

National Association of Letter Carriers

Branch 782

E.A. Baker Union Update



ARVIN
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MOJAVE

TEHACHAPI

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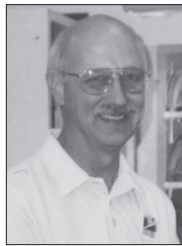
CHARTERED FEBRUARY 25, 1901

VOLUME LXXX NUMBER 6

JUNE 2008

at the

Mike:



**This is an article
written by NALC
Branch 238 President
Gloria A. Miller for their
May 2008 Branch
Reporter.**

**You should really take
to heart the message
that she presents.**

It could mean your job.

Most of us are aware on the importance of keeping a clean driving record as it relates to employment as a Letter Carrier for the Postal Service. It is not only important to keep your driving record (State driver's license) intact for life outside the Postal Service, but your postal driving privileges can be jeopardized as a result of accidents within the Postal Service.

In the past, there have been members whose driving privileges were suspended because of conduct outside the post office (loss of State driver's license).

There are many reasons why you could lose your state driver's license. They include lack of insurance or driving under the influence of alcohol or drugs. An employee's driving, privileges will automatically be suspended or revoked concurrently with a suspension or revocation of State driver's license and restored upon reinstatement.

If your State driving privileges are lost you are obligated to tell your supervisor. The loss of your State driver's license the first time doesn't mean you lose your job, but if you fail to inform management of the loss, you may face a removal for not reporting it.

Article 29 of the National Agreement addresses limitation on revocation of driving privileges. It also states that every reasonable

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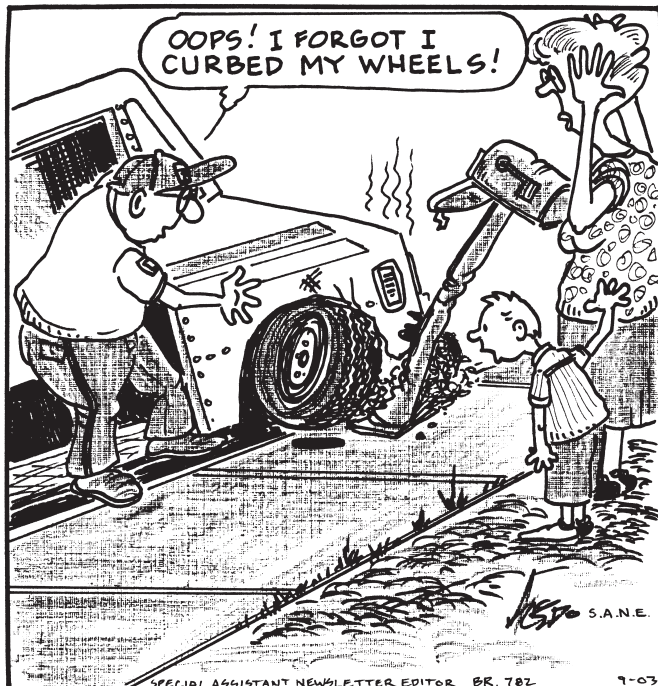
effort will be made to reassign employees to non-driving duties in the employee's craft or in other crafts.

For conduct within the Postal Service, management may suspend or revoke a Carrier's driving privileges when the on-duty record shows that the employee is an unsafe driver. Elements of an employee's on-duty record that may be used to determine whether the employee is an unsafe driver include, but are not limited to traffic law violations, accidents, or failure to meet required physical or operation standards.

In the Northern Ohio Performance Cluster policy, circumstances that may lead to the permanent revocation of an employee's driving privileges include a preventable rollaway/runaway accident; committing two (2) preventable motor vehicle accidents within a twelve (12) month period; or three (3) preventable motor vehicle accidents within a five (5) year period.



OUT THERE



While the union may not agree with the harshness in this policy and most certainly a grievance can be filed, it is difficult to deny that a Carrier in this position has not attracted attention.

The EL-814 (Postal Employee's Guide to Safety) states that vehicle accidents are a major source of serious personal injury for postal employees. Defensive driving is the best way to prevent vehicle accidents. If you are running to impress your supervisor today, remember this—that same supervisor will probably not be the one determining whether you lose your driving privileges after an accident tomorrow.

