

MOUND CITY CARRIER

Official Publication of Branch 343

2020 General Excellence
Award Winning Publication



St. Louis, Missouri
Chartered 1892

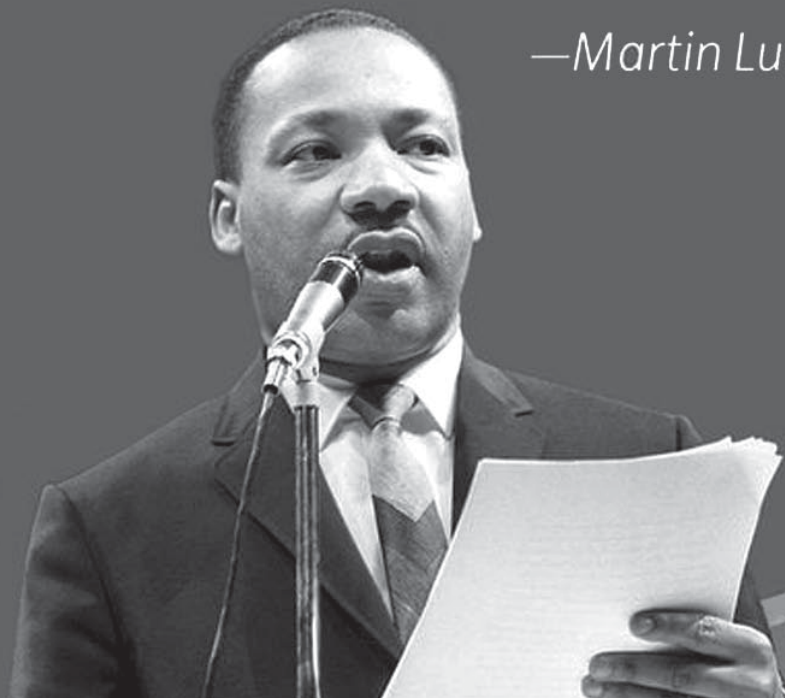
Volume 75, No. 1

"Diversity is our Strength and Unity is our Power"

January 2024

**"People fail to get along because they
fear each other; they fear each other
because they don't know each other;
they don't know each other because
they have not communicated with
each other."**

—Martin Luther King, Jr.



PRESIDENT'S ARTICLE ... By JOHN McLAUGHLIN

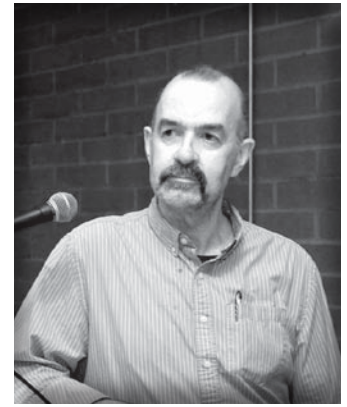
**Postal Math: 259 Proper Complement of PTFs
- 112 Actual Number of PTFs
147 Number of PTFs short**

Happy New Year. My wishes for the new year are as follows: the Postal Service hires enough PTFs to get us fully staffed; management will not only read, but more importantly, follow the contract; and a new letter carrier contract.

We appear to be inching closer to a proper complement of city carriers in St. Louis. In December, the Postal Service hired 33, two, 18, and three new PTFs in consecutive weeks. They had been hiring in the single digit range in prior months. Now, how many will stay? That is the real question. The fact that they didn't begin hiring in double digits until the month of December is not encouraging. The coldest, darkest, and busiest time of the year is baptism by fire. I am sure management will treat these new PTFs with dignity and respect, well aware of how important it is that we retain them. I know that the union is doing its part. When we conduct our one-hour new employee orientation, new CCAs from other installations have shown a great deal of interest in the PTF position, because they make more money, more benefits, and are able to work at multiple stations. We have convinced many CCAs to apply for the PTF position in St. Louis.

2023 was the year of management completely disregarding the contract. Two-thirds of all our grievances this past year were contractual. This is by far the largest percentage of contractual grievances the branch has had. There was a time when management tried to hide violating the contract and pay up when we filed a grievance. Now, they will violate the contract without any hesitation, then tell you they can do so. After the union files the grievance and wins, they refuse to agree to not do it again, "cease and desist." In fact, management has been mandated to never agree on cease-and-desist language in any settlement. What would happen to your job if you told your boss you are not going to be regular in attendance and have no intention of ever being the rest of your career? I believe you would be terminated.

You can lead management to the contract, but you can't make them read it. Management eliminated the test to become a supervisor a while back. I would be happy just to make them pass a literacy test. Either they



**Armed, off-duty police security
provided at every meeting at the
Union Hall**



MOVING?

WE NEED YOUR NEW ADDRESS!

If you have moved, please notify the branch office directly. Personnel does not notify us of your change of address.

Name _____

Address _____

City/State _____

Zip _____

Send change of address to:

Branch 343

1600 S. Broadway
St. Louis, MO 63104

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Mark Your Calendar

Don't sit on the sidelines ... Get involved!

Jan 11	Regular Branch Meeting
Jan 15	Dr. Martin Luther King Jr. Holiday
Jan 21	CSRS/FERS Retirement Seminar - Letter Carriers Hall (see ad)
Feb 1	Shop Stewards Meeting
Feb 2-4	Regional RAP Session, Kansas City, Mo.
Feb 7	Retiree Meeting
Feb 8	Regular Branch Meeting

cannot read or simply don't comprehend. Although, there is a third choice. They may be choosing to not comprehend, preferring to obey their immediate superior's instructions instead. After all, if they don't follow the contract, the contract can't demote them to a craft position. The same cannot be said for disobeying your superior.

New Contract. There has been some talk about a 10% across the board pay increase to start. While the only thing left to negotiate is wages, that doesn't mean they won't go back and renegotiate non-wage items still. I think carriers' expectations for this contract have been heightened due to the UAW and UPS contract agreements as reported in the news. One must be careful not to compare apples with oranges. As former Business Agent Charlie Coyle used to say, "They call it collective bargain, because first we bargain, then we collect."

The branch lost a few members recently. August "Gus" Frank passed away. He was a very big member of our branch. He worked tirelessly for our members and raised a lot of money for MDA. He was never at a loss for words. Gus was a 65-year member. We also lost an active carrier out of Park Hills in a vehicle accident off duty, Dan Wills. He leaves behind four small children, all under the age of 8. Keep them in your thoughts and prayers.

Lastly, I would like to express my deepest gratitude to the membership who had enough confidence in me to vote me back in as your branch president. I am proud and humbled with the task you have conferred onto me and my fellow officers who were voted back in. Thank you.

Until next month, do your job safely and accurately. Show up to your union meeting. You might learn something. We don't write the rules; we just have to play the game. Sláinte.

QUOTE OF THE DAY...

"You can't leave those who created the problem, in charge of the solution."

100% Union Honor Roll

CHOUTEAU	PIEDMONT
CLAYTON	SALEM
CUBA	SOUTH COUNTY
DES PERES	ST. ANN
FENTON	ST. CLAIR
FERGUSON	UNION
GRAVOIS	WARRENTON
KIRKWOOD	WASHINGTON
MACKENZIE POINTE	WENTZVILLE
MAPLEWOOD	WEST COUNTY
OLIVETTE	

The following stations were represented at the December Shop Stewards Meeting

Carrier Square	Maryville Gardens
Clayton	Oldham
Creve Coeur	South County
Harriet Woods	Southwest
Jennings	Weathers
Kirkwood	West County

BRANCH LEGAL PLAN

Advice and Consultation on
General Practice and Civil Actions.

GL

GOFFSTEIN LAW, L.L.C.

JOHN H. GOFFSTEIN
ATTORNEY

225 SOUTH MERAMEC, SUITE 402
ST. LOUIS (CLAYTON), MO 63105
TELEPHONE: 314-932-1919
FACSIMILE: 314-932-5048
JOHN@GOFFSTEINLAW.COM
GOFFSTEINLAW.COM

EXECUTIVE VICE PRESIDENT ... BY BRIAN LITTEKEN

PTFS HIRED

Approximately 60 PTFs have been hired since the conversion of 59 CCAs to PTF on November 4. The PTFs hired in December are skipping the Carrier Academy and are being sent to their station to deliver parcels only. After peak season, the PTFs will attend the Carrier Academy. Since these new PTFs have not worked as a CCA, they must serve a probationary period.

