

VOLUME 65 No 10

Official Publication of Branch Nine, NALC

December 2013

Cause & Effect

Postmaster General (PMG) Patrick Donahoe couldn't prevail (so far) against the NALC because everytime this short-sighted, narrowminded person tried to reduce our delivery days and cut door-to-door delivery, the NALC went to the largest support group in the world, our customers, the American public. We gained their support by truthfully informing them about Postal schenanigans.

Knowing that PMG Donahoe couldn't harm us directly, he and his cadre have taken to closing mail processing plants and consolidating postal operations. The effect of this ignorant approach has been nationwide with later start times and mail delivery well into the evening hours. Under the guise of prefunding debt, PMG Donahoe is trying to erode public confidence in the Postal Service by strangling the mail flow in areas out of public view.

When the public and news organizations inquire about late delivery times, they are being fed the same "canned" response by Postal officials all around the country, "Monday and holiday mail is always heavy and this is an anomaly, but

By: Chuck Glover, Editor

we will look into this to improve service." Letter carriers know that this crock of poo is not an anomaly but a day-to-day occurance.

Here in the Northland District, letter carriers are out on the streets well after dark, and in some cases, in high crime areas. We all know that delivery after dark is of itself not a safety hazard, but not being able to see objects in a yard, or where you're walking, or if there is a barking dog somewhere where you can't see, **is** a safety concern. In light of the recent shooting death of a letter carrier in Maryland, delivering a package to a home after 8PM can be hazardous to your health.

Calling District Manager, Tony Williams or Minneapolis Postmaster, Gina Hellermann to complain about late start times is useless. They are merely cogs in a disfunctional machine.

Write letters to newspapers or your legislator's, local, state, or national. The more we get the true message out to the public, the better effect we will have to end this insanity by our postal officials.

Seasons Greetings!

from the
Branch 9
Executive Board

Mike Zagaros
Darrell Maus
Jeremy Rothstein
Melia Derrick
Lisa O'Neill
Jim Nelson
Chuck Glover
Julie Waldemar
JoAnn Gilbaugh
Cathy Jones
Rodney Anderson
Mike Smith
Deb Grunnes

New Carriers

Ryan Held Angeles Delgado Mila Nazarenko Kong Vang Kevin Judge Israil Aguilar-Salgado Matthew Fussy **Timothy Gullickson** Lynn Moe James Palaia **Ashley Patterson** Christopher Schertner **Donna Morales** Alexander Gillispie Elizabeth Clapero Brenda Brown Sean McKnite **Rodney Brown** Michael Strauch

Please welcome these new members. Support and help them as they begin their postal career. Stewards are encouraged to inviite these new letter carriers to the Steward and General Membership Meetings, as well as Branch sponsored activities.

The January / February 2014
Branch 9 News will be a
combined issue.

In Memoriam Roger Graham Jack Soderlind Jerome Felegy

From the Editor



My wife brought home a paper on stress management which I have to share because it's so darn funny, that it will definitely help reduce stress

Stress Management for All.

- Accept the fact that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Drive carefully. It's not only cars that can be recalled by their Maker.
- If you can't be kind, at least have the decency to be vague.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Some mistakes are too much fun to make only once.
- The second mouse gets the cheese.
- We could learn a lot from crayons. Some are sharp, some are pretty and some are dull.
 Some have weird names and all are different colors, but they all have to live in the same box.
- Be the kind of person that when your feet hit the floor each morning the devil says:

"Oh Crap, the kid is up!"

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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 2nd Friday 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

The more things change ...

What a difference a year makes or does it? As we entered 2013, 'the year of the snake' there were more than a few questions about what our future held on a variety of fronts. Now as 2013 comes to a close, we have some answers to our questions but some of our questions still remain. There are even a few new ones. It is tradition that there is an end of year report to members about what has happened in the past year. As we enter 2014 'the year of the horse', here is a look back at the year that was 2013.

