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June 2019

Branch 9's Stamp Out Hunger

As my 2nd year of Branch 9 food drive coordinator ends, I want to take the time to thank you all for the outstanding effort and attitude you bring to this event every year. What we do on food drive day is by no means easy! Not only do we pick up the food, the prep



work involved (cards, bags, word of mouth to our customers, etc.) and the fact we are still expected to perform our normal duties at the same time... well it ain't an easy feat. But year after year the NALC and its outstanding carriers pull it off and I want to say thanks to you for doing so!

We had a couple of snafus' this year, card shortages city wide to name 1, but all things considered you all did great, and



the people you help by doing this cant and shouldn't be ignored. The economy is doing well but there are still folks out there, you probably know some, who still have trouble feeding themselves and their families. Your efforts do not go unnoticed, the food shelves and their customers know who we are and what we do every year and are incredibly thankful. YOU and our generous customers put about 1 Million pounds in our local food shelves, enough for 850,000 meals. Think about that for a second, do you realize what an impact a weeks' worth of hard work made? YOU DID THAT! Be proud!



one instance where management was not on board or helpful making this drive go well. And frankly we couldn't do it without them, so a rare thanks to your management on these pages. I think the last time they got a thank you here was with a pic of a brand new Harley...

I look forward to the future and making this drive go even better in the years that follow. We are committed to our customers and every year they prove they are committed to us as well by their donations. Be sure to thank them for that if you haven't already. Until next year I bid you farewell and thanks again from the



bottom of my not so black heart, remember YOU DID THIS!

There are so many to thank who do a lot behind the scenes, Sam and Mike, our clerks (those that actually helped anyway) and yes, hate to say it but just this once... management. I did not hear of

-Mike Linn, Elmwood

RETIREMENTS



Bill Nelson's (West Edina) last punch with Alt Steward Mike Smith. Best of Luck!



Daryl Orvedahl's (Lost Lake) last punch with Alt Steward Jeff O'Rourke. Congratulations Daryl!



Jim Grandy (Brooklyn Center) has his last punch with Stewards Crystal Wolfe and Ken Jambois.



Cheryl LaCroix's last punch with Pres. Mike Zagaros. Happy Retirement!

NEW MEMBERS

- Kevin Anderson
- Celeste Belle-Isle
- Ashley Blackwell
- Rustin Davis
- William Hart
- Natasha Hanson
- Madison Herlofsky
- Mathias Hertel
- Yassin Ibrahim
- Paul Lawyer
- Laura LeFebvre
- Andrew Loes
- Nicholas Neraasen
- Nicholas Pemberton
- Bruce Perry
- Matthew Pieper
- Ricardo Piguave
- Clotese Richardson
- Brian Rose
- Nathan Sheldon
- Tamala Smith
- Aaron Wilson
- Clayton Witt
- Alberto Zaragoza Ortiz

In Memoriam

None

The Following is a list of Paid Members of PAL 9 for April & May 2019.

Very Concerned Members

- Anthony R Winkels
- Francis M Rice
- Wesley E Thomas
- Thomas W Hoban
- Susan K Hoban

Regular Members

- Ronald C Moore
- Raymond C William
- George Gray
- William Hofstad
- Herbert J Hess
- Colleen E Sagedahl
- Deborah A Grunnes
- Don A Grunnes
- Karin A Lebak
- Jeremy J Rothstein

Ron Lawrence
Treasurer PAL 9

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Samantha Hartwig

Recording Secretary
JoAnn Gilbaugh

Treasurer
Lisa O'Neill

Financial Secretary
Jim Nelson

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Johnna Lush

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Ken Jambois
Stacey Ellingson
Robb Petersburg

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Melia Derrick

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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.

PRESIDENT'S REPORT

Déjà Vu Again

One of the things that you get from your seniority, beyond the ability to choose your work assignment and vacation selections, is the opportunity to witness various ideas by management being reincarnated regardless of whether they worked before or not. The Postal Service is once again looking at changing the very nature of how letter carriers perform their assignments. One of those ideas is having some carriers case several routes called "casers" and the rest of the carriers spend their time delivering mail on more than one route. These are called "streeters." Under the terms of Article 34 of the National Agreement allows the Postal Service to unilaterally conduct testing on work methods and time standards at various facilities around the country.

This new test is being called the Consolidated Casing Initiative, that I'm sure will be called CCI in the near future. This test has been tried repeatedly in the past. The most recent being 2011. However, many of you will remember the test that was conducted at the Bear Creek station of the Rochester, MN installation called "Delivery Redesign" in the mid to late 90's. But there were several other versions prior to this.