Probationary Period. The probationary period for a new employee is 90 calendar days. During the probationary period, a hold down or opt on a route can not be obtained. New employees are not credited with and may not take annual leave until they complete 90 days of continuous employment. After PTFs complete the 90-day qualifying period, annual leave that they have accrued is credited to their accounts.

Annual Leave. PTFs earn one hour of annual leave for each unit of 20 hours in pay status. Hours in a pay status in excess of the 20-hour whole unit are accumulated and carried forward as excess work hours. These excess (uncredited) work hours are added to hours in a pay status in the next period. A maximum of four hours can be earned for each biweekly pay period. This is equivalent to 13 days per leave year.

Except for emergencies, annual leave for all employees must be requested on PS Form 3971, *Request for or Notification of Absence* and approved in advance by the supervisor. In emergencies, the employee must notify the Postal Service of the emergency and the expected duration of the absence as soon as possible. The Postal Service can be notified by signing in to liteblue.usps.gov and selecting the eLRA (Enterprise Leave Request Application) employee app. Alternatively, the PTF can call 877-477-3273 for unscheduled leave requests. The carrier must file a PS Form 3971 upon their return to duty.

The amount of annual leave a PTF is granted may be limited. A PTF who is granted annual leave and performs service on the same day is not allowed to take more leave hours than would total eight hours when combined with work hours. In other words, the combination of leave and work hours charged to PTFs cannot exceed eight hours on any one day. The installation head may also consider a request for annual leave on any day a PTF is not scheduled to work but the PTF is limited to 40 hours

of paid service in a week. A PTF who has been credited with 40 hours or more of paid service (work, leave, or a combination of work and leave) in a service week is not granted paid annual or sick leave during the remainder of the service week. Absences in such cases are treated as non-duty time, not chargeable to paid leave of any kind.

The maximum carryover amount, i.e., the maximum amount of previously accumulated annual leave with which an employee may be credited at the beginning of the next year is 520 hours.

Sick Leave. PTFs earn one hour of sick leave for each unit of 20 hours in pay status. Sick leave is credited at the end of each biweekly pay period in which it is earned. PTFs are not credited with sick leave in excess of 13 days (104 hours) per 26-period leave year.

Except for unexpected illness or injury, sick leave must be requested on PS Form 3971 or by using the eLRA and approved in advance. You should always have a supervisor provide you with a copy of your completed and signed PS Form 3971 to protect you in the event it gets lost or misplaced. Likewise, you should always retain a digital copy of your eLRA confirmation.

For unexpected illness or injury, the employee must notify the Postal Service of the emergency and the expected duration of the absence as soon as possible. The notification process is the same as for emergency annual leave.

Sick leave may be "banked" with no limits. No restrictions exist on the amount of sick leave that you may carry over from year to year.

Uniforms. PTFs who work at least four hours per day performing letter carrier duties are eligible for a uniform allowance. The PTF will be issued a Uniform Allowance Purchase Card from Citibank. During the first year of employment, \$615 will be loaded onto the card. The card will be loaded every subsequent year with the annual allowance, which is currently \$499. Uniform items can only be purchased from USPS licensed vendors. A list of all authorized Postal Service uniform vendors can be found on Liteblue under My HR, and look for the link for Uniform Program.



VICE PRESIDENT FINANCIAL SECRETARY

... BY MARVIN BOOKER

PASS IT ON ... MENTOR NEW CARRIERS!



First, I hope everyone had a joyful holiday season and I'm hoping everyone has a better 2024 than 2023. I would like to take a moment and thank all letter carriers represented by NALC Branch 343 for their efforts during this holiday season and throughout the past year.

Over the past year we have again been challenged by management's failure to properly staff the operations for which it has been entrusted. While part of the problem was retaining new employees, there have also been a number of career employees make the decision to walk away from the toxic work environment in the St. Louis Installation created by neophyte minions who have no clue about the contractual rights of letter carriers and have forgotten that letter carrying is a craft that takes more than 90 days to master.

Which brings me to the subject of mentoring. "Mentor" or "mentoring" are powerful words. The words encompass so many different attributes: teaching, counseling, guiding, tutoring, supporting, advising, and just plain old caring. We all have memories of our first few days or weeks as a brand-new letter carrier. We quickly learned that carrying mail is not as easy as it looks. After a few days of being humbled by the job, most of us turned to senior carriers for advice.

In most offices, senior carriers are willing to go the extra mile to teach the ropes of being a letter carrier. This is mentoring.

Mentoring is simply a personal relationship in which a more experienced or more knowledgeable person helps guide someone less experienced or less knowledgeable. Mentoring is a process to transmit knowledge and support relevant to work, career, or professional development to the recipient.

Here are some commonly used mentoring techniques:

1. Being there: Make a commitment in a caring way, which involves taking part in the learning process side-by-side with new letter carriers. Let them know that you intend to help them through their probationary period and until they reach an acceptable comfort level with their new job.

2. Showing: Make something understandable or use

your own example to demonstrate a skill or activity. Show what you are talking about by your own behavior.

A mentor can help the new letter carrier over the usual bumps and cut through any unnecessary work. You can explain the ins and outs of day-to-day tasks and help eliminate needless things that may be currently going on in the workday. A mentor helps get the new carrier's work done more quickly and efficiently.

3. Sowing: Sow the seeds of future understanding. Sometimes you know what you say may not be immediately understood by a new letter carrier but will make sense and have value a little later. Mentors are much like parents, in that they look for teachable moments to capitalize on the experience while it is fresh on everyone's mind.

4. Harvesting: "Pick the ripe fruit," or create awareness of what new letter carriers have learned from their experiences and help them draw conclusions about their work and the union. If the new letter carrier is not yet a member, sign him/her up.

As the mentor, you know the trends, important changes and new practices that everyone should know to stay at the top of their career. You also know the NALC and how it benefits new letter carriers. These are items that all new carriers long to learn more about. Step up and give them what they want and need.

All new letter carriers need to be mentored by an experienced NALC activist. If we as union activists don't step up to mentor new letter carriers, we are leaving the door open for negative influences exerted by people who do not support or promote the values of the NALC. We must not let this happen.

But mentoring should not be limited to the workplace and the letter carrier's job. A good mentor should also invite the new letter carrier to the branch union meeting. At the meeting, introduce the new person to all the branch officers, explain the function of the branch and the opportunities for involvement that it offers. This will have long-lasting effects on new letter carriers and may help develop the branch activists of the future.

Until next time be safe and be professional.

HEALTH BENEFITS PLAN/OWCP ... *BARRY LINAN*



New Years greetings to all of the brothers and sisters of NALC Branch 343. With the NALC negotiating for the Saint Louis Installation to hire part-time flexible career carriers, I'm hoping that some relief will be provided for everyone working long hours in this new year. Regardless of how many hours you're working, please take the time to deliver the mail safely and accurately. Don't forget that our customers are our greatest asset! They just want their mail delivered and they don't understand why management can't properly staff your office.

HBP NEWS: I can assist members with questions about the NALC HBP by calling me at the hall on Tuesdays at 314-241-4223. You can also call the NALC HBP directly with questions at **888-636-6252 or 703-729-4677, Monday thru Friday 8 a.m. - 3:30 p.m. EST.**

I'm getting lots of calls about the new **SilverScript** prescription drug program that **begins in 2024 for our annuitants enrolled in Medicare Part A or in Parts A and B.** SilverScript is a Medicare Part D prescription drug plan and beginning January 1, 2024, you will use your new SilverScript member card when filling your prescriptions. You can continue using your same prescription drug providers as before or the CVS/Caremark mail order program. **Enrollment is done individually because it is a Medicare plan, so the member and spouse should both receive a card if eligible.** You will be enrolled in SilverScript at no additional premium cost, unless by law your income is over \$100,000 a year for individual or over \$200,000 a year per couple. **If you are enrolled in Medicare Part B, you will receive an annual \$600 reimbursement per enrollee toward your Part B monthly premium from the NALC HBP.** You will not receive the \$600 reimbursement if you are only enrolled in Medicare Part A.

You will continue to pay the same or lesser prescription drug co-pays under SilverScript as before with your NALC HBP benefit. The NALC HBP is providing the SilverScript program due to

a change in the law that now allows the FEHB plans to join with Medicare in negotiating lower prices from the drug companies. SilverScript is owned by Aetna and does provide similar benefit plans for other enrollees thru Medicare Part D. The big difference between our SilverScript plan and those other plans is that there is no Coverage Gap (or Donut Hole) after your yearly drug costs reach \$5,030. Under our SilverScript plan, you will continue to pay the same copayments as before and there is no Coverage Gap. You can access the information on our SilverScript Summary of Benefits and Drug Formulary online at nalchbp.org under the category "High Option Plan," then select "Providers" and then "SilverScript Prescription Drug Plan (PDP)."

