



THE Mail Bag NEWS

★ SOLIDARITY

★ EDUCATION

★ ORGANIZATION



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

PROUDLY REPRESENTING: AGOURA, ARLETA, CALABASAS, CHATSWORTH, FILLMORE, GRANADA HILLS, MISSION HILLS, MOORPARK, NEWBURY PARK, NORTH HILLS, NORTH HOLLYWOOD, NORTHRIDGE, OJAI, OXNARD, PACOIMA, PORT HUENEME, RESEDA, SAN FERNANDO, SANTA PAULA, SIMI VALLEY, SYLMAR, THOUSAND OAKS, VENTURA, WESTLAKE AND WOODLAND HILLS

MEMBER: LOS ANGELES FEDERATION OF LABOR, AFL-CIO

MEMBER: TRI-COUNTIES CENTRAL LABOR COUNCIL, AFL-CIO

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ELECTION NOTICE

This is official notice to all members of Branch 2902 that nominations for branch officers will be accepted at the October 15, 2026 and November 19, 2026 meetings beginning at 7:00 p.m. at the Jon Gaunce Union Hall, 21540 Prairie St., Ste. C, Chatsworth. Ballots will be counted on December 17, 2026.

The following officer positions will be open for nomination: president, executive vice president, senior vice president, vice president, financial secretary treasurer, recording secretary, director of retirees, MBA/NSBA officer, health benefit officer, assistant health benefit officer, sergeant at arms and five trustee positions. These officers serve a three-year term. The president, executive vice-president, senior vice-president, vice-president, financial secretary treasurer, and recording secretary shall be delegates to state and national conventions by virtue of their office.

All nominations may be accepted or declined verbally at the nominating meetings, or in writing no later than seven calendar days after the close of nominations. Failure to accept nominations as stated, will result in an automatic decline.

The election will be conducted by secret ballot. Ballots will be mailed to each member in good standing at their last known address. Completed ballots will be accepted up to 5PM on December 17, 2026 at Jon Gaunce Union Hall.

— Diane Dozal, Recording Secretary



Changes in the Air at National Convention

By James Perryman, President

NALC 74th Biennial Convention

As a Southern California resident, I believe Los Angeles was an excellent choice to host the NALC 74th Biennial Convention. The city is easily accessible for delegates traveling from across the country and offers a world-class convention facility in the heart of downtown Los Angeles. The Los Angeles Convention Center provided ample space for convention business while placing attendees close to hotels, restaurants, and local attractions.

Beyond the convention itself, Los Angeles gave delegates an opportunity to experience the diversity, culture, and hospitality that Southern California has to offer. Hosting the convention in Los Angeles showcased our region and allowed thousands of letter carriers to gather in one of the nation's most recognizable cities. Overall, Los Angeles proved to be a welcoming and practical location for conducting the important business of our union.

I had the privilege of attending the NALC 74th Biennial Convention and representing Tri-Valley Branch 2902. The convention provided delegates with an opportunity to debate resolutions, hear reports from national officers, discuss the future of our union, and participate in the democratic process that makes the NALC a member-driven organization.

One of the biggest surprises of the convention was the announcement by NALC President Brian Renfroe that he would not seek re-election. Given the significance of the office and the challenges facing letter carriers nationwide, the announcement immediately became a major topic of discussion among delegates. President Renfroe's decision has opened the door for new leadership and generated considerable interest in the future direction of our union.

Another major development was the nomination of candidates for national office. Delegates witnessed the democratic process firsthand as members were nominated and presented their vision for the future of the NALC. Among the most notable nominations were James Henry and Mike Caref for the office of NALC President. In addition, Nicole Rhine and Manny Peralta announced their candidacies on the same slate for President and Executive Vice President respectively. Lew Drass, the NALC retired Vice President was also nominated for President. Several other members were nominated for various national offices, setting the stage for what promises to be a highly contested election cycle.

Region 1 delegates also witnessed the nomination of candidates for the office of National Business Agent. Allen Rios and Chris Reed were nominated to seek the position of Region 1 National Business Agent, providing Region 1 members with an important choice regarding future representation at the national level. Their nominations generated significant interest among delegates from throughout the region and highlighted the importance of strong leadership and advocacy on behalf of letter carriers. The convention made it clear that members will have important choices regarding the future leadership and direction of our union.

Guest Speakers at the NALC 74th Biennial National Convention

The 74th NALC National Convention featured several prominent guest speakers who highlighted the importance of organized labor and public service.



Liz Shuler, President of the AFL-CIO, emphasized the need for labor solidarity and continued advocacy for workers' rights, fair wages, and collective bargaining.