Don't allow yourself to be pushed to the edge of losing your driving privileges. Take the time to be safe.

Minutes of the May 2008 General Meeting

The regular meeting of Br. 782 was called to order by President, Mike Towery at 7:30 p.m. on the 27th day of May, 2008 at the branch office, Bakersfield. The flag salute was led by Sgt at Arms Jerry Patterson. All members of the Executive Board were present. The stewards were present from 01, 04, 06, 07, 08, 09, Camino Media Delano, Lamont, McFarland and Shafter. Also present was the Newsletter Editor, Basil Zuniga, Assistant Editor, Jason Munoz, Webmaster, Rick Plummer and OWCP Rick Gerdes. The minutes were accepted as read with no additions or correction.

REPORTS OF STANDING AND SPECIAL COMMITTEES: Basil Zuniga reported that Camino Media folded the newsletter for May, so, June will be Downtown Stations turn.

UNFINISHED BUSINESS: Basil Zuniga informed the members that the Food Drive was recording breaking event. All the total are not yet in. Mike Towery reported that the total for the city of Bakersfield was 107,428 lbs. Basil asked that anyone who has pictures, please get them to him for the newsletter.

GOOD OF THE ASSOCIATION: Pam Smith reported that the route changes at Hillcrest began today. Mabel Bullis discussed the route inspections at Brundage. Mike Towery reported that he was contacted by past Branch President Emmet Doser. Brother Doser suggested that a member become the Branch Scribe for the Postal Record. Devin Patterson reported that Supervisor David Long instructed the carriers, in a standup, that if a car is blocking a box or the carrier can't reach the box without backing, do not deliver the mail. Devin asked Supervisor Long if carriers should park and walk to the box. Supervisor Long replied "only if it doesn't take anymore time." Mike Towery reported that 4 PTF's will be promoted and assigned 4 of the residual positions.

IMPROVEMENT OF THE ASSOCIATION: Jerry Patterson made a motion that the branch allocate funds, not to exceed \$600.00 to purchase plaques, one to immortalize members who have passed away. And a second plaque for the "Last Punch Bunch." Seconded by Devin Patterson. Jerry informed the members that he will check for a better price. A discussion was held and the motion passed. Molly Biggar made a motion that the June and July newsletter be combined,

since Basil will be at the Convention in July. The motion was seconded by Jerry Patterson and passed. Basil recognized the work done by Financial Secretary, Anita Holderman, she took care of seeing that members were recognized for the years as members in the union. Branch 782 Webmaster Rick Plummer asked for articles from members.

FINANCIAL SECRETARY'S REPORT: Anita Holderman reported that \$19,388.05 was collected for April/May 2008.

TREASURERS REPORT: Molly Biggar reported for the month of April:

Beginning Balance	\$43,933.36
Income	\$18,002.57
Interest Income	\$ 12.16
Total Balance	\$61,948.09
Expenses	\$13,148.52
Ending Balance	\$48,799.57

The 50/50 Food Drive Drawing was won by Ralphie Ochoa. The Drawing for \$500.00 was won by Anita Holderman. There were 33 members present. The meeting adjourned at 7:54 p.m.

Respectfully Submitted,

KIM GERDES
NALC Branch 782 Recording Secretary

OUT THERE



People are told that writers should write what they know. Cartoonists are no different. Drop by and see Fred Acedo at the RedWing Shoe store on 19th.

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 Diabeticis.



**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

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

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

Contact Information

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

PROSTATE CANCER

Prostate cancer forms in the tissue of the prostate, a gland in the male reproductive system found below the bladder, and in front of the rectum. It is estimated that there are 200,000 new cases of prostate cancer diagnosed each year, and about 28,000 deaths associated with this cancer yearly.

It is estimated that nearly 1 in 6 American men will be diagnosed with prostate cancer in his lifetime. The mortality rate has shown a decline in recent years with early detection and better treatments for this type of cancer, allowing men to resume a active life after treatment.

