

Canadian Postmasters
and
Assistants Association



l'Association canadienne
des maîtres
de poste et adjoints

Manitoba Branch - Section du Manitoba

THE CANADIAN POSTMASTERS AND ASSISTANTS ASSOCIATION

2023



MERRY CHRISTMAS

PRESIDENT'S MESSAGE



Can you believe another year is almost gone? What a year it has been though. Your Manitoba Branch celebrated it's 100th anniversary and what a celebration it was. If you were able to make it out, it was a celebration to remember. We also had our National elections in October, and I am honored to announce your new National President, Dwayne Jones. National Vice President French, Brigitte Faucher and National Vice President English, Catherine Chazalon. I look forward to working with our new executives and wish them all the best.

We are trying something new for next year in Manitoba. We have created CPAA Manitoba districts to better serve you, our members. These districts have been broken down by LAS areas.

District 1: Northern

District 2: Dauphin

District 3: Brandon

District 4: Pembina Valley

District 5: Steinbach

District 6: Eastern

There are sometimes issues that arise that are more area specific. We are looking at sending out bulletins and working with these areas to help you. That being said, many issues arise that we are unaware of because no one reaches out to us. If you are someone that would like to become more involved with CPAA, please reach out to us. We are looking at getting members more engaged and hopefully this will make us more proactive at addressing your concerns.

We would also like to add a feature page to our newsletters that shows our CPAA offices and members. I ask that if you would like to be featured in our upcoming newsletters to send us your stories and pictures so we can start this new project. Anything you would like to share can be sent to Director Christine Ott to be included.

At this time of year, I want you all to look back and reflect on the important things in your lives. Family, friends and all the little things that bring joy to your lives. It seems the older we get, the more we need to remember the things that put a smile on our faces. With everything going on in the world around us these days, being able to spend that extra time with your loved ones, maybe finally getting to that special project that you have put to the wayside. Whatever you can do to relieve some stress, recharge your batteries and live your best life.

This time of year can be very stressful for everyone and with all the rush of peak season upon us we need to remember to be kind to others. Maybe that welcoming smile or the extra time you took to help someone out could mean the world to someone else that may be struggling.

A quote by Emma Schieb to remember:

"A joyful, simple, relaxing holiday will follow when Christmas is celebrated in a way that allows us to be present for the ones we love the most."

From my family to yours, I would like to wish all of you a very Merry Christmas and a Happy New Year!

Janet Johnson

President CPAA Manitoba





VICE PRESIDENT'S CHRISTMAS MESSAGE

Another beautiful fall where the temperatures continue way above the normal for this time of the year. It is hard to believe Christmas is only weeks away. Each year seems to be just a blur with all that has passed by. With the Christmas peak season coming up, we all are gearing up for volumes, staffing and for the extra hours we will be needing to get the job done. The volumes have already started and we are only coming to the end of October as I write this letter. We are hearing Canada Post is holding the line on giving extra hours. If the volumes are there and you are not getting things done you are to call for extra hours. If you don't get a response in a timely matter you are to make the call for the hours that you need and to document why. Extended hours are being given out to the same offices as last year, this doesn't mean you can't ask for more hours. Some days the deliveries of mail are delayed, this will put your day behind and you have no control over this when it happens. This is another time you will have to ask for extra hours to get the job done, not skip your breaks and lunch. I believe most offices have received the extra shelving they need for parcels, if not reach out to your LAS. Those offices that receive more than they have space for are to call into their LAS to make them aware that you can't take more. This is a health and safety issue when you are blocking doorways to get in and out from. If the LAS is not listening to you, call one of your union reps.

As you all know Canada Post has lifted Covid 19 leave as of July 16 this year. Covid is still among us and if you are sick there is no quarantine leave, you will have to use personal leave or other approved leave. Canada Post will continue to supply masks and hand sanitizers in all work places. Covid- 19 showed us that protective equipment can make a difference and will be available to those that want to use it, please be respectful to all employees.

Another year with the RPOS and the MPOS, slowly we are starting to see problems being resolved on both systems. Remember to call in to the helpline to create a ticket for whatever the issues are with either system, this is the only way we are going to continue to see improvements. The more calls that come in the more priority will be given to such issues.

