

MOUND CITY CARRIER

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2020 General Excellence
Award Winning Publication



St. Louis, Missouri
Chartered 1892

Volume 77, No. 6

"Diversity is our Strength and Unity is our Power"

June 2026

97TH OLE TIMERS DAY HONOREES



Front Row (L-R) 55-year pin Tom Grafton, 50-year Gold Card Vernon Bailey, 45-year pin Kevin Schafer, 55-year pin Jasper Toalson, 70-year plaque John Buchheit, 55-year pin Barry Thompson, 40-year pin Dave Bartholomew, 55-year pin Robert Murphy, 40-year pin Marion Harris.

Back Row (L-R) 45-year pin Dennis Arnold, 45-year pin Paul Armbruster, Br. 343 Recording Secretary Richard Brown, VP/Financial Sec. Marvin Booker, Exec. VP Brian Litteken, Br. 343 President John McLaughlin, Region 5 NBA David Teegarden, NALC President Brian Renfroe and Retiree Chairman Tom Schulte

Bipartisan Agreement Reached: The Mail is Late

President's Article ... *By John McLaughlin*

U.S. Rep Wesley Bell, D-1st, and U.S. Rep. Ann Wagner, R-2nd, introduced the St. Louis Postal Accountability and Reform (STL Up To PAR) Act. Bipartisan legislation directed at improving mail service accountability in the St. Louis region. The bill would require the USPS to submit a report to Congress detailing mail and package delivery performance.

The legislation follows two scathing 2025 audits by the USPS OIG, which identified operational problems adding up to chronic mail delays throughout the St. Louis region. Those audits included recommendations on how to improve service and PMG Steiner has since proposed to Congress some corrective measures.

Under this legislation, USPS would be required to report local delivery performance compared with national averages, workforce vacancy and turnover rates, progress on implementing OIG recommendations, and management systems intended to prevent future service failures.

Rep. Bell said constituents have reported waiting weeks for essential mail, including prescription medications, benefit checks, and utility notices. He stated that the bill would help ensure USPS follows through on promised improvements.

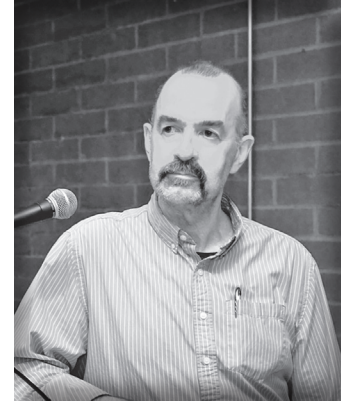
Rep. Wagner said she frequently hears complaints from residents about delayed mail and packages and stressed the need for stronger accountability and transparency within USPS operations. She described the issue as bipartisan and said the legislation would establish clear service benchmarks and timelines for improvement.

The bill is also co-sponsored by Nikki Budzinski, D-Ill.; Mike Bost, R-Ill.; and Emanuel Cleaver, D-Mo.

After spending months being summarily ignored by the postmaster and local management while mail delivery problems and contract violations continued, I decided it was time to go over their heads. About a month ago, Vice President Booker, two carriers, and I were able to secure a meeting with Wesley Bell. He was very receptive to our concerns. While he was somewhat familiar with the delivery problems in the St. Louis area, he was not aware of the root causes behind them. We provided him with information and first-hand accounts that USPS management would never volunteer because the responsibility for failure ultimately points right back at them.

It came as a pleasant surprise when Rep. Bell later contacted the hall to discuss the legislation he planned to introduce. I suggested he coordinate with our national officers, which he did, and the result was the St. Louis Postal Accountability and Reform (STL Up To PAR) Act.

I also encouraged Rep. Bell to work across the aisle with Ann Wagner, recalling her public comments that "heads should roll" following the findings of the 2025 OIG reports. To her credit, she joined as a co-sponsor. I do not expect miracles overnight, especially since legislation tends to move about as fast as letters and flats do in the St. Louis installation these days. Still, priorities regarding mail delivery must change.



Only a few years ago, the union was filing grievance after grievance over carriers being worked more than 12 hours a day. In our most recent contract, we negotiated more flexible language to occasionally permit carriers to work beyond 12 hours when necessary. Yet no sooner had the ink dried on the agreement than the pendulum swung in the other direction. Now, many of our PTFs are working only four hours a day.

If a PTF cannot complete an overburdened route within eight hours, they are punished. They are denied morning start times, told to report at noon, and capped at four hours regardless of the workload while undelivered mail sits on the floor. Carriers who work safely and accurately are "rewarded" with reduced hours. While other carriers are encouraged to go fast, skip breaks/lunch, and however you need to do it, just don't bring any mail back. Then management wonders why PTFs are calling off sick, burning out, or just quitting altogether.

At this point, I would simply like to see the postmaster, district manager, and a few other management "experts" answer questions from Congress from both sides of the aisle. The question is, will they answer the questions honestly or take the fifth?

As the quote often attributed to Mark Twain says:

It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt.

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

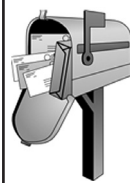
The following stations were represented at the May Shop Stewards Meeting

- | | |
|------------------|-------------------|
| Carrier Square | Maryville Gardens |
| Clayton | Normandy |
| Creve Coeur | Oldham |
| Des Peres | O'Fallon |
| Ferguson | Sappington |
| Gaffney | South County |
| Gravois | Southwest |
| Harriet Woods | Washington |
| Jennings | Weathers |
| Mackenzie Pointe | West County |

 **MARK YOUR CALENDAR**
DON'T SIT ON THE SIDELINES ... GET INVOLVED!

- June 11 Regular Branch Meeting
- June 19 Juneteenth Holiday Observed
- July 1 Retiree Meeting
- July 2 Shop Stewards Meeting
- July 4 Independence Day Holiday
- July 9 Regular Branch Meeting
- July 12 CSRS/FERS Retirement Seminar (see ad)

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



MOVING?

WE NEED YOUR NEW ADDRESS!

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

Name _____
 Address _____
 City/State _____
 Zip _____

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Executive Vice President ... *By Brian Litteken*

MAY 8 COLLECTIVE-BARGAINING UPDATE



The following are some of the NALC's proposals submitted since the April 24 collective-bargaining update:

- Improving the transfer and mutual exchange process.
- Eliminating temporary supervisors (204b).
- Protecting letter carriers from surprise PS Form 3999 inspections.
- Addressing non-compliance with grievance settlements.
- Implementing a jointly administered heat illness prevention program.

The contract ends on May 21. The NALC bargaining team will meet with the USPS bargaining team for the entire final week of the contract in an attempt to reach a deal.

A Collective-Bargaining Conference is set for June 1-3. Branch presidents and state association presidents will be attending to find out what the last week of negotiations has produced.

PRESIDENT RENFROE'S REMARKS AT COMMITTEE OF PRESIDENTS

USPS Financial Crisis

President Renfro began his comments by verifying the financial crisis the Postal Service is experiencing. It is predicted that the USPS will run out of cash by February 2027. The USPS experienced a net loss of \$9 billion during fiscal year 2025 despite a 1.2% increase in operating revenue. Forty-four percent of the revenue came from parcel delivery despite parcels only accounting for 10% of the volume. Unfortunately, parcel volume is down 4.6%.

Short Term Fix – Suspend FERS Contributions

The Postal Service has stopped making contributions to the defined portion of FERS for the rest of the fiscal year. This saves the Postal Service \$200 million every two weeks.

