

UNION MEETING

HAPPENINGS

September 2025

210 CLUB RAFFLE \$500 WAS WON BY

Betty Denning (Holley Steward)

CONGRATS BETTY!

This month's meeting was held in person on September 3, 2025, at the IBEW union hall.

The bills were read and shared with the membership, a motion to pay all the bills was made and passed without dissent.

Health Benefit Report:

HEALTH BENEFITS: Derek Lynch
September 2025 Health Benefits Report

September Health Benefits Report

Summer is winding down, and school is now back in session. Required annual physicals and immunizations are free for children covered by the NALC Health Benefit Plan.

September is Healthy Aging Awareness Month. The best way to age gracefully is by starting early with prevention. Our job is more physically taxing than we sometimes realize. Utilize your 75 annual physical therapy visits allowed by the NALC HBP or enroll in Hinge Health, a free benefit that encourages mobility and flexibility. Be consistent by getting your free annual physical exam. See a doctor regularly (even when you aren't sick) and talk openly about the little things bothering you. Big problems have small beginnings, so catch them before they snowball out of control.

September 10th is Suicide Awareness Day. We all have people in our personal lives and at work who are struggling. Some hide it well, but often troubles manifest in silent ways. We aren't robots. Check in with your brothers and sisters and listen. People won't care how much you know until they know how much you care. Your vigilance and effort could help save a life.

Maven, www.mavenclinic.com, is a new, free benefit offered by the NALC Health Benefit Plan. Maven provides free, 24/7 virtual support throughout your reproductive health journey.

You can video chat and message with fertility, pregnancy and postpartum specialists, mental health providers, OB-GYNs, nurse practitioners, midwives, doulas, prenatal nutritionists, physical therapists, developmental psychologists, pediatricians, lactation consultants, sleep coaches, parenting experts, and career coaches anytime. In addition, Maven provides support for adoption and surrogacy, as well as menopause and midlife health.

A live Zoom seminar will take place on September 9th at 12pm (noon) for both expecting and new parents including:

- Understanding postpartum recovery
- How to provide effective support for your partner
- Practical tips for bonding with your new baby
- Guidance on newborn care practices
- Addressing common questions and concerns of new parents

This event will be recorded, so if you are interested, I encourage you to register even if you cannot attend at the time it's offered. By registering, you'll receive the recording and additional resources about Maven via the email you use to register. A registration link to the Zoom seminar is available at www.nalchbp.org.

Pay attention to your health now or you will be forced to pay attention when your health becomes a problem. Call or text me at 585-737-9297 with questions about your NALC HBP and MBA benefits.

Benefit Trust Report; Kenny Montgomery

The benefit trust financial report was shared with the members with no questions.

Total in Benefit Trust Account \$219,235.78

AFL-CIO Report:

- Labor Day parade –Had about 20 members plus family
- Roch Labor Film Series is in Sept and Oct- free tickets at the hall

Building report:

- Snow plowing service for hall is no longer plowing- we will hire new service
- Getting estimates to have windows cleaned at hall

Political Education:

- The House has adjourned for the summer August recess with the Senate set to head to their home states on Aug. 1. Both chambers are scheduled to reconvene on Sept. 2.

POSTAL BILLS- WE WANT PASSED

- HR 1522- 102 cosponsors (88D 14R) Federal Retirement Act- No Morelle- no changes this month
- HR 70 -221 cosponsors (205D 16R)- No to Privatization (218 is majority- we are over it) **NO CHANGE** No Tenney- Companion in Senate S.RES. 147 - 7 cosponsors (3D 4R)- need 51 to pass bill
- HR 1065 – 135 cosponsors (125 D 14R)- Protect our Letter Carriers- No Tenney
- HR 3011 – Shipping Alcohol Introduced on 4/24/25 by Republican Dan Newhouse (Washington)- 4 cosponsors(4D 0R)

Vehicle & Safety:

Nothing to report

Unfinished Business: President Monique Mate:

- New Employee Experience, Retention and Mentoring Program has started
 - Names were submitted to business agent and began on 8/28/25-via zoom at station- should also get printed mentor training manual prior to zoom training
 - Not all names submitted will be a mentor the DM discussed with postmaster- again it's a joint process if management or does not agree on employee they will not be accepted- just like OJT- **THERE IS NO GRIEVANCE!**
 - As of right now it will be every Thurs until 9/18/25
 - The mentoring program- about half hour of training. The mentors must be agreed by the USPS and NALC
- Mike Caref – running for National President next year will had to cancel due to a scheduled officers meeting by Renfroe- Tentatively be at February meeting
- Back pay was paid on August 29th check- around 300 carriers in country did not receive due to wrong coding- only one in our branch and should be in 9/12/25 check
- Still receiving 12/60-hour report and the GATS payment report reflecting what USPS has entered into GATS regarding the additional 50% for carriers who worked over 12 or 60 in PP15. These payments were in last week's check.
 - Still not automatic
 - NBA will provide further updates on the process/payments as I receive them...
 - Disputes can only be made at headquarters per M-02009- no grievance

New Business: President Mate

- COLAs-
 - Will take effect 9/6/2025 – Colas are applied proportionately with \$790 for Step P- The pay chart is updated at NALC and is on our website
- Columbus Day Golf tournament
 - 10AM Timber Ridge- October 13th \$75 includes skins and food
- GMF is scheduled for route inspections
 - Week of 9/6 zones 18/20
 - Week of 9/13 zones 23
 - We plan on being there regularly
 - Mange will be there Sat 9/6 and 9/13 as NALC rep. He did this at Webster during their caser/Streeter days
 - position are barred from running for office or other positions in the branch.

- Steward Training - new stewards only on 9/23/25 at IBEW branch will request from Postmaster(s) the time off for those attending but also stewards must complete 3971 to have time off. The branch will pay for that day (training)
- Retiree breakfast –
 - October 3rd all retirees and active carriers are welcomed

Death of Members-

John Driscoll- retiree Brighton	August 16, 2025
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Good of the Association

Nothing to report

IMPROVEMENT OF SERVICE: PRESENTER: President Monique Mate- Verbal Report

September is Suicide Awareness month

Ann Pacher spoke about EAP and flyers were handed out

Financial Requests

None

MOTION TO ADJOURN

Motion To Adjourn By: Ann Pacher

Second To Motion By: Ryan Boehmer

Motion Passed

- The next union meeting is open to all members and is Wednesday October 3, 2025, at 7:00pm in person at the IBEW union hall 2300 East River Road, Rochester, NY 14623