

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

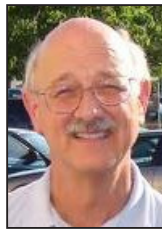
CHARTERED FEBRUARY 25, 1891



VOLUME LXXXII NUMBER 4

APRIL 2011

at the
Mike:



**Union members
become involved for
a number of reasons.
But the main force
that drives what we
do is: WE CARE!**

**Here, in his own
words, is a little info
about Branch 782
Shop Steward Jerry
Patterson...**

The Wasco-Shafter "Relay for Life" was held a few weeks ago. This was my third year being personally involved. The first year, I walked for six hours straight. Last year, I was able to get to eight and-a-half hours!

This year was special for me. The recent loss of Les Armstrong (my friend and co-worker) to cancer was something that I took very personally. Les was a retired Letter Carrier who for many years was a big part of my postal "life". I made a commitment that I would go out and do even better this year both for Les and for my father who had also died from cancer!

The day commenced with opening ceremonies and the first lap was taken by cancer survivors. Caregivers took the next lap. Then, it was time for the rest of us to show our support for this great cause.

My day began with Lap 3 at 9:15 on that Saturday morning. The first couple of hours weren't bad. It was just "a walk in the park". And—as the day went progressed with all of the entertainment with bands and dancers—time just kind of flew by. The weather would change from a cool breeze to a bright sunny day and then back to the cool breeze. The walk was great!

As I walked, it was hard not to notice the various groups who were trying to raise money with their raffle tickets. There was also all of that good food that was cooking to help boost the fund raisers. It was a great walk!

People kept asking me how far I was going to walk this year. I told them that I was hoping to walk for nine or ten hours...

Continued on next page...

I knew that that was going to be a hard target to hit. But, I knew that it was going to be a great walk!!

I was really, really sore last year after I walked those eight and-a-half hours. Apparently, a lot of people remembered what I did last year. As I was walking, they kept asking me if I wanted anything to eat or to drink just to keep me going. That was really nice and it was a big help to keep the my feet keep on going.

About my fourth or fifth hour, my daughter, Debra, joined me. This helped keep me going, too. It felt that “suddenly” at 4:15 my phone alarm went off. The alarm usually signals the end of my normal work day. But, this Saturday it meant that I was seven hours into what I was doing. It was a great walk!

I also realized that—after seven hours—it *would* be possible for me to walk for nine hours. But, I was really starting to wonder about something: “Can I possibly keep up the pace of four miles an hour??? Or am I going to have to start slowing down???”

Time continued to pass. As I tasted some of the food that was given to me, I kept thinking that the day was almost over. That helped to put a little spring back in my step into what had been (to that point) a great walk. But, I started to feel a little tightness in my hands. My muscles were starting to react. I knew that I needed to get more water in my system if I was going to make this a Great Walk!

I just kept going and, before long, it was 6:15! I still felt good. 6:45 was possible. *And...*

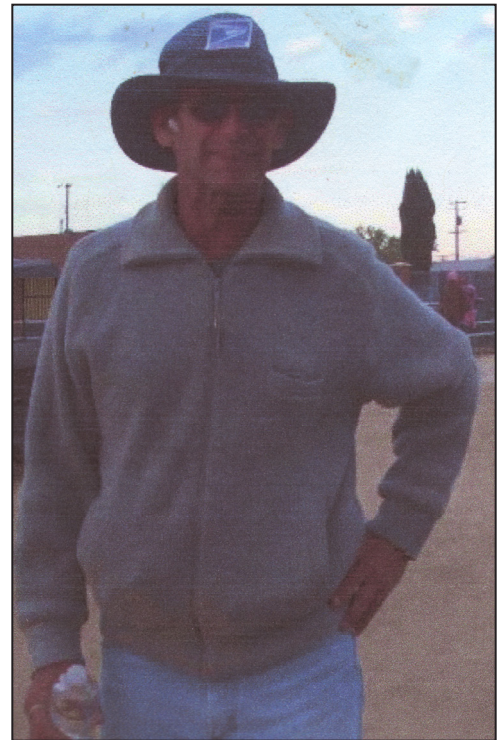
And, what did this mean? If I could make 7:15 at the pace was shooting for...***I could reach 40 miles in just one more hour!!!***

But then, “IT” hit!

My legs ached from the continuous walking and they were trying to tell me that! I was starting to really, **really** hurt. As I was going into my 39th mile, one of the Committee Personnel folks asked

me to stop by and pick something up when I finished my day of walking.

I remember that I kind of gritted my teeth and just focused on pushing myself to keep up my pace because I couldn’t afford to think about anything else but that I was trying to make this a Great Walk...