Unfortunately, some misinformation was mailed out to our annuitants in a letter from SilverScript. You can still opt out of SilverScript at anytime by calling 833-272-9886 and you will be returned to your NALC HBP prescription drug benefit beginning the next calendar month. You are **not** "responsible for any claim payments made on your behalf by SilverScript" while you were enrolled if you later opt out. I have spoken to several annuitants who did opt out because they take "Tier 4: Specialty" drugs and they obtained co-pay cards from the drug manufacturer that saves them the \$200 co-pay when filling their prescription. By law, Medicare Part D plans do not allow the use of drug manufacturer co-pay cards and so SilverScript being a Part D plan does not either. By opting out, these annuitants are still able to use their co-pay cards with their regular NALC HBP prescription drug program. Other than their circumstance, I'm not sure why you would want to opt out of SilverScript?

OWCP NEWS: When filing an injury claim for a traumatic injury, you need to fill out and file Form CA-1. When you report your injury to management, they need to provide you a paper Form CA-1 or provide immediate access to

a computer to file your CA-1 on ECOMP at the ecomp.dol.gov webpage. Get your supervisor's email for ECOMP so your CA-1 can then be sent to them for completion. You will receive a temporary file number and confirmation of your claim filing from ECOMP. Your claim will be initially notated as "Pending Review by Supervisor." This is because your supervisor will receive an email

requesting them to complete their portion of the Form CA-1 and submit it back to ECOMP. After that is done, you will receive a notification from ECOMP and you will be assigned a permanent claim number. By filing your claim on ECOMP you can then upload documents directly to OWCP and you can monitor your claim status online at any time.

2024 SilverScript Summary of Prescription Drug Benefits for NALC Health Benefit Plan

Monthly Premium	Please contact NALC Health Benefit Plan for more information about the premium for this plan.		
Deductible	This plan does not have a deductible.		
Your share of the cost when you get a 30-day supply of a covered Part D prescription drug:			
	Network Retail Pharmacy (Up to a 30-day supply available at <u>any</u> network pharmacy)	Mail-Order Pharmacy (Up to a 30-day supply)	Long-Term Care (LTC) Pharmacy (Up to a 31-day supply)
Tier 1: Generic	10% of total cost	\$7.00	10% of total cost
Tier 2: Preferred Brand	20% of total cost	\$50.00	20% of total cost
Tier 3: Non-Preferred Brand	40% of total cost	\$75.00	40% of total cost
Tier 4: Specialty (High Cost)	\$200.00	\$400.00	\$200.00
Your share of the cost when you get a <i>long-term</i> supply (up to 90 days) of a covered Part D prescription drug:			
	Preferred Network Retail Pharmacy (Up to a 90-day supply)	Standard Network Retail Pharmacy (Up to a 90-day supply)	Mail-Order Pharmacy (Up to a 90-day supply)
Tier 1: Generic	\$10.00	10% of total cost	\$10.00
Tier 2: Preferred Brand	\$75.00	20% of total cost	\$75.00
Tier 3: Non-Preferred Brand	\$110.00	40% of total cost	\$110.00
Tier 4: Specialty (High Cost)	\$400.00	\$400.00	\$400.00

BRANCH 343 OFFICER AND DELEGATE ELECTION RESULTS

<i>Total Votes</i>	<i>President</i>
138	Evan Garcia
375	John McLaughlin
<i>Total Votes</i>	<i>Executive Vice President</i>
148	Dan Follis
359	Brian Litteken
<i>Total Votes</i>	<i>Mutual Benefit Association Representative</i>
151	Craig Burrell
348	Saronda Sutherland

NATIONAL AND STATE DELEGATES

<i>Total Votes</i>	<i>National</i>	<i>Total Votes</i>	<i>State</i>
361	Germaine Anderson	178	Germaine Anderson
266	Amy Ashley	129	Amy Ashley
695	Marvin Booker	343	Marvin Booker
470	Richard Brown	236	Richard Brown
276	Leona Bryson	138	Leona Bryson
329	Craig Burrell	164	Craig Burrell
558	Frank Enlow	274	Frank Enlow
232	Brian Gray	113	Brian Gray
449	Andre Hayes	296	Tina Hunt
412	Tina Hunt	120	Jyron Johnson
268	Jyron Johnson	146	Quinton Jones
346	Quinton Jones	199	Yolanda Jones
325	Yolanda Jones	126	Laura Keim
302	Laura Keim	172	Marvin King
488	Marvin King	302	Barry Linan
644	Barry Linan	330	William Lister
650	William Lister	317	Brian Litteken
535	Brian Litteken	223	La'Tecse Litteken
359	La'Tecse Litteken	145	Nathaniel Markovich
489	Nathaniel Markovich	347	John McLaughlin
520	John McLaughlin	178	Steven Powers
350	Steven Powers	178	Shonna Randle
309	Shonna Randle	131	Renee Reding
299	Michael Rucker	150	Michael Rucker
270	Richard Schallert	136	Richard Schallert
690	Tom Schulte	344	Tom Schulte
524	Charles Sexton	263	Charles Sexton
334	Lucille Snow	164	Lucille Snow
613	Pamela Stepney	304	Pamela Stepney
588	Saronda Sutherland	292	Saronda Sutherland
396	Darlene Tate	200	Darlene Tate
525	Richard Thurman	266	Richard Thurman
212	Richard Vannoy	107	Richard Vannoy
694	Michael Weir	346	Michael Weir

NOTES FROM THE MANAGING EDITOR

... BY TOM SCHULTE



It is with great sadness that I report the passing of long-time Branch 343 Muscular Dystrophy Association Coordinator August "Gus" Frank on November 16.

For over 40 years Gus was the face for Branch 343 serving as our MDA chairman, fundraising cheerleader, and branch representative at numerous events to raise awareness and money for "Jerry's Kids." It was a position that he embraced and relished. There was no one more enthusiastic to serve as our representative than Gus Frank.

Appointed by Branch 343 President Charles J. Coyle in 1976 as our MDA coordinator, Gus was the perfect man for the job. Gus was a family man, devoted to his wife, Janet, and his three children and his church. He was a man of deep faith. Gus loved to talk, and as his son relayed at his funeral service, "Dad could make a friend of anyone. He never knew a stranger."

Gus had the gift of gab, and in social situations he was anything but a wallflower. He was the guy who, with great ease could walk up to any stranger and strike-up a conversation. This extraordinary gift served him well raising funds for the Muscular Dystrophy Association.

When Gus was first asked to serve as our union branch coordinator for MDA back in 1976, those efforts were nothing more than Tag Day collections in front of Schnucks and personal donations. It was through his vision and desire to try and reach as many carriers as possible and let their creative talents take hold that MDA events took off.

During his tenure, Branch 343 raised thousands of dollars for MDA and Gus was the spearhead. Our annual golf tournaments, bass tournaments, card tournaments, trivia nights, washer tournaments, basketball and softball tournaments were more than just fundraisers, but an opportunity for letter carriers and their families to share quality time and camaraderie with one another while helping those individuals and their families with neuromuscular disease.

Gus was the voice of Branch 343 at the annual Labor Day Muscular Dystrophy Association Telethons.

He was always so enthusiastic to have the opportunity to present our annual check At the telethon to Mike Bush on behalf of the Branch's fundraising efforts.

Gus was a deeply faith filled person. At our annual Missouri State Conventions, time was set aside to welcome someone from the Muscular Dystrophy Association to thank the letter carriers and their fundraising efforts throughout the year and speak to us about the advances being made in medical research and drug development. As Branch 343's liaison, Gus personally knew many of the children who served as ambassadors and were afflicted with Muscular Dystrophy and who were wheelchair bound. In those early years many of those children only served for one or two years before passing away. I asked Gus, "How do you continue to do what you do and not get discouraged?" And he always told me "You have to live in hope that the next dollar you raise is going to make the difference in finding a cure." That was Gus in a nutshell.

Just a few days after Gus had passed Channel 5 broadcaster and Muscular Dystrophy host Mike Bush did a story on Sarah Schwengel, one of the early Muscular Dystrophy ambassadors who has not only survived, but prospered earning both a bachelor's degree from Maryville University and a master's from St. Louis University as she pursues her long-cherished dream of a doctorate in occupational therapy. It was a story of inspiration and hope. A story that defined the life Gus lived. I think he would be proud to know that hope endures.

