

VOLUME 71 No 1

Official Publication of Branch Nine, NALC

January/February 2019

National President Fred Rolando spoke to the membership and installed the recently elected Branch 9 Officers and Station Stewards for 2019-2021



Jerome J. Keating

by Johnna Lush

I have been lucky enough to be able to attend the NALC's 24th leadership academy and in the first week a large portion of training was on the history of the NALC and the labor movement in general. Although initially I thought this was going to be a little dry, I could not have been more wrong. Not only does studying the past allow us to learn from victories and defeats, but also gives us a little inspiration in this time of constant forcing and increased hours.

I have been with the post office for about 5 ½ years and I am embarrassed to say that I really never understood why we are the Jerome J. Keating Branch. I had a vague understanding that he was an important past "president", but I really had no idea about his story. I know that I am not alone, so as we welcome new brothers and sisters into Branch 9, I hope these articles about distinguished past Branch 9 members will give us context and inspiration.

Jerome J. Keating joined the Post Office in 1924 as a substitute carrier. His initially only thought

Keating cont'd on page 11



NOTICE TO ALL BRANCH 9 MEMBERS

Any proposed amendments to the 2019 Branch 9 By-Laws must be presented in writing to the Recording Secretary no later than the February 26, 2019 General Membership Mtg.

RETIREMENTS



Diane Lincoln (Blaine) makes her last punch with Steward John Kitnas. Happy Retirement!



Joe Tanner (Golden Valley) makes his last punch with Steward Joe Tiemann and Manon Wojack (Lowry) Happy Retirement! Keep them laughing.

WELCOME NEW MEMBERS!

Sean S Anderson
Paul Chang
Matthew T Dubois
Marc S Dunham
Ralph Early
David A Gutierrez
Randall H Harris
Lorenzo E Howard
Andrew J Huot
Earl A Kluttz
Shawn M McMahon
Josiah J Wicklund

Region 7's new RAA



Patrick Johnson

A member of Pioneer Branch 2 Milwaukee, WI. Patrick Johnson began his postal career as a letter carrier in Milwaukee in 2005.

He became a shop steward in 2006, full-time Formal A representative in 2011, branch MBA representative in 2015, and branch vice president in 2016. Johnson also served as an arbitration advocate, and CCA academy instructor.

Johnson graduated from Leadership Academy Class 17 in 2014. Prior to joining the Postal Service he served in the United States Army for eleven years.

In Memoriam

Scott Sammons
(Active)

Branch 9, NALC
2408 Central Ave. NE
Minneapolis, MN 55418
Voice: (612) 781-9858
Fax: (612) 781-9849
Website: branch9nalc.com

Branch 9 Officers

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Samantha Hartwig

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branch9news@branch9nalc.com

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Melia Derrick
C: (651) 270-7807

NALC Health Benefits Rep.

Mike Smith
HBR: (612) 963-6252

The Branch Nine News is a monthly publication of NALC Branch 9, and is published in the interest of and for the members of NALC Branch 9.

The opinions expressed by the writers are not necessarily those of the OFFICERS, or of NALC Branch 9.

Articles MUST be submitted to the editor by the 1st of the month, and must be signed. The Editorial Staff reserves the right to edit or refuse to print articles which are derogatory in nature.

Any official NALC organization may reproduce our articles provided appropriate credit is given.

Exec. Vice President's Report

We are well into the New Year, and yet I am still amazed that our members are being harmed by management who do virtually nothing to assist injured letter carriers when there are on the job injuries. There are few people in management who understand that it is their responsibility to assist injured carriers when there is an on the job injury. All too often when management gives the injured carrier paperwork, they hand the injured person a whole packet of paper and no explanation of what to do with any of it.

If you get injured on the job use the injured carrier checklists that are included in this Branch 9 News. The lists have similarities. One is tailored for a traumatic injury and the other an occupational injury. For any on the job injury:

Step 1: Report injury immediately to the supervisor. If you are going to file a claim with the Office of Workers' Compensation (OWCP) request the Ca-1 for traumatic injuries and the Ca-2 for occupational.

Step 2: Fill out the front page of your form yourself, and if you have a traumatic injury elect Continuation of Pay (COP); if an occupational injury nothing gets paid till the claim gets accepted by OWCP. Sign the form for an OWCP claim, and then make sure that the notice of receipt of injury on the last page is signed by management the day you turn in the paperwork, and a copy is given to you.

