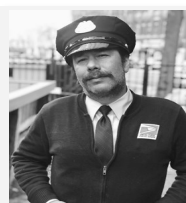




Carrier uses old-school threads to inspire new employees



Minnehaha Station, MN, Letter Carrier and carrier academy instructor Ben Noble

wears a vintage uniform to connect newly hired

For more than 150 years, Postal Service letter carriers have been

easily identified by their uniforms

The first official uniform – regulated in 1868 – was blue gray with black trim. Since mail delivery in large cities had only begun five years prior in 1863, the uniform projected an air of legitimacy to those performing this vital government function.

Many new employees may not be aware of the Postal Service's history.

However, when they attend the carrier academy in Minneapolis, they learn about postal history when Minnehaha Station Letter Carrier and Branch 9 member Ben Noble steps up to the podium.

Noble teaches while donned in a vintage letter carrier uniform from the 1980's to help the organization's history to life.

"At the academy, I wear it as a special treat," Noble said. "I found some vintage things, and other carriers handed some stuff off to me."

Noble uses the uniform to highlight the importance of taking pride in the work letter carriers do. He goes on to talk about how he uses the skills from his past work experience to help him be a better carrier every day. He then states how a person's prior skill set can help them get where they want to go within the Postal Service.

I'm blessed to be able to contribute my skill set to the Post Office," he said. I absolutely love this job and the uniform helps me celebrate that."

Originally printed in the Central Western Area Update, Spring 2024

ELECTION NOTICE

This is an official notification to the membership of Jerome J. Keating, Branch 9 NALC, Minneapolis, Minnesota and is in accordance with the Branch 9 by-laws for the election of officers and delegates. Nominations for the offices of president, executive vice president, recording secretary, financial secretary, treasurer, editor, sergeant-at-arms, health benefits representative, director of retirees, three (3) trustees, delegates to the 2025 MSALC convention, four (4) delegates to the Minnesota AFL-CIO/ Minneapolis Regional Labor Federation (RLF), and two (2) delegates to the St. Paul Regional Labor Federation (RLF) will be held at the September General Membership Meeting on Tuesday, September 24, 2024 start time 7:00 p.m. This meeting may be attended either virtually or in person at the Crystal VFW, 5222 56th Avenue North, Crystal, MN 55429.

With the exception of MSALC delegates, the term for all offices will be three years, beginning in January 2025. the president and executive vice president shall be delegates to the NALC convention, MSALC convention and Minnesota AFL-CIO/Minneapolis RLF by virtue of their office.

Candidates must complete the appropriate letter of intent and return same to the recording secretary at the general membership meeting for which they are nominated, or within 10 days thereafter, to the Branch 9 office, by no later than 5:00 p.m.

Elections for contested officer positions and Minnesota AFL-CIO/ Minneapolis or St. Paul RLF delegates will be by referendum ballots that must be returned to the designated post office box selected by the election committee by

9:00 a.m. on Tuesday, November 26, 2024. Should an election of delegates to the MSALC convention be necessary, it will be held at the October General Membership Meeting on October 22, 2024.

RETIREMENTS



Robert Nelson (r) (Blaine)
Last Day with
Steward Nate Milbrath
Congratulations!



Robert Swenson (r) (Chanhassen)
Last scan with
Steward Suman Roy
Happy Retirement



Reid Victorsen (Eastside)
Last Punch with
Steward Zoe Bunzli
Best Wishes!

IN MEMORIAM

Ronald K. Anderson

NEW MEMBERS

Leif Berdahl
Jeffrey Henneberg
Jonathan Kerr
Lilyana Kjonaas
Ariana Lopez
Paul Madison, Jr.
Alexander Olson
Song Prak
Desiree Salawu
Christopher Sandberg
Mark Tarazi
Louie Vang
D Amber Walker
Brandon Weatherz

MDA[®]
For Strength,
Independence & Life

Support Team Branch 9 in our Muscle Walk fundraising.

September 7 2024 at 9:30 AM
Wolfe Park, St. Louis Park

Fundraising online is the best
way to amplify the team goal!

