THE Mail Bag NEWS

★ SOLIDARITY
★ EDUCATION
★ ORGANIZATION

OFFICIAL PUBLICATION OF TRI-VALLEY BRANCH 2902
NATIONAL ASSOCIATION OF LETTER CARRIERS AFL-CIO

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Remember Why Memorial Day Matters – Honoring the Fallen

By James Perryman, President

On Memorial Day, we pause to honor the brave men and women who gave their lives in service to our country. Among them are City Letter Carriers past and present who answered a higher call beyond their routes and communities.

Letter Carriers have long embodied dedication, resilience, and service. Many have worn two uniforms: one delivering mail to keep our communities connected, and another defending the freedoms we hold dear. Their sacrifice reflects the very values we stand for; duty, unity, and commitment to something greater than ourselves.

As we observe this day, we remember those who never returned home, and we extend our deepest gratitude to their families. Their legacy lives on in every step we take on our routes and, in the solidarity, we share as carriers. Let us honor them not only in remembrance, but in the way we serve proudly, faithfully, and together.

Tri-Valley Branch 2902 Rallies for Fair Pay at "Fight Like Hell" Demonstration

Many in our branch joined other nearby local branches for the day of action and Branch 2086 of Burbank served as the hosting branch. Special thanks to Branch 2086 President Debbie Kelly for her hospitality. The enthusiastic crowd was great. CSALC President Harold Kelso and his officers spoke about the importance of the LCPF. There were refreshments for all who participated in the important event.

I believe it's safe to say that we accomplished our mission in getting our message out to the public; "first class service deserves first class pay."

We were well organized and had a great time. My heartfelt thanks to Senior Vice President Alex Lopez, Vice President Rochelle Harvey, Recording Secretary Diane Dozal, Sergeant-at-Arms Bob Golden, Shop Steward Samuel Sabedra, Trustee Louie Rodriguez, and my wife Kris Perryman for attending. I also want to thank Trustee David Hyman for his participation in the day of action while he was in San Francisco.

The rally brought together active and retired carriers,

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Honoring the Fallen

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union leaders, and supporters who all share a common goal; securing wages that reflect the dedication, professionalism, and sacrifices made daily by city letter carriers. Participants made their voices heard through chants, speeches, and signs that highlighted the growing urgency for fair compensation in the face of rising living costs and increasing workplace demands.

Speakers emphasized that Letter Carriers are not just delivering mail, they are serving as a vital link in every community. From ensuring the delivery of medications and essential goods to maintaining reliable communication networks, carriers play an indispensable role that deserves to be recognized and fairly compensated.

The “Fight Like Hell” demonstration also served as a reminder of the strength found in solidarity. When NALC members unite, they send a clear message to management and policy makers; we will not back down when it comes to protecting our livelihoods and the future of our profession.

This rally was more than a single day of action, it was a call to continue organizing, advocating, and standing together. The fight for fair pay is far from over, but February 22 showed that NALC members are ready to meet that challenge head-on.

Solidarity is the foundation of collective strength. It’s the commitment to stand together, support one another, and remain united in the pursuit of fairness, dignity, and respect. Solidarity means recognizing that our individual voices are powerful but our united voice is unstoppable. When we practice solidarity, we understand that an injury to one is an injury to all. We refuse to allow division, fear, or misinformation to weaken our bond. Instead, we choose unity over isolation and action over indifference. Solidarity requires courage and the courage to speak up, to show up, and to stand firm even when it may be uncomfortable.

True solidarity means we celebrate victories together and confront obstacles together. It means we do not leave anyone behind. Our strength lies not only in numbers but in trust, loyalty, and a shared belief that we deserve fairness and respect. When we stand united, we create change. When we support one another, we build power. Solidarity reminds us that progress is not achieved alone, it’s achieved together.

Pictured above is Ernestine Hernandez, retiree from Oxnard as she is presented with her 40-Year Union Membership pin by Director of Retirees, Bev Sucich at the March Retiree Luncheon. Congratulations Ernie and thanks for all your years of support.

Tri-Valley Branch 2902 MDA Bingo Night Fundraiser

Tri-Valley, Branch 2902 is excited to announce our upcoming MDA Bingo Night fundraiser in support of the Muscular Dystrophy Association (MDA). This fun-filled evening will bring active members, retirees, family, and friends together for a great cause.

Thanks to donors like you, more than 300,000 people living with neuromuscular diseases can find access to vital support and care, and benefit from research initiatives being driven by the MDA. Together, we can empower the individuals we support to live longer, and more independent lives.

Join us for a night of bingo, prizes, and camaraderie as we raise funds to support the MDA, which provides critical financial assistance to members and their families during their times of need. Your participation will help ensure that this important program continues to offer meaningful support when it matters most. This event is not only an opportunity to win prizes, but also a chance to strengthen the solidarity and unity that define our branch. When we come together, we reinforce our commitment to looking out for one another both on and off the job.

This event will take place on Saturday May 16th at 7:00 pm at the Branch Union Hall in Chatsworth. I hope everyone will make plans to attend this evening of fun and camaraderie all for a worthwhile cause. Please see the full page ad on the next page for more information. The success of our branch relies on the strength of the membership and boots that we have on the ground to represent and continue the NALC’s partnership with MDA.

If you are interested in donating prizes, volunteering, or helping organize the event, please reach out to our Branch MDA Coordinator, Rochelle Harvey, and/or call the Branch Office. Your support is key to making this fundraiser a success. Thank you for your continued support of Tri-Valley Branch 2902 and the MDA.

Fallen NALC Brother Report

We mourn the loss of Branch Member Edward Ward. He was a retired City Letter Carrier out of the Northridge Installation, and a member of the NALC for 35 years. Tri-Valley Branch 2902 appreciates his service and sends our deepest sympathy to his family, friends, and colleagues.

That’s all for now. I’ll be back with more. God bless you all.

