



VAN-FRASER NEWS

Volume 15, Number 6
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INSIDE THIS ISSUE:

<i>Christmas Lunch photos</i>	2
<i>Honouring Our Own</i>	5
<i>A Tour of the old VMPP by Bobby Woo</i>	6
<i>Annual Bus Trip: Tualip and Oregon Coast</i>	11
<i>Heritage Club Travel Opportunities</i>	12
<i>New Years Message from the President</i>	13
<i>First Scholarship Winner</i>	14
<i>Happy Retirement: Jagit Sing Sumar</i>	14
<i>In Memoriam</i>	15

VAN-FRASER MEMBERS CHRISTMAS LUNCHEON

The Continental Seafood Restaurant was bubbling with energy as members arrived for the annual Christmas luncheon. The facility provides lots of opportunity for mingling and visiting from table to table. Fran Matson displayed the collection of new toys which members brought and were so appreciated by the Salvation Army, along with cash donations of over \$400.00. During the meal with 10 scrumptious courses, Ken Cornish, MC, provided information and

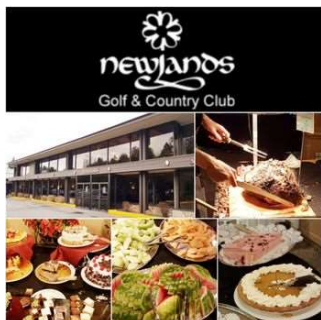
coordinated all the activities including many door prizes, 50-50 Draw, and of course the highlight of the day was when Santa arrived with two of his elves, taking a break from their busy schedule. They visited with everyone at each table and had a small gift for each person and were available for photos afterwards. One member had a photo with Santa taken holding the Christmas stocking she won in the draw to send to her daughter in New York!



Upcoming Event:



March 26, 2025
Spring Luncheon at:
Newlands Golf Course
21025 48 Ave, Langley
Tickets \$41 per person



CHRISTMAS LUNCHEON PHOTOS

THE CONTINENTAL SEAFOOD RESTAURANT: NOVEMBER 27, 2024



More photos on page 3...

CHRISTMAS LUNCHEON PHOTOS

THE CONTINENTAL SEAFOOD RESTAURANT: NOVEMBER 27, 2024



More photos on page 4...

CHRISTMAS LUNCHEON PHOTOS

THE CONTINENTAL SEAFOOD RESTAURANT: NOVEMBER 27, 2024



HONORING OUR OWN

Van Fraser hosted a ceremony, Honouring our Own, on November 8, 2024 at the PPC. Each year, this brief but moving service is arranged by the Heritage Club for CPC employees and retirees to recognize all the Posties who have lost their lives in service.

In particular, this year, those Posties from the greater Vancouver area were identified, as each name was announced by members in attendance with a thumbnail description of their area of service and dates of death.

During the service, hosted by Ken Cornish, Ken provided a short overview of the wars followed by the reading of In Flanders Field by Stan Wong; The Man we Never Knew by Melissa Macklin; a poem from the Remembrance Day Act by Barry Falconar and concluding with the stirring Last Post and Rouse played by bugler: Jay Beskupski.

A manual researched and produced by Jim Bain, containing the names of all those CPC POSTIES lost in war was on display in the lobby of the Richmond PPC for the week prior to the ceremony and again, on the table during the Honouring our Own ceremony service for employees and members to peruse.

All were from the greater Vancouver area and died during the years from 1914-1918.

A reception followed the service.

Mark your calendar and plan to join us for the annual ceremony on November 7, 2025 at 9:30 am. It is a brief few hours from your schedule but all those who attend express their gratitude for being there.

