

VOLUME 68 No 5
May 14, 2016, was the 24th annual Stamp Out Hunger food drive, and
 what a success it was. In Minnesota 1 in 10 people are in danger of going hungry, and letter carriers stepped up to Stamp Out Hunger. All of the food donations and monetary donations collected will help stock local food shelves for up to six months at a time of year when food donations taper off.
Carriers in Branch 9 picked up 462,817 pounds of food in one day, and collected $\$ 2,048.00$ in monetary donations for Second Harvest Heartland. With the help of all of our local sponsors online monetary donations through the Second Harvest website totaled $\$ 45,867.00$, and the Land O'Lakes foundation donated $\$ 25,000.00$ !
Branch 9 works with Saint Paul Branch 28 every year on the food drive, and after converting the monetary donations to pounds of food, and adding in Saint Paul's total poundage; together we raised a total of $1,097,545$ pounds of food. That is enough food for one million meals!
Looking ahead to next year, the 25th anniversary of Stamp Out Hunger, our goal is to cover all areas of Branch 9 and Branch 28 in paper bags instead of plastic. With the help of our new national

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sponsor the United Food and Commercial Workers Union (UFCW), we were able to test paper bags in Blaine, and Osseo. Carriers said the paper bags were easier to deliver, and picked up more donations from the community. I want to thank everyone for their hard work picking up bags of

food while delivering the mail; it is not an easy task. In one day the carriers of Branch 9 and Branch 28 provided one million meals to families in need, this is something we can all be proud of. So rest up, because next year is looking to be just as great or better!
Samantha Hartwig Region 7 Food Drive Coordinator


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Branch Nine News
June 2016

## RETIREMENTS



Leigh Farrell (center) is all smiles as she makes her last punch at Brooklyn Park with Stewards Melia Derrick and Vince Froehlich.

## The following is a list of PAL 9 paid members for May and June 2016.

## VERY CONCERNED MEMBERS

None

## REGULAR MEMBERS

Veronica Feneis
Herbert J Hess


Submitted By Ron Lawrence Treasurer PAL 9

## Welcome New Members

Jacob Anderson
Jeremy Anderson
Kari Belevender
Jared Bergman
Cody Bolinske
Benjamin Brock
Thomas Cannavino Aaron Cosgrove
Travis Crowe
Sulub Dahiye
Alexander Fleck
Kyle Gustafson
Tasha Hanson
Sean Harrison
John Helgeson
Ashley Henry
Heidi Hintz
Amy Hughes
Tamekia Jackson
Samuel Johnson
Asia Jones
James Laker
Dwight Louey
Chanpheng Luongvan Ryan Mack
Brandon Malmin Britten Murray
Sylvain-Noel Njine-Ngangley
Andrea Norby Chad Olson James Parrish Jr Thon Pen
Nancy Rodriguez Pinos
Jesus Romero
Amy Sandiman Ryan Shull
Nathaniel Sonia
Clinton Sorvari
Mogow Tawane
Doug Ullenerg Kisha Welch
Equonda White Mitalo White Tou Yang

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Website: branch9nalc.com

## Branch 9 Officers

## President Mike Zagaros

Exec. Vice President Darrell Maus

Recording Secretary JoAnn Gilbaugh

Treasurer Lisa O'Neill

Financial Secretary Samantha Hartwig

Editor Jeremy Rothstein branch9news@branch9nalc.com

Sergeant at Arms
Jim Nelson
Trustees
Ken Jambois Stacy Ellingson Joe Rian

## Director of Retirees

Rodney Anderson C: (651) 270-7807

NALC Health Benefits Rep. Mike Smith
HBR: (612) 963-6252

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

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

Articles MUST be submitted to the editor by the 1 st 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.

## Executive Vice President's Report

## COLLECTIVE UNITY \& STRENGTH

The NALC is in the midst of negotiations for our National Agreement. Negotiations for this contract are inarguably some of the most significant terms of how it will affect letter carrier's day to day lives in the future.