It is important to have certain tests done such as the (PSA) prostate specific antigen blood test, and the (DRE) digital rectal exam. Your doctor may suggest a prostate biopsy to determine if this cancer is present. A core needle biopsy is the main method to diagnose prostate cancer, and is usually done by a urologist, this is a surgeon who treats cancers of the genital and urinary tract, which includes the prostate gland.

While researchers do not know exactly what causes prostate cancer, risk factors include:

AGE—More than 70% of all prostate cancer are diagnosed in men over the age of 65.

FAMILY HISTORY—Men whose father and or brother had prostate cancer are up to 11 times more likely to develop prostate cancer, again early detection is the key.

ETHNICITY—The death rate for prostate cancer is nearly 2 1/2 times higher in African-American men. **OBESITY**; studies have shown that the death rate from prostate cancer increases in obese men.

DIET—Researchers suggest that prostate health may be affected by diet, and you can reduce your risk by eating a healthy diet, such as potatoes, bread, grain cereals, seeds, nuts, soy, and 5 servings of fresh fruit and vegetables per day. Eat more fish, skinless chicken, reduce your salt and sugar intake, cut back on your consumption of sodas, and drink 6 to 8 large glasses of water per day.

As a point of information, I had a patron who was diagnosed with prostate cancer 4 years ago He had core needle biopsy done, and he was scheduled for surgery the following week. I just mentioned to him, it's always good to get a second opinion, and UCLA Medical Center in Los Angeles is considered an excellent facility for cancer treatment.

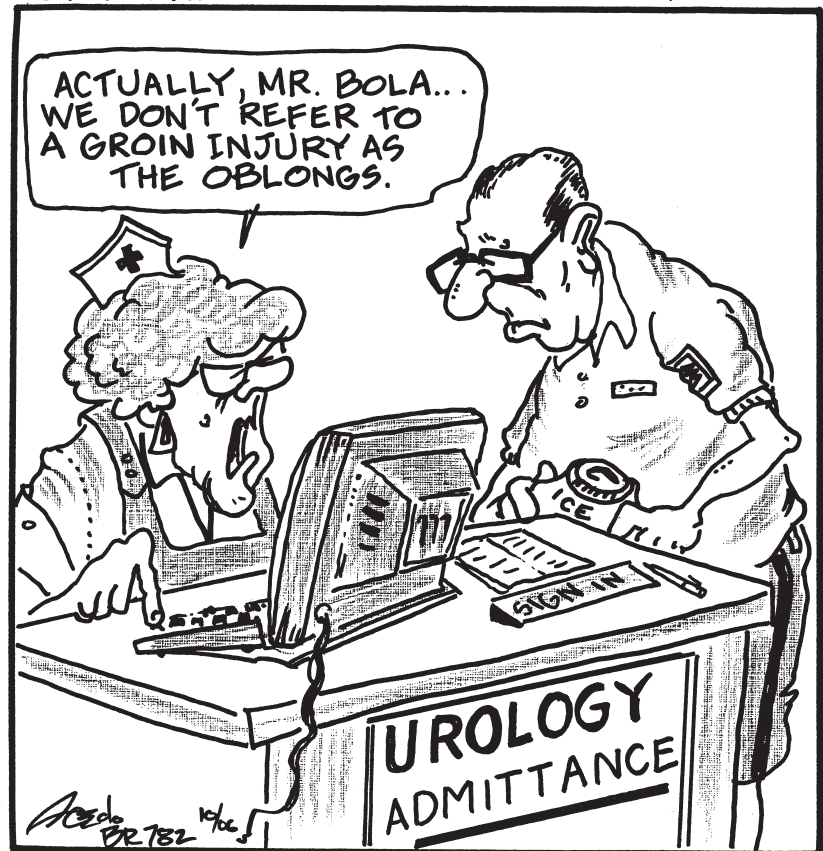
My patron made an appointment to see the cancer specialist at

UCLA, and the doctor concluded he did have prostate cancer, but because he had a core needle biopsy, the prostate gland was swollen, and it was better to wait until the swelling had gone down before performing surgery. That way the prostate gland would not be distorted.