Our National Agreement and LMOU

Shortly after the first of the year came the news that we had a new National Agreement. This was not a negotiated settlement rather the terms were chosen by the panel, after both sides had presented their respective arguments. Traditionally arbitrated interest awards are usually what the panel believes is appropriate based on all the evidence (somewhere in the middle). While the three member panel, chaired by Arbitrator Das, decision may not have been to everyone's liking. The award did achieve gains in many of the areas. These were the NALC's bargaining goals including pay raises and the retention of our COLA provisions. The no lay-off and contracting out protections were retained and there is no two-tier wage scale for career employees. While there is a lower starting wage for new career carriers, all the career carriers will achieve the same top step in the same amount of time. The award

also created a new category of non-career employees known as CCAs and eliminated the TE category. The award created a path to a career position, something that was not available to the TEs. This was accomplished by the arbitration panel stating that the CCAs would be converted to career status to fill career residual vacancies. These conversions have started and by the end of this year, we will see over 65 former TEs/ CCAs converted in the Minneapolis Installation.

In April management and the officers of Branch 9 participated in local negotiations to try and reach agreements on new LMOUs for all the offices covered by Branch 9. With the exception of the Osseo Branch and the Minneapolis Installation, we were able to reach an agreement with the rest of the Associate Offices. The remaining issues deal with annual leave procedures, number of vacations slots and the holiday schedule have gone through the impasse procedures and are currently waiting to be scheduled before an arbitrator sometime this spring. I want to thank our officers and stewards for their assistance in preparing for and participating in these negotiations.

Operational Window or WOO

With very little doubt, the one event that created the most havoc in recent memory was management's attempt to establish an operational window or WOO for the Minneapolis Installation and some of our Associate Offices as well. From



the beginning, we understood that while management has the ability to make decisions regarding the operations of the Postal Service, those decisions must comply with the terms of the National Agreement. The Union maintained that management's actions in this area did not. After nearly a year and several arbitration decisions, the parties at the District Level agreed, that the way the operational window was conducted violated the National Agreement. A "global settlement" was reached for the offices of Minneapolis and St. Paul Installations in late April. As with all settlements of this type, this settlement did not make everyone whole and wasn't based on the specific amount of hours. No amount of money could make up for the upheaval that management's actions caused in the lives of those who did not want to work overtime and the impact of those who did. For a while there continued to be violations of the settlement and settlements were reached in those cases. Does this mean that there can't be a WOO? No. Hopefully all parties have a better understanding what is and what is not allowed. That "the simultaneous scheduling of nonlist carriers will be limited to a 'time

President's article cont'd on page 9

MINNESOTA SENATORS 651.296.0504 Toll Free 1.888.234.1112

<u>Senator Amy Klobuchar – Democrat</u>

1200 Washington Avenue South Suite 250 Minneapolis, MN 55415 Phone: 612.727.5220 Fax: 612.727.5223

Toll Free: 1.888.224.9043 Website: klobuchar.senate.gov

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Office of the Governor 130 State Capitol 75 Rev. Dr. Martin Luther King Jr. Blvd. St. Paul, MN 55155 Phone: 651.296.3391 Toll Free: 1.800 657.3717

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Got Something to Say?

Follow the guidlines below for assistance on how to write to your elected officials.

MINNESOTA REPRESENTATIVES 651.296.2146, Toll Free 1.800.657.3550

1st Congressional District Tim Walz – Democrat

227 East Main Street

Suite 220

Mankato, MN 56001 Phone: 507.388.2149 Fax: 507.388.6181

Toll-Free: 1.877.846.9259 Website: walz.house.gov

2nd Congressional District

John Kline – Republican 350 West Burnsville Pkwy

Suite 137

Burnsville, MN 55337 Phone: 952.808.1213 Fax: 952.808.1261

Website: kline.house.gov

3rd Congressional District Erik Paulsen – Republican

250 Prairie Center Drive

Suite 230

Eden Prairie, MN 55344 Phone: 952.405.8510 Fax: 952.405.8514

Website: paulsen.house.gov

4th Congressional District Betty McCollum - Democrat

165 Western Avenue North

Suite 17

St. Paul, MN 55102 Phone: 651.224.9191

Fax: 651.224.3056

Website: mccollum.house.gov

5th Congressional District

Keith Ellison – Democrat 2100 Plymouth Avenue North

Minneapolis, MN 55411 Phone: 612.522.1212 Fax: 612.522.9915

Website: ellison.house.gov

6th Congressional District

Michele Bachmann – Republican

6043 Hudson Road

Suite 330

Woodbury, MN 55125 Phone: 651.731.5400 Fax: 651.731.6650

Website: bachmann.house.gov

7th Congressional District

Collin C. Peterson – Democrat

714 Lake Avenue

Suite 107

Detroit Lakes, MN 56501 Phone: 218.847.5056

Fax: 218.847.5109

Website: collinpeterson.house.gov

8th Congressional District Rick Nolan -- Democrat

Brainerd City Hall 501 Laurel Street Brainerd, MN 56401 Phone: (218) 454-4078 Fax: (218) 454-4096 Website: nolan.house.gov