I wish I could write about everything the negotiating parties are talking about and the progress that is being made, but this is all done behind closed doors and only made public when or IF an agreement is reached.

There are no daily postings of progress reports although there still seems to be a lot of information on "the web" ready to inform us of all the bargaining news (and you all know that this information has to be true because it was on the Internet).

When we talk about the Union we use the term "collective bargaining" when we refer to the process of negotiating our contract, we chant "solidarity". The banner of our own Branch Nine News declares "An Injury To One, Is An Injury To All". This union membership stuff can really pack a powerful punch! Unfortunately, it can also lull us into a false sense of strength and security if we start to believe these words have power merely by their definition and use.

Branch 9 has been lucky throughout the years because we have been fortunate enough to have a good working relationship with our postal management. This relationship has given us the ability to negotiate our own local agreements here in Minneapolis. This type of working relationship is very rare and does not occur often in the rest of the country. The agreements created by Branch 9 and postal management
are powerful and enforceable documents which help give our membership a voice in the areas of safety, work environment, new probationary employees and steward's rights. But, these documents (by themselves) do not demand respect and compliance nor do they (on their own) defend a carrier who has been wrongly accused or is poorly treated. The power and beauty of these agreements is only recognized when we, the Union, back them up with action and participation. The problem with this is that at some of our Branch 9 stations, carriers are not holding management accountable to these agreements. In fact, in some of our stations the Union does not have anyone representing the Union as a safety liaison, customer connect coordinator, job instructor trainer and most importantly no steward - so where is our collective strength?

Now, I agree totally that being a station steward is not for everyone. It's a TOUGH, DEMANDING and often thankless job that is not for the faint of heart. But when no one stands up what happens then? Is it really conducive to a good working environment if everyone just closes their eyes and lets management do and treat people however they want? You can't just hope that things will get better because they won't. Someone has to decide to stand up and lead that stations "collective strength" in order for things to get better.

Ultimately, our strength as a union is defined by each and every one of us. What we, as individuals, bring to the table is what we, as union members, can lay claim to collectively. It has been said that a chain is only as strong as its weakest link so, l'm challenging all of you to find a way to help

identify that weak link and work with management to become aware of all the issues at your station. If it's a safety issue inform your safety liaison. If it is any other type of issue inform your steward or call the Branch.
CCAs are the future of the post office. Try to find a newer carrier to step up (alternated steward, safety liaison, etc.) and then help them get ready to become our future union leaders. Your actions will hopefully have great influence and may lead to other random acts of solidarity and people stepping up for the branch and the NALC. You are one of over 2200 Branch 9 members. It is you that is the union. It is the collection of all of our efforts that truly define our strength.
Lastly I want to urge our members to ask this question to the nonunion members at your station. What reason do you think you have for receiving the same pay and benefits that I receive and not give or contribute anything to receive them?
Throughout the years the NALC has worked hard to get Union members decent hours, good pay and benefits. It's time for the non-union members to step up and instead of watching from the sidelines free of charge become a part of our Union team.

## I WISH YOU ALL A HAPPY \& SAFE 4TH OF JULY!

CM K

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## Stamp Out Hunger Food Drive Brings in Thousands of Pounds of Food

## FOOD COLLECTED

Minneapolis
St. Paul
Minneapolis Associate Offices
St. Paul Associates Offices
TOTAL
DONATIONS
Minneapolis
St. Paul
Online
Land O'Lakes Match
Total
DONATIONS CONVERTED TO POUNDS

TOTAL POUNDS

## POUNDS

311,734
167,506
151,083
128,106
773,758 lbs
\$2,048
1,009
45,867
25,000
\$73,924

323,787 lbs
1,097,545 lbs



Nick Zagaros (Brooklyn Center Steward) is being video taped by LES (Labor Education Service) while picking up food drive donations.


