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June/July 2020

**I live so close to the third precinct** that you could feel the heat of the fires from my front porch. As the chaos ensued, each day more damage progressing down Lake Street, I found it hard to find the silver lining until it hit me square in the face that Friday, when the whole community met at Powderhorn Park. We were discussing how we were going to take our own safety into our own hands, since the Police and the Fire Departments abandoned us to burn.

I have gotten to know my neighbors more than I've ever known before. I am so grateful for each of them. They have given us support in so many ways. Many now know I work for the Powderhorn Post office. The people who patrolled during the nights, made the Powderhorn Station one of their locations to sweep, on their rounds to the global market and the other businesses around. Each day I prayed that my post office would not get burned. Somehow we escaped the fate of the two other stations that sandwich us in this city. Those few days of fear and uncertainty, are nothing like facing racism everyday.

To think that George Floyd's murder happened in my zip code, where I work and live. It is so devastating and it goes un-compared to the damage done during the protests. It is so

*'I Live So Close' cont'd on page 7*

### Why the Labor Movement Needs to Join the Fight for Justice for George Floyd

On Monday, May 25 George Floyd was killed at the hands of the Minneapolis Police Department (MPD). A video taken by a bystander showed three MPD officers putting the full weight of their body on Floyd for nine minutes as he gasped "I can't breathe", while a fourth stood by and did nothing.



What has taken place since is a massive national and international protest movement against police brutality and racism that has shaken our society to its very roots.

This movement is first and foremost about winning Justice for George Floyd, but has since developed into a broader movement for both racial and economic justice. Because it is and always has been about so much more than just police brutality, it is about us as a society facing the realities of racism, poverty, and dwindling access to upward mobility that especially affect black people in the US.

This is why the labor movement needs to play an active role in this

movement for justice, because of our resources, social and economic weight, and organized forces we can play a crucial role in fighting for funding for education, affordable housing, social services, and quality union jobs for all.

As postal workers we are facing our own challenges as USPS is in financial difficulty, largely man-made by Congress, about funding, attempts to privatize the agency, and under the guise of "revising collective bargaining" attacking the postal unions. USPS is the one major public service that every person

in the US has daily contact with through our universal service obligation. We must join the fight for racial and economic justice, and our fight to save the public postal service is a big part of that.

### Unions Join the Movement

Early on in the protests our union brothers and sisters in the Amalgamated Transit Union Local 1005 (ATU), which represents bus drivers, train operators, and mechanics at Metro Transit (MT), refused to drive arrested protestors with MT buses, citing safety concerns and an unwillingness to be a part of breaking the movement. This was a huge success, and a big reason why they were not able to make mass arrests the first few

*'Labor for Justice' cont'd on page 4*

# RETIREMENTS



Last Punch for Bob Biersdorf (Golden Valley) with Stewards Joe Tieman and Metuselah Onduto. Happy Retirement!



Last Punch for Gordy Berthiaume (West Edina) with Steward Jameus McNerney. Best Wishes!



Last Punch for Paula Johnson (Brooklyn Park) & Normandale) with Steward Jon Revan. Congratulations on your Retirement!



Last Punch for Theresa Ronning-Allen (Brooklyn Park) with Steward Jon Revan. Enjoy your never ending weekend!

# NEW MEMBERS

- |                   |                     |
|-------------------|---------------------|
| Raven Bowen       | Robert Buchman      |
| Seth Holine       | Bryan Feist         |
| Garvin Jellison   | Cole Hanson         |
| James Melby       | Anna Kamrow         |
| Daniel Murphy     | Lucy Kegley         |
| Maurisha Nelson   | Muqtar Maxmud       |
| Jennifer Nietz    | Fong Moua           |
| Aaron Ohlson      | James Plummer       |
| Nicholas Otzen    | Bean Pressler       |
| Melquisedec Parra | Steven Ramberg      |
| Barry Pietersen   | Cameron Salwei      |
| C. William Pinos  | Timothy Shows       |
| Molly Rosenblatt  | Melissa J Slabodnik |
| Jonathan Smith    | Silvaua V Stojanova |
| Adam Styer        | Ace W Thomas, Jr.   |
| Cory Zurowski     | Alemayehu T Tolla   |
| Mahoud Alsharif   | Aubrey Weatherly    |
| Alexis Ballensley | Shanice N Williams- |
| William Bean      | Hurley              |

# IN MEMORIAM

- Lindahl Gleason
- Glenn K. Paulson
- Aloysius Ruzicka

## The Following is a list of Paid Members of PAL 9

### for May, 2020.

- Very Concern Members**  
 Ronald Roelke  
 Tony Winkels

- Regular Members**  
 James Harris  
 Sara Harris

**Jim Fodstad**  
Treasurer PAL 9



Last Punch for Tim O'Reilly, Bloomington with Steward Mitchell Smead. Best Wishes in Retirement!

