

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

# 2020



# MERRY CHRISTMAS

## PRESIDENT'S MESSAGE



First and foremost, I just want to applaud each and every one of you out there. This has been an unbelievably hard year and you have all stepped up to the plate to keep Canada Post and our Country for that matter, operating like a well-oiled machine. You are the frontline workers, and I am proud to say you are especially important in keeping our Country running. In most cases, especially now with all of Manitoba in a code red lockdown, you will be the Santa Clause for many children and the lifeline for people to try and celebrate with some sense of normalcy this Christmas. I have always said that CPAA members are the backbone of Canada Post and that has never been so true.

Parcel volumes are extremely high, and I need to remind you to stay safe and think smart. Keep an eye on work areas so that they are safe to be in and take your breaks to recharge your batteries. Practice safe lifting and work together. This will be a peak season for the record books so let us make it a safe one!

COVID-19 has affected so much this year including our Annual Convention. I cannot say how much I missed being able to see you in person and just be able to join together to discuss the things that matter to us all. I am crossing my fingers that we will be able to meet next year as it is just not the same over the phone. Almost all meetings since March have been held by teleconference or video calls. It has been a learning curve for all of us to try and represent our members in a whole new way. My office is always open, and I am just a click or call away. If you need anything, please reach out as we are here to help.

So far in Manitoba we have only lost 13.5 hours which includes 1 part time position. We did have 2 hours added into an office, so we have really only lost 11.5 hours in 2020. I am sure that must be a record. Personally, I think we will be seeing more hours added if this ends up being the new normal.

I encourage all of you to send in your Christmas Wishes for our new contest. Let us flood the website with positive things. I know the board is putting together some awesome local goodies from our areas for prizes and the donation to something in your community could really help someone out. I look forward to seeing your entries. As for myself, My Christmas wish to all of you is to stay safe, be happy and healthy, and enjoy the simple things in life. If we have learned anything this past year, it is to embrace life, and to cherish every moment we have with our friends and family.

I know this Christmas may look quite different than past years, but we are stronger when we work together as a team! From my family to yours, Merry Christmas and a Happy New Year!

Janet Johnson  
President CPAA Manitoba Branch



## VICE PRESIDENT'S CHRISTMAS MESSAGE

Every year that passes by we seem to face new challenges. This year is one that none of us have ever gone through before and don't know of what maybe around the next corner. The biggest thing that I keep saying is where did the time go? Here we are again weeks away from Christmas. Then the thought of what will this Christmas be like. No travel, no family get togethers, no community gatherings, who is sick now? Will I be next? The news never ending on this virus that has forever changed our lives.

As we have all seen since the start of this pandemic, the parcel volumes have increased over and above numbers we have never seen before. Then to think, what is peak season going to look like? Now the province is in the red zone for 2 weeks possibly 4 week bringing us to the middle of Dec. With all these restrictions and places for people to shop, we are only going to see a stronger demand for on line shopping. The sizes of some parcels that are coming in are bigger then what Canada Post is allowed to ship. 30 kg is the max that you should be handling with a second person helping you. The item also can be up to 2 meters anything over is over spec. Should a parcel get delivered to your office call commercial services 1-833-677-2433 when it is out of spec. The phone number in the CMS 1202.30 is incorrect.

Lately, there has been more injuries in offices all that could have been prevented. Remember to report an injury no matter how small. It maybe ok today, but by tomorrow or a later date down the line it is giving you more problems. An injury at work and time loss is a WCB claim not STDP. It is very important to report any injuries immediately and to have a claim on file. I know our offices are busier now more than ever but you have to slow down and take your breaks and call your LAS when you need the extra help to get the job done. You have P/T and casuels to call on to work more hours, USE THEM. Working for free isn't in your best interest.

At this time of the year and with what is going on around us people can get more aggressive and rude. This behavior is unacceptable and should be reported to your team leader, you don't have to work under these conditions.

Another thing to have in your office is smoke detectors. If you don't have one, expense one to your office.

Some offices that are using floor jacks are to have protective footwear. Some offices were given these slip on steel boot covers by Canada Post these are no longer a safety piece of footwear. Talk to your LAS or LAM about purchasing proper steel toed shoes that they should be supplying.

Continue to work safe and we will get through this.

I like to thank you for your calls and concerns that you are facing in your office, you are not alone to deal with these issues.

On behalf of myself and our Manitoba Board I would like to be thankful for all the blessings throughout the year. Wishing you a Merry Christmas and a healthy and happy New Year and a speedy return to life that we once knew it to be.

