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CANADIAN PENSION & BENEFITS INSTITUTE



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CPBI Saskatchewan News

Winter Newsletter - February 2019

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2019 CPBI Saskatchewan Regional Conference



The 9th annual CPBI Saskatchewan Regional Conference "*Today's Vision: Tomorrow's Reality*" will be held on April 9, 10 & 11, 2019, at Delta Hotels Saskatoon Downtown (formerly named Radisson Hotel Saskatoon) which is located at 405 20th St E, Saskatoon, Saskatchewan.

[REGISTER NOW!](#)

Embrace the opportunity to network with other industry professionals to share *visions* and solutions that will enable us all to be better prepared for *tomorrow's reality*.

Keynote Sessions



Indigenous Engagement: Weaving Together Truths To Build Reconciliation

Candace Wasacase-Lafferty, Director, Indigenous Initiatives, University of Saskatchewan

Stryker Calvez, Manager, Indigenous Education Initiatives, University of Saskatchewan

The words "truth" and "reconciliation" are two very significant and important words. What do they mean in relation to our workplaces and the people within those workplaces? Are we still looking for the truth before we begin to reconcile? The presenters for this session have many years of life and work experience pertaining to Indigenous engagement. They will draw on their wealth of experience to help us think deeper about these questions, and also share ideas and best practices that we can take back to our own organizations.



Getting the Laughs You Need!

In today's workplace, change, stress and tension are major challenges to everyone's wellbeing! Laughter is the cure, the best medicine, a cod liver oil for the soul. But unlike cod liver oil, a dose of laughter is not only good for you, it also feels good to take! In this keynote, you'll learn how to use humour to reduce stress, cope with adversity, and take care of yourself in today's fast-paced work world.

David Granirer is a counselor, stand-up comic, author, and mental health keynote speaker. Founder of the award-winning *Stand Up for Mental Health* program, which teaches stand-up comedy to people with mental health issues, David has also taught stand-up to recovering addicts and cancer patients. He gives laughter in the workplace presentations to hundreds of organizations across North America, helping them use humor to decrease stress, increase wellness, and cope with change.

David's own experience with depression began when he was 16. After an increasing downward spiral, he attempted suicide and was admitted to a psychiatric ward. He states, "Upon my release, I felt this crippling shame, this horrible sense of being flawed and bad. Unfortunately there was no education at the time and no one explained to me what I was going through."

When he began teaching Stand-Up Comedy Clinics at Langara College in Vancouver, David saw the impact of performing stand-up. "I've had students overcome long standing depressions and phobias, not to mention increasing their confidence and self-esteem. There's something incredibly healing about telling a roomful of people exactly who you are and having them laugh and cheer." Since founding *Stand Up for Mental Health*, David has trained groups to deliver the program in cities across Canada, the United States, and Australia.



Cultural Diversity in the Workplace: Navigating Challenges of Integration

Julie Fleming Juárez, Team Lead, Community Engagement and Cultural Bridging, Saskatoon Open Door Society

Killian Fuh Forbete, Cultural Bridging Facilitator, Saskatoon Open Door Society

This presentation will cover various aspects of cultural diversity in the workplace. The presenters will highlight areas such as Canada’s changing demographics, settlement challenges for newcomers, seniors and immigration, benefits of a diversified workforce, and strategies for achieving cultural diversity in the workplace. This presentation will include several life stories from newcomers who have experienced integration and navigated through some of the challenges associated with the immigration and settlement process.



It Takes a Team: Developing Unity in Crisis

Darby Allen, Fort McMurray’s Fire Chief (Ret), Motivational and Crisis Leadership Speaker

In the midst of a devastating natural disaster, how does one person manage a team’s countless, critical decisions? Darby Allen, beyond being a brave and strategic leader, also practices empathetic team-building, including col-leagues in his decisions and looking out for their needs. In this keynote, Mr. Allen offers actionable takeaways for leaders in any field: lessons on encouraging and trusting your teammates wholeheartedly; never losing focus on the moment by worrying about the larger story; and establishing unbreakable relationships that observe and celebrate the smallest of human elements - like the power of a Canadian flag to boost morale and welcome evacuees home.

Conference Sponsors

All 2019 conference sponsorship opportunities are now *Sold Out*, with the exception of unlimited Bronze sponsorships. Thank you to our conference sponsors for their generous support of the 2019 CPBI Saskatchewan Regional Conference!

Diamond	Platinum	Gold	Silver	Bronze
Saskatchewan Blue Cross	CIBC Mellon	Lawson Lundell LLP	Triasima	Mercer
GMS	Manulife	Sun Life	RBC Investor & Treasury Services	iA Financial Group
MFS Investment Management	The Co-operators	Desjardins Insurance	Eckler	Aon
		Russell Investments		Media
		Cidel Asset Management		Benefits and Pensions Monitor
		Morneau Shepell		

Evening Dinner with Linda Edgecombe



CPBI Saskatchewan Regional Council is pleased to welcome Linda Edgecombe as part of a special evening event to be held on Tuesday, April 9, 2019, at Delta Hotels Saskatoon Downtown (formerly named Radisson Hotel Saskatoon).

5:00 p.m. Cocktails

6:00 p.m. Dinner

7:00 p.m. ***Changing our Culture from Overwhelmed to Resilient***

**Linda Edgecombe, Award-Winning Celebrity Humorist,
Motivational Speaker, and Change Resilience Strategist**

The cost for this event is included in your Conference Registration Fee.

Dinner tickets are available for guests not attending the conference, at a rate of \$75.00/CPBI Member or \$137.50/Non-Member.

[Click here](#) for complete details or to register!

