

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 6

WEB VERSION

JUNE 2019

Our Success is: *Because of YOU...*

Each and every year, there is an ebb and a flow to the numbers which are compiled at the end of the NALC Food Drive campaign.

It is hard to ascertain how one city can raise so much more food one year than past history might predict. By the same token, a unit which traditionally generates great numbers might not do as well in any given year.

This year, the combined efforts of all of our members and our partners resulted in an increase of 1,112 pounds from the 2018 total!

A closer look will show that Letter Carriers in the 932 and 935 offices were able to garner 56,528 pounds. *This was an increase of 17, 086 pounds over the amount raised last year!*

Although 933 units gathered 62,809 pounds, this was 4,360 less than what was accomplished in 2018.

Regardless of how one parses the numbers, the fact remains that — TOGETHER — the customers and Letter Carriers of NALC Branch 782 have worked with our partners in just the last four years to accumulate a mountain of food for our communities!



93203	1109 lbs	+659
93204	493 lbs	-779
93215	4020 lbs	-480
93241	493 lbs	-57
93250	1600 lbs	+314
93263	2736 lbs	+377
93268	6936 lbs	-1372
93280	3658 lbs	+3088
93301	1980 lbs	+17
93304/13	8672 lbs	+857
93305/7	7522 lbs	-1579
93306	9427 lbs	-1583
93308/12/14	19504 lbs	+549
93309	11096 lbs	-467
93311	4608 lbs	-2154
93501	3451 lbs	+2901
93504	4480 lbs	+2280
93516	662 lbs	+328
93523	468 lbs	+66
93555	19713 lbs	-4662
93561	6409 lbs	+2609
93562	300 lbs	+125

2019 2018 2017 1016 = 454,620 pounds
119,337 118,215 102,354 114,714

Continued on pages 2-9...

WE hit a total of **119,337** pounds in 2019



NATIONAL ASSOCIATION OF LETTER CARRIERS
Stamp Out Hunger
FOOD DRIVE

National Association of Letter Carriers
 The 27th Annual Stamp Out Hunger® Food Drive



Branch 782 Food Drive Totals Last Four Years

	2019	2018	2017	2016
Arvin (93203)	1,109	450	536	255
Avenal (93204)	493	1,272	1,190	800
Delano (93215)	4,020	4,500	4,928	3,756
Lamont (93241)	493	550	413	300
McFarland (93250)	1,600	1,286	1,073	536
Shafter (93263)	2,736	2,359	4,651	4,631
Taft (93268)	6,936	8,308	6,474	4,500
Wasco (93280)	3,658	570	2,694	3,216
Downtown Station (93301)	1,980	1,963	2,651	2,694
South Station (93304)	8,672	7,815	7,772	9,743
East Brundage (93305/07)	7,522	9,101	9,212	10,276
Hillcrest Station (93306)	9,427	11,010	9,394	11,068
Dole Court (93308/12/14)	19,504	18,955	17,143	24,520
Stockdale Station (93309)	11,096	11,653	11,431	13,620
Camino Media (93311/13)	4,608	6,762	5,614	6,638
Mojave (93501)	3,451	550	700	347
California City (93504)	4,480	2,200	1,100	825
Boron (93516)	662	334	422	391
Edwards AF Base (93523)	468	402	536	403
Ridgecrest (93555)	19,713	24,200	11,500	13,760
Tehachapi (93561)	6,409	3,800	2,465	2,465
Trona (93562)	300	175	450	---
Totals:	119,337	118,215	102,354	114,714



Our Success is: ***Because of YOU...***

with a whole lot of help from our friends...



And? The food stayed in OUR communities!!



- | | |
|--|--|
| <i>Arvin Free Will Baptist Church</i> | <i>782 Orange, Arvin, CA 93293</i> |
| <i>Avenal First Baptist Church</i> | <i>528 E Kings St, Avenal, CA 93204</i> |
| <i>Boron Senior Citizens/Southern Baptist Church</i> | <i>12255 Boron Ave, Boron, CA 93516</i> |
| <i>California City Salvation Army</i> | <i>15662 K St, Mojave, CA 93501</i> |
| <i>Delano 1st Assembly of God Home Food Ministry</i> | <i>2222 9th Ave, Delano, CA 93215</i> |
| <i>Edwards AFB Chapel Two</i> | <i>10 Chamberlain Ave, Edwards AFB, CA 93523</i> |
| <i>Lamont Saint Augustine</i> | <i>10601 Myrtle Ave, Lamont, CA 93241</i> |
| <i>McFarland Family Life Worship</i> | <i>501 W Perkins, Mc Farland, CA 93250</i> |
| <i>Mojave Salvation Army</i> | <i>15662 K St, Mojave, CA 93501</i> |
| <i>Ridgecrest Saint Ann's Church</i> | <i>446 W Church, Ridgecrest, CA 93555</i> |
| <i>Ridgecrest Salvation Army</i> | <i>151 S Downs, Ridgecrest, CA 93555</i> |
| <i>Shafter Christian Fellowship</i> | <i>632 James St, Shafter, CA 93263</i> |
| <i>Taft Laborers of the Harvest</i> | <i>201 1/2 Harrison St, Taft, CA 93268</i> |
| <i>Tehachapi Salvation Army</i> | <i>538 Tehachapi Blvd, Tehachapi, CA 93561</i> |
| <i>Trona Trona Senior Center</i> | <i>13187 Market St, Trona, CA 93562</i> |
| <i>Wasco Griffith Avenue Baptist Church</i> | <i>408 Griffith Ave, Wasco, CA 93280</i> |

Continued on next page...

Branch 782 And Local 8 Making it Happen!!



Once again, The United Food and Commercial Workers Union Local 8 teamed up with NALC Branch 782 for this year's 27th Annual Stamp Out Hunger Food Drive. Brothers and Sisters from Local 8 donated their time helping sort the food at different stations on food drive day.

UFCW is the biggest sponsor of this national event. They donate all the cards passed out across the nation as well as 100,000 bags to Branch 782 and more bags to other locals across the states. This is a perfect example of Brothers and Sisters coming together to help the communities we live in.



This year, Branch 782 collected almost 120,000 lbs of food that was donated to several food banks in our community. I would like to thank the Post Master, District Manager and



of every single pound." None of this would have been possible without the assistance of the Stamp Out Hunger Food Drive's national partners. "These partners provide tangible support that helps to encourage the generous participation of our postal customers," Rolando said.

This year's partners were the U.S. Postal Service, the United Food and Commercial Workers International, the National Rural Letter Carriers' Association, Valpak, United Way Worldwide, the AFL-CIO, Valassis, the Kellogg Co. and CVS Health.

There were plenty of other helpers too, from American Postal Workers Union volunteers to local bag sponsors. Every little bit helped. "It wasn't hard to see the effort underway on Saturday,

Managers that supported this event put on by Letter Carriers around the nation to Stamp Out Hunger.

Also, a big thank you to Kevin Vandiver and family for the wonderful food drive video he made with the Carriers! *It was awesome!!*

All the food collected by the Carriers is so important to the food banks. With kids being home from school for the summer, more families turn to the food banks for help at this time of the year. The food collected by Carriers in Branch 782 last local food banks through the summer months and sometimes into the holidays.

For everyone who participated in this year's Carrier Food Drive, thank you so much for helping the community we live in "Stamp Out Hunger"!!



I would like to thank the coordinators who volunteered: Norma Hamer, Denise Ream, Paul Greenfield, Judy Kiyoshi, Mike Meza, Gilroy Manglicmot, Randy Courson, Jonathan Carrera and Lynnel Howell for all the hard work they do to make this event a great success for the community!

Thank You All!
SHARI SHARP

For the 27th year, Letter Carriers circled the second Saturday in May on their calendars as a day to deliver for the nation's hungry. And on Saturday, May 11—Food Drive Day—they delivered!

"Every year, I am humbled by the extra work Letter Carriers take on to make this humanitarian effort such a success," NALC President Fredric Rolando said. "And while we remain saddened to know that hunger remains an issue in this great country, we know that NALC will continue to stay engaged for as long as it takes to stamp out hunger."

"It's too early to know what the results of this year's drive will be," Assistant to the President for Community Services Christina Vela Davidson said, "but no matter the result, banks and pantries that receive these contributions will make the most out

May 11," Davidson said, "and in plenty of locales across the country, you could easily catch sight of Jeff Keane's 'Family Circus' food drive art in post offices and countless other venues."

Letter Carriers brought caring and compassion to the communities they serve by participating in the Stamp Out Hunger® Food Drive, the nation's largest one-day food collection effort. NALC members representing more than 1,400 branches worked alongside thousands of family members, friends and volunteers—not to mention their fellow employees in the other postal craft unions and in management—to pick up bags upon bags of non-perishable food left by postal customers.

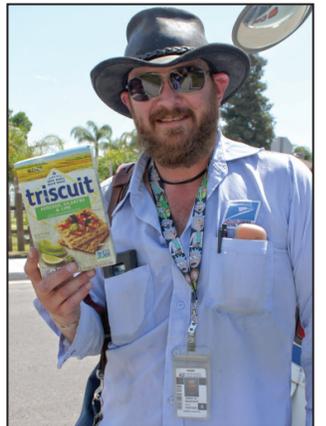
Editor-guy Note:

Abridged article courtesy of NALC Postal Record. A big thank you to Mike Shea for his assistance in providing this information.

NATIONAL ASSOCIATION OF LETTER CARRIERS
Stamp Out Hunger
FOOD DRIVE



WE hit a total of **119,337** pounds in 2019



Continued on next page...

