



VOLUME 72 No 9

Official Publication of Branch Nine, NALC

November 2020

NALC Statement on Presidential Election

On behalf of the National Association of Letter Carriers, which represents 285,000 active and retired letter carriers around the country, we congratulate President-elect Joe Biden and Vice President-elect Kamala Harris on their victory today.

This country, like our union, is comprised of diverse and passionate voters ranging from conservative to liberal and everyone in between. As such, it is important that we as a country and a union work to heal divisions and work in unity to ensure that letter carriers and the Postal Service are not only protected, but promoted.

This election and pandemic has shown the importance of the Postal Service network. For the last four years, we've had to play defense against attacks from the current administration. Now, it is time to go on the offense for letter carriers in providing Covid-relief to this agency, repealing the mandate to prefund retiree health care and utilizing the network to continue serving the nation.

NALC is excited to continue this important work and stands ready to work with the Biden-Harris administration in the coming months and years.

"STILL KICKIN'" WINTER APPAREL DRIVE

Jim Fodstad is a retired Branch 9 member, Retiree of the Year and Treasurer for PAL 9. His daughter has setup a coat drive in memory of his wife, Sue.

This past week marked the 2 year anniversary since Sue passed away. Sue loved to spread positivity by lending a hand in her community and always made it a priority to help others. So in her honor, our family will be participating in a coat drive organized by Jesse Ross as well as one of her favorite non-profits: Still Kickin'. The coats and other winter gear will go to two schools in North Minneapolis, the city that Sue lived in for 20+ years.

Financial donations:

Let them do the shopping for you! Contribute to the shopping trip through either a Venmo or PayPal account. Any amount helps!

Venmo: Jennifer-helleen

PayPal: jlhelleen.rd@gmail.com

OR donate straight to Still Kickin' at:

https://www.givemn.org/story/Rebuild-North-Minneapolis?mc_cid=fa10acf187&mc_eid=1e711604f4

Want to do your own shopping? You can drop off new and gently used coats, snow pants, hats, mittens and/or gloves.

Please contact Jim at: jfod2820@comcast.net for more information and for questions about (sizes needed, colors, etc) if you'd like to contribute this way.



Thank you in advance for your generosity and for helping to continue to spread some of Sue's positivity throughout our community.

RETIREMENTS



Gregg Holmes (Columbia Heights Station) last punch and last of the morning stretches with him, with Steward Nate Serie. Congratulations!



Keith Wicks (Fridley Station) last punch with Steward Perry Korzenowski. Best Wishes in Retirement!

IN MEMORIAM

Melvin Lange
 Carl Sampson (Active)
 Robert Steinmetz
 Jerome Waalk

NEW MEMBERS

James Bueltel
 Daja Bunch
 Suah Cain
 Cody Cameron
 Nathan Carroll
 Laura Carufel
 Paul Chan
 Fernando Collado
 Angely Concepcion
 Aleta Cox
 Austin Curtis
 Daniel Dean
 Tapan Debroy
 Tony DeMarco
 Sobhi Elgharabawi
 Chad Erickson
 Ahmed Farah
 Megan Fassold
 Christopher Fitzharris
 Samuel Fletcher
 Tyler Gasper
 Chris Giddings
 Andrew Gremillion
 Luis Guzman
 Emily Hanson
 David Hertz
 Daniel Humphry
 Darius Johnson
 Joshua Johnson
 Moayad Khader

Yang Kyap
 Brooke Lasota
 Sean Lundquist
 Randall Mastel
 Maria Monroe
 Monica Murray
 Mason Myles
 Maxine Moore
 Joshua Neville
 Robin Ochsher
 Marie Cecile Okito
 Jorge Quintero-Troetsch
 Edwin Riera
 Carl Schoenborn
 Luis Sibri
 Jiam Situ
 Ian Smith
 Robert Solesky
 Lee Sorensen
 Alex Strom
 Nicolas Sullivan
 Okello Tekabe
 Nicholas Templeton
 Peder Tune
 Jessie Vasquez
 Joseph Villano
 Christi Wahlstrom
 Laurie Wall
 Ifa Yadeta
 Robert Yorga

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

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

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

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

PRESIDENT'S REPORT

First and foremost, I want to thank everyone for your work during the 2020 election. The USPS has never been in the spotlight like we saw with the unfounded rumors and allegations of carriers selling ballots, among other baseless allegations. Minneapolis did an amazing job of getting ballots delivered before the polls closed on election day, and this would not be possible without all letter carriers doing their part.