At his funeral, many people spoke of him as a loving devoted family man, coach, and mentor who always had a kind word to say. He never failed to ask how you were or how was your family. It was a life well-lived, leaving a legacy which will continue to inspire. Thank you, Gus. Godspeed old friend.

REGION 5 NBA REPORT ... DAVID A. TEEGARDEN

REGION 5 RAP SESSION 2024

The Region 5 Rap Session Reservation Link is Open! <https://book.passkey.com/e/50680344>

The Region 5 Rap Session will be held February 2-4 at the Downtown Marriott, Kansas City, Mo. The hotel is located in the heart of the Power and Light District in KCMO. Room rates will be the prevailing government rate which currently stands at about \$125 a night. The Power and Light District has shopping, restaurants, bars, music venues and so much more.

This year we will offer 23 different training courses on Saturday. Additionally, we will conduct the branch president and legislative meetings on Friday afternoon and a more in-depth look at legislation and rap session with a national officer on Sunday.

Please use the link below to make your reservations for rooms early for this event. Rooms are available for Thursday, Friday, and Saturday night at our group rate. We have contracted to purchase 180 rooms each night, but currently we are a little less than halfway to that number. Please register as soon as you can to take advantage of our rate. Once the quota is met, we are not guaranteed additional rooms in the block. We look forward to seeing all of you there.

Make reservations here: <https://book.passkey.com/e/50680344>

Also new this year for the Region 5 Rap Session is how registration will be done. This is accomplished using a QR code you will find below.



Simply open up your camera app on your cell phone and then click the yellow link that comes up. You will be required to fill out a registration form and then choose your class schedule accordingly.

Class sizes are limited so sign up early to ensure you get into the class you desire the most! A copy of participants' class schedules will be provided on Friday afternoon or Saturday morning prior to classes beginning when they sign in.

OVERTIME ISSUES REGION 5



I wanted to provide an update on the repetitive violations of Article 8 in the region and our collective efforts to put an end to this contractual abuse of letter carriers.

As you know, this office has aggressively pursued relief for letter carriers with regard to violations of Article 8 issues. We have asked for cease and desist, administrative leave, the ability to leave once contractual thresholds have been met without fear of discipline, and an additional monetary remedy among other things. A look at key cases for claims that overtime limits were exceeded since December of 2021 shows that region 5 has nearly 50% of all the key cases on this issue and 25% of the key cases of all cases going back to the 1986 Mittenthal national decisions. This does not begin to count the Step B and pre-arbitration decisions that number in the hundreds, we have signed mirroring the language in these arbitration decisions. Region 5 is leading the way in the fight against this blatant, intentional, and willful contractual violation requiring letter carriers to work forced overtime.

As I stated to the members of Region 5, the NBA office would not rest until we stopped this once and for all. While these violations have not stopped completely, we have certainly taken giant steps toward making this a reality. This could not have been accomplished without all of your assistance in the field. A big thank you goes out to all the letter carriers who wrote statements, informal and formal Step A representatives who processed the grievances and built great files, and the advocates who put these cases in front of the arbitrators. When we stand together, we have and will accomplish great things.

Continued on page 18 ...

RETIREE REPORT

... BY GUEST RECORDING SECRETARY NICKI L. PRADO



MINUTES FROM THE DECEMBER MEETING

Chairman Tom Schulte called the meeting to order at 12:45 p.m. Guest chaplain Lawrence McHaynes led us in prayer and the Pledge of Allegiance.

Tom thanked the officers of Branch 343 for providing the delicious Hodak's chicken for lunch.

Sick Call: Get well cards were sent out to Tom Harman and Ray Breakfield.

Minutes from the last meeting: The minutes from the November meeting were read by guest Recording Secretary Nicki L. Prado.

Treasurers Report: Treasurer Mike Chenot reported expenditures of \$100 to sponsor a hole for the recent golf tournament and \$102 to Tom Schulte to purchase six Christmas wreaths to place on the graves at Jefferson Barracks National Cemetery as part of Wreaths Across America. We have a checking account balance of \$1,264.36 and a cash balance of \$250.

NBAs Report: Dave reported that the NBAs office is preparing for the upcoming RAP session to be held Feb. 2-4 at the Downtown Marriot, Kansas City, Mo. NALC contract negotiations continue, and an arbitrator is being chosen. NALC is looking for a 10% increase in pay and retention of COLAs. Dave offered condolences on the passing of long-time Br. 343 MDA Coordinator Gus Frank. Dave offered best wishes for the holidays from the NBAs office.

Branch 343 Presidents Report: President John McLaughlin apologized for missing the last meeting. He was at St. Louis Pre-Sort mailing the recent branch election ballots. John informed the retirees that both he and Executive V.P. Brian Litteken were interviewed by Channel 4 News concerning South

City and West County patrons not receiving their mail. John told them that the post office is understaffed by more than 200 carriers.

Legislative Report: Mike Weir reported that our current COLA for CSRS and FERS employees is 3.2%. The Social Security Fairness Act is still in need of 60 cosponsors. It currently stands at 49 in the Senate, the corresponding bill in the House has 300 cosponsors.

Health Benefits Report: Barry Linan spoke about the Silver Scripts program. If you are enrolled in Medicare parts A or A& B and not C, you are automatically enrolled in the Silver Scripts program. If you are enrolled in Medicare Part B the NALC will give you back \$600 per year.

Chairmans Report: Tom spoke about picking up and placing the Christmas wreaths on the graves of our letter carrier family members at Jefferson Barracks National Cemetery as part of the Wreaths Across America campaign. Tom also spoke about the loss of long-time chaplain/Branch 343 MDA Coordinator Gus Frank who passed away on November 16. Tom spoke of Gus's long-time commitment to raising funds for "Jerry's Kids." Tom said he received condolences to express to the family from Channel 5 Broadcaster Mike Bush.

Deceased Members: Tom asked for a moment of silence for August "Gus" Frank.

50/50 winners: Four \$25 winners. Andre Hayes, Bill Lister, John Haake and Ken "Mac" McCarthy.

Closing Prayer: Offered by guest chaplain Lawrence McHaynes.

Meeting Adjourned: 1:45 p.m.

AUGUST "Gus" FRANK - A LEGACY OF DEDICATION AND COMMITMENT TO MDA

... BY TOM SCHULTE

For nearly 40-years, Gus Frank was the face of Branch 343 and our commitment to supporting the children and families afflicted with neuromuscular diseases through our involvement with the Muscular Dystrophy Association.

The following is an article printed in the December 2002 edition of The Postal Record detailing, in Gus' own words his affiliation with MDA and the branch's involvement.

"In 1976, at the direction of Branch 343 President Charles J. Coyle, we became permanently involved with the Muscular Dystrophy Association. President Coyle asked me to become branch chairman. I always wanted to be involved with "Jerry's Kids" but just needed someone to give me that push.

Our only participation previously was in 1953 with 'The Porch Light Collection.' Carriers notified the public of their intention to return in the evening, after work hours, with their pouches. If a family wished to make a donation, they would leave their porch light on, and the carrier made a stop where the resident dropped their contribution into the carrier's pouch. That experience reportedly raised an astounding \$50,000.

The first years after I took over our efforts were pretty simple — roadblocks, tag days, and personal donations. My desire was to get as many carriers involved as possible and let their creative talents take over. With that, the variety of functions began to increase along with the collections. The direction began to shift to participatory events, bowl-a-thons, and pool tournaments, which were not only profitable, but a lot of fun.

President Coyle moved on to the NBAs office and John Haake became president of Branch 343. With his encouragement and support we even progressed further, adding our annual bass tournament and trivia night. And with the leadership of former V.P. Mike Weir and current V.P. Nicki Prado our annual golf tournament has become our largest fundraiser of the year. We constantly work to improve amounts collected as well as to make functions something carriers want to be involved with.

When President Haake retired, Keith Gentry was elected. With his support we have added two new events, our annual poker night and spring dance. We've also had drawings for Cardinal baseball playoff tickets, Ram football playoff and Super Bowl tickets. President Gentry even sold Mark McGuire caches during his travels in 1998 and 1999, and this year a slot car racing event was added to the arsenal of events to help fight muscular dystrophy.

One individual who has worked tirelessly year after year is retiree Jim "Red Face" Morris. Jim places shamrocks at all the local watering holes, procures liquid refreshments for our golf tournament and still finds time to collect in front of supermarkets. MDA coordinators say that they would like to have Jim cloned.

