

BRANCH BULLETIN

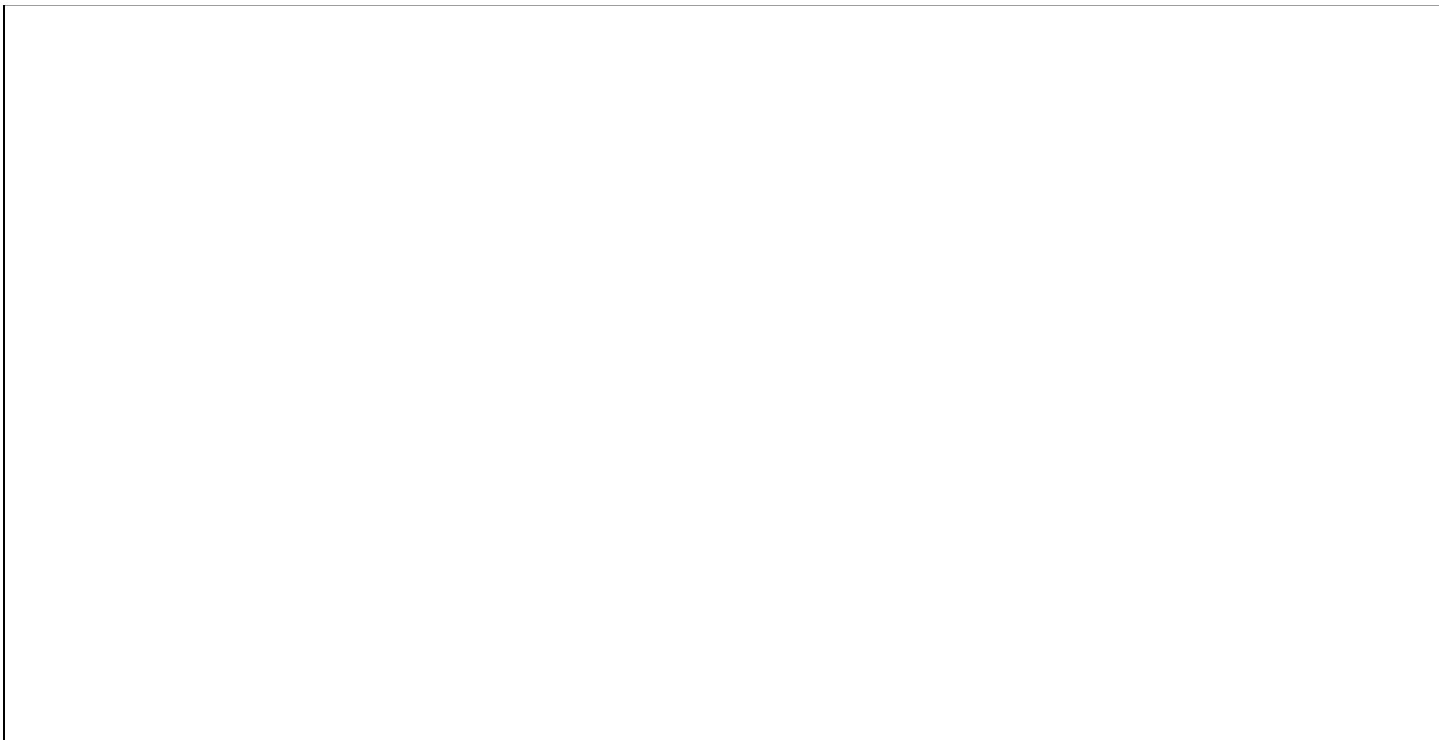
November 2024



SAVE THE DATE!

CONVENTION 2025!!

The 102nd Annual Convention of the Saskatchewan Branch of the Canadian Postmasters and Assistants Association will be held at the Ramada Plaza Downtown Regina, on April 25th and 26th, 2025. A block of rooms has been reserved, but the hotel will only guarantee these rooms until April 10th. So, please keep all these dates in mind if you are planning on attending. More convention information will follow in our next newsletter!



New Hires, Promotions, Retirements

Welcome New Hires!

Tess Giraudier- Willow Bunch
Christina Flores- Grayson
Thomas Kyplain- Ile a La Crosse
Jenine Cayen- Torquay
Kalan Masney- Indian Head
Jessica Charles- La Ronge
Tanya Sullivan- Lipton

Congrats on Your Promotion!