Sara Nelson, President of the Association of Flight Attendants-CWA, delivered an inspiring message about the power of collective action and the importance of union activism in protecting working families.



Everett Kelley, President of the American Federation of Government Employees (AFGE), spoke about defending collective bargaining rights, opposing privatization, and supporting public-sector employees.



House Democratic Leader Hakeem Jeffries expressed his support for the Postal Service and letter carriers, recognizing their essential role in serving communities across the nation.

These speakers, just a few among many who addressed the convention, underscored the importance of unity, advocacy, and political engagement in advancing the interests of letter carriers and working people nationwide.

Pros of the Convention

- Delegates had the opportunity to participate directly in the democratic process of the NALC.
- Members were able to hear reports and perspectives from national officers and candidates seeking office.
- The convention allowed branches from across the country to exchange ideas, discuss challenges, and share successful strategies.
- Delegates debated resolutions and constitutional amendments that may impact letter carriers and the future of our union.
- Networking opportunities strengthened relationships among activists, stewards, branch officers, and national leaders.
- The convention provided education and updates regarding collective bargaining, legislative efforts, and workplace issues affecting letter carriers.
- The nomination process demonstrated the strength of our union's democratic traditions and encouraged active member engagement.
- For the first time in my experience attending an NALC National Convention, a legislative resolution supporting locality and area wages was adopted by the convention delegates. If successful, legislation adding the United States Postal Service to federal locality pay provisions would provide letter carriers with benefits already enjoyed by federal employees in 54 designated locality pay areas throughout the country.

Cons of the Convention

- Debate on several issues was lengthy, resulting in extended sessions and limited time for discussion on other important matters.
- Some delegates expressed frustration that certain topics received more attention than issues directly affecting the daily work lives of letter carriers.
- At times, the tone of debate became unnecessarily personal. Several newer delegates made comments that many viewed as disrespectful toward experienced delegates who have dedicated years, and in some cases decades, to serving the NALC. While healthy disagreement is an important part of union democracy, mutual respect should remain a cornerstone of convention debate.
- The divisive nature of some discussions occasionally distracted from the substance of the issues being considered.
- Many delegates were disappointed that several educational and training classes had to be canceled due to time constraints. An unusually large volume of convention business, debates, and procedural matters consumed a significant portion of the schedule, leaving insufficient time to conduct all planned classes. As a result, some delegates missed valuable training opportunities that could have enhanced their knowledge and effectiveness as branch officers, stewards, and activists.
- The national awards presentation ceremony recognizing branch achievements during the convention was canceled due to time constraints resulting from the unusually heavy volume of convention business.
- Some members may leave the convention with unanswered questions regarding the direction of future contract negotiations and organizational priorities.

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Observations

One of my personal observations from this convention was the contrast between passionate debate and professional decorum. Delegates have every right to challenge ideas, policies, and leadership decisions. However, our union benefits most when debates focus on the merits of an issue rather than on the individuals presenting differing viewpoints. The knowledge and experience of longtime delegates should be respected, just as the energy and fresh perspectives of newer delegates should be welcomed. Our union is strongest when both are valued.

I also observed that, despite the challenges associated with presiding over a large and sometimes spirited convention, President Renfro generally did an acceptable job chairing the proceedings and maintaining order on the convention floor. While there were occasions when he appeared to forget to reopen the doors following teller vote procedures, the convention continued to move forward in an orderly manner, and delegates were afforded the opportunity to debate and vote on the business before them.

Conclusion

Overall, the 74th Biennial Convention demonstrated both the strengths and challenges of a democratic labor organization. The surprise announcement by President Brian Renfro not to seek re-election, combined with the nomination of James Henry, Mike Caref, Nicole Rhine, Manny Peralta, Lew Drass, Allen Rios, Chris Reed, and other candidates seeking national and regional offices, made this convention one of the most consequential in recent NALC history. While there were disagreements and spirited debates, delegates remained actively engaged in shaping the future of our union.

Although delegates spent considerable time debating resolutions, constitutional amendments, and nominations for national office, there were no significant updates regarding the current collective bargaining agreement. Many members attended the convention hoping to receive substantial information concerning ongoing contract issues such as wages, benefits, and other bargaining priorities. However, little new information was provided beyond what had already been communicated to the membership.

As we move forward, the upcoming national and regional elections will provide members with an opportunity to determine the future direction of our union and the leadership that will guide the NALC through future collective bargaining and the challenges facing letter carriers nationwide.



Pictured above is Branch 2902 President James Perryman as he cast the ballot for AFL-CIO delegates.



