

GREAT BEAR RAINFOREST & ALASKA CRUISE 18 DAYS ON THE HOLLAND AMERICA R-CLASS MS ZAANDAM

INSIDE THIS ISSUE ✨

18-day Alaska Cruise.....	1
Travel Page Update.....	5
Yakima U-Drive Trip.....	6
October Gala Banquet	8
Fraud Alert PSA	13
Santa Letter Program.....	17
Honouring Our Own.....	18
Membership Renewal.....	22
Christmas Lunch Info	23



Enjoying a Group Dinner at the Pinnacle Grill

A group of 18 of us had lots of fun on the Zaandam for 18 days in September. This was an amazing itinerary going further north and stopping by less-visited ports like Homer, Kodiak, Valdez, Wrangell and lots of time to cruise the scenic channels on route.

Upcoming EVENTS

Santa Letter Program

- Nov 23/26 to Jan 8/27
Ponderosa Room, PPC

Christmas Luncheon:

- Continental Restaurant
11700 Cambie Rd with
Santa and New Toy Drive



This unique itinerary is highly regarded because the smaller ship size allows it to navigate tight channels and reach rare, remote ports of call that larger cruise ships cannot visit

GREAT BEAR RAINFOREST & ALASKA CRUISE

18 DAYS ON THE HOLLAND AMERICA R-CLASS MS ZAANDAM

Van-Fraser News | Sept / Oct 2026

Page 2



The Boat Bluff Lighthouse complex on the south end of Sarah Island near Klemtu in Tolmie Channel along the Inside Passage.

A Heiltsuk First Nation's carved totem pole near the shore of Bella Bella (Waglisla) in the Great Bear Rainforest



Margerie Glacier is a 34 km long tidewater glacier located in Glacier Bay National Park and Preserve



GREAT BEAR RAINFOREST & ALASKA CRUISE

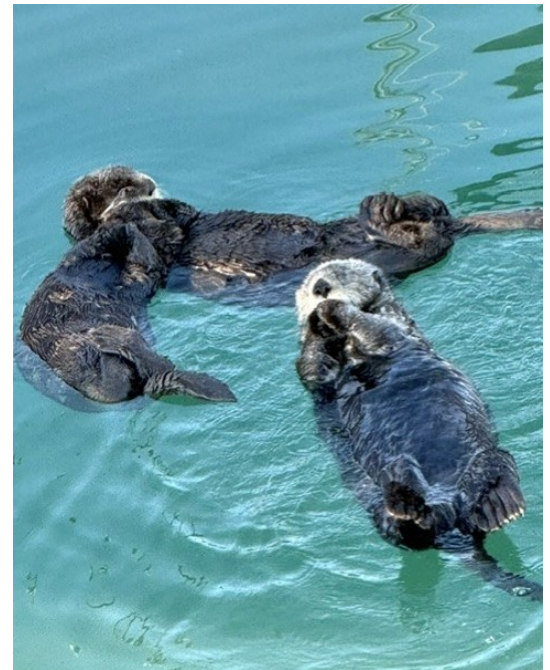
18 DAYS ON THE HOLLAND AMERICA R-CLASS MS ZAANDAM

Van-Fraser News | Sept / Oct 2026

Page 3



Our group enjoyed several nights of spectacular **Northern Lights** from the upper bow deck of the ship



Sea Otters basking in the sun in Homer on Kachemak Bay



Relaxing in the sun after an all you can eat **Dungeness Crab Feast** in Ketchikan



Bev Wilde enjoying the cruise with her son Kal



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18 DAYS ON THE HOLLAND AMERICA R-CLASS MS ZAANDAM

Van-Fraser News | Sept / Oct 2026

Page 4



Casual **Alpaca sweater** night was great fun

Dressy Night and cocktails party in the Crows Nest



The MS Zaandam crew set up a special **towel animal display** on the Lido Deck on the final morning of the cruise



2026-27 VAN FRASER HERITAGE CLUB

CRUISE DEALS & TRAVEL UPDATES

Jan 19/27 and Feb 1/27: 22 or 44 days South America and Antarctica on the Oosterdam.