FERS was introduced in 1983 and CSRS stopped taking on new participants. FERS employees began contributing 6.2% toward the Social Security Administration and 0.8% to FERS. Legislative changes have changed the contribution percentage. Carriers hired in 2013 contribute 3.1%. Carriers hired 2014 and later pay 4.4%. On April 9, the Postal Regulatory Commission approved using the increased revenue for operating expenses.

This is a short-term fix because CSRS and FERS are 60% funded now rather than the previous 100%. By 2032, the annual retirement payments are expected to increase to \$18 billion.

Long Term Fix

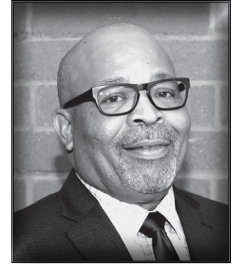
President Renfro stated that the USPS is not able to compete because of its outdated infrastructure. The processing and delivery network were developed for letters and flats and not parcels. The network must be modernized from mail processing to delivery (Sorting and Delivery Centers).

Four postal unions (NALC, APWU, NPMH, and NRL-CA) sent a joint letter to Congress on May 1 proposing three immediate actions to safeguard the post office.

1. *Increase USPS Borrowing Authority.* "USPS's current \$15 billion borrowing authority has not been increased in decades and does not meet current rates of inflation."
2. *Investment Flexibility.* "Congress should approve a new investment strategy for USPS retiree health and pension funds, which currently sit in U.S. Treasury securities, missing out on hundreds of millions of dollars in potential returns."
3. *End Unfair CSRS Liability Allocation.* "For more than 50 years, the USPS has overpaid pension obligations ... costing the USPS more than \$90 billion. An administrative directive to OPM to fix the accounting issue is necessary."

Vice President Financial Secretary ... *By Marvin Booker*

109,795 POUNDS COLLECTED!



First, I would like to thank all the members, stewards, station coordinators, volunteers, and customers who helped make the 34th NALC Stamp Out Hunger Food Drive a great day of giving.

The Stamp Out Hunger Food Drive is one of the largest single-day food drives in the United States. Organized by the National Association of Letter Carriers (NALC), the event encourages people to leave non-perishable food items by their mailboxes on the second Saturday in May. Letter carriers collect the donations which are then picked up by local food banks and pantries.

Still, in far too many cases, letter carriers failed to deliver postcards notifying their customers of the food drive. This clearly impacted the amount of food that was collected. While participation in the food drive is technically voluntary, delivering the postcards was not. The postcards had postage on them and should have been treated the same way as every other piece of mail with paid postage.

In other cases, letter carriers were not allowed to pick up the food left by the mailboxes due to management's ridiculous eight-hour mandate on Saturday, despite their hollow pledge to support the food drive. In those cases, we were blessed to have volunteers and carriers willing to pick up the donations days later.

Some carriers feel the union should focus more on working conditions and the toxic work environment and less on charitable efforts. But supporting the food drive does not mean ignoring other struggles. In fact, showing leadership in community service can strengthen the union's voice. When the public sees letter carriers fighting for others, it builds trust and respect. That can only help when it comes to our continued fight to maintain a positive image in the communities we serve.

The Stamp Out Hunger Food Drive is more than just a charity event. It's a tradition of compassion, unity, and public service. By participating, we not only help feed the hungry, we also build stronger communities, improve public support for the Postal Service, and remind people that letter carriers are heroes in more ways than one.

Even with all the challenges we face, letter carriers should take pride in leading this important effort year after year.

Speaking of challenges ...

As some of you may know our contract expired May 22. Based on what I hear, I fully expect there will be no agreement by the time you read this. Management is crying broke and we, the letter carriers, the face of the organization, the ones who carry the load, want more money and benefits. If by a snowballs chance in hell they avoid arbitration and reach a tentative agreement, it will be sent to the membership for ratification.

Also, as some of you may know, this is an election year for national officers. This election could be the most important election since the Great Postal Strike. We will have to wait until the national convention to see who is nominated to determine who to support. To have your voice heard and your vote counted you must receive a ballot. Therefore, make sure that you update your mailing address with the NALC by going to nalc.org and clicking the tab Contact Us or call NALC Membership Department at 202-393-4695.

It is your responsibility to keep your contact information updated with the NALC, Branch 343, and the Postal Service.

Until next time, stay safe and be professional.

Recording Secretary ... *By Richard Brown*

Happy Juneteenth. There is a lot of history behind this day, but I have just a few words to share about it.

Juneteenth is not just another day off work. It is a day used to celebrate the enforcement of the Emancipation Proclamation on June 19, 1865, and the end of the American Civil War. These celebrations began in the South in 1866 and gradually spread throughout the country to commemorate the end of slavery. By the early 1900s, the observance had become more commercialized, often centered around food festivals and community gatherings. It did not become a federal holiday until 2021, when Joe Biden signed it into law.

There will be celebrations throughout the St. Louis area, so enjoy the day and reflect on all those who struggled and sacrificed to make this holiday relevant.

FREEDOM

Freedom is often taken for granted by U.S. citizens. We all know that ICE exists, but until recently, many in this region had not seen its direct impact firsthand. A resident of Florissant who owns a small mobile mechanic business was pulled over in O'Fallon in February for not having a front license plate. He was detained and taken into custody by U.S. Immigration and Customs Enforcement.

Unfortunately, although he has lived in the United States since he was four years old, he is now 30, married, and has children, he remains undocumented and now faces deportation back to Mexico.

While postal employees mostly enjoy our freedoms, think about what could happen to any of your co-workers who may not have all of their affairs in order. Treat each other with dignity and respect because you never truly know what someone else may be going through.

CONTINUED SERVICE STANDARDS

The postmaster general has officially informed the House Oversight and Government Reform Committee that he is seriously considering layoffs, reducing delivery days, and/or closing post offices in an effort to address ongoing cash flow issues. According to Postmaster General Steiner, the Postal Service cannot save enough money through current measures alone, so additional actions are being considered.

Continually raising postage prices is not the best solution, as it may eventually drive consumers toward alternative

ways of handling their business. It is difficult for any company to succeed when it continually mistreats the very people who help keep it operating.

Meanwhile, the Postal Service continues promoting supervisors we do not need while also hiring new carriers and other craft employees. The issue is not staffing itself but properly managing the staff already in place and avoiding unrealistic expectations.

An entire Employee Retention memo was created to help keep new employees on board, yet management has ignored and violated that memo repeatedly. If management stopped putting carriers off the clock for minor issues, staffing levels might remain more stable.

Employees are suspended and their routes are pivoted as overtime. Then management is later ordered to pay those employees for the time they are off when they return to work. This is happening throughout the country, so imagine how much money is wasted on these unnecessary actions.

There is contractual language governing overtime assignments, yet management often seems willing to ignore it. Grievances have been filed regarding these violations, but the grievance process is far from speedy. As I have said before, if management stopped violating the contract, fewer grievances would be filed, and less money would be paid out in settlements. Given how widespread these issues are nationwide, substantial savings could be achieved simply by following the contract.

These actions could help minimize the frustration and suffering customers experience when their mail is delayed or not delivered at all.

One encouraging development is that Democrats and Republicans are working together to hold upper management in the St. Louis area accountable for some of the ongoing problems. 1st Dist. Congressman Wesley Bell and Ann Wagner from the 2nd Dist. have proposed legislation requiring authorities to report mail delays. If this measure passes, conditions may improve, at least in the St. Louis region.

