CHARLES D. DUFFY

BRANCH 11 NEWS

NATIONAL ASSOCIATION OF LETTER CARRIERS
AFL-CIO CHICAGO, ILLINOIS

Today's Favors Are Tomorrow's Assignments



Branch 11's Headquarters: James E. Worsham Bldg.

SEPTEMBER 2026 VOL 61, No. 3



BRANCH 11 OFFICERS

ELISE M. FOSTER — **President**
efoster@nalcbr11.org…….. (773) 624-4209

RONALD L. MORGAN — **Vice-President**
rmorgan@nalcbr11.org……..……...(773) 624-4209

YOLANDA R. CAVETT — **Recording Secretary**
ycavett@nalcbr11.org…….……...……(773) 624-4209

STAFFORD D. PRICE, JR. — **Treasurer**
sprice@nalcbr11.org…….…….……(773) 624-4209

TYRONE G. VALDEZ — **Dir. of City Del./Safety & Health Rep**
tvaldez@nalcbr11.org……..……..……..…… (773) 624-4209

JAMES (OPIE) WILLIAMS — **Assistant Sec'y-Treasurer**
jwilliams@nalcbr11.org……...…..……..……(773) 624-4209

SHEILA D. HUDSON — **M.B.A. Representative**
shudson@nalcbr11.org…….……...……...(773) 404-5406

DOMINIQUE O. WHITE — **Health Benefit Representative**
dwhite@nalcbr11.org…….…….....(773) 624-4209

TRUSTEES

ROBERT FUENTES
rfuentes@nalcbr11.org……..……...…….(773) 284-6511

KAREN CESKA
kceska@nalcbr11.org…..…..……...…....……..(773) 624-4209

DEREK SYKES
dsykes@nalcbr11.org……..……(773) 624-4209

AUDITORS

ERIKA ESTRADA
eestrada@nalcbr11.org……..……..……..…....(773) 624-4209

SHANAYA BENSON
sbenson@nalcbr11.org…….(773) 624-4209

CHARLES L. BUNDY
cbundy@nalcbr11.org……..……(773) 624-4209

BRINA M. ARCHIE — **Sergeant-At-Arms**
barchie@nalcbr11.org…….…….……(773) 624-4209

Published to promote the welfare and brotherhood of Letter Carriers by

CHARLES D. DUFFY,
BRANCH No. 11, N.A.L.C.

3850 S. Wabash Ave. Chicago, IL. 60653-1542
Phone (773) 624-4209 Fax (773) 624-8242
www.nalcbr11.org

Editor. . . . . . **Brina M. Archie**
E-mail. . . . . . **barchie@nalcbr11.org**
Editor-In-Chief. . . . . . **Elise M. Foster**

Opinions expressed by contributors are their own and not necessarily those of the Editors of Branch 11 News. Advertising rates may be obtained upon request. Branch 11, reserves the right to reject any advertising or news material it deems unsuitable. All communications addressed to this office must be signed by the writer and give his full address. Unsigned letters will be ignored. This newsletter does not accept responsibility for the misrepresentations by our advertisers.

Mark Your Calendars

Branch Meetings
James E. Worsham Bldg.
3850 S. Wabash Ave 7 PM
or via Zoom #999 2375 2183

October 8 **November 12** **December 10**

LeRoy S. Nelson Retiree Club Meetings
James E. Worsham Bldg.

September	October	November	December
No Meeting	23	20	17

Upcoming Events

Labor Day Picnic
September 6

Breast Cancer Walk
October 11

Veteran's Clinic/
Retirement Seminar
October 25

MDA Costume Party
October 31

Talk to the President & Branch Officers
September 28
October 26
November 30
December 28

Branch 11/ISALC
Christmas Party
December 5

Follow us on the following social media sites:



FOR THE LATEST NEWS
VISIT US ONLINE @
NALCBR11.ORG

In Memoriam

We honor the memory of these dedicated union men and women who have been called by their Creator. We stand in solidarity with their families, friends, & fellow workers, offering prayers for the peace and eternal rest of their souls.

Valeri E. Collins	Gold Card	Lakeview
Scott A. Cook	Active	Norwood Park
Miles R. Cross	Gold Card	John J. Buchanan
Charles Doyle	Gold Card	James E. Worsham
Sonja L. Hayes	Active	Chestnut
Robert L. Jackson	Active	CCC Section 7
Elaine R. Johannesen	Gold Card	Niles
Boykin L. Stewart Jr.	Retired	Morgan Park
Albert C. Thompson	Retired	John J. Buchanan
Ellen Grace Ulit	Active	Harwood Heights
Churone D. Walls	Active	Chi Lawn/SWCA

President's Report

STANDING TOGETHER THROUGH CHALLENGING MOMENTS CALL FOR UNITY!



