

VAN-FRASER NEWS

Volume 16, Number 1

Jan/Feb 2025

VAN-FRASER MEMBERS 2025 ANNUAL MEMBERSHIP RENEWAL

INSIDE THIS ISSUE

Membership Renewal 1
 2025/26 Travel Club 2
 Volendam 10-night cruise,
 Montreal return 3
 Annual U-Drive Trip:
 Yakima, Washington..... 4
 Heritage Club Travel
 Opportunities: Mexico 5
 Scholarship Opportunities
 for current active members 6
 Help Wanted 7
 The Archives 8
 Heritage Club Spring
 Luncheon and ticket form..... 9



Thanks to the many members who have already sent in their annual membership form with the dues for this year. Please return your renewal form completed and intact as we maintain it and review throughout the year when we are planning activities.

We create distribution lists that are event specific for events and activities and try our best to make sure that anyone who has expressed interest in a particular activity will be notified about it. We also look forward to any suggestions you might have that can be written on the back of the form.

Here are just a few of the exclusive offerings you'll enjoy as a Heritage Club Member

- Access to Johnson Travel Insurance discounts (MEDOC)
- Access to Belairdirect Home and Automobile special deals
- GoodLife Fitness discounts (Gym)
- Scholarships for children and grandchildren of members
- Collette Tour discounts

Upcoming Event:



March 26, 2025
 Spring Luncheon at:
 Newlands Golf Course.
 See page 9 for ordering
 your tickets!



2024 Annual Membership Renewal		
VAN FRASER HERITAGE CLUB \$10.00 per person		
LAST NAME		
FIRST NAME		
ADDRESS		
CITY		
TELEPHONE	Home	POSTAL CODE Cell
E-MAIL ADDRESS	**PRINT CLEARLY**	
NEW MEMBERS ONLY	DATE HIRED	DATE RETIRED
<small>Please check boxes for activities in which you would like to participate.</small>		
<input type="checkbox"/> Heritage Club Travel: advance notice of travel opportunities	<input type="checkbox"/> Work on Archives, inventory, displays, restoration	<input type="checkbox"/> Look after old uniforms for displays
<input type="checkbox"/> Annual Gala Dinner Continental Seafood Restaurant September 26/24	<input type="checkbox"/> Replying to Santa Letters	
<input type="checkbox"/> Van Fraser Scholarship committee	<input type="checkbox"/> Manage Van Fraser website	
<input type="checkbox"/> Quarterly luncheons: March 27/24, June 26/24 and November 27/24	<input type="checkbox"/> Help with Thomas the Tank Engine annual event	
<input type="checkbox"/> Bus Tours	<input type="checkbox"/> Rail/Levy Mail car restoration and maintenance	
<input type="checkbox"/> Serve on Van Fraser Heritage Club Executive	<input type="checkbox"/> Help with special chapter projects	
<input type="checkbox"/> Remembrance Ceremony Nov 8/24	<input type="checkbox"/> U-Drive trip to Yakima Sept 8-12/24	
	<input type="checkbox"/> Review Canada Post Foundation submissions online	
	<input type="checkbox"/> Review Canada Post scholarship applications onl	

Our club requests a minimum \$10.00 donation annually. Members with MEDOC insurance must pay dues annually to maintain active membership status for insurance. Please write any suggestions or questions on the back of the form.
 Return complete form, **DO NOT TEAR IN HALF**, VanFraser Heritage Club, 5940 Ferguson Rd., Richmond, BC, V7B0B1. Email: fvdanelis@hotmail.com Phone: 604 482 4311



2025/26 VAN-FRASER HERITAGE CLUB TRAVEL

April 22/25, 4-day Mini Cruise on the Koningsdam, Vancouver return. Enjoy a day in Seattle, a day in Victoria and one day at sea experiencing all the luxury the ship has to offer. This is an opportunity for first time cruisers and those who just want a little break. Insides from \$648 pp, Balconies from \$747 pp, Suites from \$1,128 pp including all taxes.

April 26/25, 7-Night cruise Vancouver return on the Koningsdam. Visit Juneau, Skagway, Ketchikan and Glacier Bay National Park. Insides from \$1,453 pp or "Have it All" for \$2,084 pp including taxes

Note: you can combine these two cruises as back-to-back for an eleven-day trip!

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 \$1,120 pp for May 16/25 from \$1,092 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 Harbor, 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 \$6,502 pp including taxes

July 27/25, 7-nights Alaska cruise, Vancouver return on the Serenade of the Seas. Visit Sitka, Tracy Arm, Icy Strait, Juneau and Ketchikan. Limited availability. Call for current pricing.

