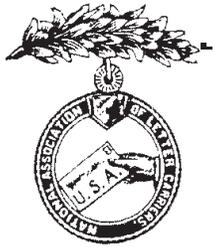


National Association of Letter Carriers

Branch 782

E.A. Baker Union Update



ARVIN
CALIFORNIA CITY
McFARLAND
TAFT

AVENAL
DELANO
MOJAVE
TEHACHAPI

BAKERSFIELD
EDWARDS AFB
RIDGECREST
TRONA

BORON
LAMONT
SHAFTER
WASCO

CHARTERED FEBRUARY 25, 1901

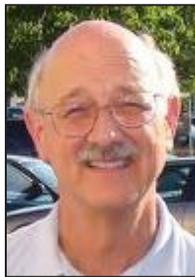


NUMBER 4

WEB VERSION

APRIL 2020

at the
Mike:



DUE TO THE CONTINUING COVID-19 PANDEMIC, AND FOR THE SAFETY AND HEALTH OF ACTIVE AND RETIRED LETTER CARRIERS AND THEIR FAMILIES, IT IS NECESSARY TO CANCEL THE GENERAL MEMBERSHIP MEETING SCHEDULED FOR WEDNESDAY, APRIL 22

This cancellation is being done in accordance with the dispensation granted by NALC President Fredric V. Rolando in a letter dated March 11, 2020.

On behalf of Branch 782 members, I want to wish deepest sympathies and condolences to the families, friends and co-workers of the following National Association of Letter Carriers members who passed away from complications related to COVID-19: 63-year-old Frank Leong, 50-year-old Rakkhon Kim, 51-year old Martin Harris and 69-year old Johnny Tamayo.

Brother Leong was a member of Branch 36 in New York City. He was a 25-year Letter Carrier who worked at Church Street Station in Manhattan.

Brother Rakkhon Kim, also a member of Branch 36 in New York City, was a resident of Northvale, NJ and worked at the West Farms Station of the Bronx, NY Post Office. He recently celebrated his 23-year anniversary as a Letter Carrier in November.

Brother Harris, a 23-year Letter Carrier and a member of Branch 693 in Scarsdale, NY, also passed away April 5 from complications related to COVID-19.

Brother Tamayo was a member of Branch 3867 in Pasadena, TX who passed away Saturday, April 4, He worked at the Delbert L. Atkinson Station of the Pasadena Post Office. *Last May, he celebrated his 50-year anniversary as a Letter Carrier.*

Latest Covid-19 updates from the NALC? See the national NALC website. Also, stay in touch with your Branch 782 Officers if you have questions!

Continued from back cover...

overwhelming vote of 309-106, including 87 Republicans voting in favor. President Trump should urge the Senate to pass the bipartisan Senate companion bill (S. 2965), introduced by Sen. Steve Daines (R-MT), and sign it into law.

The President has been told by private shippers and others that that the Postal Service underprices its delivery services for e-commerce packages from Amazon and other internet companies. This is not true. By law, each of the Postal Service's competitive products must earn "profits" to cover the cost of universal service. In 2019, the USPS surplus on package services was \$8.3 billion, an amount verified by its regulator, the Postal Regulatory Commission.

The President is being fed bad information, often at the behest of private shipping companies with a commercial ax to grind against the Postal Service, which is committed to public service, not commercial profits.

The Postal Service's shipping services are affordable because it has the best and most efficient last-mile delivery network in the country, linking 160 million households and businesses every day of the week. The President is right that the Postal Service has routes established in every nook and cranny in America, and because it is delivering letters, flyers, newspapers and prescriptions to every door every day, it can deliver packages very cost effectively. That benefits every American, but it also benefits the private companies (UPS, FedEx and Amazon) who rely on the Postal Service for last mile delivery.

The President has suggested that the Postal Service should raise its prices on Package Delivery. While his revenue-raising intentions are well placed, the result of such a policy would more likely lead to the loss of competitive volume and higher prices for average Americans. Such a scenario would harm all American consumers and millions of small businesses who rely on the Post Office, especially those living and operating in rural states and inner cities that are not well served by private shipping companies, such as Amazon.

Ironically, allowing the Postal Service to fail would essentially divert business to Amazon and other higher-priced private companies, none of which can replicate the Postal Service's universal first- and last-mile delivery network. Unlike private companies, the Postal Service delivers to every home and business at affordable prices.

The pandemic is threatening the Postal Service at a time when its affordable, universal reach is needed more than ever. Last week, USPS delivered President Trump's guidelines for social

distancing to every American household. Even as letter volume has plummeted in recent weeks, package deliveries have spiked as millions of Americans, sheltering in place to stop the spread of the deadly COVID-19 virus, order goods online. The Postal Service must also be there for us when self-administered tests and therapeutic drugs are developed to combat the virus.

The Postal Service, the heart of the \$1.6 trillion mailing industry that employs 7 million Americans, will also be crucial for economic recovery. It will deliver stimulus checks to the tens of millions who don't have bank accounts or who have not given bank information to the IRS. Once the crisis is over, the country and its businesses will need the Postal Service to restore the economy. Indeed, in normal times, the USPS delivers 4 million prescriptions to American households. A third of all household bills are still paid through the mail, and millions of small businesses and household-based merchants rely on the Postal Service for package delivery, invoicing and payments.

The Postal Service is not a partisan institution; it operates in every corner of this country and it has hundreds of thousands of workers -- Democrats, Republicans and Independents -- who are committed to serving all the American people and their businesses. It is the largest employer in many states and a deeply embedded part of virtually every American community.

The Postal Service is by far the most trusted and most loved federal agency. It has a 90 percent favorability rating, according to a recent Pew Trust survey. Congress and the President should take action to preserve this national treasure.

Although the Postal Service has not required any taxpayer subsidies since the early 1980s, it does need taxpayer help right now. Congress should provide an immediate injection of cash and commit to cover the Postal Service's losses over the next fiscal year, appropriating the difference between revenues and costs until the crisis passes. For most of its history (from 1775, when Benjamin Franklin was Postmaster General, all the way up to 1970), the Postal Service was funded by taxpayers and postage. A temporary return to this dual-funding structure is vitally needed right now. It would be a tragedy to let this pandemic kill such an important and essential American institution.

It would also be an insult to the 600 postal employees who have already contracted the virus while performing their essential duties – and to the 6,000 who are currently quarantined and those who have lost their lives to the COVID-19 virus. We urge President Trump and the entire Congress to work together on commonsense policies to ensure the continued operations of the U.S. Postal Service through this crisis.

Source — <https://www.nalc.org/news/nalc-updates/president-trump-is-being-misinformed-about-the-postal-service>

No Minutes from the March 2020 General Meeting. It was cancelled.

FEDERAL EMPLOYEE RIGHTS

PAID SICK LEAVE AND EXPANDED FAMILY AND MEDICAL LEAVE UNDER THE FAMILIES FIRST CORONAVIRUS RESPONSE ACT

The **Families First Coronavirus Response Act (FFCRA or Act)** requires the Federal government to provide all of its employees with paid sick leave and, for employees who are covered under Title I of the Family and Medical Leave Act (FMLA), with expanded family and medical leave for specified reasons related to COVID-19. These provisions will apply from April 1, 2020 through December 31, 2020.

► PAID LEAVE ENTITLEMENTS

Generally, the Federal government must provide Federal employees:

Up to two weeks (80 hours, or a part-time employee's two-week equivalent) of paid sick leave based on the higher of their regular rate of pay, or the applicable state or Federal minimum wage, paid at:

- 100% for qualifying reasons #1-3 below, up to \$511 daily and \$5,110 total; and
- ⅔ for qualifying reasons #4 and 6 below, up to \$200 daily and \$2,000 total.

Federal employees including those not covered under Title I of the FMLA can receive either ⅔ of the higher of their regular rate of pay, or the applicable state or Federal minimum wage for the two-week period for qualifying reason #5 below. However, for leave under qualifying reason #5, Federal employees covered under Title I of the FMLA can receive 10 additional weeks of expanded family and medical leave for reason #5 below, up to \$200 daily and \$12,000 total.

A part-time employee is eligible for leave for the number of hours that the employee is normally scheduled to work over that period.

► ELIGIBLE EMPLOYEES

All Federal employees are eligible for up to two weeks of fully or partially paid sick leave for COVID-19 related reasons (see below). *Federal employees who are covered under Title I of the FMLA and have been employed for at least 30 days prior to their leave request are eligible for up to an additional 10 weeks of partially paid expanded family and medical leave for reason #5 below.*

Most federal employees are not covered under Title I of the FMLA and so would not be eligible for partially paid expanded family and medical leave. Please consult with your agency to determine whether you are covered under Title I of the FMLA. The Office of Personnel and Management will issue guidance on this question.

► QUALIFYING REASONS FOR LEAVE RELATED TO COVID-19

A Federal employee is entitled to take leave related to COVID-19 if the employee is unable to work, including unable to **telework**, because the employee:

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. is subject to a Federal, State, or local quarantine or isolation order related to COVID-19; 2. has been advised by a health care provider to self-quarantine related to COVID-19; 3. is experiencing COVID-19 symptoms and is seeking a medical diagnosis; 4. is caring for an individual subject to an order described in (1) or self-quarantine as described in (2); | <ol style="list-style-type: none"> 5. is caring for his or her child whose school or place of care is closed (or child care provider is unavailable) due to COVID-19 related reasons; or 6. is experiencing any other substantially-similar condition specified by the U.S. Department of Health and Human Services. |
|--|--|

► ENFORCEMENT

The U.S. Department of Labor's Wage and Hour Division (WHD) has the authority to investigate and enforce compliance with the FFCRA for Federal employers covered under Title I of the FMLA. Employers may not discharge, discipline, or otherwise discriminate against any employee who lawfully takes paid sick leave or expanded family and medical leave under the FFCRA, files a complaint, or institutes a proceeding under or related to this Act. Federal employers covered under Title I of the FMLA in violation of the provisions of the FFCRA will be subject to penalties and enforcement by WHD.



WAGE AND HOUR DIVISION
UNITED STATES DEPARTMENT OF LABOR

For additional information
or to file a complaint:

1-866-487-9243

TTY: 1-877-889-5627

dol.gov/agencies/whd



WH1423 REV 03/20

Director of Safety and Health

Coronavirus Q-and-A



**Manuel L.
Peralta Jr.**

In late 2019, the coronavirus disease 2019 (COVID-19) surfaced as a news item. In January, the Centers for Disease Control and Prevention (CDC) established a COVID-19 incident management system and activated its emergency operations system to better provide ongoing support to the COVID-19 response. Their initial information was very limited and as such, the initial information shared by USPS at the Headquarters level also was very limited. Since then, the CDC has ramped up.

In March, I joined a web conference hosted by the National Safety Council (NSC) working with the CDC. The keynote speaker was Ian Williams, Ph.D., who was identified as a deputy incident manager for the

CDC.