So he went back 2 months later, and had the surgery, and the last time I spoke to him, he was still cancer free.

Doctors recommend, if you are in a high risk group for prostate cancer, and you are 50 or older you should have the (PSA) blood test and the (DRE) digital rectal exam done every year.

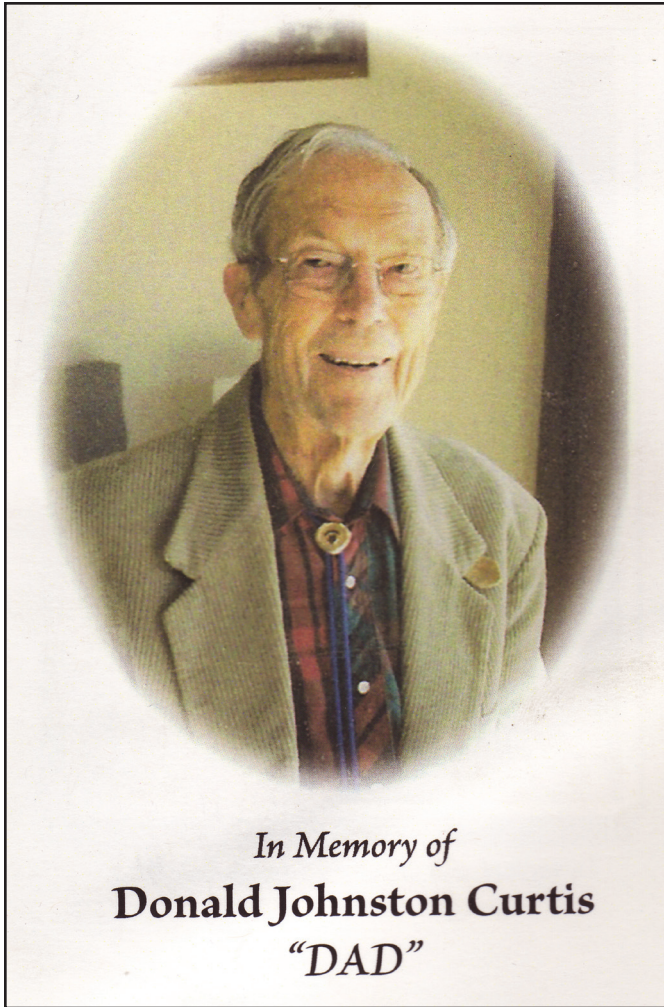
OUT THERE



Now I read, where men can perform the (DRE) digital rectal (self exam); but it might be a little awkward, if your wife or girl friend were to walk in on you during your exam, so just make an appointment to see your personal physician.

The American Cancer Society can provide more information about prostate cancer by calling 1-800-ACS-2345 or visit their web site at WWW.CANCER.org, this information is available 24 hours a day, 7 days a week.

Mark Ramirez
HBP rep. Branch 782 (retired)



In Memory of
Donald Johnston Curtis
"DAD"

In Memory of My Dad...

My dad, Donald J. Curtis—who was born on July 16, 1913—died on May 31, 2008. He was 94 years old and one of the disappearing group of Americans who fought in WWII.

He joined the U. S. Navy in April of 1934, serving in the Naval Medical Corps. He was a medic with the Marines 4th Division when they fought at Iwo Jima, Kwajalein, (Roi-Namur), Saipan and Tinian.

He was discharged at Treasure Island, CA in October 1953 but continued to serve in the Fleet Naval Reserve until his final discharge in April 1964 as a Warrant Officer 2.



My dad in his boot camp graduation picture as a twenty-year old.



My dad, the CWO-4—and me as a Petty Officer Third Class!

He was raised on a dry wheat farm on the east central plains of New Mexico and attended a one-room schoolhouse in Kirk, N.M. He learned to drive the family pickup at age 6 (1919) and did errands into town for his parents.

He and my Mom, Mary (who died in March 2006), raised nine children while being stationed by the U.S. Navy in seven different states and one Territory (Hawaii). I was number xxx. He worked for the State of California from 1954 to 1974 earning a second retirement.