This time the test is being conducted, according to management, in an attempt to reduce fixed office time and reclaim usable workspace for parcel sortation. We have been notified that two of our facilities have been selected to participate in this test. The two Branch 9 Offices: Nokomis Station and the Burnsville Post Office. It is not definite if both offices will be selected for this test. If there are it will probably sometime after

August (But that is simply a guess) At this time the test is only being conducted at the Annandale Virginia facility

The current information identifies the duties of the Caser/Carrier position as casing on and pulling down six routes, three at a time. After they finished the first 3 routes, they would rotate labels for the next 3 routes. There have been previous tests to reduce casing equipment by using the same casing equipment and rotating the labels however, the casers then lose the ability to have differing cell sizes based on specifics of the delivery. The plan is also to have the caser perform additional street duties if necessary, to fulfill the 8-hour guarantee. The "Streeters" or Street Carriers are expected to be on street time for 7 hours and 45 minutes with minimal office time. They are expected to be split in two groups starting either 90 minutes or 3 hours after the casers start. This information was spelled out prior to the Annandale test even beginning so the specifics must be taken with a grain of salt.

The NALC filed a national level grievance over this "test" and has requested answers from the Postal Service to 61 different questions about possible contractual violations during the test. You can see the questions by visiting the City Delivery page of the NALC website. I believe that the choice of the Nokomis Station presents a multitude of additional issues such as determining who has what letter carrier assignment? As the Minneapolis Installation are selected by installation-wide seniority. Will Article 41.3.O will be utilized for those carriers who lose their assignment. How will work assignment overtime be administered, amongst others. We will be updating you as the as more information becomes available.



Mike Zagaros

It's getting hot out there In her article this month, your Executive Vice President, Samantha Hartwig, spoke about heat safety, I urge you to read it. Hopefully, no more of our members will fall victim to heat related illness/injury. If this happens, please contact the Branch Office after you have reported to Management and sought to take whatever medical attention you may need. We need to watch out for our new members. The NIOSH/OSHA Heat Index App referred to in Samantha's article also addresses getting used to working in the heat. They call it acclimatizing. The principle is quite simple, gradually increase the amount of time working in hot conditions over 7 to 14 days. For anyone who may not be as physically fit as others, it may take time to become used to delivering in heat extremes.

Thank you

Thank you go out to all the members of Branch 9 for your patience during our most recent busy time. To the members of the Executive Board, Joe Rian, the bowlers and all the volunteers for another successful event, "The Ron St. Clair MDA Bowl-a-thon and silent auction". With the members help we were able to raise over \$15,000 for MDA.

Pres. Report cont'd on page 4

Pres. Report cont'd from page 4

Thank you to all the volunteers that participated in the Annual Red and Gold Banquet. NALC Director of Safety and Health Manny Peralta was our keynote speaker and Joel Carter was named the retiree of the year. To those retirees who were being honored this year, on behalf of the membership I wish to thank you and all the retirees for your years of membership. It is through your efforts and continued membership that paved the way for the rights and benefits we have. Finally, thank you to all who participated in this year's Letter Carriers Stamp out Hunger Food Drive. It continues to be the largest one-day food collection ever.

It's Summertime, (almost) and while it's not quite the "easy living" from the song by Ms. Ella Fitzgerald, it is better. The staffing is better, the weather is better and there is more sunshine. But like everything else, it's Déjà vu all over again. Stay Safe.



We want to thank our friends over at #NALC for their help to kick off the first day of #MDASummerCamp! Campers created personalized mailboxes for the week and celebrated the first day with cake. Thank you to everyone at NALC and the Minnesota State Association of Letter Carriers!

Cassandra Rix MN MDA Rep,

Pictured: Joe Rian, Robb Petersburg, Samantha Hartwig and Perry Schmidt (Branch 28) got pied in the face by the campers at the MDA Summer Camp. A good time was had by all!

Branch 9 (Back: Joel Carter, JoAnn Gilbaugh, Mike Zagaros, Robb Petersburg, Latangeluv Turner, Jenna Thro, Front: Lenny Larson, Samantha Hartwig, Christa Abraham and Melia Derrick) attended the 8th Annual Humphrey-Mondale Dinner on May 24, 2019 at the Minneapolis Convention Center. This year's Guest Speaker was Nancy Pelosi, Speaker of the House.