Branch 9, NALC  
**4001 Stinson Blvd. Suite 304**  
**Columbia Heights MN 55421**  
**Voice: (612) 781-9858**  
**Fax: (612) 781-9849**  
**Website: [branch9nalc.com](http://branch9nalc.com)**

### Branch 9 Officers

**President**

Samantha Hartwig

**Exec. Vice President**

JoAnn Gilbaugh

**Recording Secretary**

Robb Petersburg

**Treasurer**

Lisa O'Neil

**Financial Secretary**

Stacey Ellingson

**Editor**

Jeremy Rothstein  
[branch9news@branch9nalc.com](mailto:branch9news@branch9nalc.com)

**Sergeant at Arms**

Jim Nelson

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- Christa Abraham
- Johnna Lush
- Chris Pennock

**Director of Retirees**

Melia Derrick

**NALC Health Benefits Rep.**

Ken Jambois  
HBR: (763) 370-1392

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

**Much has happened** in the last month, and unfortunately not all of it is good. On May 25th, 2020, George Floyd an unarmed black man was killed by Former Minneapolis Police Officer Derick Chauvin. That atrocity led to protests, which turned into riots throughout South Minneapolis; creating Civil Unrest which has devastated the local South Minneapolis Community. Many of the local owned businesses were people of color, and now they need help to rebuild, and many people in the community have no place near them to purchase food, and other numerous items for their daily lives.

The Branch 9 Executive passed a \$500.00 motion to purchase much needed items, and nonperishable food items for donations. We are working on setting up a Branch 9 donation drive to help South Minneapolis residents.

The USPS was not immune to the aftereffects. The Civil Unrest led to the Powderhorn Post Office being broken into twice and ransacked. It also led to both the Minnehaha Post Office and the Lake Street Office being burned to the ground.

For the time being the Minnehaha Post Office is working out of the Main Post Office, Downtown Minneapolis. The Lake Street Post Office is working out of the Loring Post Office. The Powderhorn carriers were able to return to their station. Full mail delivery has resumed in all three stations.

The Minnehaha and Lake Street Carriers have lost many of their uniform items, especially rain gear, hats that are needed for this time of year. We have been getting uniforms donated to us from letter carriers across the entire country as a result of two Post Offices being burned down, in addition to the massive donation in Uniforms from local union branches after the office at 2408 Central burned to the ground on March 22nd.

Any carriers out of Minnehaha or Lake Street, in addition to all new CCA union members, may come to the new Branch Office to look for uniform items, we at overflow capacity in the new office. The Branch has received some monetary donations for the carriers too, which we will use that money to purchase needed uniform items and will work with the station stewards to make sure we get the right uniform items.

COVID-19 is still an ongoing issue that has been plaguing the Nation, and as such we cannot let our guard down. Two carriers in Minneapolis did test positive and have since recovered and returned to work. The USPS immediately deep cleans the stations where there are positive cases and does contact tracing to determine how many other employees, if any, will need to be quarantined.

Despite the concerns with COVID-19, the USPS has decided to move forward with route inspections and 3999 street observations. Due to the CDC recommendation to stay at least 6 feet apart, there is no reason, currently, for anyone to ride with the carrier in his/her Postal Vehicle.

The Stamp Out Hunger Food Drive was postponed in May as a result of the coronavirus; but now it is up and running, but with a twist. The food drive this year is an online, virtual event. If you go to [NALC.ORG](http://NALC.ORG) there will be a link to donate money online to food banks in the state of Minnesota. The Branch website has a website has a direct link: [www.branch9nalc.com](http://www.branch9nalc.com). to donate to Second Harvest Heartland located in the Twin Cities Metro area too. This is a great and extremely easy way to still take part in supporting our community.

Our property at 2408 Central Ave NE, Minneapolis, has been cleared out of all debris. I have appointed to the Branch 9 Building



**Samantha Hartwig**

Committee: President Emeritus Lenny Larson, Past President Pam Donato, Retiree Bobby Baird, Retiree Al Gulden, Trustee Branch 9 Chris Pennock, rank and file carrier Latasha McCaleb, EVP JoAnn Gilbaugh, and myself. The building committee's job is to gather information on what it will look like to rebuild at 2408 Central Avenue or sell the property and move to a new location within the Minneapolis City limits. This information will be presented to the membership in a few months, and hopefully in person. The membership will have the final say if Branch 9 rebuilds or relocates.

We finally have our NALC jackets reordered. In our Branch 9 By-laws when a member retires, he/she can have the option of either a NALC watch, or a Branch 9 jacket. If you have already retired and have not gotten a call from the Branch office for your watch or jacket, please call the office so we can make sure you receive your item. The retirees of Branch 9 have always been an important component to learning the history of Branch 9, and their knowledge has helped the next generation of leaders. Thank you to all our retirees.

I am currently anticipating holding in person GMMs in July at the Crystal VFW, provided we can safely socially distance. We have had a few difficult months here, but together we will come out of this chaos stronger, and better.

In solidarity -SH

'Labor for Justice' cont'd from page 1



days of the imposed curfews. The following days I spoke to several people at protests, and everyone had heard about the bus drivers union standing with the movement. This stand made by ATU 1005 members got huge local and national media attention, and spread across the country with transit workers in New York, Pittsburgh, and several other cities refusing to transport arrested protesters with their labor. This is a perfect example of what unions and workers should be doing to help this movement for justice, and an incredible way to show an entire new generation of young people that unions are forces for progressive change in our society. On Sunday (6/7) A few coworkers and I planned a rally at the burned-



out Lake Street post office and a march from there to the memorial site for George Floyd. We thought it was important to show the world where we stood, because city hall and Governor Tim Walz have used the destruction of buildings—including two post offices—as a justification to mobilize the National Guard to suppress the protests. We wanted people to know that as postal workers, as union members and people who live and work in these communities that we stand with the movement. That you can rebuild a post office, but you can't rebuild the life of a man murdered by the police.

We held a press conference

with around 40 postal workers in front of the banner "Postal Workers Demand Justice for George Floyd", with around 100 community supporters. As we marched the mile-and-a-half route to the memorial site we got a ton of support from people in their cars and in their front lawns. As we reached the site we were 300 strong as people had joined us along the way. We were received warmly at the memorial site and made a few speeches about why we were there to stand with the movement.