September 14/25, 14-nights Alaska cruise on the Noordam, Vancouver return. Visiting Sitka, Anchorage, Kodiak, Valdez, Glacier Bay, Juneau, Skagway, Ketchikan, and Prince Rupert. Insides from \$2,800 pp. This cruise goes further north and has 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 enroute to Hawaii where you can stay on land for more days in Hawaii and fly home. Insides from \$1,009, windows from \$1,149 and balconies from \$1,229 CAD - per person, plus taxes. LIMITED AVAILABILITY! (Lower prices with non refundable deposit)

October 25/25, 14-nights Mexico/California on the Nieuw Amsterdam San Diego return. Visit Cabo San Lucas, La Paz, Loreto Mexico, San Diego, Avalon and San Francisco overnight, and Ensenada Mexico. Inside cabins from \$1,897 pp including taxes. Contact the Heritage Club office for other rates and promos as well as a 7-day option.

2026

January 9/26 and Jan 31/26, 22-night Antarctica cruise on the Oosterdam: Santiago, Chile to Buenos Aries and return. Call Fred to discuss the itinerary and pricing.

February 15/26, 12-Days to Mexico on the Zuiderdam, San Diego return, visiting from Guadalajara to Ensenada.

March 22/26, 21-days Fort Lauderdale to Rotterdam on the Rotterdam, visit ports in England, Norway and The Netherlands.

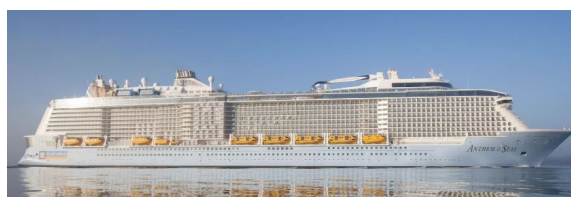
May 30/26, 10-night Spring Cruise on the Volendam, Montreal return. See more info on the following page.

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.

Cruise Prices available at time of printing and may change at anytime. 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.



Holland America's Koningsdam - Pinnacle class
2,650 guests, 975 ft long, 114.8 ft wide



Royal Caribbean's Anthem of the Seas - Quantum class
4,905 guests, 1,139 ft long, 162 ft wide



Holland America's Volendam - Rotterdam class
1,432 guests, 781 ft long, 105.8 ft wide

VAN FRASER 2026 SPRING CRUISE

10-NIGHT CRUISE MONTREAL, AND RETURN. KEEP YOUR VACATION DOLLARS IN CANADA!



10-Night cruise, Montreal return, on the Volendam, May 30/26

Join other Heritage Club members for a relaxing, informative and fun cruise on board the Holland America ship, Volendam.

Meet in Montreal for as many days as you can before or after the cruise.

Inside cabins from \$2,209 CAD pp, including taxes. Have it all from \$3,312 pp. Air, pre/post hotel and gratuities extra. Call for window or balcony cabin prices.

Call Fred Danells at 604-482-4311 or email vanfrasernews01@gmail.com for more information or to book with our group.

Cruise the mighty St. Lawrence to Québec City charms, explore Charlottetown's coppery beaches and quaint Victorians, and practice your bonjour in St. Pierre & Miquelon.

See Cruise Itinerary listed below:

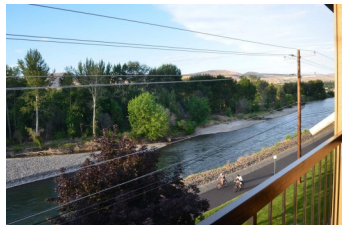
Day 1 May 30, 2026	Montreal, Quebec, Canada <small>TIMES SUBJECT TO TIDAL CONDITIONS</small>	Departs 7:00 pm
Day 1 May 30, 2026	Saint Lawrence River Cruising <small>CRUISING ONLY</small>	
Day 2 May 31, 2026	Quebec City, Quebec, Canada <small>TIMES SUBJECT TO TIDAL CONDITIONS</small>	Arrives 7:00 am Departs 7:00 pm
Day 3 Jun 01, 2026	Saguenay, Quebec, Canada	Arrives 7:00 am Departs 4:00 pm
Day 4 Jun 02, 2026	Cruising Gulf of St. Lawrence <small>CRUISING ONLY</small>	
Day 5 Jun 03, 2026	Charlottetown, Prince Edward Island, Canada	Arrives 8:00 am Departs 6:00 pm
Day 6 Jun 04, 2026	Days At Sea	Arrives 12:00 pm Departs 11:59 am
Day 7 Jun 05, 2026	St Johns, Newfoundland, Canada <small>ROUTE TIME SUBJECT TO WEATHER ICE</small>	Arrives 8:00 am Departs 5:00 pm
Day 8 Jun 06, 2026	Saint Pierre and Miquelon <small>PASSPORT REQUIRED</small>	Arrives 8:00 am Departs 5:00 pm
Day 9 Jun 07, 2026	Cruising Gulf of St. Lawrence <small>CRUISING ONLY</small>	
Day 10 Jun 08, 2026	Saint Lawrence River Cruising <small>CRUISING ONLY</small>	
Day 11 Jun 09, 2026	Montreal, Quebec, Canada <small>TIMES SUBJECT TO TIDAL CONDITIONS</small>	Arrives 7:00 am