Vice President  
Raymond Bonk



## SECRETARY TREASURER'S CHRISTMAS MESSAGE



### What is Christmas?

It is tenderness for the past,  
Courage for the present,  
and Hope for the future. (by Agnes H. Pahro)

With all the rules and regulations in regards to COVID-19 this certainly has been a very different, and at times very difficult, year. Your Branch Board has held several teleconference meetings including our first ever, teleconference Convention. These meetings are indeed very draining – to say the least. We have become accustomed to sitting around a board table and face-to-face conversations. We have, nonetheless, made certain that all requirements under the By-Laws have been adhered to. Our budget for postage is definitely away off, because everything that requires Officer's signatures, is now being mailed back and forth as electronic signatures have not yet been approved by our Auditors.

As I have been the Secretary Treasurer trainer for the other Branches, I was recently included in a Post Audit review with the National Executive and our Auditors, Welch & Co. It was a privilege to be approached if I wished to be a part of the review. From this review, I will be able to address the issues that seem to be grey areas in my next training session. I most certainly enjoy this aspect of my CPAA/ACMPA work. Emails and phone calls from my fellow Secretary Treasurers of other branches are always welcomed.

Parcel volumes have been on the rise since the beginning of the pandemic and our employer is warning us that this will be the busiest Christmas season ever. Take necessary precautions, watch labels for heavy parcels, and practice safe lifting.

Our National Office is constantly receiving changes to our Member Database from Canada Post. I have been working with the National team to make changes to our member's proper mailing addresses as too many newsletters are being returned as undeliverable. If you have recently received a request for an address update and completed it, I thank you. If you have not yet done so, we urge you to please do so. And also go onto the CPC website under ESS and only list your mailing address as your source of contact. Thank you for your co-operation.

Thank-you to my fellow board members and to the team at National for all their support over this past difficult year.

Gifts of time and love are surely the basic ingredients of a truly Merry Christmas!

From my house to yours, God Bless You, have a Merry Christmas and a Happy New Year.

Hope Toporowski, Secretary Treasurer



## DIRECTOR'S CHRISTMAS MESSAGE

“It’s beginning to look a lot like Christmas...” and if our backrooms and customer counts are any indication, 2020 is continuing with the theme of a year like no other.

Earlier this year, we were finishing up our board meeting and discussing how there is no way that we would ever have to cancel our convention. Who knew that not only would we be having our convention via the phone, most of our personal summer plans would also look a lot different. One thing I did hear from people is that they were able to explore places in their own backyards and it was enjoyable getting back to some of the simpler things instead of being on the go all of the time. I hope this was the case for you. My husband and I took a trip to Steep Rock this year, it was a 3 ½ hour drive to get there but it took us 9hrs to get home as we stopped anywhere that looked neat along the way. We enjoy kayaking so if you have a place near you, send me an email, I would love to hear about it.

With work getting busier, and the pandemic changing how our lives are looking- it's natural to perhaps feel overwhelmed. As a Canada Post employee you and your family do have access to the Employee Assistance program (phone # and website are listed on our CPAA MB website). You can't pour from an empty cup is a phrase we hear a lot – Self Care plans are something we all need. Here are a few ideas that could help in creating one: start a gratitude journal, take a walk outside, go to bed 30 mins earlier, call/zoom someone you haven't talked to in a while, de-clutter a space, take a social media break, unsubscribe from junk mail.

It might take a few times to find what works for you but the point is, do something. Even if it's just dancing while you are doing the dishes your body and mind will appreciate it and you may notice that how you handle busy days at work or crazy home schedules changes too!

To a joyful present and a well remembered past. Merry Christmas to you and your family, and very best wishes for the New Year

Be well

Director Kim Houston



## DIRECTOR'S CHRISTMAS MESSAGE



I was thinking for the longest time what my message to you, the members, should be this time. There are so many things going on right now with Covid-19 and I really don't want to elaborate about it too much since by now we all know about the dangers, the restrictions, and the troubles about it. We all hear, see, and experience it every day. It has been months now that we've been living under those new conditions and ever-changing restrictions with everybody having their own opinions about it, their own hopes, their own rules that fit them best.