When I got to the “Ten Hour Mark” at 7:15 p.m., *I just couldn’t go anymore.* My body just shut down and I had to sit down. My legs just gave out and couldn’t do any more...

Eventually, with some help, I was able to get home. My daughter went over to see what it was that the “Walk for Life” Committee wanted me to pick up.

When she got home, she gave me the plaque that the Committee had given me for a “Job Well Done”.

All I know is, “I had a Great Forty Mile Walk, Les and Dad!”

JERRY PATTERSON
Wasco Shop Steward

The “NALC Food Drive” is another example of how we do what we do because we care...

MIKE TOWERY
Branch 782 President

Johnny on the Spot

I am writing this article to give you a report on NALC West Coast States Lobby Trip that Pam Smith, Diana Herrera and I recently participated in from March 14th to March 17th, 2011.

First of all I want to thank you, the membership, for allowing this to happen. I never forget I am there on behalf of the members of Branch 782.

I attended four meetings in all. Two of the meetings went very well with both of the members of Congress receptive to our concerns and willing to support legislation to keep 6-day delivery which will protect Letter Carrier jobs.

One of the meetings went pretty good; and, while we didn't get the Congressman to commit to preserving 6 day delivery, we did make progress with him as to what Letter Carrier concerns are.

In the first 3 meetings, our group was invited into the Congress member's office, offered a seat and provided with something to drink. The meeting was with our very own Representative Congressman Kevin McCarthy was different...

Mr. McCarthy was not available for us to meet in person, so we met with his aide Rob McCarthy (no relation). He emerged from the office making sure to close the door quickly behind him. It was then I knew we were going to conduct our meeting in the hallway.

We proceeded to explain our concerns to the aide. He had a notepad and pen handy; unfortunately, they were never used.

He must have a great memory because part of the meeting process is for him to inform the Congressman as to what occurs in meetings with constituents. The knock-out punch was delivered when after about five minutes he asked for our fact sheets. Fact Sheets are our talking points for the meeting. We want our voices to be heard first and then give them our literature at the end of the meeting to back up what we discussed in the meeting. In other words, he had heard enough and just wanted our package so he could be done with us.

If anyone reading this article has an inside track to Congressman McCarthy please let me know. I would like to invite him to one of our membership meetings, so that he may hear from his Letter Carrier constituents. You can reach me on my cell phone which is printed in this newsletter.

Mr. McCarthy doesn't need one Letter Carrier vote to win his office. As a matter of fact, he ran unopposed the last time. But shouldn't he be willing to listening to what the people he represents have to say?

So what were the concerns that we shared with those in Congress?

The Postal Service is the financially strongest big company losing money in America!! Sound crazy? Well it is! Over the past four years, the Postal Service has paid \$21.9 billion to prefund its future retiree health benefit premiums, while the Postal Service's cumulative losses were \$20 billion. You do the math to see what is really crippling our company.

Postal Rate Commission Ruling!!!! YEA FOR US!!!

The three Republicans and two Democrats on the Commission agreed that the Postal Service overstated by \$1.4 billion how much it would save each year by delivering mail only five days per week. In particular, the Commissioners found that USPS grossly overestimated — by more than three-quarters of a billion dollars — the savings it would achieve from its Letter Carrier workforce. The bipartisan Commission also concluded that USPS underestimated — by hundreds of millions of dollars — how much revenue it would lose when customers, faced with no Saturday postal delivery, look to alternatives to get their messages and packages delivered.

Respectfully,

JOHN ORTEGA
NALC 782 Vice-President



Standing on the steps of the Capitol Building for this photo op are (l-r) National Business Agent Chris Jackson, Pam Smith, Diana Hererra, John Ortega and our former NBA Manny Peralta, who now serves as the NALC Director of Safety and Health.

Minutes of the March 2011 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 March 2011 at the Branch office, Bakersfield. The flag salute was led by Sargeant-At-Arms Darryl Holderman. All members of the Executive Board were present. The stewards were present from Arvin, Avenal, Brundage, Camino Media, Downtown, Hillcrest, Oildale, South, Stockdale, Taft and Wasco. Also present was the Newsletter Editor Basil Zuniga; Webmaster Rick Plummer; Photographer Anita Holderman; OWCP Representative Rick Gerdes; Legislative Representative Diana Chavez; and Emma Gonzalez and Frank Martinez of the Social and Recreation Committee. The Minutes of the February 22nd meeting were accepted as read. The communications were read. A letter was received from the Kern Veterans Memorial Foundation thanking the members for their contribution.