NATIONAL ASSOCIATION
OF LETTER CARRIERS
**Stamp
Out
Hunger**
FOOD DRIVE

Our Success is: *Because of YOU...*
WE hit a total of 119,337 pounds in 2019



UFCW 8
GOLDEN STATE
AFL-CIO
AMERICA'S UNIONS



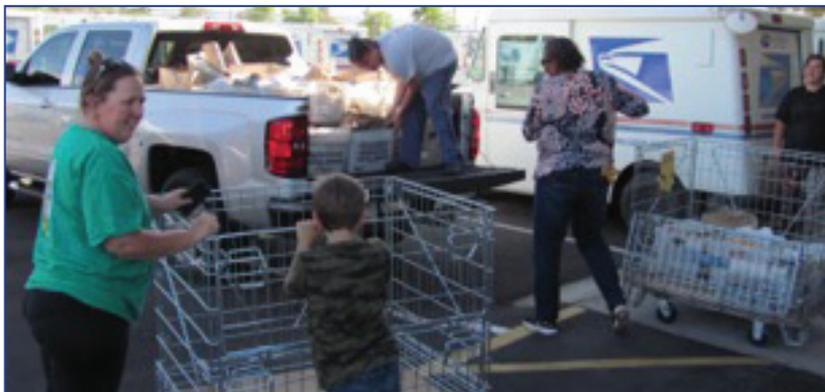


Continued on next page...



WE hit a total of 119,337 pounds in 2019





Shop Union
 By shopping Union you are ensuring a better community for you and your neighbors.

UFCW 8
GOLDEN STATE

Jacques Loveall
President
UFCW International Vice President



Pictures courtesy of Branch 782 Photographer Anita Holderman; Norma Hamer, Shafter Shop Steward; Blanca Ibarra, Delano Shop Steward; Mike Munoz, Arvin Shop Steward; Assistant Newsletter Editor Paul Greenfield; and, Ridgecrest Retiree Michele Seela

Minutes of the May 2019 General Meeting

The regular meeting of Branch 782 was called to order by President, Mike Towery, at 7:00 p.m. on the 22nd day of May, 2019 at the branch office, Bakersfield . The flag salute was led by Sgt. at Arms, David Treto. All members of the Executive Board were present. The stewards were present from Avenal, Brundage, Camino Media, Downtown, East Bakersfield, Hillcrest, Oildale , Shafter, South, Stockdale and Wasco. Also present was the Newsletter Editor, Basil Zuniga; Assistant Newsletter Editor/ Social and Recreation Committee Rep., Paul Greenfield; Webmaster, Rick Plummer; Photographer, Anita Holderman; Assistant Treasurer, Debbie Guillet; Assistant Recording Secretary, Norma Hamer and OWCP Rep., Rick Gerdes. The Minutes of the April 24, 2019 meeting were read by Asst. Recording Secretary, Norma Hamer and accepted with no additions or corrections.

APPLICATION FOR MEMBERSHIP: An application was received from Tiffany Sosa, Downtown and Richie De Le Cruz, Stockdale.

REPORTS OF SPECIAL AND STANDING COMMITTEES: Teresa Ortega reported that the picnic will be October 13th. Molly Biggar will get the park reserved in June. Basil Zuniga discussed the last newsletter. The theme was "Retirement." He reported that the newsletter is "not cheap" but that every member receives one. It is the choice of each member to read it or not. The print version was 24 pages and the web version was 40 pages. He discussed an article in the web version from a carrier in Michigan about how a word from one carrier to a new employee can help the new carrier. There is an article about comfort stops including cartoons. The articles in the print version are continued in the web version. He hopes everyone will take the time to look at the web version. Paul Greenfield reported that the Social and Recreation Committee Picnic will be June 2, beginning at 10 a.m. The cost is \$5.00 per person. There will be a Taco Truck, DJ and bounce houses. The committee was able to donate water to the Food Drive. The Postmaster is finalizing details before Paul will be allowed to collect and take recycling from the stations. The tickets for the Angles game are still in the works, 70 have been purchased so far. They will try for Dodger tickets if there is money available. A member asked if the committee provided cake for retiree's last day. He said that if someone purchases the cake they can submit the receipt and the

committee will reimburse for the cake up to \$25.00. Kim Gerdes reported that there were no book sales this month, 590 remaining.

UNFINISHED BUSINESS: Vice-President, John Ortega reported that the By-Laws Committee met on April 3rd. The Committee members were John Ortega, Paul Salazar and Ryan Woommavovah. There were seven proposed changes submitted. Ryan read the first two proposed changes: Article IV Section 1, the committee recommendation was one of approval. The members voted to accept the committee's recommendation. Article VII Section 1.D, the committee's recommendation was one of approval which was accepted by the members. Paul Salazar read Article X Section 8, and Article X Section 11 proposed changes. The committee's recommendation was one of approval for both changes. The members voted to accept the committee's recommendation. John Ortega read the proposed changes to Article VI Section 7, Article VI Section 5 and Article VII Section 1.B all of which received a recommendation of approval from the committee. The members voted to accept the Committee's recommendation.

"OuT tHeRe"



NEW BUSINESS: John Ortega presented the proposed 2019-2020 Budget. The projected budget total is \$183,052.00 which is an increase of \$844.00.

GOOD OF THE ASSOCIATION: Mike Towery reported that 660 lbs more food was collected this year for the Food Drive. Bakersfield's total was 4300 less. The total from the AO's was 17,000 lbs more. Mike credits Shari Sharp and Norma Hamer for the increase in the amount of food collected, they took the bags out to the AO's. Anita Holderman took photos during the Food Drive . Shari Sharp thanked the retiree's and the other volunteers who helped the day of the drive. Mike Towery reported that five carriers from Bakersfield volunteered to go to San Francisco to relieve their carrier shortage. They will be paid transportation, per diem,

hotel stay and Uber to and from the office each day. Paul Greenfield informed members that he has pre-sale tickets for the Social and Recreation Committee Picnic. Basil Zuniga discussed the upcoming conventions. They are like a 5 day general meeting with classes before and after the general session. Mike asked for a show of hands of the retiree's present at the meeting. There were 20 retirees present.

FINANCIAL SECRETARY'S REPORT: Financial Secretary, Anita Holderman reported that \$14,246.14 was collected for May 2019. She make an adjustment to the April report, she added \$6750.29 for a total of \$14,275.78 for April.

TREASURERS REPORT: Molly Biggar reported:

Beginning Balance	\$90,134.70
Dues and Income	\$13,369.42
Total Balance	\$103,504.12
Total Expenses	\$23,338.92
Ending Balance	\$80,165.20

The MDA 50/50 Drawing was won by Norma Hamer, who donated it back to MDA. (\$25.50/\$25.50)

The Drawing for \$500.00 would have been won by Rebecca Richmond if she had been present.

There were 46 members present. And two guests.

The meeting adjourned at 8:09 p.m.

Respectfully Submitted,

KIM GERDES
NALC Branch 782 Recording Secretary

Non-Members June 2019

Downtown Station
Sarah Kirby
Javier Cruz
Jason Macknicki

South Station
Chanthorn Ped

Brundage/East Bakersfield
100% UNION!!!

Hillcrest
100% UNION!!!

Dole Court
100% UNION!!!

Stockdale
James Oh
Daniel Zuniga

Camino Media
100% UNION!!!

Arvin
100% UNION!!!

Avenal
100% UNION!!!

California City
100% UNION!!!

Delano
Cynthia V. Quebral
Daniela Barreto

Edwards AFB
100% UNION!!!

Lamont
100% UNION!!!

Mojave
100% UNION!!!

Ridgecrest
Kelly Treat

Shafter
Mac D. Voights
Laura M. New

Taft
K. J. Kaczmarek

Tehachapi
B. C. Den Beeman
Christina Cronauer
Lya Parrish

Trona
100% UNION!!!

Wasco
Eun Chong
Ramon Martinez

CCA names are in italics

There are only 17 non-members in all of the cities we serve!

**Each and EVERY month,
Branch 782 sponsors a drawing
at the General Meeting
to encourage**

YOU

**to come to our
monthly Meeting***

Last month, Rebecca Richmond could have won \$500!

**YOU could win
\$500 this month!!!**

*THE FINE PRINT: To win the money
YOU have to be present when YOUR name is drawn...

Working Off The Clock

by Tom Cleer, President
NALC Branch 3520

Carriers who work off the clock think that they are helping themselves whether it is casing, rearranging mail, loading a few parcels or doing some mark-ups. In fact, they are hurting themselves and their fellow Carriers.

ANY time spent working for free is completely lost when routes are inspected and adjusted. Routes are eliminated or created based on *HOURS WORKED*. If part of those hours are not counted, that translates to less hours needed — in turn, less routes needed.

When routes are eliminated, every Carrier has to pick up more work on a daily basis. And, because of the time counted, Carriers are expected to pick up that work with no extra time for performing it.

So, please think about what you are doing to yourself and everyone around you.

If working off the clock is happening in your office, you should contact your Shop Steward. Ask for a grievance to be filed. The grievance is NOT filed against the Carrier, but against management.

Article 41, section 3 K states very clearly: **“Management shall not require, nor permit, employees to work off the clock.”**

Please don't do any Letter Carrier duties until you are on the clock. The remember: The job you save could be your own...

Abridged article courtesy of the Annandale, Virginia
May 2019 Branch 3520 NOVA CARRIER

Camino Media's Mike Underwood Retires!!

1/17/87 was the start of his journey which led to Retirement on May 23, 2019



Pictures courtesy of Jeff Harrington

May 16 at 12:02 PM

And this right by boxes I have to deliver to.... Drunk. Drunk....!



- D.D. – “Sad.”
- D.H. – “TIE HIS LACES TOGETHER.”
- A.C. – “Did you tip toe by him?”
- A.C. – “OMG”
- M.K.D.H. – “XXXXX ave is getting so bad!!!”
- M.K. – “That’s scary!”
- J.K. – “Pour water on his ass, Mom!”

Editor-guy note:

This is an account of one moment in the life a Letter Carrier delivering mail on a street in the United States. Not the first time this has happened. Nor, will it be the last time...

D.P. – “At least his pants are up. And no dog with him.”

M.E. – “You shouldn’t get hazard pay? Yes, you should!”