Your letter should address a single topic or issue. Typed, one-page letters are best. Many PACs (Political Action Committees) recommend a three-paragraph letter structured like this:

- Say why you are writing and who you are. List your "credentials." (If you want a response, you must include your name and address, even when using email.)
- Provide more detail. Be factual not emotional. Provide specific rather than general information about how the topic affects you and others. If a certain bill is involved, cite the correct title or number whenever possible.
- Close by requesting the action you want taken: a vote for or against a bill, or change in general policy.

The best letters are courteous, to the point, and include specific supporting examples.

Executive Vice President's Report

COMMITTEE OF PRESIDENTS

I recently attended the Committee of Presidents (COP) meeting in Orlando, FL from October 19 - 20. The COP meeting is held twice a year in the spring and fall and is attended by the president (or designee) of all the local branches and state associations nationwide that make up the NALC. Our National President Fredric Rolando discussed the most current information concerning the union and issues with Postal Service at the national level.

CITY DELIVERY

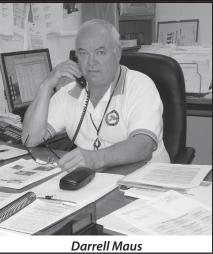
Currently there are several task forces that are dealing with several issues; one being the number of grievances dealing with overtime and hours worked. Both sides are in agreement that the number of grievances filed are not only a burden financially but also hinders any chance of labor/management relations succeeding in this business environment. These task forces are discussing several options to alleviate this growing issue but none are agreed to as of yet. The branch will keep you informed of any changes agreed upon that they wish to implement. We think one solution to less overtime/hours worked grievances is to properly staff stations and adjust routes properly.

LEGISLATION

President Rolando made it very clear that any legislation that comes out of congress that does

not address the pre-funding mandate will be very damaging to the Postal Service. While our retirement funds are currently 100% pre-funded the mandate to pre-fund future retiree health benefits 75 years into the future is crippling the service. This fund is a 100 billion dollar requirement to the Postal Service with 50 billion dollars in this fund currently achieved. It is this remaining 50 billion dollars that is and will continue to cripple the Postal Service if immediate action is not taken. Postmaster General Donahoe thinks the only way to achieve this commitment is to reduce mailing requirements, reduce the number of days of service and by closing mail processing plants. President Rolando and the NALC have come up with possible solutions to the pre-funding mandate and continue to inform all elected officials that these ideas are more reasonable and will insure a more beneficial outcome.

- **A.** Instead of the 100% pre-funded mandate reduce the benefit requirement amount to an 80% mandate at this time and change it at a later date when Postal Service returns to a more profitable condition.
- **B**. Use the over-funding currently in the CSRS/FERS retirement funds to cover mandated payments.
- **C.** The current requirement for the pre-funding payments over a 10 year period be increased to 30 years thus reducing the yearly payment amounts.



- **D.** Currently there are over 100 health insurance plans in the Federal Employee Health Benefits Program (FEHBP) nationally. If the FEHBP only dealt with 5 or 6 company's offering plans the amount of enrollees in each plan would be larger and reduce premium costs to the Postal Service resulting in savings.
- **E.** Develop new business strategies to increase revenue with increased parcel delivery and the development of e-commerce services.
- **F.** Increase postage as it has not kept up with inflation. Mailers are not in disagreement about the increase, they would rather have an increase in postage then a decrease in service. President Rolando stated when there are meetings between business mailers and the union to promote business ideas the Post Office refuses to attend.

6 DAY VS. 5 DAY

President Rolando wanted to make sure every branch thanked their members that participated in the March 24th rally. It was entirely because of this rally and the national attention it received that

VP article cont'd on page 7



By: Jeremy Rothstein (Br9 Recording Secretary)

I recently attended the MN AFL-CIO 2014 Legislative and Political Conference. An important issue for all workers was discussed. Raise the Wage. This discussion has been had for decades. The same arguments against raising the wage are being used. Those arguments are usually meritless, having little or no facts to support them. Even our own thoughts of who low wage workers are can cause us to agree with those meritless claims.