President Perryman and EVP Reyes looking sharp for the National Officers retirement dinner held during the convention in Los Angeles.

Lastly

The NALC 74th Biennial Convention in Los Angeles was an experience I will not soon forget. For me, representing Tri-Valley Branch 2902 was not just about attending a national convention—it was about being part of something much bigger than ourselves. It was about brotherhood, solidarity, and remembering why we continue to stand together as letter carriers and union members.



One of the most meaningful moments for me was seeing Branch 2902 make a **\$2,902 donation to the Muscular Dystrophy Association (MDA)**. The amount was more than just a number. It represented our branch, our members, and our commitment to helping families affected by neuromuscular diseases. Seeing the name “Branch 2902” connected to that donation filled me with tremendous pride. It reminded me that our union is about more than protecting wages, benefits, and working conditions. It is also about giving back and helping people who need our support.

Being on the convention floor surrounded by thousands of NALC members from across the country was powerful. Listening to the debates, sharing ideas, and hearing the concerns of other branches gave me a greater appreciation for the strength of our national union. At the same time, it made me proud of the work we do here at home in Tri-Valley. I returned from the convention with more knowledge, renewed energy, and an even stronger commitment to Branch 2902 and its members. Most importantly, I came away reminded that every one of us has a role to play in protecting our union and supporting our communities. The \$2,902 donation to MDA will always stand out as one of my proudest memories

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Pictured at left is Region 1 National Business Agent Alan Rios flanked by EVP Albert Reyes & President Perryman at the National Convention.



Pictured above is Branch 2902 Mail Bag News editor Paul Drapkin as he accepts the award on behalf of the branch that was presented to Tri-Valley Branch 2902's Mail Bag News for third place in the category of overall excellence at the National Convention held in Los Angeles

Pictured at left is the plaque that was awarded to the branch for overall excellence for our newsletter.



NALC 74th Biennial Convention, Los Angeles

By Albert Reyes, Executive Vice President

It was a privilege to attend the 74th Biennial Convention in Los Angeles! It was great seeing everyone engaged and interacting. Branch 2902 proudly represented itself with vests and smiles. The branch had new delegates attending, and it was a wonderful, informative gathering experience. Special thanks to Rochelle Harvey for acting as the branch Recording Secretary, and to all the delegates who took on branch committee roles.

Los Angeles is a vibrant city filled with a rich labor history that connects today's activists with those from the past who fought similar battles. Sharing these stories with fellow delegates was truly meaningful. Throughout convention week, there were many chances to strengthen our activities that promote solidarity and to form new connections with delegates we don't usually meet during our regular branch meetings.



Pictured above is NALC National Director of Safety & Health, Manny Peralta, as he presents our very own James Perryman with his 40-year Union Membership Pin at the August general membership meeting.

The convention focused on several key topics. On day one, the discussion on the delegate floor centered on which social media platform you support. Another major issue was the status of our contract, with many delegates expressing frustration over the lack of transparency in negotiations. This is a recurring issue from previous conventions. Numerous resolutions were discussed and debated regarding the progress and transparency of our union's future. The loudest cheers occurred a few minutes into the convention when President Renfroe suddenly announced he would not seek re-election as National President. This convention was much different from years past. There is a widespread division within our union; even though Brian Renfroe announced he is not running for re-election, the narrative has changed. So, what does NALC look like moving forward? Many delegates believe that sharing our negotiations on social media and news outlets can be really beneficial. However, before we move forward with this idea, let's keep in mind that the Postal Service's customer satisfaction rating is low. It's worth considering whether sharing these talks publicly would really help us earn more public support. Should we open up our contract discussions to an audience that, overall, isn't very satisfied with the service?

Another major topic at the convention was protecting the right to vote by mail. I don't see any of the candidates for NALC President making a strong case for how they will support that right in upcoming elections. This campaign can assure Letter Carriers of essential work during election seasons. Any registered voter may vote by mail instead of going to the polls on election day, and Letter Carriers can hold their heads high, knowing they are the reason for this shift in the election process.

Currently, the Postal Service Election Improvement Act would require the Postal Service to issue best-practice guidance for election officials and designate advisors to ensure the proper handling of election mail. The National Vote at Home Institute plays a massive part in this success (you can find more information at voteathome.org). The Trump administration is using the Supreme Court to stop the Postal Service from doing this. The National Vote at Home Institute

is a nonpartisan, 501c(3) nonprofit organization that aims to increase voters' access to, use of, and confidence in voting at home. Voters receive paper ballots by mail. They can return their ballots by postage-free mail or in person at a secure location. Their ballots can now be tracked online in real time to ensure their vote is counted. With less than 90 days until the midterm elections, officials are urging the Supreme Court to stop the current administration from making changes to the Postal Service that would affect who can receive mail-in ballots. Regardless of your political views, let's fulfill our duty as Letter Carriers to make sure every piece of campaign material and ballot is delivered safely. This can be a big part of getting the public on the Letter Carrier's side.