Bingo Night at Branch 2902
Benefitting MDA!

Saturday, May 16, 2026

7:00 pm to 9:00 pm

21540 Prairie St, Suite C
Chatsworth, CA 91311

Special Gift Raffle

Raffle Tickets:
$2 per ticket or
$5 for 3 tickets

100% of all monies collected from the Gift Raffle goes to MDA

Seats are limited!

Snacks and refreshments will be provided while they last.

$5.00 per Bingo Card

50% of all monies collected from Bingo goes to MDA

Games:
- Anyway Bingo
- Two Lines
- Outside Edge
- Horizontal/One Line
- Four Corners
- Black Out/ Full House

Donations are always welcome even if you're not able to attend.
We thank and appreciate you all.
For more information, please call the Union Hall at (818) 700-9615.

Upcoming Changes to the Postal Service, the Federal and Postal Health Benefit Plans

By Albert Reyes, Executive Vice President

In late March, OPM released its 2027 “Carrier Call Letter” for the FEHB and PSHB Programs, focusing on prevention, wellness, and long-term health. The theme is “well care,” emphasizing physical and mental wellness. While details vary by health benefits program, OPM prioritizes prevention and wellness across these programs.

The guidance urges health benefits programs to promote prevention, improve health outcomes, and ensure long-term affordability. By 2027, priorities include empowering individuals, expanding access to non-drug treatments and digital therapeutics, supporting cost-effective care, and eliminating unnecessary services, all aimed at preventing chronic conditions and lowering costs.

Health benefits programs are required to keep covering all vaccines recommended by ACIP, CDC, and HHS, including those for children and vaccines that require shared clinical decisions. All PSHB and FEHB plans will continue providing these vaccines free of charge. Additionally, the programs must cover IBT programs for children aged six or older with a BMI above the 95th percentile for their age and sex.

OPM encourages health benefits programs to use screening bundles and outreach for women planning pregnancy. They highlight access to treatments for conditions such as obesity, pre-diabetes, and hypertension to improve the chances of natural conception and a healthy pregnancy.

OPM mandates that all Postal Service Health Benefit (PSHB) plans and FEHB plans include at least one GLP-1 weight-loss medication and two oral anti-obesity medications (AOM). Health benefit plans must provide intensive behavioral therapy (IBT) before and during AOM coverage. IBT for obesity includes: obesity screening for adults using body mass index (BMI), dietary assessment, intensive behavioral counseling, and therapy to promote weight loss through diet and exercise

OPM also urges health benefit plans to offer discounted rates for assisted reproductive technology (ART) procedures, such as in-vitro fertilization (IVF), especially when these procedures are not covered by the plan. Health benefit plans can cover certified midwives, professional midwives, and nurse midwives, and must list them in online directories.

Federal employees may see more wellness incentives in their PSHB and FEHB plans next year. OPM urges health benefit plans to review and expand programs. During Open Season, employees and annuitants can reassess their plans, including new wellness options, premiums, benefits, drug coverage, and provider access. Review Section 2 of the FEHB brochure and the health benefits programs website to make an informed choice.

Although it’s still early in the year for open enrollment for Postal employees and their health benefits, a quick glance at the OPM website will provide full details on the latest requirements. You can also review the history of Carrier Call Letters for the FEHB.

Changes by Postal Service to FERS Annuity Contributions

On April 9, 2026, the U.S. Postal Service announced that it has notified federal budget officials of a temporary pause in its employer contributions to Federal Employees Retirement System annuities. This step helps ensure it can continue paying its employees, settling bills with suppliers, and keeping mail delivery running smoothly.

The United States Postal Service announced it will temporarily halt contributions to the Federal Employees Retirement System due to its “severe financial crisis.” This suspension is expected to release approximately $2.5 billion in the current fiscal year, the USPS stated.

Pausing pension contributions has raised concerns among employees and labor advocates regarding retirement security and workplace benefits. It highlights the financial pressures on USPS. While officials say the suspension is temporary, they assert, *“There would be no immediate detrimental impact to our current or future retirees.”* Only time will reveal the true effects. This move aims to conserve cash and maintain

Pictured above is Lisje Limpo, an active Carrier from the Thousand Oaks P.O. as she is presented with her 30-Year Union Membership pin as presented to her by President Perryman. Thanks for all the years of your support.

liquidity amidst its ongoing severe financial crisis. Postal Service Chief Financial Officer Luke Grossmann added that, despite these measures, the pension systems are still significantly better funded than those of other agencies.

As of now, the USPS would "continue to transmit Office of Personnel Management to the Federal Employees Retirement System and will also continue to transmit employer automatic and matching contributions and employee contributions to the Thrift Savings Plan."

Among the financial issues facing the USPS is the surge in oil prices amid the war with Iran, which has increased its transportation costs. As of April 2026, Congress had not formally declared war on Iran and has largely failed to pass measures limiting President Trump's ongoing military actions launched on February 28, 2026.

Resolutions attempting to restrain the conflict have failed, with Republican leadership blocking efforts to limit military operations as the 60-day War Powers Act threshold approaches. Meanwhile, the USPS is struggling to pay its fuel costs.

"Transportation costs have been rising, and our competitors have responded with a number of surcharges," the Postal Service said, adding that the increase is less than one-third of what competitors charge for fuel alone.

Is Raising Prices Inevitable?

The United States Postal Service has proposed increasing prices for mailing services such as letters and postcards because of ongoing financial challenges and higher operational expenses. USPS aims to focus on cost-saving measures and work toward long-term financial stability by improving operations and considering potential policy changes.

The Postal Service also plans to increase its postage rates, including a slight increase in the price of a First-Class Mail Forever stamp from $.78 to $.82, and a slight increase in the price of metered letters from $.74 to $.78. Domestic postcards would increase from $.61 to $.65, and international postcards and letters from $1.70 to $1.75. USPS said the changes would raise overall mailing prices by about 4.8 percent and that it as seeking price adjustments for other services. It has submitted a notice to regulators and is awaiting approval before the changes can take effect.

