



Region 5
NBA Report
August 2026
David A. Teegarden



Heat Safety

The heat we have been experiencing across the region has been unrelenting this summer. Please continue to take a proactive role in protecting each other when it comes to heat safety. If you see someone you know is exhibiting heat symptoms speak up and help get the medical assistance they need. Even though there are clear instructions to get employees immediate medical assistance when an employee is exhibiting heat illness symptoms, there are still some in local management who place numbers ahead of letter carriers' personal safety. That is unacceptable and we will deal with those individuals on a case-by-case basis. If local management is not adhering to the HIPP protocol let the NBA office know. We would love to come pay those folks a visit in person and assist with filing any necessary grievances to make sure they understand just how important letter carrier safety is to us.

Los Angeles National Convention

This year's National Convention in Los Angeles was certainly one to remember. I have always loved that energy and excitement on the convention floor when carriers from across the country meet every two years. This year there were record numbers of Constitutional Amendment and resolutions. The other thing I love about the National Convention is the training that takes place before and after the general sessions. These training modules give delegates a chance to hone their skills on a wide variety of topics from community services to LCPF and contractual enforcement. Unfortunately, this year's training schedule was cut short because of the previously mentioned record resolutions. The general session times had to be extended a few days in order to get those heard, debated and voted on. The casualty was cutting some of that training.

I have been to my fair share of National Conventions and when I was younger, I would get a bit frustrated if something I really wanted to pass didn't. Over the years I have just realized that this is a true democratic process in action. Whether I am in the majority or the minority on a particular vote I don't get too worked up about it. After all the delegates to the convention are the supreme governing body of our union, they usually get it right no matter which side I'm on. In my opinion there is no better way to lead our union than to have these respectful but passionate debates on the convention floor. It serves to strengthen solidarity, define our political and contractual agendas, and focus the NALC's efforts on behalf of the membership. The members of Region 5 reminded me that we have the best region in the NALC. They engaged in the debate of issues discussed them with fellow delegates, voted and lived with the results in a very professional and respectful way.

On a personal note, I would like to thank the members of Region 5 for their love and support to continue to serve you as Region 5 National Business Agent. The show of support was humbling and got me more than a little choked up. Thank you all for your support!!

There is more to accomplish in the upcoming term and Region 5 will continue to lead from the front. We have several ideas that we will begin working on to see that letter carriers are protected on the workroom floor, in the grievance process, and at the arbitration table. It's a big agenda but one that I know we can accomplish.

Region 5 Rap Session

The Region 5 Rap Session is tentatively scheduled for February 4th-7th. The only thing left is for NALC HQ to approve which I suspect will happen soon. This year's Rap Session will return us to our original weekend schedule. Rooms will be available Thursday night through Saturday night inside our block. Thursday afternoon we will hold the branch president meeting and classes will be held Friday and Saturday. Sunday will be the Rap Session with a nationally assigned officer. We will offer our usual aggressive schedule of classes with multiple choices to select from. Once fully confirmed I will send out notification to the branch presidents and publish in my article.

We have the Missouri State Training and the Iowa and Nebraska Fall Trainings coming up this fall and we look forward to seeing you in one of these locations.

Until next time stay safe out there,

David A. Teegarden
National Business Agent
NALC Region 5