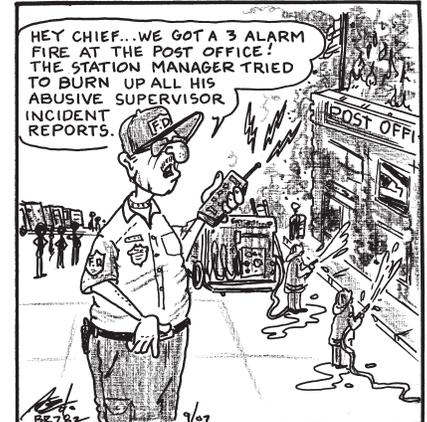
Out there

by Fred Acedo,
NALC Branch 782 S.A.N.E.
(Special Assistant Newsletter Editor)

OUT THERE



OUT THERE



“OuT tHeRe”



OUT THERE



“OuT tHeRe”



Fine print: Check out the dates on these cartoons...

FREEDOM ISN'T FREE...

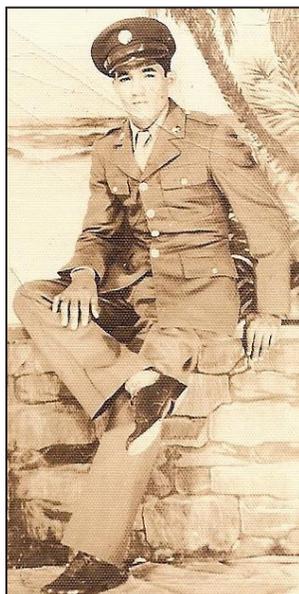
My Father, P.F.C. Domingo G. Muniz, served proudly in WWII with the 36th Division 141 Infantry Regiment as a rifleman in the European Theatre.

The "T" on their shoulder patch stands for Texas and the arrow head stands for Oklahoma. He served with "Love" Company and was very proud of his service and his Texas roots.



He was drafted with two children. And, my mother was expecting her third child. He was a patriot by heart and always displayed our flag proudly!

My father was born March 16, 1919 in McAllen, Texas and passed away August 4, 1999 at the age of 80 here in Bakersfield, California. His brothers and brothers-in-law on both sides of our families served in WWII and Korea. All were rifleman and were awarded five Purple Heart Medals.



My father was my hero through all my life. I always knew that some day I would serve my country as my father did with pride and honor and love for our country. My heroes have always been —

EACH AND EVERY ONE OF THEM —

"The Greatest Generation". I love them all!

SEMPER FI

MARIO MUNIZ

U.S.M.C. Vietnam War Combat Veteran w/ 3 Purple Hearts
and also a proud NALC Branch 782 Retiree

Editor-guy note:

Many Letter Carriers have fathers, uncles, grandparents or other relatives who were part of "The Greatest Generation". Some of our USPS customers may also have been.

I used to deliver to an old guy named E.T. Roberts. Over the course of 26 years on Route 427, we would talk about different



June 6, 2019 marked a special anniversary for our country. Seventy-five years ago, an Allied invasion force hit the beach in Normandy in an attempt to bring about the end of Adolph Hitler's plans to rule the world.

Although success was not guaranteed, young men — like Branch 782 Retiree Mario Muniz's father — did what they had to do in the months following D-Day. They knew that Freedom was under attack...and that our Freedom was not free!

things. One day, he came out and showed me a case with medals. One of them was a campaign medal. He pointed out an arrow-head pin which was part of the medal and asked if I knew what it meant. E.T. explained to me that it designated that he was in the very first wave of soldiers that hit Omaha Beach. Seventy-five years ago, he was a young 17 year old packing a flame thrower...

BASIL ZUNIGA

The NALC Veterans Group is designed to provide NALC members who are military veterans access to the information and tools specific to veterans' rights and benefits within the U.S Postal Service. It seeks to provide all NALC members who are also military veterans—active full-time and part-time Letter Carriers, as well as retired Letter Carriers—resources, rights information and a sense of camaraderie.



The Veterans Group will provide the ability to connect with fellow NALC veterans and stay informed on issues of importance to Letter Carrier veterans. Members receive a pin as a symbol of gratitude for your military service and membership in the NALC.

If you are interested in joining the group, complete the sign-up card which can be found at <https://www.nalc.org/member-benefits/body/veterans-group-postcard.pdf> and return it to: NALC Veterans Group, National Association of Letter Carriers, 100 Indiana Ave., NW, Washington, DC 20001-2144.

I had an old friend from when I was around 7 years old. He would ride his bike through the neighborhood getting all of us together for football, basketball, hockey, or whatever the game was that weekend. (That was how we did it before cellphones).

He's the one who made it a point: "You matter to someone." He was not the best friend, but the friend we all needed.

In high school, he got me into my first "R" rated movie (Animal House). He got me my first beer; and, most importantly, when my mother passed away my senior year, he came back from college to pay his respects in full Air Force ROTC uniform.

They say true friends can pick up relationships, even if it's a long time between speaking. ***THIS IS ABSOLUTELY TRUE.*** We lost track of each other for a long time, but the ties were still there.

My long-time friend served 22 years in the Air Force, flew countless C-130 missions in the Gulf — and was rumored to have done Sam Adams beer runs called "Warriors Need a Drink". He ran the Boston Marathon one year after the bombings. He set up a fundraiser event for a friend with blood cancer; and, in three years, raised almost \$100,000.

He also got a lot of us from the neighborhood back together with one another by starting a group messenger.

The group messenger was for people we grew up with and who served in various branches of the military. We had everything from E-3 to O-8 (for you non-military types, this was low level Enlisted to high ranking Officers.) He would always call all of us "Warriors", his way of making sure we were all equal.

He even called me "Marine" twice. Once, for Warrior day, he posted a picture of me in my Marine uniform. The second time was last Christmas when he asked, "Get any crayons for Christmas?" (It's a Marine thing).

This past Veterans' Day, some of us got together to watch the Patriots game. During the game we all got a message from him.

I answered him back with, "Wish you were here with us". He replied: "See my Warriors next year."

We will be seeing my friend in February, but not the way you think. He is coming home in a flag-draped coffin. He took his own life, and it hurts.

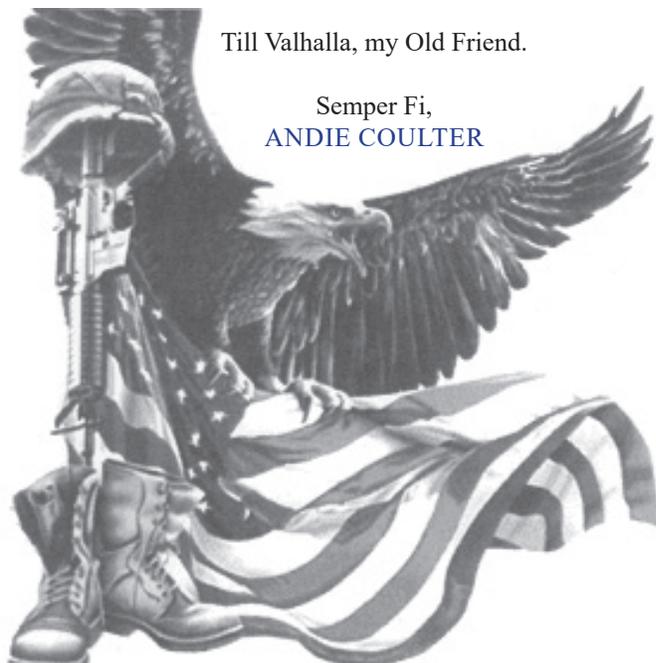
He meant a lot to so many people. After reading what people said about my/our friendship I share this: "Whatever Demon came for you, I would stand back-to-back with you and fight for you. You are my Brother and the world is a sadder place without you."

I will close with this thought: "So — my old friend — somehow, some way I know you will see this. (That's fate, I believe in it). When we meet up many years from now, I am not sure if I will see you as the kid getting us all together; the man who helped so many kids with drug problems or people through divorces; or, the guy who helped a woman with a physically abusive husband.

Hopefully, I don't see you as the person who took away a good man and a good friend. You mattered to me and to our friends...

Till Valhalla, my Old Friend.

Semper Fi,
ANDIE COULTER



This "Veterans' Corner" article reprinted from the Tewksbury, Massachusetts NALC Branch 25 *WAKE UP!* published in March 2019

Social-Rec Report —

Bakersfield postal employees gathered on Sunday June second at Stramler Park in downtown Bakersfield for a Social-Rec sponsored picnic.

All local postal unions were represented. Two of our own Branch 782 members Marcy Rodriguez and John Ortega won prizes in the raffle.

We enjoyed tacos from our friends at Taqueria Los Primos. We had some very strong piñatas that took the kids a while to destroy! It was a great afternoon for local postal friends and family to gather.

Thanks to all who attended and helped out.

PAUL GREENFIELD
Branch 782 Social-Rec Representative



Employee Assistance Program

The Employee Assistance Program is governed by Article 35 of the National Agreement. EAP is jointly administered by NALC, other postal unions and USPS. It provides confidential education, referral and counseling to help employees through personal challenges of all types, including alcoholism and drug-abuse programs.

Letter Carriers seeking EAP services may contact their local union officers for information, call 800-327-4968 or go to www.eap4you.com.

The USPS Employee Assistance Program has the counseling tools and resources designed to help you overcome life challenges. The tools offered by your EAP can help you and your loved ones begin to address those challenges. Here, you'll find completely free, confidential access to the counseling programs and services you need to live a balanced and happy life.

Below are just a handful of ways in which the EAP is here to support you: Counseling - (PDF); Web-based Tools (myStrength) - (PDF); Text Therapy (Talkspace) - (PDF); Coaching - (PDF); Critical Incident Response - (PDF); Health & Wellness - (PDF); Suicide Awareness & Prevention - (PDF).

Receive support when you don't feel like yourself.

Grow personal and career skills.

Be a caring friend or family member.

Receive care after a traumatic event or diagnosis.

Make healthy lifestyle choices.

If the answer is yes, please visit: EAP4YOU.com.