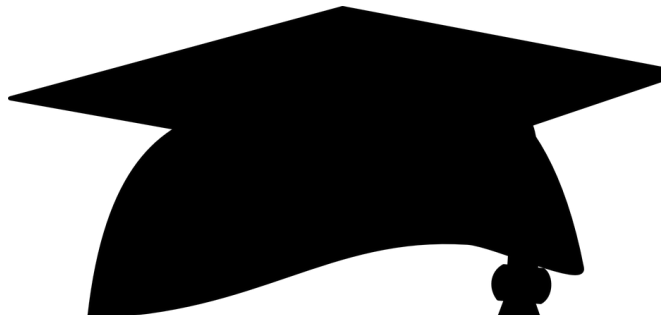
Pamela Hahn - Claydon
Gloria Knous- Stoughton
Cheryl Oliver- St Walburg
Debra Schmitz- Blaine Lake
Lorelei Law- Broadview
Shannon Wilton- Pierceland
Jenine Cayen- Torquay
Amber Cowan- Kipling
Laura Sabados- Heward
Amber Fulton- Viscount

Enjoy Your Retirement!

Aurellia Ursu- Kayville
Julie Tetzlaff- Viscount
Dianne Anderson- Eston
Ann Strom- Ardill
Barbara Jensen- Wadena
Lynn Nordell- Turtleford

2024 SK Branch Scholarship

All essay submissions for the 2024 CPAA SK Branch Scholarship must be received on or before Thursday, October 31, 2024. During the week of November 19th to November 22nd, all essays will be reviewed by all board members, and the successful applicant will be chosen at that time. The scholarship recipient will be notified on or before December 13, 2024. A photo and a brief biography of the recipient will appear in the next edition of Branch Bulletin.



I wish you all the joys of the season, and good health and much happiness throughout the coming year.

~Janelle Christensen, Secretary-Treasurer





Self Care Summary of CPAA benefits – Canada Life

Your mental health and well-being are as important as your physical health and safety. As a Canada Post employee you'll find all kinds of resources to support your mental health and well-being. If you hold a permanent position from 4hrs - 40hrs you are entitled to benefits. They may vary based on your position.

Keeping wellness in mind with the upcoming peak season means ensuring you take advantage of the benefits you have. For example: massage therapy, acupuncture, naturopath, chiropractor, etc. For an in-depth list please go to www.mycanadalifeatwork.com or call 1-866-716-1313.

A great tool to use is the My Canada Life app. If you don't have a sign in, please ensure that you register.

Steps to access Benefits on SAP from home or at work:

- Log into SAP
- go to ESS (Employee Self Serve)
- Benefits
- I am a CPAA represented employee

The summary of benefits guideline:

https://extranet.canadapost.ca/html/documents/benefits/summary_active_employee_benefits_cpaa-e.pdf

Negotiations

We are moving closer to the global offer stage of this round of negotiations. Both parties have put all their individual demands on the table, and with a couple of exceptions, given their answers.

CPAA is keeping in mind the needs that members expressed in the submissions they delivered to the Negotiating Team. The Team is working hard to get the best possible agreement so that members are treated reasonably and fairly for the work they do for Canada Post and their communities.

There are bargaining dates scheduled in November & December.

We will keep you posted as things develop.

CUPW/CPC NEGOTIATIONS

By the time you read this newsletter, CUPW may have gone on strike, been locked out by the Corporation, or have reached a negotiated settlement. Your SK CPAA board is hopeful that a strike has been averted and that CUPW and the Corporation have been able to negotiate a collective agreement.

Article 8 in our Collective Agreement covers the No Strike - No Lockout clause, which reflects our commitment to service. Our union continues to advocate for fair treatment and working conditions through active negotiations.

2025 Associate Membership Dues

Associate Member dues are for members who are currently retired, but who wish to receive the newsletter and take part in our convention.

Name: _____

Address: _____

Email Address: _____

Phone #: _____

Please cut out and mail with your \$10.00 cheque or money order, payable to:

CPAA Saskatchewan Branch

and mail to:

Janelle Christensen, Secretary-Treasurer

PO Box 189

Hawarden SK S0H 1Y0

***To receive the SK Branch Newsletters and publications from the CPAA-ACMPA National Office during the year, Associate Member dues must be paid before January 31, 2025.

Wishing you and yours a very Merry Christmas, and all the best in 2025!

~Crystal Dumonceaux, Director



GROUP POSTMASTERS:

This is a reminder to all group postmasters to print off or ask your accountant for a copy of the T2200 tax form for your expenses for your offices for the 2024 tax season. You can access the form at the following web address:

<https://www.canada.ca/en/revenue-agency/services/forms/publications/forms/t2200.html>

EMAILS/LETTERS TO THE BRANCH

Please don't email any CPAA SK board member from RPOS. It will not reach us. Instead, email us from your personal email account, or call one of us!