Despite everything, summer went by way too fast. We learned how to be inventive and come up with new and different ways to still enjoy summer activities, prioritizing health and safety recommendations. My 15-year-old daughter and I enjoyed a few days at a cabin that we rented in one of our beautiful provincial parks. Our days there were filled with biking, hiking, swimming and campfires. On one of our summer weekends we packed a picnic, jumped in the car and started driving with no real destination in mind. We ended up at a nice little lake that we had all to ourselves for the day. Kayaking was one of the most exciting activities of all the new things we tried out although we had to learn the hard way that you shouldn't leave the sunscreen on shore. We especially enjoyed and appreciated our backyard this summer: gardening, reading in the evening sun, wiener roasts, etc. Ever since this pandemic started there was way more home cooking and baking going on in our house. Jenna, my daughter, tried out lots of new recipes and often had supper ready for me when I got home from work (she makes excellent homemade rosemary bread and her Japanese soup dumplings are out of this world). With winter being here now, I'm trying to think of ideas to keep us busy. Christmas baking, movie nights, for something new I am considering snow shoeing and/or cross-country skiing. We can always find things to do, we just have to think a little different now.

By now you're probably asking yourself, why is Christine telling me all about her summer, her plans, her private life? I just want to show that there are so many things we can be thankful for. So many things that we can still do without breaking any Covid-19 rules or going against recommendations. I am looking at all the good that came with the bad. For me it was bonding more with my teenage daughter, doing more things together, talking more to each other. Spending more quality time with family (and/or pets). I'm also noticing cost savings. Less eating out. More dedicated shopping trips. Not like before, "Oh I'm right here, I'm just going to run in the store quickly and see if I need something". I bring a shopping list now with only items on it that we need. Less impulse buys and less waste. Since there's less places to go to and less things we can do now, the fuel expenses have declined and we are saving wear and tear on our vehicles. Looking at the bigger picture, globally, pollution has gone way down (air, ground, water bodies) due to less traffic. For me to keep sane in times like this, looking at positive aspects help a lot. Look at all our small communities coming together more, organizations and charities thinking of new ways how to keep operating. People looking out for each other more than ever before. The new appreciation we have for doctors, nurses, all healthcare workers; Pharmacists, grocery store workers, janitors, teachers, bus drivers, etc.

'Ships don't sink because of the water around them. Ships sink because of the water that gets inside of them. Moral of the story, don't let what is happening around you get inside of you and weigh you down.'

Always try to think positive. Look out for all the good things. And stay safe.

Have a Merry Christmas and a Happy New Year

Director  
Christine Ott





## **2021 Associate Membership Dues**

Just a friendly reminder to our associate members that your  
**dues are payable in January 2021.**

