

National Association of Letter Carriers

Branch 782

E.A. Baker Union Update



ARVIN
DELANO
MOJAVE

TEHACHAPI

AVENAL
EDWARDS AFB
RIDGECREST

TRONA

BAKERSFIELD
LAMONT
SHAFTER

WASCO

BORON
McFARLAND
TAFT



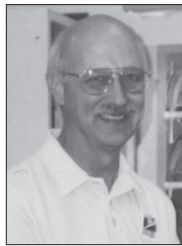
CHARTERED FEBRUARY 25, 1901

VOLUME LXXX NUMBER 2

FEBRUARY 2008

at the

Mike:



**Branch 782 member
Melissa Kelly works
at South Station.**

***This is the text of a
standup which was
given on January 26,
2008. It is proper that
her quick and heroic
actions are given
recognition.***

“On January 24, 2008, Bakersfield, California Letter Carrier Melissa Kelly was delivering her route when she heard someone screaming from a resident’s yard. When she went to investigate, she found an elderly man on the ground being viciously attacked by a pit bull.

Disregarding her own safety, Kelley rushed to the man’s aid—repeatedly using her dog spray to stop the dog from attacking the man—and then chased it away while neighbors called 911. Kelley stayed with the man, attempting to assist him until medical help arrived.

The man, who is a relative of Carrier Patricia Goulart (Stockdale Post Office) was taken to the hospital by ambulance and underwent surgery and is recovering. Kelley’s quick thinking and brave action kept the man from receiving further serious injury and possibly saved his life.”

David Long, Customer Services Supervisor

And now, as Paul Harvey would say,

For the Rest of the Story...



A Willing Rescuer A Reluctant “Hero”

After almost fourteen years with the Postal Service, the day seemed like most other delivery days for Melissa Kelly. About a quarter of her route completed, she was just finishing up some gangboxes on Lacey Street before making the turn onto Avalon Street.

She paused for a second because she thought she heard screaming. Somehow it didn't sound like kids. In fact, she had never heard anyone screaming like this.

As she looked to see where the screaming was coming from, about a half block away she saw a man at the corner of Lacey and South H Street being mauled by a pit bull. He kept trying to get away from the dog and seemed to be staggering out into oncoming traffic and then he fell. She thought she recognized him...*it was Mr. Goulart who lived on Westhaven Avenue!*

Melissa knew she had to do something. Quickly driving to the scene of the attack, she grabbed her satchel and dog repellent and went to his aid. Spraying the dog twice worked because he backed away and, as Melissa screamed at him, he ran off to his yard.

Turning to Mr. Goulart (who is seventy-four years old), she realized that he was hurt pretty badly. His upper lip seemed to have been torn away from his face and was just hanging on. A tooth seemed to be missing. There was blood everywhere. He seemed a little disoriented.

As she tried to calm him, Mr. Goulart kept saying that the pit bull was going to kill his dog “Toby”—cradled in Mr. Goulart's arms during the entire attack.

Other people arrived to help. An off-duty policeman called in police, firefighters and an ambulance. A neighbor was calling Mr. Goulart's family on her cell phone.

Melissa stayed long enough to ensure that things were under control and then left to continue her deliveries.

The rest of the day until lunch was uneventful...except that it was hard to have the whole event replaying continuously in her head and to wonder how Mr. Goulart was doing. But Melissa just kept trying to focus on what she was doing and tried to keep everything normal.

And, for the most part, that seemed to work.

She had lunch with another Carrier and never mentioned what had happened with the dog. But she was really worried about Mr. Goulart. She knew that he had been seriously injured.

She also knew that this was going to be a financial nightmare for his family. Mrs. Goulart told her that they had no insurance and had decided to drive her husband to the hospital in their car because she didn't think that they would be able to afford the ambulance charge.

After finishing her duties, Melissa clocked off, went home and continued to worry about Mr. Goulart. Later that evening, she received a call from him and he thanked her for what she had done. He felt that she had saved his life.

He went on to tell her that in the fall during the attack, he had done serious damage to his mouth. Six teeth had had to be removed and reconstructive surgery would be necessary. And there would have to be other work as well.

Melissa never shared her adventure with anyone at the Post Office. She just wanted to “fade into the background”.

Ironically, Mr. Goulart is the father-in-law of a Letter Carrier who works at Stockdale Station, Pattie Goulart. *She* made some phone calls to report Melissa's heroic actions. Otherwise, Melissa's heroic actions might have indeed faded into the background.

Two days after the event, during a standup which was conducted immediately after clocking on, Customer Services Supervisor David Long gave an account of what had occurred. Melissa cringed, but she felt that this would pretty much end her “fame”.

Adding to the irony though, later in the day Bonita Lewis (a fellow Carrier) was talking to one of her customers. She shared the details of Melissa's exploits. Much to her surprise, he told her that he was a reporter for the *Bakersfield Californian* and that he would really, really like to do a story about Melissa. Bonita gave him the phone number of the South Station manager and also Melissa's number. Somehow, word also reached one of the local television stations...

Within a few days, in Melissa's words, “Things just snowballed.” And it didn't make her very happy.

All she wanted to do was just take the focus off her. She felt that she hadn't done anything really special. She just happened to be there at the right time.

Initially, Melissa told her station manager that she didn't want to do any kind of media thing. Eventually, after some prodding, she said that she would do it for him. But, the idea of getting in front of a camera was making her more and more nervous and she later told the station manager that she had changed her mind and that she just wanted to go out and carry her route and let things just calm down.

Later that day, she received a call from her supervisor on her cell phone. She decided that she didn't want to answer his call because he was probably going to want her to come in to do some kind of an interview. Soon, she received a call from her station manager. She decided that if she answered he would try to get her to come in to talk in front of their camera. She just didn't want to do that.