More than four years after the official end of the Great Recession, pay for America's workers remains stagnant while the cost of living continues to rise. Low-wage occupations have dominated job growth in the post-recession recovery, accelerating a decadeslong shift in the U.S. economy toward lower paying jobs. We have seen the wealthiest in this country increase their wealth by 30% or more, while the rest of us have received very small increases or none at all. Wal-Mart, the country's largest employer, had a food drive recently for Thanksgiving. They had bins and signs asking people

RAISE THE WAGE

to donate food for their OWN associates (employees). So they would have a Happy Thanksgiving.

Today's effective minimum wage of \$7.25 an hour, or \$15,080 a year for a full-time worker, is not enough to meet basic needs—not for an individual or a family. Minnesota's current minimum wage is \$6.15 an hour for large employers. A \$9.50 an hour Minnesota minimum wage would help working families and working adults pay for basic needs.

Out of a total of 357,000 Minnesota workers across the demographic spectrum that would see a raise:

- 77% are age 20 or older.
- 33% are married or are parents.
- 57% are women.

Additionally:

- 42% of all Minnesota job openings require education beyond high school.
- 45% of all openings are parttime.

The median wage for all part-time openings is \$9.00 per hour and for food preparation and serving openings is \$7.50 per hour. The proposed new wage of \$9.50 an hour would yield \$19,760 a year for a full-time worker and would mean a raise for about 63,000 parents in Minnesota.

JOBS NOW Coalition, a statewide research and policy coalition finds; that the higher wage would give a boost to the state's consumer economy and to community wealth and specifically would:

 Increase annual consumer spending power in Minnesota by \$472 million.

- Boost the aggregate income of working women by \$256,987,000.
- Boost the aggregate income of working people of color by \$124,416,000.

If the federal minimum wage had maintained it's purchasing power since 1968, it would today be over \$10.70 an hour, or \$22,256 a year for a full-time worker, according to the US Bureau of Labor Statistics. If minimum wage had kept pace with average productivity gains, as it did in the decades leading up to the 1960s, it would today be about \$22.00 an hour.

Increasing the minimum wage preserves jobs and may even stimulate small net increases in jobs. A nationwide study shows no job loss resulting from minimum wage increases from 1990 to 2006, even where a county on one side of a state border has a higher minimum wage than a county on the other side. Employers even have fewer turnovers of employees reducing cost.

The majority of low-wage workers nationwide, including minimum wage workers, are employed by profitable large corporations.

Among the nation's 50 largest employers of low-wage workers as of 2011, 92% were profitable for the past year and 75% had higher revenues than before the recession.

A recent survey showed that 62% of the leading economists agree that the benefits of raising and indexing the minimum wage outweigh the costs, while only 16% disagree.

Wage article cont'd on page 7, column 3

Carrier Assistant Meeting

Tuesday night on November 20th Branch 9 hosted a special CCA "Question and Answer" session. The purpose of this meeting was to try and answer any questions or concerns, such as little or no casing experience, and no practical experience with certified and registered mail, by our newest letter carriers.

Bidding, holddowns, and conversion to career appointments were answered by Branch 9 Vice President, Darrell Maus, with Region 7 Assistant Business Agent (RAA) Jason Karnopp assisting.

Julie Waldemar (BR 9 Health Benefits Rep) was on hand to answer questions on health plans available to new carriers.







VP article cont'd from page 5

Postmaster General Donahoe's plan to initiate 5 day delivery on August 5th was unsuccessful. President Rolando made it very clear that this issue is not about carriers having Saturdays off but rather the beginning to the elimination and selling off of the Postal Service. The Postmaster General already has plans in place to eliminate Saturday and Tuesday deliveries and to reduce the carrier force to 100,000 (which is less than half of our current work force). Carriers will not only have Saturdays off but also 1 or 2 other days creating a part-time work force and a Postal Service being bought up by the private sector.

BOARD OF GOVERNORS

The Board of Governors is made up of 9 appointed members, the Postmaster General and the Assistant Postmaster General. Currently there are 4 vacancies on the Board leaving the remaining 5 members (3 Republicans and 2 Democrats) making decisions with the Postmaster General and Assistant Postmaster General. These positions are filled via friendships and favors from the administration in office at the time. Why the current administration is not filling the remaining vacancies is a constant question being asked by the union. Another requirement of the Board is to have at least 50% of the members to have major business experience. Currently on the Board no one has any major business experience and the only business conducted at the quarterly meetings seems to be deciding where to go to dinner and usually not accomplishing any business issues/decisions.