As the week continued, many provisions were not heard due to the extensive calls for division and teller counts. It was surreal and ironic to see the division within our own union, even as we seek the public's support. This resulted in classroom cancellations due to time constraints. Many delegates were visibly upset that their resolutions were not heard, and

many first-time delegates grew impatient. Ultimately, some left the convention and never returned. Although many groups may have great suggestions for who should be National President, we should never forget that NALC is the Union that advocates for each of us. In relevant part, Article 1, Section 1 of the JCAM provides that "the Employer recognizes the National Association of Letter Carriers, AFL-CIO, as the exclusive bargaining representative of all employees in the bargaining unit for which it has been recognized and certified at the national level-City Letter Carriers". As a matter of principle, I am a Letter Carrier first for the National Association of Letter Carriers. I hope to share many more joyous moments at the upcoming conventions. I want to thank each Carrier for their hard work and those delegates who had the patience to endure the long hours of the convention. Contrary to any false rumors or gossip, this was not a free vacation.

If you haven't done so, please download the NALC app, and always be safe out there! See everyone at the general membership meeting on the third Thursday of every month.

Changes in the Air at National Convention

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of this convention. Branch 2902 showed that our solidarity doesn't stop at the workplace—it reaches into the communities we serve.

Experience at the Tri-Valley Branch 2902 Delegates' Dinner and National Retiree Officers' Dinner

Attending the NALC 74th Biennial Convention was also the opportunity to participate in both the Tri-Valley Branch 2902 Delegates' Dinner and the National Retiree Officers' Dinner. These events provided an excellent opportunity to connect with fellow letter carriers, retirees, branch leaders, and national officers outside of the convention floor.

The Tri-Valley Branch 2902 Delegates' Dinner allowed our delegation to come together, reflect on the convention proceedings, and discuss issues affecting letter carriers throughout our branch and across the country. It was a valuable opportunity to strengthen relationships among our delegates and recognize the importance of working together to represent the interests of our members back home.

The National Retiree Officers' Dinner was equally rewarding. The event highlighted the continued dedication and contributions of retired letter carriers who remain active in the NALC. Listening to their experiences and perspectives

served as a reminder of the sacrifices and accomplishments that helped build our union. Their commitment to protecting letter carrier rights and supporting future generations continues to inspire active members. Both events reinforced the sense of solidarity that makes the NALC strong. Beyond the debates, resolutions, and business conducted at convention, these gatherings reminded me that our union is built on relationships, shared experiences, and a collective commitment to improving the lives of letter carriers. I was honored to represent Tri-Valley Branch 2902 and participate in these memorable events.

Award

The Mailbag News, which is the newsletter you are now reading, is once again an award-winning newsletter. Branch 2902 received a 3rd place Publication Award for Overall Excellence, Large Branches at the National Convention. I'd like to give a heartfelt thanks to all of you that write articles for our newsletter, and as special thanks to Branch Editor Paul Drapkin for his tireless efforts and dedication in putting out a quality newsletter. Job well done to all.

I am proud to be part of Branch 2902. **Together, we stand. Together, we give. Together, we fight.**

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



Pictured above in the center is retiree Joseph Mora as he is presented with his 40-year Union Membership Pin. Joseph is flanked by NALC National Director of Safety & Health, Manny Peralta and Branch 2902 President, James Perryman. Thanks for your years of union membership Joseph and continue to enjoy many more years of retirement.



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

Samuel A. Alfonso	Wayne F. Madura
Manuel Arredondo	David A. Pettis
Steve O. Dickerson	Gary S. Traba
James D. Faulconer	Christina A. Velis
Catherine A. Jacobs	

40 Years

Debra D. Durfield	Leslie A. Sotelo
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35 Years

James C. Dearborn	John R. Herr
Frances E. Federico	Jose P. Lara
Ralph H. Friedrichson	Davina L. Zamora

30 Years

John W. Pinard	Robert D. Schroeder
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25 Years

Jose A. Hernandez	John A. Ortega
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Treasurer's Report

7/1/2026 - 7/31/2026

General Account

Previous Balance	\$242,796.88
Receipts	\$50,312.63
Sub-Total	\$293,109.51
Disbursements	\$91,497.23
Total-on-Hand	<u>\$201,612.28</u>