It is understandable that some



of our union brothers and sisters were upset that they had not heard of the action until they saw it on the news. For that I would like to apologize. We wanted to organize something quickly as events were moving so fast, so we organized it as rank and file members first, then got the endorsement of the Branch 9 Executive Board a few days before the event. When I was a CCA I only ever worked at two stations (4/54 and Nokomis) so I didn't know anyone outside of them, but encouraged people I spoke to to invite carriers from other stations. The action got considerable attention from local and national news, and in many ways was a great success, but it is clear that we could have done more to mobilize Branch 9 membership. All in all we as a union should use this as a learning experience, and as a way to develop better communication between leadership, shop stewards, and rank and file members.

### Fight to Save the Public Postal Service

One of the lines that got the most applause from the crowd was "We need money for quality jobs,



housing, education, and social services --- not militarized police". As a public essential service that reaches every corner of the US, we at the postal service understand this concept all too well.

The postal service is in financial difficulty, largely due to the "Pre-Funding Mandate" imposed by congress. There are also corporate forces looking to privatize USPS, which would first and foremost mean an attack on the gains our unions have made in pay and benefits. We need to fight back,



but we can't do it alone. We want people to stand with us—but for that to happen, we need to show that we're willing to stand with them too. Solidarity is the strongest weapon we have. To rebuild a fighting labor movement in this country our unions need to fight for the entire working class, and that also means fighting police brutality against black communities.

I want the labor movement to play an active role in these struggles for racial and economic justice. We have to see that the labor movement is not just about securing a good contract—it's about fighting for the world that working people need.

Tyler Vasseur - Station 4/54

# Exec. Vice President's Report

**The past several weeks** have been surreal. The death of George Floyd at the hands of Minneapolis Police Officers has shaken us. The resulting protests and civil unrest were watched by the world and at that point, Minneapolis was forever changed. Justice must be won for Mr. Floyd and his family. Positive social change must happen.

We weren't spared from the mayhem. Minnehaha and Lake Street stations were ravaged by fire and Powderhorn was vandalized not once, but twice during the uprising. The images on TV and social media were heartbreaking. I can't find words to express the despair I felt watching our postal vehicles be destroyed and our stations burned. I know many of you felt the same.

Our losses were nothing compared to the loss of a human life. But it was at that moment that I realized things have now changed for us. Respect of the Postal Service and respect for us are no longer a given.

In the days and weeks since the civil unrest, we have seen an

uptick in confrontations and even assaults on carriers. We are no longer insulated from harm's way. Add to this the unprecedented number of daytime shootings and we have a cocktail for disaster.

The Postal Inspectors have been on high alert and are doing all they can to help keep us safe. But their numbers are few and they can't be everywhere at once. We need to work to ensure our own safety.

You have all heard what I have to say next. But I'm willing to risk sounding like a broken record if it will keep you safe on the street. So listen up - the violence is not contained only to the inner city. Don't assume you are immune because your route is out in the burbs. Please keep the following safety steps in mind:

- Pay attention to your surroundings. If something doesn't seem right, it probably isn't.
- If you find yourself in an unsafe situation, go to a safe place. Don't hesitate or wait. Better safe than sorry.



**JoAnn Gilbaugh**

- Call 911.
- Don't wait, secure the mail if possible and get out of there.
- Call your supervisor and return to the station.
- Call the union office (612-781-9858) to let us know what happened.

We have challenging times ahead of us. We will need to rely on each other to get through them and to stay safe.

Thank you to all who have been giving back to the communities most affected, and for supporting the call for racial and social justice. Together we are stronger, as a union, and as a community.

Thanks to all the generous donations.  
**WE HAVE UNIFORMS  
 AT THE BRANCH OFFICE**  
 4001 Stinson Blvd. Suite 304  
 Columbia Heights MN 55421  
 We have many uniforms available for those in need.  
 Please call ahead and setup an appointment.  
 612-781-9858



# FOOD DRIVE REPORT

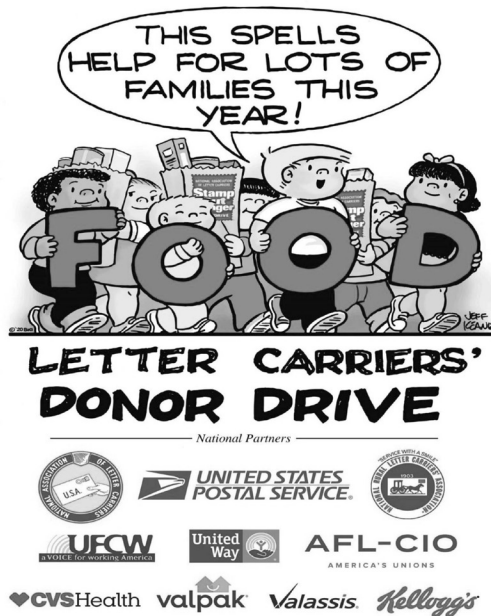
time to stand united and donate to the cause.

This year we have been tasked to continue the food drive despite the challenges that we face. The food drive will be done a little differently this year. First I would like to say, safety is key this year, due to COVID. This year we will be making donations via the internet. The food drive makes a huge impact on countless families that rely on the donations. We have done such an amazing job in the past and this year will be

Hi my name is **Latasha Mccaleb**. I am the Food Drive Ccoordinator for Branch 9. I work downtown at the Main Office in Zone 54. I have been with the post office for 4 years. I'm also a Union organizer. On Friday I speak with new hires about the wonderful opportunities the union has to offer.

