

ALASKA CRUISES DEPARTING FROM VANCOUVER

7-NIGHTS KONINGS DAM & 14-NIGHTS OVATION OF THE SEAS

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Upcoming EVENTS

September 6 to 10:

- U-drive trip (*your vehicle*)

October 8:

- Gala Awards Banquet

November 10:

- Honouring Our Own
Ceremony: 10:00 AM, PPC

December 3:

- Christmas Luncheon with
Santa and New Toy Drive



Happy Hour in the late afternoon is popular with members who enjoy relaxing with others to discuss all the sights from the day.

For many years some of our members have provided Home Stay Placements for International Students. On a recent cruise, a member approached us about her student (i.e. graduate students home staying in Vancouver to finesse her English). The student along with three of her class mates were quickly welcomed in our group. They had the time of their life, visiting each port, sampling the local seafood, and on the ship each evening were active in the upper level pickleball courts with serious game, jumping in the swimming pool and relaxing in the spa! One girl wrote: "It's hard to believe tonight is already our last night. I want to sincerely thank you for your incredible hospitality and for inviting us. This trip has truly been one of the most memorable experiences of our life."



Margerie Glacier in Glacier Bay National Park.

Members enjoyed cruising Alaska this summer with the ease of boarding their cruise ship at the Canada Place Cruise Ship Terminal in Vancouver, requiring no flights!

Heritage Club members were spotted on a number of ships, some for 7-days return, others for 14-days return and yet to come are the group booked on the 18-day voyage on the Zaandam with extra time to explore the scenic channels, through specular narrow channels.

The route travels up the BC central coast with viewing remote post offices in small ports such as Namu, Bella Bella, Klemtu, Butedale, Prince Rupert and overnight in Anchorage.

In spite of many changes over the years, the scenery never fails to provide a breathtaking and humbling experience

As the ship slowly cruised through Glacier Bay after picking up the National Park Rangers from their station in Bartlett Cove, people spotted Mountain Goats on Gloomy Knob.



Seals hauled out across ice floes to sunbathe, and navigate safely, surrounded by calm, cyan-blue glacial waters.





Vern Liz and Mike at Sitka National Historical Park

Others watched a big black bear stroll along the shore as we passed Russell Island and as the ship got closer to the Glaciers, there were more and more ice flows, many with seals lounging on them along with rafts of sea otters floating by. Puffins were spotted swimming by. On previous adventures into glacier bay members excitedly pointed out moose, grizzly bears, wolves, eagles, Humpback whales, Minke whales, Orcas and ledge-nesting Kittiwakes

Vern, Mike and Liz were spotted in Sitka following an excursion from the Ovation of the Seas. As well as all the excursions offered by the ship, there are some excellent independent walking tours through the city, visiting the historic Russian Orthodox Church and walking through the Rainforest Park ending at the Rapture Center.

Mike enjoyed walking the streets of

Skagway, watching many passengers board the White Pass train and of course, he checked the local letter box!



People were excited to watch the black bear walking along the beach.



2026-27 VAN FRASER HERITAGE CLUB

CRUISE DEALS & TRAVEL UPDATES

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Sept 16/26: 18-nights Cruise Great Bear Rainforest and Alaska on the Zaandam, Vancouver return. **SOLD OUT BUT CALL IN CASE OF CANCELLATIONS.**

Jan 19/27 and Feb 1/27: 22 or 44 days South America and Antarctica on the Oosterdam. **Sold out ,but good chance there will be cancellations.**

Feb 14/27: 20-day Caribbean cruise on the Zuiderdam, Miami return. Visit Half Moon Cays, San Juan, Saint Thomas, Tortola, St Maarten, St John, St Lucia, Dominica, Barbados, Grenada, Trinidad, Aruba, Bonaire, Curaçao, Jamaica. Insides begin at \$3,800 CAD pp including taxes. Lower prices available with non refundable deposit. Flights are extra.

