

VAN FRASER HERITAGE CLUB SUMMER LUNCHEON CASCADES CASINO DELTA , JUNE 6, 2025

INSIDE THIS ISSUE

<i>Summer Luncheon at The Cascades Casino in Delta.....</i>	<i>1</i>
<i>Annual Gala Banquet.....</i>	<i>4</i>
<i>Photos from the Spectacular Alaska Cruise in May</i>	<i>6</i>
<i>2025/26 Travel Club news ...</i>	<i>13</i>
<i>Railway Mail Car upgrades in Squamish.....</i>	<i>14</i>
<i>Canada Day Celebrations.....</i>	<i>18</i>
<i>Pension News from AGM.....</i>	<i>20</i>
<i>Van Fraser Heritage Club Vocational Scholarship</i>	<i>21</i>
<i>Belairdirect Scholarship</i>	<i>22</i>
<i>Van-Fraser Heritage Club Volunteers</i>	<i>23</i>
<i>Members Recently Passed....</i>	<i>26</i>

UPCOMING EVENTS

Mark your calendar.

September 7 -11/25
- Yakima U-Drive trip

October 2/25
- Annual Gala Banquet

December 4/25
- Christmas luncheon



Our summer luncheon was held at the beautiful Cascades Casino in Delta. The Casino's Buffet provided a unique variety of hot and cold cuisine together with reserved seating areas, ideal for catching up with good friends.



VAN FRASER HERITAGE CLUB SPRING LUNCHEON

CASCADES CASINO DELTA , JUNE 6, 2025



Bobby Woo celebrating his birthday with family



VAN FRASER HERITAGE CLUB SPRING LUNCHEON

CASCADES CASINO DELTA , JUNE 6, 2025



VAN FRASER HERITAGE CLUB ANNUAL BANQUET

CONTINENTAL SEAFOOD RESTAURANT — OCT 2, 2025

Reserve your table for 10 for your special group of colleagues & friends for a fun filled evening or book your individual tickets, info on next page.

Know a colleague who could use a night out? Offer them a ride and join us for an evening of fine Chinese dining, laughter, and reconnecting with old friends. Help spread the word and share the good times!

MENU

BBQ Pork Combination Platter

(Roasted Pork, BBQ Pork, Honey Garlic Spareribs, BBQ Duck)

Deep Fried Crab Claws

Assorted Seafood Fish Maw Soup

Sautéed beef w/ mixed mushrooms and snow peas

Sautéed Tiger Prawns w/Superior Soya Sauce

Pork Chop w/Orange Sauce

Deep fried Crispy Chicken

Braised Tofu w/Snow Peas and Asparagus

Dry Scallops & Chicken Fried Wild Rice

Braised E-Fu Noodles w/Mushrooms

Baked Tapioca Pudding



VAN FRASER HERITAGE CLUB ANNUAL BANQUET

CONTINENTAL SEAFOOD RESTAURANT — OCT 2, 2025

Reserve your table for 10 for your special group of colleagues & friends for a fun filled evening or book your individual tickets.

Know a colleague who could use a night out? Offer them a ride and join us for an evening of fine Chinese dining, laughter, and reconnecting with old friends. Help spread the word and share the good times!



VAN FRASER ANNUAL GALA BANQUET
CONTINENTAL SEAFOOD RESTAURANT, RICHMOND
Thursday, October 2, 2025 5 pm

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Number of Tickets: _____ or Table for 10 _____

Sit With (*only if you want to sit with particular persons*) _____

*A table for 10 is \$500.00 and individual tickets are \$50.00 per person.
Please make your cheque payable to: Van-Fraser Heritage Club and return to:
5940 Ferguson Rd
Richmond, BC
V7B 0B1.*

CONTINENTAL SEAFOOD RESTAURANT

#150-11700 Cambie Road
Richmond BC V6X 1L5
Phone: 604 278-6331



Apple Maps



Google Maps

VAN FRASER HERITAGE CLUB MAY ALASKA CRUISE

NORTHBOUND SIGHTS INCLUDED STOPS IN JUNEAU, ICY STRAIT POINT, SITKA, SKAGWAY, AND HUBBARD GLACIER, WITH WILDLIFE SIGHTSEEING IN THE INSIDE PASSAGE (PHOTOS BY LESLIE WILSON & ALAN SUNG)



