



September / October 2024

VAN-FRASER NEWS

Van-Fraser Heritage Club



Honouring Our Own

Vancouver Fraser Heritage Club will once again host our annual "Honouring Our Own" Remembrance Ceremony on Friday, November 8th, 2024. This ceremony honours the Post Office staff who were lost in World War I and II.

The ceremony will be held at the Pacific Mail Processing Centre starting at 10:30am. Van-Fraser has conducted extensive research on all the Post Office employees from British Columbia who served in World War I and has located many of their family.

We hope you and your family will join us for this brief ceremony and opportunity to talk with members along with coffee and light refreshments following the ceremony.

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Zimbabwe Update 2024

The work supporting orphans in Zimbabwe and Mozambique continues. Monthly funding to provide food and pay for school fees is ongoing. We also continue to provide support for agricultural based sustainability projects that we hope will lead them to a situation where they will be able to generate the funds needed to support this work on their own.

These projects continue to struggle to generate consistent income. We have funded greenhouse projects, goat farming, and a commercial egg incubator. They struggle against a very unstable economy with hyper-inflation. Also, any project that requires electricity must be backed up by generators or solar power as there are daily cuts to the power grid. We continue to work on these issues to make these projects a consistent reliable source of income.

I have had the opportunity to travel to Zimbabwe and Mozambique in February and July this year and visit several of the orphan care sites. The location with the largest number of orphans is Rugare. At Rugare they feed orphans on a daily basis and run a "Bridging School" with approximately 60 Children. In Zimbabwe to attend public school you must pay school fees. Although we provide funding it is not enough to send every child to school. The bridging schools are run by the orphanage and local churches to teach children basic education and prepare them to attend public school as funds become available.

There are Bridging schools at Rugare and Mhondoro. At Rugare it is in a converted shipping container that I worked on and at Mhondoro it is in a tin shed.



I also had the opportunity to spend time with some of the orphans. Some I have known for a long time, and some are new.

Valerie & Yolanda. Now 13 and 14 who I have known since they were toddlers.

Her name is Shelter. She was found dumped on the side of the road December 2023. She is about a year old. Now a ward of Pastor Henry Zihove who oversees Rugare orphan center.

Thank you for the ongoing support from the Van-Fraser Heritage Club. Your contributions towards this initiative are sincerely appreciated.

Article submitted by member, Al Miller



MARK YOUR CALENDAR!

Nov. 8/24 Honouring Our Own Ceremony

Nov. 16-20/24..... Oregon/ Tulalip bus trip

Nov 25/24 Santa letter writing begins

December 1-31/24..... Santa letter writing

January 2-10/25 Santa letter writing After Christmas letter:

March 26/25 Spring luncheon TBA

June 4/25 Summer luncheon TBA

August 25 BBQ at local park tentative



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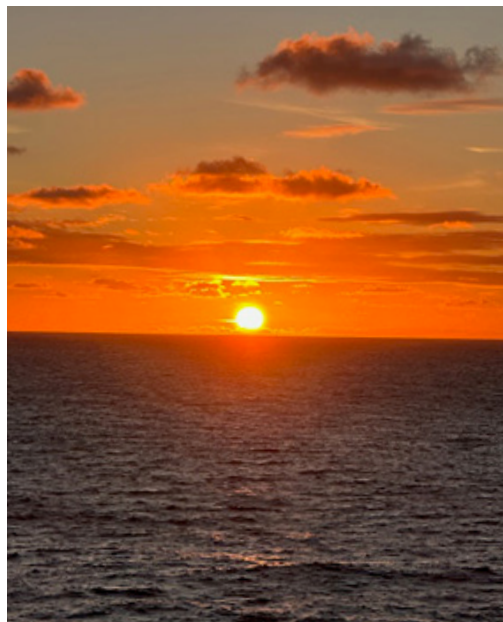
CRUISING ON THE KONINGSDAM

Heritage Club members were found on several sailings of the Koningsdam in recent months-both in Alaska and circling Hawaii. We are so fortunate to have Vancouver as a home base for many sailings and members can enjoy cruising with out the long flights to other destinations.