Staffing continues to be an issue with offices that need terms and staffing the 4 hour positions. If you are short terms in your office or are not able to use the neighbouring office term because of the availability, call your LAS and ask to have a term hired. All terms generally have other jobs as well, so they are not always going to be available, you may even have to have a second one hired. Remember that when terms are hired they can travel to other offices when you don't need them.



VICE PRESIDENT'S CHRISTMAS MESSAGE



The corporation has put a lot of emphasis on 'Make it Home Make it Safe' and a lot of the way you lift and twist is how you can prevent injury. No one likes to get injured at any time, with the Christmas season here we need to take extra steps in keeping ourselves safe. All parcels 22.7 kg or 50 lbs. need the help of an extra person to lift it, the max. that can come through our offices is 30 kg or 66 lbs. There always seems to be the odd parcel that is over size so remember to report this as some places are fudging the numbers just to get the parcel sent.

The word stress is all around us being at work, home or around the world. So many more stresses have been added to our everyday living. Whether it is putting gas in your vehicle, putting food on the table, increasing the mortgage payment, sending your child off to further education and the list goes on. Through work we do have EFAP (Employee and family Assistance Program) to call on 1-866-565-4903 not just for you but for your dependents to use. Take advantage of it, you can only benefit from it.

We just had our national convention in Vancouver and we have a new national board. We have Dwayne Jones as our National President, Catherine (Caty) Chazalon Vice President English and Brigitte Faucher as our Vice President French, congratulations on your new positions, I am sure you all will be doing an amazing job. It was a great time to meet up with all the members from all of the other branches and to see retired former members show up as well.

In closing, I would like to thank my fellow Manitoba branch board and the national board for assisting with issues. I would also like to thank my fellow members for your calls that I was able to help you with. I am thankful for all my colleagues from other branches that we can work together for all members across our beautiful country. May you all have a Merry Christmas and a happy healthy New Year, enjoy the many blessings and season with family and friends.

Raymond Bonk
Vice President





SECRETARY TREASURER'S CHRISTMAS MESSAGE

Hi Members, Were you there? Did you join us as the Manitoba Branch celebrated our 100th Anniversary Convention in May? It was an awesome gathering and we are sorry if you were unable to attend. But all members in Manitoba were mailed out a copy of the magazine "100 Years of CPAA / ACMPA" for a keepsake. Those in attendance received a second copy. We do have extras available for purchase at a cost of \$20.00 including postage. If anyone still has history you would like to submit for reference and/or a possible second edition, please mail it to me as I have a library of documents & photos.

National Office has again given me the opportunity to train newly elected/appointed secretary treasurers. I continue to be either on the road, or on the phone. But this is a task I enjoy doing and will continue for this term of office.

There are still a few members who have not updated their mailing addresses and we hope to have these completed before the next mailout. So please, if there are changes remember to add your employer and your union to your list of address redirections.