Brothers and Sisters, we are living through a difficult and important moment in our branch, and with our National (NALC) union. We are in the midst of an election, and with an election comes strong opinions, disagreements, frustrations, confusions and sometimes hurt feelings. Tempers may flare, and not everyone will have all the information to understand, and everyone will not agree with every decision made. But even in the middle of what seems to be controversy we must remember who we are and what we stand for. We are brothers and sisters in this fight together and as I have stated in several of my previous articles ***WE ARE ALL IN THIS TOGETHER.*** We are Branch 11 Strong ***periodt.***

In the words of the late Rev. Dr. Marting Luther King, Jr. who quoted; ***"The ultimate measure of a man is not where he stands in moments of convenience and comfort, but where he stands at times of challenge and controversy."***

As President of Branch 11 we are reminded of his words and his example that it is not simply where we stand during times of controversy that defines us, but how we conduct ourselves and how we always deal with one another during not just this time during elections, but every situation. We must respect each other and remember the fight is not against one another. We are better than that.

Leadership is not always about making the easiest decision. Sometimes leadership means making difficult decisions that must be made for the good of the organization and our future, not friendship. Our branch, along with the entire NALC, will decide who will lead us for the next four years, and that decision is important.

Regardless of how we may feel about the candidates, the campaigns, or the issues before us, we cannot allow this election to divide the very membership we were elected to serve. We must be honest with them and give them all the information to make the best decision on how we can move forward. As your president I have always been committed to putting the ***MEMBERS FIRST***.

<u>WE ARE ALL IN THIS TOGETHER:</u>

I am asking every member to hold on, remain positive and remember that our union is bigger than any one individual, position, campaign, or election. We may disagree today, but tomorrow we will still be brothers and sisters standing together to protect our rights, wages, benefits and the working conditions of our members. This is not the time to fall apart and attack each other. When the election is over, we will have leaders who have been chosen by the ***MEMBERSHIP*** and they must be respected. The membership has spoken.

The newly elected leaders will need the support of the membership-not because everyone will agree with every decision, but because the strength of our Branch, Branch 11 depends on our ability to work together.

During the week of the National Conventions, nominations were held on Wednesday per the Constitution of the NALC. The following Branch 11 members were nominated Michael B. Caref –NALC President, Mack I. Julion – NALC Secretary-Treasurer, and Elise M. Foster –NALC Trustee.



I would like to congratulate our Business Agent-Elect, Vice-President Ronald (Ronny, Ronny Mo) Lee Morgan who was nominated by acclamation to serve as the next Business Agent of Region 3, I wish him nothing but the best and will support him in his new role. Your success is important not only to you, but the members across the State of Illinois as we work to strengthen and unify the members.

Congratulations to everyone who was nominated at the 74th Biennial Convention. Good Luck!!!!!

Voting – Branch 11, this is a part of the process, how we pick the next leaders in our country, our union, or in our personal events we attend. Every union member has the right to vote and will have a right to vote and participate in this upcoming NALC election. ***This is one of the most important elections of our lifetime.*** I know you all have heard this before, but truly this NALC is crucial, and everyone needs to participate. As we face these challenging times where unions, collective bargaining, and our benefits are all under attack, we will need experienced leaders who will help lead during these trying times.

Continued on next page ⇨

Continued from page 3

I encourage everyone to participate in this election and make your voice count and be heard, but importantly VOTE!!!!!!!!!

Branch 11, we will be getting out the VOTE, stay tuned for that information.

As we move into fall our Annual Labor Day Picnic September 6, 2026. I look forward to seeing participation from all stations as we come to celebrate under one umbrella as ONE family with our co-workers, family and friends. Let's Celebrate our Day.

We appreciate our retirees, who are the backbone of this organization. September 27, 2026, is Retiree's Day, come out and help us celebrate as we honor our Gold Card Life-Time members and make pin presentations and much more. This day is for our Retirees, please come out and celebrate with them.

In closing, I want to acknowledge that this has been a difficult year as we supported the families and stations of the loved ones we lost. It has been a challenging time for Branch 11, and I want to thank the members of the Emergency Response Team (ERT), along with Branch 11 members Charles Bundy and Latonja Williams, for responding when called to support our brothers and sisters in crisis. This work is not easy, but together we continue to support one another. I commend them for a job well done.

Branch 11, this is the time for peace and unity. Please never forget that the work we do together is greater than the differences that may separate us. The Executive Board, along with myself, has an obligation to the entire membership to and keep moving forward for the best interest of our members and this UNION.

In solidarity,
Elise M. Foster

BRANCH 11 TRIVIA CONTEST

When is Open Enrollment for NALC Health Benefits that take effect in 2027?



Email **branch11@nalcbr11.org** with your answers by **November 1, 2026.**
Winner will be announced at the general assembly meeting on November 12, 2026.

Answer to June Trivia:

How many hours of annual leave can a full-time regular (FTR) "sell back" (monetize)?

Answer to June Trivia… The parties agree that NALC career employees will be allowed to sell back a maximum of forty (40) hours of annual leave prior to the beginning of the leave year provided the following two (2) criteria are met: 1. the employee must be at the maximum leave carry-over ceiling at the start of the leave year; and 2. the employee must have used fewer than 75 sick leave hours in the leave year immediately preceding the year for which the leave is being exchanged.

Letter Carrier Spotlight



Branch 11 proudly recognizes Maritza Villarreal for educating, engaging, and encouraging members to support the Letter Carrier Political Fund (LCPF). Her presence at Branch events and continued outreach are making an impact, Branch 11 now ranks 3rd overall in LCPF contributions per capita!