In September, Mohini Palad celebrated her birthday on board along with her husband and daughter and Heritage Club members. Fred also celebrated a birthday a few days before Mohini.

Ken and Carol honoured their Anniversary on board as did Nick and Yuriko and everyone appreciated the spectacular scenery in Alaska , the sunrise and sunsets in Hawaii and the general camaraderie at Happy Hours. Fred was caught on several occasions chatting with Jim Ball, Santa coordinator for the North Shore about this year's Santa program and with new member Angelito about opportunities for him in the club. Surprise passengers were Andre (vice president of Montreal chapter) and his wife, Danielle, giving the opportunity to chat and compare our programs .





YAKIMA

Another good time was had in Yakima for those who joined the annual U Drive trip. It is an easy 5 hour drive to Yakima and the Wyndham Baymont Hotel was most comfortable with all the rooms having balconies overlooking the Yakima River and a hot breakfast included. Ken arranged for golf at a different course nearby each morning, while the non golfers went sightseeing or shopping. Everyone gathered by the pool overlooking the river each afternoon for swimming and hot tub as well as lots of conversation. Dinner was cooked and served on the patio two of the nights and people enjoyed local restaurants on the other evenings.

We have booked the Baymont again for next September. Mark your calendar and plan to join us.



The teapot x-gas station is right next to the firefighter memorial. By coincidence we were there on Sept 11. American flag at half-mast.



Dinner at Mexican restaurant adjacent to our hotel



Dinner cooked on the Hotel patio



Brent Arnett wins the golf trophy presented at lunch on the "19th" hole



Another dinner on the patio.

Annual Gala Charity Banquet

On September 29/24, a group of 122 members and families enjoyed our annual banquet at Richmond Continental Seafood Restaurant. As usual, the dining room looked beautiful with the white covers on the round tables accentuated with pink napkins and decor. Everyone enjoyed mingling before dinner was served.



Thanks to Mike and Liz who sold 50/50 tickets raising \$780.00 with \$390.00 for the lucky winner, Vern Hartt and \$390.00 for the club's charity. Another \$105.00 was raised from the auction of a print with Nick Kvenich being the successful bidder and an additional \$50.00 donation from a member.



The ten course meal plus 2 desserts was scrumptious. It included a meat platter with a variety of BBQ meats, crab claws, fish soup, jumbo tiger prawns, stir-fry beef with broccoli and snow peas, pork chops, crispy chicken, tofu with peas and asparagus, scallop and chicken fried rice and braised noodles with mushrooms followed by a dessert and spectacular celebration cake.

During the course of the evening, a number of door prizes were won by members and a slideshow selection of over 700 photos from club events over the years were displayed continuously on the huge screen on the stage.



Stan Wong made a presentation of a \$2000.00 cheque to the national Heritage Club scholarship winner, Bianca Choice, granddaughter of member, Trudy Choice.



Our hard-working and dedicated treasurer Taka Nukina was surprised with the arrival of her two sons and daughter-in-law for the recognition of her work with a presentation of a special plaque and a bouquet of flowers.



The evening was action packed with lots of energy and acquaintances renewed.



Make sure you check the date for next year's gala and reserve your table for another evening of good fun, food and fellowship.