Step 3: Seek medical attention by a physician of your choice. The physician must be an MD or a specialist. If you see a nurse practitioner (NP) or a physician's assistant (PAC) the OWCP will not approve the claim, because under the Federal Employee Compensation Act (FECA) a NP and PAC are not considered qualified physicians. Take the CA-16 form in a traumatic

injury with you, there is no CA-16 in an occupational injury; for both types of injuries bring the CA-17 with you when you seek medical attention.

Step 4: Injured carriers should get a claim (file) number within 21 days of submitting the paperwork. If you do NOT have a claim number within 21 days contact the Branch office for assistance.

Anytime you get injured on the job it is important to follow up with your local management and ask them if they sent your claim form, and medical evidence on to the USPS Injury Compensation Department. If you keep being told no, then speak to your steward and call the Branch Office. There are important time lines that can't be missed, and any delay may have a negative impact on an injured carrier's ability to receive medical treatment, and get back to work.

Keep copies of all paperwork.

Even after you get all the proper paperwork submitted to OWCP there are still numerous pitfalls to just getting the claim accepted, such as getting medical bills actually paid, and if you are not working just getting paid can be problematic. It is extremely important to make sure that all of your medical documentation is coded correctly, many times when a medical bill goes unpaid by OWCP it is due the improper ICD 10 code from the doctor's office on your medical documentation. Make sure to verify that your doctor's office is coding the medical documentation with the exact same ICD 10 code the OWCP used for the accepted condition.

To get paid wages while on OWCP, and while recovering from the on the job injury it all depends on which type of injury you have. I will start with the Traumatic



Samantha Hartwig

injury. If you file a Ca-1 form within the first 30 days of the traumatic injury, and your medical documentation has a diagnosis by an MD, and the medical explains what job related activity you were performing when you suffered the traumatic injury; then you are entitled to continuation of pay (COP) for up to 45 days. There are times when management enters the wrong code in TACS and ERMS; and that keeps carriers from getting paid COP. If you don't get COP it is important to talk to the steward, and file a grievance when COP is not rung properly by management.

If disability continues after 45 day COP period the carrier then has to request LWOP for the time missed, and then submit a Ca-7 form for wage loss compensation.

An occupational injury is usually something such as tendonitis, and nothing will get paid till the claim is actually accepted by OWCP. This means the injured carrier will have to use his/her own leave. If the claim does get accepted by OWCP the carrier can then request to do a leave buy back for all leave used **PRIOR** to the claim getting accepted. Only after all leave is bought back can the carrier then request to be placed in an LWOP status for the time missed due to the injury, and then submit

Exec VP Report cont'd on page 7

Injured Carrier Checklist for Traumatic Injury

Name of Carrier

Date of Injury

Was the Injury caused by a specific event
(If yes complete CA-1 follow instructions below)

Yes

No

Step 1 – Report Injury

Immediately report Injury to Supervisor

Name of Supervisor

Date Reported

Request the following forms:

CA-1 (Report of Injury must be supplied immediately)

A CA-16 signed by management
(Authorization for Treatment must be supplied within 4 hours)

CA-17 (Duty Status Report must be supplied immediately
w/ left side completed)

Step 2 – Paperwork

Fill out CA-1 yourself (if immediate medical attention is not needed)

Request COP or S/L (if COP is requested the first 3 days must be
sick or annual leave)

Sign and give completed CA-1 to supervisor and get receipt on
page 4 of CA-1

Step 3 – Seek Medical Attention

Bring CA-16 & CA-17 with you to your medical appointment

If you are seen by a PA (physician's assistant or CNP
(Nurse Practitioner) all medical reports must be countersigned
by an MD

Have your medical provider complete right side of CA-17

Initial Medical Report must be provided within 10 days

Follow the restrictions of your doctor

Step 4 – Dealing with OWCP

Receive Claim Number from OWCP within 21 days
(if not contact the Branch Office)

OWCP Request's for more information – You have 30 days to submit
the information requested. Any questions contact Branch Office

Acceptance Letter – When your case is accepted, the letter will
identify those conditions that are accepted along with proper
coding (payment for other conditions may be denied)

Denial Letter – Contact the Branch Office to discuss your
appeal rights as some options have different time limits