As of that briefing, Williams indicated that 650 cases had been identified in 36 states, resulting in 25 deaths. He highlighted a higher risk area in the North Bay area in California and in Seattle, WA. **

Williams went on to address a number of topics and then drew our attention to the information posted by the CDC. The majority of what follows comes directly from the CDC.gov website, and is intended to provide many of our non-computer-using members with that information.

For those of you who are computer users, get on your computer or smartphone and go to the CDC's main page (cdc.gov). You will note that COVID-19 is highlighted as a key item in the "Outbreaks" section. Click on COVID-19, which will take you to the main page for this disease.

The first section identifies the higher risk categories as:

Older adults; people who have serious chronic medical conditions like heart disease; diabetes; and lung disease.

If a COVID 19 outbreak happens in your community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID 19. These actions can slow the spread and reduce the impact of disease.

If you are at higher risk for serious illness from COVID 19 because of your age or because you have a serious long term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

The second section identifies how the disease is spread

(transmission). In that section you will find:

How COVID 19 Spreads

Person to person spread

The virus is thought to spread mainly from person to person—between people who are in close contact with one another (within about 6 feet); through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Can someone spread the virus without being sick?

People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

Spread from contact with contaminated surfaces or objects

It may be possible that a person can get COVID 19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

How easily the virus spreads

How easily a virus spreads from person to person can vary. Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, spreading continually without stopping.

The virus that causes COVID 19 seems to be spreading easily and sustainably in the community ("community spread") in some affected geographic areas.

"Go to cdc.gov and read the information for yourself."

The third section identifies the symptoms to watch for:

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID 19) cases.

The following symptoms may appear 2-14 days after exposure: fever; cough; shortness of breath.

April 2020

The Postal Record

** Latest www.cdc.gov update:

As of April 16, 632,548 cases have been identified in the United States and the U.S. territories. There have been 31,071 deaths. To date, there are a number of hot spots/epicenters. It is encouraging to note that the numbers do seem to be showing a more positive trend. However, this is a situation which is still in flux...

Call your doctor if you develop symptoms, and have been in close contact with a person known to have COVID 19 OR have recently traveled from an area with widespread or ongoing community spread of COVID 19.

The fourth section links you to “Prevention and Treatment,” which includes the following:

Take steps to protect yourself

Clean your hands often. Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

Avoid close contact with people who are sick. Put distance between yourself and other people if COVID 19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others

Stay home if you're sick

Stay home if you are sick, except to get medical care. Cover coughs and sneezes. Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.

Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask if you are sick

If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.

If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops,

handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them: use detergent or soap and water prior to disinfection.

The above information is a limited glimpse of what the CDC has posted; if you go to their website, you will find much more than what is on this page.

After the web conference with the CDC, I went to the Liteblue page, logged in and watched Postmaster General Megan Brennan's video on COVID-19. The message is more comprehensive than what follows, and I encourage you to watch it if your supervisor has not yet shown it to you. But the following is worth repeating:

“The Postal Service is taking this health threat seriously, but we also intend to act calmly and consistently based upon the advice of medical and public health professionals,” Brennan says.

USPS is regularly sharing guidance from the Centers for Disease Control and Prevention (CDC), including listing the actions that people can take to reduce the chances of getting the virus or spreading it.

These actions include washing your hands; avoiding touching your eyes, nose and mouth; and seeking medical care when you feel sick.

“This is something that I particularly want to emphasize — if you are sick, stay home and get well,” Brennan says.

The Postmaster General also says USPS is aware of one employee who has tested positive for COVID 19.

This individual works at the Seattle Network Distribution Center and is believed to have contracted the virus during overseas travel. The employee is recuperating at home, and the Postal Service is working closely with local health authorities, who have told USPS that the current risk to other employees in the same workplace is low.

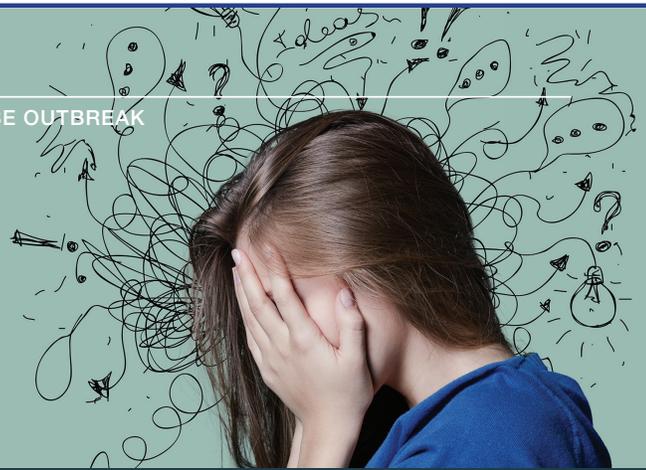
“This is great news and reflects how the response process should work,” Brennan says.

Additionally, she says the Postal Service will continue to update employees often. She encourages them to pay attention to these communications and to follow CDC's guidance. “We want you to be safe and healthy,” Brennan says.

We wish to thank Postmaster General Brennan for encouraging employees to stay home and get well if they are sick. By doing so, she supports the recommendations of the CDC and does the right thing. Her video can be found on the “Safety and Health” page at nalc.org.

Keep an eye on each other.

Everyone experiences anxiety from time to time. With a novel virus now impacting the world, it's understandable to be even more anxious. The following information may help.



Coronavirus

Anxiety

When fear and nervousness surrounding COVID-19 become overwhelming and keep us from doing everyday things, the anxiety may need to be addressed with the help of a mental health professional. You may experience some of the common symptoms below:

- Feelings of dread
- Restlessness or irritability
- Feeling on edge or jumpy
- Expecting the worst to happen
- Racing heartbeat
- Upset stomach
- Headaches, fatigue, insomnia
- Sweating
- Shortness of breath
- Difficulty falling or staying sleep

The physical symptoms of anxiety can easily overlap with other medical conditions. It is important to talk with your doctor to rule out a medical illness. Your doctor may also recommend seeing a mental health professional.

Stress and relaxation techniques are also incredibly helpful in managing anxiety related to COVID-19. The following are common techniques to try:

Deep breathing

The way we breathe is linked to how we feel. When we are relaxed, we breathe slowly. When we are anxious, we breathe more quickly. Try breathing slowly and steadily, inhaling through your nose and exhaling slowly through your mouth.

Progressive muscle relaxation

Our bodies respond automatically to stress by becoming tense. Purposefully relaxing your body influences your mind to do the same. Try slowly tensing and relaxing different muscle groups in your body. Notice the difference between tension and relaxation.

Mindfulness

Most anxiety we experience is focused on the past or the future. Try focusing on the here and now. Mindfulness encourages us to pay attention to the present moment without judging ourselves, others or circumstances. Try noticing your thoughts for 1 minute, but without attaching judgment to them. Let them pass by.

Distraction

While ignoring a problem is never helpful, it can be helpful to simply take a break. Schedule time in your day to focus on activities that relax you. Try watching a movie, listening to a podcast, or going for a walk with a friend.

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: by telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at EAP4YOU.com, through video, by live chat or text message. Reach out to us to learn more about the many options you have to receive support from your Employee Assistance Program.

This material was developed exclusively at the private expense of New Directions Behavioral Health, L.L.C. and constitutes limited rights data/restricted special works consistent with the provisions of the United States Postal Service (USPS) Supplying Principles and Practices. Use of this material is authorized in connection with EAP services provided by New Directions under contract no. 2BMICS-18-0013 and conveys no additional rights.



CALL US TODAY: 800-327-4968
800-EAP-4YOU | TTY: 877-492-7341
WWW.EAP4YOU.COM



March 2020

Dear Colleagues:

During these challenging and unprecedented times, I want to take this opportunity to express my sincere gratitude to you—the dedicated and unwavering employees of the United States Postal Service. While the impact the coronavirus has had upon our nation and our communities cannot be overstated, we will most assuredly overcome this disruption and thrive, again, as we have in the past. I am reminded, however, that it's during troubled times such as these that the crucial role the Postal Service plays in the daily lives of the American people clearly shines through. Our mission to bind the nation together is more important than ever in times of crisis, and is achieved through the tireless efforts and sacrifices of our dedicated employees.

During the last several weeks, the lives of the American people have changed dramatically as the nation responds to the coronavirus pandemic. In the midst of this upheaval, one constant has been, and will continue to be, our commitment to fulfilling the vital mission of the Postal Service. The continued provision of postal services to the American people is designated as an essential federal function, reflecting the criticality of the public service we provide. Whether it be letters or packages containing needed medicine, goods, benefit checks, test kits, or important information, our employees continue to deliver every day for the American people. And, while our customers always appreciate our efforts and commitment to service, these difficult times clearly demonstrate our true value to the fabric of our nation. I have seen how our mere presence brings a sense of comfort to our communities and a feeling that normal times are not far away.

We are working closely with federal, state, and local health authorities to ensure that we provide our essential service in a manner that protects the safety of our employees and the public. We have and will continue to adjust our policies to achieve this goal. If you are feeling sick—such as having a fever or respiratory symptoms—you should stay home and avoid contact with other people except to get medical care. We have partnered with our postal unions and management associations throughout this emerging situation and are working with them to temporarily expand leave options for our employees, including providing sick leave to our noncareer employees and expanding dependent care sick leave to cover child care.

We will also continue to communicate with you through stand-up talks, employee news articles, messages on bulletin boards, and videos, to ensure that you have the most up-to-date information available. Enclosed is a fact sheet from the Centers for Disease Control and Prevention (CDC) that we have shared widely throughout the organization.

It's also important to note that several agencies, including the CDC and the World Health Organization, as well as the U.S. Surgeon General, have all said that there is very low risk that this virus is being spread through mail, which should be a comfort to us all and to our customers.

While all of us support the Postal Service in many different ways, those of you remaining physically present in the communities and serving our customers—whether in our retail offices or in transporting, processing, and delivering goods and services to millions of people or providing mission-critical support across our network during these unprecedented times—are truly binding this nation together. For this I am so proud and thankful, as is the nation.

I have heard it said that a hero is an ordinary individual who finds the strength to persevere during difficult times to serve others, so to me you are all heroes. The strength of the Postal Service is and will always be the professionalism and commitment of our great employees.

Thank you for your continued dedication to our mission.

Sincerely,

A handwritten signature in blue ink that reads "Megan J. Brennan".

Megan J. Brennan

4/12/2020

Stand up on hand sanitizer

From: bccrx@yahoo.com,

To: brziii@aol.com,

Subject: Stand up on hand sanitizer

Date: Mon, Mar 30, 2020 11:07 pm

Attachments:

Stand-Up Talk

March 26, 2020

Temporary Expanded Use of Voyager Card

In response to the COVID-19 pandemic, we have modified operating procedures to increase your safety as you continue to deliver the mail and service our customers. Currently, the voyager card procedures are used only for fuel, repairs and towing. On a temporary basis, US Bank has modified the following purchase restrictions:

- Hand sanitizer is now an approved purchase item. (The CDC recommends using alcohol-based hand sanitizer that contains 60 to 95% alcohol)
- Purchase locations consist of gas stations and auto parts stores.