Thank you, Maritza, for keeping our members informed and involved. Let's keep climbing!





From the Desk of the
Vice President

I Love LA

Every two years, delegates from across the country gather for the NALC National Convention. This year, representing Branch 11 in Los Angeles, I came home with an even greater appreciation for what makes our union strong. This wasn't a sit-through speeches kind of convention. It was a true working convention. We spent long days debating amendments and resolutions that will help guide our union's future. The workload was so heavy that classes were canceled to give us more time. Even then, we ran out of time before we reached every item.

What impressed me most was how engaged the delegates were. There were plenty of teller counted votes, which means there were real differences of opinion. Folks came to the mic prepared, explained their positions, listened carefully, and voted based on what they thought was best for the membership. It was democracy in action. I also saw signs of the union evolving. Newer delegates brought fresh perspectives shaped by how the job has changed. That energy, alongside experienced leadership, is helping shape where we go next.

Even with the packed schedule, workshops emphasized investing in people. One I attended focused on leadership and organizing members, emphasizing engagement. Another focused on veteran's rights and the important role we continue to play in the Postal Service and our union. The workshop highlighted the value veterans have in influencing legislation. It was a reminder that many decisions affecting letter carriers happen at the bargaining table and in Congress and we need to pool all our resources to improve the lives of Letter Carriers.

Our union election is coming soon. All resident national officer positions are contested. It is vital that every member verify their mailing address, learns about the candidates, and votes. Then take that same commitment into the midterm elections.

On a personal note, I was deeply honored to be elected by acclamation as National Business Agent for Region 3. That moment belongs to many people. I owe so much to those who mentored and encouraged me, and especially to my Branch 11 family who believed in me early. I have written before about getting involved. I still believe that more than ever. Not everyone is going to run for office, and that's okay. Every member has something to contribute. Show up, ask questions, help a coworker, say yes when asked. Someone once asked me to take that step, and it changed my life. If someone asks you, I hope you say yes.

In solidarity,
Ronald L. Morgan, Jr.

The **Letter Carrier Political Fund** is a non-partisan political action committee (PAC) established for the purpose of electing qualified candidates who support letter carriers and who are committed to maintaining a strong and innovative U.S. Postal Service. As a member of the NALC, there are several easy ways to give to the Letter Carrier Political Fund:

LETTER CARRIER POLITICAL FUND
DELIVERING NALC'S MESSAGE TO WASHINGTON

Payroll deduction: Contribute automatically, using PostalEase (either online or by phone) to set up an allotment deduction from your USPS paycheck.

Direct bank withdrawal: You can authorize the fund to withdraw a monthly electronic contribution directly from your personal checking account.

Annuity deduction: Retired letter carriers can elect to give monthly via an automatic deduction from your monthly annuity.

Family Member Contribution: How immediate family members of NALC members contribute to the Letter Carrier Political Fund using Electronic Fund Transfer or by making a One-Time contribution.

One-Time Letter Carrier Political Fund Contributions: This form should be used to identify names and members making one-time contributions.

If you need help getting signed up, please contact Branch 11s LCPF Coordinator, Maritza Villarreal for assistance.

PEAK Physical Medicine PERFORMANCE HEALTH CARE

"When I first came to Peak Performance, I had horrible knee pain, back pain, and a sharp "electrical" shooting pain down my legs. I could barely walk, sleeping was impossible, and stairs were nonexistent.

Now, I'm actually able to walk with no pain! I'm able to sleep through the night and I can now climb stairs!

When I first came in I was overwhelmed with the paperwork. It was just too much, but I must say, they did an amazing job, took care of all the paperwork, and got my case accepted!" - Natashia



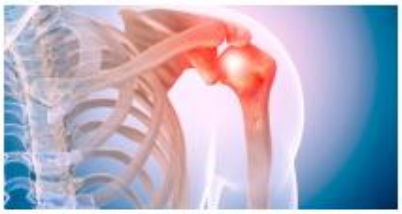
CHICAGO'S PREMIER CLINIC FOR INJURED FEDERAL WORKERS



- Specialize in treating Neck, Shoulder, Back, Wrist, Knee, Ankle, Foot, and Head Injuries.
- Multi-specialty team of medical doctors, nurse practioners, physical therapy, massage therapy, and chiropractic.



- OWCP Provider Specialist and Certified in helping all Injured Postal Employees
- We help get your CA-1/CA-2 injury claims approved



- No out-of-pocket costs for treatment associated with an accepted OWCP claim
- Let us help you get out of pain and get your time and money back from past OWCP out of pocket expenses

OUR TEAM OF PROFESSIONALS CAN HELP INJURIES INVOLVING NECK, BACK, KNEES, SHOULDER, WRIST AND MORE!



Dr. Arculeo, DC



Dr. Chris Main, DO

BOOK YOUR APPOINTMENT TODAY

(312)440-9646

TEAM PHYSICIAN FOR JESSIE WHITE AND HIS TUMBLING TEAM, AND BALLET CHICAGO

1749 N Wells Steet Chicago, IL 60614
www.pphcc.com
peakperformancehealthcare

ADVERTISEMENT



From the desk of the
Recording Secretary

Democratically Designed!