As always, do your job to the best of your ability and remain professional throughout the process.



Health Benefits Plan/OWCP ... By Barry Linan

June greetings to all of the brothers and sisters of NALC Branch 343. I mentioned last month that former FedEx board member and now USPS PMG David Steiner proposed as a cost savings to Congress that the USPS be given **“control over our workers compensation expenses or improve the FECA program by adopting industry best practices that are not permitted under current law.”** There were no details provided as to what those proposed “industry best practices” consisted of, but I believe there’s good reason why they “are not permitted under current law.” I can assure you that what benefits the “industry” is going to come at the expense of the injured workers, either by cutting back on benefits or by just denying more claims outright. Since the USPS consistently violates our written contractual provisions, I definitely would not trust them to fairly administer the OWCP claims process.

I find it disingenuous and self-defeating that the PMG just wants to cut compensation costs without addressing the root problems causing those increased costs. That being the multitude of unsafe conditions that carriers have to work in on a daily basis. **If the PMG is serious about reducing compensation costs, then partner with the NALC and start addressing these safety issues.** For starters, carriers are on the street longer now than ever before. Newsflash, most injuries occur on the street and not in the office! We’re told mail volume is down and yet the mail dispatches to our offices arrive later and later. Instead of addressing the issues with mail processing, management responds by moving carrier start times back to 8:30 a.m. This means carriers are now driving in rush hour traffic and any overtime puts them out after dark. Since our PMG has never delivered a walking route, let me explain something, it’s hard enough to walk safely over all types of terrain in the daylight! It doesn’t take a rocket scientist to figure out that walking or driving after dark is inherently less safe! Yet somehow, postal management refuses to grasp even this simple concept of safety. I used to start at 6:30 a.m. and even with two hours overtime, I was done by 5 p.m. **So, Mr. PMG, how about you start by making mail processing**

do their job, get the dispatches to the offices earlier and then have carriers starting at 6:30 a.m. again?



HBP NEWS

I have NALC HBP 2026 brochures available at the hall, they are online at nalchbp.org, or you can call our HBP at 888-636-6252 and request a brochure be mailed to you. On page 179 of our brochure, you will find a chapter entitled, **“Wellness and Other Special Features.”** Please read over that chapter to learn about the many “Wellness” programs that the NALC HBP offers at no cost to you and your covered family members. One example is, by completing a free health assessment at www.mycigna.com you can earn \$20 in health savings through our Wellness Rewards Program. That program is further detailed on page 185 and any health savings you earn will be loaded onto your TASC debit card for your use towards eligible medical expenses.

OWCP NEWS

We are still having problems with supervisors failing to provide the required forms to injured carriers reporting an on-job-injury. At this point, it’s become clear that this is a feature and not a bug! When you report an on-job-injury to your supervisor, they are required by law to provide you a Form CA-1 Report of Traumatic Injury and a Form CA-16 Authorization for Treatment. Alternately, you can file a CA-1 online at www.ecomp.dol.gov. Get a copy of any/all written forms that you file. Your supervisor is required to complete page two of the CA-1 and forward it to their Injury Comp office **“on the same day it is received.”** (ELM 544.111) The CA-16 must be signed/dated by your supervisor. You then take it to your medical provider to authorize treatment and billing to OWCP. The provider listed on the CA-16 can also refer you for further treatment as needed up to 60 days. Make sure the provider completes the attached “Attending Physician’s Report” and keep copies. You can upload to OWCP on ECOMP.

Region 5 NBA Report ... *By David A. Teegarden*



This month's article begins on a somber note as we remember former Region 5 NBA Mike Birkett, who passed away unexpectedly from a heart attack on April 25. Mike devoted much of his life to serving letter carriers and the labor movement, and his impact on Region 5 and the NALC cannot be overstated.

Mike began his postal career in 1984 as a letter carrier in Dubuque, Iowa, Branch 257, later renamed in his honor as the Mike Birkett Branch 257. He quickly became active in the union, serving as branch president, local business agent, president of the Iowa State Association of Letter Carriers, regional administrative assistant, and ultimately Region 5 NBA from 2014 until his retirement in 2022. Along the way, he became known as a skilled arbitration advocate, a dedicated union leader, and a tireless defender of letter carriers' rights. He was also inducted into both the Iowa Letter Carrier Hall of Fame and the Dubuque Area Labor Hall of Fame.

Mike's commitment extended beyond the workplace into political activism and community service. More importantly, he was a proud family man who often spoke about his wife, children, and grandchildren with great pride.

I had the privilege of working closely with Mike for many years. Over time, our professional relationship became a friendship, and I came to value his guidance, leadership, and support tremendously. He was always willing to offer advice or simply listen when needed. Mike will be greatly missed by all who knew him.

Please keep Mike's family and loved ones in your thoughts and prayers during this difficult time.

ROUTE ADJUSTMENTS

If your branch is undergoing route inspections, including 271.G inspections, please notify the NBA office immediately. We will assign representatives to investigate and address any contractual violations.

Our Region 5 route adjustment program remains focused on ensuring letter carriers receive proper credit for all work performed and that adjustments are conducted fairly and accurately.

REGION 5 TRAINING

Upcoming Steward College training dates are as follows:

Year 2

- Des Moines: June 7–10 (Noon dismissal June 10)
- Kansas City: June 15–17 (5 p.m. dismissal June 17)
- Lincoln: June 22–24 (5 p.m. dismissal June 24)

Year 3

- Wichita: June 8–10 (5 p.m. dismissal June 10)
- St. Louis: June 15–17 (5 p.m. dismissal June 17)

We are also working to finalize Year 1 training dates and locations, likely for mid-July or after the National Convention in August. Additional information will be sent once confirmed.

JSOV AND STATION VISITS

Region 5 continues to provide assistance with Joint Statement on Violence and Behavior (JSOV) issues. If your branch is experiencing JSOV violations, please contact the NBA office. Our representatives and outside stewards have been successful in addressing these issues and ensuring carriers are treated with the dignity and respect they deserve.

As part of our regular travels throughout the region, we will continue visiting stations and speaking with carriers on the workroom floor. If we have not yet visited your office, please reach out to us. We appreciate hearing directly from carriers and working together to resolve workplace concerns.

Until next time, stay safe out there.

Notes from the Managing Editor ... *By Tom Schulte*

BRANCH 343 WELCOMES HONOREES TO THE 97TH OLE TIMERS DAY CELEBRATION

It's been my honor since I became the chairman of the retirees to serve as the host for our annual Ole Timers Day celebration. The archival minutes from branch history recorded that the event was conceived in September of 1929. It was referred to as a "homecoming gathering" for retired letter carriers, with a dinner to be served following the regular branch meeting.

Since Branch 343 was chartered in 1892, this celebratory gathering would have involved the first generation of carriers who may have recently retired. By all accounts the recording secretary's minutes showed that it was such a well-attended event, that it became an annual affair.

Sometime post World War II, this annual gathering took on the moniker "Ole Timers Day." Archival photos use this name from the mid to late 1950s. Call it what you will, this fraternal gathering would present itself as the perfect opportunity to issue 50-Year Gold Cards and decades long service pins to our retirees for their unwavering loyalty to remaining union members far past their active careers.