Please note; major retailers like Walmart and Target will not accept Voyager card as this is considered a fuel purchase card. The only exception to this rule is in Puerto Rico and the Virgin Islands where the card can be used at retail locations.

Please be reminded of COVID-19 helpful tips for staying healthy, by following CDC guidelines and information on Postal Service links:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home when you're sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Wash your hands often with soap and water for at least 20 seconds.
- Use hand sanitizer when soap and water is not readily available.

<https://blue.usps.gov/caweb/ecc-improvement-strategies.htm> and,

<https://liteblue.usps.gov/lite-blue/covid19/welcome.htm>

Thank you for your continuing efforts in providing universal customer service during these challenging times.

Mandatory Stand-Up Talk

April 3, 2020

Interacting with VMF Personnel

As the country deals with Coronavirus Disease (COVID-19), the public relies on the Postal Service more than ever to deliver their products and provide a sense of normalcy in their daily lives.

As a major part of the USPS support infrastructure, Fleet Management — including our Vehicle Maintenance Facilities, or VMFs — is essential in ensuring that our vehicles are operating in a safe and reliable condition.

Providing this essential service often entails interaction with non-VMF personnel. Practice social distancing between VMF and Post Office staff by following the recommended guidance and strategies prescribed by the Centers for Disease Control and Prevention (CDC) along with the measures identified below:

Visiting Vehicle Post Offices (VPOs) or other functions with assigned vehicles:

- Use electronic communication such as email or fax when scheduling vehicle exchanges for service or repair.
- Set up an electronic communication such as email, fax or online survey for vehicle assigned locations, to submit Vehicle Repair Tag, PS-4565.
 - Request detailed information of the vehicle defect to eliminate the need to acquire more details from the vehicle operator.
- Use a drop box (where available) or designate a location where notifications of vehicle exchange (shuttle slips) or repair (signed or stamped completed PS-4565 forms) can be provided.
- Technicians should use spare keys from the VMF instead of acquiring keys from the vehicle location.
- If verbal communication with the Post Office staff is necessary, use a cell phone to call instead of entering the building.
- If entering the vehicle's assigned location is unavoidable, refrain from touching items and practice social distancing by avoiding crowded areas.

The most effective method to limit transmission of COVID-19 is to practice social distancing, good respiratory etiquette and hand hygiene. Wash your hands regularly for at least 20 seconds at a time and cover your mouth when sneezing or coughing, using your elbow or a tissue, then discarding the tissue. When unable to wash hands with soap and water, use 60-percent or higher alcohol-based hand sanitizer.

Your consideration and dedication is appreciated. Thank you for listening.

Mandatory Stand-Up Talk

April 6, 2020

Additional CDC guidance

Cloth face coverings recommended in public settings

Throughout the ongoing Coronavirus Disease 2019 (COVID-19) outbreak, the Postal Service has continued to fulfill its critical mission to bind the nation together. Postal Service employees are working hard across the country to ensure we are there for our customers every day, serving as a lifeline for millions of people.

Your safety and wellness are of primary importance to the Postal Service. We continue to follow the strategies and measures recommended by the Centers for Disease Control and Prevention (CDC).

Today, we want to share information on additional recommendations released by CDC regarding use of cloth face coverings.

According to the newly published guidance, CDC now recommends that people wear cloth face coverings in public settings where other social distancing measures are difficult to maintain, because COVID-19 can spread between people interacting in close proximity.

We strongly encourage all employees to follow CDC's recommendation. If you wish to have a face covering, you may request a surgical mask from your supervisor. Employees also may bring their own personal cloth face coverings to work for use while on duty.

Employees should not rely solely on the use of cloth face coverings to prevent the spread of COVID-19. You should also adhere to social distancing guidelines (6 feet) whenever possible while on delivery routes, at retail counters, and within the postal workplace: in plants, on docks, and in lunch and break rooms.

In addition to social distancing, please remember to follow these CDC recommended prevention methods:

**To all California
NALC Branches,**



CSALC.ORG

**The Online Home
of the California
State Association
of Letter Carriers**

Due to the anticipated spread of the coronavirus, the 56th California State Convention has been

rescheduled. The new dates are Friday, October 23rd and Saturday, October 24th. There will also be a full day of training on Thursday, October 22nd.

The convention will remain at the Wyndham Bayside in San Diego. We must compliment the hotel for working with us to ensure a healthy environment for all of our members who wish to attend. The hotel has informed us that they will do a mass cancellation of all the April and May reservations made in our room block. They will also email notifications of cancellation out to everyone. If you have made reservations and do not receive a cancellation notice within the next two weeks, please contact me (909) 556-3773.

We apologize for any inconvenience that this postponement may cause. But, the health and well being of all of our members is our paramount concern. We hope you understand.

In solidarity,
Harold Kelso
President
California State Association of Letter Carriers

- Avoid close contact with people who are sick.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Stay home when you are sick.
- Cover coughs and sneezes with tissue, then throw tissue in trash.
- Clean and disinfect frequently touched objects and surfaces.
- Wash hands often with soap and water for at least 20 seconds.
- Use a 60-percent alcohol-based hand sanitizer.

The Postal Service provides an essential service to our nation. Customers are expressing their gratitude to us in every community we serve.

Taking steps to stay healthy and well means we can continue to be a stable, calming presence across the country.

Thank you for everything you are doing for our customers.

USPS standup info courtesy of the NALC website — <https://www.nalc.org/>

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

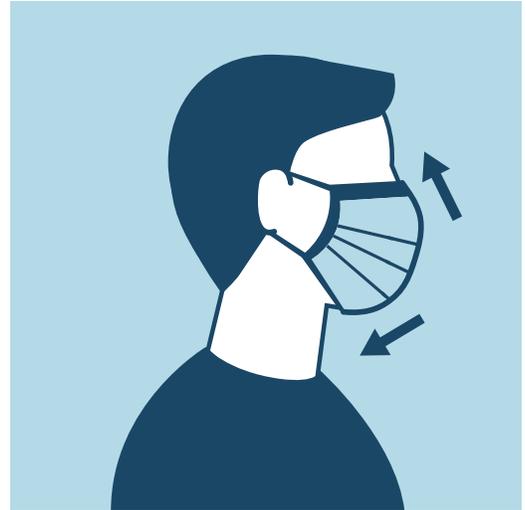
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



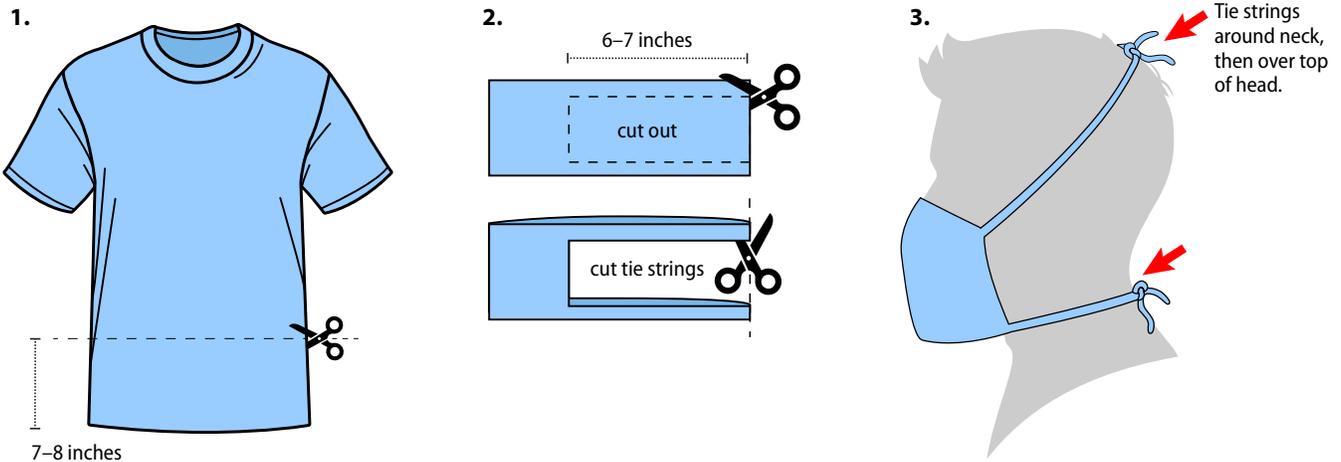
cdc.gov/coronavirus

Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

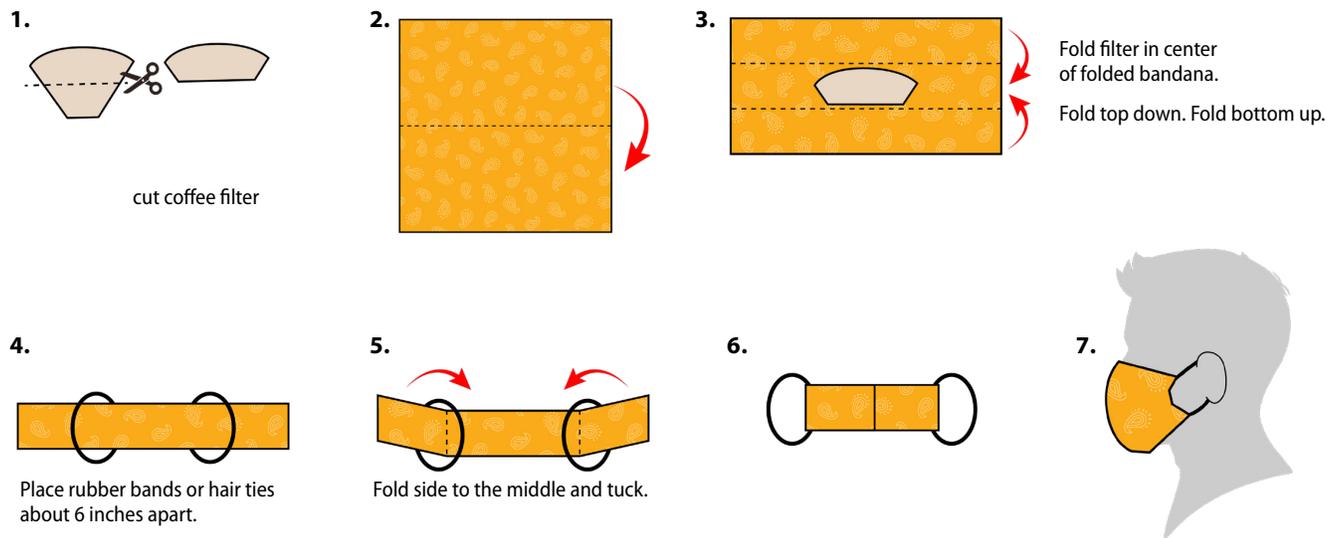


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



I Went to the Doctor

by John D Kunz, NALC Branch 82 Chief Steward

Recently I went to the doctor because I was experiencing symptoms of a respiratory issue. I felt a little wheezing in my breathing, and my lungs kind of hurt when I breathed in and out. Also, I felt a lump in my throat when I swallowed. I called my doctor and made an appointment to be seen. When I arrived, the clinic was closed off, and a desk with gowned and masked staff was outside in front of the door.