Make the Call!

USPS Employee Assistance Program
1-800-327-4968
(1-800-EAP-4-YOU) TTY: 1-877-492-7341
www.EAP4YOU.com

Source — <https://www.nalc.org/workplace-issues/safety-and-health/employee-assistance-program>

Dicktation

by John “Cementhead” Dick, NALC
Branch 2555 Vice- President

I am looking at my hand. The knuckles are swollen with arthritis from decades of manual labor. The fingers show the time worn signs as well. The song says it all — ”Work your fingers to the bone what do you get? Bony fingers!”

As I enter my sixth decade in this here life I think about how these fingers used to be so strong. Now I feel that power diminishing with each passing day. One finger by itself is so weak, maybe only strong enough to pick my nose. *But when I clench my fist and those five fingers on my hand come together I feel strong, youthful.*

This old man’s fist is greater than the sum of my five fingers. This old man’s fist is power!

The substitute on my route, the guy who fills in for me when I am off from work, is Boston Jay. He is the best swing Carrier I have ever had! He takes over my assignment when I am on union business or on leave.

He is the salt of the earth and a true professional who takes the job of carrying the U.S. mails seriously. He pays attention to all of the small details and treats our patrons with courtesy and respect.

He has an imposing Brutus figure with a thick East Coast accent that adds to his tough guy persona; but, he has a heart of gold that shines like the blazing sun. I have known him for many years now and we not only talk about work, he will come to me for advice about life and its struggles. I consider him more than a co-worker. I like to think of him as a Brother — sometimes an annoying younger Brother...

Jay is a great guy but, in my opinion, his politics suck. And, quite frankly, he thinks the same thing about my politics. My political leanings are to the far left. I embrace Marxist philosophy and am very critical of the capitalist economic model. I am always espousing the virtues of socialism when engaging in political talk.

Jay, on the other hand, is a Trump supporter and he is a particularly virulent critic of the Clintons. He claims to be a “true patriot” of this country. (He is also a New England Patriots fanatic, but we won’t get into that here.) On the

rare occasion we talk politics he is fond of calling me a “Commie” or “Pinko”. I can roll with that. I just call him an idiot for voting for Trump. We couldn’t be farther apart on the political spectrum.

But Boston Jay and I have far more in common with each other than our political leanings would suggest. I have learned this from working side by side with him for many years.

We both believe in hard work and taking care of our patrons. We both believe in the sanctity of the U.S. mail and its importance to the American public. We both believe that the service we provide daily by carrying the mail is a good job that should be taken seriously and professionally. When the mail is not handled properly, Jay is fond of saying “What is this? Amateur hour?”

We both look at this job as our career that we hope to retire from one day! We both believe the United States Postal Service is an American institution and should not fall into corporate hands! And, we both wholeheartedly contribute to the Letter Carrier Political Fund!



The Letter Carrier Political Fund, or LCPF, is exactly what the name implies. This fund was established by our union, the NALC, because the NALC *cannot* use any dues monies for political or legislative purposes.

As federal employees **WE** have to be an influence in the decision making that goes on in Washington D.C. **WE** have to have a voice on Capitol Hill, and the Letter Carrier Political Fund gives **US** that presence.

The NALC — through LCPF — supports Letter Carrier friendly politicians through donations to their political campaigns. This support is given on a *non-partisan* basis.

The only criteria for these LCPF donations to a politician is: **“Do YOU support OUR Letter Carrier issues?”**

Republicans, as well as Democrats and Independents, are recipients of LCPF funds. The LCPF also pays for staffing our legislative and political liaisons that work full time for the NALC, many of whom are Letter Carriers themselves.

Unfortunately, only 9% of our active and retired Letter Carriers give to the Letter Carrier Political Fund nationwide. Our NALC Branch 3126 beats that average at 17%. BUT, WE NEED TO DO BETTER!

At our recent Committee of Presidents meeting, National NALC President Rolando stated that there is nothing more important for our Union at this time than getting our political and legislative agenda for postal reform passed with this Congress. It could very well be life or death for the United States Postal Service as we know it if we do not properly address our issues.

If you do nothing else to preserve this great Union, you should at least be a member who contributes to the Letter Carrier Political Fund. President Rolando was extremely emphatic on this matter. If we really care about the future of the NALC and the USPS we need to contribute to the Letter Carrier Political Fund today!

Boston Jay and I couldn't be farther apart on the political spectrum, but we both give regularly to the Letter Carrier Political Fund. He gets the message and I admire him for that. This job is the tie that binds us together as Brothers. Our strength as a great Union comes from the fact that WE have such political diversity in our membership — from the far left to the far right and everything in between.

And, we need the support from politicians with the same diversity to achieve our goals for postal reform and a non-privatized United States Postal Service.

The Letter Carrier Political Fund is the engine that drives our political and legislative agenda. Our **combined** contributions are the gas for that hard working motor!

Here's the best part of this pitch for your contribution to the Letter Carrier Political Fund: ***As an active Carrier, we are ONLY asking you to give \$5 a paycheck. If you are retired, we are ONLY asking for \$10 a month.***

This is only a suggestion. Contribute whatever you feel comfortable with giving. More is better...

The fingers on a hand. That's what each of us who contribute to the Letter Carrier Political Fund represents.

Alone, one finger who contributes \$5 biweekly for the insurance of a good job with benefits and a retirement is insignificant and powerless. But, many fingers clenching together with \$5 contributions make a significant and almighty powerful fist that can punch through the hazy fog surrounding this Congress and deliver the knockout blow for **REAL** postal reform!

BECOME PART OF THE NALC FIST! Give us the finger. Better yet, start contributing to the Letter Carrier Political Fund today!

This message is courtesy of the April 2019 Royal Oak, Michigan NALC Branch 4374 **NEW VISION**. “Cementhead”, Buddy, Thank you so very much for your commentary, willingness and dedication!

LCPF Disclaimer

By making a contribution to the Letter Carrier Political Fund, you are doing so voluntarily with the understanding that your contribution is not a condition of membership in the National Association of Letter Carriers or of employment by the Postal Service, nor is it part of union dues. You have a right to refuse to contribute without any reprisal. The Letter Carrier Political Fund will use the money it receives to contribute to candidates for federal office and undertake other political spending as permitted by law. Your selection shall remain in full force and effect until cancelled. Contributions to the Letter Carrier Political Fund are not deductible for federal income tax purposes. Federal law prohibits the Letter Carrier Political Fund from soliciting contributions from individuals who are not NALC members, executive and administrative staff or their families. Any contribution received from such an individual will be refunded to that contributor. Federal law requires us to use our best efforts to collect and report the name, mailing address, occupation and name of employer of individuals whose contributions exceed \$200 per calendar year. Any guideline amount is merely a suggestion, and an individual is free to contribute more or less than the guideline suggests and the Union will not favor or disadvantage anyone by reason of the amount of their contribution or their decision not to contribute.

No One Gets Out Alive

by Bill Reynolds, NALC Branch 181
NALC HBR and MBA Representative

This is a topic which many of us avoid and dance around. But, it one that is incredibly important to you and your family.

What happens in the event of death or major medical event which incapacitates you or a family member? Are you prepared for some medical event that will make you unable to work, put you in a nursing home or for long term care? No one likes to talk about death, but it is an inevitable event in all our lives. Planning for it will make it easier on your family in that event.

There is nothing more traumatic to a family than to not only be dealing with a loved one's passing, but to find out that there is no will, no financial planning, no life insurance, no health insurance for survivors. I hope in this article to make all NALC Branch 181 Members aware of not only the benefits provided by NALC through the Branch or National NALC in the Mutual Benefits programs and the NALC Health Benefits Plan.

Major medical issues and death are something many of us really do not prepare for, nor think about until it happens. There are some things that we as Postal Employees and National Association of Letter Carriers members have going for us and things we have to really prepare in advance for our families. Over the years I have written about insurance plans available through the Mutual Benefits Programs NALC has. I will circle back around to some of those in a few moments.

I NEED TO SET THE STAGE THOUGH FOR THE BASIS OF THIS DISCUSSION: \$\$\$

What happens if you or a family member dies, either accidentally or from illness? What happens if you or a family member is incapacitated by illness (a stroke, an accident that leave you in a coma)? We cannot predict the date or time of such events; but, we sure as all heck can plan for that event!

FIRST AND FOREMOST is having an up to date will for yourself and other family members. Not having a will is a bad thing. Dying "intestate" (without a will) will cost several thousand dollars to probate property and assets above and beyond the couple thousand it normally costs. Having an Executor of your estate who understands what has to be done on your passing (or family member) is critical. Having secondary Executors is not only a good idea,

it is critical in case the primary cannot serve in that capacity.

SECONDLY: Make sure that you have in place HIPPA forms for family members for health insurance, doctors and medical facilities. Some things cannot be prepared for such as an accident, but having health insurance and personal doctors with HIPPA forms, makes it possible for them to discuss not only the medical issues, but issues of financial needs from insurances.

THIRD: Make sure that all insurance and medical information is kept in a safe location and family members know not only where the information is located, but also the proper procedures to report death or incapacities and that everyone knows what benefits are available and entitled.

If you have done these three things then you have set in place some very important protects for yourself and your family.

There are a number of other actions that should be undertaken to "take care of business"...

Contacting the Health insurance plan of the enrollee is probably very important to at least make sure that doctors involved have handled all the medical insurance issues correctly. I do not know about any of the other Federal Employees Health Benefit Insurance Plans, but the NALC Plan is great in dealing with these issues.

The NALC Mutual Benefits Association has several very good and important insurance plans tailored to the needs of Letter Carriers. The MBA is an important resource for Carriers to plan for life events. TAKE ADVANTAGE OF IT> Insurance plans that are available to Carriers and families are: MBA Whole Life Insurance; Paid Up at Age 65 MBA Whole Life Insurance; Paid Up in 20 Years MBA Whole Life Insurance; MBA Term Life Insurance; Group Policy Independence—Single Payment; Hospital Plus; MBA Retirement Savings Plan; MBA Family Retirement Savings Plan; City Carrier Assistant Retirement Savings Plan; MBA Immediate Annuity.