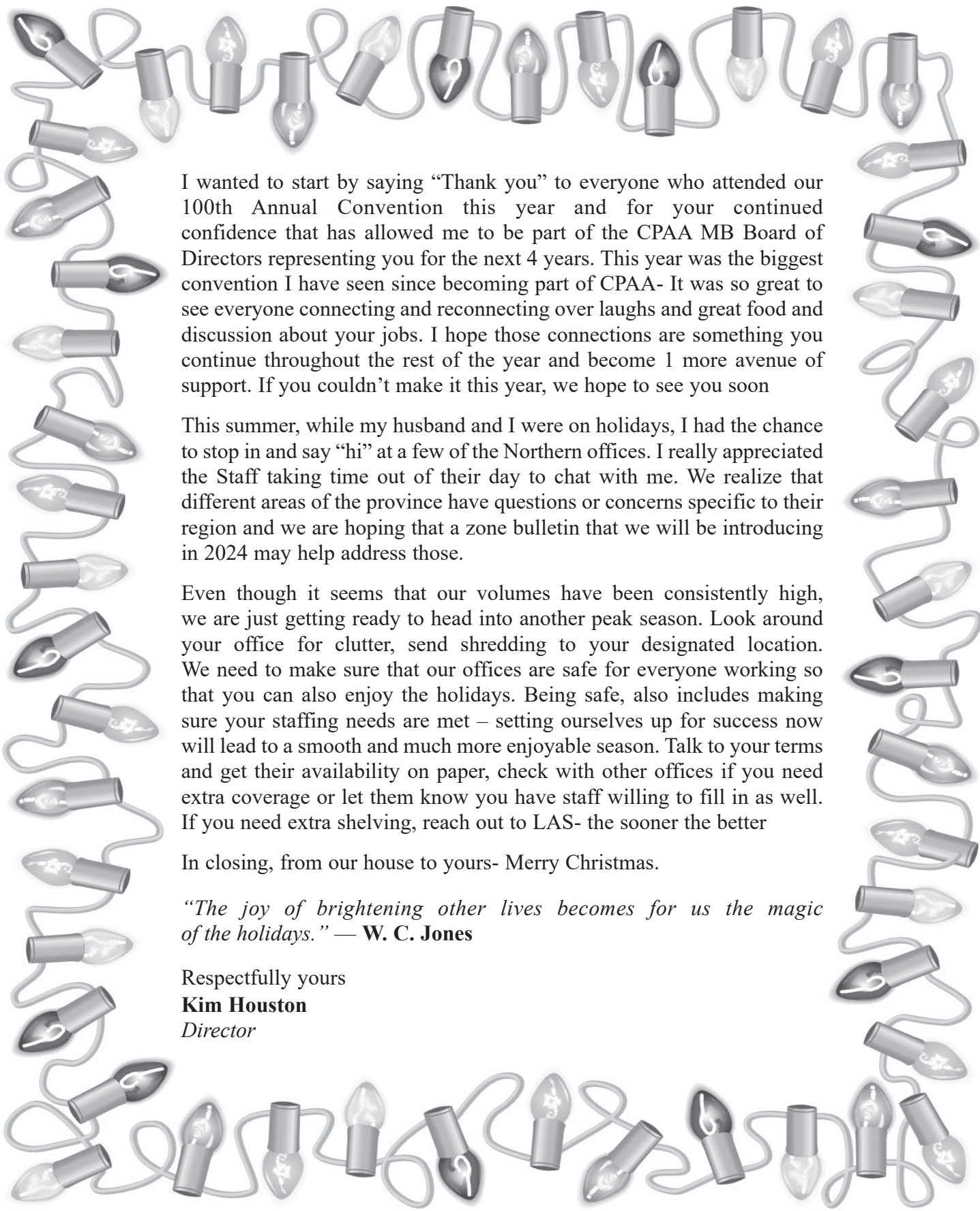
Beginning of October the Quadrennial Convention was held in Vancouver and congratulations go out to the newly elected National Officers who will represent us for the next 4 years.

At this special time of year, I wish you and yours a very Merry Christmas and a Happy New Year.

From my house to yours...

Hope Toporowski
Secretary Treasurer

DIRECTOR'S CHRISTMAS MESSAGE



I wanted to start by saying “Thank you” to everyone who attended our 100th Annual Convention this year and for your continued confidence that has allowed me to be part of the CPAA MB Board of Directors representing you for the next 4 years. This year was the biggest convention I have seen since becoming part of CPAA- It was so great to see everyone connecting and reconnecting over laughs and great food and discussion about your jobs. I hope those connections are something you continue throughout the rest of the year and become 1 more avenue of support. If you couldn't make it this year, we hope to see you soon

This summer, while my husband and I were on holidays, I had the chance to stop in and say “hi” at a few of the Northern offices. I really appreciated the Staff taking time out of their day to chat with me. We realize that different areas of the province have questions or concerns specific to their region and we are hoping that a zone bulletin that we will be introducing in 2024 may help address those.

Even though it seems that our volumes have been consistently high, we are just getting ready to head into another peak season. Look around your office for clutter, send shredding to your designated location. We need to make sure that our offices are safe for everyone working so that you can also enjoy the holidays. Being safe, also includes making sure your staffing needs are met – setting ourselves up for success now will lead to a smooth and much more enjoyable season. Talk to your terms and get their availability on paper, check with other offices if you need extra coverage or let them know you have staff willing to fill in as well. If you need extra shelving, reach out to LAS- the sooner the better

In closing, from our house to yours- Merry Christmas.