Payroll Account

Previous Balance	\$1,965.22
Receipts	\$65,000.00
Sub-Total	\$66,965.22
Disbursements	\$35,386.22
Total-on-Hand	<u>\$31,579.00</u>

Convention Fund

Previous Balance	\$8,510.11
MM Checking #7 0.15% APY earned USPS CU (Dividend/Int.)	\$0.68
(Active & Retirees 1,625 x \$2 per By-Laws)	\$3,250.00
Sub-Total of MM Checking #7	<u>\$11,760.79</u>

MM Cert #18 3.35% APY earned USPS CU Convention Fund Investment	<u>\$144,694.41</u>
Total Convention Fund	<u>\$156,455.20</u>

Contingency Fund

C.D. (6 mos) - 3.05% APY earned Premier CU #1	\$100,027.55
C.D. (6 mos) - 3.05% APY earned Premier CU #2	\$13,642.41
C.D. (1 yr) - 3.75% APY earned Premier CU #3	\$129,876.33
MM Cert #21 - 3.35% APY earned USPS CU	\$29,476.90
MM Cert #22 - 3.50% APY earned USPS CU	\$120,290.74
MM Cert #18 - 3.35% APY earned USPS CU	\$27,506.88
MM Ckg Svgs #8 - 1.15% APY earned USPS CU	\$10,988.81
C.D. (6 mos) - 0.380% rate Priority One CU	\$34,480.81
Shares acct USPS CU	<u>\$7.11</u>
Total of Contingency Fund	<u>\$465,507.54</u>

Retiree Fund

Retiree Luncheon	<u>\$1,801.58</u>
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Mary Stanley,
Financial Secretary-Treasurer



Guest Speakers Help Highlight National Convention

By David Hyman, Branch 2902 Trustee & Political Liaison

The NALC recently held their 74th Biennial Convention in downtown Los Angeles. There were around two dozen Branch 2902 members there attending all or some of the convention. I was one of them commuting from the No Ho (North Hollywood for all of you non-hipsters out there) Redline train station daily as I have done countless times to attend Kings hockey games in the same area.

Mayor Karen Bass welcomed the delegates and told of how proud she was to be the daughter of a Branch 24 Letter Carrier. I was looking forward to attending three political-related workshops but had to settle for one since the convention had time management issues and ran late most days. There were lots of guest speakers, resolutions and other business for the body to take care of. Minority leader Hakeem Jeffries addressed the body on Thursday with an eloquent speech.

The workshop that I was able to attend was titled “Navigating the Nightmare”. The workshop started with a video on the two previous years of attacks on Postal and other union employees. The NALC has survived the attacks so far but remains vigilant to future attacks. President Biden signing the Social Security Windfall Elimination bill last year and having anti-union language removed from the Big Beautiful “BS” bill were some of the biggest accomplishments the NALC made.

Some of the things removed from that bill were assaults on collective bargaining for us and other federal employees working at TSA, the VA, and prisons, just to name a few. Also removed was an increase in FERS contributions and cuts to federal health benefits. Attempts to attack the Postal Service were derailed by the NALC and other unions. There was bipartisan support for us because even representatives from red states know that privatization would hurt them more than in the blue states. The NALC is working hard to keep the USPS off budget, especially since this Congress has trouble

funding a budget. The NALC is working hard to stay in the game at the table, so we do not end up on the menu. It’s a challenge, but the NALC strives to protect employees and the network.

The “Protect Our Letter Carriers Act” bill, HR 1065, by Brian Fitzpatrick (R-PA) and Greg Landsman (D-OH), now has 223 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 14 co-sponsors, including Schiff. Both bills will increase penalties and assign more prosecutors to protect our letter carriers. Now we have to get Senator Padilla on board.



Pictured above is NALC President Renfro as he introduces Democratic Leader of the House of Representatives, Hakeem Jeffries to the convention delegates.

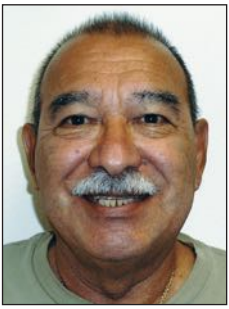
The anti-privatization resolution, H-Res 70 by Stephen Lynch (D-MA) and Nick Lalota (R-NY), has 237 co-sponsors, a majority in the House. We now have all four of our local members of Congress on this bill. The Senate version, S.147, has seven co-sponsors and was introduced by Gary Peters (D-MI), Lisa 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 157 co-sponsors, including Rivas, Brownley, and 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

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Extra Incentives to Stay Healthy

By Joe Gutierrez, Branch 2902 Health Benefits Representative

Hello everyone, I hope you are having a safe and happy summer. I also want to thank all the delegates who attended the National Convention. I hope they learned a lot. I understand we will be getting a new executive board since many current members are retiring, or as in the case of the current President, have chosen not to run again. I hope we elect leaders who will keep our union strong.