[https://
mda.donordrive.com/
index.cfm?
useaction=donorDrive.team&
eamID=21285](https://mda.donordrive.com/index.cfm?useaction=donorDrive.team&eamID=21285)

The donations raised help MDA
continue to lead the way in
accelerating research, advancing
care, and advocating for the
support of our families. MDA's
mission is to empower the
people we serve to live longer,
more independent lives

Branch 9 NALC Muscle Walk -
Fundraising For Muscular
Dystrophy Association

MDA[®] | Muscular
Dystrophy
Association
Muscle Walk

Branch 9, NALC
5831 Cedar Lake Road South
St. Louis Park, MN 55416

Voice: (612) 781-9858
Fax: (612) 781-9849
Website: branch9nalc.com

Branch 9 Officers

President
Scott Bultena

Exec. Vice President
Joseph Tiemann

Recording Secretary
Robb Petersburg

Treasurer
Christa Abraham

Financial Secretary
Stacey Ellingson

Editor
Jeremy Rothstein
branch9news@branch9nalc.com

Sergeant at Arms
Will Mathes

Trustees
Nicole Goodin
Latasha McCaleb
Nick Tiemann

Director of Retirees
Darrell Maus

NALC Health Benefits Rep.

Ken Jambois
HBR: (763) 370-1392

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

The opinions expressed by the writ-
ers 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 derogato-
ry in nature.

Any official NALC organization may
reproduce our articles provided ap-
propriate credit is given.

PRESIDENT'S REPORT

Heat Safety

Here we are in the heart of the summer months. Most days in the summer are great for us letter carriers. We hear customers tell us, "sure is a nice day to have your job." And other comments that we never hear in the heart of winter. While they are correct, that doesn't mean that we don't need to be careful. Please take the heat safety talks that we hear so often seriously. There are a few things that we can do to ensure that we do not suffer from heat exhaustion or worse.

Stay hydrated. Hydration starts the day before and it involves drinking a lot of water and drinks with electrolytes like Gatorade or Powerade.

Take extra breaks. If you are driving an LLV or your vehicle does not have working air conditioning, get to a place that has air conditioning and cool down. If your manager questions you about the stationary event, let them know that it was because you needed a break from the heat.

Avoid alcohol and caffeine. Both dehydrate you; This doesn't mean that you can't have your cup of coffee in the morning, just don't drink too much coffee. Also, avoid overdoing it on energy drinks like Red Bull,

Rockstar, Celsius, etc.

Monitor your own health. Be aware of the signs of a possible heat related illness. Those signs could include dizziness, weakness, nausea, or confusion. If this is happening to you, then you will need to stop delivering the mail and call to get help. Sometimes it could be that you need to drink some water or take a break in a cooler environment before you can go on, but it could also be that you are feeling the effects of a heat related illness, and you cannot proceed with mail delivery. **It is ok if you feel that you cannot continue to carry the mail. Your health and safety are more important than the mail!**

Please be careful out there, there is only one you. We care about you and want you to go home safe every day.

Protect Our Letter Carriers Act (POLCA)(H.R. 7629)

This year at the State Fair we are going to educate fairgoers on the POLCA. We are going to tell them about the importance of the act and how, if it were passed would do a lot to protect letter carriers from crime. Fairgoers will be able to put their names and addresses on a postcard and we will mail the postcards to their members in



Scott Bultena

congress asking them to cosponsor this important legislation.

Since 2020, there have been more than 2,000 crimes committed against letter carriers on the job. Many of these attacks involve a gun or another weapon. Letter carrier robberies climbed to 643 last year, an increase of nearly 30 percent, and the number of robberies resulting in injuries doubled.

If you would like to volunteer for a shift at the Branch 9 State Fair booth, please call the branch office and Angie will help you sign up for an open spot. The State Fair starts August 22nd through Labor Day. There are two shifts available: 9am-1pm and 1pm-5pm. If you volunteer for one shift, we will give you a fair admission ticket for you and one for a guest. If you volunteer for two shifts, we will give you an admission ticket and two tickets for guests.

In Solidarity, Scott

COLOR CODED LETTER CARRIER CALENDAR ORDER FORM

It's time to order your 2025 color coded calendar!