COVID

We are starting to see a large increase in positive COVID cases here in Minneapolis. It has reached a point that JoAnn (your Executive Vice President) and I can no longer make every COVID stand-up talk when there is a positive case due to the increase in positive cases city wide. We are trying to keep track of COVID cases at the stations, and the dates of positive cases in case so that if there is someone who believes he/she contracted COVID at work we can look at the station's history to determine if this will help for a possible OWCP claim.

As always, the best way to protect yourself on the workroom floor is to wear your facemask, and practice social distancing. Facemasks are always required to be worn on the workroom floor, by ALL employees, and at ALL times. Management has placed carriers, and even management personnel, on Emergency Placement for refusing to wear the facemask. If you have a medical condition, then you will need to supply medical documentation to management for not being able to wear the facemask. So far, the majority of the positive COVID cases have resulted from when employees are outside of work, please make sure you are keeping yourself safe when not at work too.

Temporary OT Agreement

In an attempt to give stations struggling with staffing issues related to employees being out

of work because of COVID and understaffing resulting in forced overtime of non-OTDL carriers, I have signed a temporary OT agreement with the Postmaster for the Minneapolis Installation only. Under this agreement OTDL carriers can volunteer to work on their non-scheduled day at another station that needs help. This agreement is through December 31st, 2020. To ensure that stations getting assistance that have an OTDL list do not get harmed, the OTDL at the gaining station must be maxed out to 12 hours for that day. Any disputes on this agreement are to be brought to myself and the Postmaster for resolution.

Online meetings

Just a reminder that till COVID concerns alleviate the Branch will be having most meetings online via ZOOM. Zoom links will be sent out the day before the meetings are scheduled. If, on the day of the Steward board or GMM you cannot find the link please call the Branch office before 3:00PM so we can resend you the link. Inside the Branch Nine News is the form that is required to be completed with your email address on it so we can verify that you are an NALC member, please either mail it to the Branch office, fax, or email it on so we can add your name to the meeting email list. This form only needs to be completed once.

Regional Training

A casualty of COVID this year was Region 7 Training. Next year there will be Regional Training, and it will be a virtual training of up to three days from March 22 through March 24th. The Registration form for Regional Training has been included, and the entire packet will be on the Branch 9 website. This is great training, especially for the new stewards. The registration is due at the Business Agent's Office by March 1st, 2021.

Retirement Seminar

At this time, we do not have a retirement seminar scheduled.



Samantha Hartwig

In the interim if you need help with your retirement, we can do a one on one meeting at the Branch Office, call the office to schedule an appointment. If you are considering retirement the first thing you should do is request your annuity estimate, and your retirement application if you are within six months of retirement. Your annuity estimate will give you an idea of what your Post Office annuity would be upon retirement. Your retirement is comprised of your annuity from the USPS, any TSP money you have, and Social Security if you are at least 62 years of age, or the supplement if you are under age 62.

Uniforms

We are finally running out of uniform donations at the Branch Office, specifically shirts, and jackets. If anyone wants to donate gently used and clean uniforms for our new members, please drop them off at the Branch office, or let us know and we can figure out how to pick them up.

National Agreement

To date there are no updates on our contract. It looks like we will not hear anything till sometime early in 2021 on either arbitration, or a possible tentative agreement. NALC.ORG is a great place to find the most up to information, and as soon as we hear anything it will be passed on to the members.

In Solidarity,
Samantha



'Tis the Season for EAP Holiday Tips

The holidays are a time of getting together with family and friends, enjoying traditions and recalling warm memories. However, it can also be a stressful time because expectations of happiness may be high, time is short, money is tight and coordinating schedules with family and friends can be difficult. The following are "holiday survival strategies" that may lift your spirits!

Stick to your holiday budget. Many feel pressure to spend more than what they can afford. Avoid the post-holiday blues by determining a budget and sticking to it. Use cash, leave the credit card at home, shop early for bargains or start a savings plan.