Names of the specific POSTIES honoured and named in this year's service were:

Frank Edward Carr

Alfred James Dailey

Arthur Frederick Goffin

Matthew Henry Harlock

James Hayes

Henry Jackson

John Jamison

Thomas Charles Morris-White

Clarence Roy Palmer

Charles Herbert Pearl

James R Pender

Alexander Filmore Quinn

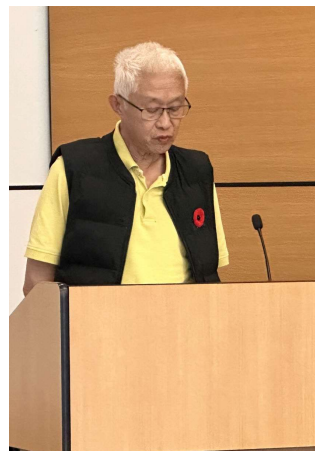
Joseph Richardson

Frances Wenman Wright

EVENT PHOTOS



Honouring Our Own ceremony table including list of CPC Posties



In Flanders Field reading by Stan Wong



Jay Beskupski and Ken Cornish

A TOUR OF THE OLD VMPP BY BOBBY WOO



VMPP from 1990s



The Post, 2024

I am a former Postal Worker of 36 years, who has been retired from Canada Post for the past 27 years. These are my thoughts of the Vancouver Mail Processing Plant (VMPP) as I remembered it in 1997, and what I saw on my tour of the Post (now Amazon) building on September 6, 2024.

As I arrived at the 300 block of West Georgia Street and Homer Street, at the southwest corner looking east towards the bridge, I remembered the driveway and the two mailboxes. Postal customers used to be able to drive up this driveway and deposit their parcels and letters 24/7 into these two mailboxes that were connected to a conveyor and bucket system underground. This system would take the mail to the 4th floor of the postal plant, where the mail would be processed and sorted to their destinations. The wicket counters and mailbox receptacles in the lobby were also connected to this system, by a Skip Hoist. Activated by a timer on the 4th floor by #2 glaxis, the bucket would travel up to the 4th floor by conveyor, and the bucket would empty the load onto another conveyor, then return to the holding area. But now, both the driveway and the two mailboxes are gone.

349 West Georgia Street used to be the main entrance to the main lobby wickets of the Post Office, but now the address of Amazon is 399 West Georgia. On the inside corner area of the Hamilton Street side of the building, Canada Customs used to screen the mail entering Canada from foreign countries, but now there are just more doors and windows. The entryway on Hamilton Street near Georgia Street used to lead to the first floor, where the postal trucks were located. These trucks were used for transporting mail items to and from different postal stations, and for collecting mail items from letter boxes all over the greater Vancouver area.

After returning to the Post Office, these trucks would go to the 2nd floor, and there, at the receiving dock.



Bobby Woo with C23s full of International Mail Bags



Originating Mail CFC culling belt with Glaxis 2 in background

A TOUR OF THE OLD VMPP CONTINUED

The registered bags would go down one hole to #4 glaciis, and the ordinary mail bags would go down another hole to #2 glaciis. The trucks would then go back to the first floor at the end of the day.



VMPP 2nd Floor Low Dock



VMPP 2nd Floor High Dock

Also on the first floor, I remember that there was a left turn going to the basement of the Plant. There was a very large truck pull-out recycling container located there, as well as many freight elevators, parking stalls, and a maintenance workshop. Inside the maintenance workshop was a tunnel to the C.P.R. train station at the waterfront. The conveyor system would send all bags of mail that had arrived by train from Eastern Canada to the 4th floor #4 glaciis for processing in the Registration Unit. The control panel was still there in 1997, but now this system has been phased out, and the tunnel has since been filled in.



VMPP 4th Floor Letter Sorting Machine (LSM)



VMPP 4th Floor Processing City Parcels on Glaciis 6

The entryway on Hamilton Street near Dunsmuir Street used to go up a ramp to the 2nd floor. In 1997, this was the location of the Foreign Surface Unit, the Receiving Dock, the Dispatch Dock, a staging area of the Receiving Transfer and Dispatch, and walkways to the Security Booth, doors to stairs and escalators, washrooms, supervisor's locker room, a private elevator, walkways to the public lockboxes, and the main lobby. Now, although the entryway is still there, this area is behind closed doors because the North Tower is not yet complete. There are also doors and windows along Homer Street to Dunsmuir; looking through these windows, there is an open space with some tables and chairs, a coffee shop, and escalators leading to the 3rd floor.