Calendars are \$4.75/each

(check only and made out to Richdon- NO CASH)

Mail your checks with the order form below to:

NALC Branch 9

Atten. Ken Jambois

5831 Cedar Lake Road South

St. Louis Park, MN 55416

If you have any questions, contact-

Ken Jambois C: 763-370-1392 or Chris Hough C: 612-644-5903

**THE LAST DAY TO PURCHASE A CALENDAR
WILL BE AT THE SEPTEMBER 24TH, 2024 GMM**

COLOR CODED LETTER CARRIER CALENDAR ORDER FORM

Contact Name: _____

Station: _____ # of Calendars _____

Phone #: _____ Check \$ Amount: _____

(Checks made out to Richdon)

Exec. Vice President's Report

Hot months

August and September are still extremely hot months. I know we hear about heat a lot but it is very important to take precautions and protect ourselves from the weather. It is also very important to keep an eye out for each other. Many times, as carriers we overlook the warning signs with heat exhaustion. For example, it's really hot out but you think, it's only a couple of more blocks. I can get it done. I am guilty of this myself, countless times. Sometimes it takes an outside perspective to say hey you look hot, is everything ok? Just that little bit of care from a coworker could be enough to start the thinking process and take action. Remember to take the breaks needed to get to a cool place and stay hydrated.

Forcing and reporting curtailed mail

I am hearing many stations are forcing more lately as the existing staffing issues are combining with peak vacation season. Nobody likes to be forced to do anything they do not want to do. At the end of the day, management must try to get all the mail delivered which means they may have to force carriers off of the overtime list. For management to do this, they must follow the correct steps. If you have any questions about your management and if they are doing this process correctly or have a reason to believe that management is not following the pecking order, please report this to your steward.

Whenever I hear the word forcing, to me it raises the odds that mail will be curtailed. It has become clear that upper management wants to put a stop to anyone working over 12 hours.

This is a good thing, but like any action, there will be a reaction. In this case it's very likely that mail is being curtailed at the stations. Curtailed mail is any mail that was not delivered that day and must wait to be delivered the next day. This mail must be reported to management by filling out a PS Form 1571 (a curtailed mail slip). When you are not going to be able to deliver all the mail in the time allowed, ask for a PS form 1571 (curtailed mail slip), fill out all the boxes and turn it into management.

Has this ever happened to you: Coming back to work after having a day off and it looks like you have a full case of mail already before you punch in, or trays of pulled down mail from the day before as if your route or parts of your route hadn't gone out for delivery? Or a hamper full of post that looks like it was from the day before? If you have, it's really important to make sure that gets reported correctly to management that it was undelivered. In turn, management will report that information to their superiors so upper management is aware that all the mail is not being delivered. It has come to my attention that maybe, just maybe, local management isn't reporting mail that is being curtailed. My guess would be that they do not want to be on another teleconference regarding this issue. If this is happening on a regular basis, then this is hurting you. It harms the carriers by not letting upper management know they need to staff better at your station. It harms the carriers by not getting an accurate mail count, so we get the proper route credit. It harms the customers that we serve every day because they



Joseph Tiemann

don't get their mail/packages. When you submit your PS Form 1571 to management, ask them to sign it and provide you with a copy as a receipt. This is how we can keep management accountable in this area.

Route inspections

The TIAREAP process has ended and route inspections are coming. TIAREAP was the process where management conducted the route inspection through the scanner. They are back to the old way of doing things for route inspections. Looking at the seniority roster, it is very likely that most carriers carrying mail in Branch 9 have not been thru these 6-day mail counts and inspections. But don't worry. If your station has been selected to go through route inspections, please let the Branch know so we can get information out to the members prior to the start of inspections. We do have a nice power point presentation that explains a lot of how the process works and can help carriers better understand what to expect with the mail counts and inspections. Please reach out to the Branch if you would like to get a copy of that power point.

In solidarity,
Joseph Tiemann

What is a Trap Shoot? Trapshooting is a shotgun sport, in which 5 participants (squad) shoot together at small disks that are launched in the air called clay pigeons. There are five stations, laid out in an arc. A round of trap is 25 clay pigeons, 5 being shot from each station in rotation Branch 9 welcomes members of all abilities to participate, even if you have never shot Trap in your life!