Find ways to honor missing family members or friends. Toast them, tell stories and give thanks – it helps relieve the unspoken emotions.

Congratulate yourself. The holiday season is an extremely busy time. Our nation has respect and appreciation for the work that you do as a postal employee **every single day of the year**, but it is extra apparent during the holidays.

Keep holiday plans simple. Get out the calendar, sit down with your family and talk about plans so that every one can have a good time and know what to expect. Play music while you clean or bake. Set limits on chores... clean the big messes after the holidays. And don't forget to ask for help.

Give yourself and others a break. Try to be patient with everyone, including yourself. Focus on the important things and let the rest go.

Celebrate family traditions or create new ones. Family traditions can be fun. They provide us with shared memories and something to look forward to. This year, begin creating your own traditions for happy memories in your future, or revive an old family tradition that has meaning for you and your loved ones.

Take positive steps to manage stress. Pace yourself; take some time every day to relax; talk openly and regularly with at least one trusted person; try to eat well and get adequate sleep and exercise. Spend time with people you enjoy.

Notice when your stress management strategies just aren't working. For example, over-using alcohol, drugs, sleep aids or anti-anxiety medications. Other warning signs could be social isolation, irritability, trouble sleeping or eating, constantly feeling overwhelmed or difficulty making decisions. Be honest with yourself and know when you need to do more to take care of yourself.

Don't wait until you have a big problem! Let your EAP help you with personal and family concerns, stress, workplace issues or substance abuse. We are always here for you, during the holidays or anytime!

Your EAP is here for you.

We're available to talk 24 hours a day, 7 days a week.

COVID-19 has made it difficult to picture a traditional holiday season. That doesn't mean you have to stop having the celebrations that make life joyous and fulfilling. Many of our most cherished traditions have adapted and taken on new life amid difficulties. Today, with added stress and social distancing, we're once again adapting our celebrations to the times.

CALL US TODAY: 800-327-4968
800-EAP-4YOU | TTY: 877-492-7341
WWW.EAP4YOU.COM

Contact your EAP for help in finding new ways to celebrate.

Exec. Vice President's Report

November brings us peak season, and an increased volume of integrity tests. It's a topic I don't like to broach because I believe deeply in the honesty of our members and our craft. But many of you are newer carriers that have never heard of them, and those of us that aren't can always use a reminder, so here goes!

What is an integrity test? Basically, it is exactly that. A test of your integrity. A test to see if you will take that which is not yours. Integrity tests come in many forms, but the most common is gift cards. The OIG (Office of Inspector General) agents place a gift card loose in the DPS or an unsealed envelope, in a collection box, a waste mail bucket, on the ground by your truck, or other spot you will find it. If you take the card and use it, the purchase is automatically flagged. The OIG is notified, they pull store surveillance footage, and you, or whomever uses the card is arrested for theft.

An Integrity test can also be in the form of cash. A stranger might approach you on the street, thanking you for everything that you do and for working so hard; they insist that you take a cash "tip", of a couple of \$20's, a \$50 or \$100 dollar bill. A bundle of money, or even a few tens or twenties might appear on the ground outside of your vehicle door, or in the pathway between houses. If you accept that offered money or pick it up from the ground and put it in your pocket, you've just traded away your career for a few quick bucks.

Another example is one that happened to me years ago, when I was a new PTF. While doing a collection run, I opened up a collection box and there was a beautiful, expensive silk blouse. It was exactly my size, and still had the tags on it. I had never heard of an integrity test where items were actually planted. I thought "what a strange thing to find in a collection box!" I called my

Manager immediately to ask what to do with it. Was I supposed to just leave it in the box, or bring it in with the raw mail? I was so confused! The Manager told me to bring it in. I'm certain she was very disappointed that I didn't take the bait.

I'm not certain if new employees receive the same speech in orientation and Carrier Academy that was given to us 20 years ago when I started. But if not, it should be, because they are words to live by. It went something like this:

As a postal employee, we serve the American Public, and they trust us implicitly. We deliver monthly pension checks, birthday cards with cash from Grandma, rebate checks from businesses, coupons with monetary value and a whole lot more.