We have made it to the other side of both the state and national conventions; the 125th Annual Illinois State Convention, June 25th-27th in Peoria, IL and the 74th Biennial National Convention, August 3rd-7th in Los Angeles, CA.

Sometimes, members who have never been delegates may believe convention trips are all kicks and giggles. Full transparency; I admit having been one that had that same belief before becoming active in 2002, attending my first conventions in 2004. For clarity, the primary purpose of labor union conventions is for the supreme body (delegates) to establish policies, review financial reports, vote on constitutional amendments, attend various training classes, nominate, or elect future leaders for various positions and more. NALC business is always paramount to any fun!

Unlike corporations, Labor Unions are organized. Within the NALC, there are various levels for members to express themselves through the voting process. Office Union Stewards, Branch, State &/or National Officers are elected or appointed. No position within our great organization should be taken lightly. At every level, regardless of title, the Rank-and-File members are ultimately, The Boss! There are rules that govern various processes on how to operate during meetings, conventions, social/political gatherings, etc.

While in LA, there were nominations made for all National Officer positions except for the Region 3-National Business Agent seat, where our very own Vice President Ronald L. Morgan Jr. was elected by acclamation! (**Many Congratulations RonnY!!!!)** At that convention, we (NALC, nationwide) officially entered election season which is a democratic process. Nominations were accepted for; President, Executive Vice President, Vice President, Secretary-Treasurer, Assistant Secretary-Treasurer, Director of City Delivery, Director of Safety & Health, Director of Retired Members, Director of Life Insurance, Director of Health Benefit Plan, and 3 Trustees. The members are the controlling force, responsible for making their choice known by voting for their desired candidate(s) within said leadership roles.

There are various levels to establish rules on how we govern our democratic process, regardless of the setting/ platform one may have, all members should display decorum and maintain tasteful dialog even if perspectives/opinions differ. Unfortunately, elections can sometimes have the tendency to produce unbecoming actions, manipulating comments, emotions of frustration &/or victimizing. Having a difference of opinion is not disrespect. Dissension should be disregarded!

Democracy works! All members are urged to vote!!! The will of the members is inevitable!

In Fellowship,
Yolanda R. Cavett

Footnote: Brothers and Sisters in USPS non-pay status should maintain membership in good standing by staying current on union dues and keeping communication open on this matter.

National Election Committee sets election dates

The NALC National Election Committee, appointed at the Los Angeles convention, has established the procedures for the election of national officers.

The election will be conducted by mail ballot under the NALC Constitution and federal law. The American Arbitration Association will prepare and mail the ballots and count the votes under the Committee's supervision.

Key dates:

- **Sept. 28, 2026:** Ballots are expected to be mailed to eligible voters.
- **Eligibility:** Members must have been in good standing as of **June 1, 2026**.
- **Oct. 5:** Members who have not received a ballot should contact the NALC Membership Department at **202-393-4695**.
- **Oct. 9 at 4 p.m. Eastern:** Deadline to request a replacement ballot.
- **Oct. 19 at noon:** Ballots must be received to be counted.
- Vote counting will begin **Oct. 19 or Oct. 20.**



From the desk of the
Director of City Delivery/
Safety & Health Representative

Aye-Aye, Safety Captain

As letter carriers, we face the elements every single day, pushing through whatever mother nature throws our way to deliver for our communities. Here in Chicago, Illinois, the past few months have tested our limits like never before. From brutal, oppressive heatwaves to hazardous air quality choked by smoke from Canadian wildfires, alongside a barrage of sudden flash floods and severe tornadoes, our working environment has grown increasingly volatile. In times like these, having a dedicated safety captain at every station is not just a convenience—it is an absolute necessity.

Our rights and protections are grounded firmly in Article 14, Section 2 of our National Agreement. It mandates the U.S. Postal Service must maintain a safe and sanitary workplace, explicitly requiring the correction of unsafe conditions. This principle is further reinforced by the Employee and Labor Relations Manual (ELM) and Handbook EL-810, which set strict standards for occupational safety and health. Management is legally and contractually obligated to provide a safe environment, but as history shows, they rarely correct hazards unless we actively hold them accountable. That is where our safety captains steps in, acting as an essential frontline advocate to monitor conditions and press for immediate action.

Recent weather extremes have exposed critical vulnerabilities that directly threaten our health and well-being. The hazardous air quality required management to provide N95 masks. When local temperatures spike or plunge, working in stations with broken or nonexistent air conditioning or heating is unacceptable. Similarly, under the Heat Illness Prevention Program (HIPP), potable water must be readily accessible when temperatures reach 80 degrees. When units suffer from a lack of drinking water, failing climate control, or face gross unsanitary conditions in washrooms and break rooms, silence is our enemy.

We must utilize the proper channels to document these failures, our union stewards and safety captains are there to guide us through the process. When facing these hazards, every carrier must make their voice heard by filing PS Form 1767 (Report of Hazard, Unsafe Condition or Practice). Submitting a Form 1767 creates an official paper trail that forces management to investigate and abate the issue, leaving no room for sweeping dangerous workplace conditions under the rug.

