

Be sure to visit 3mcanadaretirees.com for the most up to date news and event information!

Believe it or not, it has been a full year since we last published a newsletter and started our path down a very different direction dealing with COVID 19. While it will be a while before we are in full swing with our activities, we do have a few things in the works and are happy to announce them below.

A message from your 3M Canada Retirees Club President - John Banjac

Greetings fellow 3M Retirees. We are officially into a new year with the promise of some exciting things to come. Definitely the roll out of a coronavirus vaccine has been long awaited by all and in my view takes first place. Hopefully as the curve flattens, we will have more opportunities to socialize in person. Currently the 3M Retirees Club is working hard behind the scenes to get our members involved in activities. With the help of Cindy Knight, we started a weekly exercise session via Zoom. Cindy leads these sessions and it's a fun activity. During these stay-at-home times it's something we all can do. We are also determining other activities we can participate in via Zoom. Watch the 3M retiree's website for updated events.

Love All, Respect Others, Believe in Yourself.

3M Canada Press Releases



For those that are not aware you can find current and past 3M Press Releases and many other news items on the [3Mcanadaretirees.com](https://3mcanadaretirees.com) website. <https://3mcanadaretirees.com/links-of-interest> then click the "3M Corporate News Center" link.

One link that might be of interest to you will take you to 3M fourth quarter earnings : <https://news.3m.com/English/3m-news-center/default.aspx>

Ageless Grace - 1/2 hour Cindy Knight, RHN, RNCP, ROHP

Most of you have heard about the virtual exercise classes that are being offered via Zoom on Wednesdays. Read more about Cindy as well as how to sign in to these classes...



Cindy Knight, RHN, RNCP, ROHP

Registered Nutrition Consulting Practitioner & Ageless Grace Educator.

Ageless Grace Body/Mind Fitness Exercises consists of movement to 1960's music and are done while sitting comfortably and safely on a chair. The exercises consist of 21 different exercises. Each week we start with Juicy Joints and add another 7 exercises. By week 3 we have done all 21 exercises. This will help you choose those exercises you want to do in your own home for 10 minutes each day.

Our ½ hour work-out emphasizes joint mobility, spinal flexibility, right-left brain co-ordination, bone density, cognitive function, balance, self-esteem, confidence and most of all some fun. They are designed for all ages and abilities and are based on everyday movements that are natural.

Almost anyone can do these exercises regardless of most physical conditions but if you have concerns about whether or not you should do these exercises you should inform your medical practitioner of the sessions. Otherwise, you are doing these sessions at your own risk.

Classes will be each week on Wednesday for ½ hour starting at 1:30 Ontario time.

If you would like to register for these classes, please email Cindy at feelbettertherapies@rogers.com, or simply click on this [THIS LINK](#) just before 1:30 pm on any Wednesday you would like to attend. **Remember** to bookmark the link as it's the same one every week.

Photo contest

Let's have some fun! We are working on a Photo contest to be released in April. Details and photos will be posted on the 3MCanadaretirees.com website. We are working on logistics, judges and yes there will be prizes. Stay tuned and dust off your cameras.

Open Position - 3M Special Events Co-ordinator

We still have an open position on the 3M Retirees Committee. In order to continue offering additional activities to our members, we need a Committee member to fill the Special Events

Co-ordinator position. Some of the areas would include working with external companies such as Huff and Puff, Budweiser Gardens to name a few, taking the lead on events such as our luncheons and banquet. Please contact John Banjac for a full description. Email emc4n.president@gmail.com.

Membership Update - Pierre Holden, Membership Co-ordinator

I have a simple request as the individual who is managing our membership data.

We have roughly 800 members in our retirement club database, and about 488 have provided an email address so we may communicate with them on a regular and timely basis. We also have over a dozen people who receive a hard copy of our newsletters via Canada Post.

Those 300 in limbo may no longer wish to have contact with the club, although many simply are unaware that we changed over 6 years ago to mainly electronic communications. They have missed several alerts and alarms that we were changing, or forgot to act on the information provided.

May I request all of you to simply ask your 3M friends and acquaintances if they were aware that we are still alive and well, and that they may join us on the email chain by submitting a change of address at our website (<https://3mcanadaretirees.com/contact-us%2Fchange-address>), or simply keep up to date on our website: <https://3mcanadaretirees.com/>

Much appreciated

Guest Speaker via Zoom - Don Pollock

2021

Estate Planning Tips and Traps

Thank goodness for technology.

We will be welcoming Don Pollock as our guest speaker who will touch on topics that are near and dear to our hearts. Please join us via Zoom to hear what Don has to say about Estate Planning Tips and Traps.

For those of you who are not familiar with Don.....

Don retired from 3M in 2006. He is currently the President of the London Chapter of the Canadian Association of Retired Persons (CARP). He has written two books on retirement and gives seminars on various financial and estate planning issues that impact retired Canadians. He also lectures for the Society of Learning in Retirement.