Adult and young Bald Eagles



VAN FRASER HERITAGE CLUB MAY ALASKA CRUISE

NORTHBOUND SIGHTS INCLUDED STOPS IN JUNEAU, ICY STRAIT POINT, SITKA, SKAGWAY, AND HUBBARD GLACIER, WITH WILDLIFE SIGHTSEEING IN THE INSIDE PASSAGE (PHOTOS BY LESLIE WILSON & ALAN SUNG)



Grizzly Bear



Mountain Goats



Stellar Sea Lions

VAN FRASER HERITAGE CLUB MAY ALASKA CRUISE

NORTHBOUND SIGHTS INCLUDED STOPS IN JUNEAU, ICY STRAIT POINT, SITKA, SKAGWAY, AND HUBBARD GLACIER, WITH WILDLIFE SIGHTSEEING IN THE INSIDE PASSAGE (PHOTOS BY LESLIE WILSON & ALAN SUNG)



Colony of black-legged kittiwake gulls



Breaching Humpback Whale

VAN FRASER HERITAGE CLUB MAY ALASKA CRUISE

NORTHBOUND SIGHTS INCLUDED STOPS IN JUNEAU, ICY STRAIT POINT, SITKA, SKAGWAY, AND HUBBARD GLACIER, WITH WILDLIFE SIGHTSEEING IN THE INSIDE PASSAGE (PHOTOS BY LESLIE WILSON & ALAN SUNG)



Juneau, Alaska



Radiance of the Seas docked in Seward



Waterfall along Interior Passage,
Skagway, Alaska



Viewed in Skagway with the adult mum and
two siblings learning to fly. Amazing!

VAN FRASER HERITAGE CLUB MAY ALASKA CRUISE

NORTHBOUND SIGHTS INCLUDED STOPS IN JUNEAU, ICY STRAIT POINT, SITKA, SKAGWAY, AND HUBBARD GLACIER, WITH WILDLIFE SIGHTSEEING IN THE INSIDE PASSAGE (PHOTOS BY LESLIE WILSON & ALAN SUNG)



Wooden Houses in Hoonah, Alaska



Tlingit forked prow hunting canoe

VAN FRASER HERITAGE CLUB MAY ALASKA CRUISE

SOUTHBOUND FROM SEWARD INCLUDED STOPS IN KETCHIKAN, ICY STRAIT POINT, SKAGWAY, JUNEAU, AND HUBBARD GLACIER

(PHOTOS BY LESLIE WILSON & ALAN SUNG)



Hubbard Glacier



Icy Strait Point



St. Nicholas Orthodox Church, Hoonah



Dolphins racing alongside the ship

VAN FRASER HERITAGE CLUB MAY ALASKA CRUISE

SOUTHBOUND FROM SEWARD INCLUDED STOPS IN KETCHIKAN, ICY STRAIT POINT, SKAGWAY, JUNEAU, AND HUBBARD GLACIER

(PHOTOS BY LESLIE WILSON & ALAN SUNG)



Snow-capped mountains near Ketchikan Alaska



Hubbard Glacier

VAN-FRASER HERITAGE CLUB TRAVEL

SCHEDULE UPDATE FOR OCTOBER 2025 AND 2026

October 4/25 9-nights Vancouver to Honolulu on the action packed Anthem of the Seas. This is a fun ship experience en route to Hawaii where you can stay on land for more days in Hawaii and fly home from Honolulu. Balcony cabins from \$1,600 CAD pp, HOTEL AND RETURN airfare from Hawaii is extra. LIMITED AVAILABILITY!

October 25/25 14-nights 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 \$2,100 CAD. pp including taxes. Contact the Heritage Club office for other rates and promotions as well as 7-day option. Airfare Vancouver to San Diego return is extra.

January 9 and Jan 31/26 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 15/26 12-Days on the Zuiderdam, San Diego return. Visiting Cabo San Lucas, La Paz, Loreto, Guaymas, Topolobampo, Mazatlán, Puerto Vallarta and Ensenada, Mexico. Inside cabins from \$2,400 CAD pp. Airfare Vancouver to San Diego and return is extra.