A TOUR OF THE OLD VMPP CONTINUED

On the 3rd floor, there is a long walkway that leads to the North Tower elevators, and twin escalators leading to the 4th floor. The 4th floor on the Homer Street side used to be the site of the Optical Character Readers (OCR), the Letter Sorting Machines (LSM), and the supervisor's office. Now, this 4th floor area is a huge exercise gym.



Bobby Woo catching up on paperwork



Bobby Woo In Registration

The Dunsmuir side of the Post Office Building used to be a completely blank wall, except for windows on the upper floors. Now, at street level, there are lots of large, covered windows and doors. This North Tower is not yet completed, and may have up to 23 elevators with vehicle parking on the 6th floor. But for now, there is just one coffee shop there.

At the old employee entrance on Homer Street, there are now 2 sets of escalators: a single one only going up to Loblaw's Deli food section, and the twin escalator going to Loblaw's City Market with its multi-aisles of food and other items on the 3rd floor. I think this used to be the location of the Flats Sorting Machines (FSM), and part of the Forward Parcels Chutes and bagging area, and part of #6 glaxis.



Bobby Woo and Tony Fung on VMPP Roof



Bobby Woo on the World's Largest Stamp on VMPP Roof. The Dominion Building in the background was Vancouver's first steel-framed high rise and when it opened in 1910 it was the tallest building in the British Empire!

A TOUR OF THE OLD VMPP CONTINUED

Going into the South Tower main entrance at 399 West Georgia Street, two receptionists greeted me and our tour group. Our tour guide appeared and took us to an elevator, where we saw a model of the Post Office Building made out of Lego Blocks – amazing!

We exited the elevator, and there was a long hallway with 5 or more elevators on each side; someone said that there are 17 elevators in the South Tower. Rounding the corner, we came to an opening where I believe used to be the 5th floor rooftop of the old Post Office Building. I asked how many people work for Amazon now, and I was told about 3000 people.



LEGO Master Builder Graeme Dymond



Interior of Amazon's The Post

Our tour group was taken to a number of locations – I was impressed with all the open spaces available for the employees, e.g. doggie park, basketball court, the large rooftop garden with many plants growing, the large meeting room with two huge television screens mounted on one wall, the spacious cafeteria, and all the colourful decorations hanging everywhere. The rooftop view was spectacular, although the North Tower, not yet completed, now completely hides the north view of the Hydro building across the street.

I asked our tour guide to show us the 4th floor southeast corner of the building, where the Registration Section used to be, and where I spent many years when I was working for the Post Office. There used to be a steel door entry to a wicket area, and another steel door entry to the work area, which made registered mail dispatches to any destination according to a specific time schedule. Inside, there was a dumbwaiter for safe transfer of items between the 3rd and 4th floors and also to the main lobby wickets on Georgia Street. There were fax and telepost machines, the #4 glaci conveyor system, and 2 washrooms and a rest area. Also inside the work area, there was another steel door with a combination lock and a steel mesh door with a keyed lock, where the vault was located and connected to the Chubb Alarm Company. The Registration Section was part of the Preferred Assignment Unit Roster on #2 Shift, which included clerks on the 4th floor Xpresspost, Parcel repairs, and Undeliverable Mail Office (U.M.O.), as well as clerks on Cash on Delivery (C.O.D.) on the 1st floor, a clerk on the 2nd floor at the receiving desk, and clerks on the Forward and City Short Paid and Postage Paid in Cash on the 3rd floor. There used to be a roster of about 25 PO4 clerks, with about 14-15 people in the Registration Section. But now, this area has no activities.