Any time that even just one of the hundreds of thousands of postal employees takes something that is not theirs, it casts a shadow on all of us. It causes our customers to look at us in another light. It makes them wonder if they can really trust us with their mail and packages.

So the next time you see anything on the ground or loose in the mail, be it a penny or a hundred dollar bill, a gift card, an undeliverable rebate or coupon of monetary value, let it be; leave it there. Ask yourself, is this worth my career? A surefire ticket to losing your job is to take what isn't yours, because that is stealing. Don't take that chance. Just don't do it.

This speech, integrity tests and our inherent honesty are the reasons you see pennies, nickels and other coins on the floor and sitting on ledges untouched. It's why we should all be able to leave a coat or sweater at our case with no worries that it will be taken. It would be amazing to make it through an entire peak season with no integrity test removals. I firmly believe we can.



JoAnn Gilbaugh

The second item I want to briefly touch on deals with is another type of "Big Brother is watching". It's no secret the volumes of packages that we deliver is skyrocketing. Along with that, there are people out there stealing packages from doorways just as fast as we can deliver them. Naturally, more and more of our customers are installing cameras to catch the thieves, and along with that, catch video of us delivering their package.

Anyone who has access to social media has seen them. Videos of package delivery that shows no respect for the customers and their purchases. Items thrown from the sidewalk, tossed over fences, and drop-kicked, etc. The video goes viral, regardless if it's our competitors or one of our own doing the misdeed.

These actions tarnish the reputation of all of us. We need to remember that we get paid by the hour, and if we can't get everything delivered, it's Management's job to deal with it. Don't let the frustration of their "just get it done" attitude cause you to do end up in a viral video that costs you your career. Instead, be that carrier who "gets caught" delivering with respect and professionalism.

Lastly, Happy Thanksgiving to all of you. I hope that everyone is able to find a way to celebrate the holiday with family and friends, socially distanced in some way shape or form.

In Solidarity,
Jo



Dave Allmann

The number of COVID-19 cases, are steadily rising at several of our facilities. We continue to work with management and maintenance to properly sanitize the affected stations. In the meantime, management has mandated wearing masks once we step into the facility until we walk out. This includes while we are working at our cases. There are so many different arguments regarding wearing of masks. Yes, wearing glasses and having them steam up is a pain. Yes, they are uncomfortable to wear, not to mention hard to breathe for an extended time. None of it changes the fact that this is a mandatory policy that we need to follow. This is one of the ways the Postal Service is trying to protect all employees. People have been placed on emergency placement while not wearing masks. With the increase in COVID-19 cases, the seriousness of the virus is also being felt. This includes some being hospitalized. There are also some employees that are high risk as well as family members.

9's Safety Liason Report

This virus can be catastrophic to those people and they could be the person standing next to you. We all love to push the envelope on certain policies. However, we simply need to follow the mandate and wear masks.

We are all under a lot of stress and its going to get even tougher. We're still in the midst of COVID-19 and in the middle of an election. After the election, peak season will soon be upon us. Having to make family arrangements for the upcoming holiday season won't be easy. Some may have spouses out of work which is adding financial stress. Others have to make decisions with children at home instead of at school. I could go on but I'm sure you're getting the point. Every person you see is dealing with some sort of stress. We all handle this differently and have a way of decompressing from it. Unfortunately not everybody is able to. The other unfortunate problem is that we are unable to see those that are having a hard time with stress. We have all seen what happens when someone hits that breaking point though. We can all help by being considerate and kind to each other. Help those that may be having a hard time.

There are places to go if you are having troubles with all of the stress. The first of which is calling EAP in which the first call can be done while on the clock. They have the help and the resources to help you through your crisis. Most health care coverage should have some resources that you can use as well.

The integrity tests have started already and will no doubt continue through the holiday season. If you see money or a gift card laying on the ground it may be wise to simply walk past it. Your job could be in jeopardy if you take the bait. There have been plenty of stories of how tricky they can be in the baiting. There isn't enough value on that gift card worthy of trading in for what you have worked so hard for. If you are struggling financially and are tempted, STOP. It is far easier to find financial help than criminal help.