Do you want paper or plastic? This year in Osseo and Blaine carriers tried something new paper bags sponsored by the UFCW. Nice job Adam Minnick (Osseo)!

## Branch 9 Retirees step in to help out during the 2016 NALC Food Drive

The Minneapolis Retiree Council pitched in on a cold, blustery but sunny Saturday May 14, 2016 in St. Louis Park to help the National Association of Letter Carriers annual union food drive. Union letter carriers delivered donated food to area collection sites. All food went to local community food shelves, food banks, pantries and shelters.


Darrell Maus (Exec VP) and several volunteers helping out at the Brooklyn Center Cub Foods site.


NEWS \& INFORMATION
June 16, 2016 www.nalc.org
House committee releases postal reform 'discussion draft'
On June 15, the leaders of the House Oversight and Government Reform Committee released a discussion draft of a potential postal reform bill. The draft Postal Service Reform Act of 2016 was issued jointly by Committee Chairman Jason Chaffetz (R-UT) and Ranking Member Elijah Cummings (D-MD).

NALC officers and Headquarters staff members are currently conducting a detailed review of the contents of this draft bill. Although the committee has made great progress toward sensible legislation-embracing many of our ideas for reform-our initial review has revealed a number of shortcomings and omissions in the draft bill, and at least one provision that NALC simply cannot support.

We will do all that we can to work with our industry-labor coalition and with the members of the committee and their staffers to reach consensus on legislation that we can all support.

Meanwhile, the House committee is consulting stakeholders on the draft measure before it formally introduces and marks up a bill. NALC will be intimately involved in that process.


AFL-CIO votes to endorse Clinton for president www.nalc.org

The general board of the 12.5 million-member AFL-CIO has voted to endorse Hillary Clinton for president of the United States. The endorsement reflects a comprehensive, democratic process initiated one year ago to capture the interests of the 12.5 million working people the federation represents.
"Hillary Clinton is a proven leader who shares our values," AFL-CIO President Richard Trumka said.
"Throughout the campaign, she has demonstrated a strong commitment to the issues that matter to working people, and our members have taken notice.
"Sen. Bernie Sanders has brought an important voice to this election and has elevated critical issues and strengthened the foundation of our movement," Trumka said. "His impact on American politics cannot be overstated."

AFSCME President Lee Saunders, chairman of the AFL-CIO's Political Committee, said that this election offers voters a stark choice. "Working people know that Hillary Clinton has the temperament and experience to unite all Americans in our fight to increase incomes at home and extinguish threats abroad," Saunders said.

NALC is a member of the AFL-CIO. President Fredric Rolando sits on the federation's executive council and is the vice chairman of its finance committee.

# Dog attacks and bites; from nips and bites to actual attacks, violent dog behavior continues to pose a serious threat to letter carriers 

To emphasize the enormity of this issue, the Postal Service reported the number of dog attacks and bites as one number. Last year, 6,549 Postal Service ${ }^{\text {TM }}$ employees were victimized by dogs.

More than 4.5 million people are bitten annually. Children are the majority of victims and are 900 times more likely to be bitten than letter carriers. The American Veterinary Medical Association (AVMA) and the American Academy of Pediatrics (AAP) report that small children, the elderly, and letter carriers, in that order, are the most frequent victims. Dog attacks are the most commonly reported childhood public health problem in the United States. The AVMA also reports that the number of dog attacks exceeds the reported instances of measles, whooping cough, and mumps, combined. Dog bite victims account for up to 5 percent of emergency room visits. Many attacks reported by letter carriers in 2015 came from dogs whose owners used those famous last words, "my dog won't bite." According to the AVMA, as many as 800,000 people annually are admitted to U.S. emergency departments with dog biteassociated injuries, and countless more bites go unreported and untreated.

Don't approach a strange dog, especially one that's tethered or confined. While letter carriers are discouraged from petting animals, people who choose to pet dogs should always let a dog see and sniff them before petting the animal.