The food drive is such an amazing chance to give back to our communities. When I think about how many lives we can change with a small donation collectively it makes me more proud to be a part of such a great cause.

I believe the donations are needed more than ever. Many families have been affected by COVID-19 and the loss of employment, among other things. The need for food is essential. I know if we pull together and donate we can ease the pressure off our communities. We are the eyes and ears of our communities. Our presence alone makes a significant difference. This is the



Please donate what you can to a food bank in your community.

1. Go to [nalc.org/food](http://nalc.org/food)
2. Select your state
3. Choose a food bank in your area
4. Make a contribution

It's that easy. All collections stay in the local community.

#NALC #stampouthunger #donordrive #lettercarriers #heroesdelivering

no different. I know with our contributions we can end hunger in our communities.

Latasha Mccaleb  
Food Drive Coordinator Branch 9

## Uniforms: Wear with Care

Being an employee of the United States Postal Service for over twenty five years, I have experienced a lot of changes of policy and procedures with this business but what hasn't changed over time is the requirement to wear a uniform and the importance of wearing this uniform in the business world. After witnessing this past year how unprofessional we have become in our attitude on wearing a uniform and my random rage over this issue, I was asked by my Union Steward to write an article for the next Rank and File newsletter on this topic. Initially I said to myself why bother because the employees not following the rules and need to read and understand why it is important to wear a uniform probably don't read the Branch 9 Newsletter. As for the CCA's who are just beginning their career and are the future of the United States Postal Service really need to understand they are the new generation of the USPS and the importance of wearing that uniform and what it represents. (Although, it might not be all on them for not wearing the required uniform as I am slowly understanding the policy in place for them to acquire their uniform allotment and use it in the time required is rather difficult and confusing.)

So, why do we wear uniforms and why should we care about our uniforms and how it looks from the blue top down to the black shoes? Here are a few reasons I feel are important to think about as we are out and about on the street in our uniforms.

First, uniforms are one way our brand and service becomes recognizable to our customers and provides them with trust which can create company loyalty. Customers see the brand at every point of interaction and by wearing a uniform the brand is seen and promoted at every opportunity. With all the available technology slowly taking over the letter and flat volume and new shipping companies opening up

'I Live So Close' cont'd from page 1

strange to be able to say, "I have delivered to Cup Foods; I have friends that live a block away; I ate takeout from the Dragon Wok just three days before; I've stood where the murder took place." This is my neighborhood and for an event, so violent, so obscene, to happen here is heinous. It has left me in shock.



The day after we started redelivering in this zip code, my customers were pouring out of their houses to greet me. Some crying, some so elated that I was there, but most worried that our post office was destroyed. They were asking if I needed anything. They walked with me on my route, for maybe a half hour and sometimes more. I had to cut people short just to finish delivering all the mail before 4pm, because curfew was in place for the following week.

Most of my businesses on my route were burned, so I have buckets full of mail and packages back at my case. Most will probably never recover from the loss of their buildings and this community will never recover the loss of George Floyd.

The corner of thirty eighth and Chicago, now named George Floyd Ave., has become a sort of permanent memorial to George, which is so powerful that the pain is palpable. The trauma experienced is deep and this scar will never go away.

Meagan Fortier  
Powderhorn Station

## Statement of NALC President Fredric V. Rolando on justice for George Floyd and civil unrest

The senseless killing of George Floyd by police in Minneapolis last week was not just a tragedy for his family, it was an assault on America's people of color, who include tens of thousands of NALC members, and an affront to human decency.

NALC knows that the death of Mr. Floyd is just the latest example of institutional racism that creates fear in the day-to-day lives of millions of African Americans and other minorities. Life, liberty and the pursuit of happiness – our common rights as Americans – are not achievable in a state of fear. While we appreciate and honor the hard work, public service and social value provided by millions of police officers of goodwill, we stand with our members of color to demand long-overdue reforms to prevent the recurrence of what happened in Minnesota (and also in Georgia and Kentucky) in May.

NALC celebrates the right to peaceful protest but condemns those who have used this crisis to sow violence and destruction across the country. The irresponsible and criminal actions of the malevolent and misguided few who have rioted only damage the righteous cause of the many who are protesting to make progress and to win justice. Creating new victims does nothing to solve the problem.

More than a few post offices have been ransacked during the recent wave of civil unrest, and some letter carriers have been robbed on their routes. Such crimes harm postal employees and the citizens we serve. At a time when the pandemic has made our jobs more dangerous, the spreading social unrest raises new dangers for letter carriers. NALC is working



with the Postal Service to make sure letter carriers remain safe.

As letter carriers, we are proud to be part of a vital institution that helps bind our nation together. As a union, we aim to be an organization that brings together members of all races, creeds and ethnicities in the spirit of love and solidarity. We embrace our nation's core aspirational belief in "liberty and justice for all." For that belief to be fully realized for any of us, it must be true for all of us. In the labor movement, we embrace a similar idea – an injury to one is an injury to all.



The crisis of police violence against people of color in America is not just a problem for minorities. It is crisis for all Americans that must be addressed. It requires all of us to accept the need for deep structural reform that respects the human rights of all while honoring the essential work of our police. Even as we battle a terrible pandemic and its economic effects, we must make that reform the vital work of our democracy.