I approached the desk, and they immediately asked if I had an appointment and what was I being seen for. I told them yes I had an appointment, and I was having wheezing and discomfort when I breathed. They asked me 4 questions:

Are you running a fever?

Are you coughing?

Are you having respiratory issues, like having a hard time breathing?

Have you been out of the country recently?



I said no to all questions except #3. They immediately gave me a mask and made me put it on and told me I could enter. As I walked down the corridor to the office, several medical staff were lined along the way. Each one asked me where I was going and if I knew where to go. I arrived at the office. The waiting room chairs were separated by 6 feet. I was taken into one of the rooms, and a gowned and masked nurse took my vitals which included my temperature (normal), blood pressure (a little high but normal), and my oxygen level (normal). The nurse told me the doctor would see me shortly. The doctor entered and asked me about my symptoms and looked in my ears, mouth, and listened to my breathing. She then asked me the same 4 questions, which I answered the same as previously. She informed me that if I had those symptoms, I would have been sent across the street to the hospital where they had a tent set up outside. I would then be tested for COVID-19. I did not have all of those symptoms and my lungs were clear, according to my doctor.

I was not tested for COVID-19. The reason I was not tested is because they do not have enough tests. They are only testing people who have the symptoms. This is my reality. Right now I have no idea whether I have the virus or not. I

am scared like everyone else; I don't want to be infected or infect anyone. I am paranoid too. Every cough, runny nose, or uncomfortable feeling I have is associated with this pandemic. All of this has created stress in my life and family. There is no cure, and we have no idea how long this has been in our communities or will be. WE ARE ALL IN THIS TOGETHER.

We need certain people to work during this pandemic. They are called essential employees. They include doctors, nurses, hospital staff, pharmacists, firefighters, paramedics, police, military personnel, grocery food workers, truck drivers, farmers, banks, and you postal workers. Without any of these employees, the world would shut down. We are not there yet, and hopefully we never will be. Every day, I come to work and face the same fears and paranoia as probably everyone is experiencing. I am essential

to this country and my family and this is what keeps me going. I have a role in making things run that have to keep running. I am not sick right now and do not have symptoms of COVID-19. If I get the symptoms, I will see a doctor and follow their guidelines.

In the meantime I practice precautionary measures. I wash my hands 20-30 times a day, and I constantly disinfect everything in my house and office. I use hand sanitizer and practice safe distance from people.

I do not shake people's hands, and I try not to touch my face. I implore all carriers to do the same. Also gloves and masks are available to any carrier who wants one. Please do not hoard these items because they are in very short supply everywhere. When you get home from work, shower and wash your clothes. These are the tools we have to protect ourselves.

If you get sick, stay home and see your doctor. Follow the guidelines. Nobody wants COVID-19, and I hope and pray none of you get it. WE ARE ALL IN THIS TOGETHER.

This article is courtesy of the Portland, Oregon NALC Branch 82 B-Mike published in April 2020

The big news is in – 200,000 postal workers represented by the APWU have a new union contract!

Neutral Arbitrator and Interest Arbitration Panel Chair Stephen Goldberg issued his binding decision on the terms of the new union contract between the American Postal Workers Union and the United States Postal Service.

The Award was the product of 20 months of preparation, member and local union input, negotiations, mediation, a strong contract campaign and a well-prepared and presented arbitration case. Thirty-two workers testified about their work. Officers and subject matter experts testified for the union. A team of economists presented our case and rebutted management's presentations for union concessions.

"No interest arbitration is ever totally in favor of one side or the other," said APWU President Mark Dimondstein. "But we have achieved a number of our major goals including retroactive annual pay raises, maintaining of full (and retroactive) COLA, narrowing the gap between the lower and higher career pay scales, the career conversions of thousands of PSEs and maintaining tremendous job security. We should all be proud to be union!"

"We also succeeded in stopping management's deeply concessionary demands to end no-lay protections, increase percentages of non-career employees and create a new lower third tier of career employees," shared Industrial Relations Director Vance Zimmerman. "I want to thank the many officers, witnesses, staff, attorneys, specialists and the members for their many efforts in this long battle that helped bring it to a strong conclusion."

Unless specifically changed by this Award, all rights and benefits in the previous contract carry forward into the new one. These include seniority and bidding rights, protections against unjust discipline, the grievance procedure, annual and sick leave, holiday and overtime pay, health and safety protections and so many of the important rights and benefits won over many decades of struggle.

LENGTH OF CONTRACT

Three Years: September 21, 2018 to September 20, 2021

CAREER EMPLOYEE GENERAL WAGE INCREASES

Three annual general wage increases totaling 3.4% over the life of the Agreement.

- 1.3% effective November 24, 2018 (Retroactive)
- 1.1% effective November 23, 2019 (Retroactive)
- 1% effective November 21, 2020

COST-OF-LIVING ADJUSTMENTS (COLA)

Semiannual COLAs for career employees will continue under the current formula. Management pushed, but failed, to convert COLAs into one-time lump-sum payments.

- * \$624 or \$.30/hour COLA will be applied retroactive to August 31, 2019
- * \$166 or \$.08/hour COLA will be applied retroactive to February 29, 2020

Future COLAs will be applied in September 2020, March 2021 and September 2021

COLAs to date add \$790 annually or \$0.38 per hour to base pay.

The APWU is now the only postal union that has protected and maintained full COLA.

INCREASED COMPENSATION - GENERAL WAGE PLUS COLA INCREASES

Adding the 3.4% in General Wage Increases plus the known COLAs, compensation for a level 6 Step 0 employee will increase \$2,855 over the life of the Agreement. With three additional COLA increases, the total increases over the life of the Agreement will likely come to \$3,600 annually, an increase of about \$1.75 per hour. In addition, those not yet at the top step of the lower career wage scale will gain new step increases with each Step representing an approximate \$.50/hour raise.

This was an arbitrated award. The APWU was seeking 3% over a 4 year contract. The USPS was looking for a 2-year contract with a 1.3% raise. It should be noted that the arbitrator, in his decision, cited the recent Rural Carriers contract. Additional work rules and provisions can be reviewed in the full contract language.

This article was on the APWU website and can be found at the following link — <https://www.apwu.org/news/new-union-contract>

April 06, 2020

Extended Coverage during the COVID-19 Crisis

As a result of the rapidly evolving COVID-19 pandemic, the Plan has made it a priority to remove any barriers that would prevent our members from getting the necessary testing.

Diagnostic Testing for COVID-19

We will now cover physician ordered diagnostic testing at 100% for patients that meet the CDC guidelines for COVID-19. We will also cover the associated office visit at 100%.

Office Visits for COVID-19

High Option members: If you use a PPO provider, your office visit copayment will be waived. If you use a non-PPO provider, we will pay 100% of the Plan's allowance for the office visit.

CDHP/VO Members: If you use a PPO provider, your office visit coinsurance of 20% will be waived. If you use a non-PPO provider, we will pay 100% of the Plan's allowance for the office visit.

Telehealth/Virtual Visits

In addition to the virtual doctor visits available through NALCHBP Telehealth, the Plan will now cover medically necessary online Telehealth Office Visits. This will be effective March 1, 2020 until further notice.

High Option Members:

Cigna PPO Providers – Members have a \$20.00 copayment

Non-PPO Providers – Members have a 30% coinsurance of Plan allowance after satisfying their annual deductible

NALCHBP Telehealth Providers – Members will still have only a \$10 copayment

CDHP/VO Members:

Cigna PPO Providers – Members have a 20% coinsurance of Plan allowance after satisfying their annual deductible

Non-PPO Providers – Members have a 50% coinsurance of Plan allowance after satisfying their annual deductible

NALCHBP Telehealth Providers – Members will still have a 10% coinsurance of Plan allowance after satisfying their annual deductible.

As long as COVID-19 continues to pose a threat, the Plan will maintain focus on how to best serve our members.

Source — <https://www.nalchbp.org/news/extended-coverage-during-the-covid-19-crisis>

To locate a provider in the telehealth network, contact the following:

NALCHBP Telehealth (medical) High Option Members visit www.nalchbptelehealth.org or call 888-541-7706

Telehealth (medical CDHP/Value Option Members) visit www.MDLIVEforCigna.com or call 888-726-3171

TeleMental/Virtual Visits

To ensure that our health plan members affected by COVID-19 have the mental health support and resources they need, you can access TeleMental or Virtual visits rendered by providers such as psychiatrists, psychologists or clinical social workers.

High Option Members:

Optum Network Providers – Members have a \$10.00 copayment

Optum Non-Network Providers – Members have a 30% coinsurance of Plan allowance after satisfying their annual deductible

CDHP/VO Members:

Optum Network Providers - Members have a 10% coinsurance of Plan allowance after satisfying their annual deductible.

Optum Non-Network Providers - Members have a 50% coinsurance of Plan allowance after satisfying their annual deductible

To locate a provider in the TeleMental health network, contact the following:

TeleMental/Virtual Visits for High Option Members visit liveandworkwell.com (Access code 877-468-1016) or call 877-468-1016

TeleMental/Virtual Visits for CDHP/Value Option Members visit MyCigna.com or call 855-511-1893

Prescription Benefits

CVS Pharmacy is now offering the option of home delivery, where available, of all prescription medications at no charge. We are also waiving early refill limits on 30-day prescriptions for maintenance medication prescriptions ahead of their normal fill schedule. Please take advantage of our 90-day prescription benefit for maintenance medications and be sure to refill any eligible 90-day maintenance medications to be sure that you stay adherent during this pandemic.

2020 NALC HBP Info

At a glance...



NALC Health Benefit Plan
 *Hospital Pre-Certification 1-888-636-6252
 Mental & Substance Precertification 1-877-220-6252
 Prescription Drug Program 1-877-468-1016
 CVS/Caremark Specialty Pharmacy 1-800-933-6252
 Durable Medical Equipment 1-800-237-2767
 "24/7 Nurse Hotline" 1-855-511-1893
 CVS/CareMark Pharmacist 1-877-220-6252
 Solutions for Caregivers (24/7) 1-888-636-6252
 CIGNA PPO Locator Line 1-877-468-1016
 CIGNA Organ Transplant Approval 1-877-220-6252
 Quit for Life (Tobacco Cessation) 1-800-668-9682
 CIGNA Health Rewards (Discounts) 1-866-784-8454
CIGNA Plus (Dental Discount) 1-800-558-9443
1-877-521-0244
 Disease Management Program 1-800-227-3728
 OPM Retirement Info Center 1-888-767-6738
 Federal Information Center 1-800-333-4636
 Social Security Administration Info 1-800-772-1213
 PostalEase Human Resources USPS 1-877-477-3273
 Quest Lab Services (Bakersfield) (661) 631-8520
 LabCorp Lab Services Bakersfield (661) 631-9258
Shared Services Option 5 live person **1-877-477-3273**
 Medicare 1-800-633-4227
 Suicide Hotline 1-800-784-2433
 Suicide?? Talk With Someone... 1-800-273-8255

NALC Health Benefit Plan
 20547 Waverly Court
 Ashburn, Virginia 20149

NALC Prescription Mail Order Drug Program
 P.O. Box 94467
 Palatine, Illinois 60094-4467

NALC Drug Prescription "Claims" Filing
 P.O. Box 521926
 Phoenix, Arizona 85072-2192

OptumHealth Behavioral Solutions
 P.O. Box 30755
 Salt Lake City, Utah 84130-0755
 Questions: 1-877-468-1016

NALC Consumer Driven Health Plan and Value Option*
 P.O. Box 18223
 Chattanooga, TN 37422-7223
 Phone: 1-855-511-1893

* Call for approvals Organ Transplants,
 DME Surgeries InPatient

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

PPO Deductible: Per Calendar Year
 \$300 "Individual"
 \$600 "Self & Family" or "Self Plus One"

Many immunizations are Free (Adult/Child) when
 administered at a PPO pharmacy/facility.
 Some will require a prescription from the Doctor.

