

NAPS OF NOTE

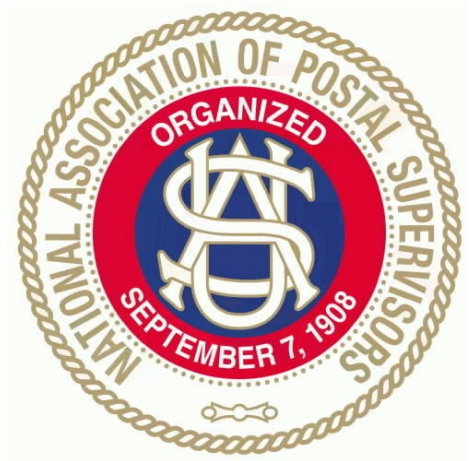
NATIONAL ASSOCIATION OF POSTAL SUPERVISORS

BRANCH 16

PO BOX 580333

MINNEAPOLIS, MN 55458

Published Six Times Per Year



January 2023

Branch 16 President's Report

A Message from Branch 16 President

Curt O'Donnell

ATTN Members:

I would like to thank everyone for their support during the recent election process. I have been elected President, Bruce Kuiper Treasurer, Mark Hellermann Sgt. at Arms, and Gloria Johnson has been appointed as Vice President. That is a start but the branch still could use a few more hands. One important position that still needs to be filled is the Secretary. We could also have a few more people as Executive Board members.

Our next meeting will be January 19th and we will cover our plans for a membership drive, the Legislative Training Seminar and the State Convention. We invite you to come to the meeting to learn and ask questions about these upcoming events.

(Continued on Page-3)



Inside This Issue

Branch 16 President's Report	1
Future Meetings	2
State President's Report	2
Branch 16 Officers	3
Letter from NAPS National President	4

All Members



Welcome!

**Next Meeting is
Thursday
Jan 19, 2023**

Next Meeting Reminder!

**Thursday
Jan 19, 2023**

6:00 PM Social Hour / 7:00 PM Meeting

Crystal VFW
5222 Bass Lake Rd
Crystal, MN 55429

See you at the meeting!



Future Meetings NAPS Branch 16:

6:00 PM Social Hour
7:00 PM Meeting

Crystal VFW
5222 Bass Lake Rd
Crystal, MN 55429

Upcoming Meeting Dates

January 19, 2023

March 16, 2023



State President's Report

Gina Hellermann

NAPS Minnesota State Branch 926 President

Happy New Year's NAPS!!!!

I hope everyone had a happy and Safe Holiday Season. I know most folks are breathing a sigh of relief they survived another Holiday Season and this year was made even tougher due to the Winter Wonderland we had! Thank you to everyone for going above and beyond! I know it was a tough one.

So from the State perspective we will be doing a membership drive led by Tammy Vail Rimer, the Secretary/Treasurer for MN State Branch 926. She will be contacting the list of Non-Members that we received from HQ in hopes to increase our membership. Reminder anyone from any Branch can sign up new members!

During this time of year and all year it is imperative that we are reporting correctly. Ensure all accidents are reported in a timely manner and follow-up is done with each of them. All Curtailed and Delayed Mail must be reported accurately in CSDRS. Non Deliveries must also be reported accurately as this is an important part of your job and you can be disciplined for not accurately reporting. If you are told not to report any items by anyone, report it. Remember, the data rolls up to HQ and if it isn't accurate they have no way of knowing how short-staffed we really are.

I know everyone is working hard to bring on new employees and retaining them, it is a very difficult task. Reminder that Common Courtesy goes a long way in retaining folks. Train them as best as you can, listen to their concerns, and help them become members of your Team.

Stay safe and help each other.

Gina Hellermann

President, MN State Branch 926

Branch 16 President's Report

Continued from Page-1

On January 10th, we received official notification about extra pay for some of you while delivering mail. I emailed the notification to our current email list but did not want to miss including it here also in our newsletter. Here is an excerpt from the notification.