APPLICATION FOR MEMBERSHIP: Applications were received from Lindsay Hendrix and Felipe Medina, Jr. Vice President John Ortega swore in new member Felipe Medina who was present.

REPORTS OF STANDING AND SPECIAL COMMITTEES: Teresa Ortega reported that there is nothing to report on the picnic yet. Basil Zuniga reported that last month Stockdale folded the newsletter. There were not many members from Stockdale there, but it got done. Next month it will be Camino Media's turn. He discussed the newsletter and showed pictures from the enhanced version that is on the website. Mabel Bullis reported that there were no book sales for this month.

UNFINISHED BUSINESS: Mike Towery informed the delegates to the convention that they need to let Kim know as soon as possible if they would not be able to attend. She will need to cancel those rooms. There will be a meeting for the delegates following the April General Meeting.

GOOD OF THE ASSOCIATION: President, Mike Towery thanked Basil for cutting newsletter costs so that we could send 3 members to the Washington DC Lobby trip. John Ortega reported that they had four meetings and all but the one with Congressman McCarthy went well. Diana Herrera reported that 36 Congressional members have already signed on to HR-137 to preserve 6 day delivery. Pam Smith conveyed how important COLCPE is. She would like to see all the Stewards take the COLCPE class at the convention. She could use help from the Stewards.

IMPROVEMENT OF THE ASSOCIATION: There will be a Budget Meeting on April 20th following the Steward meeting. Mike Towery reported on the Area Meeting in Ridgecrest. He, John Ortega and Kim Gerdes attended. The Carriers present

expressed concern regarding saving 6-day delivery and PTF's not being made Regular. Shari Sharpe made a motion that the Branch purchase Food Drive Posters. Seconded by Alan Smith and passed. Teresa Garcia will be heading up the Food Drive for the Branch again this year. Shari Sharpe and Norma Hamer will be helping also. Mike Towery thanked the members who have been working at the office to reduce the grievance files.

FINANCIAL SECRETARY'S REPORT: Anita Holderman reported that \$12,321.46 was collected for the month.

TREASURER'S REPORT: Molly Biggar reported:

Beginning Balance	\$75,083.63
Dues and Income	\$11,589.84
Interest Income	\$8.58
Total Balance	\$86,682.05
Total Expenses	\$8,161.77
Ending Balance	\$78,520.28

The MDA 50/50 Drawing was won by Mike Meza.

The General Meeting Drawing for \$100.00 would have been won by Sandra Rivero if she had been present.

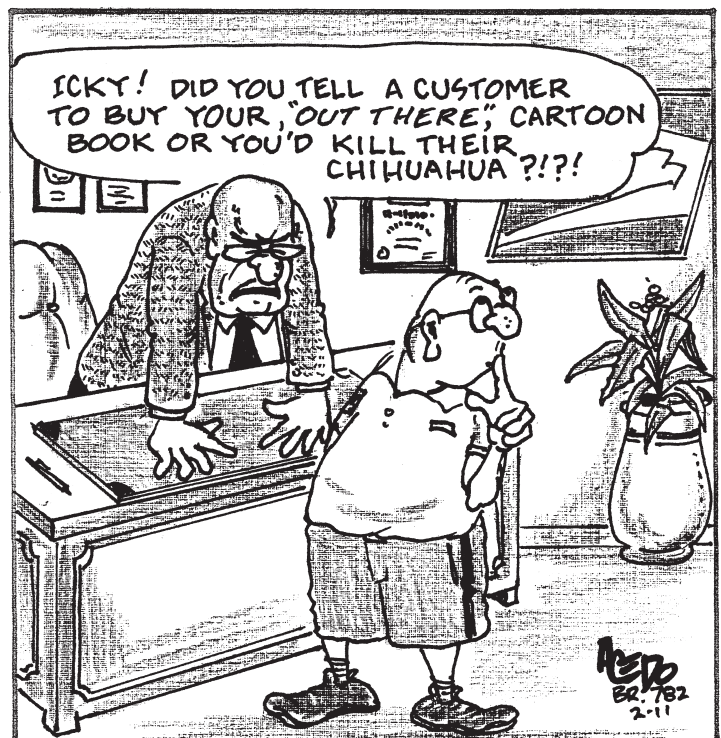
There were 41 members present.

The meeting adjourned at 7:38 p.m.

Respectfully Submitted,

KIM GERDES
Branch 782 Recording Secretary

Out tHeRe



Brundage Biggest Loser 2011... Finale

We had a good turn out with how many competitors—31 total—joined this January thru March 2011 competition. They were from Brundage Station, Stockdale Station, Hill Crest Station, Dole Court Station, Pegasus Plant, Arvin Station, Camino Media Station, East Bakersfield Station, and Shafter.

