***Iowa State Association of Letter Carriers***

*President's Report*
November 2026

Brothers and Sisters,

As the days get shorter and darkness settles in earlier, it is especially important for Iowa's letter carriers to take time to look after themselves and make safety a priority. While delivering mail the changing daylight conditions, unpredictable Iowa weather, wet leaves, icy sidewalks, and reduced visibility can create safety challenges. Remember to stay alert to your surroundings and take extra precautions when crossing streets and walking near traffic. Dress in layers to stay warm, wear appropriate footwear, stay hydrated, and don't rush through your route. Your safety and well-being are just as important as the mail you deliver. Take the time you need, watch out for potential hazards, and remember that getting home safely at the end of the day is what matters most.

Taking care of yourself also means listening to your body, recognizing when you are tired, and not ignoring the signs of cold-weather stress or fatigue. Look out for your fellow carriers, communicate safety concerns, and don't hesitate to ask for help when a situation feels unsafe. With the busy holiday season approaching, workloads and package volumes can add extra pressure, but no delivery is worth risking your health or safety. Iowa's letter carriers work hard in all kinds of conditions, and that dedication is appreciated. Give yourself permission to take the time needed to deliver safely, use good judgment and make safe decisions throughout the day.

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I also want to extend a sincere thank-you to Iowa's letter carriers for the important role they play during our current elections. Your work helps deliver election-related mail, important voter information, and ballots through the mail system, helping communities stay connected during an important time in our democracy. While much of your work happens behind the scenes, its value should never be overlooked. Thank you for your commitment, professionalism, and service to the people of Iowa.

As the days grow darker and the temperatures continue to fall, please remember to take care of yourselves and one another. You make a difference in your communities every day, and I want every one of you to stay safe and make it home to your loved ones.

In Solidarity,

Tomas L. Rentz
ISALC State President
Iowa State Association of Letter Carriers, AFL-CIO
www.iowalettercarriers.org