



Van Isle Heritage Club Newsletter # 3 April 2025



President's Message

Hello everyone and welcome to the Spring 2025 newsletter. Hello longer days, cherry blossoms, gardening, patio get togethers and more time for outdoor activities. We have four events planned and I'm looking forward to seeing all those that can make it. 2025 Scholarships can now be applied for. Congratulations to 2024 recipients.

We would like to thank you all very much for the quick response for getting your dues and email addresses to us so quickly.

Unfortunately we will not be able to mail out the newsletters any longer as the funding has been removed. If you still wish to have a printed copy you can print it from the National website. If you wish to receive a copy via mail, we will have to charge a fee for the four newsletters sent out each year. We will have more information after the AGM in May.

Heidi Webb

Van Isle Heritage Club

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Nanaimo, BC

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LOOK FOR US ON FACEBOOK
Vancouver Island CPC Heritage Club

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If you have anything you think would be interesting for others to see contact

Heritagevanisle@shaw.ca

Upcoming Events -

May 21 Luncheon at the BC Legislative Dining Room.

June 11 Mid-Island Luncheon at Boston Pizza Nanaimo at 11:30.

July 16 Annual Rathrevor BBQ Parksville.

Aug 13 Chemainus Dinner Theatre Lunch at 11:30 Show at 2 pm.

WELCOME NEW MEMBERS

Robert and Ginette Atkinson

Christine Borton

Donna Devine

Carolyn Elliot

Benita Hajnal

Elaine Kattilakoski

Jacqueline Scott

Paula Scott

Kelly Wingerter

OBITS

Members who left us too soon

Rob Taylor VICMPP Manager

Ruth Allen

Louise Wingerter

Karen Sharpe

Have you moved or are planning to move?

If so, please let us know so that we can update our mailing list.

Please send address updates by email to Angie –

heritagevanisle@shaw.ca



Victoria Luncheon at the BC Legislative Dining Room

Join us on May 21 11:30 am.

Maybe rub elbows with your MLA as we dine in the beautiful BC Legislative dining room. We have only 20 seats available for this luncheon. The entrance is located at the right side of legislative building, down the stairs. You will need to present Government issued photo ID or passport to pass through security. You can view the menu online-

<https://www.leg.bc.ca/visit/parliamentary-dining-room>

Please note an 18% gratuity will be added to your bill.

If you are interested in attending let us know by email as it is first come first serve.

Heritagevanisle@shaw.ca

Nanaimo Luncheon at Boston Pizza

Join us on June 11th at 11:30 am at Boston Pizza 5779 Turner Road Nanaimo.

Please RSVP to Angie at heritagevanisle@shaw.ca



The Annual Rathtrevor Beach BBQ



Wed Jul 16th. Once again we are hosting a BBQ at Rathtrevor Beach in Parksville from 11:30 until 4 pm. The cost is \$10 per member. We have reserved picnic shelter #S1 which is near the main day use parking lot. The Club will have a BBQ fired up and will supply Beef and Veggie Burgers, and snacks. We will also supply non-alcoholic beverages. Please bring a lawn chair and maybe your favourite adult beverage. RSVP via email heritagevanisle@shaw.ca and indicate beef or veggie burger.



Footloose August 13th,.

Time to kick up your heels for a trip down memory lane.

Catchy music, vibrant dance numbers create a fun uplifting experience.

Lunch is available at 11:30 the show starts at 2:00.

Pricing is—\$111 includes buffet lunch and the show. Tea, coffee and gratuity included.

\$65 for show only.

Payment will be required by July 22nd. Seating is limited.

Email or call Heidi or Angie for more information. Heritagevanisle@shaw.ca

Congratulations to Phil Thompson 50 years of service and John Oberg 49 years of service!



Tom Adams kindly put together some stories of Phil and John.

Phil Thompson Victoria BC Postal Station B

I might have made note of the year I met Phil on the work floor but didn't. Station B on a good day wasn't a place where notes were kept. Phil Thompson arrived as a (seemingly shy) wicket clerk who acted like he had been transferred to a different planet. Station B wasn't a soft-spoken quiet place. Phil was a muscled GIANT. So, we picked on him. A body builder who took diet seriously, Phil was always eating. So, we picked on him. Phil had a deep radio voice....so we picked on him. Didn't take long for Phil to team up with Wally (another clerk) and gave as good as he got always playing practical tricks and laughing. He fit the station like an XXXL jacket and quickly made friends with everyone.

When Phil met Larry, the topic was always Chicago Blues and the sweet sounds of Phil's harp were added to the station B band. "Shake your money maker" is burned into a collective memory of anyone who knew and loved Phil back then... and now! He has given up eating plain dry baked potatoes for snacks to "cut" for competition and doesn't have Wally as a winger to play tricks, but he still has that booming radio voice and I bet he shakes it up at the DJ console. A born showman, with a voice and a face made for radio.