**Extended Coverage during
 the COVID-19 Crisis**
 Details on Page 16

*Our PPO doctors and facilities—through (OAP Network)
 CIGNA—save us and the Plan thousands of dollars
 and it is top notch care at a discount rate. You don't lose
 anything! You are saving money for the best care!!!*

MARK RAMIREZ
 NALC Branch 782 Health Benefit Plan Representative

(661) 204-5592

***You are advised to go to an Urgent
 Care facility before you go to the
 Emergency Room! It will save you
 money and should be much safer!!***

URGENT CARE FACILITIES:

Sendas Urgent Care
 9450 Ming Ave. 93311
 (661) 587-2500

Accelerated Urgent Care
 9710 Brimhall Rd. 93312
 (661) 829-6747

Call Mark Ramirez to ask about other locations.

Congratulations, Everett Jennings!!!

Everett Jennings had his knee replaced on March 26, 2019. At that time, his future was geared at doing the required therapy so that he could return to work as soon as possible.

One year later, and after using an entire year of Sick Leave, he retired on March 27, 2020 with thirty-three years invested as a Letter Carrier in two separate cities (Compton, California and Bakersfield).

Everett's last day is a source of a little humor. He decided that he was going to report to Camino Media and officially clock out. He discovered something when he put on his pants: "They shrunk in the last year I'd been on sick leave!" (They did fit well enough that his pictures at his station looked good.)

He was also surprised when he showed up at his unit. He brought a box of donuts to share with everyone, but he was astounded to find that the station had organized a potluck to honor his retirement. Greg Clines and Sylvia Contreras even came in on their day off to wish him well!

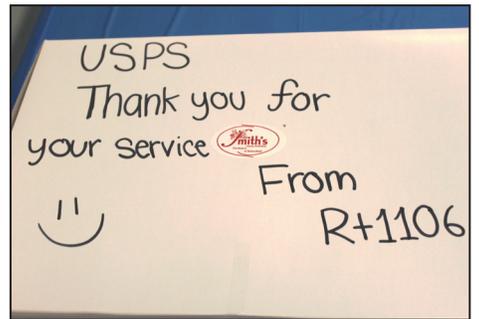
When asked about his retirement plans, it with some sadness that he shared his disappointment about something.

Everett had planned to attend the Las Vegas "World Deaf Expo" in July. There was to be a designated location for postal employees to gather. He had been really looking forward to finally meeting some other deaf Letter Carriers he's been communicating with.

Then, the coronavirus upended plans and events for everyone everywhere!

Everett knows that, when everything settles down, he is going to travel and visit with family and friends.

The sendoff that he got on his last day is going to be quite a springboard to do that. Everett walks out the door having had the opportunity to find many friends through the years. Through the years, he's heard that he won't miss the work. That is true. *It is also true that he will miss the people!!*





These pictures — once again — are courtesy of our Branch 782 Photographer Anita Holderman.



A Million Mile Award Recipient!

Everett Jennings
Camino Media Station
Seniority Date: December 30, 1989

Before reporting for duty in Bakersfield in 1989, Everett had already been working in Compton, California as a USPS Letter Carrier for three years. Although he was used to the Los Angeles traffic and had even driven a school bus and transported seniors in a van, his world delivering mail presented new challenges.

In addition to random drive-by shootings, corner drug deals, and aggressive pit bulls out and about on his assigned routes, he remembers one occasion when heavy rain and a woman driving too fast for conditions caused her to spin out of control in an intersection. She clipped the bumper of his jeep as he was waiting to make a left-hand turn! He knew then — and knows now — “You *never* know what might happen!”

However, there is more to his story...

He lost the ability to hear when he was five years old. While he does wear hearing aids, he is deaf.

Everett emphatically points out, “MY EYES ARE MY EARS!”

Whether I am in an LLV or my own truck, my head is *ALWAYS* on a swivel because I *HAVE* to see everything — in front of me, to the side and behind me!” The majority of us do not deal with

impaired hearing. We may not be as ever-vigilant. But, Everett can’t afford to lose attention to every single thing around him. In Compton, jeeps were the mail delivery vehicles. Introduced to the LLV after his transfer, he was shocked at the blind spot on the left side. There was no window! He had no way to see what was coming from that side!

He remembers getting in and out to see what the mirrors did and didn’t do. Repeatedly adjusting the top and bottom ones on the LLV’s left side gave him better vision; but, he also learned how to angle out into traffic in a way that he could actually see oncoming traffic through the window.

Everett points out that he is not the only deaf Letter Carrier working for the United States Postal Service. A Facebook page “Deaf USPS Letter Carriers” acts as a support system for some three hundred others around the country.

Also, he went on record to thank NALC Shop Steward Mike Meza for ensuring that local management would adhere to some of the requirements of the Americans with Disabilities Act. *That* certainly helped...

The “Million Mile” award is a great achievement for anyone. *In the case of someone who has had to compensate for the lack of a sense that most of us rely on, it becomes even more special!!*

This article was originally published in the February 2019 *E.A. BAKER UNION UPDATE*

The next two pages were originally published in July 2019 *E.A. BAKER UNION UPDATE*

Imagine this if you can — Your eyes are your ears!

This is how Everett Jennings rolls... 



In his Letter Carrier world, shouts of warning go unheard; the sounds of car horns are not the first indicator of problems; there is no clinking of dog tags to catch his attention; the banter on the workroom floor as mail is being cased isn't the normal backdrop to his mornings; announcements being made verbally may even go unacknowledged; or, the customer who is trying to catch up to hand over a piece of raw mail may think he's rude because he doesn't turn around or respond.

One of Everett's earliest memories may give more context. He remembers standing in front of the television watching cartoons and his mom came up behind him and whacked him on the head. He'd been unaware that the volume was way, way too loud and everybody in the room had been yelling at him to turn it down.

Eventually, a diagnosis led to his wearing a little box around his neck with two wires leading to a hearing aid in each ear. He also went through grueling sessions in speech therapy and would spend two hours each night working on homework with his mother because she wasn't going to let him think that his disability would give him an excuse.

Everett learned that he could overcome.

When asked, he says that he does not think of himself as deaf or hearing impaired. He says that he is "hard of hearing".

One tactic that he learned made a lot of sense. In a classroom, he would always sit in the front so that he could watch the lips of the teacher.

After graduating from Highland High School in 1979, he persevered and graduated with an AA degree from Pierce College in Los Angeles. His plans included continuing his goal for college education at Cal State Northridge.



High School Graduate

That AA degree — and his ability to converse using American Sign Language — impressed a woman who was hiring someone to be a counselor and a bus driver at a West Los Angeles Jewish Community Center. The copies of many evaluations on that job are a record of a conscientious young man.



Life before becoming a USPS employee

While working there, he learned that the USPS scheduled periodic hiring tests. Additionally, he also discovered that there were workshops to help people achieve passing scores. If he could do something to overcome his being hard of hearing, he decided that taking this course would be beneficial.

Although surprised by the \$1,000 fee he would have to invest to take the class, Everett was undeterred. Again, he pushed

to sit in the front of the class. And? His award on the “The Test” taken in Marina Del Rey was a passing score of 99%!

Everett had visions of being a mailman walking along the coast at Newport, Huntington or Venice beaches. Informed that he might have a long wait, he was advised that a job, available in a few weeks, was open in another city...

During his interview with the Compton postmaster, he was questioned whether vehicle or dog safety issues would be impossible for him to overcome. There were many, many pit bulls in the Compton delivery area. Everett felt confident he would be able to handle any challenges.

He started his new career on January 31, 1987. Thirty-two years later, in January 2019, Everett was in a group of Bakersfield Letter Carriers presented with the “Million Mile Award”. This would not have been possible if he didn’t live by his mantra: “My Eyes are My Ears!”.

As was noted in a feature about him in our February newsletter, “ ‘Whether I am in an LLV or my own truck, my head is *ALWAYS* on a swivel because I *HAVE* to see everything — in front of me, to the side and behind me!’ ”

The majority of us do not deal with impaired hearing. We may not be as ever-vigilant. But, Everett can’t afford to lose attention to every single thing around him.

In Compton, jeeps were the mail delivery vehicles. Introduced to the LLV after his transfer, he was shocked at the blind spot on the left side. There was no window! He had no way to see what was coming from that side!

He remembers getting in and out to see what the mirrors did and didn’t do. Repeatedly adjusting the top and bottom ones on the LLV’s left side gave him better vision; but, he also learned how to angle out into traffic in a way that he could actually see oncoming traffic through the window.

Everett points out that he is not the only deaf Letter Carrier working for the United States Postal Service. A Facebook page ‘Deaf USPS Letter Carriers’ acts as a sup-

port system for some three hundred others around the country.’ ”

A quick review reveals a link to “The Krisoofy Channel” and others. Numerous posts, similar to the many found on sites for individuals who can hear, reveal the same concerns, stories and issues which any Letter Carrier can identify with.

More importantly, this is a forum for Letter Carriers who are deaf or hard-of-hearing to converse in sign language. Everett expressed his thanks for Mike Meier. He is the person who started this up and who continues to develop a support group for individuals who are hearing impaired.

Things were different “Back in the Day”.

Everett remembers that he heard that there were two other deaf Letter Carriers who also worked in the Southern California area. He even travelled to Costa Mesa to meet with one of them.

For some perspective on why this was so important, he shared one story.

A co-worker in Compton came up to him one day and asked him what it was like to be deaf. He explained that he’d never been around anyone who wasn’t able to hear. He was really curious.

He was relatively young and Everett asked him if he liked to go clubbing. “Of course,” was his enthusiastic response. So, Everett took him to a club full of many non-hearing folks where his co-worker discovered that the atmosphere was completely different. People were sitting everywhere with fingers flying and having a great time. Unfortunately for him, his new friend also found that he was unable to use any of his regular pick-up lines.