Apr 7/27: 17-nights Hawaii. Vancouver to Vancouver on the Koningsdam. Visit Hilo, Maui, Honolulu overnight, Kauai, Kona. Insides from \$3,140 CAD pp including taxes. This is a popular cruise with lots of sea days to relax on board after the long winter months. **No flights required!**

Apr 11/27: 21-nights Caribbean/Panama cruise. On the Nieuw Amsterdam from Fort Lauderdale to Vancouver. Visit Aruba, transit the Panama Canal, Punta Arenas, El Salvador, Guatemala, Acapulco, Puerto Vallarta, Cabo San Lucas, San Diego and Victoria on route back to Vancouver. Take advantage of the Labour Day Sale for discounted rate, deposit and some Shipboard credit. This epic, multi-week coastal and trans-oceanic voyage sale ends **Sept. 9/26.**

Oct 7/27: 41-nights on the Nieuw Amsterdam VANCOUVER to BUENOS ARIES. Cruise from Vancouver down the coast of North America and South America around Cape Horn and up the coast to Buenos Aries! Insides starting at \$6,568 CAD pp including taxes. Return flight from Buenos Aries is extra. (This trip does not go into Antarctica but covers a lot of amazing territory including the Falkland Islands). Call for itinerary.

Oct 8/27: 9-nights on the Ovation of the Seas from Vancouver to Honolulu on the Ovation of the Seas. Balconies from \$1,812 CAD pp and insides from \$1,398 CAD pp. Lower prices available with a non refundable deposit. Plan to stay on land in Hawaii for a few days! Return air and hotel extra.



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 are 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. Note: cruises and flights are selling out very quickly these days and we have people already booking into 2028! If you are planning on travel, be aware of the need to book early, preferably with a refundable deposit, in case your circumstances change and to take advantage of any early sales.





DISCOUNT HOTEL PLANNER

CPC HERITAGE CLUB - SPECIAL MEMBER DEALS



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There is a new perk for Heritage Club Members booking hotels at special discounted rates: Hotel Reservations and Discounts at 250K+ Hotels:

<https://canda.hotelplanner.com/>

The Canada Post Heritage Club has arranged access for members to the discount hotel booking website.

Using Canda HotelPlanner provides several key advantages, especially for group travel, large events, and extended stays.

Key Advantages

Competitive Group Rates:

Hotels bid directly for your business, which helps secure negotiated and discounted group blocks for our Heritage Club, sports teams, weddings, or conferences.

Time-Saving Automation:

The platform eliminates the need to call around to multiple individual hotels to compare pricing.

Free Event Website:

Organizers get a complimentary custom event website to help manage and administer group bookings.

Long-Term Stay Discounts:

Special reduced rates are available for extended or long-term accommodations





Discussing ways to connect lights in the display cases

In early July, Fred and Dave met in Squamish to tour the Railway Mail Car and review plans for upgrading the lighting and heating systems. These improvements will better showcase the exhibits while helping protect the collection from damage during the colder months.

They also finalized plans to securely anchor the new display cases to the floor, preventing movement and potential damage whenever the rail car is relocated.

Several projects were also identified for the next volunteer work party, including adding new artifacts, refreshing the display cases, installing a new entrance staircase, repainting and repositioning the Catch Post, creating additional exhibit labels, and carrying out a general interior and exterior cleanup.



Temporary light connection to see added value for guests walking through the exhibit.

It was very encouraging to see the Railway Mail Car looking its best and continuing to serve as a popular attraction at The Railway Museum of British Columbia



Agree to clamp the display cases to the floor to prevent damage on occasions when the car is moved



Suggest Windex and cotton cloths to dust the exterior

One park representative even described it as “the jewel in the crown” - a fitting tribute to the dedication and hard work of our Van Fraser Heritage Club volunteers.





NEWS FROM CPC INTRAPOST

ROYAL CANADIAN LEGION'S 100TH ANNIVERSARY



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Canada Post marks Royal Canadian Legion's 100th anniversary with commemorative stamp.

New issue honours a century of service, remembrance and support for veterans and their families



OTTAWA - To mark the Legion's 100th anniversary, Canada Post today issued a new stamp celebrating a century of service to veterans, their families and communities. The stamp pays tribute to the Legion's enduring legacy and its continued role in Canadian life.

Since its incorporation in 1926, The Royal Canadian Legion has stood alongside veterans and their families while playing a leading role in remembrance across Canada. Through its advocacy, commemoration and community-based programs, the Legion supports those who have served.

A century of serving veterans

Following the end of the First World War, veterans returning to Canada formed organizations to advocate for better care, fair treatment and recognition of the sacrifices made by those who did not return.





NEWS FROM CPC INTRAPost

ROYAL CANADIAN LEGION'S 100TH ANNIVERSARY



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On July 17, 1926, several of these organizations came together and were incorporated through an Act of Parliament as the Canadian Legion of the British Empire Service League. In 1961, the organization adopted its current name, The Royal Canadian Legion.

Today, the Legion continues to support veterans and their families through a range of programs. One of the most recognizable is the National Poppy Campaign, which raises funds for veteran services and promotes remembrance through the distribution of millions of poppies each year.