**J. Wesley Woods  
\$1,000 Scholarship Application Form**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

High School \_\_\_\_\_

Member parent's name \_\_\_\_\_

Work unit \_\_\_\_\_

School to attend (if known) \_\_\_\_\_

**Jerome J. Keating/Austin B. Carlson  
\$2,000 Scholarship Application Form**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

High School \_\_\_\_\_

Member parent's name \_\_\_\_\_

Work unit \_\_\_\_\_

School to attend (if known) \_\_\_\_\_

**Walter E. Couillard/Eugene P. McNulty  
\$2,000 Scholarship Application Form**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

High School \_\_\_\_\_

Member parent's name \_\_\_\_\_

Work unit \_\_\_\_\_

School to attend (if known) \_\_\_\_\_

**High School Seniors,  
please submit your scholarship  
applications to Branch 9 by  
*August 21. Winners will be drawn at  
August GMM or online if not available.***

Every spring, Branch 9 awards three scholarships to graduating seniors: the **J. Wesley Woods Scholarship (\$1,000)**; the **Jerome J. Keating/Austin B. Carlson Scholarship (\$2,000)**; and the **Walter E. Couillard/Eugene P. McNulty Scholarship (\$2,000)**. These awards have made it easier for many students to begin their post-secondary education while honoring the sacrifices and contributions of important Branch 9 Leaders.

The following rules apply to all three scholarships:

A. Any senior graduating from high school and is a dependent of a Branch 9 member is eligible for these scholarships.

B. The scholarships may be used for any accredited trade school, vocational/technical institute, community college, or university.

C. Three names will be drawn for each scholarship. The first name picked will be the winner, then first and second runner-up respectively. The winners of any drawing will not be eligible for the other drawings.

D. The application for the drawings will run in the June/July issue of the Branch Nine News. The drawing will be held at the August General Membership Meeting. The applications shall contain the following information:

1. The applicant's name, address, and home phone number.
2. The name of the applicant's parent or guardian who is a member of Branch 9.
3. The intended school of choice, if known.

E. Payment to the winners will be made after they have enrolled and can show proof of payment towards their tuition.

**Members with dependents who graduate from high school this spring and who plan to attend an accredited educational institution next fall, should complete the applications and return them to the Branch Office by August 21. All three forms should be submitted as there are three separate drawings for each scholarship. Please enter the three scholarship drawings only once.**



# Adult Learners Scholarship

## Leonard A. Larson/ Barry J. Weiner Scholarship

**Adult Learners,  
please submit your scholarship  
application to Branch 9 by  
August 21. Winners will be drawn at  
Aug. GMM or online if not available.**

**Leonard A. Larson/Barry J. Weiner  
Adult Learner Scholarship  
Application Form**

**Name** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Address** \_\_\_\_\_  
\_\_\_\_\_

**Active or Retired** \_\_\_\_\_

**Work Unit** \_\_\_\_\_

**Two (2) \$1,000 scholarships will be awarded.**

The following rules apply to the two scholarships:

- A. Any member active or retired in good standing of Branch 9 is eligible for one of the two scholarships.
- B. The scholarships may be used for any accredited trade school, vocational/technical institute, community college, or university. The Adult Learner Scholarships may also be used for any community, county or state adult educational program.
- C. One name will be drawn for each scholarship. The first name picked will be the winner. The winners of any drawing will not be eligible for the other drawings.
- D. The application for the drawings will run in the June/July issue of the Branch Nine News. The drawing will be held at the August General Membership Meeting. The applications shall contain the following information:
  - 1. The applicant's name, address, and home phone number.
  - 2. Whether active or retired.
- E. Payment to the winners will be made after they have enrolled and can show proof of payment towards their tuition.
- F. Benefits under the Adult Learner Scholarships expire one year from date of drawing.

Members who plan to attend an accredited education institution should complete the application and return it to the Branch Office by August 21, or bring to that night's General Membership Meeting.

### THANK YOU FOR YOUR GENEROSITY

*In Solidarity, BRANCH 9 NALC*

Hopkins Branch 2942  
Donated uniforms

St. Cloud Branch 388  
Donated uniforms

NALC Branch 822  
Appleton, Wisconsin  
Donated Uniforms

NALC Branch 257  
Dubuque, IA  
Donated uniforms

Jon Fazio  
San Marcos, CA 92069  
Donated uniforms

NALC Branch 2184  
Livonia, MI  
Donated Postal hats

Lynn Fair  
Midport Station  
Port St. Lucie, FL  
Donated Uniforms

Jim Podschelne  
Caroga Lake, NY  
Donated \$100.00 to carriers

NALC Branch 2525  
Escondido, CA 92025

Ms. Annette Meyer  
Spotswood, NJ  
Donated \$50.00

Minneapolis APWU  
Donated \$500.00



**Dave Allmann**

There has been a lot going on since I last wrote a column. The coronavirus continues to be the top safety issue for all of us. It also comes with difference in fears, concerns, stress levels and even varying opinions. With that, we have carriers and family members who fall into the high risk category which adds even more stress for them. This is where we all play a key role in doing what we can to keep the virus out of our facilities. Please follow CDC guidelines to protect yourself and others.

Social distancing has been one of the main ways of stopping the spread of the virus. Sometimes it becomes quite difficult in tight quarters; wearing a mask when 2 people can't maintain the 6 feet is a way to stay close and have distancing. As of now, there isn't a mandate to wear masks and the choice is ours. Which brings me

## 9's Safety Liason Report

all the way back to those that are high risk or higher concerns of the virus. Please be considerate and do all you can to maintain distancing.