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 incl. 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 incl. taxes. This is a popular cruise with lots of sea days to relax on board after a long winter. **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.

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 incl. 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. Join our group!

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.*



VAN FRASER HERITAGE CLUB ANNUAL YAKIMA U-DRIVE TRIP



Happy Hour and dinners poolside overlooking the bubbling Yakima River

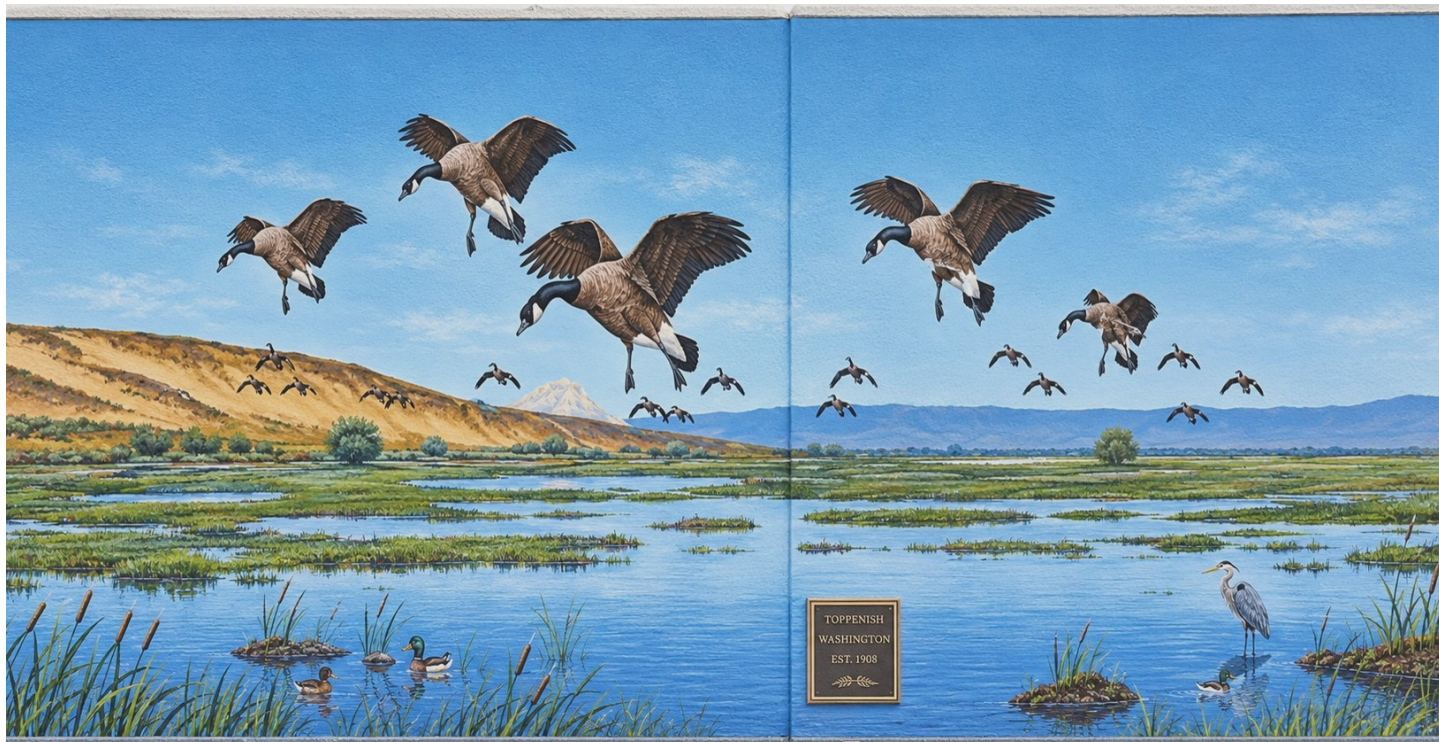


BBQ kebabs and corn on the menu



Linda enjoying a meal in the Mexican Restaurant adjacent to hotel





People drove to the town of Toppenish, known as the "City of Murals", to photograph the over 75 historically-themed outdoor murals scattered across its downtown buildings.