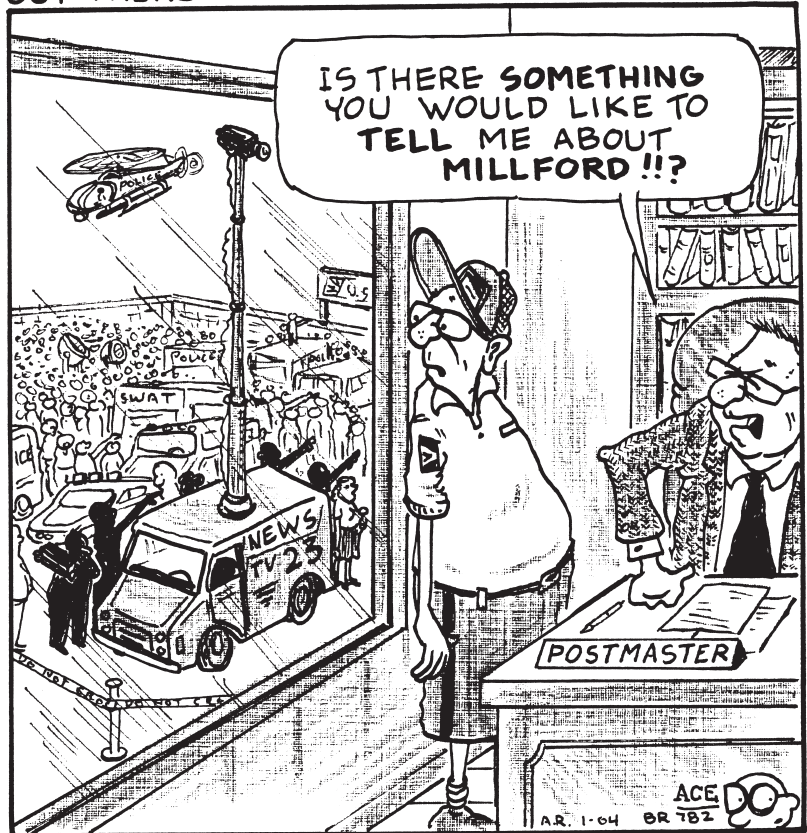
Before much time had passed, the station manager was driving up to her on the route. He asked her if she would mind coming back to the station just to talk to some media representatives. Melissa said that she would because they both felt it would be important to do something to show how traumatic a dog attack could be.

When they showed up at South Station, Melissa had to confront her biggest fear: *a television camera aimed right at her.*

(What really bugged her, at the time, was that it had been raining that day and she felt that she looked all bedraggled and didn't have the opportunity to look better.)

That evening, one of the lead stories on Channel 29 featured Melissa—in front of the camera—telling the viewers what had happened to Mr. Goulart and what she had done to stop the dog attack. Many of those viewers were co-

OUT THERE



workers who were already at home. Others were still at work when the Station Manager announced, "Melissa's on the television!" They all rushed to the swingroom to see the story air.

The next morning, there was quite a stream of South Station employees to Melissa's case to offer their congratulations and to ask her what it had been like to "be a star". Although still uncomfortable with all the attention, Melissa handled it graciously and coped with some of the good natured ribbing.

Shelia Wiley asked Melissa why she hadn't said anything about the event when they'd had lunch on the day of the attack. Melissa told her that she just didn't want to bring any kind of a spotlight on what she'd done.



Mr. and Mrs. Goulart, Mellisa Kelly and—of course—"Toby" pictured here during a much more pleasant gathering.

Like many, many other Letter Carriers all over the country, Melissa has always delivered more than just the mail. She cares about the people she serves. Often, she does "little things" (paying postage dues so customers don't have to go the Post Office, returning puppies, taking the time to talk to people who have no one else, etc).

On Route 414 she got to know a family which was going through rough times. One of the young boys reminded her of her oldest son when he was that age. She bought clothes for the children because she knew that there was a need.

In a very real sense, Melissa's actions are special because they typify what Letter Carriers all over this country do each and very single day: "We Deliver."

The Vice-Prez Sez...

Almost thirty Transitional Employees and Part Time Flexible employees who work at seven of Bakersfield's eight stations attended an informational meeting on the evening of February 13, 2008. There were four people from South Station; one from East Bakersfield; three from Hillcrest; five from Brundage; eight from Dole Court; four from Stockdale; and, three from Camino Media. They were there for information. They got it!

Due to a prior commitment, I could not be there, but I was told that the participation was great. Many issues were addressed and a variety of questions were posed by the attendees. Branch 782 President, Mike Towery, did his usual excellent job of educating everyone about their Contractual rights and options. We are blessed to have Mike as our Branch President!

I would like to add two of my own comments to the information that was presented: 1) **Put Customer Service First!!!**; and, 2) Don't curtail circulars because of being pushed by the supervisor. Give the best possible service!!!

You TEs and PTFs are the future of our organization! *We need you.*

DARRYL HOLDERMAN



INSURE YOUR JOB

Hello everyone! I am back writing this article to impress upon you the importance of COLCP. (Committee on Letter Carrier Political Education).

As you well know by now the contract was ratified and we did receive a little chunk of change, all because our president negotiated a really good contract. This wouldn't have happened without our friends in Washington D.C.

He supported us well, and now he is asking you to support him by giving to the

colcpe fund. All he is asking for is \$5 per pay period, or whatever you can afford, either using an allotment or automatic debit from your checking account. There are no more excuses for not doing this. If you were to say I already have 2 allotment, well now we have 3. This is the easiest way to do this.

If you were to say you only give money to the democrats, that would not be true. We give money to whoever will support our needs. Twenty three percent went to Republicans. We pay up to \$5000 dollars to a candidate in a federal election, this is the cap. The NALC does not spend any dues money on political activities.

What could we do with more friends in D.C. 1. Repeal or phase out the Windfall Elimination Act; 2. Pass the Employee Free Choice Act; 3. Stop contracting out permanently; and, 4. Create an America that works for working families.

This is so important to protect our jobs and retirement benefits. Isn't your job worth 50 cents a day? the pay increase and COLAs will more than take care of it. **NO MORE EXCUSES!**

I urge you to contact me @ 661-979-5854, and I can help you decide which method would be best for you.

PAM SMITH
NALC Branch 782
COLCPE Coordinator

Minutes of the January 2008 General Meeting

The regular meeting of Branch 782 was called to order by President, Mike Towery at 7:30 p.m. on the 22nd day of January, 2008 at the branch office, Bakersfield. The flag salute was led by Sgt. At Arms, Jerry Patterson. All members of the Executive Board were present. The stewards were present from 01, 04, 05, 06, 07, 08, 09, Camino Media, Delano and Shafter. The Newsletter Editor, Basil Zuniga, Asst. Editor, Jason Munoz, Webmaster Rick Plummer and Injury Comp. Specialist, Rick Gerdes were present. The minutes of the December 18, 2007 meeting were read and accepted with no additions or corrections.

REPORTS OF STANDING AND SPECIAL COMMITTEES: Emma Gonzales reported that there has not been a meeting of the Social and Recreation Committee since the Dinner Dance. The Branch Bowling Tournament will be February 17th.

APPLICATION FOR MEMBERSHIP: Applications were received from Paul Gomez, Soledad Arcila, Upinder Singh, Kevin Vandiver, Gary Burgwald and Frank Chavez.

NEW BUSINESS: Mike Towery read a letter from Diana Chavez resigning her position as Vice President.. He thanked her for all her work and wished her well. Diana stated that she would still be involved with the legislative issues.