Branch 9 NALC
Clay Trap Shooting at
Metro Gun Club
 10601 Naples Street NE, Blaine, MIN 55449

Sunday, September 15, 2024

10:00AM

\$40/person

This is a Branch 9 sponsored event for our members.
 The limit for non-member guests per member is 1.
 (Contact Ken Jambois for exceptions at 763.370.1392)

PRICE INCLUDES

MANDATORY - 20 minute class on:

- *Gun Safety
- *Proper Procedures of shooting in the fields

SHOOTING

- 2 Rounds (25 shots each)
- 50 Rounds of Shells (Target Loads)
- *20 Gauge Shotgun will be provided for each Squad of 5 if necessary
- *May bring own 12 **OR** 20 Gauge Shotgun, but not shells

SCOREKEEPER

- *This is not a serious competition, but a scorekeeper will be provided for each squad. *
- *Scoring is based on the final scores as they are posted when the shoot has

been completed and gives every contestant an equal chance to win, no matter what his/her shooting ability.

*When all the shooting has been completed, the scores are listed in numerical order from the highest to the lowest. They are then divided into groups according to score. The highest score in each class is the winner!

LUNCH

*Subway sandwiches will be provided after the event. If you have dietary restrictions, contact Ken Jambois.

Branch 9 Clay Trap Shoot
 (Deadline is Monday, September 6th)

Name: _____ Cell #: _____ Station: _____
 Name of Guest: _____ Amount Pd: _____ Bringing Shotgun _____ Need Shotgun _____
 Size 12. **or** 20 Gauge (circle one)

Checks payable to: Branch 9, 5831 Cedar Lake Road South, St. Louis Park, MN 55416

Director of Retirees Report

HERE WE ARE AGAIN POLITICAL

In the coming months our union's focus will be mainly on politics. Our pleas for action to volunteer have to be constant, from writing letters and making phone calls to your legislators to staying informed on current Postal issues. To be followed with another important task. **VOTE!** We have to insure that the future of our jobs, wages, health insurance and retirement benefits are protected. This will only happen if the right people that support Postal issues are elected. Once we succeed with electing the supporters of our issues in Congress we have to constantly monitor and contact them with the current issues that affect us. I have heard members say I'm not voting as a sign of protest. **Not voting is not a sign of protest but rather a sign of surrender!**

WHAT DO I SAY?

Carriers need to understand that the future of the USPS, and our livelihoods are at stake. Our current problem is that most carriers aren't quite sure what to say and write when communicating with their representatives or senators. Some branches have provided their members with form letters that are basically "fill in the blank". These letters are easy to do but, they don't really convince your legislator that you're all that concerned or informed. A personalized letter is best because it actually requires someone to read it, not just count it. It will be more unique, and show that you, as its author, are informed and specifically concerned about specific issues as a voter and constituent. Bottom line, it's more real. It doesn't have to be lengthy, technical or worthy of a

prize from your grammar teacher. Whether it be hand written, typed, or an email, they pretty much count as the same thing.

Here are some tips for your letter:

Identify yourself, as a resident and registered voter in their District/State. This will help to drive home the message that you're one of the voters that voted for them during the election that put them in office. You will also want to tell them that you're a letter carrier with the USPS.

List your concerns, you don't have to be scientific or lengthy, just describe your situation and concerns. Refrain from broad generic statements like "Save the Post Office" but rather be specific. Our national web site "nalc.org" is constantly updated with current legislative issues as well as our own branch web site "branch9nalc.com". The best way to keep informed of current issues or actions needed to be taken by our members is to sign up for E-Activist with the NALC office.

Refer to the Bill Number, if available. Every bill has a number which identifies it in either the House (number starts with "H") or Senate (number starts with "S"). This will clarify your area of concern with the bill they'll eventually be voting on.

Ask them to contact you, don't be expecting a phone call directly from your congressman/representative but you may receive a call or return letter/ email from one of their staffers, acknowledging your letter or



Darrell Maus

email and telling you the representatives position (if they have one).

Follow Up, now if your actions and the action of others have earned a positive vote on your issues make sure to follow up with a thank you. Not only in a letter, but if by chance you meet them in person say thank you and ask them for their continued support.

