

# Regional rap sessions offer training opportunities

**K**nowledge is power, and the more knowledge letter carriers have, the more powerful the union is at protecting us all. Fortunately, NALC members have many training opportunities on letter carrier issues, from national-level workshops at conventions and rap sessions to the training put on at the local, state and regional levels. Another option is regional rap sessions.

Most regions hold these rap sessions annually. Five have held training this year, with nine more planned for the rest of the year. (See list above for dates and locations.)

Region 15 held its training over three days early in March in Atlantic City, and it proved to be a hit with the almost 225 letter carriers who attended.

The main workshop centered around the skills and knowledge shop stewards need, and it was aimed at current shop stewards, branch presidents and other officers, as well as anyone who might one day become interested in becoming a shop steward. The region also had speakers about the National Labor Relations Board (NLRB) and how to file an unfair labor practice, about the Occupational Safety and Health Administration's (OSHA) whistleblower program, as well as training for the City Delivery Route Alternative Adjustment Process (CDRAAP).

Region 15 National Business Agent Larry Cirelli explained that he likes to hold the most popular training on Sundays, when it is easier for letter carriers to attend. He packs a lot into that day of training, with the day's events going from 10 a.m. until 6 or 7 p.m.

"The more you know, the more you can do to help catch management when they're violating our rights," Cirelli said, encouraging anyone who is interested to attend a regional training. "It's another tool in your toolbox."

Region 12 held its annual training at the end of February in Atlantic City as well. Shop stewards, branch officers and members from 44 branches in Pennsylvania and New Jersey attended. Region 12 NBA Bill Lucini explained that the region conducted four separate workshops at their recent event, covering shop steward training, Office of Workers' Compensation Programs (OWCP), CDRAAP, safety issues, Employee Assistance Program, legislation and political issues, and more.

"The whole training program is very well attended and we always get positive feedback from those in attendance," Lucini said.

For many attendees, one of the highlights of attending a regional

training is the opportunity to hear from NALC President Fredric Rolando and to ask him questions about national-level USPS and NALC topics, as they did at the Region 5 event at the end of February. When he can't attend a training, he often sends a resident national officer in his place.

More than 300 members from Iowa, Kansas, Missouri and Nebraska were at the event in Overland Park, KS, held from Feb. 28 to March 1. The topics ranged from city carrier assistant-specific issues to CDRAAP, branch organizing to community service.

"We believe that with the wide range of subjects, that each and every attendee should have been able to take something back to their local members to share," Region 5 NBA Mike Birkett said.

In the box above is a list of the 2015 regional rap sessions. Branches should contact their NBA offices (phone numbers are on page 2 of this magazine) to confirm dates and locations. **PR**

## 2015 Regional Trainings

Region	Date	Location
Region 1	4/24-4/25	Pasadena, CA
Region 2	10/26-10/29	Stevenson, WA
Region 3	TBD	TBD
Region 4	8/27-8/29	Flagstaff, AZ
Region 5	2/28-3/1	Overland Park, KS
Region 6	10/10-10/12	Merrillville, IN
Region 7	4/27-5/1	Roseville, MN
Region 8	1/25-1/28	Tunica, MS
Region 9	8/21-8/23	Ft. Lauderdale, FL
Region 10	2/16	Houston, TX
Region 11	11/22-11/23	Columbus, OH
Region 12	2/22-2/24	Atlantic City, NJ
Region 13	5/4-5/5	Morgantown, WV
Region 14	4/25-4/26	Providence, RI
Region 15	3/1-3/3	Atlantic City, NJ

Region 5 rap session



President Rolando spoke to the attendees at the Region 15 rap session.