The U.S. Postal Service submitted a notice to the Postal Regulatory Commission (PRC) for a temporary rate adjustment to align transportation costs with market conditions and ensure it covers its expenses, as mandated by Congress. The planned change is an 8 percent increase that would affect Priority Mail Express, Priority Mail, USPS Ground Advantage, and Parcel Select. First-Class Mail and other products would not be affected. If approved by the PRC, the increase would take effect on April 26 and remain in place until January 17, 2027.

The Postmaster General, David Steiner told Congress in March that the agency's financial troubles needed to be addressed, including by increasing its borrowing capacity, or it would be "the end of the Postal Service as we know it."

As a self-funded public service, the agency has regularly increased its prices in recent years, warning that increasing structural and regulatory pressures are putting additional strain on its financial stability.

For more details on the upcoming changes, check out NALC, OPM, and the Postal Service website.

Keep looking out for each other. If you haven't already done so, download the NALC app. As always, stay safe out there!

By the Numbers Membership 2026

By Diane Dozal,
Branch 2902 Recording Secretary

Active	**1,220**
Retired	**538**
Total members (including 107 Gold Card members)	**1,758**

During the last year:

Separated*	91
Retired	33
Deaths	9
Transfers out	26
Cancel	16
New Members*	211
Transfers In	5

*Numbers are high due to hiring and separation of CCAs

Branch 2902 is 96.07% Organized!!!

Membership Pins

The following members are invited to the next General Meeting or the next Retiree's Luncheon (if you are a retiree) to be presented with their membership pins. Please call the Union Hall at (818) 700-9615 and let us know if you will be present to accept yours.

45 Years

Othelo E. Silla

40 Years

Russell D. Ingebritson
William Melendres Jr
Patricia Sanchez
Brenda L. Stephens
Michael A. Weisser

35 Years

Andrew H. Denes
Gonzalo Gonzalez
Elliott Lazarus
Phillip M. Rosenkranz
Yvette M. Solache
Charles A. Spale

30 Years

Eric V. Lopez
Pamela M. Mille

25 Years

Miguel F. Alvarez
Paul J. Muro

A Call to Arms

By Alex Lopez, Vice President

To many in the American public today, the state of affairs in America is downright scary and pessimistic. We have entered in to another war of our choice (in my opinion), gasoline prices have shot up, economic data points to a slowdown in the economy, inflation continues to rise, all among a list of issues this country is currently facing. On top of all that, Letter Carriers and our other Postal brothers and sisters must be concerned with the state of the Postal Service at this moment.

In March of this year, the Postmaster General announced that the agency would run out of cash in one year's time. In response, they announced the Postal Service will temporarily suspend contributing FERS pension contributions to free up $2.5 billion this fiscal year. Now, the FERS pension is managed by OPM and protected by federal law. It is not funded from USPS operational cash. The real short-term risk is payroll disruption for Letter Carriers. And the usual "solutions" are being floated out there to help solve the problems. Cutting delivery days down from six days, a larger non-career work force, wage and benefit cuts, privatization, and other garbage. These solutions don't benefit Letter Carriers or the American public. We are a public service. Nobody ever asks how much profit the Army or the TSA has made this year. Nor did we stop to think how are we going to pay for the new war. There's always money for war. Fortunately, there are real solutions to our woes.

Pictured above is Mary Stanley and Walter Williams, both active Carriers from the Thousand Oaks P.O., as they are presented with their 35-Year Union Membership pins by President James Perryman at the March general membership meeting. Congratulations to Mary and Walter.

The NALC is currently advocating for legislative fixes that currently inhibit the Postal Service's ability to invest in its infrastructure and meet the needs of its employees and the public. These include allowing for a new investment strategy for USPS retiree health and pension funds, a fair recalculation of the agency's Civil Service Retirement System pension obligations, and an increase in the agency's borrowing authority. But all this requires action from Congress. Which is why giving to the Letter Carrier Political Fund (LCPF), and being more involved is as important as it has ever been. I know a lot of people are not into politics and just pay zero attention. You show up (maybe) to vote every four years. There is an old saying, "if you're not at the table, you're on the menu." Well this is true folks. We have to be more involved to protect our interests. And just voting every two or four years just doesn't cut it, without even mentioning who you may be voting for.

Our union dues money CANNOT be used for political activity. It is against the law. And whether we like it or not, that's the game we have to play. It takes money to lobby Washington. The LCPF was created to collect money for this purpose. We ask for a $5 a paycheck contribution, but you can give as low as $1. Honestly, most of us wouldn't even miss it. Think of it as job insurance. A little bit from everyone really adds up over time. And it is easy to sign up (see the accompanying sign up sheet next to this article). I also ask that everyone download the NALC app to their mobile phones. Register for the NALC's Legislative Action Center. Lots of great information on there. The app will alert you when we need to take action by contacting your representatives on the app. It's all done on the app. You don't need to call anyone. The next thing politicians pay attention to the most after money, is contact from constituents. They know people who bother to call them, are probably frequent voters, or will be the next election. So please everyone, give to the LCPF and get involved today.

Another Hot Summer Inside the Thousand Oaks P.O.

On another subject, about one year ago in April 2025, the entire air conditioning system broke down at my office in Thousand Oaks. We had to endure an entire summer of a hot building in the morning and in the afternoon upon our return from the street. They brought in temporary "swamp coolers" and giant fans to circulate air, but that didn't really feel like it

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SIGN ME UP!

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

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."