External climate threats and internal station neglect demand constant vigilance. Safety captains help organize our response, track Form 1767 submissions, and ensure that our collective voice cannot be ignored by postal leadership.

At the end of the day, no one is coming to save us if we do not protect one another. Safety cannot be outsourced, and it cannot be left entirely to management's good intentions. True workplace safety always depends and relies on us.

In Solidarity,
Tyrone G. Valdez

NEW CCA HIREES

Ashley Abernathy
Samone Baker
Amber Banks
Deon Bridges
Davyasia Britt
Katena Brownlee
Otis Campbell
Juan Chagolla
Keandra Collins
Bailey Cooper
Malique Croom
Terrence Digby
Kendrick Easley
Shawntrese Essex
Destiny Farr
David Fields
Jaiana Gray
Sila Green
Julia Hansbrough
Dasia Hawkins-Jackson
Pablo Herrera
Candice Hetherington
Ashanti Hill
Princess Hilliard
Brandi Hudson
Tashjorie Johnson
Kadeagaja Jordan
Shawn Keating
David Kilpatrick
Brianca Kinn
Courtney Lee
Asia McWane
Luke Marren
Latisha Martin
Robernisha Miller
Kearra Montgomery
Maxine Morery
Earlene Morris
Mikael Morrison-DeBies
Laquita Muse
Randy Myers
Isabella Palacios
Kimberly Pancham-Mackey
Porchia Paxton
KendraLee Peil
Keith Rallings
Ciera Randolph
Taurice Reynolds
Jabria Rucker
Kaishia Rucker
Raven Scott
Marcus Simms
Keiana Simpson
Breanna Smith
Helen Tesfay
Aliyah Turner
Savannah Vences
Tyquan Walker
Sir Andre Washington
Jonathan Whitaker
Cortez White
Kayla Williams
Kamisha Wilson

POSTAL WORKER INJURY CLINIC

STRUGGLING WITH AN ON-THE-JOB INJURY?



OWCP / WORK INJURY PAPERWORK HEADACHES | GUIDANCE & EXPERT REHAB



serving Chicagoland for 20 years.

YOUR ROUTE TO RELIEF AND WORKERS' COMP CLARITY

- ✓ WORKERS' COMP. DOCTOR ON-SITE
- ✓ WORK COMP PAPERWORK HEADACHES?
- ✓ QUESTIONS REGARDING CA-1 & CA-2? ASK US.
- ✓ WE DO NARRATIVE REPORTS & IMPAIRMENT RATINGS



"Getting my mobility back has been life-changing. The care and support I received at Summit was outstanding."

summit
Physical Therapy & Rehabilitation

915 Harger Road, Suite 102,
Oak Brook, IL 60523

CLAIM YOUR FREE ON-THE-JOB INJURY CONSULTATION

CALL NOW TO SCHEDULE

630-928-1430

ADVERTISEMENT

2026 CARRIER'S APPRECIATION BALL

































Check out the Chas. D. Duffy—Branch #11 NALC Facebook page to view more photos.

2026 CARRIER'S APPRECIATION BALL

































Check out the Chas. D. Duffy—Branch #11 NALC Facebook page to view more photos.

Doctors' Council 22

ADVOCACY. CARE. RESULTS.

CALL SARA TODAY
1-800-871-0551
DRSC22.COM

INJURED WHILE WORKING FOR POSTAL EMPLOYEES?



Doctors' Council 22 CAN HELP.

Doctors' Council 22 connects injured postal employees with experienced physicians who understand the Federal Employees' Compensation Act (FECA) and the Office of Workers' Compensation Programs (OWCP).

HELPFUL HINTS

1. REPORT YOUR INJURY RIGHT AWAY
Report your injury to your supervisor as soon as possible. Early reporting helps protect your rights and supports your claim.

2. FILE A CA-1 AND CA-2
File a CA-1 (Notice of Traumatic Injury) and CA-2 (Claim for Continuation of Pay/Compensation) with OWCP as soon as you can. This starts the FECA claims process.

3. COMMUNICATE REGULARLY
Communicate regularly with your claims examiner and respond promptly to all requests for information or documents.

4. KEEP COPIES OF EVERYTHING
Keep copies of all medical records, reports, letters, and correspondence related to your injury and claim.

5. FOLLOW MEDICAL ADVICE
Follow all medical recommendations and attend all appointments. This helps support your recovery and your claim.

6. TRACK YOUR EXPENSES
Keep track of all expenses related to your injury, including travel, parking, and medical costs.

7. KNOW YOUR BENEFITS
You may be eligible for wage replacement, medical benefits, and vocational rehabilitation under FECA.

8. YOU HAVE THE RIGHT TO QUALITY CARE
You have the right to quality medical care and respectful treatment throughout your claim.

WHY CHOOSE DOCTORS' COUNCIL 22?