Injured Carrier Checklist CA - 2

Name of Carrier

File/Claim Number

Was the Injury caused by events that happened over
A period of time? (If yes follow instructions for a CA-2)

Yes

No

Step 1 – Report Injury

Immediately report Injury to Supervisor _____

Name of Supervisor

Date Reported

Request the following forms:

CA-2 (Notice of Occupational Disease and Claim for Compensation) _____

CA-17 (Duty Status Report w/ left side completed) _____

Step 2 – Paperwork

Complete the Employee Narrative

You will need to explain your day to day duties as a letter carrier, (how long you sort and deliver mail. Estimate mail volumes, weights, distances and repetitions etc.). Never exaggerate. Use action words that describe your work factors like walking, carrying, reaching, pushing, pulling. A written explanation of your job duties as a letter carrier provides your doctor with the information to form a rationalized medical opinion connecting your injury to your job. Try to keep your explanation to one page and take it to your Doctor (MD).

Doctors Narrative

OWCP requires a medical narrative that describes the relationship between the work factors described in your explanation and the diagnosed injury. The narrative must be based on objective medical evidence such as tests, x-rays, or MRIs. In this medical narrative, your doctor will need to make the connection between the work factors outlined in your job description and how it caused the diagnosed condition. OWCP does not consider pain a diagnosed condition, pain is a symptom not a diagnosis. If you are seen by a PA (Physician's Assistant or CNP Nurse Practitioner) all medical reports must be countersigned by an MD. Have your medical provider complete the right side of CA-17.

Follow the restrictions of your doctor

Request either S/L, A/L or LWOP for absences until your claim is accepted. _____

Submit the CA-2 with both narratives and the CA-17. _____

Step 3 – Dealing with OWCP

Receive Claim Number from OWCP within 21 days
(if not contact the Branch Office) _____

OWCP Request's for more information - You have 30 days to submit the information requested. Any questions contact Branch Office _____

Acceptance Letter - When your case is accepted, the letter will identify those conditions that are accepted along with proper coding (payment for other conditions may be denied) _____

Denial Letter - Contact the Branch Office to discuss your appeal rights as some options have different time limits _____

Keep Copies of All Documents

Carriers leaving their mark on the movies

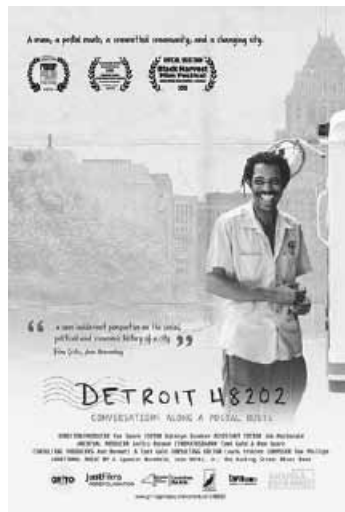
Two letter carriers, both African American members of NALC, have had an impact on the silver screen in recent months. "Green Book," the story of a black musician and his white driver who refer to the title work often in their travels through the segregated South, is based on the true story of Don Shirley, a Jamaican-American pianist. The Universal Pictures release was chosen as best film of 2018 by the National Board of Review. But the Green Book itself



would not exist without another true story that of the late Victor Hugo Green, a 39-year letter carrier and the book's creator. As The Postal Record wrote in its September 2013 story on Green, "As a union member and a civic leader...Green heard many stories of humiliation and violence from members of his community. He looked to other travel guides for inspiration on creating a tool for helping African Americans." Thus began The Negro Motorist Green Book, referred to simply as the Green Book, a travel guide for the black- and white-owned hotels, inns and even private residences that would accept African American travelers.

"There will be a day sometime in the near future when this guide will not have to be published," Green wrote in 1949. "That is when we as a race will have equal opportunities and privileges in the United States. It will be a great day for us to suspend this publication for then we can go wherever we please." That day came roughly 15 years later with the passage of the Civil Rights Act of 1964, which outlawed discrimination by businesses, but Green was not around to see the change. He had died in 1960.