There has been big push in hiring new CCAs and have come at a good time. We must have time and patience as they work on learning the job. We were all there at the beginning of our careers. It's important for them to have someone mentor them and to see someone cares. I realize it can be hard to do while you're trying to survive that 10+ hour day. We know how to survive and will see it through only to see another day. Meanwhile you have a CCA in your station that has no clue how they will make it to the end of the day. Let alone the rest of the week. I remember putting in some long hours on many days. One of my trainers once told me that no matter how bad your day is 5:00 comes at the same time every day. Twenty three years later those words still ring true to me. What have you said to a newer carrier that will stick with him or her?

Be safe and kind to each other!

-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

New Vehicle Safety

I recently visited with a couple of managers at the MPLS VMF to discuss safety issues with the new vehicles. These vehicles were approved by both management and the union at the national level. They can't make any alterations without first getting approval at the national level. Regarding the ProMasters, we talked about the small step on the side. They made an adjustment to a van and will wait for feedback from carrier. We also discussed about what can be done regarding rain coming in the Metris vans. I will continue to work with VMF to resolve these issues. While it won't happen overnight as we would like, they do see the concerns we have.

They asked me to pass on some issues they are seeing on the vehicles coming in for repairs.

Please don't drive vehicles into curbs while curbing wheels. By doing so they are finding broken steering columns and damaged tires. This can also cause the side step to hit the curb which can then cause damage to the ProMasters. To properly curb the wheels, stop

the vehicle then curb wheels. Remember, you don't need the tires to be in contact with the curb. You only want to turn the tires so if it rolls or is hit by another car that it moves away from traffic.

When the rear doors on the ProMasters are opened it is still beyond the bumper. In other words, if you hit the dock it's the doors making contact vs the bumper. They have been replacing several doors because of this. The Promaster is a very tall vehicle and has limits to where it can go. You must always be aware of what your vehicle height is in accordance to the height limits that you're about to enter. You can find this on the dash. If you drive into anything under 8'5" your van will end up like the one in the photo.

They didn't leave out the Metris vehicles. This problem involves the heater and A/C control modules that are being broken. When buckets are tossed onto the tray, it makes contact with the buttons and breaks. They are being broken by carriers placing tubs on the tray. When the knob breaks off they have to order a new control

module from Mercedes. Then they have to shuttle the vehicle to VMF where they install a new one. Then the vehicle gets shuttled to Mercedes where they have to program it to the vehicle to get it to work. Just last week alone they had 3 vehicles come in with this problem and 7 since inception in Minneapolis. The total cost for this repair is approx. \$600 each. That's a hefty price for just a broken knob.

While in the garage I looked around at vehicles with non-mechanical being repaired. Some were victims of hitting stationary objects. Every vehicle brought in for repair is money the Post Office has to pay out. That money could be turned into reducing the postal debt or possibly increase of wages. Please treat these vehicles like you would treat your own vehicle. These vehicles won't be going away any time soon and we need them to last.

The Coronavirus has had an effect on the assembly lines also. They have since gotten the production level up. We should start seeing an increase of these vehicles being deployed.

-Dave Allmann

NALC National Scholarship Doherty & Donelon Scholarship Winner



Isabella Tabor is a freshman at Iowa State University studying Fashion Design and Merchandising. She graduated from Minnetonka High School last May. She was recently accepted to Alpha Chi Omega Sorority which has a service focus on Domestic Violence Awareness. Isabella is excited and thankful to have this scholarship that will help her pay her tuition. Her father, Jericho Tabor, is a regular carrier at Golden Valley.

"... the most influential people in my life is so not because of a positive experience. My sewing teacher in high school was actually one of my biggest supporters in my dream to become a fashion designer until she learned I was disabled 10 The Postal Record November 2020 Doherty & Donelon Scholarships awarded Six children of NALC members to receive funding for college November 2020 November 2020 The Postal Record 11 (I have a joint disorder that affects my hands). ... The thing that stuck with me the most was when she told me I should 'maybe find a different career.' ... Now I'm dedicated to proving her wrong, not because I care about her opinion anymore, but because I know I can do this and I know that I am passionate about it and nothing will hold me back from that."

OIG Integrity Tests

This recent Holiday Season we have reported that there have been Postal employees disciplined and even removed for using gift cards that they found in collection boxes, on the street, and in some cases given to them by customers saying they found the gift cards in front of the Post Office. In all of these instances, the gift cards were planted by the OIG. Our office has learned that the OIG is again planting gift cards to test Letter Carriers.