Invitations were extended to 35 union members who were eligible to receive their respective awards, but because of age related issues or logistical issues, (some members now live out of state), many were unable to attend.

This year we were happy to welcome 12 union members who received either their 40-, 45-year union pins, 50-year Gold Card, 55-, 60-, and 65-year pins and two members who received their 70-year plaques.

Festivities began at 11 a.m. with a meet and greet happy hour with hors d'oeuvres and liquid refreshments with an opportunity to welcome our honorees and guests and swap old yarns from times gone by. We were pleased to have 77 guests join us for this year's celebration. A delicious luncheon was served at 12:30 following a benediction offered by Chaplain Chetney Drain.

As chairman of the retirees, I had the pleasure of offering opening remarks and introducing our various office holders and dignitaries. Following a few brief remarks, Branch 343 President John McLaughlin introduced our guest speakers, NALC President Brian Renfroe and Region 5 National Business Agent David Teegarden. President Renfroe spoke about the ongoing contract

negotiations and dealing with new Postmaster General David Steiner, whose primary concern is with the insolvency of the USPS by the end of this year if Congress doesn't increase the Postal Services' borrowing capacity which has been frozen for decades. President Renfroe agreed with the PMGs concerns to prioritize strategies that drive operational efficiencies to generate sustained revenue, but stated that employee wellbeing on the workroom floor needed to be addressed first.

Region 5 NBA David Teegarden spoke about the delivery issues plaguing the St. Louis Installation and the hopeful intervention of 1st District Congressman Wesley Bell and 2nd District Congresswoman Ann Wagner who co-sponsored legislation to address the delayed mail issues revealed in the Office of Inspector Generals' report.

We then proceeded to the awarding of our honored recipients. Two members in attendance receiving their 40-year pins were David Bartholomew and Marion Harris. 45-year pins were presented to Drew Schuld, Dennis Arnold and Paul Armbruster Jr. Vernon Bailey received his 50-year Gold Card. 55-year pins were issued to Kenneth Meyer, Robert Murphy, Theodore Spiro, Barry Thompson, Jasper Toalson and Tom Grafton. And finally, a 70-year plaque was presented to John Buchheit.

Our newly established Thomas Harman Retiree of the Year Award was presented to Tom Grafton in recognition for his continued contributions to the retired members of Branch 343.

Our program concluded with the awarding of gift cards provided by Geno and Glenda Iberg and our special guest Charlotte Breakfield who provided numerous attendance prizes. On behalf of the retirees, we offer our sincerest appreciation for their contributions

To all our honorees who were unable to attend and receive their much deserved awards, rest assured that they will be mailed out shortly.

We hope to see everyone next year when we celebrate the 98th Ole Timers Day.



2026 RETIREE AWARDEES OLE TIMERS DAY CELEBRATION

May 2, 2026

75-YEAR PLAQUE

Julius Watkins

Richard Zimmerman

70-YEAR PLAQUES

John Buchheit
Charles Moss
William Rowland

Henry Deibel
Narvel Murrell
John Samuelson Jr.

Rogers King
James Powell

65-YEAR UNION PINS

Julian R. Najbar

60-YEAR UNION PINS

Raymond Blasé
Lowell McClune

Paul Hertel Jr.

Curtis Hill

55-YEAR UNION PINS

William James
Samuel Cox
Larry Lefler
Kenneth Meyer
Michael Rhodes
Barry Thompson
Richard Verbeck
Michael Woods

Kenneth Brodtrick
Gene Hacker
Lawrence Martin
Robert Murphy
Theodore Spiro
Rufus Tillman Jr.
Robert Vonderhaar

Percy Childs Jr.
Joseph Koncz
Clifton Massie
Evelyn Parks
Edmond Tappin
Michael Vassonei
Philip Weitkenper

50-YEAR "GOLD CARDS"

Vernon Bailey

Raymond Gamble

Daniel Winkler

45-YEAR UNION PINS

Charles Albrecht
Emil Bahr
Mark Bimslanger
Timothy Brennan
John Cody
Daniel Everding
Rance Hope

Mark Andrus
Joseph Barnes
David Boehmer
Roland Brown
Arthur Crandell
John Foster
Edward Johnston Jr.

Dennis Arnold
Thomas Becnel
Viviana Brady
Michael Browne
Theresa Doolittle
Philip Hoover
Stanley Reese

40-YEAR UNION PINS

David Agnew Sr.
David Bartholomew
Bruce Brader
Mark Crombie
Michael Ebert
Steven Gaines
Michael Hughes
Marion Harris

Paul Allen
Adrian Baum Jr.
Cornelius Browley
Kevin Cross
Clifton Elery
George Garrett
Jojuan Rice

David Antalick
Douglas Behrens
Carl Brown
Margaret Downs
Mary Fichtinger
Kevin Hooks
William Todd Jr.

2026 THOMAS HARMAN RETIREE OF THE YEAR

Thomas Grafton



2026 BRANCH 343 RETIREES



97th Ole Timers Day Awardees

Pictured with honorees are NALC President Brian Renfro, Br. 343 President John McLaughlin, Region 5 NBA David Teegarden and Retiree Chairman Tom Schulte



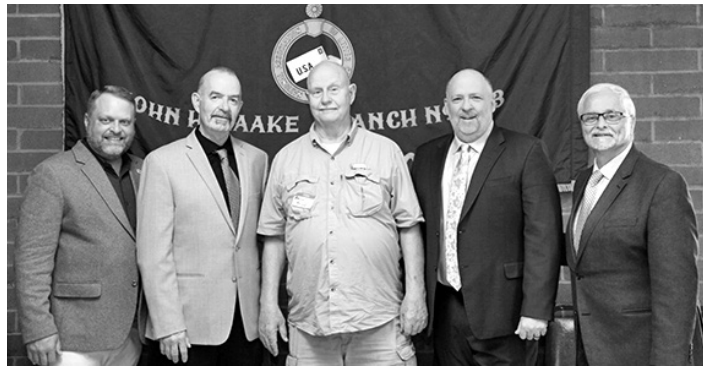
40-Year Pin – David Bartholomew



40-Year Pin – Marion Harris



45-Year Pin – Paul Armbruster



45-Year Pin – Dennis Arnold



45-Year Pin – Drew Schuld



50-Year Gold Card – Vernon Bailey



55-Year Pin – Jasper Toalson



55-Year Pin – Tom Grafton

97th Ole Timers Day Awardees



55-Year Pin – Kenneth Meyer



55-Year Pin – Theodore Spiro



55-Year Pin – Barry Thompson



55-Year Pin – Robert Murphy



70-Year Plaque-John Buchheit



70-Year Plaque – Rogers King
(Unable to attend Ole Timers Day)



50-Year Gold Card – David Maloney
(Unable to attend Ole Timers Day)

Scenes from the 97th Ole Timers Day Celebration



Friends and Family Enjoying the Celebration



South County ... *By Matt Gleiforst*

Hello from South County. There really is not a lot of new information to report from here. Things are about the same as they were last month. We still have routes being delayed often with only packages being delivered. The DPS will sit until the following day (or sometimes several days later) and create a delivery nightmare for that carrier. Non OTDL carriers are being asked to work overtime without exhausting the overtime list first due to the blanket requirement of nobody working past 10 hours. This of course creates grievances that will eventually cost the post office more money, but it seems to be the standard operating procedure for now.