Fast-forward to Detroit in the 2000s and Branch 1 letter carrier Wendell Watkins, the thread that holds together "Detroit 48202:



Conversations Along a Postal Route." The 2018 documentary by Pam Sporn follows the now-retired carrier over a six-plus year period as he chats with residents along his route, chronicling the "rise, demise and contested resurgence" of Detroit, with an emphasis on the stories of working-class African Americans. The movie asks the question, will the resurgence of Detroit center on a high-tech and increasingly white downtown, or

will it focus on the stretches of neglected neighborhoods that continue to deal with a 40 percent poverty rate, water shutoffs, foreclosures and schools in crisis? In a positive review on the People's

World website, Royal Oak, MI Branch 3126 member John Dick calls it "a searing film that weaves the racial history of the city with the economic truths of capitalism."

"Detroit 48202" will have its TV and online premiere on Jan. 29 as part of World Channel's "America ReFramed" documentary series; for more about the premiere, go to worldchannel.org/show/america-reframed. For more information on the film itself, visit newday.com/film/detroit-48202-conversations-alongpostal-route.

DVDs are expected to be available from NALC Headquarters' Supply Department at 202-393-4695.

The Postal Record's 2013 story on the Green Book is at NALC.org/greenbook. PR

Taken from the
Postal Record Jan. 2019

Director of Retirees Report



Melia Derrick

Rodney has retired from his retirement job and you now have me as the Director of Retirees for the branch. Each Director has a different skill set, I don't tell jokes that well and I am not a social butterfly like Cheryl Stately, the Director before Rodney. Hopefully I can offer good advice when a retirement issue arrives or at least direct you to a source for the answer. And of course inform you of those pesky changes Congress wants to impose.

The first question I got from a wanna-be retiree was, Can I retire prior to my MRA (Minimum Retirement Age) and still keep my Federal Health insurance? Short answer is no. If you quit before your MRA, it is considered a resignation, even in the case of this 22 year career employee. So what is your MRA? That depends on your birthdate. Those born between 1953 and 1964 reach MRA at 56. Thereafter an additional 2 months per year is added until the MRA is 57 years, or

those born after 1969. For example you were born in 1967 your MRA is 56 years and 6 months. There is a handy chart to find your MRA in the Questions and Answers on FERS booklet available at the Union office (See Q 77). Working now is stressful; we all know that increased package volume and lack of new recruits is putting a strain on the active carriers' wellbeing. But all retirements must come after your MRA. So, hang in there if you can and you want that health insurance which for price and coverage would be hard to beat on the open market.

When I decided to retire, two years ago in May, my mom cautioned me to not "retire from but to retire to something." For some of us that means simply to fish more, travel more. For others it is jumping into yet another job, but one with less stress or fewer hours. Retirees love to volunteer too. Teaching kids to read, helping with Meals on Wheels. Whatever it is, find your retirement niche. After decades of work taking up 10 or more hours of your daily life, that void can be hard to fill. Most probably you will feel discombobulated for a while.

What amazing things have you done since retiring? I would love to hear about how retirement is going for our carriers. Whether it is a new job, volunteer work or lots more playing with the grandkids. You retired for a reason. Everyone wants to make it to retirement, has it met your expectations?

---MD

Exec VP Report cont'd from page 3

the CA-7 form for wage loss compensation.

Another pitfall that I see all too often is management instructing carriers with already accepted claims, who are still seeking medical treatment for that claim to file a new claim for a recurrence of an injury on a Ca-2a form. Nine times out of ten injured carriers do NOT have a recurrence of an injury. Submitting this form improperly to OWCP causes numerous headaches if the recurrence gets denied, which happens most of the time.

Please make sure to call the Branch Office before completing and submitting any new claim forms when you already have an accepted condition, and you have not recovered. If your claim does get denied call the Branch Office for guidance on how to appeal the denial of the claim. Postal Management does not know how to appeal denied OWCP claims, and choosing the wrong option can end up in a permanent denial of the claim.

With the amount of hours and understaffing at all stations in Minneapolis carriers getting injured on the job happens almost daily.

It is important to ask questions when in doubt, and don't wait to ask questions.

In Solidarity,
Samantha Hartwig

**Branch 9
Ron St. Clair MDA Bowlathon**

Saturday, April 27, 2019

LOCATION

NEW HOPE BOWL
7107 - 42nd Avenue North
New Hope, MN 55427

TIME

7:00 - 9:30PM

If you have any questions, please contact
Joe Rian at the Branch office 612.781.9858.

