

# National Association of Letter Carriers

## Branch 782

### E.A. Baker Union Update



ARVIN  
DELANO  
MOJAVE

TEHACHAPI

AVENAL  
EDWARDS AFB  
RIDGECREST

TRONA

BAKERSFIELD  
LAMONT  
SHAFTER

WASCO

BORON  
McFARLAND  
TAFT



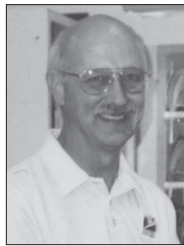
CHARTERED FEBRUARY 25, 1901

VOLUME LXXX NUMBER 9

OCTOBER 2008

at the

# Mike:



**A picture is worth  
a thousand words?**

**Therefore, the  
article this month  
runs 37,035 words!**

**We hope that  
everyone enjoyed  
the picnic this year.  
Teresa Ortega  
did another  
outstanding job!!!!  
Do you agree??**



*Continued on pages 12 and 13...*



Continued on page 12...

# The Vice-Prez Sez...

CHANGE!!

That's all you hear about these days. From politics and the upcoming elections, to the Postal Service and re-organizing districts, to South Station with new faces and route awards. Changes are happening!!

Just as sure as there will be a new President in the White House, there will be major changes in the USPS soon, too.

Starting at the top with the Districts. Right now there are just over 80 Districts. It has been proposed to cut that number by about 1/3. **Just try to imagine how much savings the USPS would have if a third of District Managers and their staff were not employed by the USPS!!!** Easy to see, right? A third grader could point out those **HUGE** savings!!!

Now, lets look at another proposal by the USPS: The "Casers and Deliverer" positions.

You may have heard about this.

Let me give you an example: Let's say Carrier "A" and Carrier "B" each have an eight hour route. They each case and carry for a total of 16 hours for that day. The next day, Letter Carrier "A" would come to work an hour-and-a-half earlier than Carrier "B". "A" would case and pull down "B"'s route. "B" comes to work later and hits the street right away carrying his

route an hour and-a-half from carrier "A". They both have eight hours for a total of 16 hours for this day. 16 hours on each day. Where are the savings???

I've asked this question and still don't have an answer! Management anticipates a savings of 30 minutes in this example. *Somebody needs to go back to math class!*



At the Branch 782 Picnic Branch Vice-President Darryl Holderman and Branch 782 President Mike Towery.

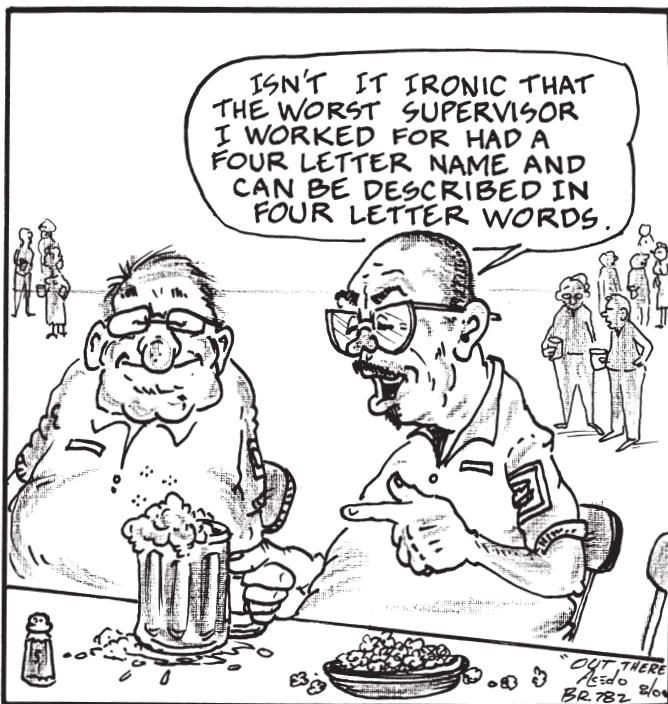
All I see is a redistribution of work load! Just like the era of DPS increased injuries and accidents with longer street times, so will this plan. If you become Carrier "B", your route will be up to eight hours on the street. If you haven't yet adjusted your walking pace to be safe so as to be able to do the extra street time for the rest of your career, you had better make some changes! **SAFETY FIRST!!!!!!!!!!** That is what we are taught from day one...

And now for the changes at South Station: Breanna Salazar (who was on Route 402) has resigned to be a stay-at-home mom to baby Mateo. Congratulations!!! We will miss you! After months of medical leave, Mike Zaragoza is back to work. Welcome back, Mike! Lupe Rodriguez was assigned Route 407 just after she made REGULAR. YEA!! Congratulations to Bill Curtis as he is now a retired Carrier!!!!!! (He also just celebrated his 60th birthday! WOW!!) So, now, Alma Kirby is carrying Route 413. (Happy Birthday to Alma as well.) Steve Rey on Route 417 has been out for a while. I still don't know if he will be back. Judy Kyoshi has been awarded Route 433. Good job, Judy! Neil Kramer was awarded a new T-6 string. Nice...more routes to memorize. I would also like to welcome Mona Kahlil, Sarbjit Sodhi, Brittney Parronie and Debra Harvey. (By the way, Debra just got married!! Congratulations!!) WOW... This station has had so many new faces and Carriers playing musical routes! I hope I didn't forget anybody.