“The joy of brightening other lives becomes for us the magic of the holidays.” — W. C. Jones

Respectfully yours

Kim Houston

Director





DIRECTOR'S CHRISTMAS MESSAGE

Winter has settled in and Christmas is not far away anymore. It is the busiest time of the year at our Post Offices and as always, we play a very important role in sending and delivering our customer's Christmas mail and parcels. This peak season let us all get our big workloads done efficiently and safely on top of enjoying Christmas season to the fullest. Make sure you ask your supervisor for help if you need it and don't skip any of your breaks. We all need those few minutes in between work to rest and recuperate. Our bodies and minds will thank us for looking after them.

Looking back, what an exciting year it has been! What an awesome convention we had to celebrate 100 years of CPAA Manitoba! I'm still blown away about the great turnout. It looks like everyone who attended had a fantastic time and played a part in making this big milestone of our corporation memorable. A big thank you for trusting me once again to be part of our Manitoba board to help represent all of you members. Back in October the CPAA National Quadrennial took place in Vancouver, BC. We got to bring 2 delegates (that you voted for at our convention) with us. Angela Mannhart and Bev Rousson got to see and experience first hand what it entails to be part of the decision making when it comes to voting on amendments to our by-laws book and electing a new National Board. I would like to congratulate Dwayne Jones (President), Catherine Chazon (Vice President English) and Brigitte Faucher (Vice President French) on their new positions! I completely trust in them to make a great team and lead us through the next 4 years.

What is new in my life? I got to spend some time with my family in Europe again this summer which is always special to me. My daughter graduated high school in June and I had the pleasure to help her move to Montreal in August to attend University. What a big change for both of us! And after the Quadrennial Convention I stayed some extra time in British Columbia to explore the beautiful Northern Wilderness there with my sister. One of the many things I took away from that experience was that it's not the end of the world if you don't have any cell service or WIFI for a few days. I actually quite enjoyed being unavailable and cut off from the rest of the world and just be in tune with nature for a while. I love the term one of our guides used for that: devices detox.

Stay safe this Christmas, enjoy your family and friends and make sure to keep your stress levels down by listening to your body and getting the downtimes it needs.

"It's not how much we give but how much love we put into giving"

-Mother Theresa

Have a Merry Christmas and a Happy New Year.

Christine Ott
Director





2024 Associate Membership Dues

Just a friendly reminder to our associate members that your **dues are payable in January 2024.**

Please make your cheque or money order in the amount of \$10.00, payable to:

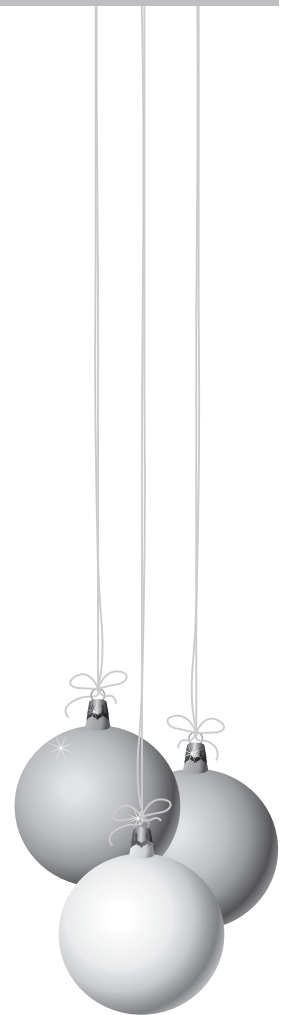
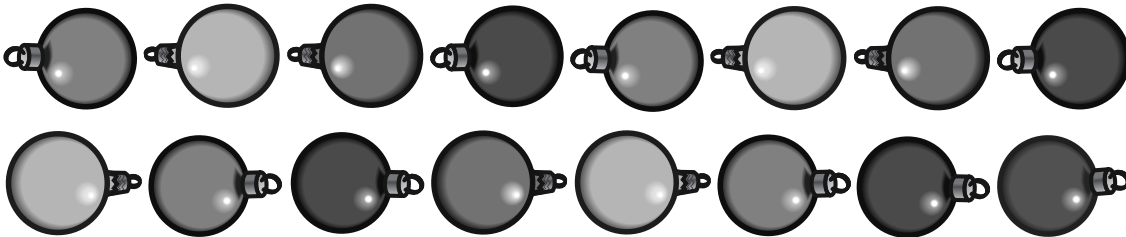
CPAA Manitoba Branch