GOOD OF THE ASSOCIATION: Mike Towery reported that National Business Agent, Manny Peraluta attended the steward meeting. Mike presented member Rick Gerdes with a certificate for 25 years membership in the NALC. Debbie Guillet made a motion to purchase food from Joseph's, up to \$100.00 for the PTF/TE Meeting on February 13, at 7:00. Seconded by Molly Biggar and passed. Molly Biggar made a motion to donate the calendar money to MDA, seconded by Jerry Patterson and passed.

IMPROVEMENT OF THE ASSOCIATION: Mike Towery reported that supervisors have been to training classes. Area manager will discipline them if they do not "do their jobs." He also reported the DOIS is not "gospel" of what time you leave the office. If a supervisor tells you that DOIS says you have to be out at a specific time, contact your steward and file a grievance. He also reported that carriers have the right to amend their 3996 after checking the DPS and parcels.

FINANCIAL SECRETARY'S REPORT: Anita Holderman reported that \$15,220.38 for December 2007.

TREASURER'S REPORT: Molly Biggar reported:

Beginning Balance	\$35,322.80
Dues	\$11,898.07
Interest Income	\$ 10.30
Total Balance	\$47,321.17
Total Expenses	\$ 9,903.70
Ending Balance	\$37,327.47

The 50/50 MDA Drawing was won by Mabel Bullis. The \$500.00 Drawing would have been won by Pam Mauck if she had been present. There were 33 members present.

The meeting was adjourned at 7:51 p.m.

Respectfully Submitted,
KIM GERDES
Branch 782 Recording Secretary

2008 NALC HBP Info

NALC Health Benefit Plan	1-888-636-6252
*Hospital Pre-Certification	1-877-220-6252
*** Mental & Substance Precert.	1-877-468-1016
Drug Prescription Retail	1-800-933-6252
CareMark Hearing Impaired	1-800-238-1217
*** CareMark Specialty Pharmacy	1-800-237-2767
*** Durable Medical Eqpt.	1-888-636-6252
CareMark Specialty Pharmacy	1-800-237-2767
Durable Medical Equipment	1-888-636-6252
Nurse Assistant (24/7)	1-877-220-6252
CareMark Pharmacist	1-888-636-6252
Enhanced Eldercare Services (24/7)	1-877-468-1016
CIGNA PPO Dr's & Facilities	1-877-220-6252
***CIGNA Transplant Approval	1-800-668-9682
Quest Diagnostics (Lab Services)	1-877-220-6252
Quit Power (Smoking Cessation)	1-877-784-8797
CIGNA Health Rewards (Discounts)	1-800-870-3470
CIGNA Dental Discount Program	1-877-521-0244
**** Disease Management Program	1-800-227-3728
MEDICARE Managed Care Plan	1-800-633-4277
OPM Retirement Info Center	1-888-767-6738
Federal Information Center	1-800-688-9889
Social Security Administration Info	1-800-7721213



**Branch 782
Health Benefit
Representative**

**Mark
Ramirez**

**(661)
834-5011**

NALC Prescription Drug Program
P.O. Box 94465
Palatine, IL 60094-4465

Out of Network Pharmacy Claim
NALC Drug Prescription Program
P.O. Box 52196
Phoenix, AZ 85012-2196

United Behavioral Health
P.O. Box 30755
Salt Lake City, UT 84130-0755
1-877-468-1016

NALC Health Benefit Plan
20547 Waverly Court
Ashburn, VA 20149

* Failure to pre-certify will result in a \$500 reduction in benefits paid by the Plan. Must notify the Plan prior to hospital admission with doctor name and dates. ** Mail order drug prescription program long term (maintenance drugs) 60 day supply: \$8 generic, \$24 name brand; 90 day supply: \$12 generic, \$35 name brand. Retail Pharmacy, you pay 25%. MEDICARE 60 day supply: \$7 generic, \$20 name brand; 90 day supply: \$10 generic, \$30 name brand. Network Retail Pharmacy you pay 15% of the cost of the prescription. Prior approval required for some drugs. Must call the Plan. *** **Prior Approval Required.** **** Asthma and Diabetis.

Preferred Provider (PPO)
Cost: \$20.00
Co-pay per office visit

Preferred Provider (PPO)
Deductible
\$250 Individual
\$500 Self & Family
Per Calendar Year

Contact Information

Center for Disease Control	http://www.cdc.gov
National Library of Medicine	http://www.nlm.nih.gov
American Public Health Assoc.	http://www.alpha.org
American Cancer Society	http://www.cancer.org
American Heart Association	http://www.americanheart.org
American Lung Association	http://www.lunusa.org
Diabetes Foundation	http://www.diabetis.org
Muscular Dystrophy Association	http://www.mdausa.org
JAMA Asthma Information Center	http://www.ama.assn.org/special/asthma
Your Personal Health Record	http://www.nalc.org/depart/hbp
National Patient Safety	http://www.npsf.org

Guest Editorial

HEART DISEASE... A PERSONAL EXPERIENCE

by Al Ainsworth, retiree
NALC Branch 82

Nearly six years ago I had what my doctor called a “cardiac event.” Then a year and a half later I had another. Now, four years later it was time for a triple bypass. All three events were acted on promptly, minimizing the risk of further complications or even death. I was lucky.

Heart disease is difficult to monitor. We’ve all heard the story about a patient who went to see his doctor, had an

electrocardiogram and was given a clean bill of health only to die as he was walking to his car.

Can you ever have a “clean bill of health”?

Here’s three stories that I’ve read in the past year in the newspaper and on the Internet. The first was a rafter (someone I can identify with) who was rafting alone and was found in the river, dead. According to the article, it was unclear if he had a heart attack and fell in the river or if he fell in the river and then had a heart attack.

Another article I read was on Alberto Salazar, an Olympic marathon champion, who suffered chest pain while running. He had another episode while training with a young University of Oregon runner who gave Salazar an ultimatum, “...either I drive you to the hospital or I call 911.” He ended up having an angioplasty, with a stent inserted.

Then there was the touching *Oregonian* article about a 60-something female “Hood-to-Coast” runner who collapsed during the race. She thanked all the people who gave her aid on her quest to reach the coast. Since then she has had a triple bypass and has vowed to run in next year’s race.

While luck enters the picture, there still are things you can do to reduce the risk of a fatal heart attack. I’m sure Salazar, the 60-year-old

Continued on next page...

OUT THERE



lady, and the rafter did a lot of things right. I think I have done some things right too; but, I know I've done some things that I shouldn't. We all have.