My parents were married for 68 years. They took their responsibilities seriously and had some fun in life while attending Catholic services regularly and volunteering their time to help those in need.

BILL CURTIS
 NALC Branch 782 Trustee



Loving husband, father, grandfather and friend, and officer and gentleman, too.

And, because we remember Jeni's dad—Rudy Magana!

Rudy's daughter, Jeni, is home from school in Boston and is performing in a free show with her friend and bandmate, Jeffrey. Come and have a drink and enjoy the music from 5:00 to 7:00. For more information about this duo, go to www.myspace.com/thepolaroidtruth.

For those of you who didn't know Rudy, former Branch 782 President Frank Thomasy started out by describing Rudy this way: "*Rudy began carrying mail in February 1959...and he was an active duty "PROFESSIONAL" Letter Carrier up until the day he died...over 44 summers and winters!!*"

We met at the East Bakersfield station where I also was a Carrier (with a car problem). That was all it took for us.

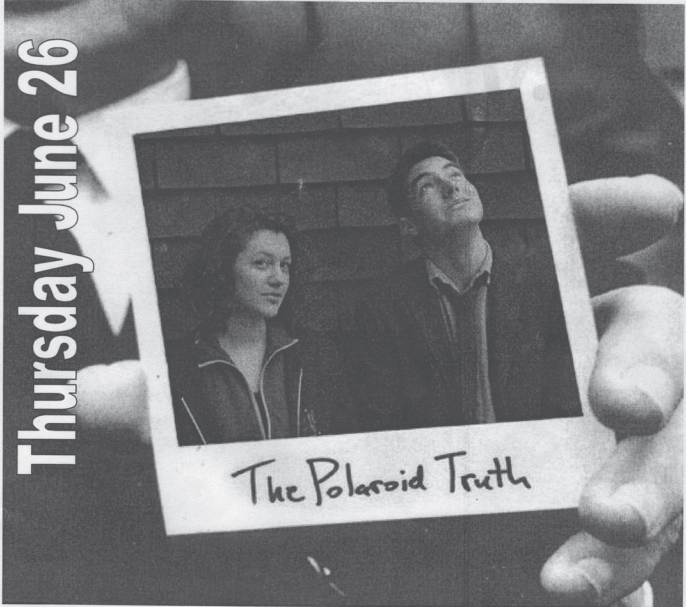
We started dating, married, and had our two wonderful children, John and Jeni. Rudy was a family man who was proud of his children and their accomplishments. I feel blessed to have had a full and rich twenty-five years together. He would have been so extremely proud to be able to see this performance. Come and be here in his place!

Mary Magana
former Branch 782 member

Thursday June 26

The Polaroid Truth

Thursday June 26



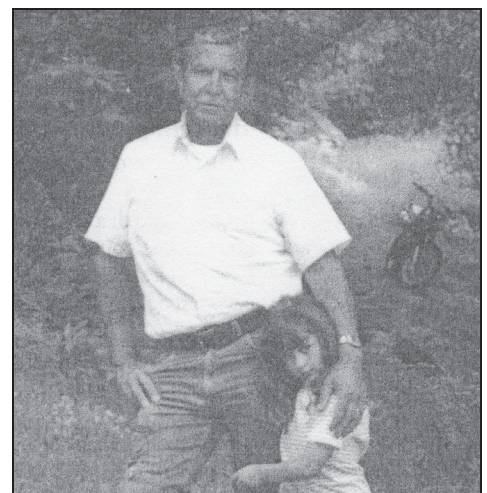
The Polaroid Truth

An Acoustic Folk Rock Duo all the way from Boston

WHEN: THURSDAY JUNE 26TH @ 5:00
WHERE: AMERICAN LEGION POST 682
HOW MUCH: FREE!

