser News

VAN - FRASER HERITAGE CLUB

SPRING LUNCHEON FEATURES HAPPY CROWD

The level of chatter, noise and excitement was very high at the Spring Luncheon on March 29th.

Over 110 Van Fraser members and their families joined each other for a delicious 10 course lunch at the Continental Seafood Restaurant, Richmond. People arrived early and lingered afterwards, enjoying the company, conversation and fun. As usual, the restaurant staff were outstanding serving each course one at a time allowing the diners to enjoy a leisurely meal. As always, the quality and variety was amazing.

Ken Cornish did a great job as MC and kept the proceedings moving along at a good pace. Alan Sung provided an update on the four scholarships available for members children and grandchildren. A poster, outlining each scholarship and all the details was available on each table.

In between courses, names were drawn for the door prizes and people bid on the Silent Auction items. The 50/50 tickets were very popular. We even received a \$50.00 donation for items on the "for free" table.



It's wonderful how colleagues love to get together and so nice to see rides being offered to those who had come by bus. Thanks to everybody for joining the luncheon and to all the volunteers who donated prizes, helped with the tickets, draws and set up.

See you at the June 28th Summer Luncheon at the Old Spaghetti Factory, New Westminster. Tickets now available.

INSIDE THIS ISSUE:

Luncheon Photo Gallery	2
Luncheon Photo Gallery	3
Kidsport Banquet Goodlife Fitness Centres	4
2022 Christmas Luncheon	5
Scholarship Opportunities	6
Medoc Insurance	7
UK Pillar Mail Boxes	8
Daylight Savings Time Post Covid Memberships	9
Travel Opportunities	10

SPRING LUNCHEON PHOTO GALLERY

**REMEMBER!
VAN FRASER SUMMER LUNCHEON**

**Wednesday, June 28, 2023
11:30 am
The Old Spaghetti Factory,
New Westminster**

**Tickets are now available. Complete the
Ticket Order Form you received with the
Jan/Feb Newsletter and return it asap!**

Join with friends for conversation and fun.



SPRING LUNCHEON PHOTO GALLERY



VAN FRASER MEMBER SUPPORT KIDSPORT

After a two year hiatus, the Kidsport Gala was held again much to everyone's delight and relief. This dinner is a major fundraiser to financially help local kids who otherwise could not participate in sports. The Vancouver Airport Hilton Hotel donates the room, all of the meals and service allowing the profits raised to go direct to the Kidsport Charity.

Van Fraser has sponsored a table for ten for a number of years and was happy to be on hand



for the restart of the event. A great time was had by all, enjoying the delicious meal, the silent auctions, live auction, and key note speaker Corey Hirsch. The attendees at each table were hosted by a Hockey, Football, or Olympic Athlete. Seated with Van Fraser was BC Lions linebacker Shaun Stewart.

Van Fraser continues to support the motto of the Canada Post Heritage Club: *"People Helping People"*.

NEW PARTNERSHIP– GOODLIFE FITNESS

New Corporate Partner Goodlife Fitness offers a 30% discount to Active Heritage Club members.

Goodlife Fitness had multiple facilities and Multiple Membership Options in Vancouver and the Fraser Valley. They advertise the following.

- Multiple Facilities with Multiple Membership Options
- The opportunity to work out comfortably and with confidence
- Group Fitness Options and Individual Programs
- On Demand Classes and Personal Trainers
- Great amenities and benefits
- Stretch your life to a new level of fitness and health



To register or sign up for Goodlife Fitness membership please contact the Heritage Club Office at 604 482-4311 or via email at vanfrasernews@gmail.com

2022 CHRISTMAS LUNCHEON

In November 2022 Van Fraser members came together at the Continental Seafood Restaurant in Richmond to enjoy a great meal, meet with old friends and colleagues and display their incredible generosity with a huge donation of toys to the Salvation Army.

In addition to the room being overflowing the Christmas Cheer the room was adorned with Christmas Decorations including a large Christmas Tree and Christmas Centre Pieces on each table, Santa paid a special visit and went table to table to bring his unique brand of cheer. At the end of the festivities the centre piece was presented to an individual at the table.