President Rolando was very clear that the current Board of Governors has to go and be replaced with a commission consisting of businessmen and businesswomen to grow the Postal Service through new business strategies and return it to profitability. This is what the forefathers of this country insisted upon when the Postal Service was first established. To insure every citizen had the right to an affordable informational delivery system.

On a lighter note, I would like to wish all of our members, their families and our readers a safe and happy Holiday Season.

Darrell Maus

Wage article cont'd from page 6

The low wage worker isn't who many people think they are. They are our friends, neighbors and family members trying to work and provide for their family and themselves. The low wage worker isn't to be blamed.

Do we want to live in a country described by a recent president speaking to a divorced mother of three in Omaha, Nebraska? "You work three jobs? Uniquely American, isn't it? I mean, that is fantastic that you're doing that." I don't.

-Jeremy-



The Holiday Gift for us all

'Twas The Night Before Christmas, He Lived All Alone, In A One Bedroom House Made Of Plaster And Stone. I Had Come Down The Chimney With Presents To Give, And To See Just Who In This Home Did Live. I Looked All About, A Strange Sight I Did See, No Tinsel, No Presents, Not Even A Tree. No Stocking By Mantle, Just Boots Filled With Sand, **On The Wall Hung Pictures** Of Far Distant Lands. With Medals And Badges, Awards Of All Kinds, A Sober Thought Came Through My Mind. For This House Was Different, It Was Dark And Dreary, I Found The Home Of A Soldier, Once I Could See Clearly. The Soldier Lay Sleeping, Silent, Alone, Curled Up On The Floor In This One Bedroom Home. The Face Was So Gentle,

The Room In Such Disorder, Not How I Pictured A United States Soldier. Was This The Hero Of Whom I'd Just Read? Curled Up On A Poncho, The Floor For A Bed? I Realized The Families That I Saw This Night, Owed Their Lives To These Sol-Who Were Willing To Fight. Soon Round The World, The Children Would Play, **And Grownups Would Celebrate** A Bright Christmas Day. They All Enjoyed Freedom Each Month Of The Year, Because Of The Soldiers, Like The One Lying Here. I Couldn't Help Wonder How Many Lay Alone, On A Cold Christmas Eve In A Land Far From Home. The Very Thought Brought A Tear To My Eye, I Dropped To My Knees And Started To Cry. The Soldier Awakened And I Heard A Rough Voice,

"Santa Don't Cry, This Life Is My Choice; I Fight For Freedom, I Don't Ask For More, My Life Is My God, My Country, My Corps." The Soldier Rolled Over And Drifted To Sleep, I Couldn't Control It, I Continued To Weep. I Kept Watch For Hours, So Silent And Still And We Both Shivered From The Cold Night's Chill. I Didn't Want To Leave On That Cold, Dark, Night, **This Guardian Of Honor** So Willing To Fight. Then The Soldier Rolled Over, With A Voice Soft And Pure, Whispered, "Carry On Santa, It's Christmas Day, All Is Secure." One Look At My Watch, And I Knew He Was Right. "Merry Christmas My Friend, And To All A Good Night." Written by Lance Corporal James M. Schmidt in 1986. Printed in Leatherneck (The Magazines for the Marines) in December 1991.



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President's article cont'd from page 3

to time' basis as outlined in the Article 8 MOU and consistent with recent regional arbitration awards on the matter."

Postal Reform/ Destruction in 2013

– Politics and Legislation
The elephant in the room for 2013
has been and continues to be
what is Congress or the Postmaster
General or both, going to do to
us in 2013. The end results have
been very little other than to scare
people about possible changes.

After a year of discussion and rallies and legislation that proposed and passed in one chamber (the Senate), we ended up pretty much where we started. Congress in 2012 kicked the can down the road. In early 2013 two bills were introduced by our friends in Congress (S-316 and HR-630 the Postal Service Protection Act) that would preserve 6-day delivery and address the prefunding requirement of the Postal Accountability and Enhancement Act among other things. Unfortunately, neither bill has been able to get a hearing let alone out of committee. This past summer 2 new bills were introduced which, if passed, would destroy the Postal Service as we know it. Neither bill has come to the floor of either chamber this year. We need to remain vigilant and talking with our members of Congress and our friends and neighbors as well.