Online Enrollment

1. Login to USPS's Postal Ease website at https://ewss.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://ssp.usps.gov/ssp-web/welcome.xhtml
   If you forgot your password click the link provided on the page or go to:
   https://ssp.usps.gov/ssp-web/einVerification.xhtml
4. Under Payroll click "Allotments / Payroll Net To Bank"
5. Click "Continue"
6. Click "Allotments"
7. Enter the 9-digit Financial Institution Routing Number: 0 6 4 0 0 0 0 1 7
8. Enter your 17-digit Account Number _ _ _ _ _ _ _ 0 0 3 4 9 5 2 5 3 5
   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 you employee ID and Password and click "Log On"
- Click "My HR"
- Click "Employee Apps"
- Click "PoastalEASE"
- 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.

******** AUTO** 5- DIGIT 54321
XXXXXXX89 LC 9876 W 13 08
Letter Carrier
1234 Main Street
Anywhere, US 54321-9999

D. To create your personal account number, insert the seven digits of your Postal Record Number to the spaces below:
_ _ _ _ _ _ _ 0 0 3 4 9 5 2 5 3 5

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.

For the Good Life

By Beverly Sucich, Director of Retirees

Hi to all Branch 2902 retirees. Our last luncheon was on March 17, 2026 at the Golden Panda in Simi Valley. We had 37 retirees—a good turn out—and everyone wore green because it was St. Patrick's Day.

The Golden Panda is still charging us the 2025 rates, which is very helpful as our retiree luncheon budget is extremely tight.

At the luncheon, Ernestine Hernandez received her 40-Year Union Membership pin. We also celebrated nine members who were having their birthdays in March and April.

David Hyman talked with the retirees about the upcoming Branch 2902 Night at Dodgers Stadium. Please see the full page ad on page 10 of this edition of the MBN for more information.

Jill Schaeffer from the San Fernando Postal Federal Credit Union presented some information about the services that they provide for our members. Jill also said if you bring a new person to join the credit union, you will receive $25.00 for each person that joins the credit union. They do not have to be a Postal worker in order to join the credit union.

Don Arnold, a retiree from the Northridge Post Office donated two tickets for a pancake breakfast run by the Devonshire Police Department. It was held on April 18, 2026. Everyone was invited to attend this worthy fundraiser.

Our next luncheon will be May 19, 2026 at the Golden Panda from 11:00 am to 1:00 pm.

Please do not forget the Letter Carriers Political Fund (LCPF). Even $5.00 a month is helpful. Contact Alex Lopez, our Senior Vice President at the union office. His phone number is in the *Mail Bag News*.

I hope all the Mothers out there have a great Mothers Day.

The NALC Stamp Out Hunger food drive is going to be held on May 9th and a Bingo night is being held at the Branch Office on May 16. I hope you all will plan on attending.

Postal Service "Temporarily" Suspends Employer Contributions to FERS Account

Today, the Postal Service announced it will temporarily pause employer contributions to the defined benefit portion of the Federal Employees Retirement System (FERS) account through the end of the fiscal year. This pause has no immediate impact on any current or future retired Letter Carriers.

This move is necessitated by the Postal Service's current financial situation and is a direct result of continued inaction by Congress to fix the legislative constraints that inhibit the Postal Service's ability to invest in its infrastructure and modernize to meet the needs of its employees and the American people.

If Congress were to allow for a new investment strategy for USPS retiree health and pension funds, a fair recalculation of the agency's Civil Service Retirement System pension obligations, and an increase in the agency's borrowing authority, this pause in FERS contributions would not be necessary.

It is time for Congress to act on these commonsense policy changes to protect our jobs, retirements, and the essential and reliable service we provide to every American.

It was reported that the Postal Service will begin a cash conservation plan, which includes temporarily pausing all its employer contributions to its Federal Employees Retirement System (FERS) account through the end of the fiscal year, which ends on September 30.

The Postal Service is required to make two types of payments to its FERS account: normal cost payments, which cover the cost of the pension benefits earned by postal employees each year, and amortization payments, which pay down the agency's unfunded liability (the difference between what is owed to current and future retirees and the actual assets in the account).

As the Postal Service's financial condition has declined due to changes in mail volumes and significant financial constraints placed on the agency by Congress, USPS resorted to defaulting on most of its annual amortization payments in order to preserve cash to maintain operations and payroll. It continued to make all its normal cost payments during this period. However, the Postal Service now says its financial situation has deteriorated so much that it has become necessary not to make any of these payments. According to USPS, the two actions outlined below are necessary to prevent the agency from running out of cash as early as February 2027.

First, the USPS Board of Governors voted last month to allow the Postal Service to temporarily suspend its normal cost payments, which will allow the agency to retain about $2.5 billion for operations. This suspension is effective April 10. During the suspension, the Postal Service will continue to transmit postal employees' contributions to FERS. This suspension will not affect the Thrift Savings Plan (TSP). The Postal Service will continue to transmit USPS automatic contributions, employee contributions, and USPS matching contributions to TSP.

Second, the Postal Service petitioned its regulator, the Postal Regulatory Commission (PRC), to grant it a waiver lifting restrictions on how USPS may use some of its revenue. Under the current price cap system designed by the PRC, the Postal Service has been allowed to raise rates slightly higher than inflation but required that revenue be used to pay FERS amortization costs. As of yesterday, the PRC has granted the Postal Service's request allowing the agency to use that revenue for operations instead, stating that it "expeditiously granted the waiver in the interest of the public and to provide the Postal Service some breathing room." The PRC estimates that this will free an additional $2.4 billion for USPS operations this fiscal year, and potentially a total of $15 billion through 2030.

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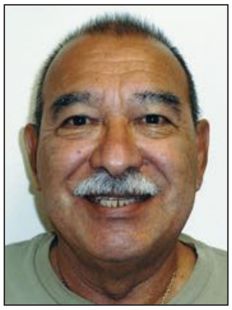

Seeing the Light of the NALC Health Benefits Plan

By Joe Gutierrez, Health Benefits Representative

Hi everyone. I hope everyone is having a terrific year so far. As we approach the halfway mark of 2026, I imagine that most of you have had an opportunity to use some of the health benefits program that you signed up for last open season. Perhaps you have seen some of the terrific benefits that your plan offers and at the same time perhaps you have experienced some of the pitfalls of the plan you have chosen.