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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

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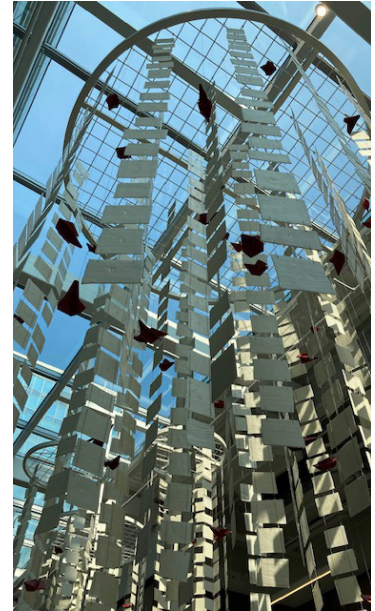
Or visit: Johnson.ca/MEDOC



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Bobby Woo Visit

Heritage Club member, Bobby Woo, was thrilled to have the opportunity to tour the former VMPP on Georgia St., now known as The Post and mostly home to Amazon, with all the floors above the lower retail floors being office space for thousands of Amazon employees. Bobby said it was eerie being back and while it didn't feel like the old plant it was awesome to tour the new structure.



More info about Bobby Woo's experience in our next newsletter



NOTES FROM NEIL

What Happens to Old Age Security and Canada Pension Plan Payments when a Spouse/Common-law Partner Dies?

There are no survivor benefits associated with OAS. A surviving spouse/common-law partner can be eligible for up to 60% of their deceased spouse/common-law partner's CPP. The amount received is dependent upon a number of factors: for example, the surviving spouse/common-law partner's age (older/younger than 65), how much and for how long the deceased paid into CPP, if/how much the surviving spouse/common-law partner may themselves be receiving in CPP. There is a cap on the amount one can receive in total CPP benefits. Therefore, if the surviving spouse/common-law partner is already receiving the maximum amount on their own they would not receive survivor benefits. There is a CPP death benefit which is a one-time payment of \$2500 (contingent upon how long CPP contributions were made). Further information is available at www.canada.ca.

Thanks to Neil Sharpham, retired CPC HR manager and well known for his retirement seminars that he offered to CPC employees across Canada.

2024-25 VAN FRASER HERITAGE CLUB TRAVEL OPPORTUNITIES

January 6/25 and January 28/25 Two twenty-two day South America cruises including Antarctica experience on the Oosterdam, Santiago Chile to Buenos Aries and return to Santiago. You can cruise 22 or 44 days. This trip is always awesome and a highlight. Call the Heritage Club for more info and pricing. Fred will be on this one to point out all the scenery and wildlife!

February 19/25 ,March 1/25 21 nights Caribbean,or shorter 10/12 days on the Eurodam-Fort Lauderdale return. Visit ports in the eastern and western Caribbean. This is a great winter getaway and can be done in shorter segments if you don't have 21 days. Call the Heritage Club for basic pricing or the "Have it All Price".

February 15/25 35 nights, South Pacific, on the Koningsdam, San Diego return, visiting Kona, Maui, Honolulu (overnight) Kauai, Fanning Island, Raiatea, Papeete (overnight), Moorea, (overnight) Fakarave, French Polynesia, Taiohae, French Polynesian. This is a popular itinerary. Call for availability.

May 5/25 5 Night Introductory pre Mothers Day cruise, Vancouver return, on the Caribbean Princess. Visit Sitka and Ketchikan, Alaska along with scenic cruising. Prices available for the basic cruise or you may want to splurge on Princess Plus or Princess Premier packages.

May 11,18,28/25 7 night Alaska cruises ,Vancouver return on the Serenade of the Seas visiting Tracy Arm, Sitka, Juneau, Ketchikan and Princess Rupert (or Haines on 18th). Limited availability - call the Heritage Club office for pricing.

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 \$7450.00 including taxes per person. 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 Straight, Juneau and Ketchikan. Call for current pricing.

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 as many days as you like before flying home. Leave from the port of Vancouver, stay on board overnight in Seattle and then settle in to enjoy all the action on the ship— bumper cars, rock climbing, simulated sky diving, surf experiences, breathtaking 360 degree views from the North Star ,over 15 specialty / theme restaurants, cafes, theatres, kids pools, adult pools in the tranquilly Solarium and more. Balcony cabins from \$1250.00 plus tax pp. Insides from \$1009.00 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.*