

MOUND CITY CARRIER

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Award Winning Publication



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Volume 77, No. 9

"Diversity is our Strength and Unity is our Power"

September 2026

Delegates to the 74th NALC Biennial National Convention Los Angeles, California August 3-7, 2026



Front row: (L-R) Marvin "Blu" King, Richard Vannoy, Tom Schulte, Mike Weir.
Second row: (L-R) Pamela Stepney, Frank Enlow, Yolanda Jones, Lucille Snow, Nikki Jackson, Germaine Anderson, Andre Hayes, John McLaughlin, Tina Hunt, Shonna Randle, Brian Litteken, La'Tecse Litteken, Saronda Sutherland.
Back row: (L-R) Andrew Garces, Bill Lister, Matt Gleiforst, Marvin Booker, Scott Louis, Richard Brown, Nate Markovich, Michael Rucker and Richard Thurman.

I do not choose to run

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

This often-quoted line from former President Calvin Coolidge immediately came to mind as I sat on the convention floor listening to our NALC president speak.

The following statement may have been the most anticipated remark of the National Convention in Los Angeles last month. On Monday, August 3, NALC President Brian Renfroe told the convention, "I made a very difficult decision. I decided I would not seek or accept the nomination for another term as president of the NALC."

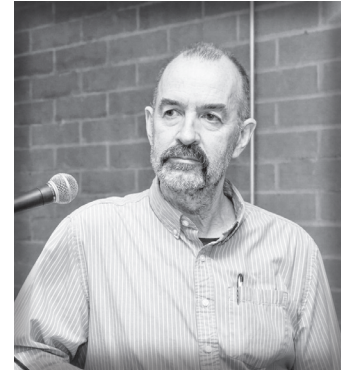
I have not agreed with everything Brian Renfroe has done during his tenure as president, but I believe his decision to step aside was probably the best thing he could do for himself and for the union. There was change in the air, and I think he knew it.

I fully anticipated this convention would be somewhat of a shit show. Renfroe's decision to step aside from the presidential race, just one hour and eleven minutes into the convention, certainly helped diffuse some of the tension on the convention floor. Don't get me wrong — this was my 14th convention, and it was far from normal.

Gone was the sparring over proposed resolutions — mostly cordial in the end — that has become a familiar part of our conventions. Gone were the repeated pleas "for" and "against" resolutions, only to have the president eventually decide enough was enough and call for the question, accompanied by the familiar sound of the train whistle. Gone, too, were many of the members I have become accustomed to seeing only at these conventions. And, perhaps most noticeably, some of the politeness I had never realized was there seemed to be missing.

That said, we are about to usher in a new era for the NALC, and that change will become even more apparent over the next several months.

Our Region 5 national business agent, Dave Teegarden, was one of only three NBAs who ran unopposed and were elected by acclamation. The other 12 regions have contested NBA races.



The race for president includes four candidates: Mike Caref, Lew Drass, James Henry, and Nicole Rhine. I strongly encourage every member to watch the presidential debate available on YouTube, recorded at the Branch 1100 Union Hall. All four candidates came across well and offered their views on a variety of issues, ranging from uniform allotments to the backlog at the B Teams. Nicole Rhine and James Henry are running full slates for the national offices, while Lew Drass and Michael Caref are running independently.

The election will take place over the next few months. Ballots will be mailed in September to members in good standing as of June 1, 2026, with results expected in late October and the newly elected officers scheduled to be installed in mid-December.

Historically, participation in NALC elections has been relatively low, generally around 23%. The exception was 2022, when turnout soared to approximately 48%. Regardless of who you support, please exercise your right to vote.

Back at the convention, the delegation faced a dramatically larger number of resolutions than in previous years. As a point of comparison, two years ago we considered a total of 41 amendments. This year, that number jumped to 165.

Many of the constitutional amendments were proposed in response to the difficult and, at times, ugly events surrounding our last contract negotiations. Of

the 41 constitutional amendments, all but one were disapproved by the executive council. The delegates overturned only two of those disapprovals.

The sheer volume of business forced the cancellation of two days of workshops and the expansion of general sessions simply to get through the agenda. And that does not include the 30 resolutions submitted after the amendment booklet had already been printed. Those were ultimately tabled until the next convention.

Adding another dimension to the convention was the large influx of younger delegates. Their participation was noticeable, and at times an inordinate amount of time was spent helping delegates navigate the procedures for reaching the microphone and participating in debate.

The overall temperature inside the convention hall was unmistakable: change was coming.

For the first time I can remember, a coalition of delegates openly advocated for our union to fight for the right to strike. In 1970, one of the things postal employees gave up in exchange for collective bargaining rights was the right to strike. The proposal was ultimately defeated, but it raised an interesting question about leverage.

Would simply having the right to strike — or even the possibility that postal employees might strike — change the dynamics of collective bargaining? Would it provide additional leverage at the bargaining table? And, perhaps more importantly, how long would it take the public to realize that postal employees were actually on strike rather than simply experiencing another delay in their mail?

The resolution may have been defeated, but the fact that it was seriously discussed says something about the mood of this convention and the direction in which some members believe the union should move.

Another convention is now in the books. After watching the NALC presidential debate, I was pleasantly surprised by the demeanor, knowledge, and candor displayed by all four candidates. Whatever the future holds, it is clear that the NALC is entering a period of significant change.

The next few months will determine who leads the union into that new era. For the members, the responsibility is simple: pay attention, educate yourself on the candidates and the issues, and most importantly, vote.

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



MARK YOUR CALENDAR

DON'T SIT ON THE SIDELINES ... GET INVOLVED!

Sept 10	Regular Branch Meeting
Sept 26-27	Missouri State Convention
Oct 1	Shop Stewards Meeting
Oct 7	Retiree Picnic, Greensfelder Shelter, Creve Coeur Memorial Park
Oct 8	Regular Branch Meeting
Oct 10	Shop Stewards Banquet, Letter Carriers Hall, (see ad)
Oct 11	Br. 343 MDA Golf Tournament, Rolling Hills Golf Club (see ad)
Oct 12	Columbus Day Holiday

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

RESOLUTIONS AND AMENDMENTS AT THE NATIONAL

A national convention is held every two years. The convention is the supreme governing body of the union. The elected delegates of all branches vote on proposed amendments to the *Constitution of the National Association of Letter Carriers*, the *Constitution for the Government of Subordinate and Federal Branches*, the *Constitution for the Government of State Associations*, the *Constitution of the Mutual Benefit Association*, and the *Constitution of Letter Carriers Health Benefit Plan*. In addition to considering amendments, delegates vote on proposed resolutions which set national policy for the union.

Any branch or state association may, at any time, forward resolutions for consideration to the national secretary-treasurer. President Brian Renfroe appointed committees to consider all resolutions. The committees, after extensive research, report their findings to the NALC executive council. The executive council then provides their recommendations for consideration by the delegates at the National Convention. The delegates vote for or against the recommendations of the executive council. Also, during the biennial convention, NALC branches or state associations may submit resolutions to be considered by convention delegates for potential adoption. Resolutions that are approved by the convention body are then used by the NALC on negotiations with the Postal Service on future National Agreements.

The following are some of the **Constitutional Amendments approved** by the delegates at the 74th Biennial Convention:

- The President will keep a written record of all collective bargaining proposals.
- Any tentative agreement would be presented to the Executive Council for review and acceptance.

The following are some of the **Constitutional Amendments disapproved** by the delegates at the 74th Biennial Convention:

- Seven amendments were disapproved to create a 5-member negotiating committee consisting of the President, Executive Vice President, Vice President, Director of City Delivery, and Director of Health and Safety. The Negotiating Committee would work collaboratively in the negotiation of the collective bargaining agreement. All members of the negotiating committee shall have equal access to information and deliberative processes throughout the course of negotiations. In the event that a tentative

agreement is reached, the Executive Board will vote on it, and a majority approval is required, before sending it to the membership.