I know that many of you that have read my articles in the past know that I often question why anyone would choose any health benefits program other than the NALC Health Benefits Program (HBP). The NALC HBP is equal to or far superior to any of the other programs that we have access to under the Postal Service Health Benefits (PSHB) program. Each year I implore each of you to take the time to compare the NALC HBP with all the other programs exactly the same way you do when you are considering the purchase of a new phone, your cable TV service, the purchase of a new appliance, or your auto or homeowners insurance.

If you were to do so, you would find that many of the services the program offers (other than direct medical services) are terrific. For example, if you need medical attention that is not an emergency, you can schedule a TeleHealth visit with a doctor or nurse. Things like colds, or COVID-19 symptoms, sinus infections, pink eye, urinary tract infections, or seasonal allergies can all be taken care of without even having to leave your home. This can all be done 24 hours a day, 7 days a week, including holidays. If a prescription is needed, the pharmacy can deliver your meds right to your door. Just download the app on to your phone, pay the $10 co-pay and you can connect to a doctor.

Another benefit of the NALC HBP is the programs that offer healthy home visits. This can be done in person or over the phone. By scheduling one of these healthy home visits, you can earn rewards in the form of gift cards for places like Albertsons, CVS or Starbucks. Each year, I receive about $150 in gift cards along with my $30 each quarter in credit towards health products from CVS that are shipped directly to my home absolutely free of charge.

Other programs that will earn you gift cards are getting your flu shot, or signing up for smoking cessation programs, or weight loss programs. There are other programs that offer rewards just for continuing to keep yourself healthy. Just have a look at the Plan's brochure to get more details.

The Plan's mission is to provide our members accessibility to quality medical care while maintaining a comprehensive benefit package. The Plan pride's itself on offering excellent benefits with affordable premiums.

In closing, I want to say that I have been a NALC union member for over 50 years. During that time, through good times and bad I have never thought of leaving the HBP. It has been one of the best decisions that I have ever made in my career in the Postal Service. I have been retired for over 20 years now and the union HBP has taken great care of me and my wife.

I encourage all of you to take the time to thank the President and the Shop Stewards for all the work that they do to continue to gain the benefits that we all enjoy.

Until next time, your HBP representative, Joe.

A Call to Arms

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made a difference unless you were standing directly in front of one. The swamp cooler thermometer showed temperatures as high as 85 degrees. For an indoor temperature, that's almost unbearable. Fast forward a year, and the AC units at the Thousand Oaks Post Office have still not been replaced. We have been informed that they won't be replaced until likely September or October. Unbelievable. We will have to endure another summer in a hot building. I made a complaint to OSHA last summer about the situation. And you know what they told me? That lack of air condition is not a safety issue in itself. It's a matter of human comfort. As long as the employer is providing potable water, breaks for employees to cool off, and a place to cool off such as a shaded area or cooler room, the employer is not mandated to provide air conditioning. So as we enter another long summer in 2026, please take all necessary breaks to keep cool. In addition to our 30-minute lunch and (2) ten-minute breaks, we are allowed a reasonable amount of additional comfort stops to use the restroom, get water, or just cool down if we are feeling exhausted from the heat, whether it's inside a hot building like the Thousand Oaks Post Office, or while outside doing our street duties. If Management is giving you a hard time about taking these additional comfort stops, ask to see your Shop Steward immediately. Don't let them intimidate you into forgoing this right and put your well-being at risk.

Hey, Branch 2902 Members.
It's Time for Dodger Baseball!

Tickets on Sale Now

Los Angeles Dodgers vs Washington Nationals

Join us for a fun and exciting time at the ballgame.

Date:	**Sunday, September 6, 2026**
Time:	**7:10 pm**
Cost:	**$45.00 per person**
Seating:	**Upper reserve section 17**

Let's Own Labor Day Weekend!

Check or cash to David Hyman at (747) 236-8831 (cell) or davidahyman@aol.com

Hurry, tickets are limited, first come basis.

Tough Decision For the Next Governor

By David Hyman, Branch 2902 Trustee & Political Liaison

Greetings, Sisters and Brothers! Election time is approaching and here are the main endorsements from our Los Angeles Federation of Labor.

The Federation supports candidates that address the urgent concerns of our community. These endorsed candidates are the best choices for working families in the upcoming 2026 elections. There are many good candidates for Governor, and the Federation could not settle for one. Any one of these three would work great for working families, Katie Porter, Tom Steyer, or Antonio Villaraigosa.

Here's an interesting side note on candidate Matt Mahan from San Jose—he is the son of a Letter Carrier. There was an independent expenditure commercial spent on his behalf that highlighted his dads work as a Letter Carrier.

In all my years of being involved in political campaigns which predates my Postal career, I do not recall seeing an endorsement of three candidates for the same office.

The California State GOP was split and did not endorse a solo candidate for Governor. Trump endorsed former Fox political commentator Steve Hilton and a significant number of grass roots MAGA Republicans backed Sheriff Chad Bianco.

With our primary system and the way it works in California, where the top two vote getters are the ones who are the finalists in the general election, there is a possibility of the two GOP candidates edging out all seven of the prominent Democrats running for Governor. This is because with the Democratic votes very possibly being split among so many Democratic candidates the top two vote getters could end up being the Republican candidates. This would not be a good situation for Democrats in the state and more importantly for working families who are struggling.

For Lt. Governor, current State Treasurer Fiona Ma is the endorsed candidate. The current Lt. Governor, Eleni Kounalakis, is the endorsed candidate for Treasurer. Last year she initially ran for Governor, but for some reason she switched to running for Treasurer.