We had the same winner 3 months in a row: Laura Gordon from Dole Court Station! She was also the Finale winner of \$525, with a combined total win of \$600 for winning all 3 months **AND** losing a total of 21.1% weight loss.

The 2nd place winner went to Robin Richaud from Stockdale Station, taking home \$175. She lost a total of 14.3% weight loss.

As everyone knows...losing weight is very difficult to keep on track with achieving a goal you have your mind set to. Motivation is the big key that varies from person to person. But once you find it...*don't ever lose it!!!* It's not an over-night achievement. It takes hard work and dedication for months. Years...

I have people who have expressed interest in starting up another competition in the summer. Please let me know if **YOU** are interested. We *can* start one for a June thru July 2011 competition.

Out rHeRe



Get pumped up!!! Let me know as soon as possible.

MABEL BULLIS
Brundage Steward

NON-MEMBER LIST MARCH 2011

DOWNTOWN STATION

D. Pearce
J. Cruz

SOUTH STATION

100% Union!!!

EAST BAKERSFIELD

100% Union!!!

HILLCREST

100% Union!!!

BRUNDAGE

D. Kinglee

DOLE COURT

S. Hancock

STOCKDALE

A. White
J. Oh
G. S. Saran
P.M. Russel

CAMINO MEDIA

100% Union!!!

ARVIN

C. J. Brown

AVENAL

100% Union!!!

BORON

100% Union!!!

CALIFORNIA CITY

100% Union!!!

DELANO

C.V. Quebral
L.A. Campos

EDWARDS

100% Union!!!

LAMONT

100% Union!!!

McFARLAND

100% Union!!!

MOJAVE

100% Union!!!

RIDGECREST

S. R. Pierce
H.G. Blanco
L.M. Montano

SHAFTER

I. M. New
M. D. Voights

TAFT

B. W. Krier
K.J. Hughes

TEHACHAPI

100% Union!!!

TRONA

100% Union!!!

WASCO

100% Union!!!



Basil: We have 394 total Carriers in the complement assigned to all of the cities represented by our Branch—and, of those, *only 18 are non-members*—that means that we are 95% organized!

KIM GERDES, Branch 782 Recording Secretary

WASHINGTON LOBBY TRIP

I was privileged to represent Branch 782 in Washington DC last month to lobby our Representatives. Even though we did not have a Bill to address, we were there to talk about H.R. Resolution 137. It is a sense of the House to keep 6-Day delivery and to ask them to let us use the 55 to 75 billion dollars we were overcharged for pre-funding the Retirees Health Benefit Fund.

We had a day of training, two days of meetings (where Diana Herrera, John Ortega and I had four to five meetings) and we attended a fund raiser for Congressman Jim Costa. On Thursday, we had a Congressional Breakfast where we had 22 keynote speakers. This is probably a record number. These Representatives were all supportive of our efforts and it was great of them to take time out of their busy schedules to come to talk to us.

Three of my four meetings went very well, and we can count on the support that we need. My other meeting was supposed to be with

our own local Congressman

McCarthy...but we met with an aide in the hallway. **BIG DIFFERENCE!**



(l-r) Pam Smith, Branch 782 COLCPE Coordinator; Diana Herrera, Branch 782 Legislative Liaison; and Branch 782 Vice-President John Ortega preparing for lobby work on your behalf.

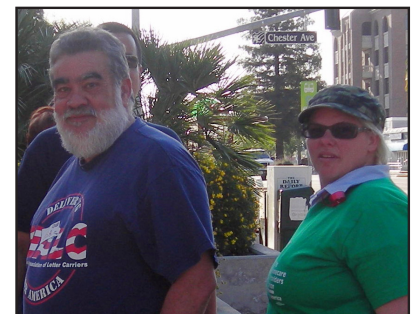
Needless to say, he isn't in any way supportive of us. This is why **YOU** giving to COLCPE (Committee On Letter Carrier Political Education) is so important. COLCPE money is used for help with key campaigns. A majority of the money is used for Carriers to be released to work on these campaigns; and, some is used for to directly fund those candidates—Democrats and Republicans alike—who are there for us. Letter Carriers all over this country have gone out and worked their butts off and have turned elections around. **These are facts: There IS strength in numbers! And, there is strength in our combined numbers!!!**

In these uncertain times, we need to be proactive in doing everything we can to keep our jobs. How do you do that? Number 1: Give to COLCPE! All we are asking is \$5 dollars a paycheck and you can have it taken right out of you paycheck as an allotment. And, I bet you won't even miss it. Number 2: Be an "E-Activist". It's easy. You will be sent e-mails. When they need you to write our Representatives, most of time you just have to click on a link. Number 3: If you are asked to volunteer some time to work on a campaign, please consider it. It may be an investment of your time to protect *your* future...