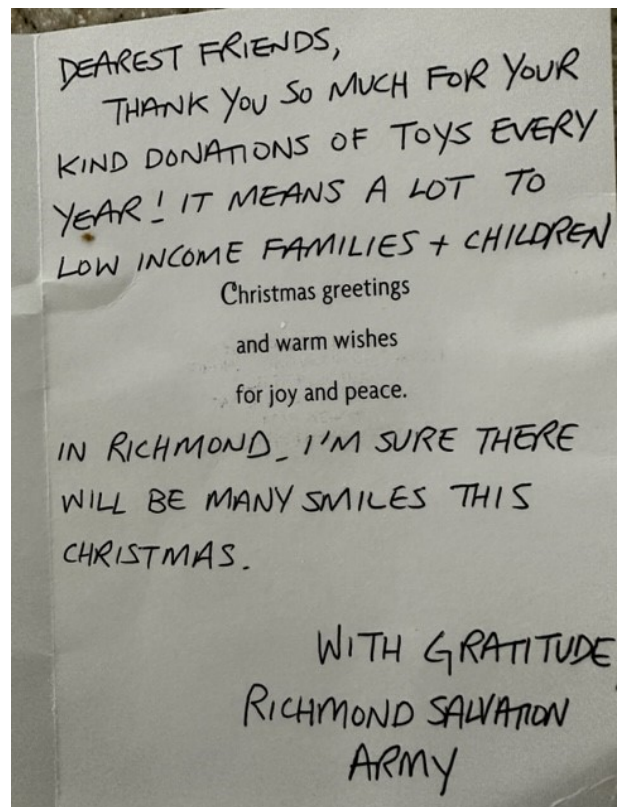
When the donated toys were delivered to the Salvation Army the Youth Coordinator was in tears saying how grateful they were to receive such a generous donation. Donations had decreased over the last year and our donation would bring smiles to children to many low income families in Richmond.

A Registration Form for the Summer Luncheon was included with the January/February Newsletter. This is a great opportunity to meet with friends, catch up on happenings and enjoy the great food at the Old Spaghetti Factory in New Westminster. Order now for the June 28th gathering, spaces are selling fast!

Above– Santa brings his unique Christmas Cheer to each table.

Left– Some of the generous donations from Van Fraser Members.

Below– Salvation Army Thank You Note to Van Fraser.



DEAREST FRIENDS,
THANK YOU SO MUCH FOR YOUR
KIND DONATIONS OF TOYS EVERY
YEAR! IT MEANS A LOT TO
LOW INCOME FAMILIES + CHILDREN

Christmas greetings

and warm wishes

for joy and peace.

IN RICHMOND, I'M SURE THERE
WILL BE MANY SMILES THIS
CHRISTMAS.

WITH GRATITUDE
RICHMOND SALVATION
ARMY

SCHOLARSHIP OPPORTUNITES

For Current Active Members



CANADA POST

For the children of current Canada Post employees entering their Post Secondary Education.

Information at scholarships@canadapost.ca



CANADA POST HERITAGE CLUB

For the children, grandchildren and great grandchildren of Current Heritage Club Members applying for Post Secondary Education.

Members must have been active for two years.

Information at holmese@nl.rogers.com

JOHNSON INSURANCE

For the children of Johnson Insurance Policy Holders and Active Heritage Club Members entering Post Secondary Education.

Information at Johnson.ca



VAN FRASER HERITAGE CLUB

For the children, grandchildren, and great grandchildren of Van Fraser Active members currently in Secondary Education. The purpose of the program is to financially support applicants with their participation in programs outside the normal school curriculum that provide the development of leadership, educational, technical and trade skills and assistance in their future career path.

Information on these Scholarship Programs is available from the Van Fraser Office, 604-482-4311 or vanfrasernews@gmail.com

MEDOC INSURANCE REMINDER

The Insurance Year for Medoc begins September 1st and ends August 31st. Payments to Medoc are required by September 1st.

In order to renew your Medoc Travel Insurance you must be a paid up member of the Heritage Club. Membership Renewal Forms are sent to current members in January and once completed and dues paid you are paid up member from January 1s to December 31st.

Do not leave home and begin your travels without adequate medical protection for emergency medical needs. In addition to coverage for medical expenses you should also have Trip Interruption Coverage in the event of unforeseen circumstances causing you to end your vacation early or you find your Passport or other personal items have been stolen. Your policy should also include Trip Cancellation Coverage due to an unexpected event prevents your scheduled departure.

Always make sure you are covered and protected for the whole number of days you are out of province or country. This is especially important for Snow Birds who spend a considerable amount of time out of Canada.

You should always travel with your Medoc Emergency Card with your Policy Number and Emergency phone numbers to call for assistance in a medical emergency.



Don't be caught by surprise. Always remember;
"An ounce of prevention is worth a pound of cure!"

IMPORTANT EMERGENCY NUMBERS UPDATE

www.johnson.ca/Medoc
1-855-290-3584

Johnson Home Insurance
1-888-739-1209
(Get a Quote)

Medoc Claim Representative
BC Residents Claim Centre
1-877-413-6599
Monday to Friday
8:30 am to 4:30 pm

BRITS DECORATE POSTAL PILLAR BOXES

Postal Customers in the United Kingdom have taken up the decorating of the distinctive Royal Mail Pillar Boxes. The decorations represent various holidays and seasons of the year.