According to my records, which I began keeping in 1978, Branch 343 has raised and turned in to Muscular Dystrophy, \$424,782.09. The smallest amount collected was in 1978 (\$2,887) and the largest was in 2001 (\$41,859.20), and this year's totals look even better. One comment I always hear is, "I didn't know I could work so hard and have so much fun!" Our goal, as is Jerry Lewis', is to raise just one dollar more. With the tremendous efforts of so many people, we've been able to accomplish just that.

There are so many people, committees, and leaders to thank over the years I'm afraid I've forget someone, so thanks and God bless to all of you!" - Gus Frank Br. 343

(No, Gus. Thank you for your dedication and support. Your total commitment leading this branch in support of the Muscular Dystrophy Association will never be duplicated. Through your unwavering leadership, Branch 343 has collected and contributed well over \$1,000,000 to MDA. We couldn't have done it without you. Godspeed old friend.)

AUGUST "Gus" W. FRANK

MARCH 2, 1940 – NOVEMBER 16, 2023



FORMAL-A ... BY RICHARD BROWN

Welcome to 2024. I hope your holiday season was one to remember. We made it past the heaviest delivery time of the year, and things should start to calm down a bit, including the mail volume.

As you know, the St. Louis Installation has changed to the “all-career model” installation, where the Postal Service is now hiring in new carriers as PTF (career) instead of CCA (non-career). There were articles published in November 2023, which got into a little detail about how the process works, and the difference between the two positions. One thing to note is that all letter carrier positions/titles have the same management staff as before.

This is relevant because the PTF will still have to deal with the various attitudes of management. Sometimes management realizes that certain parts of the contract which apply to the CCA, do not apply to the career carrier. As a result, they may adjust their attitude to fit the carrier. The good thing is that the grievance process is the same, which means the steward may have to assist in that attitude adjustment.

The Joint Statement on Violence (JSOV) spells out how disrespect, bullying, and intimidation, from anyone, at any time, will not be tolerated, no exceptions. This is real, but the JSOV can only be enforced if there is evidence to substantiate the claim of such. This can only be realized if the craft sticks together. This starts

with statements from witnesses of the abuse. I realize that some people don't want to get involved if the situation does not directly affect them, usually for fear of retaliation. But remember, one day it will be your turn, and you will be looking for someone to support your claim instead of walking away as if they know nothing. I know I hinted to this in last month's article, but this never goes away.

CHANGE

By now, most of you may have heard about these ‘Mega Centers’ the Postal Service is opening. There is at least one up and running currently, so I know it is real. While we don't have a date or location for the St. Louis area, it is just a matter of time before we get both. There are several websites that speak in mild detail about the plan of the service. Then there is Dejoy himself, who references this action in the “Eagle Magazine” we receive at our homes. These centers are referred to as S&DC (Sortation & Delivery Center). Some writings say that there may be upwards of 1,000 routes put into one S&DC. Essentially, this would mean fewer management staff to deal with. It could be good or bad. If you think management is overwhelmed now, just wait until one of them has to deal with 50 or more carriers by themselves. It may also be better because you may only have to receive direction from one person daily. God bless us all.

There would obviously be some drive time associated with getting from your new “hub location/S&DC,” to your route. This may mean that ultimately your route will get a cut, depending on a few factors. It's just something to think about. This is all down the road, maybe a few months to a few years, but it is believed that it is happening, so stay tuned.

Finally, as promised, I will speak on discipline. If you are given a PDI, discipline is likely to follow. Any time management directly gives you some papers or mails them to your home, and you don't understand what it is, please see your steward immediately with said papers. You do not want to be in a situation where you receive Notice of Removal or any level of discipline, and you fail to notify your steward **within 14 days of receiving it**. You will likely be stuck with that discipline in your file for years, or you may be removed (fired) if you fail to act immediately. If your steward is not at work when you receive this discipline, call the Union Hall because that steward may not be available at all, during the 14-day period I just spoke on. **Don't wait until the 14th day** to notify your steward or the Union Hall, because you may be risking it all. Remember, the life you save might just be your own.

Until next time. WHO IS RESPONSIBLE!



WEST COUNTY ... BY PAM STEPNEY

Greetings sisters and brothers of Branch 343. How's everyone doing? Fine, I hope. Welcome 2024, 2023 is no more. I have to say I'm looking forward to the new year to see what good things are headed our way. The Postal Service made \$18.6 billion from April 1 until June 30 and \$18.2 billion from June 30 through September 30, 2023. I haven't gotten the numbers yet for the last three months of 2023 while writing this article, but I'm sure it's still in the billions. If you worked as a letter carrier and are at the top of the pay scale, I'm sure you made over \$100,000 carrying mail and delivering parcels. I wonder if the old timers ever thought being a letter carrier would pay this kind of salary. Just stop for a minute and think about the strike in 1970, where they were begging for a fair salary, in which they shut the Postal Service down to fight the good fight. Those letter carriers were working and collecting welfare to take care of their families. Nowadays you are drafted to work overtime, even if you only want to work 8 hours and live on the salary negotiated by our great union. I can only hope and pray that the letter carriers whose family members were employed by the Postal Service during the strike, live the good life that their moms, dads, sisters, brothers, aunts, and uncles left for them. Our contract is in negotiation right now, and our great union is asking for a 10%

increase in our salaries. You heard how much UPS got right? Yet we take their parcels the last leg. I'm sure some of the billions came from them. Concerning delivering packages for our competitors, I would like to know how much do we get, and how come we are still out delivering at night and they're at home with their families? Just saying!

Moving on. Can we talk? Come close so management won't hear us. Start today delivering your route as though you're being inspected daily. Can you believe the scanner is the snitch watching you deliver your route? Who would have thought? Mackenzie Point will lose five routes because of route inspectors in November. If we are out delivering parcels daily for our competitors, why on earth are we losing routes? Every day there are parcels stacked by your route and in your hamper waiting for you to deliver. Why are we running to get it done? I just told you that you are being monitored. Do your part to protect your assignment. If your station is on the list to get inspected, plan to go to the hall for training. The officers are ready and waiting to give you the tools to fight like the strikers did back in the 70s. If you don't go to route inspection training, you will get what you get and don't throw a fit. Take control of your future today by being safe and delivering your route like the professional you are and make plans to attend the meetings

on the second Thursday of each month. You have control of your own route. Work it correctly every day!

Congratulations to sister Gwen Moore on her retirement from West County Post Office. She was the best "U" person any regular could ask for. I think she was the hardest working carrier in the Postal Service. God-filled retirement. Doug Daleo decided to walk out hand in hand with Gwen on December 31. He will be missed for all his jokes on the workroom floor. May you have a long happy retirement.

For the John Henry Haake/Charles Coyle Scholarship, as of December 14, we've received 15 applications. Stop where you are and give those young people a round of applause. Bravo!

Happy Dr. King Day. Make plans to get out and participate in some of the different events there will be, and remember he was assassinated while helping our union brothers in Memphis

Remember to do your best, leave the rest, don't stress, GOD bless, register to vote, exercise your right to vote, and thank you for coming.



SOUTH COUNTY ... BY MATT GLEIFORST

Hello and happy New Year from South County. I hope that everyone survived the craziness that was December alright and was able to enjoy their holidays. As a kid I remember hearing the phrase, "If you don't have anything nice to say, don't say anything at all." I always hated that phrase because it basically means that if you are unhappy, you should keep your mouth shut. In a workplace that can be a dangerous thing because the more you stay quiet the more your bosses think you are okay with dealing with all the nonsense that gets put upon you. This is why, like so many others, I have become very vocal whenever I am unhappy in any work situation. On the other hand, I also believe that if you are happy with something it is also important to be vocal about that as well. For too long I have been complaining about the poor morale that has been infecting the workroom floor. We still have many justifiable reasons to be upset with our workplace, and I will most certainly be discussing these at length in future articles, but I did observe some very positive things last month. Since one of my New Year's resolutions is to be more positive, I will focus on this. Our new station manager put up a calendar for themed days in December which included things such as festive sock day, ugly Christmas sweater day, and Santa hat day.

This small gesture actually went a long way. Many of us carriers, clerks, and supervisors participated, and the workplace did not feel as dreary as it has for so long. Even the postmaster came in with silly socks and shoes on and was excited to see the carriers participating in the festivities. It was nice feeling like our station was a cohesive unit with both management and labor participation. Although I am always extremely cautious and apprehensive in expecting management to care about us at all, it still felt nice knowing that there was an actual effort in trying to raise morale. A few of us carriers even went around singing Christmas carols, going from case to case. (Thank you to everyone that did not complain!)