SAVE THE DATE

Sunday, May 5, 2019

**Branch 9's Annual
Red and Gold Retiree Banquet**

Delta Hotels by Marriott Minneapolis Northeast
1330 Industrial Boulevard, Minneapolis, MN

2019 Retiree Banquet Registration Form

Name: _____

Name of Guest: _____

*Retirees - \$12/Person
Stewards - \$12/Person
Active - \$18/Person*

☐ Retired

☐ I would like a ride to the Banquet
Phone # _____

☐ Active

☐ I am willing to give someone a ride
(Please call Angie to volunteer at
612.781.9858)

Amount Enclosed: _____

The Following is a list of Paid Members of PAL 9 for January, 2019.

Very Concerned Members

| | | | |
|-----------------------|---------------------|----------------------|----------------------|
| Richard Onslow | Russell Humphrey | Timothy J Kivela | Joseph P Bedor |
| Gerald W Broman | Daniel J Loppnow | Larry W Biermann | Jason Allen Karnopp |
| Sharon L Spooner | James A Cassell | Jeanne C Louis | Robert E Zimdars |
| Gregory Caulfield | Renee C Hickerson | Jeffrey B Stanko | Patrick A Rottach |
| Lawrence M Schuster | James Fallon | Joel F Carter | Kieran Hughes |
| Lee Schmitz | Gregory J Bedor | Cyril Toay | Lawrence J Gilder |
| Mark Gortze | Kent P Cleland | Philip H Sheridan | Constance W Beissel |
| Richard John Rimer Jr | David J Forsell | Larry Blesi | Jon D Thompson |
| Kimberly Kay Kline | Lawrence S Dahlberg | Charles E Rivers | Duane B Pederson |
| Perry C Korzenowski | Melia Derrick | David L Pierson | Stacey A Ellingson |
| David J Wallentiny | Rodney E Anderson | James P Couillard | Kelly Marie Lundgren |
| Herman A Metzler | Timothy J Highland | Frederick M Johnston | Douglas H Buystedt |
| Barry J Weiner | Duane Foyt | Troy Fredenburg | Cindy Fossum |
| William H Halos | Philip E Wixsten | Roger E Johnson | Peter T Schilling |
| James Fodstad | Eugene P McNulty | Gary Kroeten | Ruth Pisk |
| Steven D Petersen | Wayne J Kelash | Johnea S Rystedt | Martin R Cornell |
| Ron Lawrence | Sonia M Stark | Robert Baird | Bradley J Knutson |
| Patrick E Paplow | Emelyn A Peasha | David O Burandt | Richard Alan Kelly |
| Leonard A Larson | James M Johnson | Kenneth A Jambois | Charles M Glover |
| Michael T Zagaros | Thomas Guthrie | Ronald R Barker | |