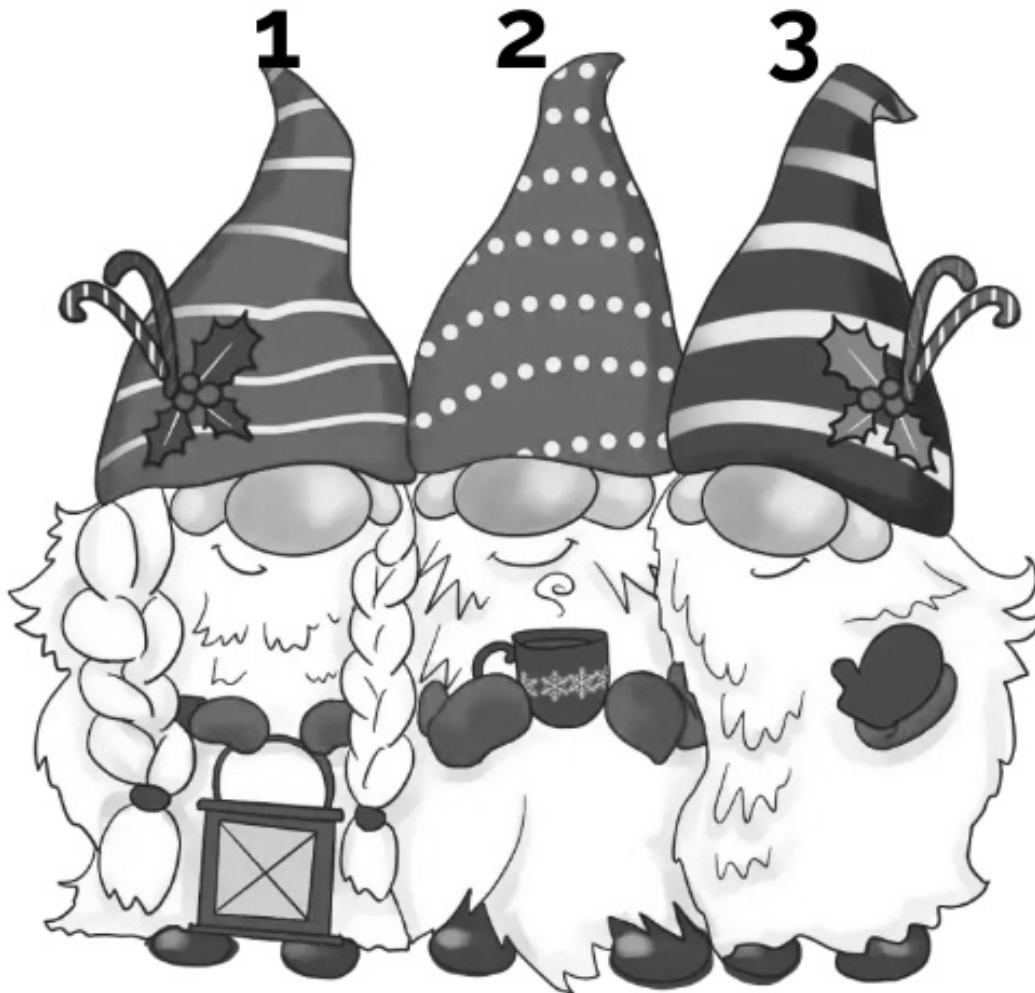
and mail it to:

Hope Toporowski, Secretary Treasurer

P.O. Box 66 • Fork River, MB • R0L 0V0

YOUR USUAL CO-OPERATION IS GREATLY APPRECIATED.





The holiday gnomes have come to town and left a special treat

WHICH ONE DO YOU CHOOSE?