March 22/26 2-days Fort Lauderdale to Rotterdam on the Rotterdam. Fly to Fort Lauderdale, 9 Sea Days to relax and enjoy ship activities, Falmouth, Portland and Southampton, England; Brussels, Belgium; Skjolden, Stavanger, Kristiansand and Oslo Norway; scenic cruising Oslofjord and Sognefjord, and disembark in Rotterdam. Inside cabins from \$2,900 CAD pp including taxes. Flights to Fort Lauderdale and return from Rotterdam are extra.

May 30/26 10-night Spring Cruise on the Volendam, Montreal return. All Canadian ports plus Pierre St Miquelon. Call for flyer or check previous newsletter.

September 16/26 18-nights. Cruise Great Bear Rainforest and Alaska on the Zaandam Vancouver return. Inside cabins from \$4,200 CAD pp. This is a one time itinerary visiting unique areas such as cruising Princess Royal Island, Grenville channel, Great Bear Rainforest, Sitka, Valdez, Kodiak, Homer, Anchorage overnight, Hubbard Glacier and Glacier Bay, Juneau, Wrangell, Ketchikan, scenic cruising Bella Bella and the Inside Passage.



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 Belairdirect) 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 HERITAGE CLUB MAIL CAR UPGRADE

NEW DISPLAY CASES INSTALLED AT SQUAMISH RAIL CAR MUSEUM



For members who have not yet visited the Railway Museum in Squamish: The CPR Baggage Mail Car 3704 was built in 1949. It features a 50' baggage compartment and a 30' mail compartment. BC Rail bought the car from CPR for work train service but never converted it. The Canada Post Mail Car has been restored and maintained by a team of **Heritage Club volunteers**, and now represents a fully restored authentic working mail car.

VAN FRASER HERITAGE CLUB MAIL CAR UPGRADE

NEW DISPLAY CASES INSTALLED AT SQUAMISH RAIL CAR MUSEUM



← Packing the display cases to take up to the Squamish Railway Museum.

Assembling the new display cases up in Squamish.



VAN FRASER HERITAGE CLUB MAIL CAR UPGRADE

NEW DISPLAY CASES INSTALLED AT SQUAMISH RAIL CAR MUSEUM



← New cases ready to move into the mail car and the old ones are donated to the railway park to be reused for another train car exhibit

Fred Danells and the moving contractors carefully positioning each case in the mail car



VAN FRASER HERITAGE CLUB MAIL CAR UPGRADE

NEW DISPLAY CASES INSTALLED AT SQUAMISH RAIL CAR MUSEUM



← All of the new cases are in position and ready to be filled.

New cases have temporary displays and in the near future a work party will go back to Squamish to rearrange all of the displays and to add a number of new exhibits that have been donated during the past year.

Please call Fred if you are interested in helping with the Mail Car maintenance.



Beautiful new display cases with interior lighting to highlight our archive collection.

VAN FRASER HERITAGE CLUB - CANADA DAY BBQ

RICHMOND HAPPY HOUR GROUP GATHERED TO CELEBRATE CANADA'S BIRTHDAY AND ENJOY AN EXCELLENT FEAST OF BBQ SALMON, CHICKEN, RIBS WITH ALL THE FIXINGS INCLUDING CANADA DAY THEMED DESSERTS!



VAN FRASER HERITAGE CLUB - CANADA DAY BBQ

RICHMOND HAPPY HOUR GROUP GATHERED TO CELEBRATE CANADA'S BIRTHDAY AND ENJOY AN EXCELLENT FEAST OF BBQ SALMON, CHICKEN, RIBS WITH ALL THE FIXINGS INCLUDING CANADA DAY THEMED DESSERTS!



CANADA POST EMPLOYEE PENSION FUND

NEWS FROM THE HERITAGE CLUB ANNUAL GENERAL MEETING



At our Heritage Club Annual Meeting held in Calgary in May 2025, Canada Post VP and Chief Investment Officer Michael Butere and Bill Price Pension Fund ADVISORY COMMITTEE provided an update and status of CPC Employee Pension fund for those who retired after October 1, 2000.