Phil Thompson is one hella fella.

John Oberg Victoria BC Postal Station B

John and I arrived at Station B about the same time. The work floor was equally divided between seasoned workers and new guys. I remember thinking the "OLD GUYS" were nuts listening to the antics and stories. John was once a new guy too, but one who immediately found a voice and place in the queue, though the voices weren't always his! Sorting the morning mail, it was normal to hear an uncannily accurate Carole Channing sing Hello Dolly, or hear George Jessel read a weather forecast. John could sort with one hand with an orange puppet on the other that could have a conversation with someone on the other side of the floor. Born to entertain! He once teamed up with another John to play a prank. John B phoned the supervisor when he saw the super was away from their desk. When the super hustled for the phone, Ogre...(that was what we called John Oberg) got to the phone first and answered it with a perfect Porky Pig "Sttttaaattion BBBBBBBB B"! Thought the boss was going to kill him as everyone watched dying with laughter! Dressed up for delivery as Rudy the Soldier around Remembrance Day, the Easter Bunny in April and Santa in December, John was always....OGRE. No body, no place, nowhere, nohow ever like him!

VAN FRASER 2026 SPRING CRUISE

10-NIGHT CRUISE MONTREAL, AND RETURN. KEEP YOUR VACATION DOLLARS IN CANADA!



10-Night cruise, Montreal return, on the Volendam, May 30/26

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 can before or after the cruise.

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

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.

See Cruise Itinerary listed below:

Day 1 May 30, 2026	📍 Montreal, Quebec, Canada <small>TIMES SUBJECT TO TIDAL CONDITIONS</small>	🕒 Departs 7:00 pm
Day 1 May 30, 2026	🚢 Saint Lawrence River Cruising <small>CRUISING ONLY</small>	
Day 2 May 31, 2026	📍 Quebec City, Quebec, Canada <small>TIMES SUBJECT TO TIDAL CONDITIONS</small>	🕒 Arrives 7:00 am 🕒 Departs 7:00 pm
Day 3 Jun 01, 2026	📍 Saguenay, Quebec, Canada	🕒 Arrives 7:00 am 🕒 Departs 4:00 pm
Day 4 Jun 02, 2026	🚢 Cruising Gulf of St. Lawrence <small>CRUISING ONLY</small>	
Day 5 Jun 03, 2026	📍 Charlottetown, Prince Edward Island, Canada	🕒 Arrives 8:00 am 🕒 Departs 6:00 pm
Day 6 Jun 04, 2026	🚢 Days At Sea	🕒 Arrives 12:00 pm 🕒 Departs 11:59 am
Day 7 Jun 05, 2026	📍 St Johns, Newfoundland, Canada <small>ROUTE TIME SUBJECT TO WEATHER ICE</small>	🕒 Arrives 8:00 am 🕒 Departs 5:00 pm
Day 8 Jun 06, 2026	📍 Saint Pierre and Miquelon <small>PASSPORT REQUIRED</small>	🕒 Arrives 8:00 am 🕒 Departs 5:00 pm
Day 9 Jun 07, 2026	🚢 Cruising Gulf of St. Lawrence <small>CRUISING ONLY</small>	
Day 10 Jun 08, 2026	🚢 Saint Lawrence River Cruising <small>CRUISING ONLY</small>	
Day 11 Jun 09, 2026	📍 Montreal, Quebec, Canada <small>TIMES SUBJECT TO TIDAL CONDITIONS</small>	🕒 Arrives 7:00 am



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 SCHOLARSHIP PROGRAM – 2025

The Heritage Club is planning to award three (3) scholarships to children or grand children of all dues paying members of the Heritage Club. The scholarships are valued at \$2,000 each for university or college studies. The scholarships will be awarded to students starting, for the first time, their first year of full-time studies.

ELIGIBILITY CRITERIA

Dependent children, including adopted children and stepchildren, grandchildren, wards in legal guardianship of all active members (dues paying member for the last 2 years) of a Heritage Club Chapter. Applicants who have previously received a Heritage Club scholarship are not eligible.

ELIGIBLE INSTITUTIONS

These scholarships are applicable to all Canadian educational institutions which have provincial degree granting powers or their affiliates and at Canadian colleges or CEGEPs.

QUALIFICATIONS OF APPLICANTS

Applicants must have completed the requirements for admission into the first year of an undergraduate degree program or college diploma program at a recognized educational institution. Applicants must have obtained an average of 75% (or equivalent) on the best 5 academic courses (see list of academic courses below) in the final year of secondary school or CEGEP (pre-university education). If applicants interrupt their schooling, the maximum period permitted between the completion of secondary school or CEGEP (pre-university education) and the commencement of an undergraduate university degree program or college diploma program is 1 year. During this period, students may NOT have undertaken postsecondary courses.