A TOUR OF THE OLD VMPP CONTINUED

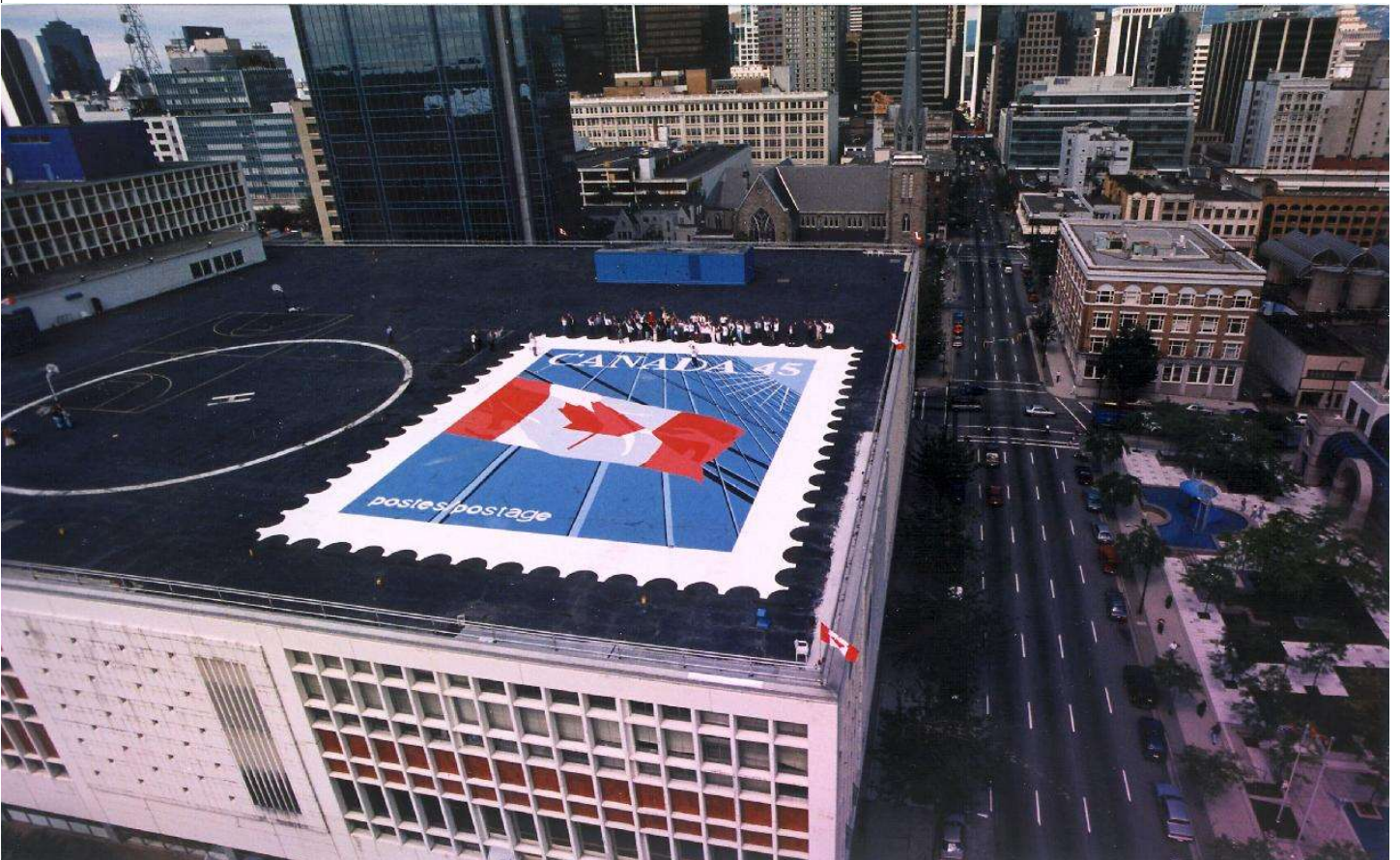
Someone said that a picture is worth a thousand words, so I have included some pictures from the tour, in last newsletter plus some pictures from 1997. From the bustling activities of the Post Office as I remember it, now this building seems almost empty: of the 3000 workers at Amazon, I saw less than 100 people. It would be interesting to read other views from other members of the Heritage Club who had worked on different floors, to see what they remember of the VMPP before they moved to Depot 74, as well as the views of other members who have gone on to work at the new Pacific Processing Centre (PPC) in Richmond. All-in-all, I enjoyed my tour of the old Post Office, and strolling down memory lane!