- ♦ The pension fund started in 2001 at \$7 Billion and has grown to \$32 Billion in assets by 2025.
- ♦ There are 60 team members with many various fields of expertise to help manage the fund.
- ♦ 30% of income is from participating members and 70% from investments.
- ♦ Fund is in a strong financial position now and will be into the future.
- ♦ Monthly payout to participants is approx. \$110 million.
- ♦ The portfolio is 40% fixed assets, 10% Canadian Equities, 10 % Real Estate and remainder in Private Equity/Infrastructure.
- ♦ Domestic Focus: 60-70% assets held in Canada.
- ♦ The pension plan is on a conservative investment strategy with a focus on transparency and stability. The fund is well positioned to meet long term pension obligations successfully.

NOTE:

From my personal notes at the presentation.

Fred Danells

VAN FRASER HERITAGE CLUB VOCATIONAL SCHOLARSHIP PROGRAM

HELPING STUDENTS PREPARE FOR EDUCATIONAL OPPORTUNITIES



The Van Fraser Heritage Club Vocational Scholarship 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.

Vocational Scholarship 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**





2025 belairdirect Scholarship Program

The belairdirect Scholarship Program

This year, Belair Insurance Company Inc. (belairdirect) will award 50 scholarships each valued at \$1,000, to students completing high school in 2025 and will attend a post-secondary educational institution in Canada in the fall of 2025.

With a belairdirect scholarship behind you, you have everything in front of you.

To apply, applicants must be:

- A resident of a province or territory of Canada;
- Completing high school in 2025;
- Have a minimum cumulative average of 75% over the last three terms of available marks; and

Enrolled in an undergraduate program on a full-time basis for the 2025-2026 academic year at a recognized publicly funded Canadian post-secondary institution.

To apply online:

You must be an active Heritage Club member and current Medoc Insurance holder to be eligible.

Applicants must submit their completed application by **July 15, 2025** and must include a transcript for the period of **September 2023 to April 2025**.

<https://portal.scholarshippartners.ca/welcome/belairdirect-En/>

VAN FRASER HERITAGE CLUB VOLUNTEERS

SOMEONE SAID “VOLUNTEERS ARE INVALUABLE” BUT FOR US AT VAN FRASER HERITAGE CLUB THEY ARE PRICELESS!

Thank you to Van Fraser team:

Rene Brissette	- Leadership of Annual Thomas Event in Squamish, quarterly luncheons - Special events.
Jeremy Davy	- Liaison with Railway Museum Of British Columbia and Canadian Pacific Railway - Mail Car Exhibit.
Jim Stevenson	- Hosting social events and quarterly luncheons, Annual Banquet.
Taka Nukina	- Treasurer
Stan Wong	- CPC Employee Wellness Center Coordinator, Annual Banquet - Christmas Luncheon, Scholarship/grant program liaison - Member recognitions events, Special Awards. Sat. Coffee chat drop in.
Carol Burchett	- Social Events Hosting, Cloverdale Santa Letters.
Ken Cornish	- Remember Our Own Ceremony, Annual Golf Tour, Event M/C, Bus Trips - Summer social BBQ's
Alan Sung	- Van Fraser Education Grant reviews committee.
Stu Magee	- Editor Van Fraser Newsletter, PPC presence, Archive photos, etc.
William Pang	- Ambassador for Van Fraser, Recruitment to events and membership.
Derek Hodgkinson	- Van Fraser Santa Letter Coordinator, Chapter e-Transfers process.
Joe Pesht	- C & D Letter Carrier Depots contact, Van Fraser info request - Membership follow up Q & A, CPC Santa Letter Program Liaison.
Peter Wong	- Fitness Center Administration
Linda Hinkelman	- Final Arrangements Information and contacts
Wally Chow	- Graphics
Bruce Horn	- Van Fraser Brochure

A heartfelt thank you to all our active members for everything you do. Your continued efforts—whether it's maintaining our membership database by adding new members, updating addresses, or keeping records current with headquarters—are truly appreciated.

We are especially grateful to those who notify the office of a member's passing, ensuring our records remain accurate and respectful.

We also value the inquiries we receive and deeply appreciate the members who take the time to research and provide accurate, helpful responses.

Finally, thank you to those who actively connect with our partners to arrange special agreements. These partnerships offer valuable services that continue to benefit our members, and your efforts make that possible.