Elegant and spacious, *Volendam* takes her décor cues from the garden. Her grand public spaces are graced with floral fabrics and tapestries, as well as huge vases of fresh floral arrangements. Join friends in a friendly game of Pickleball at Sea with the ocean as your backdrop. Relax with a spa treatment at the Greenhouse Spa & Salon, or enjoy a sumptuous meal at one of our fine dining restaurants.

HERITAGE CLUB U-DRIVE

YAKIMA, WASHINGTON: SEPTEMBER 7 TO 11, 2025



The **Yakima Wyndham Baymont Hotel** will be the site of our U-Drive trip in September. It's an easy drive at your own pace, taking about 5 hours. Every hotel room has a balcony overlooking the pool and patio area situated by the swift flowing Yakima River. A complimentary full breakfast is included each day.

In the mornings, you can play golf at a variety of courses - every day or as many days and holes as you like. A fun tournament will be held for all who want to participate mid-week when non golfers are invited to join in for lunch at the golf club.

Others will enjoy checking out the bargains at the local shops and markets or hiking along the river. Afternoons provide time for broader sightseeing the area, fishing the Yakima River, visiting local orchards and vineyards, wine tasting, followed by time to relax at the pool and hot tub. Join the group for Happy Hours, conversation and games poolside. Contact your golf buddies to join the trip.

Drive up the hill to the Cowiche Creek Brewing Co. for **Beer Made the Farmer Way™**.

Visit a local winery for tasting and snacks.

Check out Los Hernandez for the "best tamales".

Henry suggests visiting Fiesta Foods for a large variety of Mexican delicacies.

Hike the Yakima River boardwalk in either direction from the Baymont Hotel.



A group BBQ dinner will be provided poolside for two of the nights and there are numerous restaurants close by for other nights including the Yakima Steakhouse (formerly Black Angus) and the Mexican El Mirador adjacent to our hotel.

To book a room, call the hotel, 1-509-457-4444 and tell them you are with the Heritage Club group.

Room with one Queen Bed for 1 or 2 adults: \$99.00/night plus tax

Room with two Queen Beds for 1 or 2 adults: \$109.00/night plus tax

Studio Room with Kitchenette for 1 or 2 adults: \$119.00/night plus tax

You will provide your credit card to guarantee the room *but do not pay until you arrive*.

Once you book, please advise **Ken Cornish**, so he can send you additional information and directions. Also, let Ken know if you plan to golf any or all of the days.

Book now to be sure you get your room at these rates and plan for lots of fun times and good food!

Ken Cornish phone: 604-881-1282

Email: kccornish@telus.net

Van Fraser Heritage Club : 604-482-4311

Note: Book your room now, we will monitor re USA travel, changing location if need be.

AN OPPORTUNITY FOR HERITAGE CLUB MEMBERS!

Congratulations to Jedd Derry and Eileen Hoeter on their beautiful Mexican resort, Villa Star of the Sea.

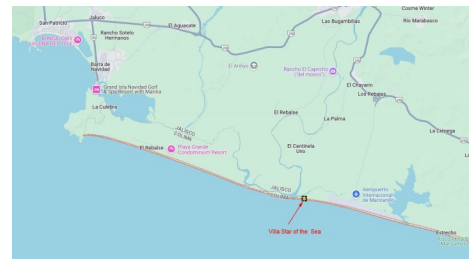


This is another great opportunity for our members to travel beyond USA.

Enjoy a relaxing vacation in a warm climate on a sandy beach at Playa de Coco, Isla Navidad, Costalegre, Mexico.