There is still much damage from above that needs to be fixed, but going into this new

year I am hopeful that we may possibly have a better working relationship with those we have struggled with in the past. There are always going to be new directives coming from the highest levels in the Postal Service, that will go against the M41, M39, and the contract, but maybe, just maybe, we can get through to our bosses that what they are being told is improper. If not, we can let them know we are ready to file grievance after grievance and that it is not personal. I honestly just hope that this year will bring a better atmosphere in the workplace for both the carriers and the bosses. After all, it is beneficial for both sides to have everyone happy in their workplace. Until next time, keep your head held high and keep surviving.



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THE "U" ... BY FRANK ENLOW

2024, HERE WE GO!

Many of our brothers and sisters have decided to call it quits in 2024 and go chase that retirement bag. In the past, there were many of our carriers that could've retired, but chose to stay longer because they weren't required to work as much as we are doing today.

But now, as soon as carriers become eligible, they are running for the exits and in many ways, I can't blame them. The writing on the wall says that there are not many carriers that were hired within the past 14 years that care enough to want to do anything that would protect their jobs in the future.

Brothers and sisters, if any of you are planning to retire within the next six years, you should definitely attend one of the retirement seminars put on by Mike Weir, the best retirement adviser the union has to offer.

Congratulations retiring brothers and sisters.

Now, let's talk about virtual route inspections. Whenever the Postal Service informs the union that they are going to virtually inspect a station, the union will put on its own training for the carriers who want to know what they should be doing during the virtual inspection to protect their routes.

Our brothers and sisters at Mac Pointe may be on the verge of losing five routes, five regulars, and a T-6. The Postal Service believes why should they continue to hire

more carriers when they can just get rid of routes.

Carriers, it has been said in several different ways over and over when you work off the clock, it affects your office time. Your office time is based on how long it takes to case all your mail every day. This also means if your mail volume changes, your office time may change as well. Once you are on street time, carry your scanner with you at all times and scan all your packages at the door. Carriers, always take your 30-minute lunch as well as both of your 10-minute breaks. We should not be in the business of giving anything back.

And now, carriers, we have become our own worst enemy by not taking the time to get involved and doing more within your union to protect the next generation of carriers. Many of you carriers with less than 15 years believe that you are entitled to what you have today, but the reality is that many of the carriers that came before you walked the informational picket line to get the public on our side when

we needed them to vote or voice their opinion on our behalf that would help us fight our employer.

Many of the carriers that came before you took a stand and became stewards because they felt that management was violating carrier rights when it came to our working conditions.

Many of you also feel that you are entitled to the paycheck that you earn to take care of yourself and your family. But without the union, this would be just another job that would be willing to give you a 25 cent raise each year instead of all the increases and incentives we get today. Brothers and sisters growing up, I was always told that a hard head would make a soft a___. In 2024, if you are still not willing to get involved with your union and you allow your employer to take what the carriers before you fought so hard to get for you, then you will learn what that phrase means.

SAY LESS UNTIL THE NEXT TIME FROM THE 'U'



... Continued from page 10

STATE OF REGION 5

In addition to state training, conventions, and the Region 5 Rap Session we have offered numerous opportunities for our members to become educated via virtual and in-person training over the last year. Hundreds of you have taken advantage of that. More training will be added to that next year.

Region 5 has aggressively pursued Joint Statement on Violence (JSOV) type issues across the region and fared well in pre-arbitration settlements and arbitration. The NBA office will continue to provide resources to all branches to assist with filing these grievances.

The region has been somewhat successful in adding installations to the all-career hiring model, including most recently, St. Louis, Mo. In some locations this has proven helpful in addressing staffing issues, while in others it has not helped at all. We have a lot of work to do on this issue, but the important piece of the staffing issue is starting pay, which can only be addressed through collective bargaining.

We are continuing to educate our arbitration advocates to produce better results for our members

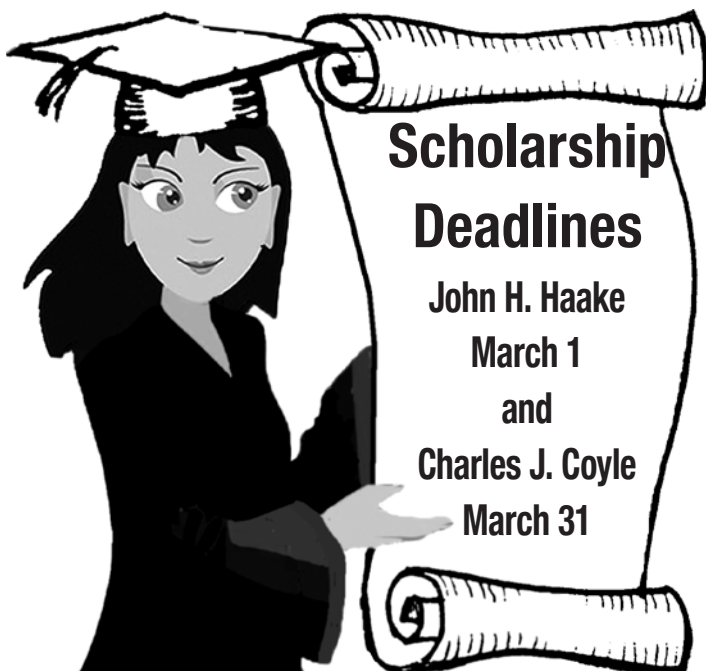
and we are currently at a 78%-win rate in the region for 2023.

Article 8 issues have diminished or, in some cases, stopped all together and our strategy has made significant headway in getting these violations stopped.

We have made progress in merging branches that are non-functional and are still providing branches with resources of assistance with outside stewards or RGAs. We still have some work to do with mergers to make sure that all letter carriers in the region are getting the representation they deserve.

There are numerous letter carriers across the region that assist the NBA office throughout the year, and we have provided an opportunity for those letter carriers to showcase their talents and gain experience. We thank each of you for your efforts on behalf of the members of Region 5 and look forward to more opportunities in the future to work with you. You all define what union means.

On behalf of myself, RAA Charles Sexton, RAA Larrissa Parde, RGA Patrick Baker and ROA Kyle Turner we would like to wish all of you a merry Christmas and a happy and healthy new year!



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Gravois shop stewards Andrew Garces and Walter Crosby offer congratulations to letter carrier Lisa Harkrader on her recent retirement.

Smile
for the

Camera



Creve Coeur letter carrier Donald Conway receives congratulations on his retirement from Br. 343 Executive Vice President Brian Litteken.



Affton shop steward Mikella Smith and Br. 343 President John McLaughlin offer their best wishes to retiring letter carrier Salvatore "Sammy" Alu.



Clayton letter carriers Martine Wilson and Dwight Morgan receive congratulations on their retirement from shop steward and Formal-A Saronda Sutherland and Br. 343 Vice President Financial Secretary Marvin Booker.

BRANCH MEETING

BRANCH 343, ST. LOUIS, MISSOURI

DECEMBER 14, 2023

Summary of Branch Action

- MSC** To pay the branch bills.
- MSC** That the branch makes a \$200 donation to the National Disaster Relief Fund
- MSC** That the branch provide food and drinks at the Branch Hall immediately following the regular branch meeting in January for the installation of officers for the 2024-2026 term.
- MSC** That the branch send up to nine branch officers and stewards along with the president, to be determined by the branch president, to the Region 5 Rap Session in Kansas City and pay their expenses on February 2-4, 2024.
- MSC** That Branch 343 provides food and drinks at the steward's meeting to demonstrate our appreciation for their commitment in dutifully representing our members.
- New Business:** Recording Secretary Tina Hunt read Article 10 charges as submitted by Evan Garcia and David Follis