I would like to say a quick **THANK YOU** to Teresa Ortega on the planning of this years Branch 782 picnic!!!! I know that there are a few headaches that come with this job, but Teresa knows how to get through it. With help from Molly, Mike, Jerry and others the job is not so big.

I would also like to thank National Business Agent "Manny" Peralta for attending this event. It was great to see him wearing his "picnic hat". Thanks to all who attended! And all of you that didn't...you missed a great event!!!!!!

DARRYL HOLDERMAN  
Branch 782 Vice President  
South Station/Lamont Steward



# Minutes of the September 2008 General Meeting

The regular meeting of Branch 782 was called to order by President, Mike Towery on the 23rd day of September, 2008 at the branch office, Bakersfield. The flag salute was led by Sargeant-at-Arms Jerry Patterson. All members of the Executive Board were present except for Trustee Bill Curtis and Recording Secretary Kim Gerdes. The stewards were from, 04, 07, 08, 09, Camino Media, Delano, Lamont, McFarland, Shafter and Taft. Also present was Newsletter Editor Basil Zuniga, Assistant Editor Jason Munoz, Safety and Health Representative Danny Blair, and our Webmaster Rick Plummer. The Minutes of the August 26, 2008 meeting were accepted as read with no additions or corrections. Correspondence from CSALC regarding precinct walk on October 19th in Tracy, CA, and notification of Leadership Training in Las Vegas, NV on Oct 24th & 25th of 2008.

**NEW MEMBERS:** Applications were received from: Vicky Guerrero, Robby Torres, Jasveer Kaur, and Crupreet Singh all working at Brundage.

**REPORTS OF STANDING AND SPECIAL COMMITTEES:** Teresa Ortega requested assistance for the Branch picnic. BBQ - John Ortega; Tickets - Debbie Guillet; Games - Tenielle Guillet; Ice - Jerry Patterson. Jumpies soon to be contacted. Guest \$ 5.00. Basil Zuniga reported that the newsletter folding went well. Molly "cooked" again! Folding process short and sweet. Next month's newsletter folding will be Hillcrest. President Mike Towery reported on the USPS Social & Rec Diner Dance to be held around Valentines Day next year.

**NEW BUSINESS:** Nominations for the following offices—President: Mike Towery; Vice President: Darryl Holderman; Recording Secretary: Kim Gerdes; Treasurer: Molly Biggar; Financial Secretary: Anita Holderman; HBR: Mark Ramirez; Sargeant-at-Arms: Jerry Patterson. Each were elected by acclamation. Nominations for the three offices of Trustees were (as the following is to appear on the ballot): Bill Curtis, Brad Smith, Danny Blair, and Lucinda Martinez.

**GOOD OF THE ASSOCIATION:** Mike Towery reported on the Presidents meeting held in Santa Clarita recently. District has to cut 200 routes. OT needs to come down from 7% to 4.4% at best OT will be 5%. Minor Adjustments prevail in Bakersfield according to our postmaster JB. "All street" carrier = 8hrs on the street. A carrier will put up at least three (3) routes and

then carry his/her own for four (4) hours on the street. Questions arose regarding sick calls, all 4 routes would be affected. Also how soon will the route be ready to carry? Fast or slow caser? Bad caser? "Green" routes would use bicycles or motorized tricycles. Most city ordinances have prohibited motorized vehicles on the sidewalk. Nation wide reorganization plan to take affect after the general election in November. Mike Meza is now Shop steward for Taft. Lump Sum grievance award to all carriers in Lamont due to a clerk carrying mail. A moment of silence for the passing of Vittle "Ray" Scroggins who passed away recently from hardening of the internal organs. Diana Chavez made a motion to send and include per/diem and mileage for two (2) carriers to Tracy, CA for the precinct walk in October. Seconded by Anita Holderman. Motion passed.

**IMPROVEMENT OF THE ASSOCIATION:** Jerry Patterson displayed the two (2) plaques for the Branch members who have retired or passed away as of January 1, 2008. Diana Chavez reported on the Voluntary Early Retirement Act. carriers will be notified from 10/10/08-10/20/08 if they qualify. More information at "liteblue/VERA. 2% reduction for each year for CSRS employees and no penalty for FERS employees.

**FINANCIAL SECRETARY'S REPORT:** Anita Holderman reported that \$ 6,172.83 was collected for August and \$7,153.60 was collected for September.

**TREASURER'S REPORT:** Molly Biggar reported:

Beginning Balance	\$ 51,541.90
Dues and Income	\$ 12,385.87
Interest	\$ 15.24
Total Balance	\$ 63,943.01
Expenses	\$ 8,487.51
Ending Balance	\$ 55,455.50

The 50/50/ MDA Drawing was won by Bill Marchand

The Drawing for \$200.00 would have been won by Hakam Dhaliwal who was not present.

There were 33 members present.

The meeting adjourned at 8:03 PM.

