

Rolando announces regional appointments

Penalty Overtime Exclusion scheduled

As referenced in Article 8, sections 4 and 5, of the USPS-NALC and USPS-APWU national agreements, the December period during which penalty overtime regulations are not applicable consists of four consecutive service weeks. This year, the December period begins Pay Period 25-17—Week 2 (Dec. 2, 2017)—and ends Pay Period 01-18—Week 1 (Dec. 29, 2017). **PR**

NALC President **Fredric Rolando** has appointed Sioux Falls, SD Branch 491 letter carrier **Brent Fjerestad** as one of NALC’s legislative and political organizers. Fjerestad, a graduate of 2010’s Leadership Academy Class 10, has served his branch in a number of capacities, including vice president, trustee and shop steward. At the time of his appointment, Fjerestad was president of



Brent Fjerestad

the South Dakota State Association of Letter Carriers, an office he had held since 2009. He is a graduate of South Dakota State University and attained the rank of staff sergeant with the South Dakota Air National Guard. His appointment was effective Sept. 18.

San Diego Branch 70 letter carrier **Tami Seastrand** has been appointed by Rolando to serve as a regional workers’ compensation assistant (RWCA) for NALC members in Region 1 (California, Hawaii, Nevada and Guam). Seastrand has served Branch 70 as a shop steward, arbitration advocate, Step B representative and certified grievance representative. She holds an associate’s degree in mechanical engineering, and in 2008 she completed a paralegal program at the University of California, San Diego. Her appointment was effective Sept. 25.



Tami Seastrand

Rolando has appointed Rutland, VT Branch 495 letter carrier **Christopher Henwood** to serve as an RWCA out of



Christopher Henwood

NALC Headquarters in Washington, DC. Henwood has served his branch as a shop steward, Formal Step A representative and vice president. At the time of his appointment, he was president of the Vermont State Association of Letter Carriers, where he had also served previously as secretary and director of education. Henwood, a graduate of 2015’s Leadership Academy Class 19, holds a degree in electrical engineering from the University of Vermont. His appointment was effective Oct. 9.

San Antonio, TX Branch 421 letter carrier **Karrie Kimbrell** has been appointed by Rolando as a regional administrative assistant (RAA) for NALC members in Region 10 (Texas and New Mexico).



Karrie Kimbrell

Kimbrell has served the letter carriers of Austin, TX Branch 181 as a shop steward, recording/financial secretary and vice president. From 2015 until her appointment as RAA, she was an Office of Workers’ Compensation representative for Branch 421. Kimbrell, a graduate of 2008’s Leadership Academy Class 6, has served Texas letter carriers as a Formal Step A representative and as an instructor at Region 10 schools. She received dispute resolution team (DRT) certification in 2010; a year later, she was appointed primary DRT facilitator for the Postal Service’s Rio Grande District. Since 2016, Kimbrell has served as a national DRT facilitator. Her appointment is effective Nov. 6. **PR**