

VAN FRASER HERITAGE CLUB ANNUAL BANQUET CONTINENTAL SEAFOOD RESTAURANT

INSIDE THIS ISSUE ✎

<i>Annual Gala Banquet.....</i>	<i>1</i>
<i>Yakima U-Drive trip.....</i>	<i>4</i>
<i>Travel Page Update.....</i>	<i>6</i>
<i>Membership Renewal</i>	<i>7</i>
<i>Santa Letter Program</i>	<i>8</i>
<i>Al Miller's Orphan Care.....</i>	<i>9</i>
<i>Honouring Our Own.....</i>	<i>11</i>
<i>North Pole Express</i>	<i>14</i>
<i>Christmas Luncheon.....</i>	<i>15</i>

Upcoming EVENTS

Nov 23 to 26, 2025

- Tulalip Bus Trip

Nov 23 thru to Jan 8th

- Santa Letter Program

Dec 4, 2025

- Christmas luncheon



The Heritage Club Annual Banquet was hosted in Richmond on October 2nd at the Continental Seafood Restaurant. Fred and Kam lead the parade of servers delivering the first course, the BBQ Pork Combination Platter.



Members enjoyed a continuous slide show of over 800 photos highlighting Club activities, displayed throughout the evening on the large screen. Thanks to Vincent from the Continental Restaurant for the technical support.



Members and families enjoyed our annual banquet at Richmond Continental Seafood Restaurant. The ten course meal of BBQ Pork, Seafood, Beef, monster Tiger Prawns, Chicken and vegetables plus the fabulous Baked Tapioca Pudding and Celebration Cake for dessert.



During the course of the evening, a number of door prizes were won by members and guests.



50-50 winner: Margaret Lee



Year of the Rooster — Stamp Edition
Silent Auction Winner: Wally Chow



Door Prize winner: Bobby Woo



Door Prize winner: Helen Mah



Door prize winner: Raymond Chow

Raymond provides the mandatory equipment orientation for PPC employees prior to Wellness Center use. The Heritage Club oversees the facility's operation supporting membership well-being.



Door Prize winner: Winston Wong



Door Prize winner: Linda Briand

Stan presents bouquets and recognizes
Fred and Leslie's countless hours of
dedication to the Van Fraser Heritage Club >





VAN FRASER HERITAGE CLUB

YAKIMA U-DRIVE AUTUMN TRIP



Happy Hour each day and BBQ dinners by the pool and babbling river each afternoon.

Members drive their own vehicles (some carpool) at their own pace and always enjoy relaxing by the River. During the hotel stay— some golf, hike, shop, sightsee and catch up on all the news while relaxing by the pool in the sunshine.



Stuffed pork on the menu for group dinner



Chicken kebabs for poolside BBQ



VAN FRASER HERITAGE CLUB YAKIMA U-DRIVE AUTUMN TRIP



Putting contest for everybody



First timer Pam wins the golf trophy



Sharon and Michelle admiring their own trophy: The Signature Apple Dessert

January 9/26 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 a back-to-back 44-day option. Very limited availability.

February 15/26 12-Days on the Zuiderdam, San Diego return, visiting Cabo San Lucas, La Pas, Loreto, Guaymas, Topolobampo, Mazatlán, Puerto Vallarta and Ensenada, Mexico. Inside cabins from \$2,400 CAD pp. Air from Vancouver to San Diego return is extra.

March 22/26 21-days Fort Lauderdale to Rotterdam on the Rotterdam, Fly to Fort Lauderdale, 9 Sea Days to relax and enjoy ship activities, visit 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 additional.

May 30/26 10-night Spring Cruise on the Volendam, Montreal return. All Canadian ports plus Pierre St Miquelon. Just a few cabins left.

June 7/26 7-nights Alaska on the Serenade of the Seas, Vancouver return. Visit Sitka, Tracy Arm, Juneau and Prince Rupert, BC. Insides from \$1,133 pp and Balcony from \$2,440 pp including taxes.

Aug 7/26 and Aug 14/26 14-nights on the Ovation of the Seas, Vancouver return, 2 cruises, back-to-back visiting Ketchikan, Sitka, Skagway, Hubbard Glacier, Seward and Icy Strait. From \$1,124 pp Aug 7 and \$1,125 pp Aug 14. Enjoy the humongous ship with lots of bells and whistles for all ages!