Basketball Court on rooftop between the towers of The Post



Outdoor amenity rooftop on the South Tower of The Post



The World's Largest Stamp measured 100' x 120'. The stamp was a 1997 Canada Day Project hand painted by CPC employees to raise money for Canuck Place Children's Hospice.

ANNUAL BUS TRIP—TUALIP AND OREGON

This year, an extra day was added to the annual Tulalip bus trip, allowing for a visit to Portland, Oregon and an optional side trip to the Oregon Coast. After a comfortable drive to Portland and checking into the Clackamas Convention Center, the group enjoyed the humongous Kumi Buffet with all kinds of food available including American and Asian. We had a private room for our group.



Iconic Haystack Rock in background

First stop on the coastal trip was Cannon Beach where we had had a memorable few hours storm watching, with a king tide, a super full moon and a typhoon. We had been warned by the staff at the visitor Center that regardless of the weather when we arrive, it will change in five minutes and in fact that was the case! As the rain occurred, people would rush into the local boutiques and when the

rain stopped, the beach called. Our lunch stop was at the Tillamook Cheese Factory which is a brand new facility since our last visit. A lot of cheese was purchased as well as time for a hearty lunch and tour of the facility. Next day, it was back to Washington and the Tulalip Casino Resort, a favourite of many of our group. Here people shopped, gambled, relaxed by the pool, enjoyed the food and Happy Hours.

Comments on the way home included – “I love the resort – I feel like a Queen when there, it is so comfortable.”, “We never came before because we don’t shop or gamble, but didn’t realize how much fun we would have”.



Traveling along the Oregon Coast

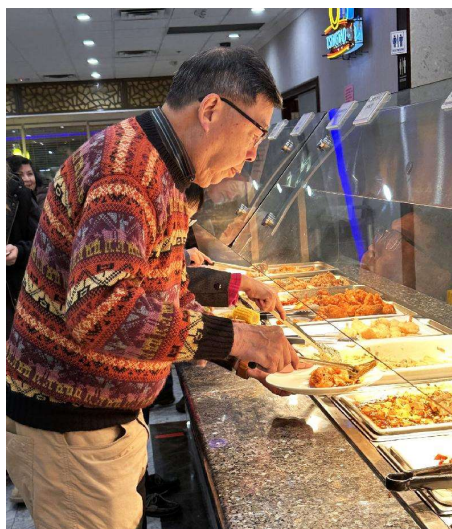
Next morning most of the group chose to visit the Oregon Coast while a few stayed behind to take advantage of the tax-free Oregon shopping and some visited the tranquil setting of The Grotto park, a place of peace, prayer and natural beauty.



Lots of boutiques to check out during the rain squalls



Back home with all the Purchases



William Pang checking out the buffet



Happy Hour in the Tualip Casino

2025 VAN-FRASER HERITAGE CLUB TRAVEL

Mar 29/25 7-day Coastal cruise on the Koningsdam, San Diego to Vancouver return. Visit San Francisco,(2 days overnight), Astoria, Victoria. Insides from \$1,000 pp including all taxes. Air to San Diego extra.

April 5/25 17-night Hawaii cruise Vancouver return. Visit Kahului, Honolulu overnight, Kona and Kauai plus lots of sea days to enjoy the ship. Insides from \$2,863 pp including taxes.

April 13/25 21-day Panama Canal Cruise, Fort Lauderdale to Vancouver on the Nieuw Amsterdam. Visit Turks and Caicos, Aruba, Cartagena, Panama Canal, Puntarenas, El Salvador, Puerto Vallarta, Cabo San Lucas, San Diego, Victoria, Vancouver. Insides from \$2,722 pp.