Specific information about these plans is available on the internet at: <https://nalc.org/member-benefits/mutual-benefit-association>.

I can also provide information and brochures as well as applications. (My phone number 512-451-9763) Please take the time to protect yourself and your family by planning ahead for the unthinkable. A few hours of planning will save you and your family a great deal of heartache and problems down the road if this happens to you.

Thank you for taking the time to read this article, share with your family, and other Carriers.

Not all our Members read the Branch Newsletter and this information could really help out.

Clip and save this article which is courtesy of the Austin, Texas NALC Branch 181 April - May 2019 *Capital City Carrier*

2019 NALC HBP Info

At a glance...



NALC Health Benefit Plan	1-888-636-6252
*Hospital Pre-Certification	1-877-220-6252
Mental & Substance Precertification	1-877-468-1016
Prescription Drug Program	1-800-933-6252
CVS/Caremark Specialty Pharmacy	1-800-237-2767
Durable Medical Equipment	1-855-511-1893
"24/7 Nurse Hotline"	1-877-220-6252
CVS/CareMark Pharmacist	1-888-636-6252
Solutions for Caregivers (24/7)	1-877-468-1016
CIGNA PPO Locator Line	1-877-220-6252
CIGNA Organ Transplant Approval	1-800-668-9682
Quit for Life (Tobacco Cessation)	1-866-784-8454
CIGNA Health Rewards (Discounts)	1-800-558-9443
CIGNA Plus (Dental Discount)	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

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*

How do you find NALC/CIGNA (PPO) (OAP) Providers and Pharmacies?

Go to NALC.ORG.

Under "Member Benefits"
 NALC Health Benefit Plan,

Click on HBP Website (Center of Page)

Under Quick links,

Click on "Locate Network Retail Pharmacy" -
 or CIGNA.

Click on Healthcare (OAP) Online Provider Directory

The NALC Consumer Driven HP and the Value Option HP can utilize this **CIGNA PPO/OAP NETWORK** or by calling 1-855-511-1893.

OPTUMHEALTH BEHAVIORIAL SOLUTIONS is also available to the Consumer Driven/Value Option. You must pre-certify.
 Call 1-877-468-1016.

We DO have a Dental Discount Program!
 Call Mark Ramirez for details...

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.

URGENT CARE

Sendas Urgent Care: 9450 Ming Ave., Bakersfield (661) 587-2500
 M-S 8 a.m. - 9 p.m. Saturday/Sunday 8 a.m. - 8 p.m.
ASK FOR OTHER LOCATIONS

Accelerated Urgent Care: 9710 Brimhall, (661) 829-6747
 9500 Stockdale Hwy, (661) 735-3943 8 a.m. - 9:30 p.m. daily
ASK FOR OTHER LOCATIONS

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) 398-6075

Shop Talk~

w/ Dave Norton, Chief Steward
NALC Branch 82

When Customers Attack

OUT THERE



If you read the news (especially postal blogs such as postalnews.com) you will see—seemingly every day—there is yet *another* news article about some Letter Carrier somewhere in this country who has been attacked or assaulted in the course of his or her duty. This last month it happened here in Portland. A Carrier was physically assaulted on his mail route.

This particular incident occurred after a brief, innocuous exchange between the Carrier and a person blocking an NBU on his route. The Letter Carrier asked this person to move his vehicle so he could deliver the NBU. The person did so. But then—after the fact—this person apparently grew angry at the Letter Carrier and spit on his mail vehicle. The Letter Carrier moved on.

Later that day after his lunch, while the Letter Carrier was still in his vehicle, he saw a car approach. The Letter Carrier thought nothing of it, thinking that it was a customer drop-

ping off some outgoing mail. He quickly saw, however, that the person approaching was the same individual who had spit at him earlier. That person punched the Letter Carrier in the head and hit the Carrier in the shoulder with a tire iron. The person also hit the mail vehicle with the tire iron.

It turns out that the attacker was a gang member, well known by the Portland Police.

As bad as the blows the attacker threw may sound, they did not inflict that much damage. The Carrier suffered bruising and was largely unhurt. He went on after the incident to finish his route. And, although the attacker did initially flee the scene and evade capture by the police, he eventually was caught and arrested. The situation could have been much worse.

Unfortunately, this was just another incident in what has been a growing trend in this country. And, these reports are not all just local disputes, isolated incidents between Carriers and their customers gone wrong, or the good old fashion crazy residents (there are still plenty of those).

Recently accounts of both illegal drugs and drug money being sent through the mail stream are rising. Attorney General Eric Holder has even gone on record stating his shock at the amount of illegal drugs that are shipped through the mail each year.

As Letter Carriers, we don't always know what we are delivering during the course of our delivery day. It's easy to identify certain mails and packages as suspicious. Others are more difficult. You may unknowingly be transporting something illegal and of great value... Maybe even something worth robbing the Letter Carrier?

Now, I didn't write this article to create mass paranoia among the ranks of Letter Carriers. Just because someone is using an old beat up box to ship something in, doesn't mean that there is a drug cartel out on your route waiting to intercept it. Or because Mrs. Smith is still mad at you for crossing her lawn five years ago, that she is at home right now plotting your demise. I am just saying; be careful, and use common sense.

Ultimately, Letter Carriers know their customers and the neighborhoods they deliver in. If you deliver in a "not so nice" part of town or know of a few "questionable" houses on your route; well, it never hurts to be extra nice to your sketchy customers.

OUT THERE



OUT THERE



If you do identify a suspicious package, report it immediately. If a conversation becomes heated, a customer gets belligerent, or starts to act aggressively, refer them to management and leave the situation.

Why? ***IT'S YOUR LIFE...***

Article courtesy of the Portland, Oregon
NALC Branch 82 May 2014 B-Mike

There is no need to engage customers in an argument, Let management take care of that. And, certainly, if you believe you are the victim of a criminal assault—or any other kind of assault—***call the police right away, and seek medical attention!!*** You can call your supervisor and tell them of the situation after you know that you are safe.

If someone demands the mail or your personal belongings; give it to them. ***NOTHING IS WORTH YOUR LIFE.***

Being a Letter Carrier is a much safer job than many. For all the instances you hear of Carrier attacks, there are thousands of Letter Carriers who carry their routes every day without incident. The fact is: There are many other hazards that you will face on a daily basis that don't include a possible assailant. The chances that a violent attack will happen to you may be slim. But? It never hurts to stay aware and be cautious throughout your delivery day.

OUT THERE



This article was originally reprinted in the June 2014 issue of our newsletter. Unfortunately, five years later, it is still current...

NALC Branch 782 General Meeting 2/27/19



“Belonging to a Union means you have to participate and join together to win the battles being fought... Otherwise, it’s like joining the army and expecting only the officers to engage in combat. YOU DON’T WIN MANY BATTLES THAT WAY...”
William De Vore (by way of Fall River, Massachusetts NALC Branch 51)





NALC Branch 782 General Meeting 4/24/19



If a picture is worth 1,000 words, then Anita Holderman just shared 40,000 of them with us!

THANK YOU!!!

Wills and Trusts

by Gil Canuel, Treasurer
NALC Branch 51

I attended a workshop on “Wills and Trusts” while at the National Convention in Detroit. Here is what was covered:

Should YOU have a will? Do YOU want to protect and provide for YOUR loved ones and to control the ultimate disposition of YOUR property? Or, do YOU want YOUR state of residence to decide what happens to YOUR property?

When entertainer Prince died in 2016 at the age of 57, his death was shocking. But, many people were surprised the “Purple Rain” had no will. Now a Minnesota judge will decide how to distribute Prince’s estimated \$300 million estate among six siblings. *Other potential heirs have surfaced, too — including a federal inmate claiming to be Prince’s son.*

Not preparing a Will is a basic mistake. It’s estimated that 60 percent to two-thirds of adults in America don’t have a last Will and Testament. While many people think they will pay estate taxes, **ESTATE TAXES DON’T KICK IN UNTIL \$11.2 MILLION FOR 1 PERSON AND DOUBLE FOR TWO PEOPLE.**

YOU need to have a conversation with your family about this important topic.

What is a Will?

- It’s a legal document that lets a person designate individuals and charities to receive your property and possessions when you die.
- It allows you to name a guardian to care for minor children.
- It can be handwritten or typed.
- It must be signed and witnessed.
- It can be changed.
- Will be cancelled when you draft another one.

What is Probate?

- Court supervised process of authenticating a Will and distributing the assets, paying liabilities, etc.
- Public process. Open records.

- Takes time. Depends on the complexity of Estate.
- Cost Involved:
 - Executor Fees can charge nothing up to 3% or more of estate value
 - Court fees Attorney fees
 - Accounting fees Appraisal fees
 - Bond fees Miscellaneous fees

What Assets go Through Probate:

- Anything owned solely in the name of the deceased person.
- A share of property owned as “tenants in common”
- Process is changing ownership from deceased person to someone else.

Non-Probate Assets:

Property owned as joint tenants

Property owned as tenants by the Entirety

Community Property with right of survivorship

Funds in a payable-on-death (POD) account

Retirement Accounts with a named beneficiary

Property held in Trust

Life Insurance Proceeds (unless Estate is named as Beneficiary)

Will Basics

- Who can make a Will?
 - Must be at least 18 years old
 - Mental capacity
 - Intent
 - Voluntary
- Rules vary by State
- Potentially reduce Estate Taxes
- Potentially establishing a Trust to provide ongoing benefits for loved ones or charities. Will or No Will?
- Understand how your assets are titled — Make a list
- Develop a plan
- Talk about it with your family
- Letter of Last Instruction
- Get competent legal help

What is a Trust?