Upcoming Breakfast & Luncheon Seminars

Life & Disability - A Claims Perspective

Wed., February 13, 2019 – [Breakfast at Delta Hotels Saskatoon Downtown \(formerly named Radisson\)](#)

Thursday, February 14, 2019 – [Breakfast at DoubleTree by Hilton in Regina](#)



This presentation will look at the trends behind life and disability claims and the factors that influence.

Speaker:

Roger Friesen, Director of Life and Disability Claims, Co-operators Life Insurance Company

The Rise of Real Assets - How Institutional Investors use Real Assets to Help Deliver on the Pension Promise

Wed., March 13, 2019 – [Luncheon at Delta Hotels Saskatoon Downtown \(formerly named Radisson\)](#)

Thursday, March 14, 2019 – [Luncheon at Double Tree by Hilton in Regina](#)



Real assets have become an integral part of the pension investment landscape in Canada. Indeed, Canadian pension plans are widely recognized as leaders in infrastructure and real estate investing by their global peers.

In addition to understanding the underlying risk/return characteristics of infrastructure and real estate investments, combining research, portfolio management and implementation expertise remain key in contributing to investment success.

Join us for the opportunity to learn about key trends impacting real asset investing today including:

- The spectrum of available investment opportunities;
- Managing infrastructure and real estate portfolios in the current market environment;
- Overcoming implementation challenges in infrastructure;
- “Domestic-to-Global” ~ the case for gaining exposure to global real estate; and
- The importance of manager selection.

Speaker:

Darren Spencer, Client Portfolio Manager, Alternative Investments, Russell Investments

Trends in Human Resources

Wed., May 15, 2019 – [Luncheon at Delta Hotels Saskatoon Downtown \(formerly named Radisson\)](#)

Thursday, May 16, 2019 – [Luncheon at Double Tree by Hilton in Regina](#)

Morneau Shepell’s annual Trends in Human Resources survey canvasses Canadian employers on what they are planning for the coming year, and asks HR Leaders about the opportunities and challenges they face. This presentation will share the 2018 survey results which covers the following areas:

- HR priorities for 2018;
- Expected changes in compensation;
- Improving health, engagement and productivity;
- Reducing the cost of absence and disability; and
- Optimizing retirement plans.

The presentation will have a targeted focus on mental health in the workplace.

Speaker:

Caylee Stewart, Senior Customer Success Manager, Morneau Shepell

Call for Nominations for 2019 Regional Volunteer Appreciation Award

The success of the Canadian Pension & Benefits Institute (CPBI) depends in large part on the volunteers who contribute their time, knowledge, and expertise. Recognizing their passion, dedication,

and commitment to CPBI is an integral part of who we are as an organization. Annually, we have the opportunity to recognize a volunteer from our Saskatchewan Region.

Who is eligible for the award?

Both active and past CPBI members are eligible for the award. The criteria for award nominees are:

- Helps CPBI to achieve its mission or purpose at the regional level
- Provides outstanding support such as meeting facilitation, workshop leader, trainer, and other support
- Provides other contributions to CPBI (e.g. speaking engagements, long-time membership, etc.)

How do I nominate someone for the 2019 Award?

We invite you to submit nominations for the Regional Volunteer Appreciation Awards by clicking the link below:

[Submit your nomination](#)

Deadline for nominations is March 8, 2019.

Who has won the Saskatchewan Regional Volunteer Award in the past?

Past recipients of the Saskatchewan Regional Volunteer Award are:

- 2018 – Alana Shearer-Kleefeld
- 2017 – Glenda Schlosser
- 2016 – Trina Kistner
- 2015 – Bob Wilhelms
- 2014 – Doug Volk
- 2013 – John Hallett
- 2012 – Tracy Young-McLean
- 2011 – Kay Robertson
- 2010 – Janet Folk
- 2009 – Marg Romanow
- 2008 – Narinder Kempa
- 2007 – Dave Kapeluck

Call for Volunteers for CPBI Saskatchewan Regional Council!

Do you or someone you know have knowledge and/or experience in the benefits, pension or investment field? We are looking for individuals with knowledge or experience within the benefits, finance, event planning, investment, and legal realms to volunteer their time and expertise to help with Council activities.

The CPBI Saskatchewan Regional Council is inviting members who are interested in serving on the regional council or one of its committees to submit their interest in writing. Kindly complete the [Application and Skills Matrix](#) and return them to the CPBI Saskatchewan Region office by March 8, 2019.

CPBI's Saskatchewan Regional Council meets bi-monthly except in the summer. It oversees the work of committees in a number of key areas, including communication, professional development,

conference planning, sponsorship & membership, finance, and governance. Committees meet as frequently as required. The above application includes a summary of the committees and their mandates.

If you have any additional questions, please feel free to contact our office at 306-757-1013 or via email at Saskatchewan@cpbi-icra.ca and a member of Council will be happy to respond to your questions.

CPBI Membership



Choose to be part of the largest community in the industry! Sharpen your skills and expand your professional network!

Click on the following for details:

- [Advantages of CPBI Membership](#)
- [Classes and Costs of CPBI Membership](#)

2018-19 CPBI Saskatchewan Regional Council

Chair: Dara Sewell-Zumstien, Public Employees Benefits Agency

Vice-Chair: Vacant

Treasurer: Chad Corbin, Saskatchewan Blue Cross

Secretary: Kelley Orban, Saskatchewan Healthcare Employees' Pension Plan

National Board Representative: Doug Volk, Teachers' Superannuation Commission

Council Members:

Sylvia Rempel, University of Saskatchewan

Nikki-Lynn McKeague, Saskatchewan Teachers' Federation

Colette Wagner, Möbius Benefit Administrators Inc.

Peter Gruening, Federated Co-operatives Limited

Sarah Johnston, GMS

Gail Genest, Saskatchewan Pension Plan

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Connect with us!

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