

NALC President Rolando (r) and Region 6 National Business Agent Pat Carroll visited Fred Stadelbauer in rehab.



Contract COLA update

The fifth regular cost-of-living adjustment (COLA) for career letter carriers under the 2016-2019 National Agreement is \$645 annually following the release of the July 2018 Consumer Price Index. This increase will be added to every step in Table 1 and Step 0 in Table 2, and then applied proportionately to Steps A through N in Table 2 (see chart, next page). The increase will be effective Sept. 1, 2018, and reflected on paychecks Sept. 21.

The sixth and seventh COLAs under the 2016-2019 National Agreement will be calculated following the release of the January 2019 and July 2019 Consumer Price Index, respectively.

City carrier assistants (CCAs) will receive an additional 1 percent wage increase in lieu of COLAs effective Nov. 24, 2018, when all letter carriers will be upgraded and receive an average increase of 2.1 percent. The total increase for all CCAs on Nov. 24 will be 3.1 percent. **PR**

Stewart promoted to HBP, more appointments

Central Iowa Merged Branch 352 member Stephanie Stewart has been named director of the Health Benefit Plan (HBP) following the retirement of director Brian Hellman. NALC



Stephanie Stewart

President Fredric Rolando appointed Stewart to complete Hellman's term after detailing her to the HBP.

Previously, Stewart was a regional administrative assistant (RAA) for Region 5

(Missouri, Iowa, Nebraska and Kansas). She began her letter carrier career in Des Moines, IA, in 1995. She served in numerous roles for the union, including as Branch 352 president and Iowa State Association vice president, before Rolando appointed her as RAA in 2015. Stewart graduated from Leadership Academy Class 9 in May 2010.

Rolando appointed David Teegarden of Kansas City, MO Branch 30 as Region 5 RAA to fill the vacancy left by Stewart.

Teegarden began his postal career in 1989 as a part time flexible (PTF). He

has served as a steward, arbitration advocate, branch treasurer, vice president and president. In 2015, President Rolando appointed him as a regional workers' compensation assistant (RWCA).

To fill the RWCA vacancy left by Teegarden, President Rolando appointed Larrissa Parde of Lincoln, NE Branch 8.

Parde began her postal career as a

PTF in 1999. She currently serves as president of her branch and president of the Nebraska State Association. She also has served as branch vice president, branch OWCP representative, state association director of education and letter carrier congressional liaison. Parde graduated from Leadership Academy Class 11. **PR**



David Teegarden



Larrissa Parde

Carrier recovers from car crash

“I had a package in the back of my truck,” Fred Stadelbauer recalled. As he took the package out of the side door of the parked vehicle while on his route in February, a car hit his truck at 45 miles per hour.

“That’s the last thing I remember,” he said. Stadelbauer was thrown 60 feet and knocked unconscious. The Roseville, MI, carrier of 32 years suffered a brain injury and fractures to his hip and clavicle. Much as letter carriers keep a close eye on the people on their route, a local garbage collector passing by on the job recognized Stadelbauer’s damaged truck. After finding Stadelbauer lying on the ground, the sanitation worker called for help.

Stadelbauer, a member of South Macomb, MI Branch 4374, emerged from a coma after two weeks and began the long process of recovery in a rehabilitation center.

At age 63, and with serious injuries, another person might have given up and retired, but not Stadelbauer.

“I’m working my butt off hard to get back to work,” he said. “I love my job and I love my co-workers.”

Stadelbauer’s co-workers at the Roseville Post Office love him back—they raised \$15,000 for him with a spaghetti dinner. “That was wonderful,” he said. “I can’t believe they did it.”

Stadelbauer is regaining his strength and expects to leave the rehabilitation center soon.

“I walk every day,” he said. “Two weeks ago, I couldn’t climb a step—now I can climb 45 of them.” **PR**