May 16 & 23 2025 14-night Alaska cruise, 2 cruises, back-to-back, Vancouver return on the Radiance of the Seas, visiting Juneau, Icy Strait, Sitka, Skagway - northbound, Hubbard Glacier and Seward, Ketchikan - southbound. Limited availability - call the Heritage Club office for pricing— inside cabins from \$1,100 pp for May 16/25 from \$1,260 pp for May 23/25

June 8/25 28-nights “Cross the Arctic Circle” on the Westerdam, Seattle return. Visit Ketchikan, Sitka, Hubbard Glacier, Valdez, College Fjord, Seward, Dutch Harbour, Nome, cross the Arctic Circle during the summer solstice, Kodiak, Anchorage (overnight), Homer, Glacier Bay, Haines, Juneau, Wrangell, cruise Tracy Arm, Prince Rupert and end in Seattle. Insides from \$7,450 pp including taxes. Only one trip a season!

July 27/24 7-Nights Alaska cruise, Vancouver return on the Serenade of the Seas. Visit Sitka, Tracy Arm, Icy Strait, Juneau and Ketchikan. Limited availability for current pricing.

September 14/25 14-night Alaska cruise on the Noordam, Vancouver return, visiting Sitka, Anchorage, Kodiak, Valdez, Glacier Bay, Juneau, Skagway, Ketchikan, Princess Rupert. Insides from \$2,800 pp. This cruise goes further north and no repeat ports!

October 4/25 9-nights Vancouver to Honolulu on the action-packed Anthem of the Seas. This is a fun ship experience on route to Hawaii where you can stay on land for more days in Hawaii and fly home. Inside cabins from \$1,250 plus tax pp. Insides from \$1,009 plus tax pp and windows available. LIMITED AVAILABILITY!



Note: Be sure you have adequate out of country medical and trip cancellation insurance before confirming your trip. Call your Heritage Club office, for info on Johnson (soon to be Belair) Medoc insurance. Prices available at time of printing and may change at any time. Call 604-482-4311 or email Van Fraser Heritage Club: vanfrasernews01@gmail.com for more info, detailed itineraries and pricing on other categories of cabins.

2025 NEW YEARS MESSAGE FROM THE PRESIDENT

As we enter the new year, on behalf of myself and all of the executive of the Van Fraser Heritage Club, I would like to extend our warmest wishes to you and your family for good health and much happiness throughout 2025. The Van Fraser chapter covers a large geographic area, including greater Vancouver up to Squamish and Whistler, and as far east as Hope, Sea to Sky, Sunshine Coast and Fraser Valley.

I would like to introduce the newest member of our team, Stu Magee, who just retired, and has volunteered to assume the job of editor of our newsletter which we publish every two months. We're so fortunate that Stu has volunteered his time and his skill in doing this task and are always looking for others who would like to join us helping out with our various activities throughout the year.

We continue to seek locations for our regular luncheons and banquets and are so happy when a member finds a place to recommend to us that would be suitable for our luncheons. Recently, Elsie Lundin attended a function at her golf club and recommended it to us. We are therefore planning our Spring Luncheon at the Newlands golf club in Langley. This is somewhat central to all of our area and we are hoping those from the east, the west and the north of our region will all join us for the Spring Luncheon on March 26 /2025. Please do keep in touch with us if you have any other suggestions for locations that will accommodate all of our members. Usually, we need space for approximately 100+ people and adequate parking and transit, availability and a reasonable all-inclusive price.

Many of our Santa volunteers were disappointed this year that we were unable to respond to all the children who write letters to Santa, but realistically the corporation decided that once the operations resumed, it would be impossible to get all of the letters replied to and delivered throughout the Pacific Division before Christmas. Therefore, they made a commitment and publicly announced that every letter to Santa that was mailed by December 23 would get to the North Pole to Santa, however, unfortunately this year, he would not be able to reply. We are expecting the full program to be back next year and hope all of our volunteers will remain on board and many more of you will contact us to help with this big job.

Your annual renewal form has been mailed to you and we thank those who have already completed the registration form and returned to us along with their annual dues. We look forward to all of the others coming in the near future, the funds we receive from the dues are used exclusively to cover the administrative cost of our club. Those of you who donate additional funds are appreciated they will be put to good use with our various Heritage projects preserving artifacts, documents, pictures, etc., to preserve our heritage.