You can go the NALC website and sign up for COLCPE and to commit to being an "NALC E-Activist", or you can contact personally contact me @ 661-979-5854 if you have any questions.

Some of us attended the local labor demonstration in support of the workers in Wisconsin. I wanted to share some pictures—especially since Vice-President John Ortega was a speaker at that event.

PAM SMITH, NALC Branch 782 COLCPE Coordinator





Active letter carriers:
Contribute
to **COLCPE**
using PostalEASE

online.....

NALC members can also go online to use PostalEASE. With PostalEASE, carriers can contribute directly from their paychecks every pay period. Through PostalEASE you can designate COLCPE as one of your two payroll "allotments."

- 1** Be sure you know your 8-digit Employee ID Number (on your paystub) and your 4-digit USPS Personal Identification Number (PIN). If you cannot remember your PIN, call PostalEASE at 1-877-4PS-EASE (1-877-477-3273), select "1", enter your Employee ID Number, and select "2" to have your PIN mailed to you.
- 2** Create your own *Account Number* by inserting in the spaces at right the first *seven* digits of the ID number that appears above your name on the back cover of your *Postal Record*.

YOUR 17-DIGIT ACCOUNT NUMBER:

0 0 3 4 9 5 2 5 3 5

(First 7 digits of ID number on Postal Record label)

*****AUTO** 5-DIGIT 54321
XXXXXXXXXX 89 LC 9876 W13 08
JOHN CARRIER
1234 MAIN STREET
ANYWHERE, US 54321-9999

3 Now you are ready to go online to liteblue.usps.gov

- Enter Employee ID and PIN and click "log on"
- Click on "Postal Ease"
- Click on "I agree"
- Enter Employee ID and PIN again and log in
- Click on "Allotments/Payroll NTB"
- Click on "Continue"
- Click on "Allotments"
- Enter the following Financial Institution Routing Number: **0 6 4 0 0 0 0 1 7**
- Enter your 17-digit Account Number from above
- Enter Account type as "checking"
- Enter amount of your contribution
- Click on "validate"
- Click on "submit"
- Click "print page" to see and print your confirmation number for your records

Contribute on the web at
liteblue.usps.gov

If you need help to establish your COLCPE contribution, contact Pam Smith at (661) 979-5854.

AMERICAN PEOPLE DO VALUE SIX-DAY DELIVERY!!!

John Ortega, Pam Smith and I went to Washington, DC to lobby our politicians. We took a red eye out of LAX to Washington and it made a **long** day from Saturday into Sunday but it's what we do as activists. I am a firm believer in fighting for what is right and that fight is to keep six-day delivery for the Postal Service.

Now I know some are thinking, "Who cares? We'll get weekends off." *Not true!* Management has NOT said it will be Saturday... How many jobs will be jeopardized? Postal employees: "Beware of what you wish for!" This could be a turning point in the future of the Postal Service—and it may not be for the betterment of the American people or for you and your future hopes and dreams.

Recently, the Postal Regulatory Commission's (PRC) decision was not to recommend a shift to five-day-a-week mail delivery. Some of their findings pointed out that such a drastic move would inconvenience millions of Americans, including many who count on being able to get prescription medicines on Saturday. Furthermore, it would damage small businesses for which Saturday is an important workday; and, it would have an impact on rural areas.

The PRC found eliminating Saturday delivery would delay the mail substantially and the Postal Service remains a vital important institution facilitating economic growth, aiding small businesses, enhancing communications and unifying the nation.

NALC President Fredric Rolando commended the PRC for their careful deliberations and for them urging our lawmakers to look at their findings and not relying on the USPS managers. Mind you, this comes from the PRC (a board who are made of white collar Individuals such as doctors, lawyers and CEO's, etc...).

So, I say to you, don't expect the lawmakers to save your job or six-day delivering. *You* must do your part and contact Congressman Kevin McCarthy or Congressman Jim Costa. Congressman Costa has already signed on as a co-sponsor for H. Res 137 to secure six-day delivery. Don't expect McCarthy to do that.

H. Resolution 137 has 101 co-sponsors as of this writing, but we need more. Congressman McCarthy needs to stand behind his constituents. I don't understand why he hasn't. After all, he does work for you. But, I believe he needs reminding.