2019 RED & GOLD RETIREE BANQUET HONORED GUESTS

70 YEAR MEMBERS (1949)

Walter Gegner Marvin Sorem

60 YEAR MEMBERS (1959)

Douglas Buystedt	Gordon Clemens	Clarence Gervais	David Hempel
Elmer Hill	Clair Mattson	Harold Tilbury	

50 YEAR MEMBERS (1969)

Gary Baker	Carolyn Bren	John Burmis	John Dombrowski
Gordon Hannah	Mary Johnson	William Kambeitz	James Kane
Kelvin Kemmer	Cara Linehan	Gerald Marinelli	Roland Matt
Charles Miller	Dwayne Nienaber	John Obrestad	Robert Perschmann, Jr.
David Peterson	Roger Preiss	Harley Ring	Robert Schmitz
Victor Schwich	Ronald Sholl	Richard Simonson	James Stanley
Gerald Stauner	Raymond Tranby	Bohn Wanamaker	Donna Wiecks
Stephen Williams			

Exec. Vice President's Report

Every week at the Branch office we get reports of accidents across the Minneapolis Installation from the USPS. Unfortunately, the greatest percentage of carriers having accidents are City Carrier Assistants (CCAs). Last quarter the Postmaster held a CCA appreciation breakfast, I made sure to be there to see what it was all about.

To the Postmaster's dismay only about 20 CCAs showed up. The idea behind the CCA appreciation breakfast was sound, safety; the problem is that there were not enough CCAs at the breakfast to hear the safety message. Turns out the Post office also paid every CCA that showed up.

I was asked to speak to the CCAs on safety. I talked about the importance of having your satchel with you, this is the first line of defense against dog attacks. I also made sure to convey that backing up can be dangerous, especially if a child were to run behind the Postal Truck as it backed down the street. If a package is missed instead of backing up, drive around the block and deliver the package.

The Postmaster has committed to doing quarterly safety breakfasts for the CCAs because they have the highest percentage of accidents, and all CCAs who do attend will get paid their minimum call in guarantee of 4 hours in Minneapolis, even if they are not scheduled to deliver the mail on that day. There will also be someone from the Union at each of these quarterly meetings.

Safety is a joint effort from not only the USPS, but also from ALL carriers. There are no shortcuts to being safe on the job. Everything I already mentioned does apply to career carriers too. Management is going out and doing street observations and looking for safety violations. Everyone needs to remember to use the parking break when parked all the time, curb the wheels on the Postal trucks, do not leave

your truck running if you are not in the driver seat, use your satchel when walking house to house and delivering packages to houses, try to avoid backing up, and do not enter a yard where there is a dog out. This is just some basic safety advice that needs to become an everyday norm.

Now that winter is finally over it is time to start preparing for warmer temperatures outside. An excellent tool that I used when delivering mail is the **OSHA NIOSH Heat Safety Tool app**. This app which is free to download to your smartphone gives you the heat index and the level of risk someone is at when working outside. The app also has the symptoms for Heat Exhaustion and Heat Stroke so you can tell if you are experiencing any Heat related illness. Everyone needs to be aware of the signs for heat stress and heat stroke:

Heat Exhaustion. Symptoms include headache, nausea, dizziness, weakness, thirst and heavy sweating. It can turn into heatstroke quickly if immediate action is not taken.

Heat Stroke is the most serious heat-related illness and requires immediate medical attention. Symptoms include confusion, fainting, seizures, very high body temperature and hot, dry skin or profuse sweating. The visible signs of heat stroke are red, hot, dry skin or excessive sweating, confusion, seizures and fainting.

If at any time you experience these symptoms stop and rest, find shade, and drink water. If you don't feel as though you are getting better do not wait to seek medical attention, and immediately inform your station supervisor and/or manager, and your safety liaison, or steward.

Management is required to do heat safety stand-up talks, if your station is getting these stand-up talks, we need to know about this at the Branch Office. Over the years letter carriers have died as a result of heat



Samantha Hartwig

related illness, and the best way to prevent another tragedy is by educating everyone.

This brings us into severe weather season. If you are delivering the mail and there is lightening all around you do not continue to deliver the mail or seek shelter under a tree. Carriers have been killed by lightening, and trees are a great conductor for lightening. Use your best judgement because if there is lightening directly over your head, it might be a good time to take a lunch break, or a 10-minute break. If you have to wait out some severe weather, make sure that your management knows you are taking a break because of the severe weather.

We still have numerous on the job injuries that carriers have needed assistance with. As of June 6th, carrier Christa Abraham out of Eastside will be the new OWCP representative for Branch 9. Most Thursdays she will be assisting carriers injured on the job with their OWCP claims from the Branch Office, she fills the vacancy I left when I became the Executive Vice President for the Branch. She will work from 7:30am to 4:00pm, and she can be reached at the Branch Office. Christa will be assisting with denied OWCP appeals, helping when COP is not paid, or denied, and many other issues that revolve around an on the job injury.