Once again, all the best to you and your family for 2025 and we look forward to seeing you at our many events and activities through throughout the year.

Fred Danells and the executive of Van Fraser.



**HAPPY
NEW YEAR!**

FIRST SCHOLARSHIP WINNER!



Postal Club Scholarship Winner



Photo by Charles P...
L. to R.—Gerry Davis, Postal Club President; R. F. Reid, Postmaster; Sandra Lynn Buckingham, winner of Scholarship; A. W. Buckingham, Mrs. A. W. Buckingham; A. E. Cotterell, District Director, Postal Services.



Canada Post Heritage Club has been involved with the scholarships since 1963. The first winner was Sandra Lynn Buckingham.

Currently, children of active Heritage Club members have access to our Van Fraser Heritage Club, National Heritage Club and Johnson Insurance scholarship opportunities.

HAPPY Retirement!

Jagit Sing Sumar

Congratulations to a new member recently retired: Jagit Sing Sumar.

Jagit started at the Post Office in 1989 (The same year our Heritage Club was founded).

Jagit's career spread over 35 years of service across the country but in particular in Vancouver and Ottawa.

Jag's plans to have more time with his family and friends and hopefully doing some travel as well.

Thanks for your outstanding dedication and service and WELCOME to our Heritage Club.

TRAVEL INSURANCE



With MEDOC® Travel Insurance, Heritage Club members enjoy an annual, comprehensive travel plan. You'll get multi-trip coverage that is often less expensive than purchasing insurance for 1 single trip.¹

Your Plan Will Include:

- An unlimited number of 40 day (or less) trips outside of Canada.
- An unlimited number of trips within Canada of any duration.¹
- Covers certain amounts in excess of what the Canada Post Extended Health Care Plan (CPEHCP) does and includes benefits which are not covered by the CPEHCP.
- Emergency medical travel insurance up to \$10 million per insured person, per trip, including direct billing for eligible emergency medical care.¹
- Trip cancellation, trip interruption and trip delay coverage up to \$15,000 per insured person, per trip, including coverage both inside and outside of your province or territory of residence.¹
- Baggage coverage up to \$1,500 per insured person, per trip (to a maximum of \$3,000 for all insured persons combined).
- Coverage can be purchased regardless of age or health status.¹
- Family coverage option available to cover your spouse and/or dependent children.

Annual Premiums

The following rates are for a 12-month policy year from September 2024 to August 2025, and are applicable to the Base Plan for members with in-force CPEHCP underlying emergency medical coverage of \$100,000 or more. When applying after commencement of the policy year, premium rates will be pro-rated from your effective date until the end of the policy year.

Annual Premiums Base Plan		
Age	Individual	Family
0-54	\$113	\$226
55-59	\$137	\$274
60-64	\$156	\$312
65-69	\$206	\$412
70-75	\$307	\$614
76-80	\$498	\$996
81+	\$881	\$1,762

A Supplemental Plan is also available for a trip of more than 40 consecutive days outside Canada. Contact us for more information on extended travel.

¹Sales tax may apply based on your province or territory of residence.

For more information or to get a quote:
1.866.606.3362 MEDOC® Travel Insurance
 Or visit: Johnson.ca/MEDOC





The following members passed away during 2024:

Bing Chan
Lai Lay Tham
Patricia Plue
Robert Andreas
Nick Sita
Jim Bain
Harbhajan Sangha
Yeung Cheng
Blanche Wanner
Norma Andrus

Marvin Koroll
Lorenda Hartwell
Emile Hendricks
Dennis McCann
Ken Spani
Mel Austin
Michael Allen
Frank Bunnin
Lily Tseng



Editor's Note



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Unit 160 - 5940 Ferguson Road
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Email: vanfrasernews@gmail.com
 Phone: 604 482-4311

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We rely on our hearing every single day, yet so many of us don't think about getting it checked until there's a problem. Did you know that *Sensorineural Hearing Loss* is the most common type of hearing loss? Think loud workplaces, concerts, or even power tools. It creeps up slowly, but the effects can last a lifetime.

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