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. Balconies are wait-listed, limited insides and ocean view available.



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 our Heritage Club group Belairdirect Travel insurance. **Cruise prices available at time of printing and may change at anytime.** Call Van Fraser Heritage Club 604-482-4311 or email: vanfrasernews01@gmail.com for more info., detailed itineraries and pricing on other categories of cabins.

VAN FRASER HERITAGE CLUB

MEMBERSHIP RENEWAL IS COMING UP!

Forms for the 2026 Heritage Club Annual Membership renewal will be sent to everyone later in November. In anticipation of this, we are seeking your input and suggestions for any activities, events you would like to like in 2026 and think that other members would also enjoy. For example, one member has suggested a day bus trip in 2026 the Squamish area for the day visiting places like the Falls, the railway park visiting our restored mail train, and other areas along with the lunch. This is something we could plan if there was interest, but we're looking for all of the ideas you might have that you forward to us along with details/pricing that would be helpful to our executive with planning.



Once we receive this input from you, we will review it and add pertinent items to the annual membership renewal form, so people can indicate their interest and have their names on a distribution list for those particular events. We appreciate you giving some thought to this and hoping to have an active year 2026.



Watch for the form in the mail!



VAN FRASER HERITAGE CLUB DELIVERING THE MAGIC OF CHRISTMAS 2025



Santa needs your help with his mail!

Many children were so disappointed to miss their letter from Santa last year due to the postal disruption, so how about everyone throw in a hand to help all the elves with Santa's mail this year.

Please contact the Heritage Club office to volunteer.

Santa will be delivering **THE MAGIC OF CHRISTMAS** to every child who writes to him this year to the North Pole Post Office with his unique Postal Code **Ho Ho Ho** or (**HOH OHO**).

Santa depends on all Canada Post Employees and Retired Posties to help him with this years tremendous volume of letters he receives at The North Pole Post Office.

"The tradition of service to our community continues". Join Santa's special team of Elves this year starting on approx. **November 23 through to January 8th** (depending on our receipts)

Please confirm your availability by contacting our office at **604-482-4311** or email Santa's Regional coordinator for The Pacific Division Fred Danells at (fwdanells@hotmail.com)



AL MILLER'S ORPHAN CARE PROJECT

ZIMBABWE, MOZAMBIQUE & MALAWI



Children sharing seats at a bridging school



Chicks from the incubator project

Al Miller is an active Heritage Club member, we have followed and supported his work over the years.

Orphan Care Report Update from Marla Miller

The work supporting orphans and vulnerable children in Africa continues. We are currently providing funding to feed and educate children in Zimbabwe, Mozambique and Malawi.

The food situation has improved but still falls short of meeting the needs of the orphans. This area of Africa has experienced improved rains leading to better crop production but the cost of food leaves many falling short of nutritional requirements.

Education remains a huge challenge as both Zimbabwe and Mozambique charge school fees for children to attend school. The cost is more than many can afford as a result many children do not attend school. We provide \$10,000 for school fees three times per year to increase the number of children attending school. In addition, the local orphan care workers operate two bridging schools that allow children to attend without having to pay.

We are also continuing to invest in agriculturally based projects with the intent to generate income locally for the orphan care work. The two main projects are the large egg incubator in Zimbabwe and the development of a farm in Mozambique.

I was able to travel to Zimbabwe in August to inspect the projects and spent time with many of the orphan care workers and children I have come to know. Each trip is amazing and encouraging. Progress is slow but things are improving.

Thank You for your ongoing support. You are improving the lives of many children.

AL MILLER'S ORPHAN CARE PROJECT ZIMBABWE, MOZAMBIQUE & MALAWI



Dinner for some of the orphans



Her name is Shelter. Abandoned as a baby.
Now healthy with a big personality



Children from one of
the bridging schools

HONOURING OUR OWN

Each year, prior to Remembrance Day, the Van Fraser Heritage Club hosts a ceremony to honour the Canada Post employees who lost their lives in military service or as a result of service. In World War I and II.