The names and contact information for all legislators representing the State of Minnesota are listed in the pocket calendars the Branch hands out to every member yearly. The information is also listed on our website "branch9nalc.com" under the heading of Legislative.

We (as letter carriers) have a chance every day to make ourselves irreplaceable to our customers. Lastly I urge all members that have not done so to sign up for Letter Carrier Political Fund (LCPF), by giving \$5 a pay period and join our local PAL 9. For the members that have already joined a big **THANK YOU!**

Darrell



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

Branch 9 MDA Golf Tournament

October 14, 2024

Rum River Hills Golf Club



Rum River Hills Golf Club.

16659 St. Francis Blvd. NW
Ramsey, Minnesota 55303

\$50.00 per person. Teams of 4, individuals will be assigned to a team.

- *Includes 9 holes of golf, with a golf cart.
- *Scramble format.
- *Shotgun start
- *Raffle ticket drawings
- *Proxies on the course
- *MDA Fundraiser

Starts at 9am

Lunch approximately noon.
(Pulled pork sandwiches, potato salad, chips and a cookie.)

Checks made out to: *Branch 9 NALC.*

Mail to: NALC Branch 9 - 5831 Cedar Lake Rd
St. Louis Park, MN 55416

Deadline for signing up
Monday October 7, 2024.

Contact: Joe Tiemann 612-860-4440



**MDA Branch 9 NALC
Fundraiser**



Branch 9 MDA Rum River Hills Registration Form

Mail to: NALC Branch 9 - 5831 Cedar Lake Rd St. Louis Park, MN 55416

Teams of 4. Individuals will be assigned to a team

List names and station:

1. _____ . 2. _____
 3. _____ . 4. _____

Amount paid: _____ Checks made out to: ***Branch 9 NALC***

BRANCH 9 RETIREMENT SEMINAR

Monday, September 16th, 2024
6:30PM

BRANCH 9 OFFICE
5831 CEDAR LAKE ROAD SOUTH
ST. LOUIS PARK, MN 55416

This seminar is an opportunity for you and your spouse/significant other to ask questions and to receive information regarding retirement.

Please RSVP to the Branch office at 612.781.9858 or e-mail angie@branch9nalc.com if you plan on attending.

WE LOOK FORWARD TO SEEING YOU THERE!

**Branch 9 NALC
Part-Time Flexibles, City Carrier Assistants
and New Career Employees Meeting**

This meeting provides Part-Time Flexibles (PTFs), City Carrier Assistants (CCAs) and New Career Employees a great opportunity to learn more about your rights at work and your future with the Postal Service.

**THURSDAY, OCTOBER 3RD, 2024
7:00PM**

**BRANCH 9 OFFICE
5831 Cedar Lake Road South
St. Louis Park, MN 55416**

- Hold-Downs vs. Bidding
- Conversion to Career
- Using your Annual Leave
- What is happening to the Postal Service?
 - Moving from Station to Station
 - Use of Personal Vehicle
- Other topics will be addressed via a *Question and Answer* format.

This meeting will be led by President Scott Bultena, Executive VP Joseph Tiemann and the E-Board will also be in attendance.