Linda's group finishing up on the 18th hole
at the beautiful Apple Tree Course



Winner! Linda Hinkelman



VAN FRASER HERITAGE CLUB

OCTOBER 8TH - GALA BANQUET

130 members and family attended the Annual Gala Banquet held at the Continental Restaurant in Richmond. A 10-course meal was enjoyed by all with a parade of servers carrying the first course with Fred and Kam leading the procession.



It was a fun evening with lots of conversation, connecting with former colleagues and friends, asking questions of our partners who had tables set up with information, 50-50 draw, door prizes and lots more.



In between the courses, Stan went from table to table with his roving mike, questioning members about life after retirement. This was a great success with lots of interesting responses.



VAN FRASER HERITAGE CLUB

OCTOBER 8TH - GALA BANQUET



Thanks to all who helped with the evening, Emcee Ken, Host Stan, Table Hosts, Partner liaisons, selling 50/50 tickets, wine sales, collecting tickets for the draws, donating numerous gifts to make the draws fun and many more.





Fred and Kam leading the first dish of the food procession!



Frank and Anna checking the program



Fred introduced the group from Alternatives and Michelle presented flowers



Alan Sung introduced and thanked the reps from HearingLife who accepted the bouquet from Michelle on behalf of our members



Derek Hodgkinson introduced the rep from Belairdirect and flowers were presented by Michelle



Michelle Hiew presented a bouquet of flowers to David Walmsley, a regular consultant and service provider on our Railway Mail car located in the Railway Museum of B.C. (formerly West Coast Railway Heritage Park) in Squamish.



Special Partnership Guests were invited to attend from Belairdirect, HearingLife, and Alternatives offering a unique opportunity for your in-person questions and answers.



Jorge Villanueva, Joji Saulog and Maria Javier



Travis Melnychuk



Lilly Liu, Sima Yaghoobi



VAN FRASER HERITAGE CLUB

GALA BANQUET - DOOR PRIZE WINNERS

Van-Fraser News | Sept / Oct 2026

Page 12



Sue wins the 50-50 draw!





VAN FRASER HERITAGE CLUB - PSA

FRAUD PREVENTION—RECOGNISE THE RED FLAGS



Fraudsters can impersonate banks, businesses, technology companies, investment professionals—and even government or law-enforcement.

A common pattern is deception combined with urgency: you are pressured to act immediately before you have time to verify the request.

Scams change constantly, but the warning signs are often familiar. An unexpected message, an urgent request, a promise of easy money, or a demand for personal information should all prompt you to stop and verify.

Common Impersonation Scams

1. BANK IMPERSONATION SCAMS

Scammers pose as bank representatives by phone, text or email. They may claim there is suspicious activity on your account or an urgent problem that requires immediate ID can be spoofed to make a fraudulent call appear legitimate.

How to protect yourself

- Hang up and contact your bank using the telephone number on the back of your debit or credit card.
- Never provide passwords, PINs, verification codes, card numbers or other sensitive information to an unsolicited caller.
- Do not transfer money to a so-called “safe account” because someone tells you your account has been compromised.
- Remember that a familiar-looking phone number or caller ID does not prove the caller is legitimate.

2. Phone & Internet Company Impersonation

Fraudsters may pose as representatives of telecom or internet companies and offer discounted plans, upgrades or new devices. Their real objective may be to obtain money, personal information, account credentials or access to your device.

How to protect yourself

- Do not act on an unexpected offer. End the call and contact the company through a trusted phone number or its official website.
- Be especially cautious about requests for one-time verification codes or account passwords.
- Check the sender’s email address and website address carefully for small changes or misspellings.