- Physicians experienced with FECA and OWCP
- Treatment that is medically indicated
- Assistance navigating the OWCP process
- Respect, dignity and compassionate care
- We work for injured workers—not insurance companies
- Focused on recovery—not insurance company profits



QUALITY MEDICAL CARE | CLAIM GUIDANCE | FOLLOW DOL GUIDELINES | RESPECT & DIGNITY | RETURN TO WORK SAFELY

CALL SARA TODAY | 1-800-871-0551 | DRSC22.COM

YOU TAKE CARE OF RECOVERING.
WE TAKE CARE OF THE REST.

ADVERTISEMENT



From the desk of the
Health Benefits Representative

Greetings, Siblings,

I hope this message finds you and your families in good health and high spirits. I would also like to extend my thoughts and prayers to the friends and families of those we have lost over the past several months. May they find comfort and strength during these difficult times.

I recently attended the National Convention in Los Angeles, where I had the opportunity to participate in the **NALC Health Benefit Plan class**. The topic discussed was **Whole Health**, For NALC Health Benefit Plan members, understanding Whole Health can help us think differently about the way we use our health benefits and care for ourselves throughout every stage of life.

When we think about our health, we often focus on what happens when something goes wrong, but good health is more than treating sickness. **Whole Health** takes a broader approach by bringing together **preventive care, sick care, and wellness care** to support your overall well-being.

Whole Health begins with everyday choices that influence our well-being. Eating nutritious foods, staying physically active, getting enough sleep, managing stress, maintaining healthy relationships, and keeping up with preventive care all contribute to better health.

Think of Whole Health as an equation:
Preventive Care + Sick Care + Wellness Care = Whole Health

Preventive care plays an essential role in maintaining our health. Routine physicals, recommended screenings, immunizations, and regular conversations with our healthcare providers can help identify concerns early and give us a better understanding of our individual health risks.

We should not wait until something is wrong before paying attention to our health. Taking advantage of preventive care can help us stay informed and take action before small concerns become larger ones.

There will be times when we need medical attention because we are sick, injured, or managing a health condition. ***Sick care*** includes evaluation, diagnosis, treatment, medications, and ongoing medical care when appropriate. It remains an essential part of maintaining our health.

Wellness care is what happens between doctor visits. It includes the choices and habits that can help us maintain and improve our health.

Whole Health also reminds us that mental and emotional well-being deserves the same attention as physical health. Stress from work, family responsibilities, finances, and everyday life can affect both our minds and our bodies.

Recognizing when we need rest, support, or professional assistance is not separate from taking care of our health; it is part of taking care of our health. Making time for ourselves, maintaining positive relationships, and finding healthy ways to manage stress can make a meaningful difference in our overall well-being.

For members enrolled in the **NALC Health Benefit Plan**, the Plan is an important partner in the Whole Health approach. Our health benefits are not simply there for times when we are sick. They can also help us focus on prevention, better understand our health, manage ongoing conditions, and access appropriate care and resources.

I encourage members to become familiar with the benefits, programs, and resources available through the NALC Health Benefit Plan. Understanding what the Plan offers can help you and your family make informed healthcare decisions and become more active participants in your overall health and well-being.

One of the most important lessons I took away from the class is that our health is influenced by much more than what happens in a doctor's office. Our daily habits, emotional well-being, relationships, work, environment, personal goals, and access to healthcare all play a role.

Whole Health reminds us that health is not simply the absence of illness. It is an ongoing process of caring for our bodies and minds, preventing problems when possible, treating health concerns when necessary, and making choices that support our quality of life.

Most importantly, be an active participant in your healthcare. Ask questions. Talk openly with your healthcare providers. Understand your benefits and resources available through the **NALC Health Benefit Plan**. By combining healthy everyday choices we can take meaningful steps toward healthier lives for ourselves and our families.

Whole Health is about caring for the whole you.

And remember, when it comes to your health, choose a plan that delivers. **Choose the NALC Health Benefit Plan—your Union's Health Benefit Plan.**

For more information, contact a customer service representative at **888-636-NALC (6252)** or visit **NALCHBP.ORG**

In solidarity and good health,
Dominique C. White

UNITED STATES POSTAL INSPECTION SERVICE

REWARD

Up to $250,000

MISSING POSTAL SERVICE EMPLOYEE



The U.S. Postal Inspection Service is offering a reward of up to $250,000 for information leading to the arrest and conviction of the suspect(s) involved in the disappearance of Postal Service employee Kierra Coles. Ms. Coles was last seen on October 2, 2018.

In 2018, Ms. Coles was described as a 26-year-old Black female, with a medium brown complexion, standing approximately 5'4" tall, weighing 125 lbs., with a heart tattoo on her right hand and "Lucky Libra" tattooed on her back. In September 2026, Ms. Coles would be 34-years-old.

TAKE NO ACTION TO APPREHEND THE PERSONS INVOLVED YOURSELF

If you have any information about Coles's disappearance, please contact the:
U.S. Postal Inspection Service at 1-877-876-2455 (say "Law Enforcement")
Reference Case No. 2693502-WPV
All information will be kept strictly confidential.

www.uspis.gov 1-877-876-2455



From the desk of the
Mutual Benefits
Association Representative

Hello Brothers and Sisters,

Did you know there are multiple options for you regarding Mutual Benefit Association (MBA)?