It is frustrating as a letter carrier seeing all of these changes happening that create such poor delivery standards for our customers. The vast majority of letter carriers want to perform well for the people we serve. After all, we have to deal with our people every day on our routes. It is embarrassing when they ask us why they are not getting mail every day and we know it is because the bosses have just decided not to send it out. What are we supposed to tell the customers? There has been no guidance from above on how to communicate the new changes with the public. We just keep hearing "It's the new post office."

I encourage everyone to be as friendly as possible

and to be honest with the customers. They deserve the best customer service that we can give them, especially since the organization we work for has lowered its standards so greatly without even letting the public know.



On another note, I am still noticing a great deal of first-class mail in the DPS and loose flats that have uncanceled stamps. If you are getting mail with uncanceled first class stamps you must put a line through the stamp to prevent re-use. In our employee handbook (M-41) it states in section 131.14 "Line through uncanceled stamps (except on philatelic mail) to prevent re-use. Delivery Point Sequence (DPS) mail may contain uncanceled stamps that will not be identified until the mail is being delivered. These stamps should also be lined through (except on philatelic mail) to prevent re-use. With so much mail coming to us uncanceled now, it is our responsibility to cancel the stamps ourselves, both in the office and on the street. This may take us more time, and the bosses might not like that, but it is part of our official job duties so we must take the time to do this task.

Until next time keep your head held high and keep surviving!

West County Retiree ... *By Pam Stepney*

Greetings brothers and sisters of Branch 343. How's everyone doing? Fine, I hope. Once again, the food drive has come and gone, so why were there so many cards left in the building? At every station I visited, I specifically said the cards had to be delivered. I know a couple of stations received them on Thursday, but your job as a letter carrier is to deliver them. When the cards are delivered to the station, they must go!

This is the one day we receive great publicity as postal employees. Thank you to all the stations that

did the right thing to help the needy, but to the rest of you who felt like it was not your responsibility to deliver those pieces of mail — shame on you! Thank God it's not you heading to the food bank to get food for your family.



Marvin Booker did a great job on his interview with Fox 2 News, telling the story of how long the food drive has been around and how over 2 billion pounds of food have been collected.

I know supervision sucks in the Postal Service, but remember, you are a letter carrier, which is the best job in the Postal Service and the most trusted by the public. Don't allow management to stop you from delivering the cards because they're talking about eight hours on Saturday, when they don't even work eight hours themselves.

Maybe next year, instead of putting restrictions on carriers getting back in eight hours, let's have the 204bs placed back on the routes to help cover Food Drive Saturday 2027.

All in all, the barbecues were good, and the volunteers showed up to work hard for the letter carriers and the food bank.

I know we don't do shout-outs, but I have to say some of the stations and branches understood the assignment. Town and Country had 12.5 full gaylords filled by the end of the day, and some customers continued giving food during the week. Creve Coeur, Des Peres, West County, and Olivette gave the workers a run for their money.

Warrenton, which has three city carriers and a lot of rural carriers, did a fine job delivering the cards and bags they received from the neighborhood grocery store. Q from Jennings made sure everybody got something to eat. He invited Ferguson and little old me to dine too.

I'm sure everybody else did their part as well, like Lakesha Hayes barbecuing at West County. Manager Shaniece purchased a new grill and charcoal — thank you. Steward Susan Easily in O'Fallon received \$100 from Kenny, the supervisor, and \$100 from our great union. With the help of Veronica the clerk, they purchased cold cuts from Costco for sandwiches and made fruit trays with chips on the side.

If I didn't mention you this time, it does not mean I didn't see your good work. Make sure you look in the Mound City Carrier for the photos we took when I visited your station. Also, make sure you read all the articles to understand what is going on with your union and how you can help fight the battles ahead.

Congratulations to all the retirees who received their pins for 75, 60, 50, and 40 years of union membership. It was great to see retired Marion Harris receive her 40-year pin and retired Vern Bailey receive his 50-year pin. Wow, where did the time go?

If you plan to retire or have recently retired, make sure you fill out your 1189 and pay \$4 per month as a retiree. Then make plans to come out to the retirees meeting on the first Wednesday of each month at noon. Lunch is served.

Sue Rogue retired from West County, and we wish her well on this next chapter in her life. May you have a long and happy retirement.

Did you see Br. 343 President John McLaughlin, talking to Channel 4 News about how bad management is in the Postal Service? They asked about delivery problems, and he told them exactly what is going on. How many ways can he say management in the city of St. Louis refuses to follow the contract when violations occur?

They are in no rush to settle grievances or pay violations that took place during the bogus route inspections or any other settlements. If we could strike like the transportation workers in New York and make management get up out of their La-Z-Boy chairs to carry mail, I'm sure they would get their minds right. 😊

Congratulations to the three John Haake Scholarship winners. Go out and change the world in a big way, and don't forget: Each one, teach one.

Stand up and clap for retired letter carrier Marion Harris' granddaughter; Ari Nichole Bradley, a proud recipient of the 2022 John Haake Scholarship, who graduated from Spelman College.

They're keeping it all in the family. Her mother, Tamika Roddy, was a recipient in 1993.

Remember to do your best and leave the rest. Don't stress, God bless. Register to vote, exercise your right to vote, and thank you for coming.

Perfect Weather and Letter Carrier Pride Led to a Successful NALC Food Drive



109,795 Pounds of Food Collected for the St. Louis Area Food Bank



Biting the Bullet ... *By retired letter carrier Mike Laury.*

In the late 1990s, my dad had a colonoscopy performed with the doctor using only a lidocaine injection to dull the pain. As the camera snaked its way through his nether region, tears were forming from the agony as dad squeezed the poor nurse's hand, trying to "bite the bullet" through the rest of his procedure. Dad's PCP later read the colonoscopy doctor the "riot act," War amputees would have laughed at my father, if they were alive today. Soldiers on Civil War battlefields were lucky if there was chloroform or ether available before having a limb amputated. It was a myth that soldiers would bite an actual bullet to cope with pain in the 1860s. It was later proven that actual bitten bullets found after battles had been bitten by foraging wild hogs.

In every previous generation since man walked upright, from caveman doctor to modern day medical practitioners, man has bitched and moaned saying, "Oh yeah, you think that was bad, I remember when. Cave men were the first who would grunt around the "camp without the fire," about a kidney stone, while Wilma, Betty and the rest of the females in the clan would roll their eyes and wonder how the male species would ever survive. Try giving birth at the age of 15 on the floor of a cave with a mid-wife having a midlife crisis. A guy named Fred later discovered that rubbing two pieces of flint made of stone against each other would later ignite future generations to new ideas and discoveries. So, bite me, Wilma.

Flash forward to modern times. My grandma and grandpa used to have aches and pains as they grew older. Modern medicine now knows that these aches and pains ran the pain spectrum from mild to wildly painful arthritis of the hands, hips, knees, and more. They suffered more than today's generations simply due to the lack of modern medicine and medical advances we enjoy today. I get the push back sometimes against big Pharma. There are also holistic and herbal medicines, called natural cures and treatments. No more snake oil cures, miracle tonics, or heroin that you could buy over the counter back in the 1920s.