ACADEMIC COURSES – GRADE 12/CEGEP

Language Arts, Mathematics, Pure Mathematics, Applied Mathematics, Science, Biology, Chemistry, Physics, Social Studies, Geography, History, Literature, Accounting, Computer Graphics, Law. French, English or any one language.

SELECTION OF SCHOLARSHIP RECIPIENTS

The jury is comprised of the Heritage Club executive committee members. The evaluation will be based on scholastic ability, character, and leadership qualities at school and in the community. Decisions of the jury are final and without appeal.

APPLICATION DEADLINE

Submissions must be postmarked on or before **June 30, 2025**.

HOW TO OBTAIN AN APPLICATION PACKAGE

Please visit the Heritage Club website at heritageclub.ca or contact Eldred Holmes at holmese@nl.rogers.com



Announcing the 2024 CPC Heritage Club Scholarship Winners

The winners are-

2024 Bianca Choice is the granddaughter of Van Fraser member Trudy Choice. We wish Bianca success within her chosen field of architectural engineering, beginning now at the University of Waterloo.

Brian MacDonald is the grandson of Golden Horseshoe chapter president Gloria MacDonald. We wish Brian every success as he returns to Canada to study business at the University of Western Ontario.

Kenzie Williams is the granddaughter of Heartland Chapter member Phyllis Page. Kenzie will enter Brandon University to study nursing, on the way to her ultimate dream of becoming a doctor. We wish her success in the future.

Belair Direct winners 2024

Belairdirect is proud to announce that the following children of Canada Post Heritage Club members have been awarded a \$1,000 Belairdirect scholarship to assist with their post-secondary education.

Congratulations to-

Ian Wong the child of Sam Wong from Vancouver, BC

Did you know...

The average student loan debt for Canadian graduates is approximately \$28,000. This figure includes debt from both government and private student loans.

A significant portion of Canadian graduates finance their post-secondary education with student debt.

Scholarships are a great way to help our children and grandchildren support their education.

Some important numbers to keep on hand

In order to maintain survivor pension, health and medical benefits, several contacts must be made after a retiree's death. While not an exhaustive list, this information is helpful.

<p>Access H.R. 1-877-807-0090</p> <ul style="list-style-type: none"> ○ Retiree name ○ Employee I.D. number ○ Social insurance number ○ Copy of death certificate 	<p>C.P.C. Pension 1-877-480-9220</p> <ul style="list-style-type: none"> ○ Retiree name ○ Employee I.D. number ○ Postal code ○ Date of birth ○ Copy of death certificate ○ Copy of retiree's will
<p>Canada Life 1-866-716-1313 Medical & Health Benefits</p> <ul style="list-style-type: none"> ○ Retiree name ○ Employee number ○ Copy of death certificate ○ Plan numbers 	<p>Important: Notify Canada Life as soon as possible to set up a new automatic withdrawal in the survivor's name in order to keep policy in force and maintain medical, dental and vision benefits.</p>
<p>C.P.P. / O.A.S. 1-800-277-9914</p> <ul style="list-style-type: none"> ○ Retiree name ○ Social insurance number ○ Copy of death certificate <p>Note: Besides the C.P.P. survivor Pension, there is a Death Benefit payable to the survivor</p>	<p>Superannuation 1-877-786-5483</p> <ul style="list-style-type: none"> ○ Retiree name ○ Social insurance number ○ Copy of death certificate ○ Copy of marriage certificate <p>Note: Sun Life benefit premiums for Superannuation survivor will be deducted directly from monthly survivor pension</p>
<p>Canada Revenue Agency 1-800-959-8281</p> <p>Contact Canada Revenue Agency (CRA) when a member or spouse passes to prepare T-1 and T-3 form completion</p>	<p>Suggestion:</p> <p>Print and store this information with your financial or estate paperwork.</p>



Special Rates for Heritage Club Members!

Medoc-Insurance that's ready when you are!

MEDOC® and me

We make travelling simple with one annual insurance plan: MEDOC Travel Insurance. So even for those last-minute getaways, you'll already have one thing packed and ready to go.

Why travel insurance is worth it-

The more you invest in a trip, the more important insurance becomes. With MEDOC® Travel Insurance, you have peace of mind if your trip takes a little detour. Consider it a safety blanket, knowing that you have someone with experience looking after you, even in situations you may not have planned for. So, in the event of flight delays or lost baggage—it's nice to know that you're in good hands, especially abroad.

Flexibility when you need it-

Need to make updates to your travel insurance? You can downgrade your plan or change your supplemental trip dates at your convenience with our online form.

Your MEDOC® Travel Insurance includes:

- Unlimited trips-Coverage for an unlimited number of trips throughout the policy year¹.
- Access to coverage regardless of age or health status
- Trip disruption-Trip cancellation, interruption and delay insurance³ for multiple trips throughout the policy year.
- Medical emergencies
- Dental emergencies-Emergency relief for certain accidental dental injuries.
- Vehicle return
- Pet return

Call for a quote- 1-866-606-3362

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