

Canadian Postmasters
and
Assistants Association



l'Association canadienne
des maîtres
de poste et adjoints

Saskatchewan Branch - Section de la Saskatchewan

February 2026

BRANCH BULLETIN



Welcome to the Painted Hand Casino, where we'll be holding our 103rd Annual Convention! Located in lovely Yorkton, this will be our first time hosting our annual convention in this city. Our hotel, Home Inn and Suites, is situated on the same lot as the casino. Once our business has concluded, we'll make a short jaunt over to Bunkers for supper and games! We're looking forward to seeing you April 25, 2026!





New Hires, Promotions, and Retirements

Welcome New Hires!

Brianna Procyshyn - Martensville
Brooke Keen - Watrous

Congratulations on your Promotion!

Shirley Hagen - Martensville
Kyla Tymchatyn - Kinistino
Tara Gingell - Turtleford
Michelle Dodds - Loreburn

Wishing you well in your Retirement!

Linda Enns – Tugaske
Tammy Valentine Iron - Canoe Narrows
Janet Eckel - Dundurn
Paula Lessmeister - Rabbit Lake
Shelly Jones - Glaslyn
Donna Schneider - St Walburg



The Recipient of the 2025 CPAA SK Branch Scholarship is...

Ryllie Stewart from Wilkie, SK, daughter of Lleanne Stewart, Postmaster, Wilkie SK.

Ryllie is enrolled in the Four-Year Bachelor of Science program in the College of Arts and Science at the University of Saskatchewan, majoring in Biomedical Sciences.

Following is a segment of Ryllie's essay about how having a family member in a union has inspired her:

"Unions taught me that the best kind of justice is to work for justice for everyone...CPAA cares about protecting coworkers, ensuring safety, and supporting families...Seeing the constant fight for better wages and workplace conditions inspired me to volunteer to help people who need some extra help...By helping kids stand up for themselves and work as a team, I am carrying union lessons with me to others...Just as union workers fight for fairness, I want to continuously fight for fairness in medicine. That no matter the child, everyone would have access to the compassionate, equal care they desire with healthcare."

Thank you to our applicants who applied for the 2025 CPAA SK Branch Scholarship.

We had 4 submissions this year with very interesting and thoughtful essays.

Congratulations Ryllie and best wishes in your academic endeavors!

CPAA SK BRANCH 103rd ANNUAL CONVENTION

APRIL 25th, 2026th

PAINTED HAND CASINO

510 Broadway St. W., Yorkton, SK

Saturday – April 25th

Registration – 8:30 am – 9:30 am

Call to Order – 9:30 am

Lunch – 12:00 pm

Call to Order – 1:00 pm

Budget/Financial Report

President's Report

Supper – 6:30 pm

The Bunkers Eats & Entertainment

392B Broadway St. W.

Yes, I will be attending the 103rd CPAA Convention at the Painted Hand Casino, Yorkton, SK., on April 25th, 2026.

Name: _____

Address: _____

Guest Names: _____

Meals Attending:

Saturday Lunch (how many) _____

Saturday Supper (how many) _____

Allergies: _____

First Time Attendee: ____ Yes ____ No

Amount Enclosed \$ _____

Registration fees: Members - \$25; Guest - \$50; Children 12 & under - \$10

Mail to: Janelle Christensen, Box 189, Hawarden, SK S0H 1Y0

**If you refer a CPAA member who hasn't attended our Convention before,
both you and your first-time attendee will receive a gift card!**



ACCOMODATIONS

This year's convention accommodation will be at the Home Inn & Suites by d3h, 506 Broadway St. West, Yorkton, SK.

Room rates are as follows: Classic Queen room - \$124.00 + applicable taxes; Classic King room - \$124.00 + applicable taxes. All rooms include access to a complimentary breakfast, free wireless internet and access to the fitness centre.

Our block of rooms will be held until March 24, 2026. Reserve your room by calling the hotel at the following number: **306-782-7829** and quote our group name: **CPAA SK** to access our special room rate. All reservations must be guaranteed by a major credit card. After March 24th, any rooms left in our block will be released to the public, and we cannot guarantee the room rates stated above or availability of a room in the hotel.