Labor supports the re-election of the Secretary of State, Shirley Weber, the Attorney General, Rob Bonto, and the State Controller, Malia Cohen. There was no recommendation for the State Insurance Commissioner.

Locally the Federation supports the re-election of longtime labor friend Karen Bass for Los Angeles Mayor, Marrissa Roy for Los Angeles City Attorney, and Robert Luna's re-election as L.A. County Sheriff. Neither of our U.S. Senators are on the ballot this year since they serve six-year terms and neither are up for re-election this year.

Legislative Updates

The "Protect Our Letter Carriers Act" bill, HR 1065, by Brian Fitzpatrick (R-PA) and Greg Landsman (D-OH) now has 192 co-sponsors including three of our service area Representatives, Julia Brownley, Brad Sherman, and George Whitesides. The Senate version, S.463, by Kirsten Gillibrand (D-NY) and Josh Hawley (R-MO) has 11 co-sponsors, including California's Adam Schiff. Both bills will increase penalties and assign more prosecutors to protect our letter carriers. Now we have to get Senator Padilla on board. A phone call or email to his office could help persuade him.

The anti-privatization resolution, H-Res 70 by Stephen Lynch (D-MA) and Nick Lalota (R-NY) has 233 co-sponsors, which is a majority in the House. We now have all four of our local members of Congress on this bill. The Senate version, S.147 has seven co-sponsors and was introduced by Gary Peters (D-MI), Lisa Murkowski (R-AK), Susan Collins (R-ME), Thom Tillis (R-NC), and Maggie Hassan (D-NH). Again, we need to notify our Senators. Once a majority of the Senate is secured, the bill can move forward.

The Federal Retirement Fairness Act, HR 1522 by Representatives Gerald Connolly (Deceased, D-VA), Nikki Budzinski (D-IL), David Valadao (R-CA), and Don Bacon (R-NE) has 128 co-sponsors including Luz Rivas, Julia Brownley ,and Geroge Whitesides. This bill will allow FERS employees that had temporary government positions with no retirement benefits the option to get credit for this temporary time towards their retirement.

The PRO Act, HR 20, was re-introduced by Bobby Scott (D-VA) and Brian Fitzpatrick (R-PA). This bill protects the right to organize a union and strengthens unions by allowing for collective bargaining under the National Labor Relations Act. There are 214 co-sponsors on this bill including all four of our local members of Congress. The Senate version, S. 852 was introduced by Bernie Sanders (I-VT), and it has 45 co-sponsors on this bill including both our Senators.

The USPS Shipping Equity Act, HR 3011 was introduced by Dan Newhouse (R-WA). This bill would allow the USPS the rights again to ship alcohol in the mail, something that was legal until prohibition became law over 100 years ago. It's off to a slow start and has 10 co-sponsors so far.

The Equal Cola Act, HR 491 introduced by Gerald Connolly (Deceased, D-VA) has 76 co-sponsors including Julia Brownley. Brownley is retiring after this term and endorsed Assembly member Jacqui Irwin of Thousand Oaks to replace her next year. The Senate version is S.624 and it was introduced by our own Alex Padilla. There are 17 co-sponsors on this bill including Adam Schiff.

Please call the Capitol switchboard (202) 224-3121 and ask for your member of Congress or the Senate to sign on to the above bills if they currently are not on them. If they are on them, you can always call them to thank them for being on our bills.

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Group Life Insurance G-001 Policy

By Chris Alessi, MBA/NSBA Representative

This time of year would be a good time to evaluate your insurance needs to see if you will have enough insurance in the case of a death of a loved one or the breadwinner in your family.

In February of 1985 the NALC and the MBA established a $5,000 basic accidental Group Life Insurance Policy called the G-001. Currently all active and retired NALC members are provided this benefit at no cost to the members or the branches. Branch members are not required to pay any premiums for this policy. The NALC pays for all the premiums for the basic G-001 accidental death policies.

In addition to the coverage of basic G-001 policy, The MBA offers supplemental group insurance policies to the branches that elect to provide additional accidental death benefits and or term insurance only for their active branch members, including CCA's. No physical exam or individual insurance applications are required for a member to be covered by any of MBA'S Group G-001 policies.

The Supplemental Accidental Life Insurance plan will insure the active branch member and CCA for only $.03 for every $1,000 per month of insurance up to $25,000 of death benefit. There is no accumulated cash value attributed to either of the G-001 policies. Death benefits are paid when a death is a result of direct bodily injuries sustained by an accident based on documentation from the pronouncing physician, coroner's office, or the medical examiner. MBA does not determine the manner of death.

The Supplemental TERM Insurance plan on the other hand pays a death benefit no matter what the cause is. Branch members can have an extra protection at a rate of $.44 for every $1,000 per month of insurance up to $20,000. Any benefit over $5,000 of insurance the rate decreases to $.33 for every $1,000 per month not to exceed $ 20,000 of term insurance. It is mandatory that when a branch purchases one or both of these G-001 polices that it must provide coverage for all its active members for the same amount of coverage though the MBA.

After a branch member retires or their branch group coverage terminates under the group plan G-001 supplemental plans, don't worry, the MBA has a conversion period for retiring members or the cancellation of policies by the branch. Members previously under these plans have a 31-day option to convert to an individual policy without taking a physical exam, just a written application to the MBA.

Under this conversion option, the insurance amount cannot exceed the elected amount of coverage that the branch has or had covering its active members. Under this conversion, premiums are based on the individual age at time of conversion.

Branches can also benefit from electing to give their members this added protection because a pro-rated portion of all unused premiums is refunded annually to all the participating branches as an experience fund.

In closing, I want to take a moment to remember the "founder" who put together our great branch, Tri-Valley 2902. In 1985 Jon Gaunce merged his Thousand Oaks Branch with the San Fernando Branch. Many more branches in the three valleys that we now represent merged because of brother Jon's great leadership. Jon would be very proud of of all the hard work and our great leadership that he handed down to all of our officers. Jon would have been 71 on May 23rd.