VAN FRASER HERITAGE CLUB - PSA

FRAUD PREVENTION—RECOGNISE THE RED FLAGS



3. Remote Access & Tech-Support Scams

A fraudster may claim that your computer, phone or account has a virus or security problem. They may ask you to install remote-access software so they can “fix” the problem. Once access is granted, they may steal information, install malicious software or access financial accounts.

How to protect yourself

- Be suspicious of unsolicited calls claiming there is a problem with your computer or device.
- Do not install remote-access software at the direction of an unexpected caller.
- If you need technical help, contact the manufacturer or service provider yourself using a trusted source.

More Scams to Watch For

4. Investment Scams

Fraudsters may pose as bankers, investment professionals or representatives of legitimate investment firms. They often promise unusually high or guaranteed returns and may promote cryptocurrency or other investments through social media, online advertisements, email or unsolicited messages.

How to protect yourself

- Be wary of investments promising high or guaranteed returns with little or no risk.
- Research the investment, the individual and the company independently before sending money.
- Check whether the person or firm is registered. In Canada, investors can use the Canadian Securities Administrators’ National Registration Search and, where applicable, CIRO’s AdvisorReport.
- Never pay additional money to unlock, withdraw or recover supposed investment profits.

5. Bank- or Government-Investigator Scams

A caller may claim to be from your bank, a credit-card company, police service, the Canadian Anti-Fraud Centre or another trusted organization. They may say your account has been compromised and ask you to transfer money, provide banking information, give remote access to your device or keep the investigation secret.

How to protect yourself

- End the call and independently contact the organization using a trusted number or official website.





VAN FRASER HERITAGE CLUB - PSA

FRAUD PREVENTION—RECOGNISE THE RED FLAGS



- Never transfer money to help with a supposed investigation.
- Never provide passwords, verification codes or remote access to an unexpected caller.
- Do not assume that a caller is genuine because they know some of your personal information.

6. Recovery Scams

People who have already lost money to fraud can be targeted again. A fraudster may claim they can recover the lost money for a fee, tax, deposit or other payment.

How to protect yourself

- Be extremely cautious of anyone who unexpectedly promises to recover money lost in a previous scam.
- Never pay an upfront fee to recover your money.
- Contact your financial institution and report the original fraud to the Canadian Anti-Fraud Centre and local police.

The Fraudster's Playbook: Five Red Flags

- 1 URGENCY** - "Act now!" "Your account will be closed!" Pressure is used to prevent you from thinking or checking.
- 2 SECRECY** - You are told not to tell your family, bank, adviser or anyone else.
- 3 UNEXPECTED CONTACT** - An unsolicited call, text, email or social-media message asks you to take action.
- 4 SENSITIVE INFORMATION** - You are asked for passwords, PINs, verification codes, banking details or remote access.
- 5 MONEY REQUEST** - You are asked to transfer money, buy gift cards, send cryptocurrency or move funds to a "safe" account.

A Simple Rule: STOP, CHECK, Then ACT

- 1 STOP** — Do not respond immediately. Hang up, close or step away from the computer.
- 2 CHECK** — Contact the organization yourself using a trusted phone number, official website or statement—*not contact information supplied by the caller.*
- 3 PROTECT** — Never share passwords, PINs, verification codes or remote access. Do not move money because an unexpected caller tells you to.
- 4 REPORT** — If you have been targeted or lost money, contact your financial institution immediately, report the incident to local police and report it to the Canadian Anti-Fraud Centre.





VAN FRASER HERITAGE CLUB - PSA

FRAUD PREVENTION—RECOGNISE THE RED FLAGS



IMPORTANT: Your bank, the police and government agencies will not ask you to move your money to a “safe account” or provide passwords and verification codes to help with an investigation.