A new resolution was introduced H.R. 1351, the United States Postal Service's Pension Obligation Recalculation and Restoration Act of 2011. As of this writing, there are only 17 co-sponsors. H.R. 1351 is another way to save the Postal Service money by letting the USPS keep our money. You may find more material or fact sheet on the NALC web site. It was quite interesting on our flight back home there were four Congressional Individuals that flew back coach. WOW!

In closing, let me tell you this: It was a productive trip with most of our Politicians; although, it was disappointing that Congressman McCarthy never saw fit to meet with us. Instead, sent us a "message" with his non-receptive aide.

The issue is that our voice is not loud enough. Therefore, we must attend more town hall meetings when our own Congressman McCarthy is present so that we may be heard. Lets be silent NO MORE!!!!

Let your family members and friends know about the crisis of the Postal Service and give those details and have them contact the lawmakers by writing a letter or by phone. Let's do our part! "*In Unity & Solidarity!!!!*"

Congressman Kevin McCarthy
4100 Empire Drive Suite 150
Bakersfield, CA 93309
Phone: (661) 327-3611
Fax: (661) 637-0867

Congressman Jim Costa
2700 M Street, Suite 225
Bakersfield, CA 93301
Phone: (661) 869-1620
Fax: 661-869-1027

DIANA HERRERA
NALC Branch 782 Legislative Liaison

"Lets be silent NO MORE!!!!"

ALL'S WELL THAT ENDS WELL

by Mary Thompson,
NALC Branch 14 Scribe

In last month's newsletter, Larry Shepherd (who serves our Branch in the vital role of Informal A representative) gave a much-deserved "shout out" to one of Crescent Hill's own, Shop Steward Del Craig.

Larry aptly described Del as "definitely an upcoming star among our Steward's" citing his fine work on a recent removal case from our station.

The Carrier in question is a TE—a "Transitional Employee." As members of our union family know, this position is about as thankless as it comes. The TE is expected to master all aspects of the Carrier craft, with no guarantee of a career appointment ever. They are subject to being deployed to all areas of the city as the need for "bodies" arises, and consequently often find themselves at the mercy of clueless (and/or sadistic) managers; and, sadder to say, as the victims of fellow Carriers who ought to have a conscience.

Such was the scenario for the individual of whom I write. An "import" from another station, he arrived with a clean discipline record and no particular problems in navigating our physically demanding, high-nixie territory.

But the spit hit the fan on Wednesday, 16 October 2010. Our man was assigned to carry one entire route, plus two hours off another route (that route being my bid assignment) that he had never seen before.

The weather turned bad that afternoon. Heavy cloud cover resulted in premature darkness, followed by high winds, heavy rain, thunder and lightning. The TE phoned in prior to starting the last two hours, and advised the supervisor of his whereabouts and the number of loops remaining. (Scribe's note: At this point, the red flag should have gone up for that supervisor, as he had something like 13 loops left!).

Things went from bad to worse. With weather conditions deteriorating by the minute, and tree limbs crashing down around him, our TE (a military veteran) frankly admitted in his statement that "I was scared as hell." Ultimately, two other TE's were dispatched to assist him. As one might guess, all three returned to the office well after 5 p.m.—having completed the deliveries by the illumination of the truck headlights).

Our station manager (yes, Hell on Heels!) was called on the carpet by her superiors over this excessive use of postal resources. Her ego bruised, her response was to seek our man's REMOVAL from the Postal Service.

Fortunately, Del was on the case. He knew whom to consult, and what to ask. He contacted me for a statement regarding some of the unusual physical characteristics of my route (including rough terrain and an offbeat numbering system), and the real kicker: The amount of time required to complete the assigned work.

When I learned what the TE had been given for "two hours," I was dumbfounded! In fact, he had been assigned territory that would have taken me (the Regular Carrier, who has been making these deliveries for 23 years) more than three hours *under under goods conditions*.. Sounds to me like somebody got slammed!

Fortunately, thanks to Del's persistence, the arbitrator saw it that way too. The TE was reinstated (with back pay totaling over \$8,000), and is now back at his original station. His discipline was reduced to a soon-to-be removed letter of warning. (Personally, even that gripes me, as I don't believe any of this should have escalated beyond a job discussion—and *that* for the Carrier who set up the TE in the first place...)

The moral of the story? Even if you are a "lowly" TE, you have a voice—and an advocate. If you think you're getting shafted, contact your Shop Steward ASAP! One TE of my acquaintance is mighty happy he did!

Article courtesy of the Louisville, KY
Branch 14 Newsletter published in March 2011.