MEDOC TRAVEL INSURANCE REMINDER



Coverage Effective Date:

- New policy takes effect **September 1, 2025**.

Health Option Questionnaire:

- **Base Plan:** No need to complete the questionnaire; premiums are based on age only.
- **Supplemental Plan:** Automatically enrolled in the **Standard Health Option**. Completing the questionnaire **may lower your premium** if you qualify for the **Optimum** or **Preferred** options.
- **Do not submit** the questionnaire if you don't qualify for either of these options.

Key Dates:

- **July 2025:** Receive new policy documents and travel coverage cards.
- **July 18, 2025:** Deadline to request policy changes for them to be reflected in the first bank deduction.
- **August 5, 2025:** First automatic bank deduction (no cheque needed).
- **September 1, 2025:** New coverage begins.
- **October 5, 2025:** Deadline to cancel coverage if not travelling (must include names and policy number).

Important Reminder About Supplemental Travel Insurance:

If you purchased supplemental insurance for a trip longer than 40 days, be sure to **cancel the additional coverage when you return or before you renew your policy**.

If you don't remove it, the **extra premium will continue to be automatically deducted** in your new policy for the upcoming year—even if you're not planning another extended trip.

To avoid unnecessary charges, **contact Johnson or update your coverage online** before renewing.



HearingLife | Trusted Partner of

Check in on
your ears
So you can
keep being you.

Book a **FREE** hearing test today!

Canada Post
Heritage Club
Members get
an EXTRA 10%
off hearing aid
purchases!

Book your FREE hearing test

HearingLife would like to offer you and your family 100 AIR MILES® Reward Miles when you complete your first FREE hearing test!

Follow the link below to sign up for a FREE hearing test:

<https://hearinglifeadvantage.ca/cphc/ens-cnp-cphc/>

EXCLUSIVE

The
savings
have
landed.

belairdirect.
car and home insurance

For claim assistance, members can contact Belairdirect's third-party claims provider **Global Excel Management** at **1-800-709-3420** or collect at **819-566-1002**.

Belairdirect Member Memo

Subject: NOTICE: Johnson Travel Rebrand: Monday, June 30th

As you're aware, effective July 1, 2025, Johnson Insurance Travel operations will come together with belairdirect and rebrand as belairdirect travel insurance, respectively.

This marks an exciting new chapter for all of us. With belairdirect, you can expect the same level of service they know and trust.

To further support their system integration to belairdirect, their Travel department will be closed from Saturday, June 28 at 5:00 p.m. EST to Wednesday July 2 at 6:30 a.m. EST for planned system upgrades.

All services will resume on Wednesday, July 2. Thank you for your understanding.

Editor's Note

Van-Fraser News is published by the Van-Fraser Heritage Club
Unit 160 - 5940 Ferguson Road, Richmond, BC , V7B 0B1
Email: vanfrasernews01@gmail.com with your submissions
The editor reserves the right to edit any/all submissions.

VAN FRASER HERITAGE MEMORIAL PAGE

MEMBERS THAT HAVE PASSED AWAY IN 2025



Sylvia Joyce Mancinelli

- ◆ The Heritage Club remembers Sylvia Joyce Mancinelli.
- ◆ Sylvia was a joy to travel with: she was always smiling, laughing and full of joy.
- ◆ Ben and Sylvia traveled both on our Heritage Club Annual 2-week Bus Trips and many cruises together and attended all our local functions locally and making so many new friends.



Donna and William Whitty

- ◆ The Heritage Club remembers Donna and William Whitty.
- ◆ Donna and William enjoyed Heritage Club activities including Luncheons and Banquets.
- ◆ Donna and William also participated in Golf Tournaments and other trips and enjoyed Heritage Bus Trips.
- ◆ The Whitty's were a big help with the annual Santa Letter campaigns as well as donating to the Heritage Club Archives.



VAN FRASER HERITAGE 2025 MEMORIAL PAGE

IN MEMORIAM — REMEMBERING OUR OWN



George Gruell

Mel Wilde

Sylvia Mancinelli (Biagio Spouse)

Donna Whitty (Spouse)

Lawrence Whitty

Margaret Shiu

Don Pao

Edward Pellreene

Gordon Dumphy

Ronald Coleman

Eng Sim

William Thauberger