Recently Retired Members

Donald Conway Creve Coeur 12/16/2023

Dwight "Doc" Morgan.. Clayton 11/30/2023

Martine Wilson Clayton 12/01/2023

Deceased Member

August "Gus" Frank..... 65 Year Member..... 11/16/2023



New Members

Taylor Alexander Mackenzie Pointe 10/21/2023

Tanya Armstrong South County..... 11/10/2023

Zandrianna Bell Gravois..... 10/28/2023

Tiffany Bise Mexico 10/15/2023

Briana Bridges Mackenzie Pointe 10/21/2023

Curtiz Brown Gravois..... 10/28/2023

Jody Cash Arnold 11/10/2023

Michael Clark Southwest 11/10/2023

Kyunia Cole Mackenzie Pointe 10/21/2023

Tseganesh Dessie South County..... 11/4/2023

Janaye Edwards Gravois..... 11/4/2023

Amy Estill Mexico 10/30/2023

Brian Garrett Gravois..... 11/4/2023

Bria Harris Maryville Gardens 11/10/2023

Brendon Hatter..... Ferguson..... 11/4/2023

James Hicks Coyle..... 11/4/2023

Paula Hood Maryville Gardens 10/21/2023

Quntisha Jenkins..... Town & Country 11/10/2023

Patrick Kakpata..... Coyle..... 11/4/2023

Marcus Mitchell South County..... 11/10/2023

Amanda Myers Mackenzie Pointe 11/4/2023

DeAngelo Presberry..... Gravois..... 10/28/2023

Sharnice Reed Maryville Gardens 11/10/2023

Shannon Slaughter Southwest 10/21/2023

Jason Vanderweide Southwest 11/4/2023

Tiffany Walker Jennings..... 12/4/2023

Timothy Wall..... Sikeston 10/21/2023

Jeramiah Washington Gaffney 11/4/2023

Jermaine Williams South County..... 11/10/2023

Highlights

The meeting was called to order at 7:35 p.m. The invocation and pledge of allegiance were led by Chet Drain and the minutes were read and accepted.

NBA's Report, Dave Teegarden: Dave reported that National will choose an arbitrator but will continue to negotiate with the Postal Service in the hopes that a tentative agreement can be reached.

Legislative Report, Mike Weir: Reported that all should be contacting their representatives asking them to pass the Equal COLA Act, as this bill would revise the formula used to calculate the COLA for annuitants paid under FERS.

Retirees Report, Tom Schulte: Tom sent holiday wishes from the retirees and thanked the officers for providing Hodak's chicken served at the last meeting.

Labor Council Report, Frank Enlow: No Report,

MBA Report, Saronda Sutherland: No Report,

Health Benefit Report, Barry Linan: Barry thanked the members for their support of the HBP in the last year.

Mound City Carrier Report, Tom Schulte: Tom asked anyone who is interested in writing an article for the MCC to please do so.

Haake Scholarship Report, Pam Stepney: Pam reported that 15 applications have been received.

Safety and Health Report, Richard Thurman: Richard reminded everyone that management is responsible for finding safe vehicles for letter carriers to drive.

OWCP Report, Barry Linan: No report.

Trustees Report, Frank Enlow: The books were audited and found to be in good order.

Political Action Committee Report, Mike Weir: Mike reminded everyone that the PAC fund will be needed to support candidates who support working men and women.

Executive Vice President/Treasurer Report, Brian Litteken: Brian reported that PTFs should always be scheduled first on holiday schedules.

Vice President/Financial Secretary Report, Marvin Booker: Read the financial report for October and reported that in the new year, anyone who brings a member to their first meeting, will both receive their first drink on him.

President's Comments, John McLaughlin: President McLaughlin reported that after route inspections at Mackenzie Pointe, five routes are scheduled to be taken and reminded everyone to please protect their route.

Respectfully Submitted,

Tina M. Hunt, Recording Secretary

BRANCH MEETING ATTENDANCE PRIZES DECEMBER 14, 2023

1. Blues vs Chicago Blackhawks	Dec 23	Michael Rucker, Creve Coeur
2. SLU Billikens vs Louisiana Tech	Dec 16	Brian Gray, Southwest
3. SLU Billikens vs St. Joseph's	Jan 10	Aaron Watson, Southwest
4. Pasta House Gift Card	\$10	Marvin Booker, Union Hall
	\$43	Germaine Anderson, Maryville Gardens



SIGN ME UP!

How to contribute to the Letter Carrier Political Fund using PostalEASE — ONLINE Enrollment

Using Postal EASE - ONLINE Enrollment

Online Enrollment

1. Login to USPS's Postal Ease website at <https://postal.ease.usps.gov>. You may also get to the Postal Ease website through the USPS LiteBlue website. See the instructions below.
2. Click "I Agree"
3. Enter your Employee ID number and Password and click "Submit". If you have not yet set up a password click the link provided on the page or go to: <https://iso.usps.gov/ise-web/welcome.html>. If you forgot your password click the link provided on the page or go to: <https://iso.usps.gov/ise-web/inVerification.html>
4. Under Payroll click "Allotments / Payroll Not To Bank"
5. Click "Continue"
6. Click "Allotments"
7. Enter the 9-digit Financial Institution Routing Number: 064000017
8. Enter your 17-digit Account Number: 0034952535. See instructions in step D at right
9. Enter Account type as "checking"
10. Enter amount of your Allotment: \$_____. The maximum yearly amount is \$5,000
11. Click VALIDATE
12. Click SUBMIT
13. Print or write down your confirmation number for your records

To get to Postal Ease through Lite Blue:

- Got to www.liteblue.usps.gov
- Enter your employee ID and Password and click "Log On"
- Click "My HR"
- Click "Employee Apps"
- Click "PostalEASE"
- Begin at step 1 above

BEFORE YOU START, YOU'LL NEED:

- A. Your 8-digit Employee ID Number (on your paystub)
- B. Your USPS password
- C. Your Postal Record Number (Located on the back cover of your Postal Record magazine, above your name. Or call 202.393.4695 to get your Postal Record Number). See the example below.



- D. To create your personal account number, insert the seven digits of your Postal Record Number to the spaces below: 0034952535

Using Postal EASE -Enroll by PHONE

Through PostalEASE, active letter carriers can contribute directly from their USPS paychecks to the Letter Carrier Political Fund (NALC's PAC) by designating the Political Fund as one of the three payroll "allotments."

ENROLLMENT BY PHONE

Call PostalEASE toll-free at 1.877.4PS.EASE (1.877.477.3273)

1. When prompted, select "1" for PostalEASE
2. Enter your 8-digit Employee ID Number and your USPS 4-digit PIN
3. Select "2" for payroll options
4. Select "1" for allotments. Disregard instruction to complete Allotment Worksheet and select "2" to continue.
5. Select "3" to ADD a new allotment
6. Enter the following Financial Institution Routing Number: 064000017
7. Select "1" to continue processing allotment
8. Select "1" to "enter the allotment now"
9. Enter your 17-digit Account Number (See step D at left)
10. Enter "1" for Checking
11. Enter amount of allotment: \$_____/ pay period. Maximum yearly amount is \$5,000
12. If amount is correct, select "1"

NOTE: If you already have three allotments, you must cancel one to contribute to the Political Fund through PostalEASE. To do so, follow the instructions above but instead of selecting "3" to add a new allotment, select "2" to cancel an allotment.

After completing your entry, stay on the phone for the following information:

Confirmation Number: _____

Your allotment will become effective on: _____

Your allotment will be reflected in paycheck dated: _____

Keep this information for your records and future reference.

BEFORE YOU START, YOU'LL NEED:

- A. Your 8-digit Employee ID Number (on your paystub)
- B. Your USPS PIN
- C. Your Postal Record Number (Located on the back cover of your Postal Record magazine, above your name. Or call 202.393.4695 to get your Postal Record Number).

Your Postal Record Number is on the cover of NALC's monthly magazine:



- D. To create your personal account number, insert the seven digits of your Postal Record Number to the spaces below: 0034952535

Using ELECTRONIC FUND TRANSFER

Through a MONTHLY Electronic Fund Transfer, NALC members can contribute directly from their bank account to the Letter Carrier Political Fund (NALC's PAC). On the 1st of every month, the Political Fund will automatically (and without a fee) deduct from your bank account the amount you choose to contribute (ex: \$5 donation each month for twelve months, totaling \$60 for the year).

Electronic Fund Transfer Authorization

Fill out and return this form with a voided check to the address below

I, _____ (your name) hereby authorize my bank to deduct from my checking account the MONTHLY sum of:

☐ \$30 ☐ \$25 ☐ \$20 ☐ \$15 ☐ \$10 ☐ Other: \$_____ PER MONTH and forward that amount to the Letter Carrier Political Fund (NALC's PAC) (Maximum amount per year is \$5,000). I make this authorization voluntarily and may revoke it at any time by notifying the Letter Carrier Political Fund in writing.

Signature: _____ Date: _____

Full Name (please print): _____

Postal Record #: _____ Routing #: _____ Account #: _____

Address: _____

City: _____ State: _____ Zip Code: _____

ATTACH A VOIDED CHECK HERE.