REGISTRATION

Please register by filling out the form and sending to Janelle Christensen, Secretary-Treasurer.

Registrations are due by April ???. We will not be accepting walk-ins.

Registration fee MUST accompany your registration form, or your registration will not be considered complete. E-transfers cannot currently be accepted.

Please let us know if you have any food allergies so we can accommodate you.

Registering early means we can plan our convention day and meals accordingly.

We promote a scent-free convention so all our members can enjoy themselves.

Please be respectful and leave perfumes and scented after-shaves at home.

We also ask that cell phones be muted during the convention.

CHILD CARE SUBSIDY

Your Saskatchewan Branch is offering a subsidy for childcare expenses. We are offering \$20/day to a maximum of \$40/family. You arrange for the childcare, either at home or at convention, and we will help with the cost. To receive this subsidy, you must provide a receipt from your childcare provider to Janelle Christensen, Secretary/Treasurer.

Change in Convention Format

The board undertook the decision to discontinue the Friday Night Registration for non-election years because we were finding that most of our members were coming the day of convention. Fiscally, it made no sense to spend your dues on an evening that very few members attended. We're going to give this a try and see what people think! If you have any comments regarding this change, please feel free to reach out to any of the board members.

\$1000.00 SCHOLARSHIP

The Saskatchewan Branch Board of Directors has created a \$1000.00 scholarship for a student who will graduate from Grade 12 in 2026 and who will be attending a Post-Secondary Institution in the fall of 2026.

The Branch Board of Directors would like to call for submissions for our \$1000.00 Scholarship for children or grandchildren of any **“Active”** Saskatchewan CPAA-ACMPA Member.

Student Name: _____

Address: _____

Phone Number: _____

School Last Attended: _____

(Please enclose a copy of your most recent transcript.)

Post-Secondary School Registered At: _____

Active Member Name: _____

Post Office Employed At: _____

Relationship to Applicant: _____

*****Please include this form with your application*****

Qualifications to Apply for the Scholarship:

1. Applicant must be entering in their first year of post-secondary education at a university or college. Proof of registration must accompany the essay.
2. Children and grandchildren of CPAA-ACMPA members are eligible (proof may be required).
3. Applicants can only win once.
4. Saskatchewan Branch Board will select the winner.
5. One entry does not default to winner.
6. Essay must be written in your own words.
7. Bibliography to accompany essay.
8. Essay to be a minimum of 1000 words.

Please enclose your photo – if you are the recipient, it will be put into the newsletter!

Applicants are asked to write a minimum 1000-word essay, complete with bibliography, on the following question: **“How has having a family member in a union inspired you?”**

The recipient of this scholarship will be chosen from the entries which have met all the criteria and will receive a \$1000.00 cheque upon confirmation of registration in a post-secondary institution.

Please mail your entry to:

CPAA SK Branch, PO Box 189, Hawarden, SK S0H 1Y0

All applications must be received by June 30, 2026

Injury On Duty (IOD)

As we all know – accidents happen – in an instant and without warning. It is very important in our offices to be aware of our surroundings and keep safety in our minds. No matter how diligent we may be – sometimes – out of nowhere – boom – we have slipped, tripped and fallen. In the process we reach out to stop the fall – sometimes injuring ourselves further. Well – now we have hurt ourselves at work – more embarrassed than anything – but what do we do now? First and foremost – seek medical attention if necessary. Let your attending physician know that it is workplace related and he/she will start a WCB claim for you. Secondly and just as equally important – let your supervisor know what, where, when, why and how it happened. Please ensure your LAS is informed.

Canada Post has a very strict timeline to report any kind of workplace injuries and if you have gone to your physician and not reported to your LAS – this miscommunication can create issues for Canada Post. Your LAS will fill out a HOIR (Hazardous Occurrence Investigation Report) and will forward to your CPAA branch who will then follow up with you regarding any help needed with WCB, how you are doing, if you need help re-integrating back into the workplace etc.