Being aware of your surroundings and protecting your-self is your best defense against dog attacks.

It is so important to stay alert at all times. This includes: Keeping your eyes and ears open at all times. Observe the area carefully. Taking quick glances in common places dogs may be: under parked cars, under hedges, on porches, etc. If you encounter a dog: Your


Never Turn and Run! Always make sure that you have at least one full can of dog repellent spray handy and within reach at all times. If a dog attacks, use your repellent to protect yourself. Ensure that the can is not expired prior to going on your route.

USPS has announced two measures to prevent dog attacks, an issue that affected more than 6,500 employees last year.

Beginning May 13, customers who use usps. com's Package Pickup application will be asked if there is a dog at the pickup location.

The second measure, which will take effect later this spring, will allow carriers to use their Mobile Delivery Devices to indicate the presence
first defense is to never assume that a dog won't bite, even if it has been friendly in the past. Remember - any dog can bite. Always keep your eye on the dog. Dogs are more likely to bite when you aren't looking. Never startle a dog. If it is asleep, make some kind of non-startling noise, such as a soft whistling or call its name if you know it. Do this before you are close to the dog, while you still have time and space for an "out." Never reach out and pet the dog. Stand your ground. Turn and face it. Hold something in front of you, like your satchel, your satchel is your best protection. If the dog is going to bite let it bite the satchel. Back away slowly while making sure you don't stumble and fall.
"This is especially helpful to substitutes who fill in for letter carriers on their days off," Safety Director Linda DeCarlo told reporters in Houston, where employees suffered 77 attacks last year, more than any other city.

Use these preventative measures: a. No one likes a surprise. Have you filled out a Dog Warning Card for your route? If not, it is important to protect yourself and any other carriers delivering on your route. The Postal Service can suspend delivery of mail to a residence. The threat of an animal attacks is real.

Beat the Heat, Stay Cool

It's that time of year again, when the temperatures begin to rise, and the potential for heat-related illnesses becomes a factor during your daily work routine.

Here are some quick tips for battling the heat:

1. Hydrate before, during, and work. Prevention is important, so make sure to maintain good hydration by drinking at least eight ounces of water every 20 minutes.
2. Dress appropriately for the weather. On warm days, make sure to wear light colored, loose-fitting, breathable clothing to keep body temperatures down.
3. Utilize shade to stay cool. When possible, use shaded areas to stay out of direct sunlight.
4. Know the signs of heat stress. You should understand what heat stress is, and how it can affect your health and safety. Here are some things to look out for:

- Hot, dry skin or profuse sweating
- Headache
- Confusion or dizziness
- Nausea
- Muscle cramps
- Weakness or fatigue
- Rash

Finally, it's important to notify your supervisor or call 911 if you're experiencing signs of heat-related illness. This will not only ensure your safety, but can also save your life.


Don't let one moment of inattention from you or someone else end your life or make you have to live with something that could haunt you forever.

Recently our Postal Family has suffered two (2) major devastating accidents. Both involved letter carriers legally parked and working out of the rear of their delivery vehicles. In both cases the carriers were hit from behind by another vehicle. One of the employees died and the other is still being treated for their injuries.

We ask that you and your supervisors re-visit the selection of each of your park points to reduce your exposure to traffic unnecessarily, while working from the rear of your delivery vehicle. Look for a safer location to park your vehicle, like a nearby side street with less traffic. Always take that extra precautionary measure to stay safe and park in an area with less traffic. Remember to allow at least 20 feet from an intersection or 30 feet when at an intersection that is regulated by a traffic light.

Do not talk on a cell phone or use headphones to listen to music. We want you to be able to hear your surroundings. Stay alert and be ready for the unexpected. All your senses must be working to their fullest. If someone is speeding or swerving or braking, being able to hear that vehicle may make the difference and give you those extra seconds you need to move into a safer area.