Respectfully submitted,

MOLLY BIGGAR  
(Filling in for Kim Gerdes)

OUT THERE



# OFFICIAL NOTICE OF NOMINATION AND ELECTION OF OFFICERS OF NALC "GOLDEN EMPIRE" BRANCH 782

## ELECTION



The election will be conducted by secret ballot at the regular meeting on November 25, 2008 at 7:30 P.M. at the Branch 782 Union Office, 2628 "F" Street, Bakersfield, California.

Any member who, for any reason, will be unable to vote on November 25, 2008, may obtain absentee ballots by submitting a signed written request to the Election Committee, Golden Empire Branch 782, 2628 "F" Street, Bakersfield, California 93301. Absentee ballots must be requested after nominations have been closed but no later than November 11, 2008.

Write-in votes are not permitted.

Nominations for the three offices of Trustees were (as the following is to appear on the ballot): Bill Curtis, Brad Smith, Danny Blair, and Lucinda Martinez.

## NON-MEMBER LIST September 2008

### DOWNTOWN STATION

Dale Pearce  
Javier Cruz

### SOUTH STATION

*100% Union!!!*

### EAST BAKERSFIELD

R. A. Guerrero

### HILLCREST

M. M. Henry

### BRUNDAGE

David Kinglee  
J. Kaur  
V. Guerrero  
G. Singh  
R. R. Torres

### DOLE COURT

Susan Webb  
Alice Schultz  
R. M. Byington

### STOCKDALE

Ron Huston

### CAMINO MEDIA

F. Medina, Jr.

### ARVIN

*100% Union!!!*

### AVENAL

J. T. Howerly

### BORON

*100% Union!!!*

### CALIFORNIA CITY

R. A. Day

### DELANO

J. E. Fleming  
C. V. Quebral

### EDWARDS

*100% Union!!!*

### LAMONT

*100% Union!!!*

### McFARLAND

B. A. Ibarra

### MOJAVE

*100% Union!!!*

### RIDGECREST

S. R. Pierce  
H. G. Blanco  
A. M. Connell  
H. R. Jacobson  
T. K. Miller  
R. M. Nokes

### SHAFTER

L. M. New  
M. D. Voights

### TAFT

B. W. Krier  
K. J. Hughes  
T. M. Phillips

### TEHACHAPI

V. L. Johnson

### TRONA

S. L. Walent  
B. R. Dame  
K. K. Treat

### WASCO

*100% Union!!!*

*How many of all possible Letter Carriers  
in our cities belong to the NALC???*

# Respect in the Workplace - “*Bad Supervision* and Bullying in the Workplace”

“Many of us may have thought bullying ended in the schoolyard, but it’s being recognized in the corporate world too. And like any form of disrespect, it’s inappropriate in the workplace.

***Bad supervision*** and bullying in the workplace can take many forms. Being yelled at, called names or made to feel less than others are all forms of bullying and ***bad supervision***. Being given discipline for trivial reasons or made up ones on a regular basis is a form of bullying and ***bad supervision***, as are constant attempts to undermine your status, value, position and potential. Even being put down or patronized constantly, especially in front of others, is bullying and ***bad supervision***.

There are certain things you have to remember when dealing with a bully and ***bad supervisor*** in the workplace:

Start to gain control back. Recognize what’s happening to you and admit that you’re being bullied and ***badly supervised***. There’s no shame in it - it’s not something you’re at fault for! Criticisms from a bully and ***bad supervisor*** about your work are intended to put you down and to make you second guess yourself. Don’t give in to these fears. If you know you’re producing work of a high standard and your manager has no complaints, then don’t worry about it.

You’re not alone. Bullying and ***bad supervision*** in the workplace is common, but it usually consists of mental cruelty more than physical violence. The bully and ***bad supervisor*** wants the attention or credit you get for the work you are producing. It often happens that the bully and ***bad supervisor*** will steal your ideas for their own.

Do not let the bully and ***bad supervisor*** make you feel shame, guilt or fear. This is what bullies and ***bad supervisors*** rely on to keep their hold over you. Guilt and fear strategies are the bully’s and ***bad supervisor’s*** best friend. It’s how all abusers silence their victims.

Don’t try to handle bullies and ***bad supervision*** alone. ***Bad supervisors*** and bullies pick on those who are afraid to tell others of the problem. It’s important to remember there’s no shame in asking for help. A bully and ***bad supervisor*** will try hard to make you feel inadequate and belittle you, making you believe that asking for help and not being able to deal with the problem on your own like an adult is cowardly. Tell a colleague at the very least - or preferably *their* supervisor, if you can. Bullying and ***bad supervision*** is harassment and the Postal Service won’t tolerate harassment.

Take action against the bully and ***bad supervision***. Keep a written account of the bullying and ***bad supervision*** incidents. Write in great detail what happened and where, including times and dates, and share this information with *their* supervisor.

If you need further help resolving a disrespect issue, contact a supervisor or Human Resources. If you feel it involves illegal behavior such as harassment or discrimination, you can call the EEO number found on posters in this facility. Read the EEO poster - it contains valuable information on the EEO process.

In all cases, you also can contact the Employee Assistance Program.”