Come support 682 member Jeni Magana and enjoy the music!

www.myspace.com/thepolaroidtruth



It Almost Looks “Fuzzy” to Me...*

A couple of months ago, there was an article regarding the District Driver Safety Instructor program. The article contended that the Carriers had no reason to concern themselves, there is no way that these observations would lead to discipline. It claimed that the DSI program would focus on the inexperienced, (less than 2 years), and thus those more likely to be involved in a preventable accident. The article ended on a positive note, reminding us that we can prevent bodily harm to ourselves, save the union time defending disciplinary actions, and save our employer money by simply being aware and following the rules. These are all good and defensible aspirations.

It occurs to me however, that I've heard a lot of scuttlebutt, regarding the veracity of some of these statements. The only two people I've heard of being observed by the DSI, (the same person observing each), are Carriers at my station with over fifteen years of experience each. Both experienced anxiety over being observed by someone they had no idea had the right to observe them and record their findings. I have heard that at least one DSI had gotten it into their head to use these observations,

giving them to management or district management, until our local postmaster expressed his dislike of that idea personally.

I don't want to make anyone mad or feel lied to, as I've said, it's just what I've heard...and maybe some of you have heard it too. The bottom line is to trust your eyes and your instincts, and nothing else. You cannot be disciplined for doing your job slowly, as long as you are doing your job right. I remember my first two years, and I got into an accident, running and distracted, because of an obnoxious supervisor who would often remark that fear made people work harder. I'm sure that school of thought hasn't completely died out within the company, and the fear lives on in the uninformed.

Sometimes on bad days, supervisors may tell you that you can take a certain amount of mail in an amount of time that you know to be inaccurate, if you want to follow the rules...but you do it. In your mind, the supervisor understands the unspoken contract between the two of you, and you'll be fine, protected.

If you think anyone in management, or anyone who aspires to management, is “looking out” for you, I want some of whatever you're smoking. In my

experience, only the nicest men and women in the workplace have any true concern for the people they work with, and the typical management candidate is far from the nicest person.

The point I would like to make is simple: trust what you know to be true. Use common sense and fact to make your decisions, not false charm and manipulation. To you younger Carriers out there you need to know that no matter how much management doesn't like you, they need a better reason

to get rid of you than that. Don't give it to them. If you follow the rules, and you don't take extra breaks, they will have to deal with however long it takes you to get the job done.

To the older Carriers I would like to say the following: help out the youngsters. I very seldom got advice from anyone in my first two years, and it was usually my steward, in a disciplinary discussion. I learned a lot in disciplinary discussions, but then again, I had a lot of time in them to learn, ask Mike. I could and would have preferred to learn it earlier and avoid the back office discussions, but all the older Carriers at my station do is try to turn everything anyone else says into a dirty joke, which is harder than it sounds.

To the supervisors, I would say this: Do supervisors read this? If you do, here goes: Sympathy goes a long way, you can catch more flies with honey, etc...there are Carriers who are consistent, there are carriers who are consistent headaches, and everything in between. This is not a game called “Management vs. NALC”. No one “wins”, but people do lose. High tension in the workplace leads to numerous health issues, mental breakdowns, and workplace violence. Just because you may be superior in rank doesn't make you immune to high blood pressure, hypertension, or stress-related substance abuse.

If we can work together to educate the workforce in a practical manner, on a day-to-day basis, instead of throwing a foot-thick rule book at them and saying “don't screw up”, it will accomplish the ends of the entire company. Well educated, safe Carriers means less wasted time in stand-ups, less people observing you on the street, less need for them to assign carriers to do managements job and stress-out veteran Carriers.