In the recent examples that we have heard of, the OIG are conducting "integrity tests". In these tests, the OIG agents are placing gift cards that have values of \$25-\$50 in the outgoing mail slots, collections boxes and even in single-family mailboxes. As Letter Carriers, it is common for our customers to leave gifts in their mailbox even outside of the holidays, and we normally accept those gifts.

Where a Letter Carrier may get into trouble is when they accept cash in any amount or gifts (including

gift cards) valued above \$20. This is where the OIG agents are testing our integrity.

Although one wonders how these OIG agents would score on any test of integrity. That said, the rules are the rules and below is language from the Code of Federal Regulations 2635.204(a), which should be considered the next time one of your patrons, gives you a gift.



Gifts of \$20 or less. An employee may accept unsolicited gifts having an aggregate market value of \$20 or less per source per occasion, provided that the aggregate market value of individual gifts received from any

one person under the authority of this paragraph shall not exceed \$50 in a calendar year. This exception does not apply to gifts of cash or of investment interests such as stock, bonds, or certificates of deposit. Where the market value of a gift or the aggregate market value of gifts offered on any single occasion exceeds \$20, the employee may not pay the excess value over \$20 in order to accept that portion of the gift or those gifts worth \$20. Where the aggregate value of tangible items offered on a single occasion exceeds \$20, the employee may decline any distinct and separate item in order to accept those items aggregating \$20 or less.

If you have any questions, regarding gifts from your customers contact your supervisor to get verification that it is acceptable to accept the gift in question. If you disagree with the supervisor's opinion based on the language above, contact your steward or the Branch office for clarification.

Reprinted from previous NALC Region 7 Letters



**WE NEED YOUR HELP
RESTOCKING
OUR INVENTORY!**



Please donate your current, gently used/
freshly washed City Letter Carrier uniforms:

**Shirts
Pants
Winter/Rain Gear, etc.,**

These items may be dropped off at the
Branch 9 Office
4001 Stinson Blvd., Suite 304,
Columbia Heights, MN 55421



Please help a new carrier stay safe on the street
and be recognized as a postal employee.



**The Following is a List of PAL
9 Paid Members
for September & October.**

Very Concerned Members

Dennis Ryan
Thomas Ryan

Regular Members

Marlys Fox

Thank you.

Jim Fodstad
Treasurer PAL 9

NALC Health Benefits Rep.

Choose the Right Health Insurance Plan

The Open season for health benefits changes or new sign ups is just around the corner. Open season is from Monday November 9-Monday December 14, 2020.

If you are going to make any changes for health plans or sign up for Dental or Vision-I suggest you should sign up sooner than later.

On NALCHBP.org (National Association of Letter Carriers Health Benefit Plan website) they are having live speaker virtual event series from October 26, 2020-December 9, 2020. Topics discussed will deal with the NALC health plan. So if you are a NALC

health plan member register for a virtual event and if you are not in the NALC Plan register and learn about the plan. Day and evening virtual events are offered.

If you would like to compare health plans you can go to opm.gov/insure and compare up to four plans. Click on "Compare Health Plans." Insert your zip code, employee type and pay frequency. Then you will be able to select the plans that interest you and look at a overview of benefits

I would encourage everyone to look at the NALC Health Benefit



Ken Jambois

Plan. You can look at information on the nalchbp.org or call a customer service representative at 888-636-6252 for more information. They will be glad to answer your question on NALC Plan.



Ken Jambois
Branch 9 NALC Health Benefits
Representative
763-370-1392

Open Season Health Benefits

Your once-a-year opportunity to make changes to your health coverage or choose a new plan, is November 9 - December 14.