*This information was adapted from a USPS standup. The introduction was as follows: “This is Talk No. 7 in a series of 8 on ‘Respect in the Workplace’. The topic this week is bullying.”*

*The changes are indicated by the use of bold text which was added to the original message. Other than that, the words are word for word what was presented as “USPS gospel”—with the exception that, two times, the italicized word ‘their’ replaces the original word “your”. Additionally, the inclusion of the word “and” in the appropriate places is an implied conjunction to make the sentence flow. (This is an Editor-guy note...)*



# I don't negotiate

By Mike Williamson,  
retired San Rafael, CA Letter Carrier

Every morning the supervisor would come around and ask for our 3996s. At each case the supervisor would stop and, after an extended discussion, he would give each carrier instructions and move on. We called this "negotiating" the 3996. This happened at pretty much every case. Except mine.

I don't negotiate.

When I said this to my buddies, they thought I was nuts. They assumed that I was taking some sort of hard line stance, which is a sure way to face constant troubles. (Either that or I was BSing them.) Nothing could be further from the truth. I followed a crazier path.

After all, I'm a good employee—I do what I'm told, no matter how much it costs the company. So, I put my best estimate on the 3996, and just did what I was told to do.

## I didn't argue

Notice that I didn't say that I did what the supervisor wanted. I did what I was told to do. I didn't argue. I certainly didn't negotiate.

The 3996 is an estimate not a contract. There was no need to negotiate. I asked for clear instructions, and did whatever I was told to do, in a safe professional manner. I avoided getting drawn into their game.

This drove the supervisors nuts. When they first experienced this, they would get in my face and try every sort of intimidation tactic. They wanted me to work through my break or my lunch, but they couldn't say that. They needed me to negotiate so they could trick me into unpaid overtime.

## The trick to surviving

They would show me all sorts of numbers. They would compare me with

other carriers. They would threaten to follow me. They would threaten to fool with the amount of overtime I was getting. They would threaten to not let me go when I had something to do after work. They tried everything. But I knew the trick to surviving. The trick is to not care about their threats, and to do your job in a safe professional manner.

First of all, if a supervisor threatens you, inform your shop steward as soon as possible. The shop steward probably can't do anything about it in the short run, but the steward will need the information if the threat is part of a pattern or if the supervisor tries to follow through on his threat later. Second, make a personal note. Record the date, time, and the wording as close as you can remember it. But beyond that, you need to figure out, in advance, how you'll respond to any threat or intimidation tactic.

## Inform your shop steward

If they give you extra overtime that you don't want, or if they deny you overtime when you should be getting it, inform your shop steward. If your supervisor does anything that violates your rights, inform your shop steward. And always do as instructed, in a safe professional manner. If they tell you your T-6 (or some other carrier) can deliver the same route or section in less time, suggest that the other carrier must be truly superior, and deserves an award. (We'll just assume the other carrier is delivering in a safe professional manner.) Not enough carriers get awards.

## You'll just bore them to death

If they threaten you with closer observation or with following you on the street, then let them. After all, if you are doing your job in a safe professional manner, then you'll just bore them to death.

## The job takes as long as it takes

If they try to shower you with numbers that (supposedly) indicate that you can do the job in half the time, inform your supervisor (politely) that you don't understand the numbers they are presenting, but clearly the numbers don't cover everything since you've been working hard all day (under supervision), in a safe professional manner.

If you have put a good estimate on your 3996, then you have given your supervisor your best professional effort. No amount of discussion or negotiation is going to change the facts. In the final analysis, the job takes as long as it takes. I used to ask, "That's my estimate—what do you want me to do?"

But be fair. If the supervisor can tell you how to do the work in less time (safely and professionally), modify your estimate to incorporate his suggestion.

## A hassle to "call in"

Usually, the last tactic they'll try is to tell you to "call in." Your supervisor is aware of how much hassle this is, and is hoping that you will buckle under rather than go through that hassle. Don't argue. If you do your job in a safe professional manner, then either you get paid for the hassle, or the supervisor ends up with it.

Follow a few simple rules:

1. You are not required to use up your cell phone plan minutes for the benefit of the Postal Service.
2. If you use a pay phone, you are entitled to repayment for the call. Ask your supervisor for the appropriate form.
3. If you don't have sufficient change

*To finish this article, please turn to page 13...*

# 2008 NALC HBP Info

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

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

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

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



**Branch 782**  
**Health Benefit**  
**Representative**

**Mark**  
**Ramirez**

**(661)**  
**834-5011**

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

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

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

**NALC Health Benefit Plan**  
**20547 Waverly Court**  
**Ashburn, VA 20149**

## Contact Information

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

# HEALTH BENEFIT PLAN

## \*\*\*OPEN SEASON\*\*\* for 2009

### November 10th thru December 8th, 2008

The time for selecting our Health Benefit Plan for the 2009 year will be here soon. Our Union owned NALC Health Benefit Plan has negotiated another great health benefit package for its Union members while keeping our premiums lower than most other health plans.