CIRCLE YOUR CHOICE 1 2 3

Send in your choice of 1, 2 or 3 no later than Jan 5th, 2024

There will be 3 draws made, 1 for each number

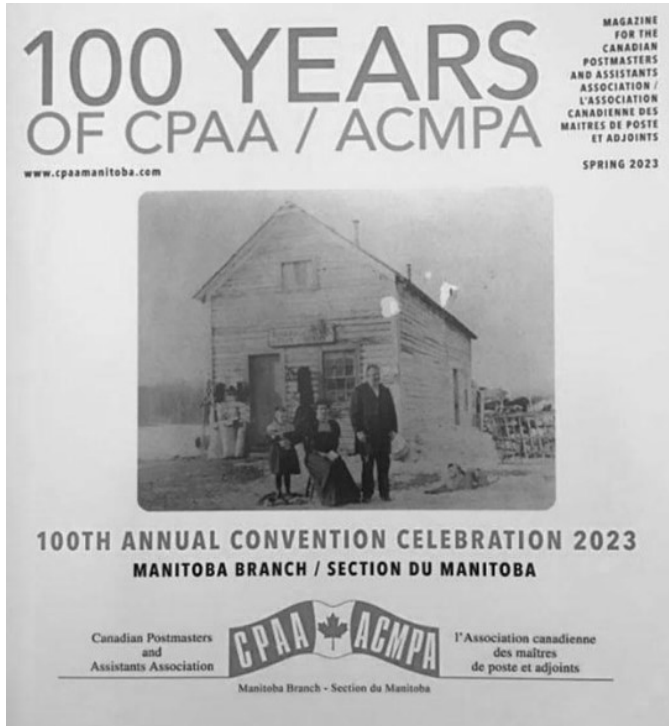
Name _____ Office _____

Address _____

Phone number _____

Send your entry to :
Director Christine Ott
Box 235
Binscarth, MB
RoJ oGo
*Please do not use
Canada Post envelopes





As you probably know, our history magazine is all done and we have some extras that you can purchase. What a great keepsake and source of information!

Each magazine is **\$20.00** (shipping included)

Send cheques payable to **CPAA MANITOBA**, please include your name and address and the number of magazines you would like.

You can send your requests to:

Hope Toporowski, Secretary Treasurer
P.O. Box 66 • Fork River, MB • R0L 0V0

USEFUL CONTACT INFORMATION

CPAA National Office
1-613-745-2095
www.cpaa-acmpa.com

Canada Post Pension
1-877-480-9220
www.cpcpension.com

EFAP (Employee and Family Assistance Program)
1-866-565-4903
www.homeweb.ca

Canada Life (Former Great West Life)
1-800-957-9777
www.canadalife.com

Access HR
1-877-807-9090
accesshr@canadapost.ca

ESS (Employee Self Serve)
www.canadapost.ca
Click on "I'm an employee" and sign in





Taco Soup



This is one of my favourite soups. It's perfect for the colder days. I adjust the spiciness to however I feel like when I cook it. Sometimes I add different beans and more corn and add some beef broth.

Ingredients:

- 1 chopped onion
- 2 pounds ground beef
- 1 envelope taco seasoning
- 1-1/2 cups water
- 1 green and/or red bell pepper
- 1 can (16 ounces) mild chili beans, undrained
- 1 can (15-1/4 ounces) corn, drained (fresh or frozen works too)
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 can (14-1/2 ounces) stewed tomatoes
- 1 can (10 ounces) diced tomato with green chiles
- 1 can (4 ounces) chopped green chiles, optional
- 1 envelope ranch salad dressing mix
- Salt and pepper to taste

Toppings (optional):

- Sour cream
- Grated cheese
- Crushed up tortilla chips
- Cilantro
- Guacamole
- Lime wedge

Directions:

In a Dutch oven, cook onions and beef over medium heat until no longer pink, breaking it into crumbles; drain. Add taco seasoning and mix well. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through, stirring occasionally. Serve in soup bowls with your favourite toppings. Enjoy!



COOKBOOKS

We have done a second run of our cookbooks as we can't keep them in stock! Get yours today before they are gone! They make great Christmas presents and trust me the recipes enclosed are to die for! **Each book is \$10.00.**

Shipping = 1 book \$5.00 2 to 4 books = \$10.00 5 to 12 books = \$15.00

Send cheques payable to CCAA MANITOBA, please include your name and address and the number of books you would like. You can send your requests to:

Janet Johnson Box 307 Anola, MB R0E 0A0.





Manitoba Branch Board Members



Janet Johnson
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Wishing you
the Best!