Regular Members

| | | | | |
|--------------------|----------------------|---------------------|---------------------|-----------------------|
| Gay Rene Woodgate | Lawrence W Elfelt | Dwayne W Nienaber | Larry F Chilebeck | Gerald L Arnold |
| Robert W Masuda | Stanley B Mackcow | Thomas M Costello | Kathleen M Johnson | Linda Stipe |
| Harley Ring Jr | Michael Bangsund | Timothy J Bedor | James R Grage | Dwane L Thompson |
| Debbie A Frank | Robert J Dondelinger | Terrence O'Neill | Margaret A Savaloja | Mark E Olufson |
| Kathleen K Demoret | Stephen L Boughton | John M Keeley | William C Tuffs | Glenn W Ingersoll |
| Dennis Bahn | Donald M Carlson | Alexis F Wheeler | Arthur Henry Kujawa | Douglas D Dopp |
| John P McPartlan | Raymond Tranby | Jeffrey T O'Rourke | Todd A Kunkel | Karen J Schneider |
| Bruce G Olson | Carlos A Garcia Greg | Theresa A Oelrich | Katherine E Duax- | Lori Ann Randolph |
| Curtis F Britz | Wallin Katherine | Allan J Gulden | Kunkel | Scott A Randolph |
| Jeffrey W Smeets | Colby Bolton | Theresa Ronning- | Delmont R Stokke | Jericho F Tabor |
| Gary J Mathews | Jerome D Bona | Allen | Russell W Ofsthun | Clarence Gervais Jr |
| Carl H Walsten | Jeffrey D Sherman | James P Falbo | Wendy K Noren | Delmar Woida |
| William Paul Knotz | Russell E Flaten | Vernon J Zierman | Betty Brown | Williard G Beauchaine |
| Gerald K Schraber | Charles L Lenzen | Gary Svidron | Karl A Parkos | Ted M Parker |
| Gary Hughes | Joseph F Pasiowitz | Dallas V Holm | Gary A Weihl | Marlys Ann M Fox |
| Mary Ann Knoss | Dennis M Johnston | T.W. Bearth | Thomas B Hoch | David L Peterson |
| Mary E Hargreaves | Douglas A Orham | Douglas B Lemke | Mary L Hoch | Gordon M Balfe |
| Thomas G Holten | Michael T Gravenish | Robert J Miller | Roger G Harwarth | Mary E Skerbinc |
| Jon E Frick | Amy K Jaszczak | Kenneth W Johnson | Kenneth L Sykora | J. M. Spratt |
| Elmer J Hill | Ronald J Davis | Herman M Weidner | Dan L Olson | Alice E Nopola |
| Mary C Folke | Christopher Pennock | Jerry A Sandmann | Geno Taddel Sr | Brent D Olson |
| Daryl E Blatzheim | Walter C Czerepak | Andrew T Olufson | Lindahl B Gleason | Mary K Fick |
| Lavern E Dornbusch | Burton O Pansch | James M Nelson | Bruce A Howe | James Hiben |
| Thomas F Dvorak | Jack J Bartlett | Pauline P Pepper | Steven R Olson | Gregg W Holmes |
| Alf V Mork | George A Wisuri | Joe L Williams | Dale R Carney | David W Scheil |
| David T Wrzos | Robert Czanstkowski | Edward Issenhuth | Lerald E Mellom | George G Muzetras |
| Michael J Mroska | James F Hill | Stephen J Wallerius | Daniel M Courteau | Roberta H Stanchfield |
| Charles R Jennings | Jerry D McGlade | David R Millette | Paul H Hultgren | |
| Charles L Friend | Leonard L Hrnclir | Robert J Logelin | Richard L Wells | |



Are you tired of management doing things wrong? Are you tired of your rights being forgotten about? What, you ask, can you do? Get involved! We are all tired of getting forced incorrectly, being treated unfairly, and worrying about the future of our jobs. The first thing we need to do is get informed. We can start small by learning our contractual rights. We should all know what each of the overtime lists means.

Remember, anyone can be forced, but there is a specific pecking order before it happens. Your steward is probably swamped with grievances, so ask how you can make it easier for them. For me, I need all carriers to use the time clock so I can prove on paper how much time was spent on what routes. Also, be sure to tell your steward each and every time there is an issue or question. We can't always see everything that happens without your help. Every year, there are numerous training seminars that help spread knowledge. Whether you're just getting involved, or merely want to know more, please consider going to one of these training events.

The next thing we can do is participate in Branch 9 events. Maybe that's going to the monthly meetings, or attending any of the other functions that we set up. Moving forward, we will be putting on more events for us to have fun at. Every year, we have

our MDA Bowlathon. Last year, we raised more than \$14,000 for MDA. In addition to the bowlathon, this year we hope to have more events, not just for MDA, but for all of us to get together outside of work and develop our friendships.

Our union is so much more than workplace issues. We have an entire carrier community that no one outside can relate to. We raise money for noble causes, we lift each other up when times get tough, and we help each other grow stronger. We can all have a role in our union, whether it's becoming a leader, or simply sticking up for other carriers. If our voices unite in solidarity, it will send shockwaves through all of postal management. This year, we can make Branch 9 the best reason for working for the USPS.

In solidarity,
Robb Petersburg
Lost Lake Station

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Br. 9 Retired Letter Carrier
Kerry Herdine
Home: 952.854.2655
Cell: 612.805.8407

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Keating cont'd from page 1

he would have the job for as long as it took him to complete his degree at the University of Minnesota. He graduated in 1930 and was given the option by the University to stay on, continue his studies and eventually become a professor. With the great depression causing insecurity and upheaval across the country, Keating decided to stay with the Post Office Department and continue his work with the NALC.