Two hundred and thirty-two Canada Post employees from British Columbia, including Postal Clerks, Letter Carriers, Railway Mail Clerks and Postmasters served in World War I. The records for World War II are not yet available, except to family members, but we have been able to identify some Canada Post employees who served.

We ask each of our members to pause at 11 am on November 11, 2025 for a moment and remember those who have given the ultimate sacrifice and these Canada Post employees in particular.

WWI

Herbert Norman Canning
Letter Carrier, Victoria

James Hayes
Railway Mail Clerk, Vancouver

James Pender
Postal Clerk, Vancouver

Frank Edward Carr
Postal Clerk, Vancouver

Henry Harry Jackson
Postal Clerk, Vancouver

Marshal Wilder Pineo
Postmaster, Fort Fraser

Joseph White Cornick
Postal Clerk, Victoria

John Jamieson
Letter Carrier, Vancouver

Laurence Oliver Randle
Postal Clerk, Nanaimo

Alfred James Dailey
Letter Carrier, New West.

Douglas John Lamborn
Letter Carrier, Victoria

Joseph Richardson
Letter Carrier, Vancouver

Arthur Gibson
Postmaster, 150 Mile House

Rae Bruce McCallum
Postal Clerk, Victoria

Archie Blackwood Russell
Railway Mail Clerk, Pr. Rupert

Arthur Frederick Goffin
Railway Mail Clerk, Haney

Thomas Charles Morris-White
Letter Carrier, Vancouver

James Elliot Stephen
Postal Clerk, Pr. Rupert

Samuel Livingston Haegert
Letter Carrier, Victoria

Clarence Roy Palmer
Letter Carrier, Vancouver

Ernest M. Wilkinson
Postal Clerk, Victoria

Matthew Henry Harlock
Letter Carrier, Vancouver

Charles Herbert Peart
Postal Clerk, Vancouver

Francis Wenman Wright
Letter Carrier, Vancouver

Alexander Filmore Quinn
Postal Clerk, Vancouver

WW2

Russell Haig Clapperton
Postal Clerk, Kamloops

Melvin Ralph Derrick
Letter Carrier, Vancouver

John Gibson
Letter Carrier, Vancouver

Randolph Percy Day
Letter Carrier, New West

Richard Godfrey East
RR Courier, Keremeos

William Pyle Thomas
Postal Clerk, Vancouver



TRUSTED
PARTNER OF



We had a great story from one of our members following his visit to Hearing Life. He was helped big time and appreciated all of the latest technology, both with testing and state of the art hearing aides. He spoke with enthusiasm about the changes to his life with his new aides, saying he feels much more relaxed and self confident now that he can hear much more clearly. He expressed to our coffee group, excitedly “ I can hear conversations across the table that I never could before. I didn’t realize how much I was missing and how I was considered rude when I didn’t respond to people. I’m like a new man - much more relaxed and confident.”



We encourage members to review the offer to active Heritage Club members and follow the links to make an appointment near your neighbourhood.

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

For a limited time, get our state-of-the-art hearing aids at an unbeatable price. Experience crystal-clear conversations and reconnect with the world around you.

CPHC Members & family save an EXTRA 10%!***

[Claim Your Special Offer Now](#)



Book your FREE appointment to claim this offer

Fill out the form to schedule your FREE, no-obligation hearing consultation. Our specialists will help you find the perfect solution for your needs.

- Free Hearing Test: Understand your level of hearing loss.
- Personalized Fitting: Get a custom solution for maximum comfort.
- Lock in Your Discount: Secure our limited-time offer.
- Members & family save an additional 10%!***

EARLY BLACK FRIDAY SAVINGS

OUR BIGGEST SALE OF THE YEAR

up to **\$2,100** off the latest hearing aids

CPHC Members & family save an EXTRA 10%!***

Survivor Benefit Information from Simcoe Heritage Club, Anna Huang, President

Canada Post has hired a new "provider", AON, to manage the Survivor Benefit program.

AON issued a letter containing an error and they will issue a corrective letter NEXT YEAR outlining what people will be getting, correcting this misinformation on the survivor benefit amount shown on your annual personalized pension statement (PPS). The amount reflects the value at the pension commencement date before indexation is applied.

Please be assured that the survivor benefit has not been reduced. When the survivor benefit becomes payable, the initial amount shown on your PPS from your pension commencement date will be subject to indexation in accordance with plan text provisions.