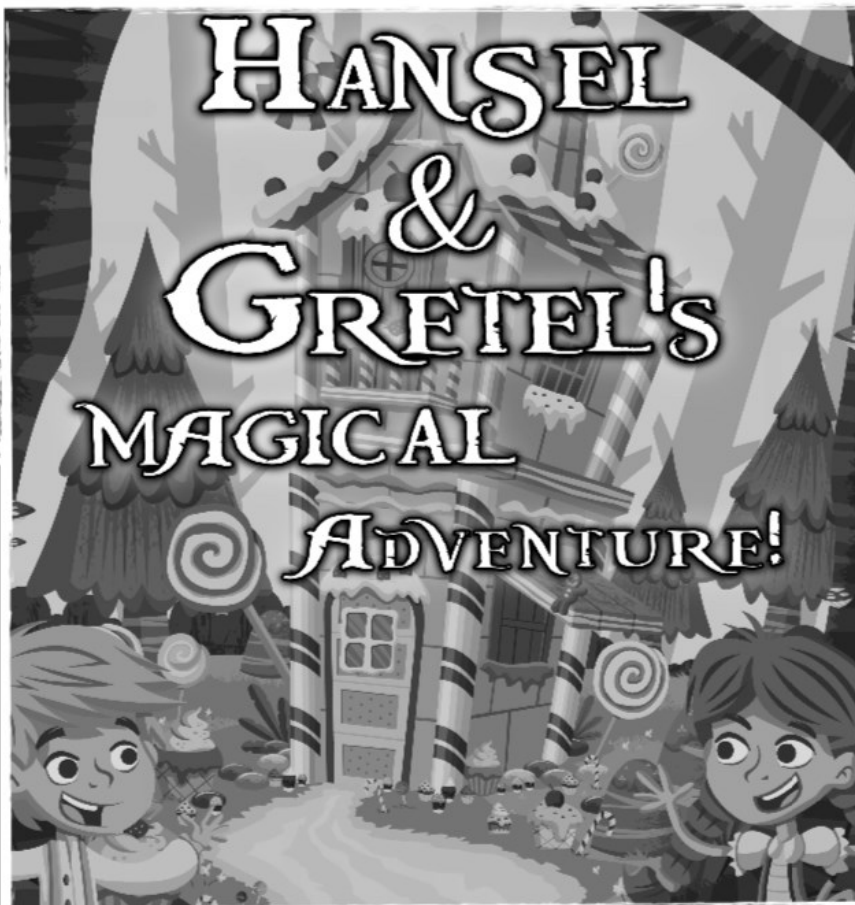
Remember, if you don't know your rights, you have none!

**Please join Branch 9 for
Breakfast and a showing of
Hansel & Gretel's Magical
Adventure!**

**SUNDAY,
DECEMBER
8, 2024.**



Minnesota Masonic Heritage Center
11411 Masonic Home Drive
Bloomington, MN 55437



**Santa will be our special guest from
11:00am - 1:00pm**
(children 5 and under will receive a stuffed animal).

Price is \$25 per adult/guest/child

**Breakfast Buffet
11:30am**

Waffle Bar, Scrambled Eggs, Cheesy Hash-browns,
Bacon, Fresh Fruit, Orange Juice, Coffee.

**Show Start Time
1:00pm**
65 minute run time

(Available for 200 people - first come, first served.
Tickets are Gen. Admission - Pick up at theater)

**Return registration form and payment
No later than Friday, November 29th, 2024.**

(checks made out and mailed to:
Branch 9 NALC, 5831 Cedar Lk Rd S,
St. Louis Park, MN 55416)

**Branch 9 Holiday Party
Registration Form**

Member's Name: _____

Station: _____

Number of Guests: _____

Amount Paid: _____

Name of Guests (please include ages of
children):

- #1 _____
- #2 _____
- #3 _____
- #4 _____
- #5 _____
- #6 _____
- #7 _____

Contact Ken Jambois with questions 763.370.1392

Branch Nine News
5831 Cedar Lake Road South
St. Louis Park, MN 55416

PRSR STD
US POSTAGE
PAID
TWIN CITIES MN
PERMIT NO. 91964

Branch 9 Calendar

August 22-Sept. 2

MN State Fair

August 27

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

September 2

LABOR DAY
HOLIDAY

September 10

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

September 15

Clay Trap Shooting
10 AM
(See Flyer Page 6)

September 16

Retiree Seminar
6:30 PM
5831 Cedar Lake Road South
St. Louis Park, MN 55416

September 24

General Membership Meeting
7:00 PM
Crystal VFW, Crystal, MN
(Nominations for Officers and
Delegates see notice on front page)

October 3

PTF/CCA/New Career
7:00 PM
5831 Cedar Lake Road South
St. Louis Park, MN 55416

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

Fridley Retiree Lunch

2nd Tuesday of the Month
11:30 AM
Route 47 Pub and Grub
7820 University Ave

Stay informed by:

*Join Veterans Group [https://www.nalc.org/
member-benefits/join-the-nalc-veterans-group](https://www.nalc.org/member-benefits/join-the-nalc-veterans-group)

* 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