THE BRANCH 9 RED & GOLD RETIREE BANQUET



Br. 9 Director of Retirees Melia Derrick with National Director of Safety and Health Manny Peralta Jr. and Br. 9 EVP Samantha Hartwig and Br. 9 President Mike Zagaros



Mike Zagaros and Samantha Hartwig present Joel Carter with Retiree of the Year award



Steve and Jean Philson, Alice Nopola, Al Gulden and Michelle Benson



Former Branch 9 Presidents Bill Mechels and Lenny Larson



Bob and Ann Baird with Connie Beissel



Carolyn Bren and Ele Sherrard



Charles Miller and Melia Derrick



Gordon and Bonnie Hannah



Glenn Lindors, John McPartlan & Carol Garnto



Jim Fodstad, Nita Pierson and Ron Barker



Beth and Gordon Balfe



Robert and Judy Schmitz



Fran and Rodney Anderson and David Pierson



Jim Nelson, Stacey Ellingson and Ken Jambois



Joe Bedor, Joe Rian, Gary Ruhl and Keith Brakke



Louis & Rose Kovacs, Leonard Rardin and Richard "Groucho" Patterson



Joseph Thomas, Jake, Harold Tilbury



Jon Frick with William Tuffs



Jonathan Peterson with Steve Oehlerich



Robb Petersburg with Cara and Paula Linehan



Manny Peralta with Walter Gegner and Samantha Hartwig



Marcia and James Stanley with Andy Hiben



Mary and Gerald Mattox with Tom Mattox



Marcia and John Obrestad with Robb Petersburg



Mary Hargreaves and Theresa Oelrich



Ned Furr, Gene McNulty & Ann Szalewski



Ralph, Doug, Dorothy and Margaret Buystedt



Jerri Barker with John and Heide Burmis



Roger Harwarth, Jerry Bona and Larry Blesi



Steve Williams, Adam Williams & Nikki Mattson



Timothy and Carol Bearth



Wayne and Linda Kelash



William and Ellamae Tuffs



National Director of Safety and Health
Manny Peralta speaks at the banquet

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Director of Retirees Report

No one gets out alive; life comes with the inevitable end. Until then enjoy! But for the sake of those you will leave behind, please plan ahead.

The NALC provides a step by step pamphlet entitled "When a retired letter carrier dies." This ten step guide should be the beginning of a conversation with your family before you pass on. It provides phone numbers for OPM, Social Security and the Thrift Savings Plan as well as which additional agencies may need notification of your death. Uncashed annuity checks may need to be returned, future ones halted. Your survivors have benefits due them, this pamphlet can help you work out the contacts for these accounts. One of the useful but often neglected steps is to obtain multiple copies of the death certificate. How many? Well, how many accounts does your estate have? Car loans, bank accounts, home mortgage and attorney for the will; each will need a copy. If your survivors run out, that could cause unnecessary delay in settling your affairs. So, calculate and add two. Above all, contact the local branch. Our officers are knowledgeable on the process. Mike Zagaros has often repeated a story of the carrier who provided his wife with "all she needed to know upon his death." It was the Branch 9 phone number. While useful, don't be like this guy; the

more information your survivors have, the less stress for them.

Unlike what the White House occupier would have you believe, the House has passed some good bills where they die in the Senate because McConnell refuses to bring them to a vote. H.R. 987 would lower drug costs for millions. This usually bipartisan position is being stymied in the now nonfunctioning Senate because it would also strengthen support for the ACA. But there does appear to be support in both the House and Senate on some retirement reforms. For retired postal workers a big change would be raising mandatory withdrawals from our TSP account from the current 70 and half years. The bills being considered raise that age to 72 in the House proposal and in the Senate proposal, 72 in 2023 and 75 by 2030. For those of you who plan on living a long and fruitful life, this could be good news. I personally plan on spending it.

Shout out to our Retiree of the Year, Joel Carter. He received this award at our annual Retiree Banquet



Melia Derrick

for his volunteer community and political work. Joel has continued this commitment into retirement and now serves as the President of PAL 9.

-Stay tuned in!



West Edina carriers enjoys a celebratory breakfast for a big sale with Customer Connect. Job well done West Edina!



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

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- *Signing up for E-activist at NALC.org
- * 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

June 25
General Membership Meeting
7:00PM
Crystal VFW, Crystal, MN

August 13
Steward Meeting
7:00PM
Crystal VFW, Crystal, MN

July 4
Independence Day

July 9
Steward Meeting
7:00PM
Crystal VFW, Crystal, MN

July 23
General Membership Meeting
7:00PM
Crystal VFW, Crystal, MN



Carriers at the Twins game promoting Stamp Out Hunger

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