We have been seeing an uptick in accidents since this all started. Dog bites are way up from last year. With a lot of people staying at home increases the number of opportunities to letting the dogs out. Make sure your dog warning cards are updated and readily available if you're gone. Always have your satchel, even when delivering packages. When that dog comes charging you can stick it into its mouth. Let the satchel bear the dog bite instead of your body. Always be aware of your surroundings and be prepared for an attack.

While we can't control what the dogs do, we have to do better with what we can control. That is with whatever vehicle you are using. When operating that vehicle we are in complete control of it. Rollaway/runaways have been talked about quite a lot lately. There has been a few of them lately. From what I've seen nobody has been hurt. If your emergency brake doesn't hold the vehicle you must write it up and get VMF to repair it. Add it to your vehicle inspections to ensure it works properly.

Those pesky moving stationary

objects are back again, with vengeance. We are hitting way too many of these stationary objects. Driving with distractions is probably the number one cause. Fixing this problem should be relatively easy. Pay attention to your surroundings and focus on your driving.

Things are going to start heating up sooner than later. The first few days of high humidity always kicks are butts. Your legs get weaker as the day goes on and you'll find going up and down stairs difficult. As the legs get tired the chances of tripping on steps increases. Proper hydration and eating, will help replenish what your body needs. Be aware of the symptoms for heat stress and heat stroke. Some of your CCAs may not have any experience in our working conditions in the summer. Please take one or two under your wings and help get them through the summer.

Please remember that EAP is available to you or any family member who may be having trouble. Their phone number is 1-800-EAP-4YOU or 1-800-327-4968. This is confidential and of no cost to you.

Be safe out there and enjoy the beautiful weather.

-DA



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

## AME'S UNIFORMS

**OUR BUSINESS IS MAKING YOU LOOK GOOD!**

We offer "Life of the Garment" guarantee.

If fixable we will repair your uniform at no cost to you.

Take waist in/out and change hem length

**Ame's Uniforms are a UNION PREFERRED vendor**

# Director of Retirees Report

During the protests in Minneapolis over the death of George Floyd, hundreds of buildings were vandalized and looted. During the nights of chaos, we lost two stations to rioters lighting fires. Minnehaha and Lake Street station were gutted by fire on two separate nights. Videos of people taking crowbars to the vans in the Minnehaha garage were frightening enough, then the vandals drove out into the crowd and eventually one car was tipped and set ablaze. What started out as peaceful protests, turned ominous before once again the peace advocates prevailed.

The restoration of calm came with a resolve to work for a better community and enact lasting change. One that serves everyone. With that in mind our branch held a rally outside of the Lake Street station. Our branch President Samantha Hartwig gave a speech before a gathering of about 100 people, followed by carriers Jeff Reed and Lake Street steward Bruce Okeson. The theme was that the Postal Service is part of the community; that we recognize the pain of George Floyd's death

because as carriers we live in these communities and want people to feel safe. We then marched to 38th and Chicago where Mr. Floyd died. Here, we donated some items requested by the community and held another short impromptu rally.

Through all this, remember that change doesn't happen without action and one of the most important is using your right to vote. After the Georgia primary fiasco, the need for mail in balloting nationwide should be obvious. It would be revenue for us, yes, but the security of every individual vote is enhanced when done by mail. The Republican party is recruiting 50,000 "poll watchers." Their job is to walk the lines of voters and imitate them to step out of the line by questioning whether they have the right to vote or having them reduced to using a provisional ballot that may never be counted. A 2018 court ruling opened the door for this tactic after a 40 year ban and they plan to wield this club in 15 key states. Voter suppression.

In other, less heavy matters—



**Melia Derrick**

the retiree zoom meetings are proceeding at noon on the second Tuesday each month. If the restaurants open enough for people to feel safe gathering, please let the office know so we can publish the times and places. I have seen photos of people tailgating in the parking lots of their favorite watering hole. But retirees are in the population most at risk from this disease, so we will continue to offer the zoom alternative. Besides, the guys on the last zoom meeting are all getting their post shut-in haircuts. I want to see the before and after pictures.

Stay tuned in  
Melia Derrick

*Uniforms' cont'd from pg. 6*

which adds more competition to the parcel industry every year, we need to make sure the customers see us and trust us with their business every time they are in need of a shipping company for their important documents and parcels or the care we take in delivering their items to them in a timely matter. Customers have many choices to pick from for their shipping needs so we need to use our brand which translates to our uniforms as an opportunity to advertise that we will take care of them for their shipping needs and delivery opportunities.

Secondly, uniforms create a business image to the working world. Uniforms allow us to look professional and presentable and send the right impression to our customers and to the public.

Uniforms promote pride and loyalty and by wearing this uniform employees should feel like they are representing the business they work for. If the uniform is up to standard then the employee will feel professional and promote professionalism and be more confident in their work. Customers form opinions on every aspect of life that they interact with and if they have a bad experience with one employee from that business they assume the entire workforce will treat them badly and take their business elsewhere when they need that service next time. So, we need to be mindful when we are wearing our uniforms our individual actions represent the entire workforce at that business.

Lastly, uniforms help build solidarity and equality, boost

morale and often a key to a successful workforce. Uniforms allow an employee to feel like they are part of the team and play a part in the business being successful. When you feel good and confident in your uniform you will exude confidence in your personality and mannerisms both in yourself and towards other people.

Uniforms are an important part of all businesses that require their employees to wear them. So the next time you put on your uniform remember you represent that business and the entire workforce that works there and make sure your uniform gives the best first impression every time you are in uniform!