I would also like to address an issue some members are experiencing with eligibility problems or policy changes. The Plan can no longer make these changes directly as it did before. OPM must first process the changes, and then The Plan can act on them. Without proper documentation from OPM, The Plan cannot process address changes, add or remove dependents, change a plan code (such as from Self Only to Self and Family), process or refund health benefit plan premiums, update marriage or divorce information or cancel health benefit coverage.

Since PSHB replaced FEHB, active carriers must now contact Human Resources Shared Service (HRSS), and

annuitants must contact the Office of Personnel Management Retirement Services (OPM). I know this has created challenges because I have received several calls about it. I am sorry, but neither I, nor The Plan can make these changes directly. You must work through HRSS (for active carriers) and OPM (for retired annuitants).

Now, let's talk about Health Equity. Eligible High Option members and eligible dependents can receive up to \$600 for participating in the SilverScript Prescription Drug Program. To qualify, you only need to complete a form and provide proof of your original Medicare Part B premium payments.

Healthy Rewards Program (High Option Plan and CDHP)

We can all use a little help finding ways to make staying healthy more affordable. I hope you are taking advantage of the valuable rewards available through our wellness incentive programs and the TACS debit card. You can earn rewards when you receive covered services, such as a flu shot, smoking cessation support or weight loss services. Your rewards are loaded onto your card and can be used for medical expenses not covered by insurance.

The Healthy Rewards Program provides NALC members with discounts on services that are not usually covered by the Plan. Discounts vary and are available on products and services related to healthy lifestyle behaviors, such as discounts on nutrition services, fitness clubs, vision and hearing care, and other healthy lifestyle products. This program promotes wellness, good health and helps you develop healthy behaviors.

In closing, I want to remind everyone that the NALC Health Plan business hours have been extended. We are now available Monday through Friday from 8 a.m. to 6 pm Eastern time, giving those of us on the West coast more time to call.

I'll have more in the coming issues of the MBN.



"Any frontal attack on ignorance is bound to fail because the masses are always ready to defend their most precious possession—their ignorance."

— Hendrik William van Loon,
Dutch-American journalist, lecturer



Paid Up at Age 90

By Chris Alessi, MBA/NSBA Representative

Hello brothers and sisters. Fall is right around the corner, and now may be a good time to reflect upon our life insurance needs to see if they are right for your current situation.

The MBA Whole Life Paid up at Age 90 plan is a limited payment plan designed exclusively for Letter Carriers and their families. This is a very affordable whole life insurance policy backed by the NALC. Whole life insurance provides a way to give your family financial security both during your lifetime and beyond. In the event of your death, your survivors receive the full amount of your policy. While you're alive you are setting aside money you can use as a nest egg for your family. To keep costs low as possible, premiums are paid throughout the insured's lifetime, up until age 90.

he MBA allots a portion of your premium to build up "cash value" of your policy so your nest egg can grow as you earn tax-deferred interest at above-market rates. In times of need, you can borrow against this cash value at a low interest rate (currently 8%) and still keep your policy in force. You may also decide to surrender your policy in exchange for the entire cash value.

Every year the MBA determines if your policy will share in the divisible surplus which builds from all participating policies. You may choose to receive your dividends as a cash payment each year, to buy additional insurance

coverage, or to keep it on deposit with the MBA to earn interest.

You will always pay the same premium amount throughout the life of the policy. You can even add a disability rider, and the MBA will pay the premiums due for the length of your total disability. You can choose the amount of protection your family needs from \$10,000-\$100,000. You can decide how often you want to pay your premiums; monthly, annually, or biweekly under the automatic payroll deduction plan. You may return the policy for a full refund of your premiums within 30 days for any reason if you decide not to keep the policy.

In closing, please write or call your Senators and tell them to vote NO on S1789. This bill will allow the USPS to stop door-to-door delivery. We have to let them know how serious this bill is and that we must not take away such a valuable service.

Take care, and God bless you. In solidarity always.

Dividends on the premiums are paid to you after your anniversary date each year. There is a 30-day no risk agreement, if you are not satisfied for any reason you can return your policy for a full refund.