I did some research about President Keating in the Branch 9 archives and found a very touching anecdote about how Jerome J. Keating not only found a career and vocation with the Post Office, but it also allowed him to meet his wife. Marion was a pharmacist at the last contract station on his 3:30pm to midnight collection route. They began talking and eventually married in 1932.

Also in 1932 Keating became president of Branch 9. In 1942 he was appointed director of the NALC Life Insurance Program. By 1946 he was elected to the position of Secretary-Treasurer for the NALC. He worked very closely with NALC President Doherty, becoming his Vice President and then successfully running for NALC President when Doherty retired in 1962. He held that office

until 1968, when he chose not to run again and was succeeded by James Rademacher.

I knew the bold strokes of this story when I became involved in the Union and I kind of assumed that most branches across the country were named for a distinguished member. Little did I know that there have only been 18 national presidents since the NALC was founded in 1889 and one hails from our branch.



Jerome J. Keating
NALC President
1962-1968

At the leadership Academy, one of the first questions you get is, what Branch are you from? When I would say Branch 9, most people knew right away that I was from Minneapolis and would ask about one of our notable members. I never knew how impressive our membership was and how well known and respected we are as a branch. Jeremy Rothstein, the Editor of the Branch 9 News has allowed me to write a series of articles about the

notable Branch 9 members. I will be following this article with more about Jerome J Keating and others I hope that this and the following articles fill you with pride and inspiration.

Johnna Lush
Robbinsdale Station

NALC Region 7 Training Seminar



The Region 7 office (612.378.3035) will be conducting its 40th Annual Regional Training Seminar from March 25th — March 28th, 2019.

This year's training will be held in the Radisson Hotel located at 35 South 7th Street in downtown Minneapolis.

On Monday and Tuesday we will be offering concurrent Basic Steward Training, Intermediate Steward Training and intensive OWCP Training conducted by RWCA Larrissa Parde. Basic Steward Training provides an introductory view of the various responsibilities of the shop steward. Intermediate Steward Training focuses extensively on "Burden of Proof", case presentation and preparing Formal Step A and Step B grievance packages. Lastly, the OWCP training will give attendees a better understanding of the OWCP claims process. RWCA Larrissa Parde will provide training geared towards more complex OWCP issues.

On Wednesday we will be offering four separate workshops in which each attendee will attend each class one time.

On Thursday we will cover the following topics in one group setting:

Legislative updates, MDA, LCPF, Food Drive, Customer Connect, NBA Rap Session, and we will conclude the training with a National Presentation from a National Officer.

Branch Nine News
2408 Central Avenue NE
Minneapolis, MN 55418-3712

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- * Branch9nalc.com (website)
- * "like" our Branch 9 Facebook Page
- * Follow us on Twitter

Contribute to the PAC

The Letter Carrier Political Fund is the anchor for NALC's legislative and political activities.



nalc.org/government-affairs/political-activity

Branch 9 Calendar

February 18

PRESIDENT'S DAY
Holiday

February 26

General Membership Meeting
7:00PM
Crystal VFW, Crystal, MN

March 10

Daylight Savings Time Begins

March 12

Steward Meeting
7:00PM
Crystal VFW, Crystal, MN

March 26

General Membership Meeting
7:00PM
Crystal VFW, Crystal, MN

April 9

Steward Meeting
7:00PM
Crystal VFW, Crystal, MN

April 27

Ron St. Clair MDA Bowl-a-thon
7:00 PM
New Hope Bowl

April 24

General Membership Meeting
7:00PM
Crystal VFW, Crystal, MN

May 5

Red and Gold Retiree Banquet
Noon
Minneapolis Delta Hotel

May 11

Stamp Out Hunger
25th Anniversary

Northside Retiree Breakfast

1st Tuesday of the Month
9:30AM @ Elsie's
729 Marshall St. NE, Minneapolis

N Suburban Retiree Breakfast

1st Friday of the Month
8:30AM @ Denny's Restaurant
9020 Quaday Avenue NE, Otsego

Southside Retiree Breakfast

2nd Tuesday of the Month
9:00AM @ Fred Babcock VFW
6715 Lakeshore Dr, Richfield

Nokomis Retiree Breakfast

4th Tuesday of the Month
9:00AM @ Fred Babcock VFW
6715 Lakeshore Dr, Richfield

POCUM

4th Monday of the Month
6:00PM - Labor Centre -2nd Floor
312 Central Ave, Minneapolis