Sheryl Christensen -Andover



**Jeff Reed**  
**Thomas Burnett Station**

**I had the opportunity** to be a part of the postal workers protest of the murder of George Floyd. It was a great experience. I was nervous because I didn't know what to expect. I want to thank Tyler for putting it together and I'd also like to thank Chris



Pennock for inviting me, as well as President Samantha Hartwig for offering me a chance to speak. The beginning of the protest took place in front of the Lake Street station. Pictures don't do it justice, to the damage I saw. We stood on the sidewalk of 1st Avenue and that's when the chanting began. "Say his name!" yelled Tyler in the megaphone. "George Floyd!" yelled back. We, the postal workers were on the sidewalk while all the non postal supporters and media sources faced us. There were roughly around 100 people there at this time. Tyler began speaking on why we were there and he made a lot of great remarks, about what many would

like to see in our communities, when it comes to policing and funding for education, housing and jobs. Samantha spoke with



the other postal workers and representatives from other unions, as well. Sharing their thoughts on what happened and how we get to improve our city.

I nervously took my turn to speak. I said a prayer and then grabbed the bullhorn. I spoke of the many titles I have, such as a man, a black man, a Christian, a millennial. I brought up the point how I could see things from a different

perspective, based on all the lenses I use to see. I think that's important because all of us have that complexity. I spoke on how much value each and every person there truly has in life. What we can accomplish together and the proof was in the presence of all of



us being there. I quoted one of my favorite books in treating everyone better than ourselves and what could happen if we did. I believe our union would benefit from that as well.

We ended speeches and began to get together for the mile and a half march to the sight where George Floyd died. They wanted postal workers in the front and we led the march. Many times Tyler would ask us to slow down the march.

Our pace was too fast for some of the other protesters. I jokingly mention to some co workers "What do you expect from a bunch of city letting carriers?" We marched west on 31st Street then



south on Nicollet Ave. Then east on 38th Street, making our way to Chicago Ave, all while chanting, "Say his name! George Floyd!" "Black lives, they matter here!" and many other chants. Stopping traffic as we cross intersections and hearing people in cars honk

their horns in support of our protest, it felt like we belonged out there.

Some surreal moments I felt were, when we turned the corner on 31st St to Nicollet and saw the police station fenced in with barbed wire overflowing the property. While there were police officers and national guardsmen at the gate. It seemed like they were ready for war. What a hard job. A thought in my head was 'I hope that they don't see us as the enemy.' I don't hate police or the job of policing, but I do not agree with any one in authority abusing their power, which is why we were out there. As we walked down Nicollet, I began to see a combination of homes and businesses with signs saying Black Lives Matter. Accompanied with those signs were many buildings burned to the ground and others boarded up and asking for mercy from potential destruction. What a surreal feeling for me to see a city in a way that I've never seen before. I don't agree with riots but I do understand being in pain, to the point where someone could. To see destruction, pain and hope all in the same picture.

That feeling was no different when we finally made it to 38th and Chicago. We were met with volunteers asking that we wear mask, with me almost forgetting that Covid19 was still relevant. I happily agreed. Now here we are, with hundreds of people mourning and loving. Seeing flowers and memorials for George Floyd and yet hearing a band play music as well as people



giving out food and household supplies freely, it was odd as in not expected. This is where a man died savagely and over there people



are hugging and conversing lovingly. Being there for it, changes my outlook, versus seeing pictures or video on the internet. That sight made everything so



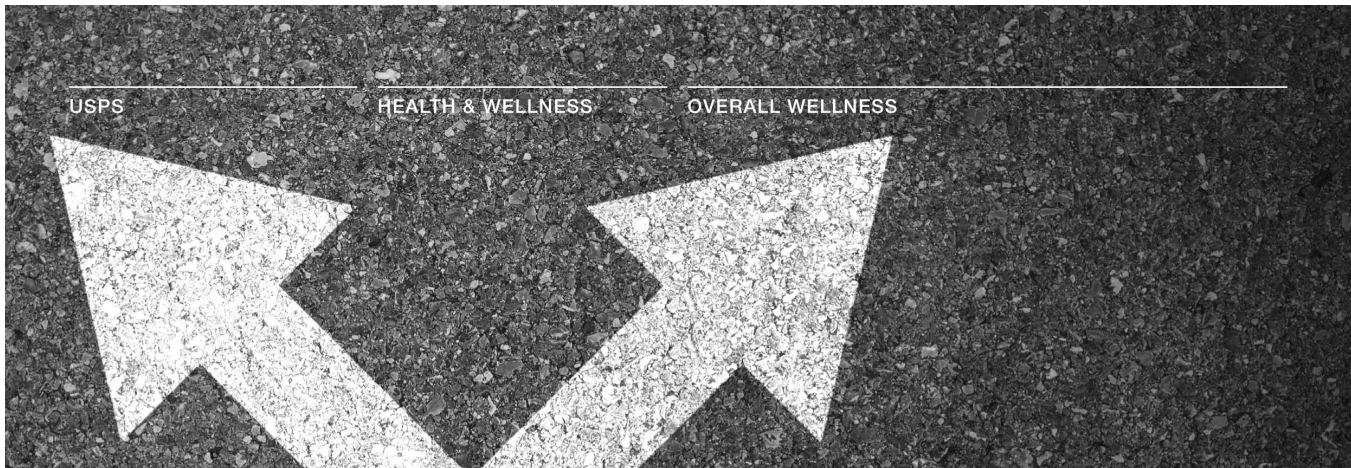
real. I've learned that in life there is no real joy without pain. There we were, people in pain, but joyful that we're together and maybe we could gradually change things. Maybe that's corny but that's what I felt.