Our NALC Health Benefit Plan does not have stock holders, or a board of directors which must see a profit each year. Our NALC Health Plan is owned by you and me. *Any profits our Health Plan realizes, are placed back into our Health Plan.*

New or improved benefits for the 2009 season include:

- ▶ \$15.00 copayment out patient office visit ( PPO), it was \$20.00 One (1) Health benefit card, had 2 last year.
- ▶ Our Drug prescription co-payment is unchanged, all prescriptions can be filled at any CVS Pharmacy.
- ▶ There is a new emergency Dental benefit for 2009, plus a discount Dental benefit Plan through CIGNA (not insurance).
- ▶ There is an improved Weight Management Program. Smoking Cessation program (no cost).
- ▶ We still have an excellent Organ Transplant Program. Excellent Mental and Substance abuse Program.
- ▶ New for 2009, “no cost” for casting of strain, sprain, fracture, or simple lacerations (stitches) when you receive care within 72 hours of accidental injury at a (PPO Provider) Great out of pocket savings to members when we use Quest Diagnostics (lab work).
- ▶ Our Plan now covers an annual physical sports exam for camp, and school sports, ages 3 thru 21.
- ▶ Our NALC Health Benefit Plan covers our members, and family “Nation Wide”, and “World Wide”.



#### 2009 RATES (Biweekly) for Active Duty Members

High option “self only” \$32.71  
High option self & family \$62.84

#### 2009 RATES (Monthly) for Retired Duty Members

Annuitant self only \$122.42  
Annuitant self & family \$252.84

To make changes to your Health Care Provider for the 2009 season; **your** Union owned NALC Health Benefit Plan should be wisely considered. Simply: Utilize the PostalEase on line (Blue page); or, call Employees Service line at 1-877-477-3273 select “5” select Benefits to speak to a HRSSC representative.

MARK RAMIREZ  
NALC Branch 782 Health Benefit Representative

## **“KEEP OUR HEALTH PLAN STRONG”**

## **JOIN DURING OPEN SEASON!!!**

# Ignore reality, loose America and maybe your job. A plea to our leaders!

I've recently heard from my Letter Carrier that the USPS is in deep trouble from low mail volume and that they're looking at loosing \$1 Billion per month. They're anticipating layoffs and putting Carriers on the street for longer and longer periods of time.

High fuel prices are costing the Postal Service and killing businesses. I saw several shut down this year on my old route. The government is punishing businesses with excessive taxation and mandates that force them to either raise prices or cut their work force or go out of business completely. Letter Carriers require the encouragement of free enterprise businesses, created by their own ingenuity and merit to flourish if we expect to continue our jobs of delivering their mail. If our leadership continues to support Democrats who are destroying this resource, then what will we do?

Currently the United States people are paying \$700 Billion for foreign petroleum products. How about employing thousands of American Union workers to drill and refine in our own country? Why are our own Union Leaders helping Democrats to keep these jobs in foreign hands? \$700 Billion would go a long way to employing Americans, increasing the tax base and increasing our mail volume! Are they concerned about Global Warming that is an Al Gore manufactured HOAX to raise taxes and further control your life!

Our union leaders, President Bill Young and State President John Beaumont, along with their followers, are not helping with their political choices. We're supposed to help elect those who support us. Well, they're not! Democrats Nancy Pelosi, the Speaker of the House and Harry Reed, Senate Majority Leader, are blocking any attempt by American oil companies to drill for and refine any domestic petroleum. In 1996 Clinton vetoed a Republican sponsored bill to drill in the wastelands of ANWR. We would've had oil flowing from there at least by 2006. There's so much oil available in America today that you can see it seeping up from the beach floor off of Santa Barbara and polluting the water. Still, Americans are not allowed by Democrats to pump it out!

It seems that that everything Democrats do, supported by our union leadership, hurts the U.S. The \$700 Billion bailout was a direct result of the Democrat controlled Freddie Mac and Fannie Mae "piggy bank". Obama's financial director, democrat Franklin Raines ran it from 1998-2004 and got away with \$91.1 Million along with others, Jamie Gorelic, Harold Ickies. Republicans, including President Bush and Senator John McCain pressured democrats to institute over site to no avail. Democrats, including Maxine Waters, Franklin Raines, Gregory Meeks, Lacy Clay, Arthur Davis and Barney Frank all testified that there was no problem and to stop persecuting the poor Democrats who were busy giving away Billions of dollars in "loans" to people who would never repay. In fact ILLEGAL ALIENS accounted for 5 Million of the "loans". None of the actions taken by these people in any way benefits the NALC union membership. Aren't they supposed to represent us?

BILL CURTIS  
Branch 782 Trustee

## from the editor-guy

Branch 782 Vice-President Darryl Holderman gave me a "heads up" that Bill Curtis told him that he was going to be sending me an article which was critical of the Union leadership. Darryl told Bill that I probably wouldn't print the article.

Well, I beg, plead and pray for our members to submit articles! Articles from our members make my life so much easier as the Editor-guy!!!

But it's not just because I just want articles. ***Our members have the right to say, share and publish their points of view!*** This newsletter is "the member's" official publication. Just because they have a vision of the world which is different than of any of our our elected local, state or national NALC leaders doesn't mean that they should be restricted or censored.