If You Think You Have Been Defrauded

- Contact your bank or financial institution immediately if money or account information may be at risk.
- Change compromised passwords and enable multi-factor authentication where available.
- Contact your local police as soon as possible if you have been a victim.
- Report the incident to the Canadian Anti-Fraud Centre (CAFC), even if you are unsure whether a crime occurred. The CAFC collects information that helps police identify connections and trends.
- Keep copies of emails, texts, phone numbers, receipts, screenshots and other evidence.

Canadian Fraud-Prevention Resources

Canadian Anti-Fraud Centre

Report fraud and cybercrime online: reportcyberandfraud.canada.ca

Phone: 1-888-495-8501

Canadian Investment Regulatory Organization (CIRO)

Investment-fraud information, investor alerts and tools for checking investment firms and advisors.

[CIRO – Avoiding Fraud and Protecting Your Investments](#)

Your Financial Institution

Use the official website or the telephone number printed on your debit/credit card—never contact information supplied by an unexpected caller.

When in doubt, slow down.

A legitimate organization will understand that you want to verify a request.



Content consolidated from the supplied fraud-prevention material, with current Canadian reporting and investment-verification guidance added from the Canadian Anti-Fraud Centre and CIRO.



VAN FRASER HERITAGE CLUB

SANTA LETTER WRITING PROGRAM - STARTING NOV 23RD

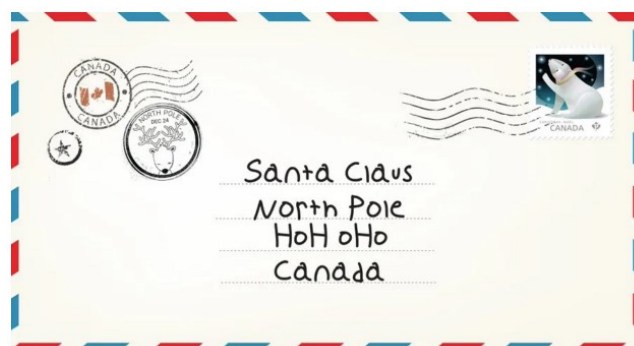


Santa will be delivering **THE MAGIC OF CHRISTMAS** to every child who writes to him this year to the North Pole Post Office with his unique Postal Code **Ho Ho Ho** or (**HOH OHO**).

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 (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**





VAN FRASER HERITAGE CLUB

HONOURING OUR OWN - JIM BAIN'S ARCHIVE



The article on the following pages was found in **Jim Bain's archival collection**.

Summary of the September 6, 1919 article in the Vancouver Daily World newspaper:

The Canadians described in this 1919 newspaper article were serving in the First World War (World War I), also known as the Great War, which lasted from 1914 to 1918.

Canada entered the war on August 4, 1914, when Britain declared war on Germany. The article describes Vancouver Post Office employees who enlisted in the Canadian and British forces and served on several fronts, including France, Belgium, and Mesopotamia (present-day Iraq).

Several details in the article help confirm this:

The Second Battle of Ypres (1915): Members of the 7th Battalion fought here, and the article mentions men killed at Ypres and a postal worker captured during the battle.

The Somme (1916): Members of the 72nd Battalion were killed in action during this major Allied offensive in France.

Vimy Ridge (April 1917): Two members of the 72nd Battalion named in the article died in this famous Canadian battle.

The sinking of the Llandovery Castle (June 1918): The hospital ship was torpedoed by a German submarine during the war.

The Armistice of November 11, 1918: The article refers to the signing of the armistice and the return of servicemen to Canada in 1919.

One particularly interesting detail is that A. J. Tole served in Mesopotamia, where British Empire forces fought the Ottoman Empire, an ally of Germany during World War I. His work transporting supplies along the Euphrates River toward Baghdad was part of the wider wartime logistics effort.

The sinking of the Llandovery Castle is also historically significant: the Canadian hospital ship was torpedoed on June 27, 1918, with only 24 of the 258 people aboard surviving.