Everett had a sense of the experience. He lived in a world where everyone around him could hear and *he* felt disconnected.

Everett’s family had moved from the San Fernando Valley to Bakersfield; and, with

some assistance from a USPS manager named Barry Hodge, his transfer was effective December 30, 1989. He then found himself working at South Station where, once again, he faced new challenges in a new environment.

Life is is *ALWAYS* full of challenges.

The rigors of decades of delivering mail take their toll on those who can hear and those who can’t. Currently, Everett is going through the long process of recuperating from a knee replacement!



NALC Branch 782 member Everett Jennings in 2019

The time away from the job has given him a chance to contemplate what life might have in store for him after retirement.

He knows that he plans to make it a priority to travel to meet with others he’s gotten to know through Facebook. Some of them are deaf Letter Carriers from Sacramento, Omaha, Scottsdale, Phoenix, Fredericksburg — and there is even a Letter Carrier from Canada!

He is really looking forward for a chance to meet them face-to-face and sign-to-sign somewhere!

He also expresses his most profound thanks to a deceased Mother who *NEVER* let Everett use his being hard-of-hearing as an excuse for not persevering...

Harrington's Corner

Some Letter Carriers were asked a few questions. **

by Jeff Harrington,
93308 Letter Carrier

1. How long have you been carrying?
2. How has the coronavirus thing impacted what you do on a daily basis?
3. Do you have some degree of fear about what might happen to you if you get sick because of the virus?
4. Has the USPS given you what you need to feel safe as you go about your duties as a Letter Carrier?
5. Do you do things differently in this Covid-19 world (gloves, mask, hand sanitizer, etc.)?
6. Can you share some of the things that your customers are telling you when you are out on the street?
7. Are you taking this new world differently than you used to?
8. Any other short comments would like to add? **“Out tHeRe”**

Letter Carrier Rosie Cardenas

1. 5 years as a T.E. (from August 2007 to November 2012) and 4 years as a Regular from March 2016 to present.

2. I don't go out if I don't have to. Just to work or to the store if I really need something.

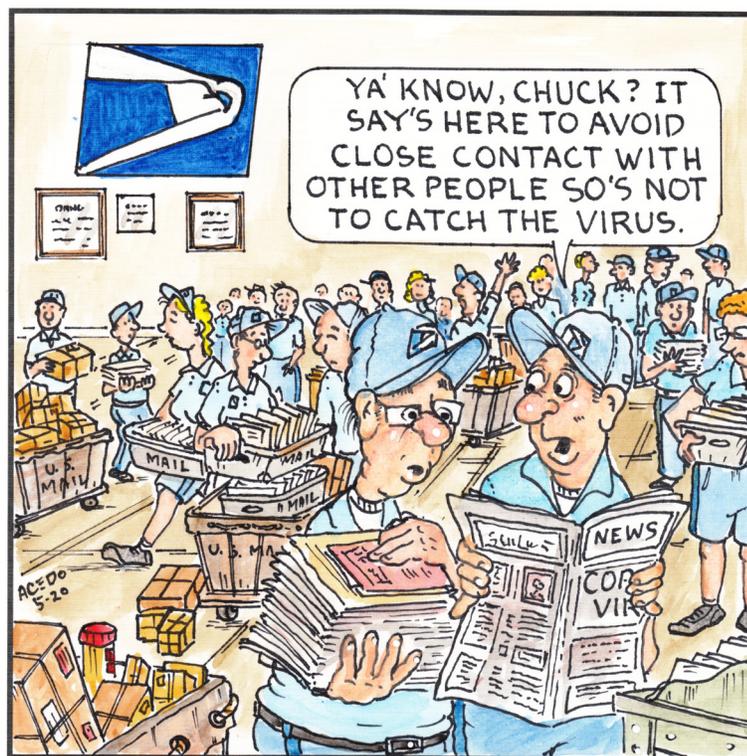
3. Yes. I fear getting sick because I have my kids and I don't want to get them sick. I also fear that if I get sick I am not going to be able to work and I am a single mother. There is only one check coming to my household to pay for everything!

4. Honestly, I don't feel safe. I don't know what they can do to keep us safe besides giving us gloves and masks. The Government said, "Do not have gatherings with more than 10 people.", and we are more than 10 people at work. They tell us not to panic and that if we are sick to stay home.

5. I use gloves, mask, wash my hands more often. I can't find hand sanitizer, so I don't have any. I use clorox disinfecting wipes to clean surfaces.

6. At the beginning of Covid-19, some customers asked me if the USPS was going to close because of this and if we were going to stop working and stay at home. Now, some customers ask me, "Are you healthy? Is your family healthy?"

7. Yes. I think we are adapting to this new world. Everything has changed. Grocery shopping has changed. Kids are not going to school. As parents, we have more challenges because we need to dedicate more time to our kids and make sure that they are doing their school work at home. My son is taking this as if it is a vacation and it is not.



He still needs to be doing his school work.

As Letter Carriers, we need to be more careful. Kids are on the streets when they should be inside their homes.

8. At first, when I started listening about Covid-19, I thought that they were exaggerating. But then, when I started going to stores, I saw what was happening. People trying to buy a lot of everything.

And, when I was delivering mail businesses, many were closed because of Covid-19 and I realized, "This is happening. *This is real.*"

"At first, when I started listening about Covid-19, I thought that they were exaggerating..."

When I see the news and they say that people were dying because of Covid-19, I feel sad, worried and anxious because of not knowing what is going to happen to us.

But, at the end, being worried and sad is not fixing anything. It is just making me feel depressed. So, I started praying and I just take one day at a time.

Do everything we can to stay healthy!

Letter Carrier Justin Gerber

1. 4 and a half years.
2. It really hasn't affected my daily life
3. Absolutely not.
4. Yes for the most part.
5. I probably do wash my hands more but no gloves or mask.
6. They're telling me how crazy everything is and how panicked they are, but also how grateful they are that we're working and still delivering what they need.
7. Nope!
8. Instead of living in fear, turn off the news, stay Off Facebook and distract yourself with a funny movie or a good book. Avoid anything that's causing anxiety.

from the editor-guy

There are specific moments that give rise to questions like, "Where were you when *IT* happened?" Sometimes, those are local events (fires in Santa Rosa, San Joaquin Valley dust storm in 1977, the earthquake in Ridgecrest, etc.). The assassination of President Kennedy was one which is remembered by those who were alive when it happened.

For the most part, we deal with these issues "at a distance" and there is little disruption to our daily routines. We hear news reports. We sigh and then we do our normal things. **However, Covid-19 is unique in that it *REALLY* is in *ALL* our worlds.**

"OuT tHeRe"



Some may feel no direct impact other than being inconvenienced. It may be hard to even focus on, "Why masks and gloves?"

Yet, others of us work with the anxiety of what might happen to our loved ones if the coronavirus is inadvertently brought home. An aging parent sparks concern; or, a loved one with an immune deficiency brought about by some underlying health issue does, too.

This isn't just danger "at a distance". It *is* real. It *IS* serious...

BASIL ZUNIGA

* * Here are responses from the six individuals which were in the April Branch 782 Bulletin #1

Letter Carrier Yuri Garcia

1. About 15 years
2. Well, once I come home from work I don't go anywhere. Since I work outside all day I have to quarantine myself inside the house.
3. Yes. My worry is that if I catch it at work and then I'll give it to my customers and my family members. I mostly worry that I'll pass it on to my loved ones and my customers
4. The Post Office keeps saying that we are essential; yet, they have not given us the essentials to be safe out on the street.
5. Yes. I have bought my own masks, spray disinfectant and hand sanitizer wipes.
6. I had a customer stop me and ask me, "How you doing? You doing OK?" They give me masks hand sanitizer. They seem to care more than management.
7. Well, I try not to watch too much tv news and I still try to enjoy the nice weather. I appreciate my job, and my health but I try not to stress too much about it
8. I feel like some of us like to work and we want to work. I feel that the post office has not done enough to keep us safe. They haven't been disinfecting the equipment and mail. What they should have been doing is fumigation in the office.



"...once I come home from work I don't go anywhere..."

Letter Carrier Mabel Bullis

I've been Carrier for 15 yrs. Fortunately, I have been blessed to be able to stay sheltering in place BUT its only because I have asthma. So this will answer 2 and 3. I didn't think it was serious and people were blowing it up unreasonably. In the back of my mind, I still feel that way. BUT, I am asthmatic and I'm still healing from my January flare up that took me down 5 days. I had to be on steroids and breathing treatments to help with my breathing. I have been confined to my house going on three weeks. My husband won't let me go anywhere because I will be the first to die due to my underlying condition. I have been working since I was 16. *Being made to not work IS killing me.* #8. Sheltering in place has helped us so much financially cause we havent been out spending. Banking everything!

I give much love to all my fellow Brothers and Sisters who are continuously out there being "essential" to the world.

Continued on next page...

Letter Carrier Max Hawksley

1. Carrier 4 years.
2. Impacted my daily routine. Can't use the bathrooms I'm used to. Can't eat where I used to.
3. Very worried about what happens if I get sick and can't work for 2+ weeks.
4. They have given me masks, sanitizer and gloves and the information I need to stay educated and as safe as I can.
5. I use lots of hand sanitizer, but gloves are a burden and the masks fog up my glasses so I don't use them.
6. Customers are thanking me for doing my duty, telling me to stay safe. They are happy to see me working still.
7. I'm trying to be extra safe and careful so myself, and my loved ones by extension, do not catch Covid.
8. All we can do is keep being safe and working hard.

*“Daily life has changed...
I'm really concerned about
getting sick...it's an uneasy time...”*

Letter Carrier Yolanda Agredano

1. Been with Post Office for 23 years.
2. Not being able to socialize as I'm used to bothers me.. I don't like being secluded. I feel like I'm in Soledad all over again
3. Not really fearful... We're all going to die... Sounds bad but true..
4. I honestly don't feel the Post Office has done enough. For one, I suggested doing stand ups over PA instead of having us all clumped up. Then, April 1, they bring in a Taco truck where again everyone is close together in order to eat.
5. I'm using things like Sanitizer gloves which I never really used before.. Keeping a spray bottle to wash my hands as often as I can
6. My customers are awesome.. Constantly giving me gloves, lotion, hand sanitizer, some homemade food from Dr. office where they work... They truly appreciate that, although we're not as important as first responders, we're putting ourselves out there to do our jobs.
7. Yes... I try to keep my distance from my elderly people because — although I'm in good health — doesn't mean I haven't touched something that could harm them...and distancing from my immediate family is hard.
8. Listen to the recommendation of social distancing... Why risk those whom you love? Life is short. Don't make it shorter because of boredom or stupidity... This will pass quickly if we all just do what we're supposed to do.