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.**

## **EXPLORE MANITOBA CONTEST WINNERS**

### **GRAND PRIZE**

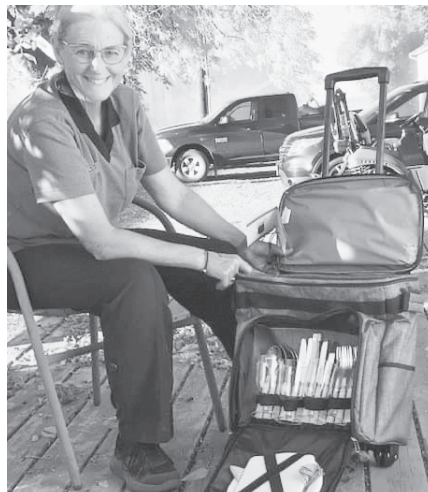
Elkhorn Resort and Spa  
Package



**Jaclyn Johnson**  
Dugald

### **2ND PRIZE**

Picnic Basket



**Leslie Whitehead**  
Roland

### **3RD PRIZE**

Visa Gift Card

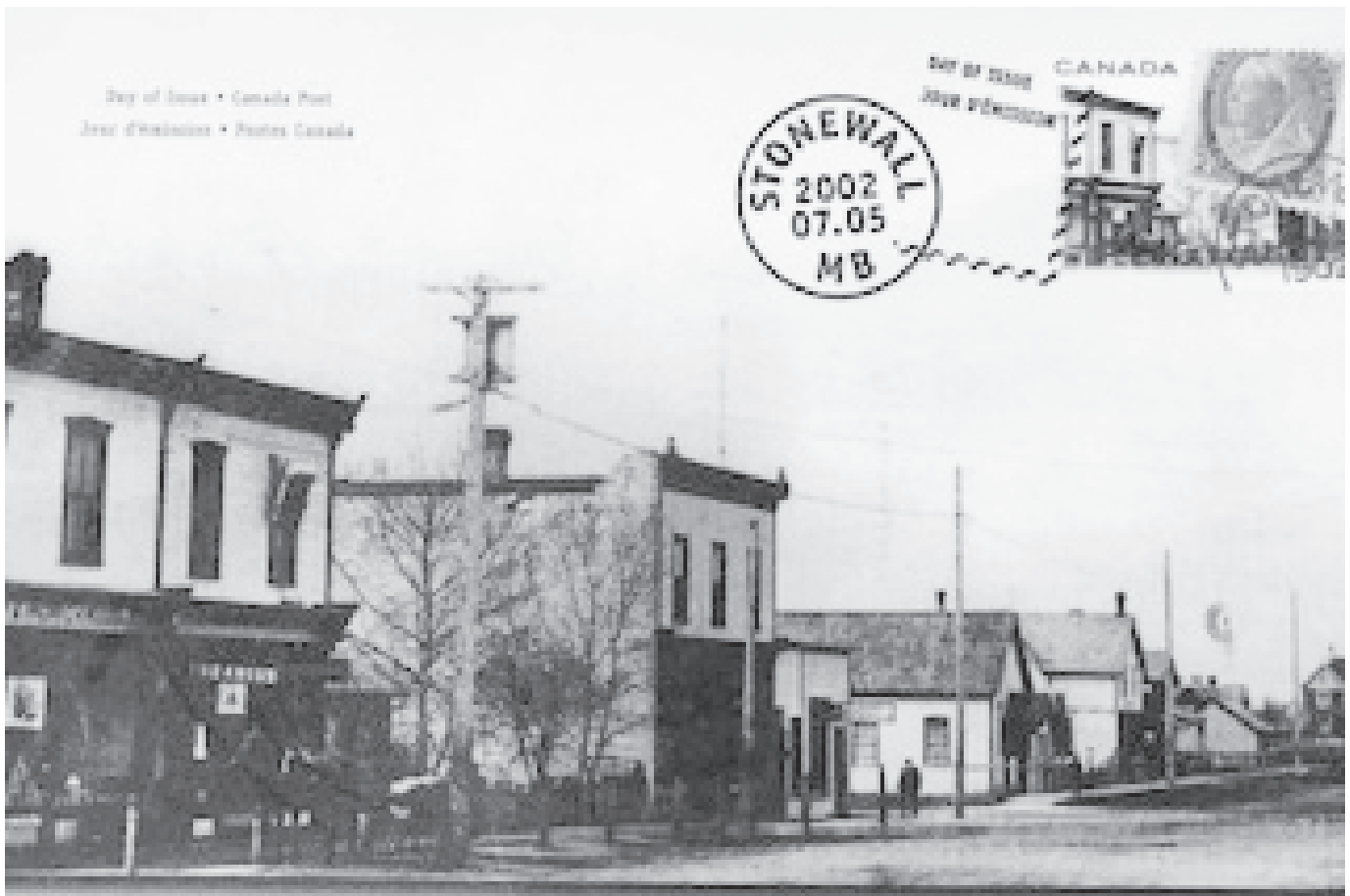


**Tanya Slimmon**  
Lenore





# **CPAA MANITOBA HISTORY PROJECT**



I am looking for help to create a book dedicated to our Rural Post Offices in Manitoba. What I am asking for are pictures, stories, memories related to your Post Offices. This will take some time to compile and if we do not receive a favorable response from you the members, I won't be able to create the book. If you want to help us, please send your information and pictures past and present to:

**Janet Johnson Box 307, Anola, MB R0E 0A0**  
**[jjohnsoncpaa@gmail.com](mailto:jjohnsoncpaa@gmail.com)**

*Digital copies would be ideal, however, if you send me pictures and want the originals back please indicate this with your letter. I am so excited to get this new project underway and I am hoping for a very positive response from everyone!!*





## IMPORTANT INFORMATION

### CHRISTMAS EVE AND NEW YEAR'S EVE – ALL EMPLOYEES

**21.06** Subject to operational requirements, the Corporation will make all reasonable efforts to schedule hours of work to allow employees to finish work no later than four (4:00) pm on Christmas Eve and New Year's Eve, without reducing the total number of regularly scheduled hours.

### PAY EQUITY

We have been informed that the Pay Equity payout that was scheduled for November has been delayed because of a required financial audit. They are working to get the payment out as soon as possible.

### **VERY IMPORTANT: TAKE NOTE** **IS YOUR MAILING ADDRESS COMPLETE & CORRECT?**

We are asking that you please check your address label on your newsletter envelope. Is it complete? Is it correct?

If your address is too long – it will not show up on our labels so you may have to shorten part of it. Use the address label as an example.

We need to update our database as TOO MANY NEWSLETTERS ARE BEING RETURNED TO US FOR IMPROPER ADDRESSING.

If you know a co-worker who is not receiving our newsletter, advise them to contact us as their address is probably incorrect on the Canada Post site which is where most of our addresses are generated from.