Johnson Medoc is now Belairdirect Travel



Why choose belairdirect travel insurance (formerly MEDOC®)?

Enjoy the same standard of service you know and trust but under a new name. MEDOC® is now belairdirect travel insurance, and we're here to make your trip as seamless as possible with comprehensive, user-friendly insurance.

- 
All-in-one travel insurance
 Travel freely and safely with our annual travel insurance. Receive coverage for medical emergencies, trip disruptions, lost baggage and more – all in one package. It's your journey, with our protection.
- 
Pay less, travel more!
 You could receive protection for an unlimited number of trips per year, often at a lower cost than single trip coverage.
- 
Additional discounts on home insurance with belairdirect²
 Pair your travel insurance with your home policy and you could be eligible for an extra 5% savings on your home insurance.

Our Heritage Club Group Plan has now transferred from Johnson Insurance Medoc to Belairdirect. Members who have had a travel policy (MEDOC) in the past year will have received your new policy with information sheets and ID cards to carry in your wallet.

Be sure to write your policy number on the wallet card. It has the phone numbers to call in case of an emergency.

For members wishing to purchase a new travel plan within our Heritage Club group, you can get a quote on line Belairdirect.com or by phoning 1 866 606 3362.

NORTH POLE EXPRESSS TICKETS ON SALE NOW!



The North Pole Express is a fun family Christmas event that takes you on an adventurous and entertaining train ride from our North Pole Express Station to our North Pole.

For a fun break, check out the North Pole Express at the Railway Museum in Squamish: www.wcra.org for more details and information on tickets.

What a magical day to spend with your family during the season. All trains operate to and from the Railway Museum of BC in Squamish starting Nov 29th.

Tickets sold individually, get yours now before this popular holiday event is sold out!

[Get Tickets](#)

Editor's Note

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VAN FRASER HERITAGE CLUB

CHRISTMAS LUNCHEON

Van-Fraser News | Sept / Oct 2025

Page 15

Members and Families of the Van Fraser Heritage Club!

I hope to see you all at your annual Christmas luncheon on Dec 4/25 at the Continental Seafood Restaurant in Richmond.

\$45.00 includes the meal, tax, gratuities and tea.



Once again, Stan has come up with a delicious menu including both seafood items and non seafood, making sure everyone enjoys a variety of food.

Besides the delicious meal, this is a wonderful opportunity to reconnect with friends and colleagues and kick off the holiday season together. The room will be filled with festive decorations, and Santa (yours truly) will make a special appearance to add to the fun! There'll also be a 50/50 draw, door prizes, and maybe even a little surprise from the elves. Let's make this year's luncheon a truly memorable event—spread the word to colleagues you haven't seen in a while, and if you can, offer a ride to those who might need one. Be sure to check the information page in this newsletter and get your tickets soon!

See next page for ticket information.

Fun for all with:



Cash bar



Santa's visit with gifts



50/50 Draw



Door Prizes



Great fun, organize a group of 10 family friends, lots of free parking.



Bring a new, unwrapped toy or a cash for the Salvation Army toy drive.



VAN FRASER HERITAGE CLUB

CHRISTMAS LUNCHEON MENU & TICKETS

Van-Fraser News | Sept / Oct 2025

Page 16

Shrimp Dumpling
蝦餃

Pork Dumpling
燒賣

Veggie Spring Roll
素春卷

Chicken, Fish Maw & Corn Soup
雞茸粟米魚肚羹

Sauteed Cuttlefish & Prawn w/Vegetable
翡翠花姿蝦球

Sauteed Beef w/Broccoli
百加利牛肉

Sweet & Sour Boneless Pork w/Pineapple
菠蘿咕嚕肉

Assorted Seafood Chow Mein
海鮮炒麵

Mango Pudding
香芒布甸

VAN FRASER HERITAGE CLUB CHRISTMAS LUNCHEON: \$45.00

December 4, 2025 at 12:00 noon - Continental Seafood Restaurant, Richmond

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Number of Tickets: _____ or Table for 10 _____

Send your cheque payable to **Van Fraser Heritage Club** for your tickets.

Van Fraser Heritage Club, 5940 Ferguson Rd, Richmond, V7B 0B1