The current language regarding 6-day delivery remained in the Continuing Resolution that was set to expire in March of 2013. Then the Postmaster General dropped

his bombshell, he decided that he was ending door to door delivery of mail on Saturdays, beginning in August on his own. The issue of ending the delivery of all mail 6 days a week became a game of chicken between the PMG, the NALC and more importantly the American People. (Congress was also not too pleased with the PMG either.) Following a nation-wide day of action, and the reauthorization of the Continuing Resolution through the end of the fiscal year, the Postmaster General blinked, for now. President Rolando has repeatedly said that "it was the turnout at our 'USA for 6-Day' rallies that made the difference." The fiscal year ended on September 30th. After the government shutdown in October another Continuing Resolution was passed with the 6-day language included. It is set to expire in January 2014. Since then, there has been a tentative budget agreement that retains the language regarding the 6-day delivery but it also calls for increased pension contributions for new Federal and Postal **Employees hired after December** 31, 2013. This bill passed the House and is awaiting action in the Senate.

As 2014 begins, the same elephant is in the room. In addition we are at the beginning of a new election cycle. This year in Minnesota we have all the seats in the US House up for election including the 6th Congressional District which will have a new Representative. In the US Senate, Al Franken is up for reelection along with the Governor Mark Dayton, the other Minnesota Constitutional Officers and the members of the Minnesota House. It will be a busy year for organized

labor in 2014 as this year's election will most likely break down to who shows up. As always please remember to contribute to PAL 9 and COLCPE. It is through these funds that letter carrier issues are promoted.

Remembrances

As with every year, our ranks are diminished as some of our members have passed on. This year, 25 of our brothers have passed. During the holiday season, please take a moment to remember them in our hearts, and remember their families as well. Please remember Brother Leo Brandt who was tragically killed while arriving at work; **National President Emeritus** Vince Sombrotto; past Branch 9 Officers: Merlin Rau, Tom Woller and Rick Evans; as well as Curt Miesen, Harry Stanko, Donald O'Connor, Donald Casey, Raymond Cassidy, Leonard Bergstrom, Louis Ellis, Thomas Dahl, Arnold Vandenheuvel, Oscar Ronglien, Merl Johnson, Galen Christianson, Herbert Franzen, Leo Zimney, Richard Raum, Harold DeLana, Roger Graham, Jack Soderlind, Jerome Felegy, Raymond Spernick and Ken Christopherson.

As we say goodbye to 2013, no one knows what 2014 will bring. Yes there some of the same issues facing us from the past year, but whatever the challenge, whatever the struggle; we will get through it, as long as we do it together.

To all the members of the Branch 9, I want thank you for your support. In this holiday season, may you, your families and friends enjoy this time together in happiness and peace.

Safety

Barb Watczak, (Branch 9 Safety Coordinator)

Minnesota has billboard signs along highways, and television ads that say "Click it or Ticket." The Postal Service has always had a policy of mandatory seatbelt usage. If your butt isn't in the seat, the engine is off and the keys in your hand, plain and simple. While getting back into a cold vehicle is unpleasant, watching your vehicle roll away will be even more unpleasant, and a potential career ender.

Minneapolis Postmaster, Gina Hellermann and I have been out to some stations asking carriers about any safety related concerns that they would like addressed by the Safety Committee.

Another concern for employees, and especially the newer employees (CCA's), is to be aware of the danger signs of frostbite. Have the chemical warming packets in your pockets before leaving the station.

The following is information given by the National Safety Council.

Frostbite Prevention:

Wear several layers of clothing to insulate your body by trapping warm, dry air inside. Wool and polypropylene best trap air and do not retain moisture. Choose a coat with a wind and waterproof outer layer. The head and neck lose heat faster than any other part of the body. Your cheeks, ears and nose are the most prone to frostbite. Wear a hat, scarf and turtleneck sweater to protect these areas.

Danger Signs Include:

- Superficial frostbite is characterized by white, waxy or grayish-yellow patches on the affected areas.
 The skin feels cold and numb.
 The skin surface feels stiff and underlying tissue feels soft when depressed.
- Deep frostbite is characterized by waxy and pale skin. The affected parts feel cold, hard, and solid and cannot be depressed. Large blisters may appear after rewarming.
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- Deep frostbite is characterized by waxy and pale skin. The affected parts feel cold, hard, and solid and cannot be depressed. Large blisters may appear after rewarming.

- Do not rub or massage the frostbitten area.
- Do not rub with ice or snow.
- Do not apply a heat source to frostbitten skin.