Jedd is a retiree of Canada Post and an active member of our Van Fraser Heritage Club. He regularly attends our functions when in Vancouver.

Jedd says CPC Heritage Club members are welcome and in fact, always get a 35% discount at the Villa Star of the Sea, noting many CPC and Heritage Club members have stayed with them over the past few years.



Located 17 kilometers from Manzanillo-Costalegre International Airport (ZLO), and approximately 14 Km from Barra de Navidad and Melaque. The resort is close to great dining and shopping experiences.

Check the website and contacts below with lots of photos and details for booking your trip.



**VILLA STAR OF THE SEA Boutique Suites Resort additional information:
Jedd's US phone number: (323) 522-5411**



Villa Star of the Sea website
villastarofthesea.com



Villa Star of the Sea YouTube video
<https://www.youtube.com/watch?v=n63Z3m7BV0>



Jedd Derry's Facebook
<https://www.facebook.com/people/Jedd-Derry/100005213207009>



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

April 3/25 Application available on Intrapost



CANADA POST HERITAGE CLUB

For the children, grandchildren and great grandchildren of Current Heritage Club Members who have been active for two years entering Post Secondary Education.

Information at holmese@nl.rogers.com

BELAIRDIRECT SCHOLORSHIP PROGRAM

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

Information at: Belairdirect.com/scholarship

1-800-567-1237

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.

Vanfrasernews01@gmail.com

Information on these Scholarship Programs is available from the

Van Fraser Office, 604-482-4311 or

vanfrasernews01@gmail.com

HERITAGE CLUB HELP WANTED!



Help wanted: Telephone coordinator

Volunteer member to assist other members request or offer rides to club functions. You would be willing to accept phone calls or emails from members who need a ride to one of our luncheons or event and from those who can offer a ride and connect the two with each other.

This is not a time consuming task but one that would be so appreciated by members.

Contact Fred to discuss the details.

Specsavers Optical



An offer for members: 60% off lens upgrades: Discount only available for CPC Heritage Club members on presentation of proof of membership in store. Offer can be used in conjunction with our two pairs from \$149 offer. Offer cannot be used in conjunction with any other vouchers or offers including when you purchase a single pair of glasses from our \$149 range and above, as a lens upgrade is already included in this bundle. Excludes safety eyewear. Discount is applied before taxes. No cash surrender value. Cannot be applied to past transactions. *Offer details are subject to change.*

This offer can be combined with any in-store 2 pair promotion

Also, we offer comprehensive eye exams including an OCT scan as part of the exam. Costs for the exam are \$99 if patients are between the ages of 19-64. For patients 65 years and older provided they have not had an eye exam with their optometrist within the last year is free. Check their website: specsavers.ca for more details and locations in our region, including One at Richmond Center Mall.

Members will need to provide proof of their Canada Post Heritage Club membership in-store prior to receiving the discount.

COVERAGE CHANGE HIGHLIGHTS

It is important that you read your policy in its entirety to ensure you understand the coverage provided under this insurance. Below you will find highlights of the changes. The enclosed policy booklet contains the full details on your coverage, including benefits, limitations and exclusions.

UPDATES TO EXCLUSIONS

The below exclusions only apply to expenses incurred on a Supplemental Plan and only if you are qualified under the Standard Health Option.

The exclusions for Emergency Medical Travel Insurance and Trip Cancellation and Trip Interruption Insurance have been updated as follows:

- The exclusion for 'all heart conditions' is removed - which means that coverage would not be excluded for all heart conditions based on the instability of an unrelated heart condition.
- Under the same 'all heart conditions' which was removed, any reference to the frequency nitroglycerin is taken for any such heart condition is also removed.
- The exclusion for 'all lung conditions' is removed - which means that coverage would not be excluded for all lung conditions based on the instability of an unrelated lung condition.
- An exclusion is added for any cancer for which chemotherapy is received at any time during the 90 days before your booking date or your departure date.

For complete details, refer to General Exclusions 1, 2, 3 and 4 in your policy.

NEW DEFINITIONS

New definitions of 'Prepaid Travel Arrangements', 'Travel Supplier' and 'Return Date' have been added to assist with clarification of your Trip Cancellation and Trip Interruption Insurance. We have also added a 'Travel Documents' definition to this same coverage to better support upcoming travel authorization requirements.

Before booking a trip or travelling, be sure to visit the Government of Canada page on Travel Advice and Advisories (<https://travel.gc.ca/travelling/advisories>) for information on entry and exit requirements for foreign countries.