With 1,350 branches across Canada, the Legion continues to build its proud legacy through compassion, service and an unbreakable promise to never forget.

About the stamp issue

The stamp features The Royal Canadian Legion's banner alongside the dates 1926-2026 and the words "100 Years" rendered in bold typography. The stamps are designed by Blair Thomson (Believe in), featuring photography by Jo Thomson (Believe in), and printed by Colour Innovations. This stamp issue includes a booklet of six Permanent domestic rate stamps and an Official First Day Cover (OFDC) cancelled in Ottawa, where The Royal Canadian Legion is headquartered.

The stamps and OFDC are available at canadapost.ca and retail outlets across the country beginning July 17.

More resources:

- Folder with high-resolution images
- Canada Post social media accounts –Facebook, Instagram and LinkedIn

For more information:

Media Relations

613-734-8888

media@canadapost.ca



THE MAIL TRAIN DOESN'T STOP HERE ANYMORE

A Story Recounting The Emotional Final Run of Canada's 'Fast Mail' Railway Mail Service

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FOR 117 YEARS, the railway post offices and the men who rode them were called the fast mail. Then the government decided they weren't fast enough, so, this is their last run. Original story by ALAN WALKER

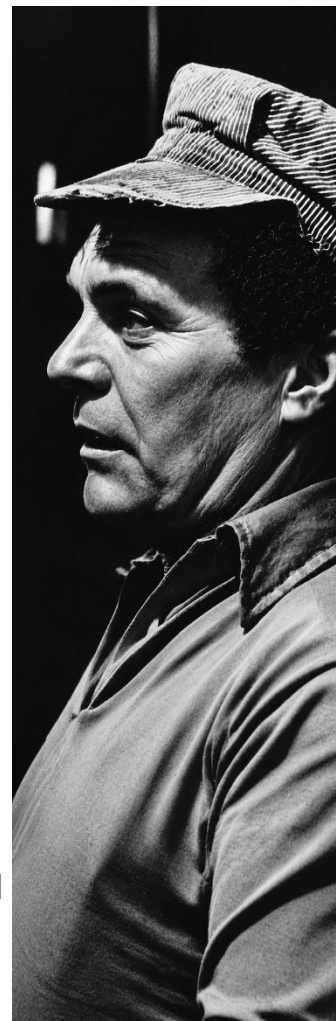


Charlie wasn't quite crying, but the tide in his eyes was beginning to turn. Charlie is 49 years old, and a railway-man born to the tough-minded traditions of "iron men in wooden cars," so he wasn't supposed to cry. But his reasons were special one night this spring.

At three minutes before 2 o'clock in the morning, the CNR's Cavalier from Toronto to Montreal stopped at Belleville, and Charlie threw his last mail sack out the door of the post office on wheels known simply as Car 7849. Charlie's five crewmates would continue to sort mail all the way to Montreal, but Charlie was a "spare-board" or backup mail clerk, and Belleville was his last stop.

He was in no hurry to leave. He reached into the pocket of his blue windbreaker and took out a worn, leatherette passbook that declared: "C.J. Gurney is a Railway Mail Clerk authorized to travel on Postal Cars on duty." Then he took out a smudged form letter from the Canada Post Office declaring that Charlie Gurney wasn't going to be a railway mail clerk any longer.

Nor was anyone else. No more mail sorters would brace their feet against heaving bulkheads while their post office clattered and swayed through the night at 80 miles an hour. For 117 years, the railway post offices and the men who operated them were called 'the fast mail', and they were the postal service's elite corps. Then the federal government decided they weren't fast enough anymore. The government said the fast mail was 'obsolete' and 'redundant' — and finished.