OUT THERE



2011 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
**Drug Prescription Retail	1-800-933-6252
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
Quit Power (Smoking Cessation)	1-877-521-0244
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	1-800-772-1213
PostalEase Human Resources USPS	1-877-477-3273
Quest Lab Services (Bakersfield)	(661) 631-8520
LabCorp Lab Services	(661) 631-9258

NALC Health Benefit Plan
20547 Waverly Court
Ashburn, Virginia 20149

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

NALC Drug Prescription
"Claims" Program
P.O. Box 521926
Phoenix, Arizona 85012-2192

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

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

Preferred Provider
(PPO) Deductible:
\$300 Individual,
\$600 Self & Family—
Per Calendar Year

Some Websites for You...

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://americanheart.org
American Lung Association	http://www.lunusa.org
Diabetes Foundation	http://www.diabetes.org
Muscular Dystrophy Association	http://www.mdausa.org
Your Personal Health Record	http://www.nalc.org/depart.hbp
Asthma Information Center	http://www.ama.assn.org/special/asthma

Check out this PPO: Concentra Urgent Care
9500 Stockdale Highway Suites 100 & 101
Bakersfield, California 93309
Phone: (661) 282-4900
Hours>M-F 8:00 am - 9:00 pm; Sat & Sun 9:00 am - 7:00 pm

* *Failure to pre-certify will result in a \$500 reduction in benefits paid by our Plan. MUST notify the Plan prior to hospital admission with doctor name and dates.*

** NALC Drug Prescription Program is **MANDATORY** generic (unless specified by your doctor, at additional cost to member). Preferred retail pharmacy 1st and 2nd fills, you pay 20% of cost of generic/30% of name brand. MAIL ORDER PRESCRIPTIONS when NALC is primary: 60 day supply \$8 generic, \$43 name brand; 90 day supply \$12 generic, \$65 name brand; 90 day supply \$5 for NALCSELECT generics (certain drugs); 90 day supply \$7.99 NALCPREFERRED generic (certain drugs), **MEDICARE PROGRAM** (when Medicare is primary); Retail network pharmacy: you pay 10% of cost of generic, 20% of cost for name brand, **MEDICARE PRIMARY** (mail order); 60 day supply \$7 generic, \$37 name brand; 90 day supply \$10 generic \$55 name brand; 90 day supply \$4 for NALCSELECT generic (certain drugs); 90 day supply \$4 for NALCPREFERRED generic (certain drugs); NALCSENIOR generic antibiotics are available; FREE for a 30 day supply, when Medicare is primary (certain antibiotics only).

MAIL ORDER SPECIALTY DRUGS (Bio-Tech drugs—**VERY EXPENSIVE**): **Your** cost for a 30 day supply is \$150; 60 day supply is \$250; and, 90 day supply is \$350. Some drugs (e.g. bio-tech asthma, diabetes, organ rejection, etc.) require prior approval before dispensing. You **MUST** call the Plan 1-800-237-2767.

Mark Ramirez
(661) 834-5011
YOUR NALC Branch 782
Health Benefits Representative



WORKMAN'S COMP

SUBMITTED BY

TOM CONREY

Forms

OWCP's Division of Federal Employees' Compensation has made a variety of forms available online. The forms in the list below may be completed manually via the print form option or electronically via the electronic fill/submit option:

Printable Forms

All of DFEC's online forms are available to print and to manually fill and submit. Simply visit the site at www.NALC.com. Click on the appropriate form and print it using the [Print] button provided near the top of the form. Write or type the required information on the hardcopy and authorize the form, if applicable, with a hand-written signature. Then mail or fax the completed form to the DFEC office you normally send to for this process.