Finally, I want to promote modern procedures and advancements in medicine. So, I offer my fellow letter carriers a bit of advice as we continue to age. Men, did you know that a prostate exam no longer needs to include the finger test? A simple blood test can now detect PSA levels and if levels have risen too high, confirming or denying if prostate cancer may or may not be present. There are several other tests that are non-invasive tests to talk about with your PCP or urologist. Famous celebrities like actor Robert De Niro, HOF baseball players Cal Ripken Jr., Joe Torre and many other celebrities are prostate cancer survivors. Please understand that 87.5% of men will never develop prostate cancer in their lifetime and if you do, prostate cancer is the second most curable cancer after skin cancer, if caught early.

I urge you to get your tests done when recommended by your doctor, usually beginning around the age of 50. If there is a family history, get them done earlier. Colonoscopies are now performed under full sedation, as are biopsies, when needed. (Thanks, dad, for "biting that bullet.") I believe that women, in general, are more proactive about their own health and don't need a verbal nudging like their so-called tough male counterparts.

I wish everyone a nice spring and an endurable summer.

Signed, the guy who was there at game 7 to see the Cardinals win their ninth world championship in 1982 with his future wife. Oh, and I have been prostate cancer free since November of 2024.

BRANCH LEGAL PLAN

Advice and Consultation on
General Practice and Civil Actions.

GL

GOFFSTEIN LAW, L.L.C.

JOHN H. GOFFSTEIN
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GOFFSTEINLAW.COM

Safety & Health ... *By Richard Thurman*

Letter carriers' personal safety is not a conflict; the letter carrier is the sole decision-maker about what to say for themselves during the moment or at the initial points of an event. Conflicts often arise between USPS Article 3 (Management Rights), Article 14 (Safety and Health), and ELM Chapter 8 when management claims its right to direct the workforce and ensure efficiency, but does so in a way that endangers employee safety or disregards joint contractual safety procedures.

Management has specific protocols they must follow; it is crucial that each individual understands these policies.

A. The Core Conflict:

Article 3 grants management the "exclusive right" to direct employees, assign work, and maintain efficiency.

Article 14 & ELM 8 require management to provide safe working conditions and develop a safe workforce.

The contract states that Article 3's rights must be exercised in accordance with applicable laws and regulations. Therefore, management cannot use "efficiency" as a justification for bypassing safety regulations.

Common Areas of Conflict & Precedence: Conflicts between USPS Article 3 (Management Rights), Article 14 (Safety and Health), and ELM Chapter 8 generally occur when management asserts its right to direct the workforce and uphold efficiency, but does so in a manner that compromises employee safety or ignores joint contractual safety procedures.

B. How to Address Management Overreach:

If management relies on Article 3 to enforce directives that violate ELM Section 8 safety and health standards, the union can rely on strict contract provisions to challenge them:

File a PS Form 1767: Any employee who believes

an unsafe condition exists must report it. Management must investigate the hazard immediately.

File a Grievance: If management fails to correct an unsafe situation within an employee's shift, the union can file a grievance at Formal Step A.

Union/Employee Cooperation: Article 14 affirms that the union and employees share responsibility for assisting management in maintaining safe working conditions, and both provide resources to enforce these rights.

C. Key Resources:

National Association of Letter Carriers NALC.org webpage

Review the legal boundaries of Article 3 in the From A to Arbitration JCAM Language. Keep notes in a notepad for each event, including the timeline of each incident, especially when it involves you or an unsafe situation. It is crucial that everyone understands the limits of language. In case-by-case events, safe practice relies on the individual being consistent with protocols to protect themselves.

Understand management's legal and contractual obligations for safe workplaces by reading Management's Responsibility to Provide Safe Working Conditions.

For a detailed understanding of health and environmental regulations, refer to USPS ELM Chapter 8.



**NALC
Disaster
Relief
Foundation**

www.nalc.org 202-423-2443
DisasterReliefFoundation@nalc.org

NALC News & Information

NALC launches learning management system

NALC is excited to announce the launch of a new learning system (LMS) designed to deliver training to union representatives and members across the country. NALC has been in development with Vocalmeet, a company that helps organizations like NALC build online education programs.

In addition, NALC has also been working on the creation of a standardized Informal Step A Training Program to help shop stewards represent members on the workroom floor. The modules created for this program vary in length from 15 to 60 minutes and cover a variety of subjects NALC members and union representatives will find helpful. These modules include:

- National Agreement modules, which explain the articles of the contract.
- How to grieve modules, which explain how to take the contractual language and file a successful grievance.
- Grievance procedure modules, which explain how a steward can use the grievance-arbitration process effectively.

General education modules, which include other subjects a shop steward may need to be effective in their job.

The nationwide rollout of the LMS begins May 19 and will continue until every member is able to log in and begin taking these classes. Access to the LMS will be turned on by region based on the following schedule:

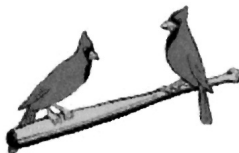
Tuesday, June 2 - Region 5.

Once access to the LMS is added for our region, you can enter by first logging into the Members Only portal of the NALC website. Once you log in, you will find the LMS in the Members Menu. Bring up the menu and select "Learning management System" from the drop-down menu. You will be directed to the website, where you can view all the modules.

Beginning **July 1**, NALC will begin adding new modules every two weeks. Members should log in regularly to view the new content.

St. Louis Cardinal Baseball Tickets Still Available

The Union Hall still has an excellent selection of unsold St. Louis Cardinal Baseball Tickets for purchase.



Great Seats (Behind Home Plate)
Section 249
Row 6
Seats 5 and 6
\$135 for the pair



Contact Executive Vice President Brian Litteken at 314-241-4297 [ext. 2]



Re: LMOU Pre-Arbitration Settlement
 GATS: 4J 19N-4J-1 25404093
 Regional Case: 0509936
 Article 30 Item Number 13:
 LMOU Item 6:

March 21, 2026

The parties agree to the following language for the above referenced LMOU Item Number 6 for NALC Branch 343, St. Louis, Missouri:

6. SELECTING CARRIERS TO WORK ON A HOLIDAY

The method of selecting employees to work on a holiday is as follows:

1. All Part-Time Flexibles
2. Full-Time Regulars who volunteer to work by seniority
3. City Carrier Assistants (CCAs)
4. Full-Time Regulars who do not volunteer by juniority

Andrew R. Sertich
 KS-MO Sr. Labor Relations Specialist

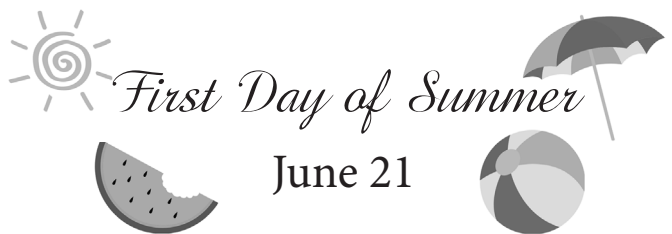
4/3/26

Blake Rockers
 NALC Region 5

3/25/2026



Des Peres letter carrier Michael Carranza (C) receives best wishes on his retirement from shop stewards Charlie Kell and Kelly Steinbecker, Br. 343 President John McLaughlin and Pamela Stepney.



Branch 343 legislative liaisons attending a recent Democratic dinner. (L-R) Frank Enlow, Pamela Stepney, 1st District Congressman Wesley Bell and Shonna Randle.

BRANCH MEETING

BRANCH 343, ST. LOUIS, MISSOURI

MAY 14, 2026

Summary of Branch Action

- MSC To pay the branch bills.
-
- MSC That the branch sends the branch president to the Collective-Bargaining Conference that will be held in Washington, D.C., on June 1-3, and pay expenses.