Letter Carrier Amie Rice



1. 3 years
2. I'm more aware of my surroundings
3. No
4. Yes
5. Yes. I have been wearing gloves and washing/ sanitizing my hands as much as possible.
6. A lot of my customers work in the medical field and are nervous they will catch the virus.
7. No
8. A lot of customers are offering me gloves and sanitizer and I am thankful for those customers

Letter Carrier Jeremy Reed

1. About 4 years
2. Daily life has changed. No more school for my son. Co-workers are on edge as well as customers
3. I'm really concerned about getting sick because I don't want to spread it to my son who has asthma. I'm very worried about it.
4. I feel it's work as usual. A pair of gloves and a mask that's not regulated for Covid19 isn't enough.
5. Yes. My family is afraid I'm going to bring Covid-19 home. So I have to strip down and shower as soon as I'm home just to put my family at ease.
6. Most customers say, “Be safe out there!” and offer their supply of the USPS.
7. It's an uneasy time in my home, stressed about going to the store for food, working daily. So, yes, I'm on edge every time I step outside.
8. NBA, MLB, NFL superstars, celebrities, the rich, politicians have all been tested for Covid-19. Please tell me why essential employees (such as USPS) are not being tested to help ease the minds of the public or even stations across the nation. I just feel the whole “Be Safe Out There” isn't enough and it's a matter of time before one Carrier in Bakersfield is infected and then this will really hit home. Post office boxes should be utilized to limit contact, issue everyone a 30 day hold until this blows over, something....



Originally published January 2003

If YOU are sick with COVID-19, or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all “high-touch” surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. ***The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.***

This is a portion of info found at — <https://www.nalc.org/workplace-issues/body/sick-with-2019-nCoV-fact-sheet-1.pdf>

M-01916

MEMORANDUM OF UNDERSTANDING BETWEEN THE UNITED STATES POSTAL SERVICE AND THE NATIONAL ASSOCIATION OF LETTER CARRIERS, AFL-CIO

Re: Temporary Carrier Assistants - COVID-19

The Postal Service may employ Temporary Carrier Assistants during the period between the signing of this agreement and May 27, 2020, as operationally necessary to replace city letter carriers absent due to COVID-19.

Temporary Carrier Assistants are subject to the following:

- The hourly rate will be the same as that for City Carrier Assistants.
- Over the course of a service week, the Employer will make every effort to ensure that available city carrier assistants are utilized at the straight-time rate prior to assigning such work to temporary carrier assistants working in the same work location.
- When an opportunity exists for overtime, full-time employees on the appropriate Overtime Desired List will be selected to perform such work prior to assigning temporary carrier assistants to work overtime in the same work location where the employees regularly work.
- To minimize the possibility of exposure to the coronavirus by working in multiple facilities, to the extent possible, all temporary carrier assistants will work in their employing facility for the duration of this agreement.

The Postal Service shall provide the NALC with reports on the number of temporary carrier assistants hired.

The parties will revisit this issue immediately prior to this MOU’s expiration to determine if extension is appropriate.

This MOU will expire May 27, 2020.

The death of anyone can be stressful. There are so many things that need to be addressed and so many different people who need to be informed. The following two pages offer guidance and also provide an opportunity for you to do some advance planning...

National Association
of Letter Carriers



When a
retired
letter
carrier
dies...

Step-by-step instructions for survivors to notify appropriate entities and apply for federal benefits such as survivor annuity, health and life insurance.

The NALC Retirement Department provides advice and assistance to retired and active members regarding retirement issues. This support does not end when an NALC member dies. Guidance to spouses and other survivors is also provided.

The steps to be taken when a retired Letter Carrier dies are as follows:

Notify the retired Letter Carrier's NALC branch.

If the retiree was a veteran, notify the Veterans' Administration at 800-827-1000.

Call the Social Security Administration at 800-772-1213.

Notify insurance companies (life, health, home, automobile, etc.).

If the retiree had a policy with NALC's Mutual Benefit Association, call 202-638-4318 or write to MBA, 100 Indiana Ave. NW, Washington, DC 20001-2144.

If the retiree had health insurance through the NALC Health Benefit Plan or any other FEHB plan, the OPM will inform the health plan.

When a spouse is entitled to survivor benefits, he or she will continue to receive health insurance through the FEHB as long as he or she was covered under their spouse's FEHB plan at the time of death. The health plan will automatically change to self only and be switched to the surviving spouse's name.

If the retiree participated in the Thrift Savings Plan, contact the TSP at 877-968-3778.

Save this page with your important papers...

Source: NALC Website <https://www.nalc.org/.../retirement/.../when-a-retired-letter-carrier-dies-2014>. pdf

Save this page with your important papers...

Notify the employee's immediate supervisor, postmaster and personnel section (if any):

Give the supervisor the Letter Carrier's locker keys and badge as well as information on time and place of memorial services.

Check with USPS Human Resources Shared Service Center at 877-477-3273 for benefits for spouse and any dependent children.

Fill out forms (obtain from USPS personnel section or postmaster): application for death benefits under the retirement system; claim for unpaid compensation; claim for FEGLI death benefits. You should notify HRSSC by calling 877-477-3273.

Notify the Thrift Savings Plan for Death Benefits Claims (only):
Fax Number: (703) 592-0170 Mailing Address: TSP Death Benefits Processing Unit, Fairfax Post Office DEDIS, P.O. Box 4450, Fairfax, VA 22038-9998 or call the ThriftLine, Toll-Free 877-968-3778

Notify the Carrier's NALC branch.

If veteran, notify the Veterans' Administration local office or call toll-free 800-827-1000.

Notify banks and other financial institutions.

Call the local office of the Social Security Administration or toll-free 800-772-1213.

Notify insurance companies (life, health, home, automobile, etc.).

If the Carrier had a policy with NALC's Mutual Benefit Association, write to 100 Indiana Ave., NW, Room 510, Washington, DC 20001-2144 or call 202-638-4318 or toll-free 800-424-5184.

If the Carrier was enrolled in the NALC Health Benefit Plan, write 20547 Waverly Court, Ashburn, VA 20149 or call toll-free 888-636-6252.

Note: Health benefit coverage for a surviving spouse and dependent children continues automatically if Carrier had Family Coverage at time of death and if a monthly survivor annuity is payable.

Have mortuary officials obtain enough certified death certificates for your needs (they can suggest how many).

The days following the death of an active Letter Carrier can prove to be quite traumatic. Many forms and notices must be obtained from the Postal Service and completed at this extremely stressful time. The NALC stands ready to assist our members and their families during these difficult times.

Source: NALC Website https://www.nalc.org/workplace.../50499_NALC_Active_WEB-1.pdf

National Association of Letter Carriers

When an active letter carrier dies...

Step-by-step instructions for survivors to notify appropriate entities and apply for federal benefits



from the editor-guy

The *NALC Editor Resource Book* is Volume II of Fred Acedo cartoons. It presents almost *1100 of Fred Acedo's cartoons published in our newsletter from 2003 - 2016*. This book builds on the almost 500 cartoons in the original **Out tHeRe** book which featured his work from 1993 through 2002. *Welcome to Volume II!*

You may have questions about how this book can be used or whether or not it will be a good investment. You can call me at the phone number listed below. You can write to me, or you can e-mail me at BRZIII@AOLCOM. I would be glad to answer your questions or give you an idea of how this product can be a creative tool for your current or future NALC editor in presenting information to NALC members. *(Please follow this trail * * *)*

This book is an excellent book of clip art designed specifically for, by and about NALC members and our world. (Yes. I am biased. I believe that this **IS** an excellent book of clip art! I hope that you agree...)

Additionally, an index is provided that links ALL of the cartoons in both the original **Out tHeRe** and in Volume II to assist editors in searching out cartoons by topic (e.g. dogs, injuries, supervisors, etc.).

BASIL ZUNIGA

••••• Please send me one or more *NALC Editor Resource Books!* I want Fred's cartoons! •••••

• Base cost is **\$30** but you can donate more. (Cost covers wear & tear, paper, toner, etc.) •

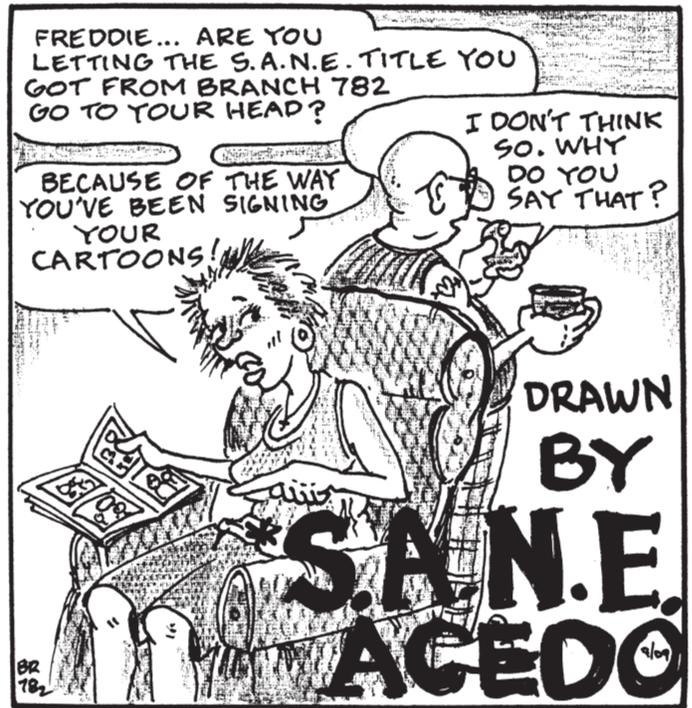
••• **SPECIAL OFFER:** I will include a copy of **Out tHeRe** with this order. *500 more cartoons!* •••

• *When you order, please indicate if you are an NALC Editor!* •

• Please make check payable to Basil Zuniga, Branch 782 Editor-guy •

Please include \$7.90 for USPS Priority Mail postage.

NALC Branch 782 ● 2628 F Street ● Bakersfield, California ● 93301 ● (661) 205-1603



* SPECIAL ASSISTANT NEWSLETTER EDITOR

Curious about what you might be getting? Check out the sample featured on the following page.

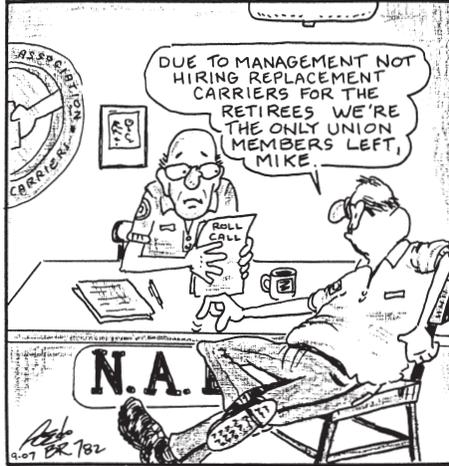
This is a sample. You are looking at page 74 in the *NALC Editor Resource Book*. There are 176 pages in this book that explore glimpses into our lives as Letter Carriers from January 2003 to July 2016...