- Eleven amendments were disapproved to use ranked choice voting for the election of national officers.



The following are some of the **Legislative Resolutions approved** by the delegates at the 74th Biennial Convention:

- Allow retired carriers to continue contributions to the Thrift Savings Plan (TSP).
- Continue 6-day mail delivery to every house.
- Create a Farmworkers Day paid holiday.
- Lobby for adding USPS to the locality pay provisions in the law enjoyed in the 54 areas federal employees receive the benefit (vote of 1,909 to 1,781).

The following are some of the **National Agreement Resolutions approved** by the delegates at the 74th Biennial Convention:

- Equally distribute straight-time hours amongst PTFs and CCAs.
- Work Assignment carriers can sign non-scheduled day overtime desired list.
- End mandatory overtime.
- CCA overtime equitability.
- Minimum starting salary of \$32.24.
- Full COLA at every pay grade step.
- Suspension of route inspection adjustment implementation until all pending grievances on the route adjustment have been resolved.

The following is one of the **National Agreement resolutions disapproved** by the delegates at the 74th Biennial Convention:

- Right to strike.

The following are some of the **General Resolutions disapproved** by the delegates at the 74th Biennial Convention:

- Call for an end to war on Iran, build the biggest anti-war movement as possible.
- Negotiate rights for transgender, non-binary, and other gender non-conforming individuals.

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

DOES CHANGE MEAN DIFFERENT?

First, I would like to thank the membership for giving me the opportunity to represent Branch 343 at the NALC 74th Biennial Convention in Los Angeles, California.

I wish I could say there was real discussion about management's abusive nature towards the employees and the daily harassment that carriers encounter on the workroom floor. CCAs are being abused, forced to work hours that at times are inhumane. The added work that is being forced on letter carriers who wish not to work overtime, due to managements failure to properly staff the operations. Letter carriers are being treated like criminals through the use of GPS. But there was none.

The convention convened with NALC President Brian Renfroe briefly recounted some of the attacks NALC has faced in the last few years and the hard-fought victories we've gained. He then took the moment to announce that he would not seek or accept nomination for another term as NALC's president.

A leadership change appeared likely in the NALC after the last contract. Members are still not pleased about low pay and forced overtime, working in dangerous heat, dog bites and robberies, the rejected contract imposed last year, the backlog of tens of thousands of grievances, and the president's secretive approach to bargaining.

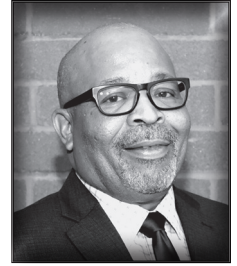
Four presidential candidates were nominated during the convention — two as part of slates, and two on their own.

Nicole Rhine, the well-respected current secretary-treasurer, who is running with a slate of mostly incumbents that came together in the final days before the convention.

There are two reform tickets that have been campaigning for almost two years and were part of the vote-no coalition on the last contract.

The Concerned Letter Carriers slate, led by current

Vice President James Henry, and From A to Arbitration podcaster Corey Walton.



Mike Caref, Region 3 (Illinois) national business agent, is running solo for president. The Caref and CLC platforms emphasize similar themes, including raising pay, ending two-tier pay scale, and confronting the grievance backlog.

Finally, there is former NALC Vice President Lew Drass, who in my humble opinion would have never allowed the grievance procedure to erode into its current state.

It is very likely that someone will become the president of the NALC with substantially less than a majority of the votes. That's one reason why every member should participate in the process by casting a vote.

The election will be conducted by mail ballot in accordance with the NALC Constitution and applicable federal law. Under the oversight of the National Election Committee, the American Arbitration Association will prepare, print, and mail the ballots and tabulate the votes.

On or about September 28, ballots will be mailed to all eligible voters. Official election instructions will be included with all ballots. To be eligible to vote, a person must be a member of NALC in good standing as of June 1, 2026. Any member who does not receive a ballot by October 7 should contact the NALC Membership Department to request a replacement ballot and update their contact information. The Membership Department can be reached by telephone at 202-393-4695. The deadline to contact the Membership Department is 4 p.m. Eastern time on October 9. To be counted, ballots must be received by noon on October 19 (this is in accordance with Article 6 Section 12 of the NALC Constitution).

Remember nothing changes if no one votes! Until next time, stay safe and be professional.

Recording Secretary ... *By Richard Brown*

Our postmaster general (Steiner) deserved the chewing out he received from Congress regarding the delayed mail and bonuses he personally received. Congress doubled down on the attack and required a report from the Postal Service regarding their efforts to improve service. In addition, they wanted answers for the mail delays.

To date, it's unknown whether a report was ever completed. It was due July 15, and we have heard nothing more about it. Meanwhile, Steiner has done everything he can to divert attention to the 250-year anniversary of the nation. He speaks highly about the Postal Service and how it is the fabric of the country, but what good will that do if the service no longer exists after he and Trump's attempt to run it in the ground? I guess only time will tell.

ATTENDANCE DISCIPLINE

How do you handle business when you have to be off work due to illness? Well part of the answer is that it depends on how long you're out, and if you have been out more than three consecutive days. Not everyone goes to the doctor or hospital each time they or a family member is ill. If you do go, get a note from the doctor just in case management asks for it. Please, keep a copy if you do pass it on to management.

Management doesn't seem to care how many days you've been out as they have formed a "team" of regular unqualified supervisors to go around conducting PDIs at various stations for what they believe to be attendance issues. No follow-up questions are asked, even if you give a good reason for being absent. Forget the fact that mail is delayed, they just need to know why you were not at work dating back six months.

Of course, they have a set of questions that are used universally for every carrier, no matter the situation or number of absences. They even leave the number of absences field blank so they can fill

it in. They then mail a discipline notice to you instead of handing it to you at the office. Why, you ask? This is all in an effort to show their boss they're getting on top of it (not really).



Do all you can to gather documents (if applicable) for your absence and present that to management upon your return to work. Also, be sure to complete your own PS Form 3971, as they magically list absence types that are not accurate to the type you requested. This may stifle the ability for management's attack on your career, so be vigilant.

ROUTE INSPECTIONS

As many of you may have heard, the "route screw-uppers" are coming back to conduct inspections this year. The newest victims will be the carriers of Kirkwood and Des Peres post offices. Yes, they already have a plan of how many routes they want to eliminate at each location, but this is where your skills come in.

For the carriers at these locations, you should already be performing your duties in the proper manner. The one thing about this inspection team is that they are set on using the numbers from the week of inspection instead of using the comparison format of old data vs. current data. Of course, mail volume will be smaller than normal, as it always seems to be. You can't control that, but you can control how you move while in the performance of your duties. You are not in a race.

To that end, Branch 343 will be offering route inspection training at a local library in the Kirkwood / Des Peres area. Please see your steward for information on this training. Someone from the region is expected to conduct this training. Be careful out there and do your job in the most professional manner possible. Who is Responsible!

Health Benefits Plan/OWCP ... *By Barry Linan*

September greetings to all of the brothers and sisters of NALC Branch 343. As an elected delegate of the branch, I recently attended our National Convention in Los Angeles. Since this is an election year for national officers, I expected this convention to be contentious at times. The temperature came down a bit on day one with President Brian Renfroe announcing he was not seeking re-election. There were seemingly a lot of new delegates at this convention, which is good, but they slowed the business portion of the convention greatly. There were numerous questions, debates, and votes over how to even proceed with the many proposed resolutions. Much time was seemingly wasted over resolutions directed at President Renfroe when he had already announced he was not seeking re-election.

