

**47th Annual
NALC Region 7
Training Seminar**



**April 20th – 23rd, 2026
(Monday – Thursday)
Minneapolis, MN**

Brothers and Sisters:

The Region 7 office will be conducting its 47th Annual Regional Training Seminar from **Monday, April 20th – Thursday, April 23rd, 2026.**

This year's training will be held at Delta Hotel located at 1330 Industrial Blvd NE, Minneapolis, MN 55413. The Delta Hotel is located across the street from the Region 7 office (1300 Godward St NE, Minneapolis, MN 55413) and is also conveniently located (a short drive) to downtown Minneapolis.

On Monday and Tuesday, we will be offering concurrent Basic Steward Training, Intermediate Steward Training, and also Intensive OWCP Training conducted by RWCA Samantha Hartwig.

Basic Steward Training provides an “introductory overview” of the various responsibilities of a shop steward. Intermediate Steward Training focuses extensively on “Burden of Proof” case presentation, and preparing for Formal Step A and Step B grievance packages.

Intermediate Steward Training is geared towards the experienced steward and branch leader. We cover several topics including the Administrative Support Manual specific to monetary charges for information requests, OT Equitability enforcement, and properly defined issue statements.

The OWCP training gives attendees a better understanding of the OWCP claims process. RWCA Samantha Hartwig provides training geared towards more complex OWCP issues.

On Wednesday, we will have four (4) workshops covering the following topics: Route Evaluations and Adjustments, NEERMP, Dispute Resolution Process, and Arbitration Year in Review. Also, on Wednesday night (from 4:30 –8:00PM) there will be an Open House at the Region 7 office.

On Thursday, there will be an Open Session. This includes organizing awards, legislation updates, NBA Rap Session, and a NALC National Officer will speak about the current topics that are affecting letter carriers right now.

Instructions for Registration

Depending on which training days you decide to attend. Please write one (1) check **payable to NALC** for lunches and breaks in the amount of either:

\$196.00 (for Monday – Thursday), or

\$147.00 (Monday – Wednesday), or

\$98.00 (Monday - Tuesday), or

\$98.00 (Wednesday - Thursday)

ALL FEES ARE NON-REFUNDABLE

Checks and registration forms must be addressed and mailed to the Region 7 office (1300 Godward Street NE, Suite 2600, Minneapolis, MN 55413) by no later than Friday, March 21, 2026. *DO NOT send your checks/forms to your local branch's office.*

Room Reservations

- A group of rooms (under the name NALC Region 7) has been blocked at the Delta Hotel.
- The room rate is \$148.00/per night for a King Bed/Single Occupancy or \$148.00/per night for two (2) Queen Beds/Double Occupancy. All rooms are subject to an additional 15.025% tax per night.
- **ATTENDEES ARE RESPONSIBLE FOR MAKING THEIR OWN HOTEL RESERVATIONS.**
- Go online <https://www.marriott.com> to book your hotel room(s) or call the hotel at (612) 455-6322. Remember to let them know about the Inform them that you are with the NALC group to guarantee the above rates.
- **The deadline for making hotel reservations is MARCH 31st, 2026.** Room reservations made after this date will be subject to availability and priced at the hotel's normal room rate.
- There is ample free parking at the hotel.

I hope you will find this year's training both educational and satisfying.

I look forward to seeing you in Minneapolis.

Sincerely,
Patrick Johnson
National Business Agent

2026 Regional Training Seminar Registration Form

Name: _____ Branch Number: _____

Phone Number: _____ Email: _____

City, State, Zip Code: _____

ATTENDANCE OPTIONS

Please Check One:

- Monday – Thursday \$196.00
- Monday – Wednesday \$147.00
- Monday – Tuesday \$98.00
- Wednesday – Thursday \$98.00

TRAINING OPTIONS FOR MONDAY – TUESDAY

Please Check One:

- Basic Steward Training
- Intermediate Steward Training
- OWCP Training (Limit 30 Attendees) *Bring a Laptop*

TRAINING FOR WEDNESDAY

On Wednesday, we will cover several subjects such as: Route Evaluations/Adjustments, NEERMP, Arbitration: "A Year in Review", and the Dispute Resolution Process.

TRAINING FOR THURSDAY

Discussion topics will be legislation updates, organization awards, NBA Rap Session and a NALC National Officer will speak about the current topics that are affecting letter carriers.

SPECIAL DIETARY NEEDS

- Gluten Free
- Vegetarian
- Other: _____

2026 Regional Training Agenda

MONDAY, APRIL 20TH

7:30AM..... Registration
8:00 Steward Training/OWCP
12:00PM Lunch
1:00 Steward Training/OWCP
5:00 END

TUESDAY, APRIL 21ST

8:00AM..... Steward Training/OWCP
12:00PM..... Lunch
1:00 Steward Training/OWCP
5:00 END

WEDNESDAY, APRIL 22ND

8:00AM..... Route Exams
12:00PM..... Lunch
1:00 NEERMP
2:00 Dispute Resolution
3:00 Arbitration Review
4:30 END
4:30 – 8:00 Region 7 Open House

THURSDAY, APRIL 23RD

7:30AM..... Registration
8:00 National Presentation
11:00 Leadership Academy
12:00 Lunch
1:00 Organizers Awards
2:00PM..... NBA Rap Session
4:00 MDA Drawings/END