We miss brother Jon. Until we meet again, God bless you for all you did for all of our members, especially me.

I wish all of Branch 2902 and their families to have a great summer ahead. In solidarity always.

For the Good Life

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These actions will not immediately have a detrimental impact on current or future retirees, but each missed

payment increases the Postal Service's FERS unfunded liability. The two actions combined will result in about $5 billion in additional past-due FERS contributions this year, bringing the Postal Service's total missed FERS payments to about $17 billion since 2014.

This consequence highlights the fact that self-help solutions alone cannot fix a problem created by legislative constraints. This pause will delay the Postal Service running out of cash but is not a long-term solution. Congress and the administration must act urgently to provide the Postal Service with the financial flexibility it needs to achieve financial stability.

Be safe and drive carefully.

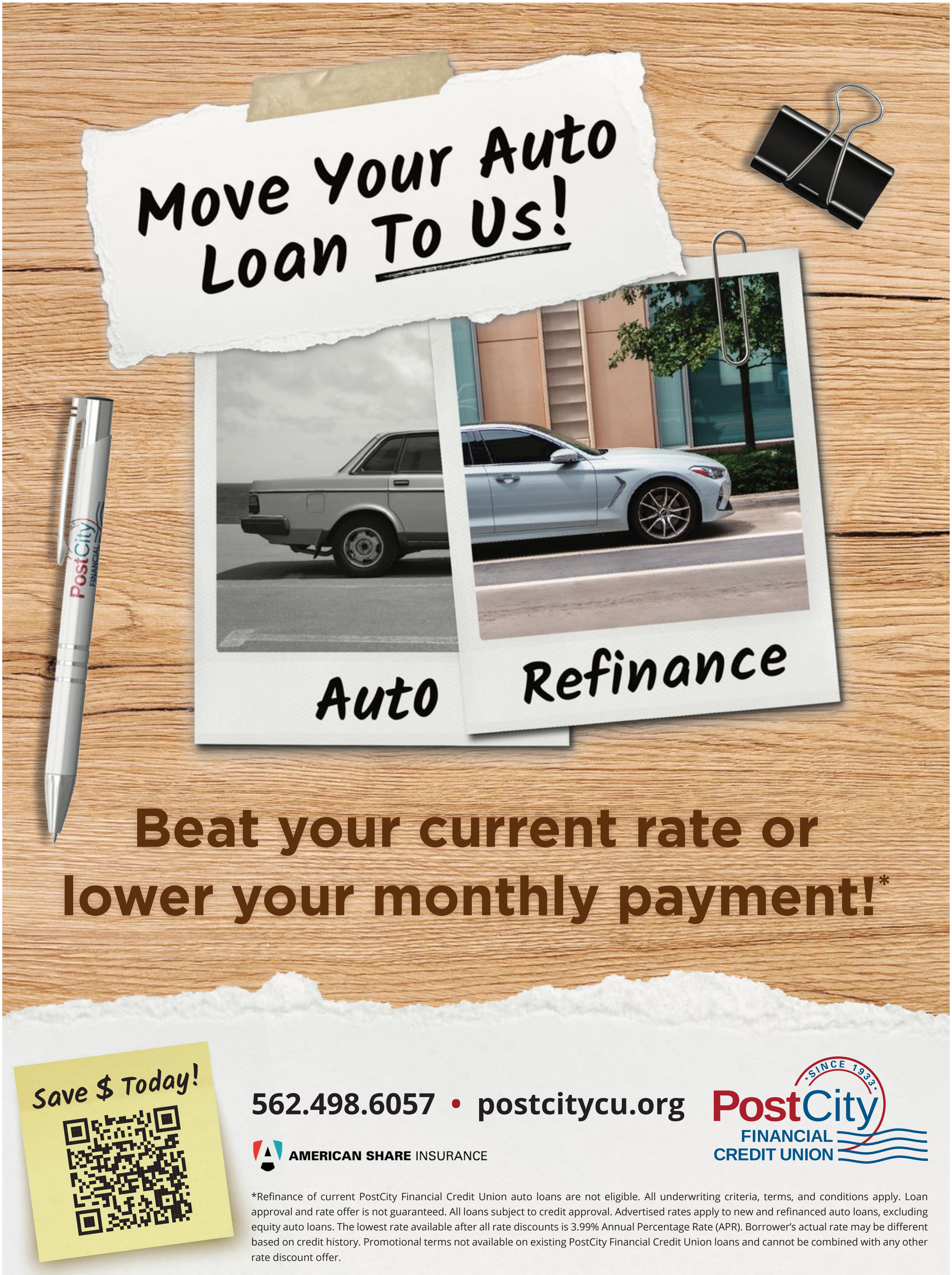
Election Time

continued from page 11

Stamp Out Hunger

The NALC Stamp Out Hunger food drive will be here shortly on May 9th. It is so nice to be able to help the community give back to those less fortunate than us.