In closing, I wish all our officers, members and their families a great summer, be safe and enjoy. GOD BLESS YOU.

Guest Speakers Help Highlight National Convention

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to organize a union and strengthens unions by allowing for collective bargaining under the National Labor Relations Act. There are 216 co-sponsors on this bill, including all four of our local members of Congress. The Senate version, S. 852, was introduced by Bernie Sanders, 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 right 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 17 co-sponsors so far.

The Equal Cola Act, HR 491, introduced by Gerald Connolly (Deceased, D-VA), has 86 co-sponsors, including Julia

Brownley. The Senate version is S.624, and it was introduced by our own Alex Padilla. There are 20 co-sponsors on this bill, including Schiff. Please call the Capitol Switchboard (202) 224-3121 and ask for your member of Congress or the Senate to get on 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.

On Labor Day weekend, many branch members were able to cheer our Dodgers on and got an extra bonus. Originally, our game did not have any promotions that Sunday night, and later in the season, one was added to that night's game. As soon as the Bobblehead was added that night, tickets shot up about \$100 more than we were paying.



☑ VOTE CHRIS REED REGION 1 NBA

CALIFORNIA, HAWAII, NEVADA, & GUAM

“MEMBERSHIP FIRST” REED4NBA.COM



My promise to you is that I will always put the membership first!

EDUCATION

THE REGION CAN BE SPLIT INTO FIVE DIFFERENT AREAS: HAWAII (& GUAM), NEVADA, NORTHERN CALIFORNIA, CENTRAL CALIFORNIA, AND SOUTHERN CALIFORNIA. EACH AREA WILL RECEIVE TRAINING EVERY 4 MONTHS.

COMMUNICATION

MONTHLY MEETINGS WITH PRESIDENTS, TRANSPARENCY WITH MEMBERSHIP REGARDING EC MEETINGS, & MORE.

ENFORCEMENT

AGGRESSIVE CONTRACT ENFORCEMENT AT EVERY STEP OF THE GRIEVANCE-ARBITRATION PROCEDURE.

I grew up in a union household, majority of my immediate and extended family are Teamsters and I was raised from a young age to join a unionized workforce.

As indicated by my resume (below), I became very active in representing city letter carriers shortly after I was hired in Kailua-Kona, Hawaii.

If elected, I will immediately implement my educational, communication, and enforcement plans that will continually put the membership first. I will meet in-person with WestPac's Field Director, Labor Relations. I will meet in-person with each District Manager and Labor Relations Manager to address the issues that letter carriers face each and every day in the performance of their duties.

I will not be just a mere presence via a phone call or email. I will be actively traveling to represent the membership. In the last two years, I have traveled approximately 150,000 miles and lived in a hotel 200 days to represent the membership in this region.

I will be aggressive in representing the regional membership. I will not only fight for you, I will also fight with you because when we fight, we win!

RESUME

↓ TENURE DOES NOT EQUAL EXPERIENCE ↓

	CHRIS REED	MY OPPONENT
TIME FROM HIRE DATE UNTIL BECAME A SHOP STEWARD	8 months	13 years
AMOUNT OF TIME SPENT AS A SHOP STEWARD	5 years and counting	3 years
NEGOTIATED LMOU?	YES	NO
YEAR OF FIRST ARBITRATION HEARING	2024	2013
MOST RECENT YEAR PRESENTED CASE IN ARBITRATION	2026	2015
# OF CASES PRESENTED IN ARBITRATION	13	3
SUCCESS % IN ARBITRATION	83%	66%

- BRANCH 5516: KONA, HAWAII
- TABLE 2 LETTER CARRIER
- MAR '21: HIRED AS A CCA
- NOV '21: CERTIFIED AS A SHOP STEWARD
- AUG '22: DESIGNATED AS A FORMAL STEP A REP
- APR '23: BECAME A BRANCH PRESIDENT
- AUG '23: BECAME AN OUTSIDE STEWARD FOR REGION 1
- FEB '24: COMPLETED AFAB TRAINING
- MAY '24: PRESENTED 1ST CASE IN ARBITRATION
- NOV '24: COMPLETED ARBITRATION TRAINING
- JAN '26: RANK-AND-FILE BARGAINING COMMITTEE
- FALL OF '26: WILL ATTEND LEADERSHIP ACADEMY
- 2024 - PRESENT: ASSISTED THE NBA'S OFFICE DURING NBA'S/RAA'S LEAVE OF ABSENCE
- 2026: CARRIED MAIL, FILED GRIEVANCES (INFORMAL / FORMAL), & PRESENTED CASES IN ARBITRATION

During the National Convention, I was nominated by Stephanie Baiungo, HQ Full-time Advocate, Branch 2502, Las Vegas, NV.