I would have much rather heard the delegates debating and discussing how to address the most important topic confronting us all, that is how to save our US Postal Service! Our current PMG is anti-union and anti-service. Management overall has shown no regard for delivery standards or customer service. We provide a "SERVICE" to the American people and if we no longer care about the quality of that service, then we are surely doomed to fail. The USPS does have many financial issues that need to be addressed, but if we lose the faith of the American people to timely deliver their mail, then we also lose their support for needed financial solutions. Perhaps this is the PMG's plan to degrade service as a prelude to privatization, but the rest of us sure as hell don't have to blindly go along with it? **Be aware and keep abreast of any/all pending legislation affecting the USPS!**

HBP NEWS

I'm asking our members again to look into the "Wellness and Other Special Features" section of our 2026 HBP brochure that begins on page 100. Qualifying members and/or family can take advantage of the "Wellness" programs that the NALC HBP offers at no cost. Members may be interested in our "Hello Heart" program if you have cardiac conditions such as hypertension, high cholesterol, or high blood pressure. Hello Heart is a program that combines a blood pressure monitor with

a smartphone app. The monitor connects to the app and each time you check your blood pressure that reading is automatically stored. The readings stay secure and you can decide if you want to share them with your physician or family. Hello Heart is available to members and dependents age 18 and older. You qualify if your blood pressure readings are 130 over 80 or higher, or if you take medication for high blood pressure. Once signed up to the program, a free monitor is shipped to your home.



OWCP NEWS

Please look out for any injured PTF carriers in your office! When I started carrying mail the older guys/gals looked out for us newbies and we need to start doing that again. Injured PTF carriers do not know the OWCP rules and regulations regarding how to file an injury claim. Management, either due to lack of training or by design, consistently gives out wrong information to our PTF carriers when they are injured on duty. Make sure the PTF has received the proper forms and is receiving medical treatment from their physician of choice. If not, tell them to request their steward immediately and/or call the hall if their steward is not available. I'm asking this of our experienced carriers because I know from my experience how important it is for an injury claim to be initially filed correctly and how difficult it can be to correct that claim when it is not done properly!

When an injury is reported, at a minimum the PTF should receive a Form CA-1 Report of Traumatic Injury and a Form CA-16 Authorization for Treatment. The PTF completes their portion of the CA-1 and receives a copy after the supervisor completes their portion. The CA-16 is completed by the supervisor indicating the PTF's chosen physician or medical facility and given to the PTF to take with them when they receive their initial medical treatment. If a PTF doesn't have a physician that does OWCP claims, they can request the CA-16 be made out to the local ER or alternately they can request medical treatment at Urgent Care or Concentra.

Notes from the Managing Editor ... By Tom Schulte

NATIONAL CONVENTION OBSERVATIONS



As a Branch 343 delegate to the NALC National Conventions since 1992 in St. Louis, I must admit, this was by far the most contentious. Rumors have been circulating and podcasts have been broadcast over the last two years regarding the dissatisfaction in the rank and file with NALC leadership. Most everyone who walked onto the convention floor that Monday morning knew that the fur was about to fly.

It was already known prior to the opening remarks that there were three other factions poised to challenge NALC President Brian Renfroe and the executive board in the upcoming officers' elections in the fall. What wasn't known and to everyone's surprise was President Renfroe's announcement that he would not seek, nor would he accept the nomination for another term as president. That announcement was followed by a collective sigh of relief on the part of some, and a sense of disappointment in many others who were relishing the opportunity to extract a pound of flesh from the presumed president.

This contention was sowed at the 73rd Biennial Convention in Boston when President Renfroe refused, or failed, to address his personal behavior following the NALC contract negotiations in 2023 which left the negotiating team rudderless and vulnerable by his absence. He had numerous opportunities to offer a mea culpa to the membership and seek forgiveness for his actions, but he didn't. That failure, on his part, led us to the divisiveness of the LA Convention.

The proposed Resolutions and Amendment book was as thick as a dime-store paperback, with a majority of the proposed Constitutional amendments, geared to address the powers of the officers and the president of the NALC. Despite President Renfroe's withdrawal to seek another term, a sizeable faction of the delegation chose to have their objections addressed on the convention floor. No one was denied their opportunity to speak.

It was obvious from the outset that convention hours

would need to be extended and workshops cancelled to address the numerous amendment proposals. That action preempted those wishing to attend the various workshops and the information they were hoping to take back to their membership.

For those of us who have attended national conventions in the past, this was a spectacle no one wanted to see but seemed inevitable. Us old guys could only sit back and shake our heads at the absurdity. Time was wasted to prove a point by demanding teller vote after teller vote after every obvious voice vote and division proved futile. This action only served to diminish the credibility of those with a grudge.

There are serious challenges facing the NALC, not the least of which are the present contract negotiations and the financial straits the U.S. Postal Service is facing. And let's not forget we have a postmaster general who's on record as a union buster and served on the board of directors of Federal Express. Can anyone see a conflict of interest?

We have a lot of work in front of us and a fractured union. Now is the hour of our discontent, to steal a phrase. Everyone needs to do their due diligence in the next few months. Seek out the agendas of the various coalitions who wish to lead this union and act accordingly with your vote. If ever there was a time for strong leadership, it's now.



MDA GOLF TOURNAMENT

SUNDAY, OCTOBER 11, 2026

VOLUNTEERS NEEDED

CONTACT:

BRIAN LITTEKEN AT

314-241-4297

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

HEAT SAFETY

The heat across the region has been relentless this summer. Please continue to look out for one another and take heat safety seriously. If you see someone exhibiting symptoms of heat illness, speak up and help them get immediate medical attention.

There are clear protocols requiring immediate medical assistance, yet some local managers continue to put numbers ahead of letter carriers' safety. That is unacceptable, and we will address those situations individually. If management does not follow the HIPPA protocol, notify the NBA office. We will assist with addressing the issue and filing any necessary grievances.

Letter carrier safety must always come first.

LOS ANGELES NATIONAL CONVENTION

This year's National Convention in Los Angeles was certainly one to remember. I have always enjoyed the energy of bringing letter carriers from across the country together every two years. This year's record number of Constitutional Amendments and resolutions made the convention especially busy — and required extending the general sessions to allow delegates to hear, debate, and vote on them. Unfortunately, that meant cutting back some of the training that is such an important part of the convention.

One of the things I value most about the National Convention is seeing democracy in action. Earlier in my career, I sometimes became frustrated when an issue I supported did not pass. Over the years, I have come to appreciate that the delegates are the supreme governing body of our union, and regardless of whether I am in the majority or minority, I respect the process and the decisions that are made. Those passionate but respectful debates strengthen our solidarity, help shape our political and contractual agendas, and focus the NALC's efforts on behalf of our members.

The members of Region 5 once again reminded me why we have the best region in the NALC. You participated in the debates, discussed the issues with fellow delegates,

voted, and accepted the results with professionalism and respect.

On a personal note, thank you to the members of Region 5 for your support and confidence in allowing me to continue serving as your national business agent. Your support was humbling and genuinely emotional. I am grateful to each of you. There is much to accomplish in the coming term, and Region 5 will continue to lead from the front. We have several initiatives ahead focused on protecting letter carriers on the workroom floor, strengthening the grievance process, and advocating for our members at the arbitration table. It is an ambitious agenda, but I know Region 5 is up to the challenge. Together, we will get it done.



REGION 5 RAP SESSION

The Region 5 Rap Session is tentatively scheduled for February 4–7, pending final approval from NALC Headquarters. This year, we will return to our traditional weekend format, with rooms available Thursday through Saturday night within our block. The branch president meeting will be Thursday afternoon, followed by classes Friday and Saturday. Sunday will feature the Rap Session with a nationally assigned officer. As always, we will offer an aggressive schedule of classes with multiple options. Once the dates are confirmed, I will notify branch presidents and publish the details in my article.

Looking ahead, Missouri State Training and the Iowa and Nebraska Fall Trainings are also scheduled for this fall. We look forward to seeing you at one of these events.