MEDOC® is a registered trademark of Johnson Inc. ("Johnson"). MEDOC® Travel Insurance is underwritten by Royal & Sun Alliance Insurance Company of Canada (RSA) and is administered by Johnson. ©2024 Johnson Inc. A member of Intact Financial Corporation. RSA and Johnson share common ownership. Johnson is a licensed insurance intermediary. The information contained in this document is only a summary and may be subject to limitations and exclusions. Your insurance policy prevails at all times.

Royal & Sun Alliance Insurance Company of Canada
www.rsagroup.ca
1 888 877 1710

MOD B INFO 2024 E

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.²
- 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.³
- 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.⁴
- 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.⁵
- 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.

MEDOC CONTACT INFORMATION

Johnson.ca (website) • travelinsurance@johnson.ca (email) • 1-866-606-3362 (toll free) • 1-855-454-1337 (toll free)

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



THE ARCHIVES



Often the new year brings energy for house cleaning and purging items that are no longer useful. If this is you, don't forget our Archival Collection. Please send us any old CPC or Heritage Club magazines, artifacts or uniforms to add to our collection.

Many of our items are on display in our RMC museum located in the Squamish Railway Park. Others are stored, ready for display at various events during the year.

Also, we need volunteers to help categorize and store artifacts and photos. Thank you!



Save up to \$1700 on your hearing aid purchase
It's never too late to show your ears some love! That's why we're offering you up to \$1700 off the latest hearing aids. Plus, as a Canada Post Heritage Club member, you and your family enjoy exclusive benefits at HearingLife & Network Partner clinics, including an extra 10% off the final purchase price. Book your FREE appointment today! Visit www.hearinglifeadvantage.ca or call 1-888-335-7537.

Editor's Note

Van-Fraser News
Is published by the
Van-Fraser Heritage Club

Unit 160 - 5940 Ferguson Road
Richmond, BC , V7B 0B1

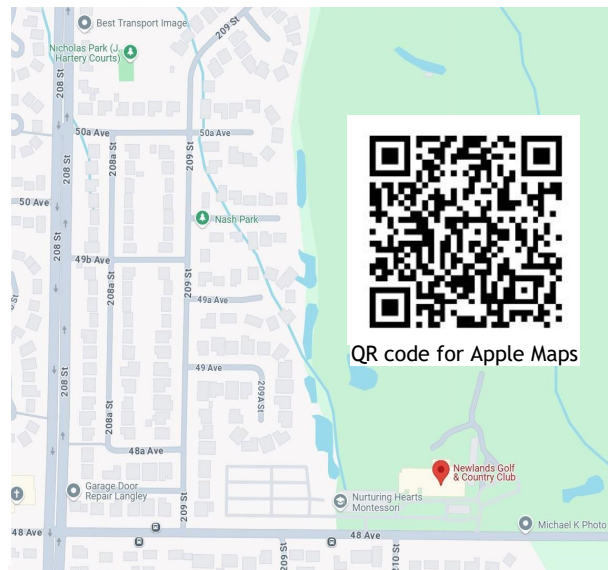
Email: vanfrasernews@gmail.com
Phone: 604 482-4311

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



VAN FRASER HERITAGE CLUB SPRING LUNCHEON






NEWLANDS GOLF AND COUNTRY CLUB WEDNESDAY, MARCH 26, 2025 AT 12:00 NOON



Newlands Golf & Country Club: 21025 48 Ave, Langley

Join us for a buffet luncheon in a beautiful setting in Langley providing access to members from the eastern and western parts of our region. Enjoy a sumptuous buffet with old and new friends. Book a group for 9 holes pre or post lunch.

\$41.00 ticket includes the buffet meal, tax & gratuities

-  Cash bar
-  Door Prizes
-  Great fun. Organize a group of family and friends, lots of free parking.
-  Offer a ride to others who don't have a vehicle. Call the Heritage Club to request or offer a ride.
-  Contact transit for schedules (translink.ca).



VAN FRASER HERITAGE CLUB – SPRING LUNCHEON: \$41.00

March 26, 2025 at 12:00 noon

Newlands Golf and Country Club, 21025 48 Ave, Langley

Name: _____

Address: _____

Postal code: _____

Number of tickets: _____ Phone: _____

Send your cheque payable to: *Van Fraser Heritage Club* for your tickets.
Mail to: Van Fraser Heritage Club, 5940 Ferguson Rd., Richmond, V7B 0B1