If your address needs to be updated please contact Sec Treasurer Hope Toporowski via email at [hopecpaa@mymts.net](mailto:hopecpaa@mymts.net)

## USEFUL CONTACT INFORMATION

**CPAA National Office**  
1-613-745-2095  
[www.cpaa-acmpa.com](http://www.cpaa-acmpa.com)

**Canada Post Pension**  
1-877-480-9220  
[www.cpcpension.com](http://www.cpcpension.com)

**EFAP (Employee and Family Assistance Program)**  
1-866-565-4903  
[www.homeweb.ca](http://www.homeweb.ca)

**Canada Life (Former Great West Life)**  
1-800-957-9777  
[www.canadalife.com](http://www.canadalife.com)

**Access HR**  
1-877-807-9090  
[accesshr@canadapost.ca](mailto:accesshr@canadapost.ca)

**ESS (Employee Self Serve)**  
[www.canadapost.ca](http://www.canadapost.ca)  
Click on "I'm an employee" and sign in





## Pumpkin Roll



This is one of my all-time favourite recipes. Everybody always asks me for this recipe when they try my pumpkin roll. I usually triple the recipe (that takes care of one whole can of pumpkin puree) and freeze the extra pumpkin rolls (uncut). I find that letting it sit in the fridge for a day or two makes it taste even better since the flavours marry together. I like using part spelt flour in lots of my recipes because it gives it a bit of a nutty flavour but just using regular flour is fine too.

### Ingredients:

- ¾ cup all-purpose flour (I use ½ cup of white and ¼ cup of spelt flour)
- 1 cup brown sugar
- 1 teaspoon baking soda
- 2 teaspoons pumpkin pie spice (I always make my own, see directions)
- 1 cup pumpkin puree
- 3 eggs

- 1 teaspoon lemon juice
- 2 tablespoons powdered sugars

### Filling:

- 1 (8 ounce) package cheese cream, room temperature
- ¼ cup butter, room temperature
- 1 teaspoon vanilla extract
- 1 cup icing sugar

### Directions:

Preheat oven to 375 degrees F (190 degrees C). Grease and flour a 9x13 inch jelly roll pan or cookie sheet (I use parchment paper for easy release). In a bowl sift together flour, baking soda, and pumpkin pie spice and set aside. In a separate bowl beat together eggs and brown sugar until fluffy. Stir in pumpkin puree and lemon juice. Fold in the dry ingredients until well mixed together. Pour mixture into prepared pan. Spread the mixture evenly. Bake at 375 degrees F (190 degrees C) for 15 minutes. Lay a damp linen towel on the counter, sprinkle it with confectioner's sugar, and turn the cake onto the towel. Carefully roll the towel up (lengthwise) with the cake in it. Place the cake-in-towel on a cooling rack and let it cool for 20 minutes.

**Make the icing:** In a medium bowl, blend cream cheese, butter, vanilla, and icing sugar with an electric mixer. (I usually cream together butter and part of the icing sugar; and cream cheese, vanilla and the rest of the icing sugar separately first and then mix it together. This makes it extra creamy and avoids having little lumps of cream cheese in the filling which sometimes happens when the ingredients are not the same temperature).

When the cake has cooled 20 minutes, unroll it and spread icing onto it. Immediately re-roll (not in the towel this time), and wrap it with plastic wrap. Keep the cake refrigerated or freeze it for up to 2 weeks in aluminum foil. Cut the cake in slices just before serving.

**To make your own pumpkin pie spice:** Mix together 1 tsp cinnamon, ½ tsp ground ginger, ½ tsp ground nutmeg and a couple shakes of ground cloves. I multiply this recipe and fill up a spice shaker with it to always have some on hand.



# COOKBOOKS

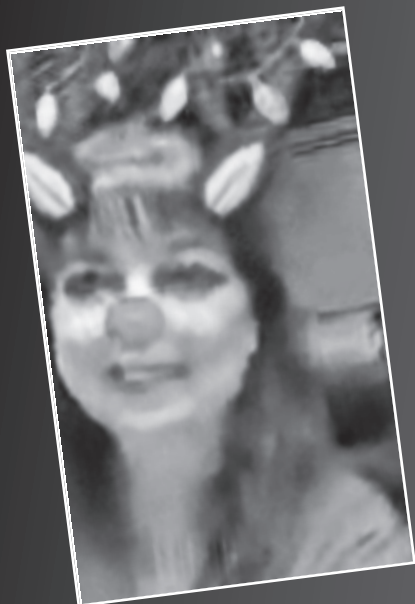
We have done a second run of our cookbooks as we can't keep them in stock! Get yours today before they are gone! They make great Christmas presents and trust me the recipes enclosed are to die for! **Each book is \$10.00.**

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

Send cheques payable to CPAA 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



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*Wishing you  
the Best!*