2026 Branch 343 Calendar Correction:

Please be aware of a correction to the Pay Periods in the month of December.

Pay Period 01 on December 12, 2026, should be Pay Period 27.

Accordingly, December 26, 2026, should be Pay Period 01.

Retiree Report ... By Guest Recording Secretary Nicki L. Prado

AUGUST 12, 2026

Chairman Tom Schulte called the meeting to order at 12:45 p.m. Chaplain Pamela Stepney led us in prayer and the Pledge of Allegiance. Tom thanked Kevin Welby and Sandy Theismann for providing the delicious lunch. Tom also thanked Germaine Anderson for the delicious cake.

Volunteers: Tom announced that NBA David Teegarden will be providing lunch for the September meeting.

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

Treasurers Report: Mike Chenot reported a checking balance of \$1,078.36 after expenses and cash on hand of \$412.

Branch 343 Presidents Report: Executive Vice President Brian Litteken speaking for President John McLaughlin, who was at a meeting, spoke about what transpired at the NALC National Convention in Los Angeles. NALC President Brian Renfroe announced that he would not be seeking reelection. Brian said that there are four coalitions running for office this fall including Region 5 RAA Larrissa Parde who is running for assistant secretary treasurer on the national ticket. Brian also announced that Region 5 NBA David Teegarden's office was uncontested, so David will remain Region 5 NBA. Brian made a motion for the retirees to sponsor a hole for \$100 for the Branch 343 Golf Tournament in October. Seconded and passed.

Health Benefits Report: Barry Linan reported that if you are a member of the NALC Health Benefits program you can sign up to the Hello Heart program. You can sign up online and you will receive a free blood pressure monitor.

Chairmans Report: Tom Schulte spoke about the NALC National Convention in Los Angeles. Tom said that with NALC President Renfroe's withdrawal

as our president there are four different coalitions seeking the various offices in the fall. Tom said that we will most likely hear about the agendas of the various candidates over the next few months. Tom also reminded everyone about the upcoming retiree picnic on October 7 at Greensfelder Shelter in Creve Coeur Memorial Park.

New Business: Brother Geno Iberg spoke about the upcoming retirement of KSDK news anchor Mike Bush. As Mike has always been a friend to letter carriers with our annual participation with Muscular Dystrophy and the Telethon that we sign and send a card of congratulations to Mike Bush.

50/50 Winner: \$16 won by Kevin Welby and an anonymous donation of a \$25 gift card for QT was won by John Haake.

Closing Prayer: Offered by Chaplain Pam Stepney

Meeting Adjourned: 1:40 p.m.

RETIREE PICNIC AT CREVE COEUR MEMORIAL PARK

LOCATION: GREENSFELDER SHELTER OFF OF DORSETT AND MARINE DR.

Top of the hill overlooking the lake.

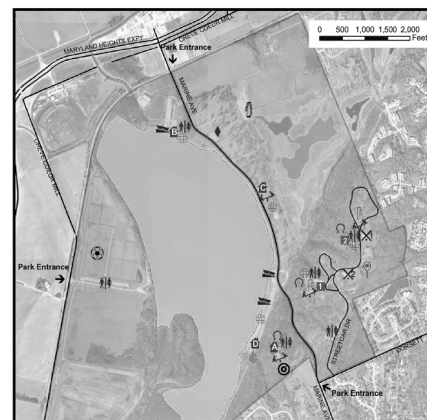
WEDNESDAY, OCTOBER 7, 2026

TIME: 11 a.m. until 4 p.m.

LOCATION: Creve Coeur Memorial Park
2348 Creve Coeur Mill Rd.
Maryland Heights, MO 63043
Greensfelder Shelter "A" off of
Dorsett Rd. and Marine Dr.

From Hwy. 141 (Maryland Heights Expressway) turn on Marine Dr. past the Tremayne Shelter we've used the last several years. Drive past the lake, up to the top of the hill. Greensfelder Shelter is on the right before the Dorsett Rd. stoplight.

From Hwy. 270 take the Dorsett Rd. exit west to the end of Dorsett and Marine Dr. Turn slightly right then left to the Greensfelder Shelter.



- Creve Coeur Lake Memorial Park**
2348 Creve Coeur Mill Rd
St. Louis, MO 63146
- SHELTERS**
- (A) Greensfelder
 - (B) Tremayne
 - (C) Heldman
 - (D) Taco Bell
 - Corporate Picnic Site
- Other Amenities:**
- Park Boundary
 - Creve Coeur Lake
 - Crystal Springs Golf Course
 - Restroom
 - Athletic Field
 - Soccer Field
 - Tennis Courts
 - Sand Volleyball
 - Horseshoe Pit
 - Disc Golf Course
 - Spray Fountain
 - Archery Area
 - Dripping Springs
 - Boat Launch
 - Playground

ROLLING HILLS GOLF CLUB

REGISTER YOUR TEAM TODAY!



39th NALC Br. 343 Golf Tournament for Muscular Dystrophy **ENTER NOW!**

WHEN: 8 A.M. OCTOBER 11, 2026

WHERE: ROLLING HILLS GOLF CLUB
5801 Pierce Ln.
Godfrey, IL 62035

COST: \$100 PER PERSON (\$400 PER TEAM)
Price includes 18 holes of Golf, Electric Cart,
Prizes, Refreshments, Buffet Lunch

FORMAT: Best Ball Four Man Scramble
"Shot Gun Start"

HOW TO ENTER: A check or checks totaling \$400 with the
names and addresses of team members must
be received ASAP (Please list at least one
phone number and email)

MAKE CHECKS PAYABLE TO:
MDA Branch 343
1600 S. Broadway
St. Louis, MO 63104

REGISTRATION INFORMATION:

1. Registration will start at 8 a.m.
2. Shot Gun Start – 9 a.m.
3. There will be a cutoff at 36 teams due to time restrictions. Money will be refunded to any team who enters after the cutoff.
4. Teams must arrive 30 minutes prior to tee time.

If you have any other questions about the tournament that have not been answered here, contact:

Brian Litteken
Letter Carriers Hall
314-241-4297, Ext. 2

Clip and Mail

.....
PLEASE PRINT:

EMAIL _____

1. NAME _____

PHONE _____

2. NAME _____

PHONE _____

3. NAME _____

PHONE _____

4. NAME _____

PHONE _____

John H. Haake
Branch No. 343
 National Association of
 Letter Carriers

2027

JOHN McLAUGHLIN, President

Calendar prepared by:

Brian Litteken

Marvin Booker

Richard Brown

Andy Garces

Tom Schulte

Matt Gleiforst

JANUARY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 F ■	2 F
3	4 A	5 B	6 C ☆	7 D ◆	8 E	9 E PP02
10	11 F	12 A	13 B	14 C ●	15 D \$	16 D
17	18 E ■	19 F	20 A	21 B	22 C	23 C PP03
24	25 D	26 E	27 F	28 A	29 B \$	30 B
31						

FEBRUARY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 C	2 D	3 E ☆	4 F ◆	5 A	6 A REGION 5 RAP SESSION PP04
7 REGION 5 RAP SESSION	8 B	9 C	10 D	11 E ●	12 F \$	13 F
14	15 A ■	16 B	17 C	18 D	19 E	20 E PP05
21	22 F	23 A	24 B	25 C	26 D \$	27 D
28						

MARCH						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 E	2 F	3 A ☆	4 B ◆	5 C	6 C PP06
7	8 D	9 E	10 F	11 A ●	12 B \$	13 B
14	15 C	16 D	17 E	18 F	19 A	20 A PP07
21	22 B	23 C	24 D	25 E	26 F \$	27 F
28	29 A	30 B	31 C			