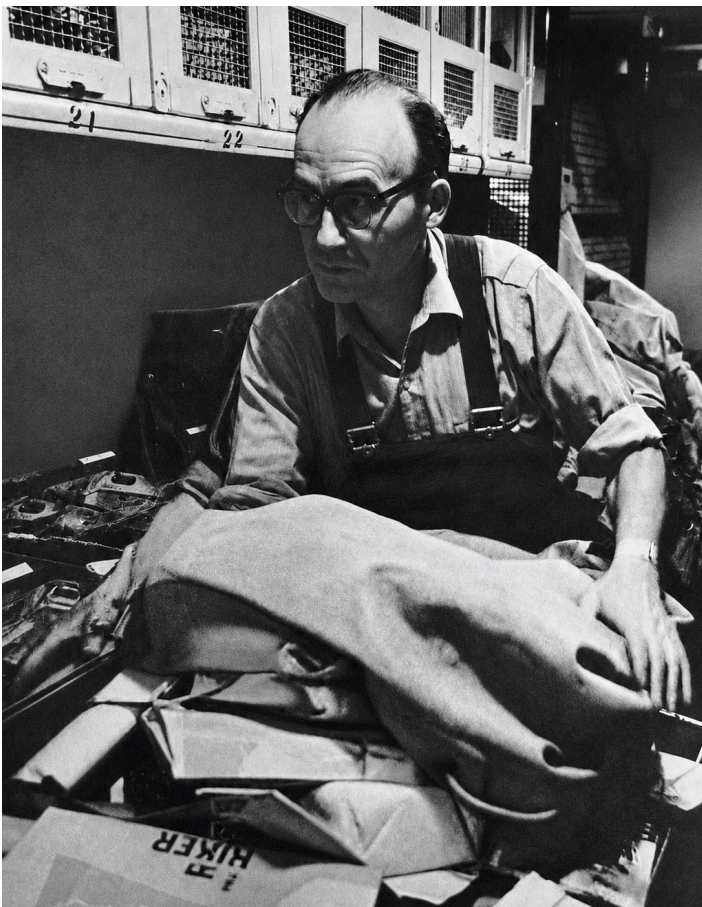
Charlie Gurney worked along side his Railway Mail Clerk friends for over 20 years

THE MAIL TRAIN DOESN'T STOP HERE ANYMORE

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Noel Hickman Opening a Bag of Mail

Charlie tugged self-consciously at his grey-and-white striped railway man's cap (59 cents from Simpsons). He jumped down to the station platform, walked over a dozen sets of sidings, then disappeared into rain and darkness toward the station a quarter-mile up the track. Once, briefly, a street-lamp silhouetted him. Then he was gone for good.

Canadians have long cherished their railways, which turned untamed lands into

Charlie's letter droned on, but the sad point was that he was about to lose the freedom, comradeship and pride he had enjoyed in the railway mail service, and which he was sure he would never find again. The following Tuesday, he would join the time clocks and anonymity in an anthill post office at Weston, Ont., just outside Toronto. The 20-minute stop at Belleville was nearly over, and Charlie began shaking hands: "Goodbye, Ed ... George ... Noel ... Doug ... Al." Charlie had worked alongside most of them for 20 years. They did not look into his eyes, which was just as well. And Al was the only one who managed to say anything more than goodbye. "See you in another 20 years," Al said.



Noel Hickman (above) was clerk-in-charge on the last run between Toronto and Montreal.

THE MAIL TRAIN DOESN'T STOP HERE ANYMORE

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a nation that likes to say it stretches From Sea to Sea, Generations of young train nuts stood vigil on summer afternoons, listening to the crickets between the ties, and waiting to wave at a monstrous locomotive that would chuff steam, sparks and cinders across the countryside, But then came diesels: efficient, impersonal — about as interesting as refrigerators.

Charlie Gurney and his five friends faced the same sort of transition when they set off to Montreal on their last journey as railway mail clerks. That night they worked through the final hours of a long and often romantic episode in the history of Canada's postal service. For them personally, the night meant more than that, it meant the loss of a lifestyle they had found both prestigious and profitable.



Noel Hickman, Ed Olive, Al Gilcrist, George King, and Doug Arland relaxing with a poker game.

The last run, then:

The railway mail clerks, sorry and subdued, walk into the marble and orange halls of Toronto's Union Station through the EMPLOYEES ONLY door and at least one man notes the last night's irony in bronze on the wall.



VAN FRASER HERITAGE CLUB

2026 SANTA LETTER WRITING PROGRAM

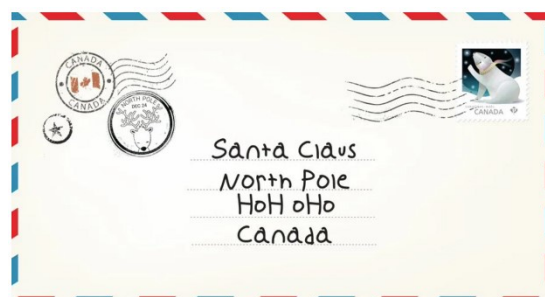


Santa will be delivering **THE MAGIC OF CHRISTMAS** to every child who writes to him this year to the North Pole Post Office with his unique Postal Code **Ho Ho Ho** or (**H0H 0H0**).