Just in case we've forgotten how to live a healthy life, here's a list from the American Heart Association's web page:

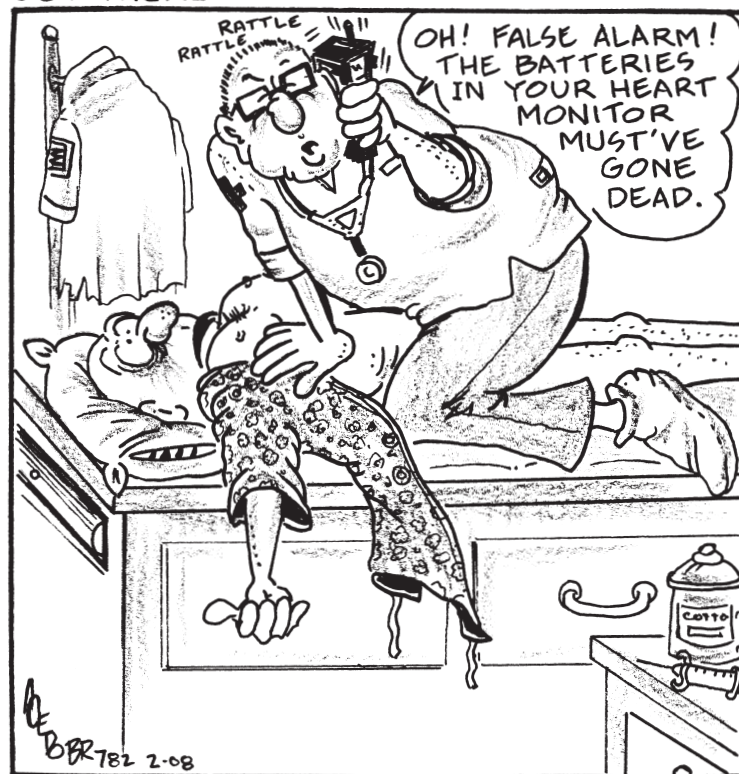
- * **To reduce your risk of a heart attack, stop smoking and avoid second hand smoke,**
- * **reduce blood cholesterol (HDL, good cholesterol, 40 mg/dl or higher for men; 50 mg/dl or higher for women; triglycerides, less than 150 mg/dl),**
- * **lower blood pressure (goal is 120/80),**
- * **be physically active every day,**
- * **aim for a healthy weight,**
- * **manage your diabetes,**
- * **reduce stress,**
- * **avoid alcohol.**

- * **Have regular physicals, including EKGs, blood work, x-rays and other diagnostic tests as needed.**

For the past decade-plus I've had an annual physical, including an EKG, so my doctors had a good baseline on which to evaluate my health. When the first "cardiac event" happened nearly five years ago, my physician performed an angiogram which led to an angioplasty (inserting a stent and a balloon). The second angio was only one and a half years later and led to the insertion of a stent to replace the balloon.

Then this past spring I hit the trifecta. While I was undergoing on-going treatment for coronary artery disease,

OUT THERE



I began experiencing some symptoms that the disease may have been progressing. It started with shortness of breath, eventually including angina.

Mowing our half-acre was a little more tiresome than before. But the clincher was on my river trips this summer. I was exhausted by the day's end. Particularly fatiguing was breaking down my raft and loading it into my van. All the help was greatly appreciated.

I didn't know how much it was appreciated.

During my medical exams, my physician checked my heart and ordered an EKG. It looked normal. But during my exam he heard what he thought was a murmur and ordered an echocardiogram. While it was within normal limits, they found the beginning of mitral valve stenosis...something that could be a problem in next decade or two.

Eventually a stress EKG was performed and it "kicked my butt." The doctor saw some ischemia (lack of oxygen) and was concerned. A little more than a month later I was scheduled for an angiogram.

Your heart—as does all of your organs—needs oxygen to survive. A heart attack occurs when the blood flow that

brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because coronary arteries that supply the heart with blood slowly become thicker and harder from a buildup of fat, cholesterol and other substances that together are called plaque and lead to arteriosclerosis. Ischemia and heart attacks happen when plaque breaks off, with a blood clot forming around the plaque. It becomes a heart attack when part of the heart muscle is damaged.

To determine what's going on or what has happened to your heart, there are a series of tests that can be conducted. Of course, this all starts off with a physical exam by your physician which may lead to an EKG. The electrocardiogram measures the electrical activity of the heartbeat—how long it takes the electrical wave to pass through the heart, whether it's normal or slow, fast or irregular. It also can help determine if parts of the heart are too large or overworked.

An echocardiogram uses ultrasound to examine the heart. It allows accurate measurement of the heart chambers and is capable of displaying a cross-sectional "slice" of the beating heart, including the chambers, valves and the major blood vessels that exit from the left and right ventricle.

The stress EKG, the test that "kicked my butt," helps find the cause of unexplained chest pain or symptoms that occur during exercise or activity (such as dizziness, fainting or rapid irregular heart beats). It can check for some types of heart disease, see how well people who have had a heart attack or heart surgery are able to tolerate exercise, check for blockage or narrowing of an artery after a medical procedure, see how well medicine or other treatment of chest pain or an irregular heart beat is working, and help you make decisions about starting an exercise program.

Angiograms are interesting procedures. A dye is injected into the area to be examined via a catheter inserted in your femoral artery at the groin and a series of x-rays are taken, projecting the image on a monitor which is in full view of the patient. The first two times I had an angiogram the doctor inserted the stems. The third time, after

the exam was complete on a Monday, the doctor said no stents inserted this time...they had to go "*in there*".

He calmly said there were a couple of veins that had to be repaired—maybe, as many as four or five—*they'd know when they got in there*.

The heart surgeon happened to be in the room and saw the angiogram. The surgeon said he had the operating room on Wednesday. Geez, only two days away, and I've got all these things I not only want to do, but I have to do. But, no argument from me. As that bumper sticker says, "Let's get 'er done," especially after he said if that one vein that's 80 percent occluded obstructs, "You're dead." He added, "It's called the Widowmaker."

While the result of the angiogram was unexpected, I can't say it was surprising. After all, I'd heard all along that stems are only temporary, with only a ten year life span.

It Doesn't Just Happen to Somebody Else...

It was the Sunday before Thanksgiving 2007. Branch 782 member Paul McCarthy was at home, cooking a turkey to have during a NASCAR meal with his daughters

It bothered him that he felt so darn tired.

Actually, Paul had been feeling pretty sluggish for awhile. He thought it might have something to do with over thirty-five years of carrying mail, so he didn't really get too overly concerned. *But, he had a feeling it might be something...*

When his daughter, Melanie, told him that they *were* going in to see the doctor the next morning, he didn't argue.

Tests confirmed that he *HAD* had a heart attack. By 1:00 p.m. he felt a lot better—due to an angioplasty to "open things up". Over the course of the next month, two stents were inserted.

He's been back at work for about two weeks now and is feeling much better. More importantly, it got his attention!

The morning of surgery. I lost what little hair I had on my chest, they shaved my right leg and groin, and I was rolled into the operating suite. The next thing I remember is foggy, being awakened to have the breathing tube removed from my throat...and coughing...or was I gagging?

