

VAN FRASER HERITAGE CLUB SPRING LUNCHEON NEWLANDS GOLF AND COUNTRY CLUB, MARCH 26, 2025

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Upcoming Event:



June 6, 2025
Summer Luncheon at:
Delta Cascades Casino Buffet.
See page 9 for details and ordering your tickets!

Our spring luncheon at the Newlands Golf Club in Langley was a great success. The location met the request of many members from the eastern side of our area to have a function closer to their homes and appreciation was expressed.



VAN FRASER HERITAGE CLUB SPRING LUNCHEON

NEWLANDS GOLF AND COUNTRY CLUB, MARCH 26, 2025



The meal was buffet style with a huge variety of foods.

Newlands provided us with a bright, spacious banquet room with lots of space to visit with each other.

As usual, the draw for door prizes and 50/50 tickets created lots of fun. Thanks to all who donated prizes and helped with the 50/50 tickets.



VAN FRASER HERITAGE CLUB SPRING LUNCHEON

NEWLANDS GOLF AND COUNTRY CLUB, MARCH 26, 2025



Comments included, "Thank you . It was an enjoyable luncheon. Nice place, good food and great services"; "buffet had lots of variety"; " great buffet, I'm bringing the family here next week"; I met several colleagues I hadn't seen for years - wonderful, Thanks for organizing".



VAN FRASER HERITAGE CLUB SPRING LUNCHEON

NEWLANDS GOLF AND COUNTRY CLUB, MARCH 26, 2025



2025/26 VAN-FRASER HERITAGE CLUB TRAVEL

May 16 & 23 2025, 14-night Alaska cruise, (2 cruises, back-to-back), Vancouver return on the Radiance of the Seas, visiting Juneau, Icy Straight, Sitka, Skagway - northbound, Hubbard Glacier and Seward, Ketchikan - southbound. **Sold out** - call or email the Heritage Club office for last minute cancellations.

June 8, 2025, 28-night "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 \$6,502 pp including taxes.

July 27, 2025, 7-night Alaska cruise, Vancouver return on the Serenade of the Seas. Visit Sitka, Tracy Arm, Icy Straight, Juneau and Ketchikan. Limited availability. Call for pricing.

August 10, 2025, 14-night Alaska, Vancouver return on the Nieuw Amsterdam (2 cruises back-to-back).

September 14, 2025, 14-night Alaska cruise on the Noordam, Vancouver return, visiting Sitka, Anchorage, Kodiak, Valdez, Glacier Bay, Juneau, Skagway, Ketchikan, Princess Rupert. Insides from \$2,400 pp. This cruise goes further north with no repeat ports!

October 4, 2025, 9-night 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. Insides from \$1,009, Windows from \$1,149 and Balconies from \$1,229 CAD pp - plus taxes. LIMITED AVAILABILITY!

October 25, 2025, 14-night Mexico/California on the Nieuw Amsterdam, San Diego return. Visit Cabo San Lucas, Le Paz, Loreto, Mexico, San Diego, Avalon, San Francisco overnight, and Ensenada. Inside cabins from \$1,897 pp including taxes. Contact the Heritage Club office for other rates and promos as well as 7-day option.

2026

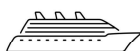
January 9 & 31, 2026, 22-night Antarctica cruise on the Oosterdam Santiago, Chile to Buenos Aires and return. Call Fred to discuss the itinerary and pricing and back-to-back option.

February 15, 2026, 12-days on the Zuiderdam, San Diego return, visiting Mexico.

March 22, 2026, 21-days Fort Lauderdale to Rotterdam on the Rotterdam, visit ports in England, Norway and The Netherlands.

May 30, 2026, 10-night Spring Cruise on the Volendam, Montreal return .Visit all Canadian ports plus Pierre St Miquelon. Call for Flyer or check last newsletter.

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 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.



VAN FRASER 2026 SPRING CRUISE

10-NIGHT CRUISE FROM MONTREAL ON THE HOLLAND AMERICA VOLENDAM, MAY 30/26

10-Night Montreal cruise, return. Keep Your Vacation Dollars in Canada!



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 wish before or after the cruise.