POSTIE ORIGINATOR OF DAYLIGHT SAVINGS

In 1895 New Zealand Postal Worker and Entomologist George Vernon Hudson suggested the adoption a Daylight Savings Time Strategy. His proposal was to move the clocks ahead two hours in the Spring. Hudson’s proposal would allow him to participate in his after hours activity, the hunting of insects.

Hudson’s idea was initially met with ridicule but 30 years later, in 1927, New Zealand’s Parliament adopted it for a short trial period. The New Zealand Royal Society recognized Hudson’s ingenuity and presented him a Royal Society Medal.

Daylight Savings Time was first adopted in the twin cities of Fort William and Port Arthur, combined now as Thunder Bay, May 1, 1908. This was the first implementation of Daylight Savings Time in the World.

Germany implement Daylight Savings Time in 1916 as an energy saving program and to provide more daylight hours for farm workers. Many of the World’s nations followed suit including North America, Europe, Asia and some in the Middle East. **New Zealand did not!**

Today, 70 nations, approximately thirty-five per cent of the World’s nations adjust their clocks seasonally. In Canada, Saskatchewan and the Yukon do not change to Daylight Saving while in the USA, Arizona and Hawaii, do not change.

British Columbia, consulting with some the Western USA States, is currently examining the idea that Daylight Savings Time be permanently adopted for the province.



WELCOME NEW MEMBERS- POST COVID

2020	28
2021	33
2022	57



Van-Fraser News

Until is published by the

Van-Fraser Heritage Club
 Unit 160 - 5940 Ferguson Road
 Richmond BC V7B 0B1
 email
vanfrasernews@gmail.com
 Phone
 604 482-4311

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

2023 VAN FRASER HERITAGE CLUB TRAVEL OPPORTUNITIES

June 8, 2023 12 night Alaska cruise on the Queen Elizabeth visiting Tracy Arm, Sitka, Haines, Icy Strait Point, Glacier Bay, Hubbard Glacier, Juneau, Ketchikan and Victoria-Vancouver return. Call about last minute prices requiring full (non refundable) payment. An opportunity to experience cruising with the traditional elegance of Cunard.

September 17, 2023 14 Alaska night cruise on the Noordam. Visit Kodiak, Anchorage, Valdez, Glacier Bay, Sitka, Skagway and Prince Rupert. 14 day round trip, Vancouver to Vancouver. Call for prices.

October 6, 2023 8 night cruise on the Ovation of the Seas. Vancouver to Honolulu, visiting Lahaina (overnight) and the Napoli coast plus 5 amazing days on this resort at sea with numerous pools, Activities, lounges, dining venues, roller derby cars, surf pool, sky diving in a simulator and lots more. Plan to stay at a Waikiki hotel for a few days before flying home. Insides start at \$734.00 CAD pp, obstructed view balcony from \$1529.00 CAD pp plus taxes. Even lower fares if you choose a non refundable deposit. Air from Honolulu to Vancouver and Waikiki hotel extra.

October 15, 2023 18 nights cruising the South Pacific to Sydney Australia on the Ovation of the Seas. You can combine this cruise with the one above departing from Vancouver for an 26 night cruise, Vancouver to Sydney, Australia. Call for itinerary and pricing.

October 19, 2023 12 nights cruising New England from Quebec City to Fort Lauderdale on the Caribbean Princess visiting Quebec City, Halifax, Portland, Rhode Island, Boston, New York City. Inside cabins from \$700.00 pp plus taxes or from \$1653.00 plus taxes with "all in"— drinks, Wi-Fi, gratuities and more! Enjoy!

February 3/24 21 nights Caribbean Fort Lauderdale return on the Eurodam. Visit Saint Maarten, St. Johns, Saint Lucia, Dominica, St. Kitts, St Thomas, Half Moon Cays, Jamaica, Cayman Islands, Belize, Cozumel and Key West. Insides from \$3061.00 or "Have it All" included from \$4588.00 CAD pp. Taxes \$520.00 pp and Air are extra.

April 6/24 22 nights Panama Canal Fort , Lauderdale to Vancouver on the Nieuw Amsterdam. Visit Turks and Caicos, Aruba, Cartagena, Transit canal, Puntarenas, Nicaragua, Puerto Vallarta, Cabo San Lucas, San Diego, Santa Barbara, Victoria. Insides from \$2481.00 or "have it all" from \$4042.00, plus taxes \$845.00 CAD pp and air Vancouver to San Diego.

Note: "have it all" includes drink package (up to 15 drinks a day), 1 speciality dining restaurant, (1-2 shore excursion)

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 all trips and Johnson Medoc insurance.

Call or email the Heritage Club your preferences for travel and we will keep you advised of the latest offers. Also, new options will be sent to the travel club list as available.