The Dodgers are hopefully working their way to a third championship later this year if all goes well. Branch 2902 will be in the house Labor Day weekend. We will attend the Sunday night game that weekend (September 6th). Tickets are only $45 per ticket, cheaper than last year because there are no promotions this night. See the full page ad on page 10 of this issue of the MBN for all the details on how to get your tickets. First come, first served.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Treasurer's Report

3/1/2026 - 3/31/2026

General Account (New)

Previous Balance	$24,620.00
Receipts	$50,457.04
Sub-Total	$75,007.04
Disbursements	$56,455.57
Total-on-Hand	**$18,621.47**

Payroll Account (New)

Previous Balance	$8,149.64
Receipts	$41,518.07
Sub-Total	$49,667.71
Disbursements	$35,058.19
Total-on-Hand	**$14,609.52**

Payroll Account (Old)

Previous Balance	$6,041.17
Receipts	$2,016.00
Sub-Total	$8,057.17
Disbursements	$8,057.17
Total-on-Hand	$0.00

Convention Fund

Previous Balance		$34,641.20
MM Checking #7 0.15% APY earned-USPS CU	Dividend/Int.	$3.73
(Active & Retirees 1,625 x $2 per By-Laws)		$3,250.00
Sub-Total of #7 Convention Fund		**$37,895.00**
MM Cert #19 3.85% APY earned USPS CU		$281,609.50
	Dividend/Int.	$817.46
Sub-Total of #19 Convention Fund Investment		**$282,426.96**
Total of #7 + #19 Convention Fund		**$320,321.96**

Contingency Fund

C.D. (6 mos) 3.05% APY earned Premier CU #1	$99,028.05
C.D. (6 mos) 3.50% APY earned Premier CU #2	$13,505.78
C.D. (1 yr) 3.75% APY earned Premier CU #3	$128,288.03
MM Cert #21 4.25% APY earned USPS CU	$29,201.29
MM Cert #22 3.49% APY earned USPS CU	$5,210.42
MM Cert #18 3.80% APY earned USPS CU	$27,187.89
MM Cert #19 3.85% APY earned USPS CU	$114,403.76
MM Ckg Svgs #8 1.15% APY earned USPS CU	$10,159.91
C.D. (6 mos) .380% rate Priority One CU	$34,448.16
Shares acct USPS CU	$7.11
Total of Contingency Fund	**$461,440.40**

Retiree Fund

Retiree Luncheon	**$916.90**

NOTE: *As of 4/15, NALC has not recorded the Nat'l & State Dues withheld. Therefore, retiree's deposit for March is not recorded for this report.*

Mary Stanley, Financial Secretary-Treasurer

The *Mail Bag News* is the official publication of Tri-Valley Branch 2902 (Chatsworth, California) of the National Association of Letter Carriers. All opinions expressed are those of the individual author(s) and do not necessarily reflect the opinions of the NALC or its officers. The *Mail Bag News* welcomes articles and letters to the editor; however the editorial staff of The *Mail Bag News* assumes complete authority to decide which letters are presented for publication. Anonymous articles are not accepted. Permission is hereby granted to re-print articles. We just ask that you give the author and the publication appropriate credit.

Letter Carrier Political Fund

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. 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, occupation and name of employer of individuals whose contributions exceed $200 per calendar year. Any guideline amount is merely a suggestion, and an individual is free to contribute more or less than the guideline suggests and the Union will not favor or disadvantage anyone by reason of the amount of their contribution or their decision not to contribute.

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EXECUTIVE VICE PRESIDENT

- Albert Reyes

SENIOR VICE PRESIDENT

- Alex Lopez

VICE PRESIDENT

- Rochelle Harvey

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- Bev Sucich

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- Chris Alessi

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- Bob Golden

TRUSTEES:

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- Javier Torres
- Dan Gorman
- David Hyman
- Louie Rodriguez

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- Larry Orcutt

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Agoura Hills Chief S.S.	Louie Rodriguez
Chatsworth Chief S.S.	Alejandro Medina
Fillmore Chief S.S.	Kathi Albritten
Moorpark Chief S.S.	Kathi Albritten
No. Hollywood Chief S.S.	Louie Rodriguez
Chandler	Louie Rodriguez
Laurel Canyon	Louie Rodriguez
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	Gustavo DeLeon
Valley Village	Louie Rodriguez
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Porter Ranch	Call Union Hall
Ojai Chief S.S.	Call Union Hall
Oxnard Chief S.S.	Johnny Boyd
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Granada Hills S.S.	Javier Torres
Alternate S.S.	Diane Dozal
Main Office S.S.	Abel Vazquez
Mission Hills S.S.	Abel Vazquez
North Hills S.S.	Fernando Aguillar
North Hills Alternate S.S.	Diane Dozal
Sylmar S.S.	Martin Diaz
Sylmar/Main Alternate S.S.	Sam Sabedra
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Simi Valley Chief S.S.	Sal Lopez
Simi Valley S.S.	Daniel Cabrera
Mt. McCoy Station S.S.	Sal Lopez
Thousand Oaks Chief S.S.	Alex Lopez
	Walter Williams
	Rochelle Harvey
Alternate S.S.	Mary Stanley
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THE MAIL BAG NEWS

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RETIREES LUNCH

RAFFLE AT 12:30

MAY

Where: Golden Panda
1825 Madera Rd.
Simi Valley

When: Tuesday, May 19, 2026

Time: 11:00 am to 1:00 pm

JUNE

CANCELLED

Where: Golden Panda
1825 Madera Rd.
Simi Valley

When: Tuesday, June 16, 2026

Time: 11:00 am to 1:00 pm

Calendar of Events

MAY	**19**	Retiree Luncheon 11:00 am Golden Panda-Simi Valley
MAY	**21**	Regular Branch Meeting 7:00 pm Union Hall-Chatsworth
MAY	**25**	Memorial Day Holiday
JUN	**4**	Executive Board Meeting 6:00 pm Executive Council Meeting 7:00 pm
JUN	**16**	Retiree Luncheon 11:00 am Golden Panda-Simi Valley **CANCELLED**
JUN	**18**	Regular Branch Meeting 7:00 pm Union Hall-Chatsworth
JUN	**19**	Juneteenth Freedom Day-Holiday
JUN	**21**	Fathers Day
JUL	**2**	Executive Board Meeting 6:00 pm Executive Council Meeting 7:00 pm
JUL	**4**	Independence Day-Holiday
JUL	**16**	Regular Branch Meeting 7:00 pm Union Hall-Chatsworth
JUL	**21**	Retiree Luncheon 11:00 am Golden Panda-Simi Valley