The MBA Retirement Savings Plan can mean the difference between worry and well-being in your retirement – because it is an annuity policy that **delivers extra cash to you every month to supplement your pension.**

Your money is guaranteed to grow:
Enjoy a high rate of return.
Get the peace of mind of a minimum interest rate.
Enjoy tax advantages.

YOU are in charge!

1. **YOU** choose how you want to contribute – and how much.
2. **YOU** choose the annuity plan that is right for you.
3. **YOU** choose how you receive your Retirement Savings Plan.
4. **YOU** make early cash withdrawals.

CCA's who participate in the plan may transfer their Traditional IRA funds to the Thrift Savings Plan once they become letter carriers.

The enrollment process is seamless. Please be assured that it is affordable, and you can depend on the service. Plan for the unexpected, join the **MBA,** and don't make the mistake of being uninsured when you have multiple programs designated to meet most of your needs in the event you sustain incapacitation for duty.

I am available to visit your in-station meetings if you require additional assistance. Feel free to visit the union hall to retrieve a brochure or one can be mailed to you.

You may also contact me by calling the union hall.

In solidarity,
Sheila D. Hudson

Mutual Exchange PTF/CCA

LOCAL AGREEMENT USPS CHICAGO INSTALLATION &
NALC BRANCH 11
Re: Part-time Flexible/City Carrier Assistant Mutual Exchange Process for the Chicago Installation

Interested in an exchange?
Contact the branch at 773-624-4209 (branch11@nalcbr11.org)
OR
Submit your own request using the form at www.nalcbr11.org/mutual-exchange-ptf-cca/

Under the Local Agreement between USPS Chicago Installation and NALC Branch 11, PTFs and CCAs with more than 120 calendar days of service in the Chicago Installation may request a voluntary reassignment (Mutual Exchange) to another station/unit within the Installation. A mutual exchange will be approved once two qualified employees of the same category (PTF-to-PTF or CCA-to-CCA) are identified and paired.

Eligibility/Conditions

- Applicants will be reviewed based on **work performance, safety, and attendance**.
- **Ineligible** if serving on a **temporary assignment/opt (hold-down)** at the time of review.
- **Ineligible** if serving as a **204b (acting supervisor)** at the time of review.

Contractual Facts for CCAs

- All CCAs are guaranteed at least one (1) non-scheduled day each service week, except during the penalty overtime exclusion period (with an important onboarding carveout noted below). Management must notify CCAs of the assigned NS day by the Wednesday preceding the service week.
- Under the New Employee Experience / Retention & Mentoring Program, CCAs (and PTFs) must receive a defined work schedule identifying anticipated NS days, start/end times, etc., posted by close of business Wednesday of the preceding week.
- Following completion of the Carrier Academy, workhours and work locations for CCAs and PTFs will be limited as follows (week 1 begins the week the new employee begins OJI training)














From the desk of a
Trustee

How Exercise Benefits a Postal Worker

Postal workers perform physically demanding tasks every day. They may spend hours walking mail routes, lifting packages, sorting mail, or driving for long periods. Regular exercise can help postal workers stay healthy, reduce injuries, and improve their overall job performance.

One of the greatest benefits of exercise is increased strength and endurance. Strength training helps build the muscles needed to safely lift and carry heavy packages, while cardiovascular exercise improves stamina, making long workdays less physically exhausting.

Exercise also helps prevent common workplace injuries. Postal workers often experience back pain, shoulder strain, knee problems, and repetitive stress injuries from repeated lifting and reaching. Strengthening the core, legs, and upper body improves posture and body mechanics, reducing the risk of these injuries.

In addition to physical benefits, regular exercise improves mental health. Physical activity reduces stress, anxiety, and fatigue by releasing endorphins, which improve mood. Because postal workers often work under time pressures and changing weather conditions, exercise can help them better manage daily stress.

Regular physical activity also improves flexibility and balance, making it easier to move safely on uneven sidewalks, stairs, or slippery surfaces. Better balance can reduce the risk of falls, one of the leading causes of workplace injuries.

Finally, exercise contributes to long-term health by lowering the risk of heart disease, high blood pressure, type 2 diabetes, and obesity. Staying healthy can reduce sick days, improve productivity, and help postal workers enjoy longer, healthier careers.

In conclusion, exercise is an important part of maintaining the health and performance of a postal worker. By improving strength, endurance, flexibility, and mental well-being, regular physical activity helps postal workers perform their jobs more safely and efficiently while improving their overall quality of life.

Respectfully,
Robert Fuentes



From the desk of an
Auditor

Help When Severe Weather Strikes

With severe storms, flooding, tornadoes, and other natural disasters becoming more frequent across the country, NALC members should be aware of an important resource available to them through the NALC Disaster Relief Foundation. The Foundation offers relief grants to eligible active and retired NALC members who experience damage to their primary residence, vehicle, or personal property as a result of a natural disaster. When disaster strikes, members can complete the Application for Relief Grant by providing basic personal information, the date and type of disaster, branch information, and details about the loss incurred. Members should remember that applications must be submitted within **120 days of the date of the incident** to be considered for assistance. The application can be accessed through the **NALC website's Disaster Relief Foundation page at https://www.nalc.org/disaster.**

To improve the chances of a timely review, applicants should include supporting documentation such as photographs, insurance reports, repair estimates, receipts, and other evidence of damage. Applications must also be verified by the member's **Branch President** to help confirm eligibility and the circumstances surrounding the loss. Members should be aware that only damages directly related to the disaster may be claimed; **pre-existing damage or conditions that existed before the disaster are not eligible for assistance**.