All these steps are important as protection for you the employee as well. What if you fell – hurt your hip – didn't report it because you were "fine" but then a year later began to have serious issues because of the fall. If you didn't report it – the corporation doesn't know about it, nor does WCB – so you wouldn't have the recourse you would if it had been reported.

So please – stay safe, but if something does happen – please report it! Reach out to your CPAA board if you need any assistance.

Just For You!

Be on the lookout for the Spring Edition of the Canadian Postmaster magazine, which will have the application form for the Just For You course. Just For You is a course designed to increase your knowledge on how CPAA is structured, the articles of the Collective Agreement, how you can work for CPAA and how CPAA works for you! This course is for active CPAA members only. Previous attendees and past and present Union Representatives are not eligible to attend. It's a wonderful learning experience!

Personal Days No Carryover and CLC Medical Leave

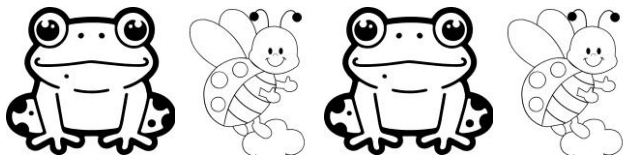
Personal days no carryover must be used by June 30. These days do not carry over into the next cycle, nor do they get paid out to members. On July 1, you will receive a new allotment of days to use for the following year. Permanent employees and continuous terms have access to PDNC.

Terms with more than 6 weeks employment with CPC have access to CLC Medical Leave. These days do carry over to the next cycle, but once you have 10 days in your bank, you can't earn anymore. Please talk to your LAS to find out how many of these days you have in your bank.

Supplemental Declaration Forms for Group Postmasters

Postmasters in non-Corporate owned and non-Corporate leased premises, or who operate a post office in residential premises, AND who have provided commercial or equivalent insurance may submit a claim for reimbursement. Similarly, postmasters in all non-Corporate owned and non-Corporate leased premises who are required to use a telephone line that is not provided by Canada Post, or for which the postmaster doesn't receive reimbursement from Canada Post may request a reimbursement payment for the expense of using another telephone for Canada Post business.

This form must be received by June 30, 2026. Please use a trackable mailing product, such as XpressPost or registered mail to obtain proof of mailing. You can also email the form to: cpaa_sa@canadapost.postescanada.ca



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 office for the 2025 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>

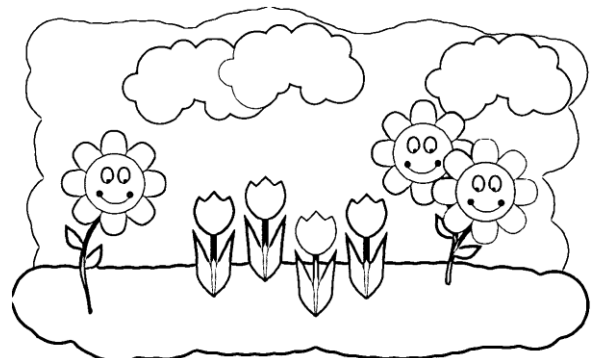
Please make sure you've filled the form out properly prior to sending to your LAS for their signature. They can't sign a form that isn't filled out properly and has your signature on it.



Vacation Leave Scheduling

Vacation leave scheduling is rapidly approaching. The new vacation leave calendar begins April 1st, therefore scheduling and posting vacation leave is to happen prior to April 1st. The postmaster selects their first choice of one continuous period of vacation leave consisting of some or all their vacation entitlement. The Senior Assistant, Full-time Assistants, Part-time Assistants and Continuous Terms will then choose their one continuous period of vacation leave consisting of some or all their vacation leave entitlement. The cycle begins again with the postmaster until all vacation leave entitlements are posted. Please refer to Article 23 in the Collective Agreement.

Please make sure you're checking your leave balances regularly! Glitches can and do happen, and if there's an issue with missing vacation hours, it is easier to fix that if you're checking your leave balances regularly.





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/>

SPRING GNOMES