- Legal document
- Controls the Assets owned by the Trust
- How does a Trust “own” asset?
- Trust Assets are Non-Probate Assets
- Who are the parties to a Trust?
 - Trustor/Grantor is the person who set up / delivered assets to the Trust

- Trustee: The person / entity responsible to carry out terms of the Trust
- Beneficiary: Recipient of Trust Assets
- What are the terms of the Trust?

Revocable and Irrevocable Trusts

- Revocable Trust (Won't save you in taxes)
 - During your Life
 - Assets titles in name of Trust
- House — Owned by Jack and Diane Jones
Revocable Trust Trustees can be Jack and Diane
 - Successor Trustee
 - Trustees can change / terminate trust (Revocable)
 - Sometimes called a Living Trust
- Irrevocable Trust (You don't own it so don't pay taxes)
 - Same concept as Revocable Trust but cannot be changed
 - Why Irrevocable Taxes? Creditors

YOU SHOULD review your estate plan.

- Major life Events:
 - After birth of children, grandchildren, nieces, nephews
 - Death of Spouse, children, grandchildren
 - Marriage of yourself, children, grandchildren
 - Divorce from your spouse, a child or grand child's divorce
- Move from one state to another
- Significant changes in life
 - Increase or Decrease in Wealth
 - Sale of a Business
 - Death or Disability of a family member
- Business Changes
- Tax Law Changes

Do YOU have a Financial and Estate Plan? It is recommended that YOU get help with YOUR planning from Financial Planners, Accountants, Trust Officers, Estate Attorneys and even from YOUR own NALC Mutual Benefit Association.

Article courtesy of the May 2019 *Courier* published by Fall River, Massachusetts NALC Branch 51

snippets

Here are excerpts from a number of articles from various NALC newsletters from all over the country. Your knowledge can lead to better informed decisions...

President's Report



by Al Friedman, President
NALC Branch 2008

**JUST WHEN YOU
THOUGHT THE
POSTAL SERVICE
WAS DONE WITH
CRAZY IDEAS...**

After reading this article, does it seem to you like the USPS is trying to destroy itself from the inside out???

This new Brainiac idea is called "Consolidating Casing" or also known as, the Caser/Carrier plan. This plan is going to be tested starting in an office in Virginia this May and by June thru August it will be tested in 230 more offices around the country. That list of offices as of right now DOESN'T include any in Branch 2008. The closest offices to us that will be test sights are in Orlando and Miami. What the plan does is to adjust routes having the carrier position spend 7 hours and 45 minutes on the street delivering mail with your office duties being performed by a router. Here are the instructions.

The Carriers new job instruction:

- Deliver 7 hours and 45 minutes, including two street breaks.
- Retrieving accountable/special items, keys/Voyager cards and scanner from accountable cart.
- Retrieving DPS, FFS and committed sequenced sets.
- Load vehicle/return hamper to designated area.

The office routers job instruction:

The second part of this is the Office portion of the Caser/Carrier Responsibilities.

- Case and withdrawal of manual cased mail including small parcels SPRs and hot case mail
- Sequencing mail for park points and park and loops deliveries,
- Scanning the MSP hot case bar code.
- Loading cased mail into conveyance used for parcel distribution.
- Processing undeliverable and return mail with input from supervisor and street carriers.
- Place COAs labels on PS form 3982 for all routes within and assigned casing group.
- Preparing Hold mail request
- Maintaining Edit/Redbooks, DDSMART, Webees and eUARS information with communication/input from street Carriers.

As you can see there is a multitude of issues that come to mind.

First, THE UNION HAS FILED TWO NATIONAL LEVEL GRIEVANCE'S TO STOP THIS CRAZINESS

Most branches have just gone through route adjustments to make their route's 8 hours on the street. The average cost of a 6 day count depending on the number of routes is between 50 to 100 thousand dollars per office. The Big question, you can't get the mail on time to the offices now, how will this ever work. The Postal Service has many instructions but no answers to simple questions. Will Article 41.30 be in place for bidding on who will be Carriers and who will be Casers? What time will everyone start? How many routes will each router be assigned to? How safe is it to be exposed to extreme heat and cold for longer periods of time? More information will be coming out soon, which will be discussed more in depth at our next union meeting on May 28th. See you there!!

Article courtesy of the May 2019 Tarpon Springs, Florida NALC Branch 2008 *Suncoast Letter Carrier's Update*.

And, just as importantly, checking out these "Snippets" may help you realize a very simple fact: Your Letter Carrier world is much larger than just your case.

Be Advised...

by D.J. Grosskopf, President
NALC Branch 3

On Thursday, April 18th I was notified by National Business Agent Mark Camilli that the USPS has sent notice to the NALC of their intent to restructure City Letter Carrier assignments as a test program, once again, moves across the country.

Management has picked 230 sites across the nation to try to implement The Consolidated Casing Program. Phase 1 of this program begins May 18th. Phase 2 in June and Phase 3 is in August. See the enclosed Stand up talk for some specifics of how the test will work.

The test sites locally are the Eastside Station in the city of Buffalo and the Lancaster/Depew Installation in the Associate offices.

“Casers” will be responsible for a series of six routes to case each morning starting at 5:30 am. When the first set of three “streeters” arrive at 7 am that first set of three routes should be cased and ready to go. The Caser will then move on to the next set of three routes to begin sortation. The second set of streeters arrive at 8:30 am and the caser should have those three

assignments sorted and ready to be picked up for delivery.

How practicable is this? Well I think we all already know the answer to that. In 2012 they tried this exact same thing and our Branch filed a grievance, # 318.12. It is still held at the Step B Team.

The last time this was attempted at Eastside, routes took in excess of ten hours and OTDL carriers were very busy. (They have done this twice before and the system has failed miserably each time.)

We have not been notified when the two local test sites will start but the USPS is stating that by August there will be one test site up and running in each district.

Rest assured that as the Branch receives more information on this, we will get it out to the membership.

Also, when we are notified the local test sites will be implemented, we will notify the membership and we will be there, ready to protect the rights of the Carriers in the test sites.



Consolidated Casing

City Carrier Stand-Up Talk

The United States Postal Service is facing one of the most difficult challenges in its history. Letter and Flat volume has decreased by 7 billion pieces since 2014. This decline has created the need to explore new ways of reducing costs, improving efficiency, and increasing usable workspace within our delivery units. Your office has been chosen to participate in the consolidated casing initiative.

This initiative separates the traditional city letter carrier assignment into two separate components: “Office Caser/Carrier” and “Street Carrier”. All routes in the unit will reduce cell sizes for all deliveries. Routes are then combined into casing groups which minimizes casing equipment and increases available floor space.

Office Caser/Carrier Responsibilities:

- Casing and withdrawal of manual mail* including small parcels and rolls (SPRs) and Hot Case mail
- Sequencing mail for park and loop deliveries, according to local policy
- Scanning the MSP Hot Case bar code*
- Loading cased mail into the conveyance used for parcel distribution
- Processing undeliverable and return mail, with input from supervisors and Street Carriers
- Placing COA labels on PS Form 3982 for all routes within an assigned casing group, per the unit’s SOP
- Preparing Hold mail requests, per the unit’s SOP
- Maintaining Edit/Redbooks, DSMART, WebEES and eUARS information with communication/input from Street Carriers, as per management instructions*

*For all routes assigned within a casing group

Street Carrier Responsibilities:

- Delivery: 7 hours and 45 minutes, including two street breaks (office tasks will be significantly reduced)

AM Office responsibilities:

- Retrieving accountable/special service items, keys/Voyager card and Mobile Delivery Device (MDD) per office SOP, from cage or accountable cart
- Retrieving conveyance equipment for assigned route and clocking to the appropriate street operation
- Retrieving DPS, FSS and committed sequenced sets
- Loading vehicle/return conveyance equipment (such as a hamper) to designated location

City Delivery OperationsApril 2019

This excerpt is from an article courtesy of the May 2019 Buffalo, New York NALC Branch 3 *BUZZ*. Thank You, David!!

Someone who probably never carried mail in their life was watching a game show and noticed the boards flipped over when a question was asked and they thought, “I can do this to the Carriers’ cases.”

by Lori Fayad, Secretary
NALC Branch 4374

Yes, some manager couldn’t sleep at night and had the brilliant idea to have a Carrier come in at 5:30 and set up three routes and an hour later have Carriers come in and carry them. Then, the Caser would set up three more route at 8:30 and 9:30 the next Carriers would come in and carry.

This would save all kinds of time. **NOT!!!!** This is another disaster waiting to happen.

How are you going to figure out who comes in first? Seniority? What if they call in? What if the Carrier is slow and it’s not ready? What happens when the mail is late? What happens when the parcels aren’t thrown in time? A Carrier would still be entitled to two breaks and a lunch. In winter, it will be dark and mail will be brought back. What happens with that?

There is nothing worse than someone who’s never carried mail who now knows all the ways to improve our job. When will the people at the top understand in order to improve the job ask somebody that does it! When they drive by and watch us, we may make it look easy. But, it’s not! Take the time to ask a Carrier and get real world input on how the job is done.

We’re told that the Post Office is broke and, yet, they always can manage to find money for nonsense. Don’t get me started on the new parcel sorting machine...

Article excerpt courtesy of the May 2019 Center Line, Michigan NALC Branch 4374 *FRONT LINES*.

Dog Bite Awareness

by Sheila Fawcett, NALC Branch 114
Recording Secretary and Safety Liaison

Dog attacks and bites are already occurring and on the national average, ten Letter Carriers suffer from dog-related injuries every day! Please be careful when approaching children as dogs tend to be very protective of their humans.

Use caution when knocking on doors as the kids may answer and the dog may come running out. Place your foot against the screen door (if there is one) to reduce the risk of this happening. Use extra caution when there isn't a screen door and always be alert and ready. Carry your satchel and your dog spray and case your dog warning cards to alert other carriers. Submit information about dangerous dogs to your supervisor so they can create scanner alerts.

Watch for signs that dogs are present at the residence such as chains, toys, etc. and make some noise such as whistling or jingling your vehicle keys when entering these areas to announce your presence.