For those of you who know Bill Curtis, you know that he is passionate about his beliefs. He is a dyed-in-the-wool Republican. He is the consummate Rush Limbaugh ditto-head. And, if you mention to him that the weather is going to be lousy, he will exclaim to you that it is the fault of the Democrats and Hillary Clinton! Then, he will proceed to try to beat you over the head with his facts. That's just who Bill is.

For those of you who know me (and even for those of you who don't know me), I am just as passionate. I don't necessarily agree or disagree with Bill. I just approach what I do differently. My wife and I have eight children (and she's talking about adoption...). Where do you think this puts us with the Right to Life issue? I feel strongly about the right of a baby to be born whether or not somebody thinks they have the "right" to choose to kill it.

But, judging you isn't my job. That's God's job. Hope you choose well...

BASIL ZUNIGA

# My own personal stupid opinion

Two months ago, our NALC Business Agent, Manny Peralta, came by to talk about the importance of the COLCPE. Until this point, I had no idea exactly what the COLCPE was; what it was for; or, why it was important to Carriers. The COLCPE is essentially the NALC lobby. In the modern political era, the word “lobbyist” has a very negative connotation, conjuring up visions of slick, over-paid weasels whispering into the ears of elected officials on behalf of private business interests. I don’t imagine that’s far from the truth in some cases, but in our case the lobbyists serve as defense more than offense. The truth is, it’s in our history. According to our esteemed editor, the first instance of recorded “lobbying” was a Letter Carrier roaming the halls of Congress seeking support for a bill that would benefit carriers. That was before we got the scheduled, negotiated pay raises, when Congress had to approve every change. This sort of lobbying, I think, we can all understand. The best analogy I can give is the nuclear arms race. Nuclear arms were never needed in order to be a military super-power until someone actually used one; then every country began working on nuclear-based weapons, as a defense against those who already had them. This is what the COLCPE does for us.

The lobbyists can bend a politician’s ear in a way that will actually make him pay attention—because unlike the voter who writes a letter—the lobbyist contributes to the campaign financially...and funds are a campaign’s lifeblood. This sounds shady, I know, but that’s how the world is. Although I thought Manny Peralta’s presentation ran a little long, his general message was on the money. Some times, I hear Carriers complaining about the day to day stresses of work, the inefficiency of management, the constant state of change, the lack of understanding from district. I think we all agree, these things can get on our nerves. We know, however, that even though this is the case, the jobs benefits must outweigh the negatives, or else why would we keep doing it? Those benefits can be, in large part, attributed to years of hard fought negotiation through the NALC and COLCPE.

Manny was asking Carriers to contribute five dollars per pay period, in order to better equip our lobby for what will no doubt be a trying time ahead. When the federal government is in dire financial straits, and the public is watching, the federal employee will often be the first whipped as an example. We must have someone who understands the workings of the political machine to take our side and help maintain our benefits and dignity in the workplace, so that we don’t get treated like the “unskilled labor” that they compare us to. There are thousands of new people out of work each week in America, and thousands more likely as the economic turmoil continues. We might be better off being thankful, and doing all we can to insure the survival of the ethic of “dignified labor”. That would be labor that gets paid what’s fair, and is proud to do the job right because of it.

When there is a national economic crush, like we’re having now, the costs come from all sides. Energy goes up, so all manufactured goods go up, so other utilities go up, so all grown natural goods go up. There is no worse time to ask for money, than when everyone is hurting. This does not make Mr. Peralta’s job any easier, or any less important. He can’t make it sound as if your future is at stake (even though it may be) because then it sounds like fear-mongering. He also can’t say it too lightly, because no one listens when you just talk politely. There is a very fine line to tread and I do not envy the man who has to.

Politics is ugly business, but it is vital when all it takes is an act of Congress to devastate all your future plans for your family. If you can spare the five bucks (or maybe a little more, but hey I won’t push), and you believe in the need for representation beyond simple, voter elected officials, I recommend you log on and contribute. If you can’t spare it, or feel it violates your ethics... take one for the team. Do it for our future!

Jason Munoz  
Branch 782 Assistant Editor





# Branch 782 Picnic Memories



Pictures by Branch 782  
Photographer Anita Holderman



Continued from page 7

## I don't negotiate

to call in, tell the supervisor up front, so that he can provide you with some.

4. Be honest with your supervisor - tell him approximately how long it will take to deviate from your route to call.
5. If he doesn't have any change, call collect.
6. As a last resort, if you need to call in, and can't, return to the office for instructions, unless your instructions are otherwise.
7. Throughout, do your job in a safe professional manner.

Regardless of the intimidation tactics your supervisor tries to use, follow instructions and do your job in a safe professional manner.

Remember, your supervisor has to supervise other carriers. He has those computer reports to do. He can't spend the rest of his career following one person. Eventually he will figure out that the estimates on your 3996 are good ballpark figures, plan accordingly, and go do the rest of his job.

One final word of caution. Supervisors don't like this tactic. They may try to sneak up on you on the street, or catch you taking an extra break.

Always, always, always deliver your route in a safe professional manner. Besides providing the service that the customers expect and deserve, if you're not doing anything wrong, it's really difficult to get into trouble.

