



Region 5  
NBA Report  
October 2026  
*David A. Teegarden*



### **Region 5 Rap Session**

The Region 5 Rap Session is scheduled for February 4-7, 2027. The link to secure rooms has been sent via email to branch presidents a few days ago, however, that same link below must be used to secure rooms for all attendees. We currently have a room block of 200 rooms each night for Thursday, Friday and Saturday nights. We will have two full days of training, Friday and Saturday and a national officer Rap Session on Sunday. Class sign-up will be done via a QR code and will be available in November. Please make the necessary motions in your branches so that your rooms can be secured in advance. The guaranteed room block and rates close at the beginning of 2027. Room rates went up a couple dollars to \$139.00 a night plus taxes and fees.

**<https://book.passkey.com/e/51341078>**

We will have the aggressive training schedule you have been accustomed to over the last few years as several completely new classes. Some classes will be offered as a roundtable type discussion while most will be interactive. Some of the classes offered will be beginning, intermediate and advanced steward training, OWCP, branch officer training, TSP, DRAC, Article 8, route adjustment and review, retirement, LMOU, Region 5 chat, building winning case files, process and procedure, Arbitration decisions and settlements in region 5 (CAU), safety and health and many more. The Region 5 staff and myself look forward to seeing all of you at this event.

### **Penalty Exclusion Period**

The Penalty Exclusion Period for 2026 begins Pay Period 26-2026 week 1 (Nov. 28, 2026) and ends Pay Period 27-2026 week 2 Dec. 25, 2026) Even though the exclusion period eliminates the payment of penalty overtime it does not change the provision in Article 8.4.G which requires that carriers will be paid two and a half times their base hourly rate for any hours worked beyond 12 hours in a service day or 60 hours in a service week.

### **2027 Health Benefits Released**

The NALC Health Benefit Plan's 2027 Postal Service Health Benefits (PSHB) rates and coverage details have been released. Full details can be found at [nalchbp.org](http://nalchbp.org) You can also call the plan directly at 888-636-6252 for more information rates, benefits or enrollment questions.

Open season enrollment period begins Monday November 9 th and closes Monday December 4 th. A few of the NALC plan rates have decreased while one had a few dollars increase. Take a good look at the NALC Health Plan it is one of the best value and in the PSHB plans not to mention one of the lower priced options.

Until next time stay safe out there,

David A. Teegarden  
National Business Agent  
NALC region 5