Things were clearer the following morning. While the pain was tolerable, fatigue and lack of stamina were difficult to cope with. Breathing and coughing exercises were a must. Then came the walks, amazingly short as well as fatiguing. The pillow and you “became one” when you coughed, squeezing the pillow against your chest with all your might to ease the pain.

While the first two days—in surgery and ICU—went fast, the three-plus days on the floor seemed to move a little slower. Of course, I was awake most of that time.

In a teaching hospital (my surgery was performed at the Veterans Hospital) there is a constant flow of doctors—residents, fellows, surgeons and others—so there is always someone checking on you. Then there’s the staff, nurses, aides, therapists and volunteers, to keep you busy. And then there are the two or three walks a day down the hall, necessary and exhausting.

‘*...if that one vein that’s 80 percent occluded obstructs, “You’re dead.”*

But the reality of an extended recovery really become obvious after being discharged from the hospital. The longest I had been hospitalized before was for an appendectomy. There’s no comparison! Then, I was back playing softball in 3 1/2 weeks. This time it was no lifting more than ten pounds for two months and no driving for eight weeks, later shortened to six because my recovery was going well.

There’s also the loss of blood. One of my physicians said they would recycle my blood and only transfuse me if my hematocrit dropped below 20. Well, my hematocrit bottomed out at 25, but that’s still a 44 percent loss of blood and an equivalent amount of the cardiovascular system’s capacity to carry oxygen to the body. Talk about lack of stamina.

Being cooped up for weeks was difficult. All I did was watch TV, try to stay awake, read and fall asleep. Being a gregarious person created some problems. Within a week or so we went to a movie or two and went out to dinner. Unfortunately, one of the post-op side effects was that nothing tasted good. It was finally diagnosed as acid reflux from the surgery and the medical team prescribed an antacid.

Despite all the negative comments about VA funding shortfalls, the care and hospital stay was excellent. It also had the added benefit of “belonging to a fraternity”—we’re all brothers and sisters in a common cause. The staff always thanked us for our service to our country and there were frequent conversations with complete strangers...simply because of that feeling of camaraderie. It brought back the good memories of my time in the Navy.

Now, on the day of my two-month anniversary of my surgery, I’m just finishing off my iron pills to help build up my red blood cell count. A few weeks ago my hematocrit was 37.5, so, I should be close to my pre-op level of 45 now. My stamina is slowly returning. I hope to be on the river this spring. *Life is Good!!!!*

Somewhat edited article courtesy of the December 2007 Branch 82 “B” Mike published by Portland, OR NALC Branch 82

OUT THERE



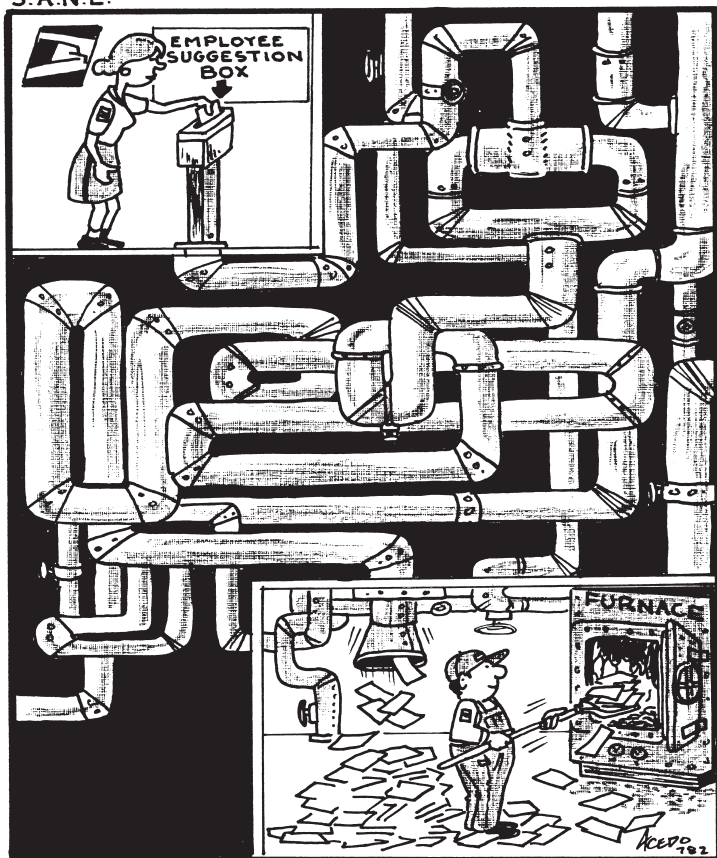
A letter from Camino Media

January 10, 2008

Recently we were informed about an award to be given to certain individuals that craft employees nominated. This person would be the Unit Carrier of the Year and he/she would receive recognition at the USPS Social and Recreation Committee Holiday Dinner Dance in December. Management originally set up voting, we thought, legitimately.

As a unit we thought Everett Jennings would be a good candidate because he has overcome his hearing handicap and we believed he was doing a fine job. The

S.A.N.E.



overwhelming majority of Carriers at Camino Media voted for Everett.

Mary, our Station Manager, called the shop steward into her office and informed him that she had submitted a name to the Postmaster. She asked if the person she named was alright with him. His comment was, "What difference does it make?" He asked who received votes and was told of three people. He asked about Everett and was told, "He was too bad to win."

What does *that* mean?

After talking to the majority of Carriers, the shop steward couldn't find anyone who nominated the eventual winner. Also, in the process of talking to the other Carriers, he found out that another employee had been nominated and management never shared the name of that individual. *Maybe that's because the person nominated by other Carriers was the Shop Steward???*

After the dinner, and after the money was awarded, the winner was never announced to the station. **WHY???**

We feel management was trying to hide the fact that the only non-union member in the office was who THEY nominated and who they wanted to give their money to... *Our votes never counted at all.*

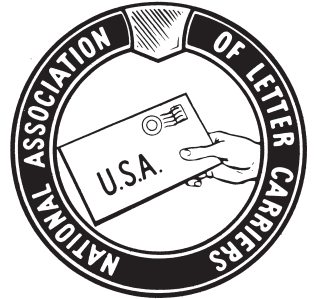
Duane Huse
Camino Media Carrier

Mike Meza
Camino Media Carrier

OUT THERE



Paul Hernandez Retires!!!



Paul Hernandez finishes out his last day actually delivering mail!

On February 1st, Hillcrest station celebrated Paul Hernandez's retirement with a great Hillcrest potluck.

Paul aka "Pully Wally", "Chino", or "Samo Samo" as he was known, was a very dedicated Carrier. He would always show up early to work. He came early for his coffee and to give Ramona, our clerk, a bad time. Paul never called in sick. He had certain songs that he would always yell out.

I would like to thank Paul for sharing his potato chips. He always had a big bag at his case, and everyone who passed by his case would help themselves.