Use Flashers and Strobes when parked and working from the rear of your delivery vehicle. This will increase your visibility to other drivers..................but remember to turn them off when you are ready to pull away.

Also, please remember you can always share concerns with your supervisor regarding safety hazards on your route.
(Reprint from USPS Safety and Health Headquarters 3/30/12)

## BRANCH 9 <br> 2016 SCHOLARSHIP DRAWINGS

JEROME J. KEATING/AUSTIN B CARLSON - \$2,000.00

| Winner | Cameron Schilling | School Attending <br> Normandale Comm College |
| :--- | :--- | :--- |
| $1^{\text {st }}$ Runner-Up | Sam Nelson | Anoka Tech |
| $2^{\text {nd }}$ Runner-Up | Owen Patrick | Marquette University |


| Parent | Work Location |
| :--- | :---: |
| Peter Schilling | West Edina |
| Jim Nelson | Anoka |
| Barry Patrick | Lowry |

WALTER E. COULLARD/EUGENE P. McNULTY - \$2,000.00

| Winner | Joe Miskowiec | School Attending |
| :--- | :--- | :--- |
| $1^{\text {st }}$ Runner-Up | Michael Feneis | Unknown |
| $2^{\text {nd }}$ Runner-Up | Jenna Trost | St. Cloud State |

J. WESLEY WOODS - \$1,000.00

| Winner | Catherine Allmann | Unknown Attending | Parent | Work Location |
| :--- | :--- | :--- | :--- | ---: |
| $1^{\text {st }}$ Runner-Up | Kathryn Smith | U of MO at Kansas City | Michael J. Smith | Wermandale |
| $2^{\text {nd }}$ Runner-Up | Bryce Johnson | Unknown | Jeff Johnson | Elmwood |

LEONARD A. LARSON/BARRY J. WEINER - ADULT SCHOLARSHIP - \$1,000.00

| $1^{\text {st }}$ Winner | Fredrick Brownson | Pesition <br> Retired | Work Location |
| :--- | :--- | :--- | :--- |
| $2^{\text {nd }}$ Winner | Sean Burke | Active Carrier | Richfield |

Join Branch 9 for
"The Great Minnesota
Get-Together"

## August 25 - September 5

2 shifts available:
9:00AM - 1:00PM
1:00-5:00PM
Call the Branch Office or talk to your steward to sign up.

## Branch 9 has its annual Spring Q\&A session for CCAs and Newly Converted Regulars

Newly hired career-track City Carrier Assistants (CCAs) and newly converted career carriers who had questions about pay, workload, relative standing, uniforms, annual and sick leave, rights under the NALC-USPS National Agreement, health insurance, opting and hold-downs, and the various contract memorandums of understanding (MOUs) that deal specifically with CCAs attended the meeting.

The members controlled the topics of the meeting and had their issues that affect them answered, with fellow CCAs that may have similar questions. The members in attendance were able to meet fellow carriers that are dealing with the same problems and build connections through unionism.

If you missed this question and answer session, don't worry we will be scheduling another one in the fall. Check with your steward, or watch for the flyer to appear in the Branch Nine News, on our website and also on our Facebook page.


## UNIFORMS UNLIMITED

Minneapolis
2220 Lyndale Avenue South Minneapolis, MN 55405 612-377-0011

USA
Union preferred

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

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

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## Stay informed by:

*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.

## Branch 9 Calendar

July 4
Independence Day
HOLIDAY
July 12
Steward Meeting 7:00PM Crystal VFW, Crystal, MN

July 26
General Membership Meeting 7:00PM Crystal VFW, Crystal, MN

August 2
National Night Out

August 2
Steward Meeting 7:00PM
Crystal VFW, Crystal, MN

## August 15-19

70th Biennial National Convention Los Angeles Convention Center

August 23
General Membership Meeting 7:00PM
Crystal VFW, Crystal, MN
August 25 -September 5
MN State Fair

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