"NAPS Headquarters has been officially notified that all exempt Postmasters level 22 and below and all exempt Station Managers of Customer Service will be entitled to additional pay should the need arise where they are required to deliver mail. These additional pay provisions will be in affect from 12/31/2022 through 4/7/2023."

Hope you all had a great holiday season and best wishes for the New Year.

Curt O'Donnell
NAPS Branch 16 President

Stay Connected (excerpt)

Here are some ways that you can become more connected:

Connection and connectedness – to others, to our communities, to our work, to our spirituality – matters a great deal to our overall wellness. Humans are social creatures; it is important for us to interact and feel that we belong. Connection is fostered and maintained in many ways, and several factors have an impact on our connectedness. Studies have found that a lack of social connection may be a larger disadvantage to physical health than obesity, smoking and high blood pressure; that people with poor social connections may recover more slowly from disease or illness. Having healthy connections and relationships can: improve the immune system; positively impact sleep patterns; decrease cortisol and extend overall lifespan. Connecting and feeling connected are critical to feeling well.

- **Take care of yourself** – managing stress levels can improve your ability to connect
- **Start with existing relationships** – those around you may not know you are feeling disconnected and may not realize you need support, so don't hesitate to reach out
- **Volunteer** - engaging in acts of service and kindness is a great place to demonstrate compassion and a good way to create a sense of connection
- **Join a group** – whether online or in person, spending time with others can feel rewarding and fulfilling
- **Ask for help** – reach out to the EAP for support

The EAP is here for you. Our team of professionals is available to support you in building and maintaining connections. For more information visit EAP4YOU.com or give us a call at 800-327-4968 (800-EAP-4YOU) | TTY: 877-492-7341.

NAPS Board 2023

OFFICERS

President

Curt O'Donnell
cpj012@gmail.com

Vice President

Gloria Johnson

State President

Gina Hellermann
bgmn10@hotmail.com

Sergeant at Arms

Mark Hellermann
bgmn10@hotmail.com

Secretary

Vacant

Treasurer

Bruce Kuiper
brucekuiper@yahoo.com

Legislative Rep

Vacant

EXECUTIVE BOARD

Gina Hellermann
Mark Peterson
Mark Schannauer
Valerie Vasquez-Elms

NAPS members must attend three or more board meetings during the year in order to meet the qualification requirement for *Officer* and *Executive Board* nomination. Elections are held every January. All NAPS members are strongly encouraged to attend and take part in the decision-making process.

Newsletter Editor

Ken Gardner

kgnaps16@aol.com





NATIONAL ASSOCIATION OF POSTAL SUPERVISORS

National Headquarters
1727 KING STREET, SUITE 400
ALEXANDRIA, VA 22314-2753
(703) 836-9660

January 10, 2023

Board Memo 001-2023: USPS-NAPS Agreement on Exempt Managers & Postmasters Delivering Mail

Executive Board,

NAPS Headquarters has been officially notified that all exempt Postmasters level 22 and below and all exempt Station Managers of Customer Service will be entitled to additional pay should the need arise where they are required to deliver mail. These additional pay provisions will be in affect from 12/31/2022 through 4/7/2023.

NAPS has been discussing the issue of Managers, Postmasters and Supervisors delivering mail with the Postal Service since April of 2022. Though the position of NAPS is that EAS should not be delivering mail, in situations where all avenues to deliver mail have been exhausted, should an Exempt Manager, Postmaster or Supervisor be instructed to deliver mail they will receive additional compensation.

In September of 2022 the Resident Officers and Northeast Region Vice President Tom Roma met with Postal Headquarters to discuss the issue of EAS being required to deliver mail. This was followed up with the attached letter written by President Ivan Butts on December 8, 2022. We appreciate the Postal Service working with NAPS in ensuring Postmasters, Managers and Supervisors are properly compensated when required to deliver mail.

NAPS Headquarters

Representing supervisors, managers and postmasters in the United States Postal Service