Please send this completed form and your voided check to:

The Letter Carrier Political Fund
100 Indiana Ave NW,
Washington, DC 20001-2144



Using Your Retirement ANNUITY

Using your Annuity, retired NALC members can contribute directly from their CSRS or FERS annuities to the Letter Carrier Political Fund (NALC's PAC) on a monthly basis. This is a convenient way to make regular donations to the political action fund similar to the payroll system available to active carriers.

Enroll by Phone

Call the NALC Retirement Office at 202.662.2877 anytime or toll-free at 1.800.424.5186 Monday, Wednesday and Thursday from 10 a.m. to noon or 2 to 4 p.m. (ET). (Note: you will need your CSA retirement Claim number.)

Enroll Online

1. Go to www.servicesonline.opm.gov
2. Enter your CSA number, beginning with the letter A and ending with a zero. SAMPLE: A22222220
3. Enter your PIN (Personal Identification Number). If you don't know it, click Using Services Online for help with one.
4. Once you've entered your CSA number and PIN, click Log In.
5. On the next page, click ALLOTMENTS TO ORGANIZATIONS.
6. Click START
7. Select the Letter Carrier Political Fund (Formerly COLCPE)
8. Enter the amount of your monthly contribution. (Maximum yearly amount is \$5,000)
9. Click SAVE
10. On the next page click YES (if correct), then print the next page for your records.

Enroll by Mail

Complete this form and send to:

NALC Retirement Department, Attention: Letter Carrier Political Fund, 100 Indiana Ave. NW, Washington, DC 20001-2144

I, _____ (your name) wish to contribute to the Letter Carrier Political Fund. I

authorize the Office of Personnel Management to withhold the amount below from my monthly annuity payments:

☐ \$30 ☐ \$25 ☐ \$20 ☐ \$15 ☐ \$10 ☐ Other: \$_____ (Maximum amount per year is \$5,000) and forward that amount to the Letter Carrier Political Fund (NALC's PAC). I make this authorization voluntarily and may revoke it at any time by notifying the Letter Carrier Political Fund in writing.

Signature: _____ Date: _____

Full Name (please print): _____ Branch: _____

CSA: _____ Phone: _____

By making a contribution to the Letter Carrier Political Fund, you are doing so voluntarily with the understanding that your contribution is not a condition of membership in the National Association of Letter Carriers or of employment by the Postal Service, nor is it part of union dues. You have a right to refuse to contribute without any reprisal. Any guideline amounts are merely suggestions, and you may contribute more or less than the guidelines suggest and the union will not favor or disadvantage you by reason of the amount of your contribution or your decision not to contribute. The Letter Carrier Political Fund will use the money it receives to contribute to candidates for federal office and undertake other political spending as permitted by law. Your selection shall remain in full force and effect until cancelled. Contributions to the Letter Carrier Political Fund are not deductible for federal income tax purposes. Federal law prohibits the Letter Carrier Political Fund from soliciting contributions from individuals who are not NALC members, executive and administrative staff or their families. Any contribution received from such an individual will be refunded to that contributor. Federal law requires us to use our best efforts to collect and report the name, mailing address, name of employer and occupation of individuals whose contributions exceed \$200 in a calendar year.

Save Your Job! Use Your Voice!

Contribute to the Letter Carrier Political Fund!

Political Action Honor Roll

DAN BRAUCHLE★
JOE CANMAN★

SAMUEL GOODMAN★
JOHN HAAKE★

IN MEMORY OF
TIFFANY HAGER★

GENO IBERG★
TOM SCHULTE★
MIKE WEIR★

LYNN RAY PRATT

The above honor roll gives special recognition to those members who give \$50 or more. Each star represents \$100

James Goheen

John Haake

Andre Hayes

Bill Lister

IS YOUR NAME LISTED? WHY NOT?
SEND YOUR CONTRIBUTIONS PAYABLE TO BRANCH 343, P.A.C.

MIKE WEIR
612 CHARLESTON OAKS DR.
BALLWIN, MO 63021-7387

(Donations are not tax deductible)

**PLEASE BE ADVISED IN REGARDS TO ANY ARTICLE SOLICITING CONTRIBUTIONS
TO THE LETTER CARRIER FUND OR OUR OWN POLITICAL ACTION FUND**

By making a contribution to the Letter Carrier Fund or our local Political Action Fund, you are doing so voluntarily with the understanding that your contribution is not a condition of membership in the National Association of Letter Carriers or of employment by the Postal Service, nor is it part of union dues. You have a right to refuse to contribute without any reprisal. The Letter Carrier Political Fund and Branch 343 Political Action Fund will use money it receives to contribute to candidates for federal office and undertake other political spending as permitted by law. Your selection shall remain in full force and effect until cancelled. Contributions to the Letter Carrier Political Fund are not tax deductible for federal income tax purposes. Federal law prohibits the Letter Carrier Political Fund and Branch 343 Political Action Fund from soliciting contributions from individuals who are not NALC members, executive and administrative staff or their families. Any contribution received from such an individual will be refunded to that contributor.

Are You Skipping Lunch and Breaks?

Here is the cost.

Based on making \$36.20/ hour.
(Regular)

One Break \$6.03

Two Breaks \$12.06

Lunch \$18.10

Lunch and Two Breaks \$30.16

Lunch/Two Breaks (weekly) \$150.80
(monthly) \$603.20
(annually) \$7,841.60
(25 yr career) \$196,040.00

CSRS/FERS RETIREMENT SEMINAR

SUNDAY, JANUARY 21, 2024

10 A.M. TILL 2:30 P.M.

LETTER CARRIERS HALL
1600 S. BROADWAY
ST. LOUIS, MISSOURI 63104

ALL MEMBERS AND SPOUSES WELCOME

Training will be conducted by
former National Business Agent Mike Weir

Please RSVP to the Letter Carriers Hall
at 314-348-8722

Lunch will be provided

John H. Haake BRANCH 343

—OFFICERS—

John McLaughlin President
Brian Litteken Executive Vice President/
Treasurer
Marvin Booker Vice President/
Financial Secretary
Tina Hunt..... Recording Secretary
Richard Thurman Sergeant-at-Arms
Saronda Sutherland MBA Representative
Barry Linan ... Health Benefits Representative

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MOUND CITY CARRIER

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Tom Schulte Managing Editor
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All correspondence and all articles intended
for publication in this paper should be
addressed to:

Tom Schulte, Managing Editor
1600 S Broadway
St. Louis, MO 63104-3806
Phone: 314-241-4297

or

You may submit articles and photos from
events and retirement photos to:

tomnalc@sbcglobal.net

If you submit a photo, please identify all
members in the photo.

All copy should be TYPED in upper and
lower case, double spaced and written on one
side only. Articles are to be limited to 500
words and must be signed.

Opinions expressed intend no malice toward anyone —
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nor that of Branch 343 N.A.L.C.

Articles may be edited for brevity and potential libelous
statements.

LETTER CARRIERS BUILDING BRANCH OFFICE

1600 S Broadway
St. Louis, MO 63104-3806
314-241-4297

President: 314-761-1784
EVP: 314-753-1699
VP: 314-517-3200

Hours: 8 am - 5 pm (M-F)
8 am - Noon (Sat)

Fax: 314-241-2738

Website: www.branch343.org

HEALTH BENEFITS HOT LINE

Barry Linan — Hall: 314-241-4223
Tuesday 8 am to 5 pm

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Barry Linan — Hall: 314-241-4223
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314-623-9354

FOR PERSONAL HELP CALL:
1-800-EAP-4-YOU

NBA OFFICE

David Teegarden — 314-985-8040
RAA Charles Sexton RAA Larrissa Parde

RETIRED MEMBERS MEETING

LETTER CARRIERS BUILDING
1600 S Broadway

1st Wednesday of the month.
Lunch at noon, meeting at 12:45 pm

Tom Schulte, Chairman.....636-255-3057
Ray Breakfield, Vice Chairman573-358-5266
Mike Chenot/Kevin Welby, Treasurers.. 314-779-3356
Tom Schulte, Recording Secretary636-255-3057

Deadline for articles for
the FEBRUARY issue is
JANUARY 16, 2024

★ ★ ★

REGULAR BRANCH MEETING
THURSDAY, JANUARY 11, 2024
7:30 pm

★ ★ ★

SHOP STEWARDS MEETING
THURSDAY, FEBRUARY 1, 2024
7:30 PM

The Letter Carriers Building
1600 S Broadway



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