He has been gone for a couple of weeks and we have noticed how much quieter it has been. I will miss fighting with him.

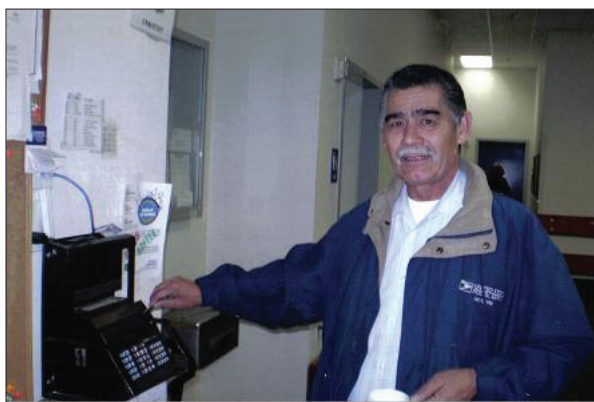
We will miss you, but we also wish you the best of years to come!

Yea Yea
SALLY HERRERA



Karen Bert presents a bouquet to Paul.

Seniority Date:
5/1/76



Paul Hernandez joins the "Last Punch Bunch!"

Retirement Party

Paul "Chino" Hernandez

7:00 P.M. March 8, 2008
Golden West Casino

Dinner, Poker, Dancing

Contact: Connie Crimmins
(661) 873-7193

What I Loved about Paul...

PAUL HERNANDEZ WAS MY LETTER CARRIER FOR ABOUT 13 YEARS AND HE WAS A GREAT MAIL CARRIER.

BUT AT WORK HE GAVE ME A HARD TIME MORE THAN ONCE DURING OUR MORNINGS TOGETHER ON THE WORK ROOM FLOOR. I WAS HURT SEVERAL YEARS AGO AND PAUL TOLD ME I WAS JOINING THE RANKS OF THE SICK LAME AND LAZY.

FRED DREW THE PERFECT CARTOON FOR ME AS YOU CAN SEE.

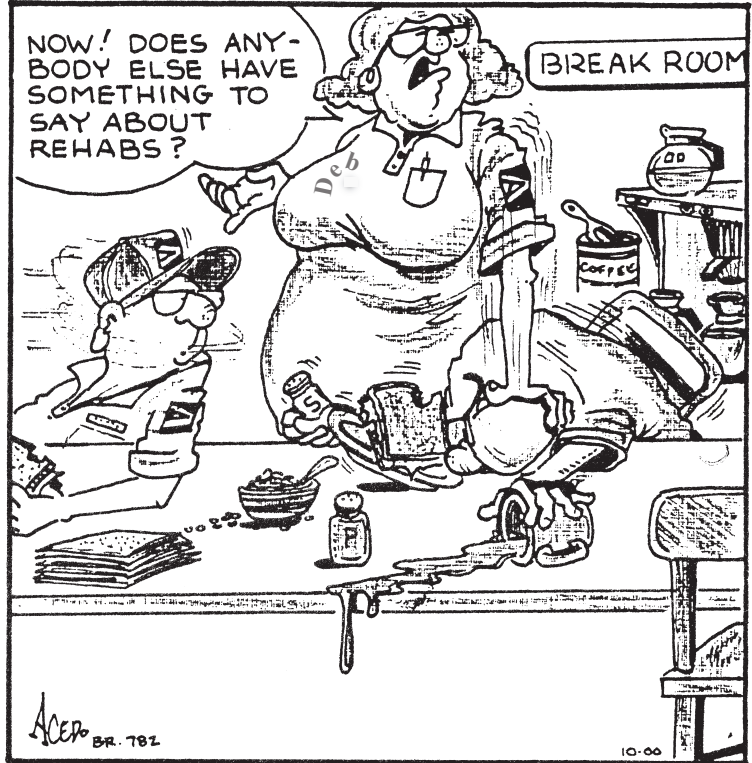
PAUL, YOU'D BETTER BE CAREFUL WHO YOU MAKE FUN OF BECAUSE IF I HAD HAD THE CHANCE TO DO THIS TO YOU I PROBABLY WOULD HAVE.

PAUL ALSO WOULD SAY HE NEEDED SOMEONE TO WALK ON HIS BACK, AND I OFFERED MANY TIMES BUT I GUESS HE THOUGHT HE WOULD NEVER GET BACK UP IF I DID. ALL KIDDING ASIDE HAVE A GREAT RETIREMENT.

DEBBIE WILLIAMS

BAZIL, HERE ARE A FEW WORDS YOU CAN PUT WITH THE CARTOON. COULD YOU PUT OUR NAMES ON THE CARTOON? THANKS

OUT THERE



This Fred Acedo "Out There" cartoon, inspired by observing the relationship between Debbie Williams and Paul Hernandez, was originally published in the NALC Branch 782 January 2001 *E.A. BAKER UNION UPDATE*



Above: Paul, Ozzy Ruiz and Carol Newton

Left: Opening present with Vince Gonzalez and Peggy Merjil watching.

Congratulations, Paul!!!

2008



Battle of the Stations Champions!!!

The BowlFrogs

*Diane Ryder
Glen Ryder
Chris Mesa
Ed Vinson*



Lane #1		Lane #2	Camino	Lane #3	Dole Ct
Taft's Finest	(20th pl.)	We're Unbelievable (Last Place)		Brittany Spares	(21st pl.)
	Game		Game		Game
Bobby Krier	#1 448	Silvia Contreras	#1 318	Lucinda Martinez	#1 428
David Velasquez	#2 402	Tammy Foshee	#2 313	Jennifer Gonzalez	#2 452
Barbara Buck	#3 465	Gina Garcia	#3 300	Jason Munoz	#3 392
Upjinder Singh	Avg. 438	Linda Arroyo	Avg. 310	Paul Hernandez	Avg. 424
Lane #4	South	Lane #5	Auburn	Lane #6	South
Tommy & The J's (8th pl)		Cotton Candy on a Stick (18th)		Strike Masters (3rd pl.)	
	Game		Game		Game
Tommy Herrera	#1 447	Patti Arismendez	#1 410	Les Shaw	#1 638
Jordan Merino	#2 585	Shari Coronado	#2 488	Andrew Garcia	#2 611
John Rosso	#3 560	Bernadine Maestas	#3 468	Mike Zaragoza	#3 648
Joe Dangler	Avg. 530	John Vasquez	Avg. 455	Ralph Ramirez	Avg. 632
Lane #7	Stockdale	Lane #8	Delano	Lane #9	Shafter
Yo Mama! (7th pl)		Strike It Like its Hot (13th pl)		Split Happens (6th pl)	
	Game		Game		Game
James Flores	#1 525	Serina Ornelaz	#1 480	Carmen Vizzard	#1 488
Billy Herrera	#2 554	Cindy Deleon #	#2 525	Norma Hamer	#2 555
Anthony Zuniga	#3 541	Sonia Calderon	#3 462	Junior Vaquera	#3 610
John Hardin	Avg. 540	George Soriano	Avg. 489	Russ Tweedy	Avg. 551