Here's what you should know:

- All employees should review their coverage. The Postal Service encourages you to evaluate your options to ensure you have the coverage you need without paying for services you don't.
- **Several options are available.** Employees can choose from a variety of health, vision and dental coverage through the Federal Employees Health Program (FEHB), USPS Health Benefits Plan (USPSHB) for non-career employees, Federal Employees Dental and Vision Insurance Program (FEDVIP) and flexible spending accounts (FSAs).
- **You can explore your options online.** Log onto the Open Season LiteBlue page to review your health plan and find out what's available. You can compare multiple plans through Checkbook's Guide to Health Plans, an online guide.
- **You can make changes online, too.** To enroll or change coverage in FEHB or USPSHB, go to PostalEASE or call 877-477-3273 (select option 1). Some facilities also offer self-service kiosks that allow you to change your coverage. Use the Benefeds site to enroll or make changes to your FEDVIP coverage and the FSA Feds site to enroll in FSAs.
- **Help is available.** For assistance, call the HR Shared Service Center at 877-477-3273 (select option 5). The TTY number is 866-260-7507.

Request to Join ZOOM GMM Meeting

It's a whole new world!

EVERY MONTH ON THE 4th TUESDAY (until further notice). Branch 9 members will be able to attend monthly GMM's via computer in the comfort of your own home.

All of these meetings will be closed captioned.

If you are a Branch 9 NALC member and wish to join in on these monthly meetings, please fill out the registration form below. **If we do not receive your completed form, you will NOT be sent the invite.**

Active/CCA Carrier

Retired Carrier

STATION: _____ Steward's Initials: _____
If Active Member

NAME: _____

COMPLETE ADDRESS: _____
Address, Unit #, City, State, Zip

PHONE #: _____ E-Mail: _____

POSTAL RECORD #: _____

(Must have to confirm you are a NALC member in good standing – located on Postal Record mailing label)

E-mail/Scan to angie@branch9nalc.com, fax to 612.781.9849 or mail completed form to 4001 Stinson Blvd, Ste 304, Columbia Heights, MN 55421

YOU ONLY NEED TO SIGN-UP ONCE FOR THESE ZOOM GMM'S!

If you have any question's contact the Branch at (612) 781.9858.

2021 Regional Training Seminar Registration Form

Name: _____ Branch Number: _____
(Please print clearly)

Phone Number: _____ City, State, Zip: _____

Email: _____
(REQUIRED)

Attendance Options

Please Check One:

- Monday - Wednesday
- Monday - Tuesday
- Wednesday

Training Options for Monday – Tuesday

Please Check One:

- Basic Steward Training
- Intermediate Steward Training
- OWCP Training (Limit 30 Attendees)

Training Options for Wednesday

Please Check One:

- Leadership Forum (Limit one attendee per Branch)
- Workshops

On Wednesday there will be four separate workshops including topics such as: LMOU Negotiations, Arbitration "Year in Review", Investigative Interviews, and a Question and Answer segment with Jason and Patrick.

In addition, Leadership Forum will be led by NBA Troy Fredenburg, where the limited attendees will discuss strategic planning for the NALC at the local and regional level.

All of this year's training sessions will be done virtually via a live video conference. In order to ensure a smooth and productive virtual training seminar we are asking attendees to do the following:

- Make sure you have access to a device that can display video on both ends (yours and ours)
- Be in an area that has reliable internet service
- Set yourself up in an area free from distractions

Leading up to the training session, you will be sent a meeting invite for the virtual training that will include instructions on how to login for the sessions. This can only be done via email, which is why we are requiring you to give us your email address.

Please fill out the personal information in clear writing including a good email address as this will be the mechanism we will use to invite you to the training sessions and send you the appropriate links to login to the training. *This is only a tentative agenda, subject to change*

Dates of training: March 22 to March 24, 2021. Presented virtually.

Also choose the days in which you would like to attend. Deadline for registration forms will be March 1, 2021.
 mail to: NALC Region 7- 1300 Godward St. NE Suite 2600 Minneapolis, MN 55413

Branch Nine News
4001 Stinson Blvd. Suite 304
Columbia Heights MN 55421

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- * 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

Branch 9 Calendar

Most BRANCH 9 Meetings and events have been modified see meeting notice.

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

<u>November 24</u>	<u>November 26</u>	<u>December 8</u>	<u>December 21</u>
GMM	Thanksgiving Day	Steward Meeting	Winter Begins
7:00 PM		7:00 PM	
Zoom/Online		Zoom/Online	

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.

VETERAN'S DAY



Branch 9 would like to thank our members who have served and those members who are currently serving.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

-John Fitzgerald Kennedy