CCA's: Be aware that dog bites are on the rise on Sundays. Customers aren't always expecting to see Carriers or know when they will arrive and they have their dogs out! You may want to

honk your horn when you pull up to announce to the customer and the dog that you are there. Again, carry your satchels and dog spray for your own protection. Always be aware of your surroundings and be ready!

We all know that it is against USPS safety policy to give dogs treats and maybe you've been doing it for years without incident. **Please stop!** Be considerate of your fellow Carriers. It probably won't be you that will get bit; it will be someone carrying a hand-off or covering your route while you're on vacation.

Here is another good reason not to feed the dogs. Do you have the owner's permission? Do you know a dog's dietary needs? A few years ago a friend of mine asked me about the USPS policy on feeding dogs. Her dog has serious intestinal problems and is on a special diet. She caught her carrier trying to give her dog a treat just in time! That would've been a \$1,000 vet bill and don't think for a moment that the USPS would pay for it; that would be your responsibility! You make the choice to violate postal policy! Keep in mind that there are cameras everywhere and someone is always watching you and will see you feed that dog. I've also read recently where dogs have been sickened and have even died from certain dog treats. How would you feel if you were responsible for a dog's illness or death?

My advice to you is to follow the policy and let your customers make their own choices about what they feed their dogs. Do this for everyone's sake, including the dogs'!

Article courtesy of the May 2019 Duluth, Minnesota NALC Branch 114 ZENITH BRANCH NEWS

Who Cares?

by Albert A. Reyes,
NALC Branch 2902 V.P.

"Who cares? Never mind. It is all the same, it makes no difference. It doesn't matter. Screw it! Why bother? Whatever. So what. It's doesn't bother me. Things are not going to change." And last, but not least — "Management will do what they want to do."

SOUND FAMILIAR? Heard any of these making their way around the office?

So, what do you do when **you** think **your** voice is not being heard? Have **YOU** witnessed management driving out swings or auxiliary to fellow Carriers? What about them belittling a newly hired CCA? Dog incident not getting safety priority?

For starters, have **YOU** said something to your Steward? Put your name on The List?

Let YOUR voice be heard! Article 17.4 "An employee must be given reasonable time to consult with his or her Steward, and such reasonable time may not be measured by a predetermined factor." **Do not allow management to intimidate you when putting your name on "The List".**

For those who like to catch their Steward "in passing" or "walking outside in the parking lot", you're not holding management accountable. This is your right!

On-the-job instructor (OJI)? Are **YOU** not getting the required time needed to successfully and completely do **YOUR** training? Is management hassling you over time needed for your required training? The On-the-Job Training Guide Course 10021876 states, "**Management will plan to provide auxiliary assistance for the OJI on each day of on-the-job training.**" If this doesn't happen, see your Shop Steward immediately.

On-the-Job instructors (along with all of your fellow Carriers and Shop Stewards)

are the "eyes and ears" on the workroom floor. Is management giving you a hard time completing the OJI Task Checklist during the three day on -the-job training?

Management is **required** to give OJI's 24 hours of instructional methods which consist of "Demonstration, Observation, and Coaching." If not, see your Shop Steward.

So who cares? **YOUR** union cares and **YOU** should too! **Hold management accountable!** Do not allow them to try and discourage you from exercising your rights. Speak up! **Let your voice be heard!**

I would like to personally thank all safety team members and captains, OJI's, and Shop Stewards for the work they do on the frontlines each day! Maintain the integrity of the leadership position you have been entrusted with. **YOU ARE MORE IMPORTANT THAN YOU REALIZE!**

This article courtesy of the *Mail Bag News* published by the members of Chatsworth, California NALC Branch 2902 in May - June 2019

Bites & Stings can be **COMPLICATED...**

by Roxanne Luce, Executive V.P.
NALC Branch 133

A Letter of Warning was issued to a Carrier bitten by a dog. I then interviewed the Carrier to get some information.

During that interview, I discovered the Carrier (who had been bitten and was bleeding) returned to their office. Instead of taking or sending the Carrier for medical attention *immediately as required*, management decided it was more important to take the Carrier back to where the dog bit them and do their accident report.

To compound the issue, the supervisor involved thought this was okay. Another supervisor in the office thought it was okay, *and so did the postmaster.*

YES!! I had Steam coming out my ears!

Management's lack of knowledge **OR CONCERN FOR THE CARRIER** put the Carrier's health at risk.

So, let me provide some education: **The Handbook EL-814 Postal Employees' Guide to Safety** states in part: **Medical Treatment of Animal Bites or Insect Stings**

"If you are bitten, get medical treatment immediately, regardless of the severity of the injury. Even small bites or contact with animal saliva can transmit rabies. Wash the area with soap and water as soon as possible.

If you have severe or allergic reactions to insect stings, you must inform your supervisor and, if available, the medical or health unit. Use caution in removing mail from mail receptacles to avoid stings from any insects inside."

The ELM (Employee and Labor Relations Manual) section 545.41 states: **545.41 Emergency Treatment**

"An employee needing emergency treatment must be sent to the nearest available physician or hospital or to a physician or

hospital chosen by the employee or the employee's representative. The physician who provides emergency treatment is not considered the employee's initial choice of physician. A supervisor may accompany the employee to the doctor's office or hospital to make certain that the employee receives prompt medical treatment.

Animal bites or eye injuries are always considered medical emergencies. In the event that there is doubt as to the emergent nature of the injury, it should be handled as an emergency."

The Handbook EL-505 Injury Compensation, in part, states regarding animal bites states: **Supervisor and Control Point Responsibilities "OuT tHeRe" in an Emergency**

"A medical emergency is an injury or sudden and unexpected onset of a condition requiring immediate medical care. Some problems are considered emergencies because, if not treated promptly, they might become more serious (for example, animal bites, eye injuries, deep cuts, broken bones). Others are emergencies because they are potentially life-threatening (for example, heart attacks, strokes, weapon wounds, sudden inability to breathe). In the event that there is a doubt as to the emergent nature of the emergency, it should be handled as an emergency (ELM 543.14)."

A Carrier was bitten by a dog about a year ago and the wound turned septic. The Carrier was unable to work for approximately three months get the wound to close.

According to the CDC: Diseases You Can Get from Dog Bites

"In addition to causing injury, dog bites can spread germs from dogs to people. Up to 18% of dog bites become infected with bacteria. Over 60 different kinds of bacteria have been found in dog mouths, but only a handful of these germs can

make you sick. In a study performed by the Mayo Clinic it was found in part relating to cat bites: Researchers identified 193 Mayo Clinic patients with cat bites to the hand from January 1, 2009, through 2011. Of those, 57 were hospitalized. On average, they were in the hospital three days. Of those hospitalized, 38 needed to have their wounds surgically irrigated, or flushed out, and infected tissue removed, a procedure known as debridement. Eight patients needed more than one operation, and some needed reconstructive surgery.

I worked with a Carrier who was bitten on the hand by a cat and didn't think much of it. By the next day the hand was twice the size of the other hand.



Even if management doesn't, *this* is why I take animal bites so seriously and so should you!

If you get bitten by a dog or cat — *or any other animal* — **INSIST** on receiving medical care! It may look minor, but **DO NOT** risk your health!

Get medical care first! Then, complete the proper postal form (CA-1); and, of course, call me and let me know how you are doing. **I want to make sure** your injuries are being properly covered by OWCP (Office of Workers Compensation).

Article courtesy of the Sacramento, CA Branch 133 June 2019 *Swing Room Gazette*



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.) •

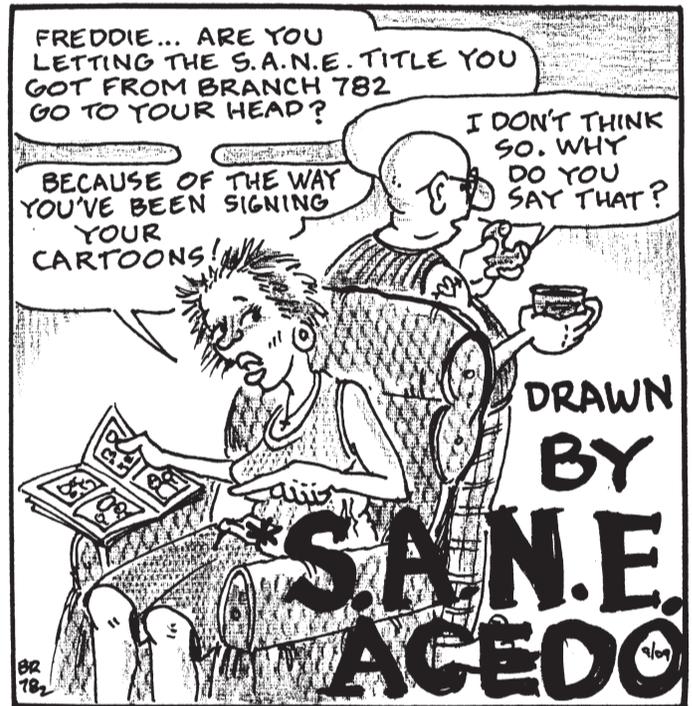
••• **SPECIAL OFFER:** I will include a copy of **Out tHeRe** with this order. **500 more cartoons!** •••

• *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.

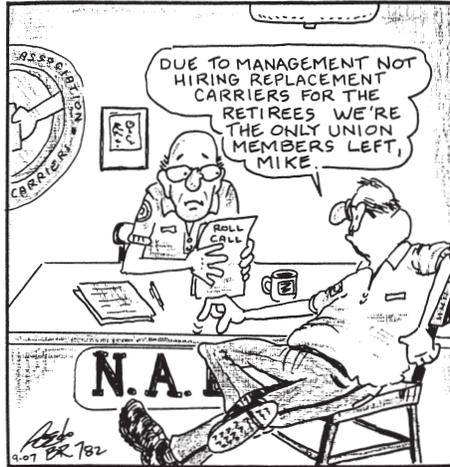
This is a sample. You are looking at page 74 in the *NALC Editor Resource Book*. There are 176 pages in this book that explore glimpses into our lives as Letter Carriers from January 2003 to July 2016...