Lane #10	Auburn	Lane #11	Camino	Lane #12	Brundage
7-10 Split (4th pl)		Can't Touch This (12th pl)		The Misfits (15th)	
	Game		Game		Game
Pam Smith	#1 579	Ray Moya	#1 559	Mable Bullis	#1 554
Ronnie Mireles	#2 579	Mike Meza	#2 471	Ruben Gonzales	#2 438
Roel Alaniz	#3 588	Cesar Rivera	#3 481	Franciso Herrera	#3 418
Paul Dietz	Avg. 582	Dave Lewis	Avg. 504	Enoch Moya	Avg. 466

Lane #13	South	Lane #14	Stockdale	Lane #15	Downtown
Gutter Girls (25th pl)		Fab 4 (5th pl)		Right Cross (11th pl)	
	Game		Game		Game
Sheila Wiley	#1 366	Brian Davis	#1 520	Debbie Anderson	#1 562
Melissa Kelly	#2 324	Steve Blant	#2 619	Lorraine Clemmon	#2 509
Anita Certuche	#3 418	John Ortega	#3 603	Sabrina Bonilla	#3 457
Diane Thoms	Avg. 369	Angel Vega	Avg. 580	Art Evans	Avg. 509.3

Lane #16	Rural Dole Ct	Lane #17	East Bakersfield	Lane #18	Auburn
The R.C.'s (10th pl)		Peaches and Herbs (2nd pl.)		2 Cute Chicks & 2 Old Goats (14th)	
	Game		Game		Game
Sonia Camacho	#1 490	Joy Cordova	#1 699	Peggy Merjil	#1 513
Catrina Mebane	#2 534	George Vaquera	#2 591	Isabel Bentacourt	#2 442
Lisa Wescott	#3 505	Brian Shellcross	#3 624	Ralph Clyburn	#3 476
Tony	Avg. 509.6	Jeff Harrington	Avg. 638	Paul Hernandez	Avg. 477

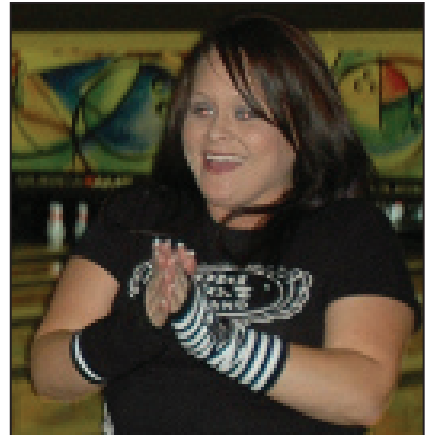
Lane #19	Stockdale	Lane #20	Dole/DownTown	Lane #21	Taft
3971 Psychos (19th pl)		4584's (9th pl)		3 1/2 Girls (16th pl)	
	Game		Game		Game
Hutchinson	#1 495	Tina Phillips	#1 411	Debbie McClain	#2 499
Vanessa Sorano	#2 432	Manuel Davis	#2 526	Christina Sanchez	#3 470
Steve Friedle	#3 498	Tim Bettis	#3 548	Paul Olivarez	Avg. 460
Alex Dang	Avg. 449	Tony Esquivel	Avg. 523		

Lane #22	Dole Ct.	Lane #23	Brundage	Lane #24	South
Alley Cats (23rd pl)		D-Vas (22nd pl)		Dangerous Dames (17th pl)	
	Game		Game		Game
Kelly Reyes	#1 368	Rosie Padilla	#1 401	Denise Dilley	#1 443
Cindy Jimenez	#2 461	Yvonne Esquivel	#2 422	Kellie Martinez	#2 456
Teresa Garcia	#3 366	Chalene Cantu	#3 447	Tasha Boone	#3 474
Nick Roberts	Avg. 398	Maria Gutierrez	Avg. 423	Vi Garcia	Avg. 457

Lane #25 Auburn	Lane #26 Stockdale
Powerhouse 4 (24th pl)	BowlFrogs (CHAMPIONS)
	Game
Karen Burke	#1 394
Nicole Aranda	#2 440
Michelle Henry	#3 337
Allen Connors	Avg. 390
	Game
Diane Ryder	#1 739
Glen Ryder	#2 634
Chris Mesa	#3 683
Ed Vinson	Avg. 685



*Turn the page for
more pictures...*



Congratulations to everyone!!!



Top Male Bowlers

Ed Vinton (Stockdale) 219 avg.
Jeff Harrington (East) 209 avg.
Chris Mesa (Dole ct) 188 avg.
Ralph Rameriz (South) 185 avg.

Top Female Bowlers

Pam Smith (Auburn) 160 avg.
Cindy Deleon (Delano) 154 avg.
Lorraine Clemmons (DwnTwn) 151 avg.
Denise Dilley (South) 149 avg.

Top Male Single Game score

Ed Vinton - 269
Jeff Harrington - 268
Chris Mesa - 212
Ralph Clyburn - 203

Top Female single game score

Pam Smith - 187
Cindy Deleon - 174
Lorraine Clemmons - 171
Denise Dilley - 166



from the
editor-guy

Quite a variety of events are covered this month: a story about Melissa Kelly which should make all of feel proud; pictures of members just beginning their postal careers; Paul Hernandez—as he ends his; a really insightful article about heart attacks; the 2008 Battle of the Stations, and some other good information, too.

That's what I do as the Branch 782 Editor-guy. I try to share things with you.

And, because life, at its core, is *always* a series of transitions, I'd like to share something else with you.

I was delivering in the Valley Plaza Mall about four or five months ago when I thought I heard someone calling my name. Turning around, I didn't really notice anyone waving at me or trying to catch my eye. But I did see a guy in a wheel chair...

He was bald. Covered by some blankets, he looked really small. At first, I didn't recognize him.

Then I saw his eyes. They were kind of crinkling with a sense of humor...and, with some hesitancy, I asked, "Kelsey?"

His grin got huge.

We talked for a few minutes and he told me that cancer—and the chemo and radiation—was really kickin' his butt. But, he still seemed upbeat. The friend who was pushing the wheel chair told me that he was having a pretty good day that day.

Although I never worked in a unit with Gary, I used to often see him when I was working as an NALC District DPS Coordinator in the 1990's. He would always have something humorous or sarcastic to say about whatever was going on at the time.

Although I couldn't stay for long, I did drop by his retirement party at Vinny's on Union Avenue. Kelsey told me that he had dropped a few hundred dollars with the bartender and told him that people could enjoy themselves until the money ran out.