The application also requires members to I indicate whether the damaged residence is owned or rented, verify their NALC status at the time of the loss, and sign a statement certifying that all information is accurate**. Completed applications and supporting documentation should be mailed to the NALC Disaster Relief Foundation at 100 Indiana Ave. NW, Washington, DC 20001-2144.** As weather-related disasters continue to impact communities, understanding this program can help NALC members access assistance when they need it most.

In unity and solidarity,
Charles L. Bundy

2026 STATE CONVENTION















Check out the Chas. D. Duffy—Branch #11 NALC Facebook page to view more photos.

LAST PUNCH BUNCH



Denise O. Lee
Twenty Second Street



Ricky J. Louderman
Lakeview



Steven A. Smith
Willye B. White

James L Aumann - Stockyard
Wanda R. Banks Lewis - Loop Section 1
George R Barber Jr - Lincoln Park
John W. Brooks - Willye B White
Sandra L Corbitt - Lincoln Park
Valeria Cox -James E Worsham
Yvonne D Dean Loop Section 2
Roberto Favela Sr - Elsdon (SWCA)
Katrina M Gines - Chestnut
Jasper B. Green - Loop Section 5
Carlos F Gutierrez - Jefferson Park
Verna L Hightower - Evanston
Beatrice Howard - CCC Section 6
Tammy C. Isom - CCC Section 6
Brian E. Kottler - Irving Park
David Luera - Cicero
Dushun L Morris- John J Buchanan
Goran Nedeljkovic - Harwood Heights
Daniel Pacheco - Roger P McAuliffe
Steven Perez - Stockyard
Donita D Philpot - Graceland
Eric L Pistek - Lincoln Park
Santonio B. Reacco - Robert LeFlore
Tammie R Reid - James E Worsham
Elaine Robinson - Graceland
Patrice C Samuel - Fort Dearborn
Curtis L. Swing - Lakeview
Ronald Thompson - Westchester
Nathaniel Walters - Uptown
Johnny R Williams - CCC Section 6



From the desk of the
Sergeant-at-Arms & Editor

Your Voice Matters: The Time to Vote Is Now

Brothers and Sisters,

One of the greatest rights we have as union members is the right to have a voice in the direction of our union. That voice is never more important than when we elect the officers who will represent us, negotiate on our behalf, defend our contract, and help shape the future of the National Association of Letter Carriers.

With the upcoming NALC national union election, I encourage every eligible member to exercise that right. **Read about the candidates. Ask questions. Pay attention to the issues. And most importantly… VOTE.**

For me, the importance of being involved became even clearer while attending the National Convention in Los Angeles, August 3–7. Although I only had the opportunity to attend one class, I quickly learned that the convention floor itself was a classroom.

Listening to the debate over resolutions and amendments gave me a greater understanding of how decisions are made within our union. Members and delegates expressed different viewpoints, debated the direction of the organization, and ultimately made decisions through the democratic process. I also had the opportunity to witness the nominations of candidates for national office.

That experience reminded me that our union does not belong to any one officer, group, or administration. **It belongs to the membership.**

Our National Agreement recognizes NALC as the exclusive bargaining representative of city letter carriers. With that representation comes tremendous responsibility. The people we elect at every level of our union are entrusted with protecting our contractual rights, addressing the challenges facing letter carriers, and representing the interests of the membership.

But democracy within our union only works when the membership participates.

Too often, people believe their individual vote will not make a difference. But every election is ultimately decided by individual members making an individual choice. When members remain silent, others make those choices for them.

This election gives us an opportunity to decide what kind of leadership we want and what direction we believe NALC should take moving forward.

I believe it is time for change.

Change does not mean forgetting our history or diminishing the accomplishments of those who came before us. It means recognizing that a strong union must continue to grow, improve, listen to its members, and respond to the realities letter carriers face every day.

Our members deserve leadership that is accessible, accountable, transparent, and willing to fight aggressively for the people who carry the mail. We deserve a union where rank-and-file members know that their concerns matter and where participation is encouraged, not only during elections, but throughout the life of our union.

Regardless of which candidates you support, do not surrender your voice by failing to participate.

When your ballot arrives, do not put it aside and forget about it. Take the time to educate yourself about the candidates and their positions. Talk with your coworkers. Discuss the future of our union. Then cast your ballot and return it on time.

The convention showed me that democracy can be powerful, but only when members participate in it.

The upcoming election is another opportunity for us to participate.

This is our union. This is our election. This is our voice.

Let it be heard. **Vote!!!**

Respectfully submitted,
Brina M. Archie



CHAS. D. DUFFY, BRANCH NO. 11
NATIONAL ASSOCIATION OF LETTER CARRIERS
3850 S. WABASH AVENUE
CHICAGO, ILLINOIS 60653-1542