This article was originally published in the San Francisco, CA NALC Branch 214 September/October 2008 *Voice*

# From the Sunday Gardner\*

*When you work for the Post Office, you think that the Post Office is the same no matter where you go. People who have transferred know that things are different.*

*This is some information about one of the newer members of Branch 782, a PTF...*

*My responses to Debra's comments are in parenthesis and in italics. I hope you enjoy reading about her transition to Bakersfield.*

Bonita Lewis, Route 415  
Bakersfield, California

**What is your name?**

Debra Harvey

**How long have you worked in Bakersfield as Letter Carrier?**

Since July 11th.



Debra Harvey...second most junior PTF in the city of Bakersfield with over 29 years of USPS service! What a girl will do for love, eh?

**Where did you start your career with the USPS?  
When did you start?**

In Artesia - Cerritos, California on February 12th, 1979.

**What were things like when you first started?**

*(Her response was "Oh my gosh!!" As I looked at her face I could tell she had taken a trip back in time—WAY back—to the good old days!)*

We only carried two bundles (*one bundle of flats and one bundle of letters*), even when on a driving route. The only circular we delivered was the *Penny Saver*—that was only once a week—and then we complained. Ha! Ha!

The cases were the old flat case. Do you remember them? You tossed all the mail for one street in one slot and when you were ready to pull down you put the flats in

order at that time. If it was circular day, you intersorted the circulars with the flats so you only carried two bundles.

**What made you decide to try to transfer to Bakersfield?**

*LOVE!!! A man! A real man!! (Hot dog!!) (Yes, a real man really exists out there and Debra found the last one in captivity!)*

**How long did it take for the transfer to be approved?**

Almost 2 years. Started with trying for a mutual transfer August 2005 and finally decided to just request a transfer as a PTF.

**I hear that you used to "commute" to work from Bakersfield? Can you describe what that was like?**

I got up a 2:30 am and left for Artesia - Cerritos at 4:00 a.m. *(Since Debra's husband-to-be at that time also worked in the LA area—he is a carpenter for UCLA—they left for work together, Debra in her car and her husband in his. When they reached Frazier Park, they would leave his car there so he could take the car pool from his job back to Frazier Park that evening. Next stop: husband's job at UCLA...last stop Debra's job at Artesia Cerritos. Debra rented a small apartment in Artesia Cerritos & she stayed there during the week and came home to Bakersfield twice a week.)*

***People assume that the USPS is the same everywhere in every city and town. Did you find the duties or the way that we do things different when you started carrying in Bakersfield than what you were used to?***

Yes! The DPS was kept inside the office not outside. Lunch was also different. Each route had a designated point that was used to scan out to lunch and to return. There were no exceptions. You had to go to lunch when you reached that point of your route. *(What a bummer!)*

There was only one office in Artesia-Cerritos. If you wanted to bid it was only done within that office.

*(At Debra's office there were 60 routes and 2 supervisors. The accountables were returned to a clerk every day, not just placed on top of the accountable ledge. Arrow keys were returned to the clerk and you would receive your "chip" back. This "chip" had your name on it. That is how they kept track of who had the arrow key that day. With 60 routes you would have to have better control. Starting time was 7:00)*

***You transferred in as a PTF. Did you have your "own" route before you transferred? What is it like being a PTF again?***

Yes, I did have my own route. My route got an enormous amount of parcels. On an average day there were about 100 parcels. Lets not talk about holidays or Mondays!

I've been very lucky at Bakersfield's South Station as a PTF. I've been able to opt on routes and have actually had days off—something unheard of for a PTF where I was.

***What kind of things made it easier or harder to carry mail here than where you were before?***

Harder—the terrain (*i.e. The landscaping*). I'm used to manicured lawns and there were sidewalks everywhere. Then I came here, and I'm not sure people know what watering a lawn can do...

Even though I've lived in the Bakersfield area for 2 years, I was in Artesia Cerritos the majority of the week. The Bakersfield heat has taken a bit of getting used to.

***Are there any other policies or ways of doing things in Bakersfield that are different (annual leave, spot leave, etc.)?***

Annual leave and spot leave was handled by the supervisors not the Shop Steward. If you wanted to go somewhere for a weekend, you were at the mercy of the supervisor. Approval for spot annual was not always approved in time for you to book a hotel room or really plan your special get-a-way.

***What did your family think when you told them that you were going to be moving to Bakersfield?***

Every one said, "Isn't it really hot there? Are you sure you want to go where it gets over 110 in the summer?"

***What are some other things about your background that you might want to share (education, marital status, children, prior work history, etc.)***

Prior to my employment with the USPS, I was a manicurist and also worked for a couple of months with an oil company.

***What kind of plans do you have when you get to that "magic land" we call retirement?***

I will never work on a Saturday again! I plan to retire on April 24th, 2013 with 34 years of service

***What kind of advice would you offer to people thinking about transferring? Are there some specific things that they should do before, during or after...?***

They should contact the Union in that area. Try for a lateral transfer. Then—if that doesn't work out—just request a transfer.

***If you were to describe yourself, tell us what kind of a person you are.***

I'm honest and trustworthy. I like to have a good time. I love life and make the best of it. I thank the good Lord every day I wake up!