APRIL						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 D ◆	2 E	3 E PP08
4	5 F	6 A	7 B ☆	8 C ●	9 D \$	10 D
11	12 E	13 F	14 A	15 B	16 C	17 C PP09
18	19 D	20 E	21 F	22 A	23 B \$	24 B
25	26 C	27 D	28 E	29 F	30 A	

MAY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 A PP10
2	3 B	4 C	5 D ☆	6 E ◆	7 F \$	8 F
9	10 A	11 B	12 C	13 D ●	14 E	15 E PP11
16	17 F	18 A	19 B	20 C	21 D \$	22 D
23	24 E	25 F	26 A	27 B	28 C	29 C PP12
30	31 D					

JUNE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 E	2 F ☆	3 A ◆	4 B \$	5 B
6	7 C	8 D	9 E	10 F ●	11 A	12 A PP13
13	14 B	15 C	16 D	17 E	18 F \$	19 F ■
20	21 A	22 B	23 C	24 D	25 E	26 E PP14
27	28 F	29 A	30 B			



JULY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 C ♦	2 D \$	3 D
4 ■	5 E	6 F	7 A ☆	8 B ●	9 C	10 C PP15
11	12 D	13 E	14 F	15 A	16 B \$	17 B
18	19 C	20 D	21 E	22 F	23 A	24 A PP16
25	26 B	27 C	28 D	29 E	30 F \$	31 F

AUGUST						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 A	3 B	4 C ☆	5 D ♦	6 E	7 E PP17
8	9 F	10 A	11 B	12 C ●	13 D \$	14 D
15	16 E	17 F	18 A	19 B	20 C	21 C PP18
22	23 D	24 E	25 F	26 A	27 B \$	28 B
29	30 C	31 D				

SEPTEMBER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 E ☆	2 F ♦	3 A	4 A PP19
5	6 B ■	7 C	8 D	9 E ●	10 F \$	11 F
12	13 A	14 B	15 C	16 D	17 E	18 E PP20
19	20 F	21 A	22 B	23 C	24 D \$	25 D MO STATE CONVENTION
26 MISSOURI STATE CONVENTION	27 E	28 F	29 A	30 B		

OCTOBER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 C	2 C PP21
3	4 D	5 E	6 F ☆	7 A ♦	8 B \$	9 B
10	11 C ■	12 D	13 E	14 F ●	15 A	16 A PP22
17	18 B	19 C	20 D	21 E	22 F \$	23 F
24	25 A	26 B	27 C	28 D	29 E	30 E PP23
31						

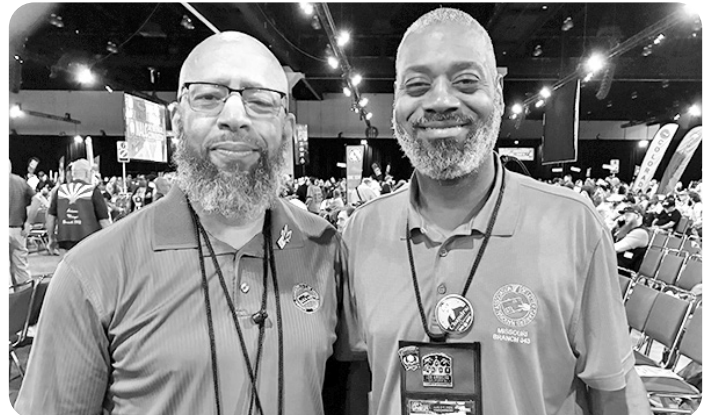
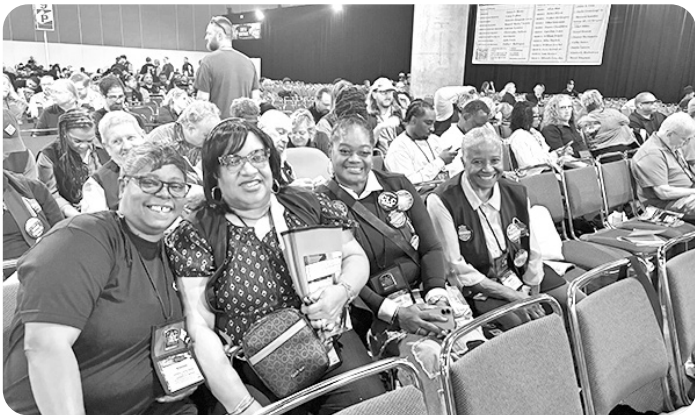
NOVEMBER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 F	2 A	3 B ☆	4 C ♦	5 D \$	6 D
7	8 E 🏠	9 F	10 A	11 B ■	12 C	13 C PP24
14	15 D	16 E	17 F	18 A ●	19 B \$	20 B
21	22 C	23 D	24 E	25 F ■	26 A	27 A PP25
28	29 B	30 C				

DECEMBER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 D ☆	2 E ♦	3 F \$	4 F
5	6 A	7 B	8 C	9 D ●	10 E	11 E PP26
12	13 F 🏠	14 A	15 B	16 C	17 D \$	18 D
19	20 E	21 F	22 A	23 B	24 C	25 C PP01
26	27 D	28 E	29 F	30 A	31 B \$	

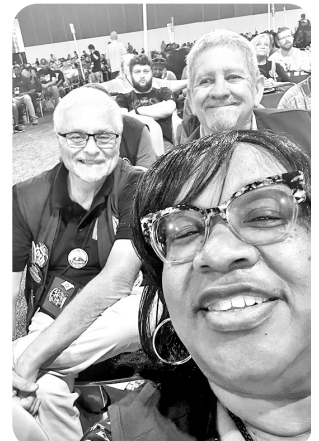
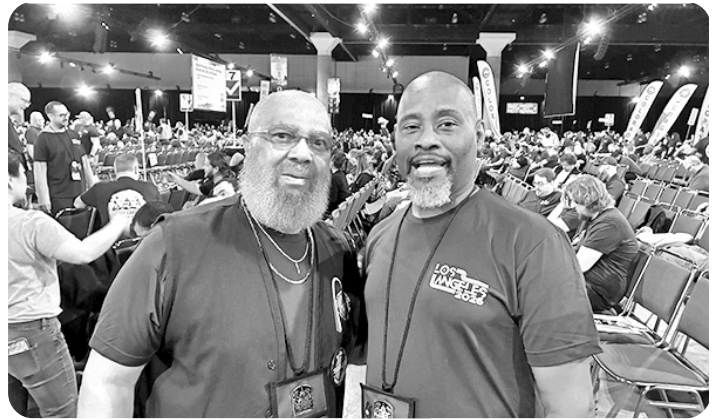
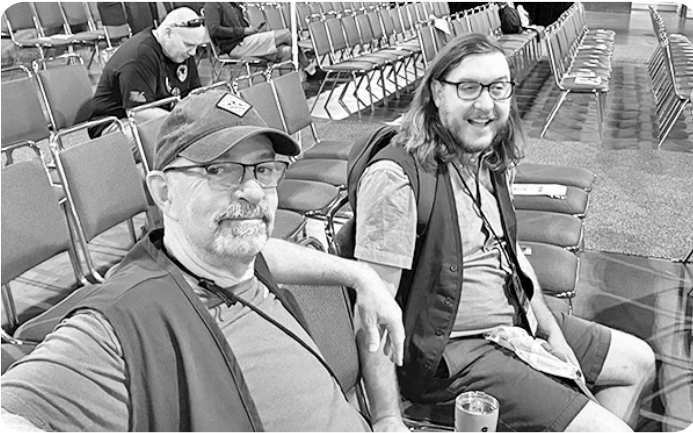
MISSOURI STATE CONVENTION SEPTEMBER 25-26

■ HOLIDAYS ♦ STEWARDS MEETINGS ● BRANCH MEETINGS ☆ RETIREES MEETINGS
 \$ PAYDAY PP01-26 PAY PERIODS ABCDEF - DESIGNATED DAYS OFF ON A ROTATING SCHEDULE
 🏠 PSHBP OPEN SEASON NOV. 8 - DEC. 13
 FIRST PHASE VACATION SELECTION DUE NOV. 27 SECOND PHASE VACATION SELECTION DUE DEC. 11
 DECEMBER EXCLUSIONARY PERIOD: PP-25 and PP-26 (NOV. 27 - DEC. 24)

Scenes from the 74th NALC Biennial Convention



Los Angeles, California August 3-7, 2026



Mound City Carrier Publications Awards

I am pleased to announce that Branch 343's Mound City Carrier won two publications awards at the 74th Biennial NALC National Convention in Los Angeles, California.