JASON MUNOZ
Assistant to the editor
Branch 782 NALC newsletter

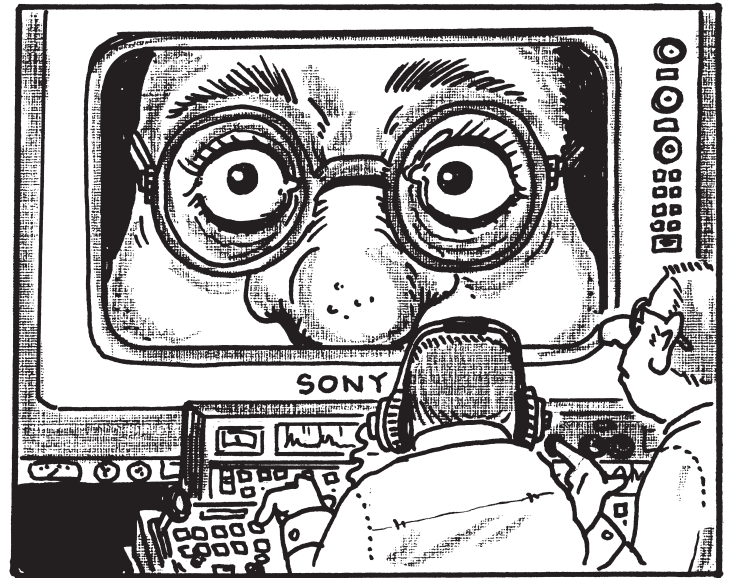
*Editor-guy Note:

For some of you “old timers” in Bakersfield who remember Steve “Fuzzy” Munoz, Jason is his son.

OUT THERE



OUT THERE

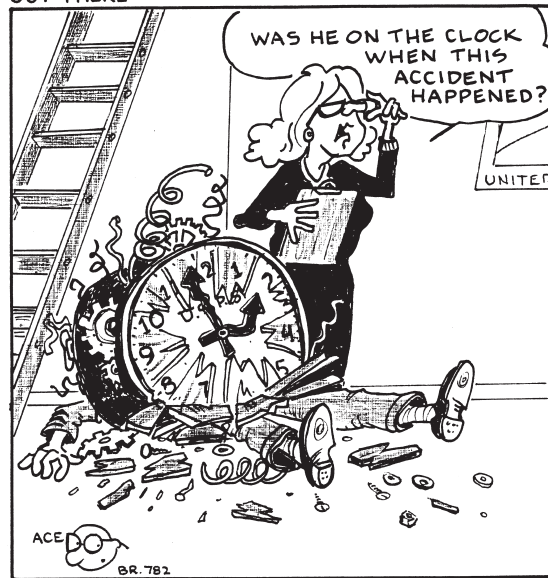


OUT THERE



HAVE AN IDEA FOR FRED????

OUT THERE

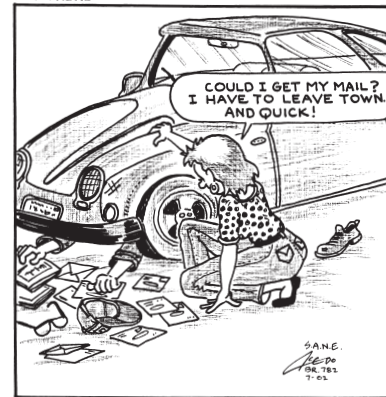


FRED ACEDO, BR. 782 S.A.N.E.
 P.O. BOX 6532
 BAKERSFIELD, CA 93386-6532

OUT THERE



OUT THERE



WHY WOULD YOU EVER WANT TO RETIRE???

OUT THERE



OUT THERE



OUT THERE



OUT THERE



DO YOU HAVE ANY IDEA AT ALL???

IT CAN HAPPEN TO YOU

Secretary's Report

Beki Serwach

Just when you think, "It can't happen to me," it does. I have had an on the job injury (OTJI) and I am now in the process of learning, first hand, the do's and don'ts of filing an OWCP claim. Here's what I have learned so far.

While stepping into an LLV on a rainy Wednesday, my foot slipped off of the step and slammed onto the pavement.

I called my supervisor immediately and told him I was in need of care right away, as I could not put any weight on my left foot. I was driven to Concentra where x-rays were taken and the technician kept saying, "Oh my. Oh my goodness" only increasing the worry and pain I was already feeling. I was there for 'evaluation only' and I left after the doctor informed me there was 'no evidence of a break' but informed me I could call on Friday for the radiology report.

I made sure to get copies of all of my

paperwork and the x-rays (thank God!) before I left. I have everything in a folder for safekeeping and easy access, and have made copies for Jeanne's files at the branch office, including a release for her to talk to injury comp or my doctor on my behalf.

The next morning, I called my podiatrist and requested an emergency appointment, which I was given. I took my x-rays and paperwork in from Concentra to show the doctor.