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

30MAY26	Transfer Yul Airport/Ship
30MAY26	Sail from Montreal, Quebec, Canada Times Subject To Tidal Conditions
30MAY26	Saint Lawrence River Cruising Cruising Only
31MAY26	Quebec City, Quebec, Canada Times Subject To Tidal Conditions
01JUN26	Saguenay, Quebec, Canada
02JUN26	Cruising Gulf of St. Lawrence Cruising Only
03JUN26	Charlottetown, Prince Edward Island
04JUN26	Sea Day
05JUN26	St Johns, Newfoundland, Canada Route/Time Subject To Weather/Ice
06JUN26	Saint Pierre and Miquelon Passport Required; Passport Card Not Accepted
07JUN26	Cruising Gulf of St. Lawrence Cruising Only
08JUN26	Saint Lawrence River Cruising Cruising Only
09JUN26	Debark Ship Montreal, Quebec, Canada Times Subject To Tidal Conditions

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

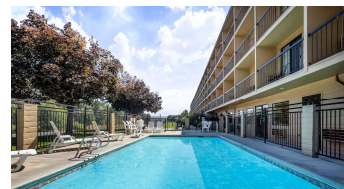
Cruise the mighty St. Lawrence to Québec City charms, explore Charlottetown’s coppery beaches and quaint Victorians, and practice your bonjour in St. Pierre & Miquelon.



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: SEPT. 7 TO 11, 2025



The Yakima Wyndham Baymont Hotel

will be the site of our U-Drive trip in September. Its 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 scenic 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, 1-509-457-4444 and tell them you are with the Heritage Club.

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 1or 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 get your room at these rates and plan for lots of fun times and good food!

Ken Cornish Phone: **604-881-1282** or 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.



VAN FRASER HERITAGE CLUB GRANT PROGRAM

HELPING STUDENTS PREPARE FOR EDUCATIONAL OPPORTUNITIES



The Van Fraser Heritage Club Education Grant Program was created to recognize, support, and reward children/grandchildren/great grandchildren of active Van Fraser Club Members who are in British Columbia and in their preparatory educational development years, i.e. between grades 10-12 and ages 15-18.

Our purpose is to encourage students to take vocational courses outside of their regular school programs to prepare them for their future post-secondary, technical, and/or trade educational opportunities.

Grant Application deadline is **August 31, 2025**.

For an application package, please contact Van Fraser Heritage Club office:

By phone: **(604) 482-4311**

or email: **vanfrasernews01@gmail.com**

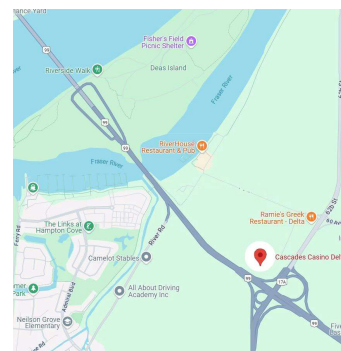




VAN-FRASER HERITAGE CLUB



SUMMER LUNCHEON
JUNE 6, 2025
11:30 AM



Delta Cascades Casino Buffet

6005 Highway 17A, Delta. Just south of the tunnel.

Join your fellow members for a fun lunch.

Its not just good food, but all the chatting and catching up!

\$28.00 per person includes all taxes and gratuities.

Lots of free parking, room to mingle, variety of salads, fruit entrees,



If driving, offer to pick up others who live near you. Check Transit for bus routes, and the bus stop within a short walk of the casino.



Call your friends and colleagues to join you for lunch and conversation!

Van Fraser Heritage Club Summer Luncheon - June 6, 2025, 11:30 AM, Cascades Casino Buffet, Delta

Name: _____

Phone: _____

Address: _____

Postal Code: _____

Number of tickets: _____ (Open seating)

Send your cheque payable to: **Van Fraser Heritage Club** and mail to: Van Fraser Heritage Club

Tickets: \$28.00 per person

5940 Ferguson Rd
Richmond, BC
V7B 0B1



VAN FRASER HERITAGE CLUB SUPPORTS KIDSPORT

KIDSPORT FUNDRAISER FESTIVAL GALA, FEBRUARY 28, 2025

On Feb. 28, 2025, Van Fraser members filled two tables at the annual KidSport gala fundraiser banquet in Richmond. The group met pre dinner at the hotel to catch up with each other before going in to our designated tables.



\$3.6M

was distributed by KidSport chapters across BC last year

+38% vs LY

ANOTHER RECORD YEAR

TESTIMONIAL

“Both my son and daughter got funding from KidSport to participate in sports. Not only has this given them a sense of accomplishment, but also a sense of belonging. It's so amazing to see my child with down syndrome being cheered on by his team! Priceless. It's brought such happiness. Thank you!”

The room was full with 250 people looking forward to the evenings events. The emcee was Rob Faye from CKNW and the keynote speaker was the honourable Carla Qualtrough who served as the Minister of Sport from July 2023 to December 2024 and was a three time Paralympic bronze medalist and four-time world championship medalist.