The paper received an Honorable Mention under the General Excellence category for Large Branch Publications.

We also received a First-Place Award under the best Photo or Cartoon category for our March 2026 "Fight Like Hell" front cover.

I would personally like to extend my sincere gratitude to our excellent Mound City Carrier staff and printer for all of their efforts to provide our membership with a quality publication every month. Congratulations to Brian Litteken, Barry Linan, Matt Gleiforst, Meaghan Lakey and our printer Larry and Pam Kratz from Creative Litho. You deserve all the credit. Thank you.

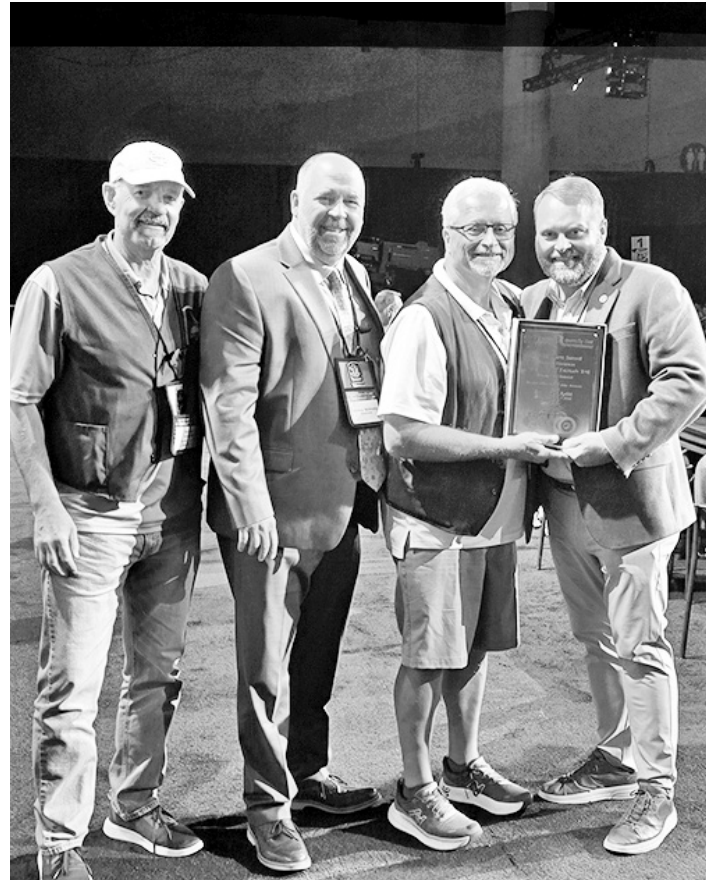
Managing Editor, Tom Schulte

Honorable Mention General Excellence



Assistant Editor Matt Gleiforst and Managing Editor Tom Schulte

First Place Award Best Photo



Br. 343 President John McLaughlin, Region 5

NBA David Teegarden, Managing Editor Tom Schulte and NALC President Brian Renfroe

South County ... *By Matt Gleiforst*

A FIRST TIME DELEGATE'S PERSPECTIVE

Hello from South County. Last month I was honored to be one of the delegates from Branch 343 that attended the National Convention in Los Angeles. This was the first convention that I have attended. I went into this not really knowing what to expect, but I left with a newfound appreciation for this union that we are all a part of. After I arrived in Los Angeles I went, almost immediately, to the convention center to get my credentials registered. Then I was able to explore the area outside of the convention hall which was set up with different booths and displays. My favorite was the display that showed different covers of the Postal Record through the years. It was such a neat way of showing how this job has changed and yet somewhat stayed the same over the past century.

On the first day of the convention, I attended a workshop in the morning that discussed contractual issues and the progress that is being made on these issues. It was led by Executive Vice President Paul Barner and Vice President James Henry. It was a neat experience seeing these people in person and hearing them talk rather than just reading their articles in the Postal Record. I was happy to get to actually see them in person and hear what they had to say. Then I went into the convention hall and was amazed at the mass of people there. The hall itself was huge and there were chairs covering its entirety, all set up for the registered delegates. I arrived early and already the place was filled with thousands of letter carriers, all here to do the business of the union.

Through the five days of the convention, we voted on contractual amendments, legislative resolutions, and national agreement resolutions. Being a part of this was an honor. I was able to make my voice heard along with over 5,000 other letter carriers on all of these issues. There were certainly high points and low points. The most positive thing I can say is that this was very much a democratic process. There was much debate over quite a few of the proposed amendments/resolutions. It was a neat experience

seeing this process unfold and seeing the membership and the executive council discuss why the proposal was or was not in our best interest.



The negative part I will say though is that it is clear that our union is somewhat divided right now. There were so many close votes we had to do numerous teller votes where we had to stand and be counted to see how many yes or no votes there were. Each one of these votes took about 20-30 minutes to complete, which put us very far behind in our agenda. We ended up adding about eight unscheduled hours to the convention. I am certainly not complaining because that is what we were there to do. However, it was sad that many of the scheduled workshops before and after the general session had to be cancelled. I was also discouraged at the applause that erupted when President Renfro announced he was not seeking reelection. I am certainly not his biggest fan, but I felt that was bad form. To his credit, he did an excellent job leading this convention. I hope that there is some healing and uniting by the next convention in two years. After all, we are all members of this great union and want what is best for the whole membership.

Overall, by the time the convention ended I was impressed at seeing how the supreme body of the union operated in action. I encourage every member to come to the monthly local union meetings to become eligible to serve as an elected delegate. This was an experience I will remember for the rest of my life. I was truly honored to be a part of this historic convention, and I am very hopeful I will get to go to the next one. I would also like to remind everyone that national officer elections are coming up shortly. Please research and ask around about the candidates. I want everyone to cast their votes and make their voices heard.

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

West County Retiree ... By Pam Stepney

Greetings, sisters and brothers of Branch 343! How's everybody doing? Fine, I hope! First of all, let me say thank you for giving me the opportunity to vote on behalf of our membership as a delegate to the 74th Biennial Convention in Los Angeles.

Who would have thought there would be 19 teller votes on the various amendments and resolutions at the convention? Some of the new members, along with some of the old members holding a grudge against our national president, Brian Renfro, did not want to leave the convention until they got their way.

Did you all remember that we didn't get a new contract for 700 days, only to receive a little bitty raise? Those are the issues we should be discussing at the convention.

Yes, the president was missing during the previous contract negotiations, and the Postal Service took advantage of that. But when we come to convention, we need to hear all of the issues brought forth by every branch and every member.

Brian Renfro had to cancel classes beginning Wednesday evening, and all of the delegates had to report at 8 a.m. until 6 p.m. or later to try to get our Union business completed.

I really wanted to attend the women's training class again because it was excellent at the last convention. I also wanted the new stewards to get more involved in attending classes to help them file grievances when they got back to the LOU. Guess what? I only got to attend Trustees and Safety, taught by our very own safety guru, Richard Thurman. I also had plans to attend the Thrift Savings training to learn more about investing during and after retirement, so I could help you young people retire with a lump sum like us old-timers did.

Why do we care when some of the new members and a few of the old-timers want to have a teller vote when clearly the ayes had it and the vote numbers came back 3,328 to 912?