Similarly, please do not mail CPAA SK Branch using Canada Post envelopes or any type of Canada Post prepaid labels. Please use your own envelopes and stamps.

You can also reach us through our website: cpaask.wordpress.com.

I wish you a joyful Christmas season full of laughter and new memories with those you love.

Wishing you a safe holiday season!

~Yolanda Kreitzer, President



Injured on the Job: Who do I Report To? When do I Report my Injury?

Have you been injured while at work? Have you suffered an illness that would affect your ability to carry out the duties of your role? Whether you have rolled your ankle after tripping on a worn-out fatigue mat, or have suffered recurrent back spasms that have sent you to the emergency department, it is very important for you to report your injury or illness to your immediate supervisor immediately, or as soon as possible. If you are a Postmaster, contact your LAS immediately so that they may follow-up with you and help you with any accommodations that you may need in your office.

Another reason that it is very important for you to report an injury as soon as possible is so that there is no loss in time regarding your access to Short-Term Disability or Workers Compensation. If you are a Senior Assistant, Part-Time Assistant, or a Term Employee, you must report your injury/illness to your Postmaster who will then report the incident/illness to your LAS. Regardless of whether you are a Postmaster, Senior Assistant, Part-Time Assistant, or a Term Employee, your LAS will complete a report of the incident and forward that report to the SK Branch of CPAA. One of the members of the Health and Safety Committee of the SK Branch will contact you to also follow up with you and to offer our assistance with completing any paperwork, including claims for Workers Compensation.

Christmas Joke Corner!

Why does Santa have three gardens?
So he can 'ho ho ho'!

What kind of motorbike does Santa ride?
A Holly Davidson!

What do you get if you cross Santa with a duck?
A Christmas Quacker!

Wishing you a wonderful holiday season filled with laughter and love, Happy Holidays!

~Amanda Hannah, Vice-President



My Favourite Recipe!

My cousin made this for Christmas once, and I loved it so much that I've made it for special occasions...or when my kids ask me to make it! I usually serve it as a sweet salad, but it could also serve as a dessert! Enjoy!

~Crystal

Wheat Salad

1 cup wheat

8 oz cream cheese (you can use light cream cheese if you like)

½ cup sugar

1 large box vanilla pudding powder

1 can crushed pineapple with juice

1 large container Cool Whip (I've used light Cool Whip here as well)

Rinse wheat very well in hot water. Put the wheat into a thermos and fill $\frac{3}{4}$ full of hot water. Seal and leave overnight.

In the morning, drain the wheat and rinse one more time with cool water. Cream together cream cheese and sugar; add vanilla pudding powder and crushed pineapple. With a large spatula, fold in container of Cool Whip. Add drained wheat and mix well. Chill.

Christmas Hours:

Remember to request extra hours as needed during the Christmas Peak season. Canada Post is anticipating a busy season, so be prepared!

DO NOT VOLUNTEER YOUR TIME! TAKE YOUR BREAKS AND LEAVE WORK ON TIME!

Art. 20.14 – Where there is immediate operational requirement for a Part Time Assistant to work extra hours and the designated approval officer(s) is/are not available, Postmasters may authorize such extra hours to be worked. In such a situation the Postmaster must report the situation to the designated approval officer(s) at the earliest opportunity.

Wishing all our members a joyful and peaceful Christmas!

Your dedication and hard work make a difference every day.

Enjoy the holiday season with family and friends!

~Kathy Alexander, Director





CPAA Saskatchewan Branch

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USEFUL CONTACTS

ACCESS HR

Phone : 1-877-807-9090

Fax : 1-613-734-6347

Email : accesshr@canadapost.ca

TELUS Health/Canada Life – STDP

Phone: 1-855-554-3148

CANADA POST PENSION CENTER

Phone: 1-877-480-9220

Website: cpcpension.com

WORKERS COMPENSATION BOARD (WCB)

Phone: 1-800-667-7590

Website: wcbsask.com

CANADA LIFE BENEFITS

Phone: 1-866-716-1313

Website: canadalife.com

EFAP (EMPLOYEE AND FAMILY ASSISTANCE PLAN)

Phone: 1-866-565-4903

Website: <https://homeweb.ca/>

CPAA NATIONAL OFFICE

Phone: 1-613-745-2095

Email: mail@cpaa-acmpa.ca

Website: <https://cpaa-acmpa.ca/wp/>