There were 25 VIP host athletes who volunteered their time providing each of the 25 tables with an athletic ambassador. We had Sean Stewart, former BC Lions football player and Zack Clay gymnastics Olympian host the two Van Fraser Tables.



KidSport Richmond Fundraiser Gala Host Athletes

VAN FRASER HERITAGE CLUB SUPPORTS KIDSPORT

KIDSPORT FUNDRAISER FESTIVAL GALA, FEBRUARY 28, 2025



Everyone had fun scouring the silent auction tables which filled one end of the banquet room, and we heard several of our members scored some great deals. We were happy to learn that the funds raised this year, exceeded expectations of the organizers thanks to everybody who participated.



OUR VISION: To ensure no kid is left watching from the sidelines, simply because their family can't afford the cost of sport.

VAN FRASER HERITAGE CLUB SUPPORTS KIDSPORT

KIDSPORT FUNDRAISER FESTIVAL GALA, FEBRUARY 28, 2025



From the Richmond News Mar 17/25

A recent Richmond KidSport gala raised more than \$130,000.

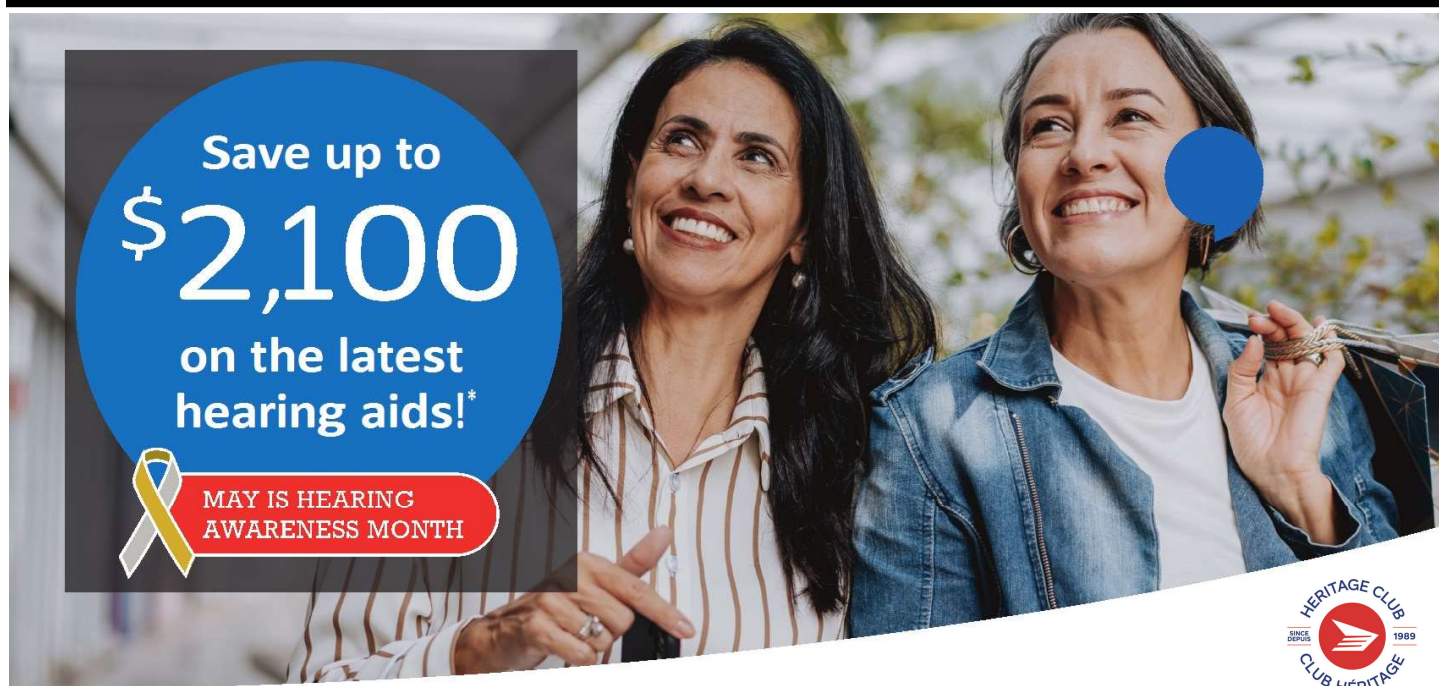
KidSport ambassador and Olympic race walker Evan Dunfee called the Feb. 28 gala “an overwhelming success.”

KidSport raises money to help pay for kids' sports registration fees.


The amount of money raised this year was a “significant increase” from previous galas, Dunfee told the *Richmond News*, but the need to support KidSport is also at a record high.