I stopped the Branch office on February 1 to drop something off. Ray Scroggins, who happened to still be working at the office when I showed up, told me he had missed Kelsey's funeral the day before. That meant that I had missed the funeral, too...

BASIL ZUNIGA

Gary had a joy for life!

I first met Gary while driving shuttle truck. He was quite the character!

He always made work fun.

The shuttle drivers would always get talked to about too many of us parked on Airport Drive.


That's because five or six of us would meet at the Notty Pine restarant every single morning after our second dispatch to have breakfast.

I will miss Gary and his joy for life!

DANNY BLAIR

Gary Howard Kelsey "Kelsey"
Feb. 3, 1946 - Jan. 23, 2008

"THIS IS FOR MY GOOD FRIEND GARY"
Kelsey slipped away at 2:05 a.m. on January 23, 2008 after a courageous battle with cancer.




Please join us for a memorial celebration at Mish Funeral Home (120 Minner Ave.) on January 31, 2008, at 11:00 a.m.

Gary was preceded in death by his wife, Sandra, also his mother and father, Howard and Esther. Survivors include: son and daughter-in-law, John and Michelle; grandchildren, Kayla and Megan; sister, Doris; brothers, Bob and Kenny; mother-in-law, Winona Hewett; numerous cousins, nieces and nephews; and all of Kelsey's Girls who came to help...you are all true angels. Kelsey had a couple of good friends in Dennis and Rick, plus all his many other friends...just too many to mention!

There will be an after service celebration at one of Kelsey's favorite watering holes, Vinny's Bar and Grill, 2700 S. Union.

"Thank you for being a friend."

www.dignitymemorial.com



MISH
Funeral Home-Oildale

FD Lic.#1068 www.bakersfield.com/obits



Branch Officers

President	Mike Towery	(661) 331-9171
Vice-President	Darryl Holderman	(661) 589-1683
Recording Secretary	Kim Gerdes	(661) 834-2059
Treasurer	Molly Biggar	(661) 832-0393
Financial Secretary	Anita Holderman	(661) 589-1683
HBP & MBA	Mark Ramirez	(661) 834-5011
Sargeant-at-Arms	Jerry Patterson	(661) 203-9718
Chief Trustee	Danny Blair	(661) 397-8107
Trustee	Bill Curtis	(661) 323-1107
Trustee	Lucinda Martinez	(661) 325-5526

E.A. BAKER UNION UPDATE is published monthly by Merged Branch 782 of the National Association of Letter Carriers, AFL-CIO.

The opinions expressed in this publication are those of the writer and are not necessarily those of the publication staff or of the Officers of the Branch.

The information contained in this publication is true and complete to our best knowledge. All recommendations, on equipment and procedures are made without guarantees on the part of the authors or of the organization. Because the quality of equipment, services and methods are beyond our control, the organization and its publication authors disclaim all liability incurred in connection with use of this information.

Information in this publication may not be used for illegal purposes.

We invite all members to contribute articles for publication. Copy, if possible, should be double-spaced (but doesn't have to be) but **MUST** be signed by the contributor.

The Editor retains the right to edit, delete, or reject the article for the good of the Branch (and even this is subject to persuasion).

In the hope that material contained herein may be of benefit to the goals of the National Association of Letter Carriers, permission is hereby granted to other NALC Branches to copy or use material and/or cartoons promulgated in this publication with our best wishes...but remember to cite/give us some credit.

Basil Zuniga, Editor-guy
(661) 397-4330
brziii@aol.com

J. Munoz, Assistant Editor
(661) 325-5526

The "S.A.N.E."*
Fred Acedo, Cartoonist
*(Special Assistant Newsletter Editor)
P.O. Box 6532
Bakersfield, CA 93386-6532

Branch Photographer
Jay Eclarinal

**Branch 782
Website**

www.782nalc.com

Rick Plummer

webmaster@www.782nalc.com

NALC Branch 782 Shop Stewards

Avenal (93203)	Vacant	
Arvin (93209)	Vacant	
Delano (93215)	Jerry Patterson	(661) 599-6859
Lamont (93241)	Vacant	
McFarland (93250)	Steve Carter	(661) 325-5526
Shafter (93263)	Jerry Patterson	(661) 599-6859
Taft (93268)	Vacant	
Wasco (93280)	Mabel Lyons	(661) 325-5526
Downtown Station (93301)	Kim Gerdes	(661) 834-2059
Downtown Station Alternate	Vacant	
South Station (93304)	Darryl Holderman	(661) 589-1683
South Station Alternate	Bonita Lewis	(661) 589-1683
East Bakersfield (93305)	Teresa Ortega	(661) 201-3086
Hillcrest Station (93306)	Pam Smith	(661) 325-5526
Brundage Station (93307)	Emma Gonzalez	(661) 834-8658
Dole Court (93308)	Mike Towery	(661) 862-8033
Dole Court Alternate	Debbie Guillet	(661) 542-4975
Stockdale Station (93309)	Randy Courson	(661) 381-0798
Stockdale Station (93309)	John Ortega	(661) 809-8140
Camino Media (93311/13)	Mike Meza	(805) 664-7014
Camino Media Alternate	Teresa Ortega	(661) 201-3086
Mojave (93501)	Vacant	
California City (93504)	Paula Hogg	(760) 373-8963
Tehachapi (93561)	Mary Morphis	(661) 822-6614
Trona (93562)	Vacant	
Boron (93516)	Paula Hogg	(760) 373-8963
Ridgecrest (93555)	Lynnell Howell	(760) 371-1039



Brookfield Uniforms
UNION MADE

Featuring *Thorogood and Rocky Shoes*

JUDE BARNARD
Sales Representative

CALIFORNIA CITY CA

PHONE: (760) 373-3281

National Association of Letter Carriers
"Golden Empire" Merged Branch 782
• 2628 "F" Street
Bakersfield, California 93301
(661) 325-5526

Non-Profit Organization
U.S. Postage
PAID
Bakersfield, California
Permit Number 32

ADDRESS SERVICE REQUESTED

**General Meeting
Tuesday
February 26, 2008
7:30 p.m.**

**Branch 782 Office
2628 F Street
Bakersfield, CA**

TIME-VALUE MAIL—PLEASE EXPEDITE

We are repeatedly told that the only thing that the USPS has to offer is Service. Most Customers recognize that the best possible product we offer is provided when the "Regular" is on a route. Customer service suffers when

OUT THERE



the Regular is away.

Since Bakersfield Plant Manager John Bragg retired in 2003—after serving some ten years in that capacity*—twenty-one managers have rotated in and out.

Hmmm....

* The first few years of his assignment was in a position subordinate to the Postmaster. USPS reorganization made Postmaster and Plant Manager equals.