

Iowa State Association of Letter Carriers



President's Report

July 2026

Brothers and Sisters,

As we enter the hottest months of the year, I want to remind all letter carriers of the importance of staying properly hydrated while on the job. Letter carriers work in some of the most challenging conditions, spending hours outdoors in the heat while walking routes, delivering mail, and serving our customers. Dehydration and heat-related illnesses can happen quickly, especially during periods of extreme heat and humidity. Please make sure you drink plenty of water throughout the day. Do not wait until you feel thirsty to hydrate. Carry enough water with you, take appropriate breaks, and pay attention to the signs of heat-related illness, including dizziness, headache, nausea, weakness, confusion, or unusual fatigue.

Look out for your fellow carriers as well—if you see someone struggling in the heat, take the time to check on them. Your health and safety must always be a priority. No delivery is more important than making sure you return home safely to your family at the end of the day. Please follow all applicable heat-safety procedures and use the resources available to you when working in extreme temperatures.

I also want to remind all ISALC members about our upcoming Fall Training, which will be held in Coralville, Iowa, September 27–29, 2026. This is an excellent opportunity to receive valuable training, learn more about our contract and the issues affecting letter carriers, and strengthen our ability to represent and protect our members. The deadline to make hotel reservations is August 27, 2026. The hotel reservation link can be found on the ISALC website. I encourage everyone who plans to attend to make their reservations before the deadline.

Iowa State Association of Letter Carriers



President's Report

July 2026

Finally, I want to thank every letter carrier for the work you do each and every day. Whether you are delivering mail in extreme heat, severe weather, or any other challenging conditions, you continue to serve your customers and communities with dedication and professionalism. Your commitment to the public, your fellow carriers, and the NALC does not go unnoticed.

Please take care of yourselves, stay hydrated, stay safe, and I look forward to seeing many of you at Fall Training in Coralville.

In Solidarity,

Tomas L. Rentz

ISALC State President

Iowa State Association of Letter Carriers, AFL-CIO

www.iowalettercarriers.org

LCPF Disclaimer

By making a contribution to the Letter Carrier Political Fund, you are doing so voluntarily with the understanding that your contribution is not a condition of membership in the National Association of Letter Carriers or of employment by the Postal Service, nor is it part of union dues. You have a right to refuse to contribute without any reprisal. The Letter Carrier Political Fund will use the money it receives to contribute to candidates for federal office and undertake other political spending as permitted by law. Your selection shall remain in full force and effect until cancelled. Contributions to the Letter Carrier Political Fund are not deductible for federal income tax purposes. Federal law prohibits the Letter Carrier Political Fund from soliciting contributions from individuals who are not NALC members, executive and administrative staff or their families. Any contribution received from such an individual will be refunded to that contributor. Federal law requires us to use our best efforts to collect and report the name, mailing address, occupation and name of employer of individuals whose contributions exceed \$200 per calendar year. Any guideline amount is merely a suggestion, and an individual is free to contribute more or less than the guideline suggests, and the Union will not favor or disadvantage anyone by reason of the amount.