Once upon a time, estate planning was straightforward. When the first spouse died the property was left to the surviving partner and on his or her death, the estate is split equally between the children. However, the landscape has changed. In addition to the pandemic, we often deal with blended families, common-law relationships and a desire by many families to prepay their children's inheritance. Many estates must deal with greedy beneficiaries and ethically challenged executors. Unless basic controls are implemented, executors have the opportunity to confiscate a portion of the estate for personal use.

This presentation will examine estate planning horror stories that could have been overcome by basic planning. Most of the examples in the presentation were either experienced by retired 3Mers or stories former 3Mers shared with me.

[CLICK HERE TO REGISTER FOR THIS EVENT](#)

Please join us on March 25, 2021 at 1:30 p.m. by completing the registration form (link above). We are limited to 100 people so please get your registration in early. If you're not familiar with Zoom meetings, training can be provided.

3M Employee Store

In compliance with the provincial COVID-19 lockdown, the 3M Employee Store has been closed for all online orders since the end of December. **We have good news** to share. The store will be reopening on March 8, 2021 for online orders only.

The 3M Employee Store will remain closed to in-person shopping until FURTHER NOTICE, including previously scheduled Saturday store openings. Retirees and employees are not permitted to enter the facility and curbside pick-up is not available. Please refer to the 3MCanadaretirees.com website for the updated order form. **Reminder** – the order form changes frequently, so make sure you download the current version before placing your order.

[CLICK HERE FOR INSTRUCTIONS AND TO OPEN THE ORDER FORM](#)

Social Media

In November, a new Facebook group was created to help 3M Canada retirees (and spouses) connect with each other. The Facebook platform allows anyone to request to join the group, after answering a few questions to verify that they are 3M retirees. The success has been overwhelming. To date there are 170 members from across the country and even a few ex-3M Canada retirees from the US. If you are interested in joining the group, enter the URL below:

[FACEBOOK GROUP](#)

Virtual Meetings via Zoom

In light of Covid 19 restrictions we are doing our best to bring you information and events virtually. Isn't technology wonderful....

In order to participate in Cindy's Ageless Grace classes as well as the information session with Don Pollock on Estate Planning you will need to download the Zoom app. It is recommended that you download the app prior to the class.

How to set up Zoom on your device....

Don't have Zoom on your computer? The application should automatically pop up for download when you click the link and you can follow the prompts. If not, see “manually join the meeting” instructions below.

Manually Join the Webinar/Lecture

These are the steps you'll need to take if the link does not open the meeting or you need to download the application to your computer.

1. Download the Zoom application from the [Zoom Download Center](#). The first option, Zoom Client for Meetings, is the application needed
2. Click Download Zoom Client for Meetings, click save file in the grey box
3. Open\Run the download called ZoomInstaller.exe (Windows) or zoomusinstaller.pkg (Mac)
4. Click 'Join a Meeting'
5. Enter the Meeting ID listed above into the 'Meeting ID/Personal Link Name' field
6. Click 'Join'
7. Enter your name and email address as requested.
8. Click 'Join meeting'
9. This should take you into the meeting if the meeting is in session.

[Step by step visual instructions to run and install Zoom Client for Meetings](#)

If you have difficulties getting the zoom application set up please contact Pierre Holden @ emc4n.membership@gmail.com

3M Canada Retiree Meetings for 2021

All 3M Canada retirees are welcome to participate in any or all of our meetings for 2021. Join us and see what we are all about. Don't have time to be part of the Executive? Let us know what interests you have or suggestions for activities/events. All 3M retirees are welcome to any meeting...not just the Annual General Meeting.

All meetings will be held via Zoom

March 17	9:00 a.m. - 11:00 a.m.	
April 21	9:00 a.m. - 11:00 a.m.	
May 19	9:00 a.m. - 11:00 a.m.	
June 16	9:00 a.m. - 11:00 a.m.	
September 15	9:00 a.m. - 11:00 a.m.	
October 20	9:00 a.m. - 11:00 a.m.	3M Retiree Club ANNUAL GENERAL MEETING
November 17	9:00 a.m. - 11:00 a.m.	
December 15	9:00 a.m. - 11:00 a.m.	

Please refer to 3Mcanadaretirees.com under Upcoming Events to get updates to dates and timing and other important information.

3M Canada Retirees Executive Committee members

DONE

President - John Banjac
Past President - Cindy Knight
Vice President - Lynn Daly
Treasurer - Peter Heisz
Secretary - Gary Shawyer (back up Sandra Nesbitt)
Membership - Pierre Holden
Web Services - Marilyn Piper
Event Planner - OPEN
Communications Coordinator - OPEN
3M Liaison - Mark Shannon

We hope you enjoyed this newsletter and encourage new 3M retirees to join the club. Remember...if you know of someone who hasn't signed up, please encourage them to do so. Retirees can go to www.3mcanadaretirees.com to register to receive email communications from the Club.