Heritage Club members posing with KidSport athlete and stunt actor Shawn Stewart



Save up to
\$2,100
on the latest
hearing aids!*

 MAY IS HEARING
AWARENESS MONTH



Dear <First Name>,

Today's hearing aids have evolved to seamlessly blend into your lifestyle, providing not just sound enhancement but a personalized hearing experience tailored precisely for you, so you can keep hearing and being you.

This May, take advantage of our Hearing Awareness Month promotion and save up to \$2,100 on the latest hearing aids.* And if you have a loved one who could benefit from hearing aids, share this offer with them! Encouraging them to check their hearing too, can make all the difference in staying connected to what matters most.

**Canada Post Heritage Club members
& family save an EXTRA 10%!***

**Book your free
appointment today!**



1-888-328-6411

HearingLife.ca/CPHC-2100

Mention code: LTP-2100-CPHC



*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. If you request a copy of the Audiological Report, an administrative fee will apply (fees do not apply in Saskatchewan). This promotion is valid for select hearing aid models and cannot be combined with more than 1 promotion or discount unless stated otherwise. Offer applies to private sales of select hearing aids and discount is applied after government funding has been deducted. See clinic for details. Offer expires 06/30/2025. **The extra 10% will be applied to the remaining balance on hearing aids and accessories after all other discounts (if applicable). Offers not valid in Quebec.



Save up to
\$2,100
on the latest
hearing aids!*

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AWARENESS MONTH

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& 90-day
satisfaction
guarantee.****

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appointment today!**

1-888-328-6411
HearingLife.ca/CPHC-2100
Mention code: LTP-2100-CPHC

VAN FRASER HERITAGE CLUB - CONTACT INFO UPDATES

OUR MOST FREQUENT INFORMATION REQUESTS



CPC Employee Heritage Club Active Members
 Medoc Travel Insurance (40-day Base Plan)
 1-866-606-3362 (johnson.ca/travel-insurance)
 For information brochure, call: 604-482-4311



Canada Life – Medical and Health Benefits
 Web: (my.canadalife.com/sign-in)
 1-866-716-1313



Hearing Life: Hearing Tests and Hearing Aids
 1-888-328-6411 for information and a location near you
 Web: (hearinglifeadvantage.ca/cphc/ltp-2100-cphc/)
 For current active Club members

British Columbia Out of Country Medical Claim
 Form: 604-482-4311



Vision Care: Quality Eye Care and Exams, Glasses and Contact Lenses
 Information and a location Near you: Specsavers.ca



Home Insurance:
 Call for a quote: 1-833-701-2147
 (Johnson.ca/exclusive-savings)
 Special code for current active members: HT



Good Life Fitness Centres:
 Special Heritage Club Members discount up to 30%
 Info and locations: 1-800-387-2425
 (corporate.goodlifefitness.com)

VAN FRASER HERITAGE CLUB - CONTACT INFO UPDATES

OUR MOST FREQUENT INFORMATION REQUESTS



Public Service Superannuation – For CPC Employees Retired before October 1, 2000
www.canada.ca/en/treasury-board-secretariat/topics/pension-plan.html
 1-800-561-7830 (Mon-Fri, 8:00 AM PST)



Canada Post Pension Plan
 For CPC Employees Retired after October 1, 2000
 1-877-480-9220
www.cpcpension.com



Canada Life
 Medical Emergency while travelling – 24 hour, 24/7
 if you need help call:
 1-855-222-4051 (from Canada or USA)
 1-204-946-2577 (from the rest of the world)
 Have your Group Plan # and your individual Canada Life membership number ready



Prescription Drugs
Cpcpension.com
 Helpful listing of the drugs covered by CPC Extended Health Care Plan

Editor's Note

Van-Fraser News is published by the Van-Fraser Heritage Club
 Unit 160 - 5940 Ferguson Road, Richmond, BC , V7B 0B1
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The editor reserves the right to edit any/all submissions for use in this publication.



VAN FRASER HERITAGE MEMORIAL PAGE

MEMBERS PASSED AWAY IN 2025



Mel Wilde

- ◆ Founding Member of the Van-Fraser Heritage Club since 1989
- ◆ Active member attending Club Luncheons and Banquets
- ◆ Enjoyed travelling the world with the Heritage Club
- ◆ Enjoyed Fishing for Halibut and Salmon
- ◆ Avid wildlife photographer



Don Pao

- ◆ Active Member of the Van-Fraser Heritage Club
- ◆ Volunteered at the Railway Mail Car Restoration Project
- ◆ Enjoyed participating in Heritage Club Luncheons and Banquets
- ◆ Frequent traveler on Heritage Club Bus Trips and World Cruises.