I'm proud of union workers and supporters coming together for a cause bigger than themselves. Its things like what I was a part of Sunday that has changed the world. As a black man in this country, sometimes I wonder if I really matter to people, that are not like me. That Sunday, I didn't have to wonder. I felt as if I was truly valued. Now we have to be realistic as well. As I was walking around, there were people who didn't want to interact with me or look in my direction. This is a feeling that I know all to well. Maybe I over think, but I was grateful that they were there. Being there meant that they want something different for themselves as well as for me.

We as a union could learn a lot from what we've seen in the greater population. We carriers come from all different walks of life. We don't always agree and sometimes we can disagree with passionate emotions. But what if we took time out of our lives to sit with someone that's "not like us" and listened to their point of view? What if we stopped defending ourselves long enough to understand someone else? What if I started to see that you're not that different from me? There's no better place than our post offices to start. We are a strong union, if we were to do some of these things, there's no telling just how much stronger we could be.

Because of the immense value that you have, as well as my own, we are unstoppable together. You and me, him and her, can do some amazing things, if we're willing. I love you. God bless you.

In solidarity,  
-JR



## The Power in Choice

Do you ever feel stuck, stressed and frustrated by situations when relationships or situations are not what you feel they should be? Do you focus a lot of energy on going over conversations or incidents wanting others to change, hoping the universe will make things right?

**The fact is that in most situations, you have three choices: walk away, accept it or change.**

Each choice has consequences that first need to be weighted. Some choices are hard to make, others are easy. Having choices gives you power to make situations better.

**Walking away** may mean leaving a relationship, job or situation. Doing so may decrease stress and open you to new opportunities; however, it can also cause a financial burden or loss of love. Knowing you have the choice to walk away gives you power because, if you don't do it, you have made the choice to stay.

**Accepting it** means you accept a situation for what it is. Losing sleep, getting angry or worrying about what someone else will do can waste a lot of your energy. You cannot make someone else change or do the right thing; worrying or obsessing only harms you, not the object of your concern. When you accept that someone will be rude, act out or do things that push your buttons, you no longer have to waste energy and time wondering if it will happen. When you accept that something is what it is, you can relax and let things go more easily. Changing your behavior could cause the other person to change; however, even if they don't, accepting the situation allows you to relax and be less stressed. When you focus on wanting someone or something to change, you give it power. Don't give away your power!

**Changing** means you choose to change how you look at something, how you act or how you feel about it. You can't make anyone else change, but you can choose what you do or say. People often feel they shouldn't change because they aren't the one who caused the problem. The problem with this reasoning is that you are the one who is upset and affected by the situation, not them.

Waiting on someone else to change or do the right thing can keep you stuck. This can cause depression, anger, fear amongst other feelings. Looking at something as a challenge rather than a terrible situation changes how you view it. Choosing to be assertive and express your needs instead of being passive or aggressive gives you power. People often find that as they change their behavior, the other person's behavior changes or, at least, no longer causes them to feel upset.

**Once you make a choice**, whether it's to walk away, accept it or change, learn from your choice, but do not second guess yourself or stress about it. Making choices rather than waiting for others to change gives you power and keeps you in control of your life. If you need help learning how to make good choices or work through this process, reach out.

**Your EAP is available for coaching and counseling. We are here for you. Make the call to 800-327-4968 (TTY: 877-492-7341) or visit EAP4YOU.COM and start taking back your power.**



CALL US TODAY: 800-327-4968  
800-EAP-4YOU | TTY: 877-492-7341  
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# Protecting Workers from Heat Stress

## Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions your employer should take any time temperatures are high and the job involves physical work.

### Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Low liquid intake
- Heavy physical labor
- Waterproof clothing
- No recent exposure to hot workplaces

### Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

### Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

### To Prevent Heat Illness, Your Employer Should

- Establish a complete heat illness prevention program.
- Provide training about the hazards leading to heat stress and how to prevent them.
- Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.



- Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-conditioned areas.
- Gradually increase workloads and allow more frequent breaks for workers new to the heat or those that have been away from work to adapt to working in the heat (acclimatization).
- Routinely check workers who are at risk of heat stress due to protective clothing and high temperature.
- Consider protective clothing that provides cooling.



### How You Can Protect Yourself and Others

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.



### What to Do When a Worker is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

**IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.**

**If you have any questions or concerns, call OSHA at 1-800-321-OSHA (6742).**



For more information:  
**OSHA**® Occupational Safety and Health Administration  
[www.osha.gov](http://www.osha.gov) (800) 321-OSHA (6742)

OSHA 3154-06R 2014



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**Stay informed by:**

- \*Signing up for E-activist at [NALC.org](http://NALC.org)
- \* [Branch9nalc.com](http://Branch9nalc.com) (website)
- \* "like" our Branch 9 Facebook Page

**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](http://nalc.org/government-affairs/political-activity)

## Branch 9 Calendar

**Most BRANCH 9 Meetings and events have been modified, postponed or canceled until further notice.**

Please continue to check the website and Facebook page for the latest information.

We will continue to explore alternatives to meetings to get information and training to the stewards and members.

### July 12

Donation Drive  
for the South  
Mpls Community

### July 14

Steward Meeting  
7:00 PM  
Zoom/Online

### July 28

TBD  
GMM  
7:00 PM

## THE DIRECTOR OF RETIREES IS SCHEDULING ONLINE SOCIALS

**If you wish to be part of them, contact Melia, the Branch office or check our Facebook page.**

**All other breakfasts and meetings are cancelled until further notice.**