Clearly, you could see the difference from the stage before you called for the division. You didn't have to waste the time of the delegates, the president and his committees.

I know some of those members holding up the convention with nonsense and mess don't attend the meetings in their branches and then scream the loudest when they receive discipline or something happens to them.

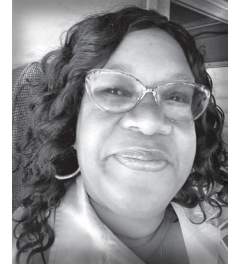
If you're a new person heading to a convention and you don't have a lot of time in, and you're not making the same money as the letter carriers who have been pounding the pavement and climbing the wage ladder for 12 years, I understand. I know the cost of living is out of control, but work hard, just like we did, and live within your means.

One young delegate went to the microphone and said he only made \$60,000 last year with one year in the service. That's \$5,000 per month. Manage your spending. Build your wealth. Make \$60,000-a-year decisions.

A BIG SHOUT-OUT!

I have to give a big shout-out to our very own re-elected Region 5 business agent, Dave Teegarden, for feeding us during those long workdays at the convention and thanks to my daughter for picking us up some Chick-fil-A, too!

Congratulations to the Mound City Carrier for taking the award-winning shot of Richard Thurman's wife, Chandra, during the Fight Like Hell protest.



UNION ELECTIONS

Hey, sister or brother, if you plan on running for any position in the union, you need to attend the September meeting to nominate yourself or someone else. Any member has the right to run for whatever position they want.

RETIREES PICNIC

Hey, retirees! Make plans to come to the retirees picnic at Creve Coeur Park on October 7. I'm sure you would like to catch up with some of your friends from your old station or branch.

Remember, lunch is served for the low price of \$6.

Thank you to Kevin Welby and Sandy Thiesmann for a great lunch at last month's meeting.

If you did not make it or had other plans, you missed a treat! Germaine Anderson, from Wheeler Station, made a three-layer carrot cake, and it was the talk of the town!

GET INVOLVED!

Regulars, PTFs, and CCAs, make plans to attend the monthly meeting on the second Thursday of each month at 1600 South Broadway at 7:30 p.m. Invite 10 other letter carriers to attend with you. Make September the month you get involved!

LABOR DAY & NATE'S SOFTBALL TOURNAMENT

Remember, there will be NO Labor Day celebration this year. It has been canceled.

Enjoy the last weekend of summer with your family!

MDA GOLF TOURNAMENT

I challenge every station and branch to sponsor at least one hole for the MDA Golf Tournament this year.

Remember, I said you should do a 50/50 on Saturdays or purchase and sell breakfast sandwiches to those hungry employees coming to work.

It's easy to do, and I won't be mad if you sponsor more than one hole. So now it's time for you to come on out and support the letter carriers and our volunteers.

Remember: Do your best, leave the rest, don't stress, GOD bless, and thank you for coming!

"September Mourn" ... By retired letter carrier Mike Laury

On September 29, 1975, the day before my mom's 45th birthday, she was my "uber ride" down to the Federal building, where I received my final "swearing in" for the United States Air Force. Seventeen days later, I was back home again, where my dad's patience began with a slow boil of disappointment. I received an honorable discharge for my service and on the flight home from Lackland Air Force Base, I met a guy who claimed he had been a "back-up drummer" with Rod Stewart. It was no longer late September, and I really wished I had been back in school. Instead, my dad began to constantly ride my ass (butt) to find a job. After three days of working at Burger King, I realized that at age 18, I could no longer have it my way.

My next attempt at employment lasted one day, when I served as a waiter at the old Italian Gardens Restaurant (Bartolino's South). It seems that spilling a hot bowl of minestrone soup on my first patron's lap had been frowned upon by management. I was like a 1970s version of George Costanza, with no girlfriend or prospects for the immediate future. One evening, after making a smart-ass comment to my dad, he blew his stack, took a swing at me, and put his fist through the drywall, where my head had been previously located. I needed to find myself another job, so I asked my old baseball coach, Joe Mueckl, if he could put in a good word for me at the post office, which back at that time was like kneeling to find a diamond in the rough. However, being a big shot downtown at the main post-office, Mr. Mueckl pulled some strings to have me take the clerk-carrier test right before Christmas of 1975.

I worked part-time as a bagger with Scott Lad Foods as I waited impatiently to hear back from the Postal Service. Finally, in June of 1976, my old coach called me on the phone to tell me to expect a job offer very soon in the mail. Joe Mueckl did some slick maneuvering to get me a coveted spot in Uncle Sam's employment, and I started my "career position" as a clerk on July 2, 1976, where the freedom of coming and going as I pleased came to a screeching halt. My work schedule began at 4 p.m. and often exceeded my 12:30 a.m. leaving time.

The walls were painted in a penitentiary grey, pairing nicely with the prison-like atmosphere. Mr. Mueckl told me if I could stick it out for a year, he would have me transferred to the carrier craft.

Another September approached, and I began to once again mourn and yearn for the "good old days," with my 20th birthday quickly approaching. To make matters worse, my first real girlfriend had broken up with me and weekend nights with my friends were becoming a faint memory, much too quickly. I was fired in mid-September of 1976 from a career position at the post-office for missing too much time. I latched on to a full-time position at Schnucks on October 16, 1976, exactly one year after I had been discharged from the air force. It was all part of the "birthing process" that would deliver me into the world of adulthood and responsibility. Several years later, I was given a first chance as a husband and father and a second chance at the post office. I became a letter carrier in 1987 and delivered mail until I officially hung up my bag in 2013. Life in general has had its ups and downs ever since. Like so many of my friends and family, funerals, weddings, and doctors' visits are all part of our current reality.

I hope everyone had a great summer out there in "letter-land." Fall is still my favorite time of the year. It was when I met my wife, Cathie, who has put up with my antics now for over 43 years. Be safe and try to remember that "safety is no accident." Rest in peace, Mr. Forsch.

BRANCH LEGAL PLAN

Advice and Consultation on
General Practice and Civil Actions.

G
L

GOFFSTEIN LAW, L.L.C.

JOHN H. GOFFSTEIN
ATTORNEY

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

BRANCH MEETING

BRANCH 343, ST. LOUIS, MISSOURI**AUGUST 20, 2026**

Summary of Branch Action

MSC To pay the branch bills.

MSC That the branch purchases a pair of Blues tickets for 10 games during the 2026-2027 season at a cost of no more than \$1,500. These tickets will then be given away as attendance prizes at the upcoming October thru March branch meetings.

New Members

Jason Smith.....Rolla7/13/2026
 Thalia Taylor.....Rolla7/8/2026
 Zeinab ZoghiRolla7/11/2026

Recently Retired Member

David SnappMackenzie Pointe7/31/2026

Branch Meeting Attendance Prizes

1. Cardinals vs Baltimore Orioles	Aug 25	Charlie Kell, Des Peres
2. Cardinals vs Baltimore Orioles	Aug 26	Matt Gleiforst, South County
3. Cardinals vs Baltimore Orioles	Aug 27	Quinton Jones, Jennings
4. Cardinals vs Pittsburg Pirates	Aug 30	John Thomas, Affton
		Kelly Steinbecker, Kirkwood
	\$62	

A Call to the Disenfranchised Letter Carrier ... *By Andrew Garces*

Here we are in 2026. We just had an epic NALC National Convention. There were more resolutions, suggestions, and arguments brought forth by this delegation than almost any before it. Why? Because just as one of our officers at the Union Hall said to me the other day, "People want to be heard."

In St. Louis alone there is a huge gap between age, pay tables, and union participation. Some of us have been on our own for four years, trying to get by and somehow disappearing behind the curtain of the toxic work environment we all live in fear of. We barely make enough money to live, we barely see our families, and if you ask the right person, they'll tell you it's only getting worse. If you ask the wrong person, they'll tell you it's always been this way.

