

MN-ND District Level Stewards

District Representative:

Valerie Fredrickson, Assistant District Representative
PO Box 241244
St. Paul, MN 55124-1244
Phone: 507-676-3805 Email: Valerie.Fredrickson@nrlca.org

Assistant District Representatives:

Dale Blonigen, Assistant District Representative
PO Box 126
Saint Francis MN 55070-0126
Phone: 612-599-0443 Email: Dale.Blonigen@nrlca.org

Travis L. Nannenga, Assistant District Representative
9054 37th St SE
Jamestown ND 58401-9714
Tel: 701-320-2811(B) 701-320-6090(C) Email: Travis.Nannenga@nrlca.org

Crystal Schlaffman, Assistant District Representative (IA-NE-SD & MN-ND)
PO Box 231
Ethan SD 57334-0231
Phone: 605-201-6684 Email: Crystal.Schlaffmann@nrlca.org

Michael Seamans, Assistant District Representative
PO Box 61
Ironton MN 56455-0061
Tel: 218-839-5945 Email: Michael.Seamans@nrlca.org

Area Stewards (offices assigned as needed)

Carlos Marroquin, Area Steward
325 Foster Ave
Carver MN 55315-4570
Tel: 612-812-9438 Email: Carlos.Marroquin@nrlca.org

Rogelio Lorenzo, Area Steward
PO Box 1272
Tracy, MN 56175-2213
Tel. 507-223-4448 Email: Rogelio.Lorenzo@nrlca.org

For grievance and investigative interview issues: contact stewards in this order: your local steward; area steward if one is assigned to your office; assistant district representative or the district representative.

****If Discipline is issued or anticipated, contact the District Representative immediately.**