OUT THERE



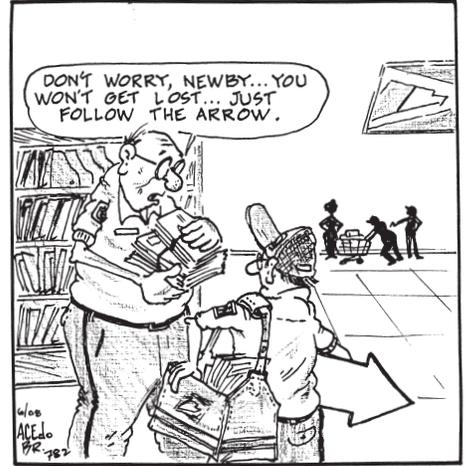
Originally published April 2009

OUT THERE



Originally published April 2009

OUT THERE



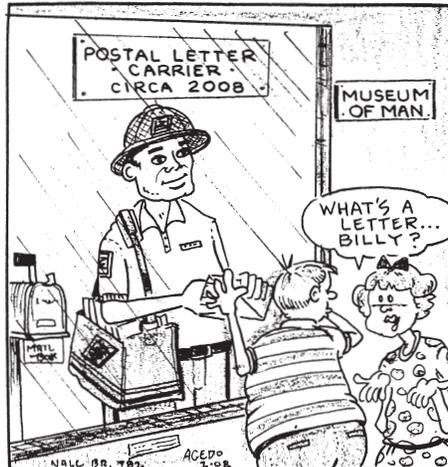
Originally published May 2009

OUT THERE



Originally published May 2009

OUT THERE



Originally published May 2009

OUT THERE



Originally published May 2009

OUT THERE



Originally published May 2009

OUT THERE



Originally published May 2009

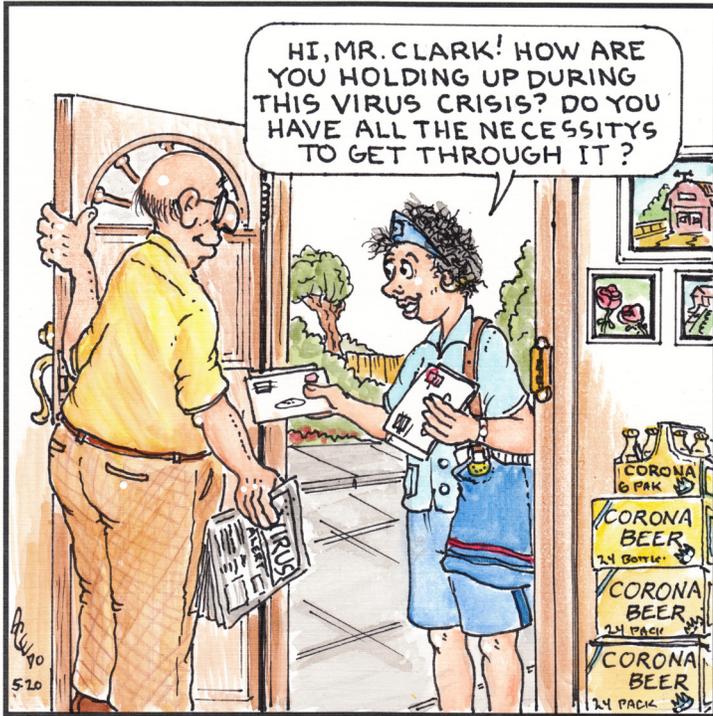
OUT THERE



Originally published May 2009

Even in a pandemic, an **Out there** cartoon is relief...

“Out there”



You may have heard this saying: “There are no atheists in foxholes.” By the same token, there is also some merit to the idea that humor continues to be a part of how people deal with those times which are fraught with uncertainty and some degree of fear.

Fred Acedo’s cartoons do a great job of capturing the general moments in our Letter Carrier world. Moreover, in the midst of the SARS-CoV-2 world-wide pandemic, Fred’s illustrations will also someday serve as a slice of our history when we look back.

Letter Carriers who find themselves in an NOS (Needs Of the Service) situation — and are mandated to work — may very well need to find something that allows them to grin...

“Out there”



“Out there”



“Out there”



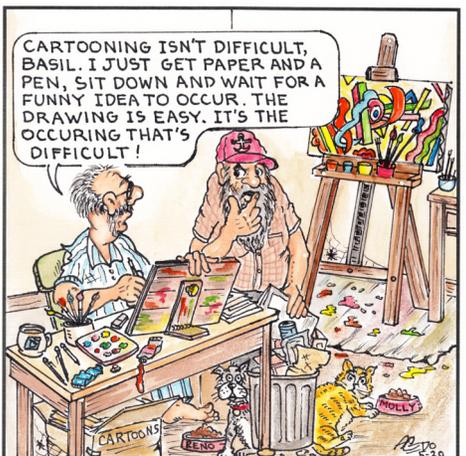
“Out there”

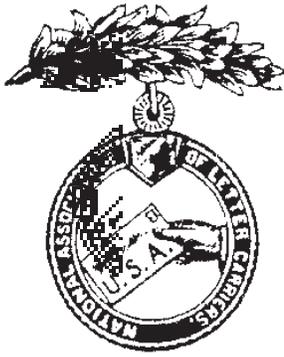


“Out there”



“Out there”





Branch Officers

President	Mike Towery	(661) 331-9171
Vice-President	John Ortega	(661) 809-8140
Recording Secretary	Kim Gerdes	(661) 301-9676
Treasurer	Teresa Ortega	(661) 391-8026*
Financial Secretary	Anita Holderman	(661) 487-5353
HBP & MBA Rep.	Mark Ramirez	(661) 204-5592
Sargeant-at-Arms	Ryan Woommavovah	(661) 322-7624*
Chief Trustee	Mike Meza	(805) 625-4541
Trustee	Paul Salazar	(661) 303-3603
Trustee	David Treto	(661) 865-8922

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. E-mails are preferred...

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, Ex-Editor-guy
(C) (661) 205-1603
e-mail: brzii@aol.com

Paul Greenfield, Assistant Editor
(C) (661) 203-7802

The "S.A.N.E."*
Fred Acedo, Cartoonist
*(Special Assistant Newsletter Editor)
P.O. Box 6532
Bakersfield, CA 93386-6532
e-mail: outthere5150@yahoo.com

Anita Holderman, Branch Photographer
Dholderman@bak.rr.com

NALC Branch 782 Shop Stewards

Arvin (93203)	Mike Munoz	(661) 304-5516
Avenal (93204)	John Ortega	(661) 809-8140
Delano (93215)	Vacant	(661) 331-9171
Lamont (93241)	Mike Munoz	(661) 304-5516
Lamont Alternate	Manuel Alvarenga	(661) xxx-xxxx
McFarland (93250)	Fernando Soto	(661) 792-2335*
Shafter (93263)	Norma Hamer	(661) 619-1465
Taft (93268)	Mike Meza	(805) 625-4541
Wasco (93280)	Norma Hamer	(661) 619-1465
Downtown Station (93301)	Teresa Ortega	(661) 391-8026*
South Station (93304)	Mike Meza	(805) 625-4541
South Station Alternate	Judy Kiyoshi	(661) 817-5529
East Bakersfield (93305)	Paul Salazar	(661) 303-3603
East Bakersfield (Alternate)	Ryan Woommavovah	(661) 322-7624*
Hillcrest Station (93306)	Mike Meza	(805) 625-4541
Brundage Station (93307)	John Ortega	(661) 809-8140
Dole Court (93308)	Shari Sharp	(661) 364-5544
Dole Court (93308)	Denise Ream	(661) 304-6625
Dole Court (Alternate)	David Treto	(661) 865-8922
Stockdale Station (93309)	Randy Courson	(661) 345-0256
Stockdale Station (93309)	Maria Valenzuela	(661) 496-5929
Camino Media (93311/13)	Mike Meza	(805) 625-4541
Camino Media (Alternate)	Paul Salazar	(661) 303-3603
Mojave (93501)	Delga Loza	(661) 824-8332
California City (93504)	Ryan Gerstl	(761) 373-4180
Boron (93516)	Paula Hogg	(760) 373-8963
Edwards AF Base (93523)	Vacant	(661) 331-9171
Ridgecrest (93555)	Lynnel Howell	(760) 382-3030
Tehachapi (93561)	Vacant	(661) 331-9171
Trona (93562)	Lynnel Howell	(760) 382-3030

OWCP Representative
USPS Social Recreation Rep

Rick Gerdes (661) 301-9675
Paul Greenfield (661) 203-7802

* Denotes Post Office Phone Number

**Branch 782
Website
www.782nalc.com**

Rick Plummer, Webmaster





National Association of Letter Carriers
"Golden Empire Branch 782"
2628 "F" Street
Bakersfield, California 93301
(661) 331-9171

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

General Meeting
Wednesday
April 22, 2020
has been cancelled

FORWARDING SERVICE REQUESTED

Latest Covid-19 updates from the NALC? See the national NALC website. Also, stay in touch with your Branch 782 Officers if you have questions!

The April 8, 2020 message from NALC President Rolando:

At a time when the heroic workers of the US Postal Service are braving infection to serve the country during an unprecedented national crisis, it is imperative that representatives at all levels of the federal government have a fundamental understanding of the value of the Postal Service, the cause of and solutions to its current financial circumstances, and the dangers to the US economy and rural health in the event of a USPS insolvency.

At the April 7 daily press briefing on the pandemic, President Trump was asked about his Administration's opposition to financial relief for the Postal Service in the recently enacted CARES Act, as reported by Rep. Gerry Connolly (D-VA) to a Washington, D.C. television station. Congressman Connolly warned that the Postal Service could run out of money if action is not taken. The

President's response warrants some clarification about the status of the Postal Service:

Nobody is blaming the President for the current crisis facing the Postal Service. However, the COVID-19 pandemic threatens its survival.

The shutdown of the American economy to fight the COVID-19 virus has resulted in plummeting postal revenues – just as we have seen in the airline and hospitality industries, which have been given massive relief. The USPS needs the same kind of relief because it must still keep delivering. Every day it delivers tens of millions of prescription drugs, invoices, payments, newspapers, e-commerce deliveries, and soon it will be needed to deliver stimulus checks, home virus tests and other pandemic-related goods and information.

The President noted that the Postal Service has been losing money for years. That is true, but not due to the pricing of its package services.

The real reason is that Congress imposed a crushing mandate on the Postal Service back in 2006, requiring it to prefund decades of future health care premiums for retired postal employees in advance. This prefunding mandate, which no other enterprise in the country faces, cost an average of \$5.4 billion annually since 2007, accounting for nearly 90 percent of the agency's losses. Between 2013 and 2018 it accounted for 100 percent of the losses. On an operational basis, the Postal Service has been profitable for most of the past decade.

Sen. Ron Johnson (R-WI), chairman of the Senate Homeland Security and Governmental Affairs Committee, has called the prefunding mandate a mistake. In February, the House passed the USPS Fairness Act (H.R. 2382) by an

Continued on page 2...



"OuT tHeRe" by Fred Acedo, Branch 782

Do a Google search for the NALC website or go to www.nalc.org