Both things can be true. We crave the black and white resolutions to our problems when in reality the butterfly effect might as well have started with one letter in a tub that left 1720 Market St. at 4 a.m. 8/21/26.

It's time to demystify the post office and the union. These problems are fixable. These problems can be faced. It's time to come back to the union meetings. It's time to argue and contend and learn Robert's Rules. It's time to ask for things that are hard to ask for. Our elders, our old timers, our OJI trainers have done what they can. We are here now. There are 1,119 regulars and 159 PTFs on the branch seniority list. Only 695 of those carriers have been here, in the service for 6-years or more.

If you don't show up for the union meetings, no one can hear you. If no one hears you, no one can understand. The doors to the Union Hall are open. Leaders are welcome.

Highlights

The meeting was called to order at 7:33 p.m. The invocation and Pledge of Allegiance were led by Chet Drain and the minutes were read and accepted.

NBA Report, Larissa Pardee: Year 1 Steward College was held in Rolla, Missouri. Year 3 was completed in Wichita, Kansas, and year 2 was done in Lincoln, Nebraska, and Des Moines, Iowa. Leadership Academy applications are open and will be accepted until August 28. You can send your application to the NBA office, and they will send it in for you. Working on a non-compliance program which has been developed in Shantee Mission, Kansas, and they are looking to expand it. Lots of democracy was displayed at the National Convention this year.

Retirees Report, Tom Schulte: There were 30 in attendance. Thanked Sandy Theismann and Kevin Welby for lunch. Gave report on behalf of Mike Weir. Mike thanked everyone for the floral arrangement for his sister that passed away. Read names of PAC contributors.

Labor Council Report, Frank Enlow: Starbucks has 600 stores unionized but they have not gotten a contract. Amendment 3 is attacking women's rights, vote no. Vote no on Amendment 7 (tax dollars usage). Every candidate the council supported won their perspective seats. They want to donate \$10K to the Democratic Party. There will be no Labor Day parade. Nominations for St. Louis Labor Council president will be taken in October.

MBA Report, Saronda Sutherland: Spoke on disability policy insurance (age 18-59 qualify). Policy is good for six months or 12 months and they come in increments of \$650, \$1,350 or \$2,000 and it is payroll deductible. You have to be off for at least 14 days prior to making a claim.

Health Benefit Report, Barry Linan: Open season coming up in November, look at the NALC plan. Free programs available to members (i.e.; Hello Heart) which help with various illnesses.

OWCP Report, Barry Linan: Carriers still not receiving proper paperwork, and COP still not being processed timely or properly. PTFs get the average number of hours worked for COP, not just the four-hour minimum. If you have grievances about COP, contact Barry.

Mound City Carrier Report, Tom Schulte: Please read the profiles of our scholarship winners in the MCC. Nominations for branch officers will be on September 10. The centerfold of the September issue of the MCC will be the 2027 rotating day calendar. We won two awards at the National Convention for the MCC (general excellence and best photo or cartoon). Tom thanked the MCC staff for their work.

Haake Scholarship Report, Pam Stepney: Pam advised all who have seniors this year to look in the September issue of the MCC for the Charles Coyle and John Hakke scholarship applications. Grandchildren are also eligible to apply.

Safety and Health Report, Richard Thurman: People are still doing things unsafely while on the street. Management has been told to controvert every claim possible, so safe-guard yourself. Some routes have grown considerably; be safe while delivering and driving. The truck you are driving does not belong to YOU; it belongs to the route it has been assigned to.

Trustees Report, La'Tecse Litteken: The books were audited for July and are in good standing.

Executive Vice President/Treasurer Report, Brian Litteken: The Annual Golf Tournament is October 11 at Rolling Hills Golf Course. It starts at 8 am. Brian asked if more stations could participate in sponsoring a hole. If anyone wants to volunteer, see La'Tecse. During the National Convention a lot of time was spent unnecessarily establishing the rules of the convention. So much so that we were unable to get through all of the amendments and resolutions, and a lot of the classes were canceled. Brian referenced some of the amendments and resolutions.

Vice President/Financial Secretary Report, Marvin Booker: Read his report for July. Nothing that happened during the convention will change anything regarding hours, wages or working conditions. National elections are coming up; make sure your mailing address is up to date, otherwise you will not receive a ballot. Contact NALC membership at 202-393-4695 to correct your address. Local elections are coming up also, and the same thing holds true.

President's Comments, John McLaughlin: President Renfroe announced at 1 hour and 10 minutes into the convention that he was not seeking another term. There were 165 resolutions at this convention, and for comparison there were only 41 at the last convention. There is a debate on the YouTube channel of Branch 1100; you should look at it. Spoke to the district manager about the negative things happening in St. Louis, and he claims change is coming. Inspections are coming up at Kirkwood and Des Peres; the team is already planning to take five to eight routes from each. Route inspection training is supposed to take place and will be conducted by the NBA office. Management is telling carriers that they must get FMLA to avoid overtime when they have an eight-hour restriction; otherwise, they will be charged AWOL for overtime.

Respectfully Submitted, Richard Brown, Recording Secretary



Application for the John H. Haake Scholarship Award



Fill out and mail to: John H. Haake, Branch 343
Scholarship Committee
1600 S. Broadway
St. Louis, MO 63104

Date _____

(Please print clearly)

Please send instructions as to how I can compete for a scholarship award. I will be a senior in the 2026-2027 school year.

I am the (child) of (retired) _____
(grandchild) (active) letter carrier _____
(deceased) _____ (Name)

My name is _____ Home phone _____

My home address is _____

City _____ State _____ Zip _____

Signature of NALC parent
member (or spouse if deceased)

Date

Signature of Branch Officer

Title _____ Date _____
(For Office Use Only)

THIS FORM MUST BE POSTMARKED BY DEC. 31, 2026.



NOTICE FOR THE 2027 MISSOURI STATE ASSOCIATION OF LETTER CARRIERS CHARLES J. COYLE SCHOLARSHIP AWARD



DATE _____

I am the son/daughter of active/retired/deceased letter carrier _____
of Branch # _____, state of Missouri. I am a high school senior in this 2026-2027 school year. Please
send instructions as to how I can compete for a scholarship award.

NAME OF APPLICANT _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NUMBER (_____) _____

SIGNATURE OF NALC PARENT _____

SS# OF NALC PARENT _____

MAIL COMPLETED FORM TO: MISSOURI STATE ASSOCIATION OF LETTER CARRIERS
CHARLES J. COYLE SCHOLARSHIP AWARD
c/o Mark Godbee, V.P.
1876 Burlewood Dr.
St. Louis, MO 63146-3616

NOTICE: MUST BE POSTMARKED BY DECEMBER 31, 2026.

Political Action Honor Roll

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BRANCH 343 SHOP STEWARDS

Awards Banquet

Saturday, October 10, 2026

Guest speaker to be announced

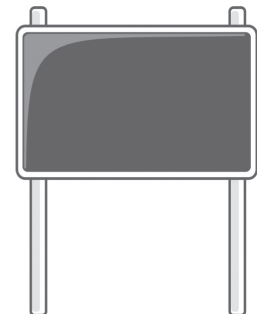
Festivities will begin at 6 p.m.

Letter Carriers Hall
1600 S. Broadway

MDA GOLF TOURNAMENT

Sunday, October 11, 2026

Rolling Hills Golf Club



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MOUND CITY CARRIER

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or

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

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If you submit a photo, please identify all
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LETTER CARRIERS BUILDING

1600 S Broadway

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

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Deadline for articles for the OCTOBER issue is SEPTEMBER 14, 2026

★ ★ ★

REGULAR BRANCH MEETING THURSDAY, SEPTEMBER 10, 2026 7:30 pm

★ ★ ★

SHOP STEWARDS MEETING THURSDAY, OCTOBER 1, 2026 7:30 PM

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