OUT THERE



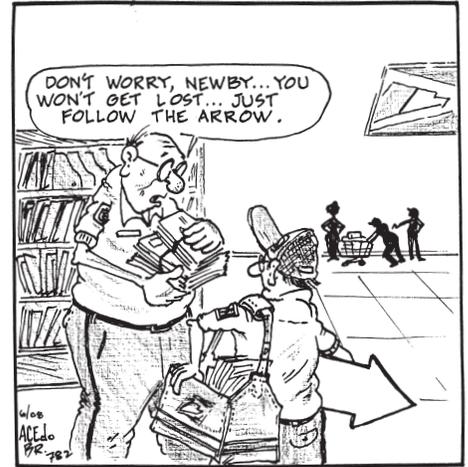
Originally published April 2009

OUT THERE



Originally published April 2009

OUT THERE



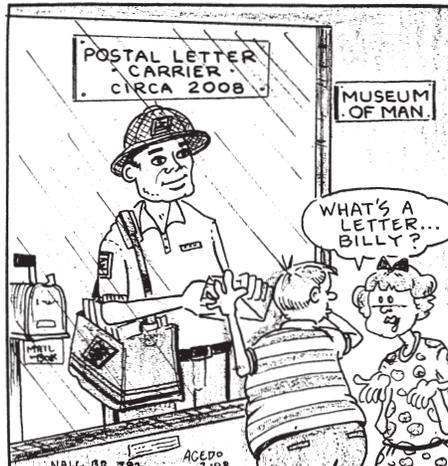
Originally published May 2009

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

from the editor-guy

Once in a while I have to write something because I have a pesky page to fill.

That said, here I go.

As I get to this stage of my "career" as the editor of the Branch 782 newsletter since around 1982, I want to share some perspective from a guy who has been an NALC activist for more than a few years.

The only thing in life that is constant is that nothing is constant.

The people you work with, are friends with, and go through each day of your life with today will be different than the ones who you will be doing things with in the future.

That's just the way it is.

Look around. Those folks who are at those cases, or who you see when you are standing in line at the time clock may be different next month.

(File this idea away in your head. Unpack it in 12 months and I can almost guarantee that there will be some changes.)

Each of us is here for a while. Then we're not — although it may take thirty plus years. More importantly, some of us are gone sooner.

Take the time to think about those people who used to be around... Each of us will have different characters that used to populate our postal world.

When they leave [for whatever reason], I always feel sad when there is no acknowledgement that they've even been here.

I would like to share with you a little about two folks who were in my Letter Carrier world a "Iwahng" time ago — John Wonderly and Patty Mac.

John was a vocal, frenetically energetic, knowledgeable, dedicated intense, caustic NALC Shop Steward when I first met him in the early 1980s. (That

was when I first decided that I wanted to be more involved as a member of Branch 782.)

As I recall, John's career started around 1967. He'd been around for some 12 years when I got hired as a Letter Carrier.

More importantly, one April day in 1985, he decided that he was done with the PS. I was not there at the old Hillcrest Station when he left. But, an anecdotal account that I've been told is that, one day, John walked onto the workroom floor and exclaimed to any and all in the vicinity, "TAKE THIS JOB AND SHOVE IT!" He then made an exit out the back dock.

Even if you don't have a math background, you can probably figure out that *THAT* was a long time ago! (*To save you the time to do the numbers, that was over 30 years ago!*)

"OuT tHeRe"



John called me the other day to tell me he thought that he had PTSD (Post-Trumatic Stress Disorder). But, he thought that what he really had was, in fact, PTPOSD — Post-Trumatic Post Office Stress Disorder.

"BASIL. I. HAD. A. DREAM!"

"I was out on the street and was at Hillcrest. I was running late. Real late. And, it was getting dark. The supervisor had told me that someone was going to come out to check on me. And, I knew that things were going to be real bad." The backdrop to this is that

John had experienced being "left out there" before...

When John was a new employee. He was assigned to Minner Station on Norris Road in Bakersfield. (If you don't know Bakersfield, you might not know where this occurred was in the heart of "Dalean" country.) But, if you are a USPS Letter Carrier, you may be able to relate to the description of John's memory of the circumstances.

"I was hired as a Part-Time Regular employee and was only supposed to work 20 hours a week doing P.M. collections. One day, they needed me to come in early to help out. As I was dropped off on Airport Drive with a full satchel of mail, the supervisor told me he would come out to pick me up and take me back to the station so that I could start my afternoon collection run at the

Annex. All day long, as I ran out of mail, I would get to a spot box and pull more mail out. I ran out of spot boxes and mail around 1700.

No supervisor. Walked to a telephone booth. Called the post office. No answer. Called ten minutes later. Again, no answer. Thirty minutes later and I still hadn't been able to contact anyone.

I walked from Airport Drive down Norris Road to Minner Station. When I got there, the station was all dark. No one was there. I then walked (with my satchel full of raw mail) down North Chester. Crossed the bridge. Walked from Chester Avenue to 18th Street, made a left hand turn and walked to P Street, made a right to get to the Annex on California Avenue so that I could report to my supervisor. Got there and my jeep was still at the dock. *No one had done my collection route.*

I jumped in the jeep and raced through my route to pick up the mail in to be processed.

Basil...this was some fifty years ago and I am still having it bubble up in my dreams! Can you believe it?"

John's postal world might have been different than yours in 2019. But, is it *really* different?

R.I.P. "Patty Mac"

I believe that it was at the April General Meeting when Mike Towery announced that Patty MacMahon had passed away. Oh, No! "Patty Mac"?

Patty was a real character! She was one of the first women to be hired as a Letter Carrier in Bakersfield and she had some jarring memories of how she'd been treated by men who felt strongly that "*A Woman Shouldn't be a Mail Man!*"

I met her when I walked in the door of the Bakersfield Downtown PTF looking for a job to provide for my family. I had no concept of what the job entailed, the history of who had done this job in the past or any tensions over women in the delivery workforce.

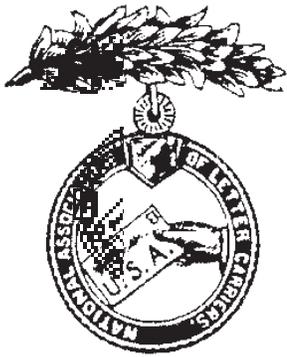
Drawn to her outspoken nature and somewhat irreverent demeanor, I quickly observed that she held her own in the give and take on the workroom floor and we became friends.

Before I became a Regular, my wife and three children moved to a new house. Patty was there with her El Camino and helped me haul things that were too big to fit into our car.

Eventually, I was sent to South. Patty bid a 93308 route and I rarely saw her after that. But, a close family friend knew her because she had been, "The Neighborhood Letter Carrier who had been loved by all."

Now that I've learned that she's passed away, I wish that I had taken the time to stay in touch with her.

*"Nuff Said,
BASIL ZUNIGA*



Branch Officers

President	Mike Towery	(661) 331-9171
Vice-President	John Ortega	(661) 809-8140
Recording Secretary	Kim Gerdes	(661) 834-2059
Treasurer	Molly Biggar	(661) 832-0393
Financial Secretary	Anita Holderman	(661) 487-5353
HBP & MBA Rep.	Mark Ramirez	(661) 398-6075
Sargeant-at-Arms	David Treto	(661) 865-8922
Chief Trustee	Teresa Ortega	(661) 391-8026
Trustee	Paul Salazar	(661) 303-3603
Trustee	Darryl Holderman	(661) 332-9201

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, 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
Dsamholderman@gmail.com

NALC Branch 782 Shop Stewards

Arvin (93203)	Mike Munoz	(661) 304-5516
Avenal (93204)	John Ortega	(661) 809-8140
Delano (93215)	Blanca Ibarra	(661) 725-1526
Lamont (93241)	Mike Munoz	(661) 304-5516
McFarland (93250)	Bonnie Whitbey	(661) 487-0972
Shafter (93263)	Norma Hamer	(661) 619-1465
Taft (93268)	Mike Meza	(805) 625-4541
Wasco (93280)	Joanne Layton	(661) 204-4928
Downtown Station (93301)	Teresa Ortega	(661) 391-8026
South Station (93304)	Judy Kiyoshi	(661) 817-5529
South Station Alternate	Darryl Holderman	(661) 487-5353
East Bakersfield (93305)	Paul Salazar	(661) 303-3603
East Bakersfield (Alternate)	Gilroy Manglicmot	(661) 301-2156
Hillcrest Station (93306)	Gilroy Manglicmot	(661) 301-2156
Hillcrest Station (Alternate)	Mike Meza	(805) 625-4541
Brundage Station (93307)	John Ortega	(661) 809-8140
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	
Ridgecrest (93555)	Lynnel Howell	(760) 382-3030
Tehachapi (93561)	Paula Hogg	(760) 373-8963
Trona (93562)	Lynnel Howell	(760) 382-3030

OWCP Representative	Rick Gerdes	(661) 301-9675
CCA Representative	Gilroy Manglicmot	(661) 301-2156
USPS Social Recreation Rep	Paul Greenfield	(661) 203-7802

**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
June 26, 2019
7:00 p.m.

Branch 782 Office
 2628 "F" Street
 Bakersfield, California

FORWARDING SERVICE REQUESTED

119,337 pounds! *Because of YOU...*

93203, 93204, 93215, 93241, 93250, 93263, 93268, 93280, 93301, 93304, 93305, 93306, 93307, 93308, 93309, 93311, 93312, 93313, 93314, 93501, 93504, 93516, 93523, 93555, 93561, 93562



Wasco collected **6X** last year's amount!!!



MANY more pix and details on pages 1 - 9...

OUT THERE



This is the expanded color newsletter at WWW.782.NALC. More info and pix. More Schtuff!!!
 If you found yourself checking this out, we have something to say: "Thank You So Much!!!"