Call your station supervisor to inform him/her of your condition. This is a safety issue, and not negotiable.

Honoring Leo Brandt

During our November General Membership Meeting, Brian Hellman (National Director of Health Benefits) presented a memorial plaque to Loreese Brandt and her family in honor and memory of her husband Leo. Leo Brandt died tragically last June at the Brooklyn Center Station.

Branch 9 President, Mike Zagaros stated that in the history of our Branch, three carriers have died while performing their letter carrier duties.







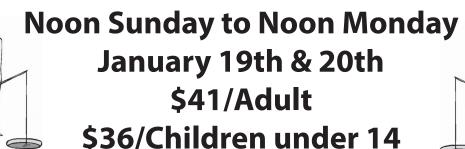
Minneapolis 2220 Lyndale Avenue South Minneapolis, MN 55405 612-377-0011 The Twin Cities Postal Headquarters

USA Union preferred St. Paul 935 N. Dale Street St. Paul, MN 55103 651- 224 - 7567

Annual Branch 9 NALC

Ice Fishing Outing on Lake Mille Lacs Twin Pines Resort & Motel/Restaurant

Located just two hours north of the Twin Cities on U.S. Highway 169 (mile marker 232). For More information call 1.800.45.4682 or visit www.twinpinesmillelacs.com



Contact Ken Jambois with guestions at 763.370.1392

* The Branch will be hosting a chicken and rib buffet at Twin Pines Resort on Sunday, January 19th from 3:00 - 8:00PM. This dinner is included in the price of the ice house.*

Several Houses Available:

*4 Hole Ice House (sleeps 2-3)

*8-12 Hole Ice House (sleeps 5-6)

*10-14 Hole Ice House (sleeps 14)

*14 Hole Ice House (sleeps 14)

*6-10 Hole Ice House (sleeps 4-6)

*10-12 Hole Ice House (sleeps 8)

*11 Hole Ice House (sleeps 10)

Each include: Propane heat, lights, table/chairs, covered pad for bunks, carpeted floors. Cook stoves are available in the larger houses. Check in time is 1:00PM

Branch 9 Fishing

Name:	Station:
Type of Ice House:	Amount Paid:
Name of Guests (if under 14 include age):	
Dondling is	Checks payable to: Branch 9 Ice Fishing
Deadline is	2408 Central Avenue NE
Tuesday, January 15th	Minneapolis, MN 55418

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

Change Service Requested

PRSRT STD
US POSTAGE
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TWIN CITIES MN
PERMIT NO. 91964



GIMM

Stay informed by:

- Signing up for E-activist at NALC.org
 - Branch9nalc.com (website)
 - "like" our Branch 9 facebook page
 - Follow us on Twitter



Branch Nine Calendar

January 7

Northside Retiree's Breakfast 9:30AM Elsie's 729 Marshall St. NE, Minneapolis

January 14

Southside Retiree Breakfast 9:00AM Fred Babcock VFW Post 5555 6715 Lakeshore Drive, Richfield

January 14

Stewards Meeting 7:00PM Golden Valley VFW Post 7051 7775 Medicine Lake Rd Golden Valley

January 19-20

Annual Branch 9
Icefishing on Lake Mille Lacs
Twin Pines Resort & Motel
See page 11 for details

January 28

Nokomis Retiree Breakfast 9:00AM Fred Babcock VFW Post 5555 6715 Lakeshore Drive, Richfield

Tuesday, January 28

General Membership Meeting 7:00PM Golden Valley VFW Post 7051 7775 Medicine Lake Rd Golden Valley

February 4

Northside Retiree's Breakfast 9:30AM Elsie's 729 Marshall St. NE, Minneapolis

February 11

Southside Retiree Breakfast 9:00AM Fred Babcock VFW Post 5555 6715 Lakeshore Drive, Richfield

February 11

Stewards Meeting 7:00PM Golden Valley VFW Post 7051 7775 Medicine Lake Rd Golden Valley

February 25

Nokomis Retiree Breakfast 9:00AM Fred Babcock VFW Post 5555 6715 Lakeshore Drive, Richfield

Tuesday, February 25

General Membership Meeting 7:00PM Golden Valley VFW Post 7051 7775 Medicine Lake Rd Golden Valley

March 4

Northside Retiree's Breakfast 9:30AM Elsie's 729 Marshall St. NE, Minneapolis