Recently Retired Members

- David Antalick.....South County..... 4/30/2026
 Suzanne Roques-Denson... West County..... 3/31/2026
 Jeffery Westmoreland Sappington..... 3/31/2026

New Members

- | | |
|---|---|
| Terrance Arnold.....Southwest4/18/2026 | Angel King.....Weathers.....4/4/2026 |
| Charles Austin.....Kirkwood4/18/2026 | Ashley King.....Mackenzie Pointe.....4/18/2026 |
| Freddy Ball Jr.Maryville Gardens.....4/4/2026 | Tahikia KingHarriet Woods5/2/2026 |
| Joshua BorreroKirkwood4/4/2026 | Lucus LicklinderWashington4/18/2026 |
| Timika BrooksDes Peres.....4/18/2026 | Jalil LoftonMaryville Gardens....4/18/2026 |
| Reginald CarsonOldham4/3/2026 | Kaylen Mason.....Harriet Woods4/4/2026 |
| Rodney DunnFerguson.....4/11/2026 | Robert MasseyTown & Country4/18/2026 |
| Eric Elam.....Ferguson.....4/3/2026 | Willie McCraney.....Kirkwood5/2/2026 |
| Latrese ElamClayton4/3/2026 | Richard McDaniels Jr.Jennings4/3/2026 |
| Cameron GermainMackenzie Pointe.....4/18/2026 | Alejandra MerriweatherMaryville Gardens.....4/3/2026 |
| Chris GreerMackenzie Pointe.....4/18/2026 | Avianna NormanAffton.....5/8/2026 |
| Dorothy GriffinKirkwood4/11/2026 | Sonya PepperGaffney.....4/4/2026 |
| Tyreese HardyCoyle.....4/13/2026 | Darriell Rhodes.....Jennings5/2/2026 |
| Keith Harral.....Olivette4/4/2026 | Makayla SmithMackenzie Pointe.....4/11/2026 |
| Jimya HicksNorth County4/11/2026 | Leland Street-McClendon...Maryville Gardens...4/25/2026 |
| Brianna HuntNormandy4/4/2026 | Rika TaylorWeathers.....4/3/2026 |
| Jayden JohnsonMaryville Gardens....4/18/2026 | Erica ThimesWeathers.....4/3/2026 |
| Toneisha JohnsonNorth County5/2/2026 | Dennis Thorpe.....Mackenzie Pointe.....4/4/2026 |
| Ayreise Jones.....Maryville Gardens.....4/3/2026 | Karmen White.....Southwest5/2/2026 |
| Mariq Jones.....North County4/4/2026 | Edgar WilliamsRolla.....4/18/2026 |

Branch Meeting Attendance Prizes

- | | | |
|---|---------|---------------------------|
| Cardinals vs Kansas City Royals | May 17 | Jermaine Woodland, Oldham |
| Cardinals vs Pittsburgh Pirates | May 20 | Tom Schulte, Retired |
| Cardinals vs Texas Rangers | June 2 | Charlie Kell, Des Peres |
| Cardinals vs Cincinnati, Reds | June 7 | Barry Linan, Retired |
| Muny: Hairspray | June 16 | Pamela Stepney, Retired |
|  | \$64 | Marvin Booker, Union Hall |

Highlights

The meeting was called to order at 7:36 p.m. The invocation and Pledge of Allegiance were led by Chet Drain and the minutes were read and accepted.

NBA Report, Pat Baker: Pat spoke on the passing of former NBA Mike Birkett and how kind Mike was. He asked us to keep Mike's family in our thoughts and prayers. He spoke about a carrier in Kansas who was ejected from his vehicle during an accident and was not wearing a seat belt. If you hear of route inspections getting ready to happen, even specials, contact the NBA office. More Steward College is coming up and St. Louis is expected to host year three training on June 15-17. The JWIP process has been successful, they have gotten a few postmasters moved.

Retirees Report, Tom Schulte: Tom thanked the officers of the branch for their work on Ole Timers Day. He was surprised to see President Renfro in attendance. He also thanked Home-style Catering for their work on Ole Timers Day.

Labor Council Report, Pam Stepney: The Labor Celebration Parade will be August 30.

Health Benefit Report, Barry Linan: Health Plan brochures are available in the back; page 100 has wellness plans and special features that are free, listed on it. One is the health assessment that if you complete, you can receive \$50 on your TASC card.

OWCP Report, Barry Linan: We are having the same problems. Proper forms are not being provided to employees when injured. Management must provide CA-1 or provide access to their computer for you to create an ECOMP account.

Mound City Carrier Report, Tom Schulte: Take time to read the articles in the paper. The May center fold has a form to complete for heat related issues. You can also find PS 1571 in the MCC, please complete one if mail is left or returned undelivered. Wesley Bell and Ann Wagner introduced legislation to address the mail problem in St. Louis.

Haake Scholarship Report, Pam Stepney: The scholarship packets have been given to Barb Anderson, and the winners should be announced in June.

Safety and Health Report, Richard Thurman: A carrier was killed in KC in a vehicle accident. He is unsure of the cause as multiple stories are out. Management will controvert your claim if they believe they can get over on you. You determine what is safe for you, such as dog issues on the route. You can shut down delivery on the entire block if needed. Be sure to update your beneficiary.

Trustees Report, La'Tecse Litteken: Books were audited for March and April due to the delegate meeting in April, and were found in good order.

Political Action Committee Report, Mike Weir: Mike read the names of contributors. The 2027 COLA projection is 2.9% for CSRS and 2% for FERS.

Legislative Report, Mike Weir: The Senate has introduced a bill to nullify the vote by mail issue. The bill introduced by Wesley Bell and Ann Wagner regarding St. Louis mail is a good one. Inflation is increasing due to the war in Iran. Three names have been submitted for the Postal Board of Governors. If the service gets the \$90 billion back from the government, we'll be on solid ground. Gerrymandering is still happening in Missouri.

Executive Vice President/Treasurer Report, Brian Litteken: Some updates to contract proposals: Improving the transfer and mutual exchange process; eliminate 204B's; protect carriers from surprise 3999s; addressing non-compliance from grievance settlements; developing a joint heat illness prevention program. Starting May 17, the parties will lock themselves in at a hotel to negotiate for a week as the contract expires May 22. At COP, they learned the post office could be insolvent by 2027. Revenue was less than expenses and payroll with a net loss of \$9 billion in fiscal year 2025. Short term fix is to suspend retirement payments. Long term fix is to modernize our infrastructure, increase our borrowing authority, and create new investment strategy.

Vice President/Financial Secretary Report, Marvin Booker: Read report for April. We did better this year with the food drive, but a lot of cards still did not go out. The food bank is still picking up food from Saturday. Going forward, things may have to change regarding where the food bank truck and volunteers go.

President's Comments, John McLaughlin: During the COP meeting, Renfro spoke about how much money is spent on workmen's comp. PMG is on board with raising the borrowing limit. He also wants to entertain 5-day delivery. Southwest will go through special inspections again in June. Wesley Bell sent his drafted legislation to Marvin who reviewed it and it was ultimately sent to national legislative person. We're hoping to get it passed.