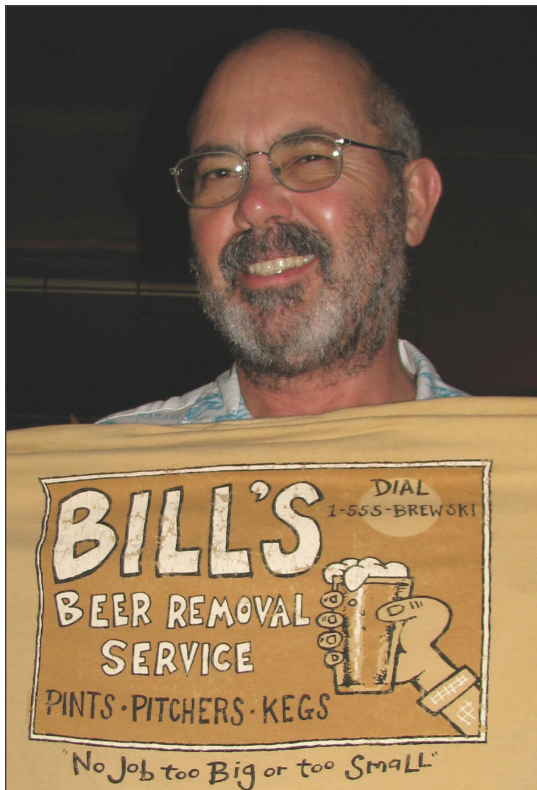
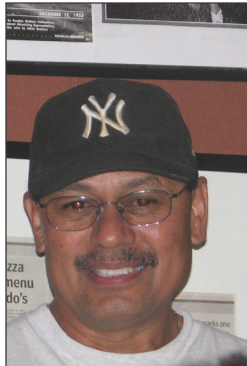
\* Contact me at [SNDAYGARDNER@ATT.NET](mailto:SNDAYGARDNER@ATT.NET). I take all kinds of gardening questions!!!



# Bill Curtis had a party!!!

September 20, 2008

*Have a long and healthy retirement, Bill!!!*

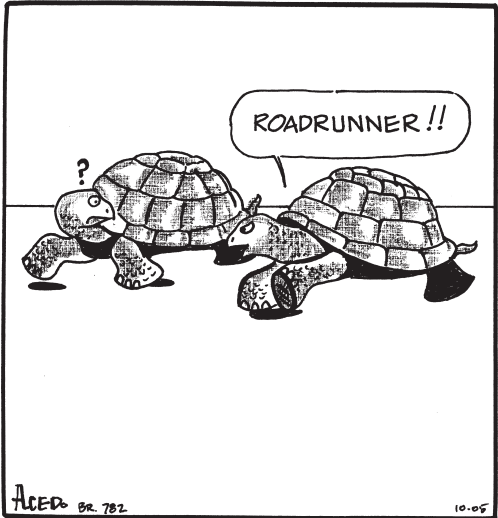


*All of these pictures—with the exception of one—were taken by the official Branch 782 Photographer Anita Holderman.*



# KNOW WHAT'S IT LIKE TO BE AN OLDTIMER?

OUT THERE



OUT THERE



OUT THERE



OUT THERE



OUT THERE



OUT THERE



YOU CAN BE AN OLD TIMER, TOO. YOU DO IT ONE DAY AT A TIME... HANG IN THERE! BE PROFESSIONAL.

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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.

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

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

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Avenal (93203)	Vacant	
Arvin (93209)	Vacant	
Delano (93215)	Jerry Patterson	(661) 599-6859
Lamont (93241)	Darryl Holderman	(661) 589-1683
McFarland (93250)	Steve Carter	(661) 301-3253
Shafter (93263)	Jerry Patterson	(661) 699-2462
Taft (93268)	Mike Meza	(805) 625-4541
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Wasco (93280)	Mabel Lyons	(661) 900-8892
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Brundage Station (93307)	Mabel Bullis	(661) 496-5679
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Stockdale Station (93309)	John Ortega	(661) 809-8140
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Camino Media Alternate	Gina Garcia	(661) 809-8016
Mojave (93501)	Vacant	
California City (93504)	Paula Hogg	(760) 373-8963
Edwards AF Base (93526)	Larry Beem	(661) 949-2280
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Trona (93562)	Vacant	
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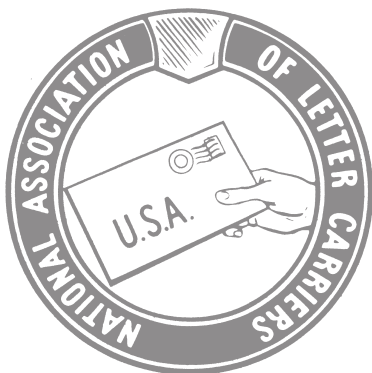
**ADDRESS SERVICE REQUESTED**

**General Meeting  
Tuesday  
October 28, 2008  
7:30 p.m.**

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

**TIME-VALUE MAIL—PLEASE EXPEDITE**

**The Official  
Notice  
of Election  
of  
Officers of  
NALC Branch 782  
is posted on  
Page 5**



**Respect in the Workplace -  
"Bad Supervision and Bullying in the Workplace"**

*Article can be found on Page 6*