Not only was my foot broken, it was severely broken in two places in the midfoot, a LisFranc fracture. It required emergency surgery before fracture blisters

began to form which would have postponed any chance of repairing the foot for weeks until the blisters had healed. By then, the foot could have had a chance of healing improperly.

The only problem was that the Federal OWCP did not recognize that doctor's office as an approved facility. I was afraid to get the surgery and find out that compensation wouldn't pay.

OUT THERE



So, I decided to call another doctor to try to get in on an emergency basis.

Thankfully, Metropolitan Orthopedic used to be on my route and I was on a friendly basis with the staff. I knew they were an approved facility because other carriers in my office went there and had claims accepted. They got me right in and scheduled surgery for the next day.

You can switch doctors if need be, but you must submit a letter in writing as to why you have chosen to go with someone else.

Be prepared to follow up with your doctor's office and injury comp specialist. That's the only way to be certain that all the paperwork is in order.

So far I am feeling confident that I am well on my way with my claim. Ella Rogers is my claim examiner and has been very helpful to me, as has been our very own Joanne Larch. I am thankful to have Joanne on my side, keeping me focused on the end result—my health. I think we are on the right track.

Article courtesy of the Roseville, Michigan June 2008 NALC Branch 4734 Front Lines

OUT THERE





Branch Officers

President	Mike Towery	(661) 331-9171
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Treasurer	Molly Biggar	(661) 832-0393
Financial Secretary	Anita Holderman	(661) 589-1683
HBP & MBA	Mark Ramirez	(661) 834-5011
Sargeant-at-Arms	Jerry Patterson	(661) 203-9718
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Trustee	Bill Curtis	(661) 323-1107
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E.A. BAKER UNION UPDATE is published monthly by Merged Branch 782 of the National Association of Letter Carriers, AFL-CIO.

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

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

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

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

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

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

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Fred Acedo, Cartoonist
*(Special Assistant Newsletter Editor)
P.O. Box 6532
Bakersfield, CA 93386-6532

NALC Branch 782 Shop Stewards

Avenal (93203)	Vacant	
Arvin (93209)	Vacant	
Delano (93215)	Jerry Patterson	(661) 599-6859
Lamont (93241)	Vacant	
McFarland (93250)	Steve Carter	(661) 301-3253
Shafter (93263)	Jerry Patterson	(661) 699-2462
Taft (93268)	Vacant	
Wasco (93280)	Mabel Lyons	(661) 900-8892
Downtown Station (93301)	Kim Gerdes	(661) 834-2059
Downtown Station Alternate	Vacant	
South Station (93304)	Darryl Holderman	(661) 589-1683
South Station Alternate	Bonita Lewis	(661) 589-1683
East Bakersfield (93305)	Teresa Ortega	(661) 201-3086
Hillcrest Station (93306)	Pam Smith	(661) 979-5854
Brundage Station (93307)	Emma Gonzalez	(661) 834-8658
Dole Court (93308)	Mike Towery	(661) 862-8033
Dole Court Alternate	Debbie Guillet	(661) 342-4975
Stockdale Station (93309)	Randy Courson	(661) 381-0798
Stockdale Station (93309)	John Ortega	(661) 809-8140
Camino Media (93311/13)	Mike Meza	(805) 664-7014
Camino Media Alternate	Teresa Ortega	(661) 201-3086
Mojave (93501)	Vacant	
California City (93504)	Paula Hogg	(760) 373-8963
Tehachapi (93561)	Mary Morphis	(661) 822-6614
Trona (93562)	Vacant	
Boron (93516)	Paula Hogg	(760) 373-8963
Ridgecrest (93555)	Lynnell Howell	(760) 371-1039

Branch 782 Website

www.782nalc.com

Rick Plummer

webmaster@www.782nalc.com



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Bakersfield, California 93301
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ADDRESS SERVICE REQUESTED

**General Meeting
Tuesday
June 24, 2008
7:30 p.m.**

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

TIME-VALUE MAIL—PLEASE EXPEDITE

OUT THERE