Respectfully Submitted,
Richard Brown, Recording Secretary

CSRS/FERS RETIREMENT SEMINAR

SUNDAY, JULY 12, 2026

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

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

ALL MEMBERS AND SPOUSES WELCOME

Training will be conducted by
former National Business Agent Mike Weir

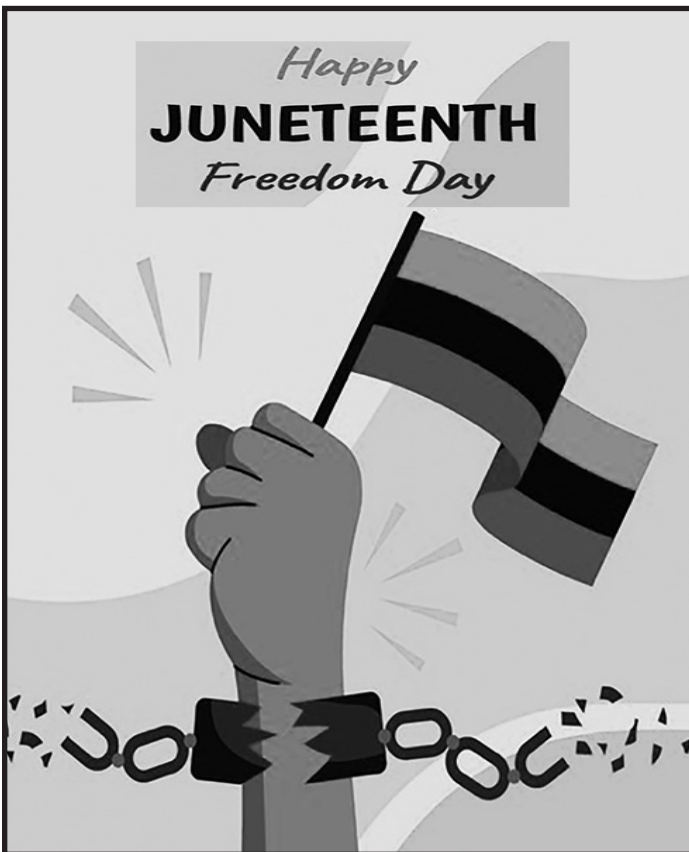
**Please RSVP to Mike Weir
at 314-348-8722**

Lunch will be provided



Things to do when you suffer an on-the-job injury

1. Report the injury to your supervisor as soon as you can.
2. Tell your local NALC representative about the injury right away.
3. Complete Form CA-1 or CA-2 and submit it to your supervisor.
4. When you submit a CA-1 or CA-2, ask the supervisor to sign the receipt portion of the CA-1 or CA-2 and give it to you.
5. Ask the supervisor to give you a completed copy of the CA-1 or CA-2 after the Postal Service completes its part of the form.
6. Go to your doctor for treatment.
7. Request assistance from your local branch or your national business agent's office.
8. Make and keep your own copies of all claim-related documents that you provide to OWCP and/or to USPS.
9. When submitting documents to OWCP, always put the OWCP claim number at the top right-hand corner of each page.
10. If OWCP requests information, scrupulously comply with the request, including the time limit (usually 30 days).



Political Action Honor Roll

JOE POLITTE★★★★★	MIKE WEIR★★	SAMUEL GOODMAN★	NICKI L. PRADO★
JOE FITZFARRELL★★★★★	DEAN WERNER★★	JOHN HAAKE★	LYNN RAY PRATT★
RICH RHYNER★★★★★	RICHARD BOIEN★	GENO IBERG★	SHONNA RANDLE★
ART BUCK★★★	MARVIN BOOKER★	LAURA KEIM★	<i>IN MEMORY OF</i> JOSEPH P. REGAN★
CATHERINE CIARAMITARO★★★	DAN BRAUCHLE★	BARRY LINAN★	TOM SCHULTE★
<i>IN MEMORY OF</i> JIM ROBERTS★★★	JOHN S. CHUDY★	BILL LISTER★	DARLENE TATE★
LAWRENCE McHAYNES JR.★★	BEVE CREELY★	JOHN McLAUGHLIN★	

ANDY GARCES	LAWRENCE McHAYNES JR.	SHONNA RANDLE	SARONDA SUTHERLAND
ROY HATCHARD JR.	LYNN RAY PRATT	DENNIS STEGMANN	

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

Laura Keim

IS YOUR NAME LISTED? WHY NOT?
SEND YOUR CONTRIBUTIONS PAYABLE TO BRANCH 343, P.A.C.
MIKE WEIR
612 CHARLESTON OAKS DR.
BALLWIN, MO 63021-7387

(Donations are not tax deductible)

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

School's
OUT
For
SUMMER

WATCH OUT FOR KIDS

HAPPY **4**TH OF JULY
 UNITED STATES OF AMERICA
250
 years
 ANNIVERSARY

John H. Haake BRANCH 343

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John McLaughlin President
 Brian Litteken Executive Vice President/
 Treasurer
 Marvin Booker Vice President/
 Financial Secretary
 Richard Brown Recording Secretary
 Frank Enlow Sergeant-at-Arms
 Saronda Sutherland MBA Representative
 Barry Linan Health Benefits Representative

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La'Tecse Litteken Shonna Randle
 Germaine Anderson Nathaniel Markovich
 Michael Rucker

CORRESPONDENT POSTAL RECORD

Tom Schulte

MEMBER-AT-LARGE NEGOTIATING COMMITTEE

Jerry Cantrell Lamont Broomfield
 Andrew Garces Marvin "Blu" King

DELEGATES TO THE ST. LOUIS LABOR COUNCIL

Pamela Stepney Frank Enlow
 Barry Linan William Lister
 Marvin Booker Mike Weir
 John McLaughlin

MOUND CITY CARRIER

Published monthly by NALC Branch 343
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Brian Litteken John McLaughlin

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 Phone: 314-241-4297
 or

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

tomnalc@sbcglobal.net

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

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

Opinions expressed intend no malice toward anyone
 — neither do they necessarily express the views of the
 editor nor that of Branch 343 N.A.L.C.

Articles may be edited for brevity and potential libelous
 statements.

LETTER CARRIERS BUILDING BRANCH OFFICE

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

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

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

Fax: 314-241-2738

Website: www.branch343.org

HEALTH BENEFITS HOT LINE

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

WORKMEN'S COMPENSATION HOT LINE

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

SAFETY & HEALTH

Richard Thurman, Creve Coeur
 314-218-4829

EEO REPRESENTATIVE

Andrew Garces
 314-353-5702

MBA LIFE INSURANCE

Saronda Sutherland, MBA
 314-623-9354

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

NBA OFFICE

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

RETIRED MEMBERS MEETING

LETTER CARRIERS BUILDING
 1600 S Broadway

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

Tom Schulte, Chairman 636-255-3057
 Kevin Welby, Vice Chairman 314-398-4802
 Mike Chenot, Treasurer 314-779-3356
 Nicki L. Prado, Recording Secretary 314-241-4297

Deadline for articles for the JULY issue is JUNE 15, 2026

★ ★ ★

REGULAR BRANCH MEETING THURSDAY, JUNE 11, 2026 7:30 pm

★ ★ ★

SHOP STEWARDS MEETING THURSDAY, JULY 2, 2026 7:30 PM

The Letter Carriers Building
 1600 S Broadway



Non-Profit
 Organization
 U.S. POSTAGE
PAID
 St. Louis, MO
 Permit No. 1452

John H. Haake Branch 343
MOUND CITY CARRIER
 1600 S Broadway
 St. Louis, MO 63104
ADDRESS SERVICE REQUESTED