VAN FRASER HERITAGE CLUB

HONOURING OUR OWN - JIM BAIN'S ARCHIVE



Most Postal Workers Back from War Duty



Of 106 Who Joined Forces from Vancouver Post Office, 85 Are Back at Their Old Jobs—Served the Empire on Land and Sea in Many War Zones.

ONE by one the members of Vancouver post office staff who were serving overseas during the war have been returning to Vancouver, and now, out of 106 men who joined the forces from the office staff and letter carriers, 85 are back at their old jobs.

One of the last to return to the city is A. J. Tole, who arrived in Vancouver a little less than a week ago. He served with the Inland Water Transport in France and in Mesopotamia in the transportation service, up the Euphrates to Bagdad and after the armistice worked for a time on India's waterways.

Of the hundred who went overseas, eight gave their lives in the service. Their names are: F. E. Carr and A. F. Quinn, both of the Seventh Battalion, and killed at Ypres in 1915; Harry Jackson, John Jamison and James R. Pender, all of the 72nd Battalion, killed in action on the Somme; Charles H. Peart and F. W. Wright, both members of the 72nd, killed within a month of each other on Vimy Ridge, and M. H. Harlock, an imperial reservist who was transferred to the C. A. M. C. and was drowned in the sinking of the "Llandovery Castle" on June 23rd, 1918.

The Amalgamated Postal Workers are keeping a record of their members who went overseas and of those who were killed. Photographs have been secured and a gallery of fine enlargements hangs on the wall in the sorting department, on the main floor of the post office. These enlargements are beautifully finished and individually framed. The present honor roll is not up to date, but arrangements are being made to have another and a larger one executed.



All Branches Represented

The branches of the service are represented on the roll, the 72nd Battalion is perhaps in the majority, with the 7th and the C. F. A. running closely for second place. The navy, the flying corps, the C. A.M. C. and all of Vancouver's infantry units received recruits from the post office.

Many of the men have had trying experiences. One of their number, A. E. Doyle, spent four years in German prison camps, though most of the time at the Geissen camp. He joined on August 25th, 1914, and went overseas with the original 7th Battalion from Valcartier. In the second battle of Ypres he was taken prisoner and in Germany he remained until after the signing of the armistice, returning to Canada in May of this year. Another Sergeant, L. Connor, who went with the 29th Battalion, won the Meritorious Service Medal while in France.

One man is still in hospital, J. McMutrie, of the 72nd Battalion. He was wounded in the ankle while in the line, and for the last two years has been receiving treatment in the Military Annex here. It is hoped that he will soon return to civil life.



Footnote: On June 27, 1918, a U-86 torpedoed the Llandovery Castle despite the ship being clearly marked as a Canadian hospital ship. The survivors in lifeboats were then gunned down by the submarine. Only 24 people survived.



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, 2026 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



Forms for the 2027 Heritage Club Annual Membership renewal will be sent to everyone later in December. Recently, some members have asked “what is an active membership/member in good standing?”

Answer: Basically, you are a retired Canada Post employee or a current employee with 20 plus years service and have paid your dues to your local Heritage Club for the current year along with a completed updated renewal form.



Your active membership is recorded in our local Van Fraser Heritage Club data base which is updated each year. We do on occasion get inquiries from partners such as BelAir direct, GoodLife fitness and others confirming your active membership.

We appreciate you giving some thought to this and hoping to have an active 2027!



Editor's Note

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



CHRISTMAS LUNCHEON - DEC 3, 2026 - 12:00 NOON

Van-Fraser News | Sept / Oct 2026

Page 23

Join us for a special luncheon at Continental Chinese Restaurant in Richmond to celebrate being together as the Christmas season approaches. Lunch will be served to you with a variety of dishes to meet everyone's taste. \$45.00 price includes the meal, tax, gratuities and tea.



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 gift for the Salvation Army toy drive.



VAN FRASER HERITAGE CLUB CHRISTMAS LUNCHEON: \$45.00

December 3, 2026 at 12:00 noon - Continental Chinese Restaurant
11700 Cambie Rd, 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