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 (pending 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





IMPORTANT TRAVEL INSURANCE REMINDER

FOR MEMBERS WITH **BELAIRDIRECT** TRAVEL INSURANCE



Members have been receiving their annual renewals for travel insurance from Belairdirect (formerly Johnson Insurance, MEDOC). Upon receipt of your package from Belairdirect, we encourage you to review your information and contact the insurance company if any of your info is wrong or if you have questions about your coverage.

Below are some important dates and criteria for eligibility.

Excerpt
from renewal
package:

July 17 2026	Requests for changes to your 2026/2027 policy received by this date will be reflected on your August 5, 2026 bank deduction
August 5 2026	The first bank deduction for your new 2026/2027 travel insurance policy occurs on this date. The bank deduction will occur automatically. You DO NOT need to submit a void cheque.
September 1 2026	Coverage under your new 2026/2027 travel insurance policy begins on this date.
October 5 2026	FINAL DEADLINE If you are not travelling and need to cancel your travel insurance, a cancellation request must be received by this date. Be sure to include your name, name of your spouse (if applicable) and policy number.
CONTACT INFORMATION belairdirect.com (website) - travelinsurance@belairdirect.com (email) - 1-866-606-3362 (toll free)	

Also, remember, if you had the opportunity for an extended vacation exceeding 40 days last year, you must check your new policy to make sure that the supplemental coverage you paid for has been cancelled or dates confirmed if you plan another 40 day plus trip in the new policy year. Otherwise it will automatically continue.

ELIGIBILITY FOR COVERAGE

To be covered under the policy, you must meet the following eligibility requirements:

- You must be covered under the government health insurance plan of your province; and You must have your permanent residence in Canada; and
- You must be insured under the Public Service Health Care Plan (PSHCP) or Canada Post Extended Health Care Plan (CPEHCP); and
- The required premium payments for your coverage under the policy must have been paid; and
- You must be a member in good standing in accordance with the Sponsoring organization or group's guidelines, or a spouse or dependent of such member





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- GoodLife On-Demand delivers online workouts wherever and whenever you want
- GoodLife Rewards offers savings and exclusive deals from GoodLife partners

Save with Specsavers

Specsavers

Welcome to the Canada Post Heritage Club we're proud to partner with this organization to provide affordable, accessible eyecare and eyewear to all its members.

All our locations provide a great range of offers, glasses, and contact lenses, as well as online booking and direct billing.

Plus, as a valued Heritage Club member, you can also get **60% off lens upgrades*** to help you make the perfect glasses.

And don't forget, if you're eligible for provincial health care, your eye exam (including an OCT eye health scan) will be at no cost to you.**

Book an eye exam today at specsavers.ca

Editor's Note

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

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The editor reserves the right to edit any/all submissions.



VAN FRASER HERITAGE CLUB GALA AWARDS BANQUET

47TH ANNIVERSARY - CONTINENTAL RESTAURANT: OCT 8, 2026

Mark Your Calendar! **Thursday, October 8, 2026** - Doors Open at 5:00 PM

CONTINENTAL CHINESE RESTAURANT

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



Exclusive 10-course meal

Roasted BBQ Platter Appetizers
Peking Duck Crispy Skin Rolls
Peking Duck Lettuce Wrap
Egg Swirl & Sweet Corn Chicken Soup
Sautéed Beef, Mushroom & Snow Peas
Salt & Pepper Crispy Yummy Chicken
Braised Tofu, Snow Peas & Broccoli
Stir Fried Vermicelli, Singapore Style
Braised E-Fu Noodle with Mushrooms
Fresh Baked Tapioca Pudding



VAN FRASER HERITAGE CLUB ANNUAL BANQUET

CONTINENTAL CHINESE RESTAURANT — OCT 8, 2026

Individual Ticket: \$50 - A Table of 10: \$500

Make a plan to attend, invite other members and friends for a great fun-filled evening.

Join our special **Solo Meet & Greet Table** for future Travel opportunities.

Create your own table of 10 with your colleagues from your work group to connect and reconnect.

Special Guest will be invited to attend from our various partnerships: **Belairdirect, HearingLife, Specsavers and Alternatives** for your personal Q&A and more information.

Prizes and Surprises – Fun and Frolic – 50/50 Draw, Door Prizes and Special Displays.

Look for more info in the next newsletter. Sign up now ? to save a spot early.

Phone: 604-482-4311 or email vanfrasernews01@gmail.com



VAN FRASER ANNUAL GALA BANQUET CONTINENTAL RESTAURANT, RICHMOND Thursday, October 8, 2026

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.*