The additional five required signatures to become a candidate were:

- Horace Lewis, Past Executive Vice President, Branch 1100, Garden Grove, CA
- Colleen Bartlett, Regional Administrative Assistant, Branch 1111, Greater East Bay, CA
- James Giese, Exec. Vice President, Branch 213, Stockton, CA
- Andy Gaytan, President, Branch 52, Central Coast, CA
- Fa Esau, President, Branch 4837, Mililani/Wahiawa, HI

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Management Instruction

MI EL 540-91-1, January 25, 1991

B. Free Choice

1. Physician. Under the Federal Employees' Compensation Act (FECA), an employee is guaranteed the right to a free choice of physician. The employee's immediate supervisor is responsible for fully explaining this right to the employee. The following provisions apply:
 - a. an initial choice of physician or receives continuation of pay. If an employee declines first aid treatment or medical evaluation by the postal medical officer or contract physician, authorization for first aid medical examination and treatment by the physician of the employee's choice must not be delayed or denied. An employee's declination in such cases may not be used as a basis to discontinue pay or to controvert a claim.
 - b. If the postal medical officer, contract physician, or health unit nurse provides initial evaluation and/or first aid treatment to an employee and then further medical care for the injury is needed, such an initial evaluation or treatment does not constitute the employee's initial choice of physician. An employee may elect either to continue medical treatment with the contract physician beyond the first aid treatment or to select a physician of his or her own choice.
 - c. If an employee elects to continue medical treatment with the postal medical officer or contract physician beyond the first aid treatment, that physician becomes the employees initial physician of choice.

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.

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BRANCH #2902 OFFICERS**PRESIDENT**

- James Perryman

EXECUTIVE VICE PRESIDENT

- Albert Reyes

SENIOR VICE PRESIDENT

- Alex Lopez

VICE PRESIDENT

- Rochelle Harvey

FINANCIAL SECRETARY/TREASURER

- Mary Stanley

RECORDING SECRETARY

- Diane Dozal

DIRECTOR OF RETIREES

- Bev Sucich

MBA/NSBA REPRESENTATIVE

- Chris Alessi

HEALTH BENEFIT OFFICER

- Joe Gutierrez

SGT.-AT-ARMS

- Bob Golden

TRUSTEES:

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

WEBMASTER

- Larry Orcutt

SHOP STEWARD LIST

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
Studio City S.S.	Leonardo Bastidas
	Gustavo DeLeon
Valley Village	Louie Rodriguez
Northridge Chief S.S.	Call Union Hall
Porter Ranch	Call Union Hall
Ojai Chief S.S.	Call Union Hall
Oxnard Chief S.S.	Johnny Boyd
Pacoima Chief S.S.	Steve Dickerson
Reseda Chief S.S.	Call Union Hall
San Fernando Chief S.S.	Javier Torres
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
Santa Paula Chief S.S.	Marcos Aldrete
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
Newbury Park S.S.	Jessel Barrios
Ventura Chief S.S.	Kathi Albritten
East Ventura S.S.	Kathi Albritten
Woodland Hills Chief S.S.	Call Union Hall

THE MAIL BAG NEWS

NALC BRANCH 2902

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Canoga Park, CA

RETIREEES LUNCH RAFFLE AT 12:30

SEPTEMBER

Where: Golden Panda
1825 Madera Rd.
Simi Valley
When: Tuesday, September 15, 2026
Time: 11:00 am to 1:00 pm

OCTOBER

Where: Golden Panda
1825 Madera Rd.
Simi Valley
When: Tuesday, October 20, 2026
Time: 11:00 am to 1:00 pm

Calendar of Events

- | | |
|---------------|--|
| SEP 15 | Retiree Luncheon 11:00 am
Golden Panda-Simi Valley |
| SEP 17 | Regular Branch Meeting 7:00 pm
Union Hall-Chatsworth |
| OCT 1 | Executive Board Meeting 6:00 pm
Executive Council Meeting 7:00 pm |
| OCT 12 | Columbus Day - Holiday |
| OCT 15 | Regular Branch Meeting 7:00 pm
Union Hall-Chatsworth |
| OCT 20 | Retiree Luncheon 11:00 am
Golden Panda-Simi Valley
CANCELLED |
| OCT 31 | Halloween  |
| NOV 1 | Daylight Savings Time Ends |
| NOV 5 | Executive Board Meeting 6:00 pm
Executive Council Meeting 7:00 pm |
| NOV 11 | Veterans Day - Holiday  |