Form Number	OWCP's Form Title / Description
<u>CA-1*</u>	Federal Notice of Traumatic Injury and Claim for Continuation of Pay/Compensation
<u>CA-2*</u>	Notice of Occupational Disease and Claim for Compensation
<u>CA-2a*</u>	Notice of Recurrence
<u>CA-5*</u>	Claim for Compensation by Widow, Widower, and/or Children
<u>CA-5b*</u>	Claim for Compensation by Parents, Brothers, Sisters, GrandParents, or GrandChildren
<u>CA-6</u>	Official Supervisor's Report of Employee's Death
<u>CA-7*</u>	Claim for Compensation <i>Form CA-7 replaces ALL prior versions of CA-7 & CA-8 (see FECA Bulletin No. 99-18)</i>
<u>CA-7a*</u>	Time Analysis Form, used for claiming compensation, including repurchase of paid leave
<u>CA-7b</u>	Leave Buy Back (LBB) Worksheet/Certification and Election
<u>CA-10</u>	What A Federal Employee Should Do When Injured At Work
<u>CA-12*</u>	Claim For Continuance of Compensation Under the Federal Employees' Compensation Act
<u>CA-17*</u>	Duty Status Report
<u>CA-20**</u>	Attending Physician's Report
<u>CA-35</u>	Evidence Required in Support of a Claim for Occupational Disease
<u>CA-40*</u>	Designation of a Recipient of the Federal Employees' Compensation Act Death Gratuity Payment under Section 1105 of Public Law 110-181 (Section 8102a)
<u>CA-41*</u>	Claim for Survivor Benefits Under the Federal Employees' Compensation Act Section 8102a Death Gratuity
<u>CA-42*</u>	Official Notice of Employees' Death for Purposes of FECA Section 8102a Death Gratuity
<u>CA-278</u>	Claim for Reimbursement of Benefit Payments and Claims Expense Under the War Hazards Compensation Act
<u>CA-721*</u>	Notice of Law Enforcement Officer's Injury Or Occupational Disease
<u>CA-722*</u>	Notice of Law Enforcement Officer's Death
<u>CA-1031</u>	Letter to Dependents to Verify Claimant Support
<u>CA-1074</u>	Letter to Parents in Death Claim Development
<u>CA-1108*</u>	Statement of Recovery Letter with Long Form
<u>CA-1122*</u>	Statement of Recovery Letter with Short Form
<u>CA-2231*</u>	Claim for Reimbursement Assisted Reemployment
<u>OWCP-5a**</u>	Work Capacity Evaluation Psychiatric/Psychological Conditions
<u>OWCP-5b**</u>	Work Capacity Evaluation Cardiovascular/Pulmonary Conditions
<u>OWCP-5c**</u>	Work Capacity Evaluation for Musculoskeletal Conditions
<u>OWCP-16*</u>	Rehabilitation Plan And Award
<u>OWCP-17*</u>	Rehabilitation Maintenance Certificate
<u>OWCP-20*</u>	Overpayment Recovery Questionnaire
<u>OWCP-44*</u>	Rehabilitation Action Report
<u>OWCP-04</u>	Uniform Billing Form
<u>OWCP-915*</u>	Claim For Medical Reimbursement <i>Form OWCP-915 replaces CA-915</i>
<u>OWCP-957*</u>	Medical Travel Refund Request
<u>OWCP-1168</u>	Provider Enrollment form
<u>OWCP-1500*</u>	Health Insurance Claim Form
<u>HCFA-1500*</u>	Health Insurance Claim Form

Information courtesy of the Cedar Rapids, IA *Parlor City News* published by NALC Branch 373 in April 2011.

So Where Would You Be Without Collective Bargaining?

by Eric Ellis, Legislative Officer/
Steward Zones 1/21

In 1994, then-Postmaster General “Carvin’ Marvin” Runyon proposed—among other things—that Letter Carriers were 30 percent overpaid, Cost-of-Living Adjustments (COLAs) should be eliminated, there should be reductions in sick and annual leave benefits, etc.

So what stopped him from slicing up our pay and benefits?

You guessed it...collective bargaining! Since he was hell-bent on destroying our middle-class lifestyle, would a 40% pay-cut (with no COLA) drop you from the middle class?

We, through our representatives and expert witnesses, were allowed to present our case to a neutral arbitrator. And, while the resulting 1994-1998 contract was not our best, we did keep our COLAs and benefits intact. Also, it did set the stage for the historic 1999 arbitration decision which acknowledged our unique contribution as Letter Carriers to the USPS’ bottom line by bumping our pay level from 5 to 6 and from 6 to 7 if you were a swing carrier.

That is why I regard the 1994-1998 contract as pivotal; the PMG pushed us hard and we pushed back.

A decade earlier, President Ronald Reagan shoved us hard. Likewise, we shoved back. Of course, most of us are familiar with his desire to privatize the post office. I’m glad that never gained traction in Congress.

What most people are not familiar with is that he wanted to make your retirement “Social Security-only”, meaning federal and postal employees hired after December 31, 1983 were to get only Social Security checks upon retirement. The story of how Congress created the Federal Employees Retirement System (FERS) shows us how collective bargaining means much more than negotiating contracts or filing grievances.

In 1982, Social Security was broke. President Reagan and Congress looked for ways to “fix” the system. Besides gradually raising the age to collect full benefits from 65 to 67, the decision was made to include all new federal and postal employees, meaning all new employees were to pay Social Security taxes—thereby helping make the program solvent.

Prior to this, all federal and postal employees were covered by the Civil Service Retirement System (CSRS). While they were not covered by Social Security, neither did they pay Social Security taxes.

Obviously, in designing a new retirement system, Congress and the President looked to save the government money. Defined retirement plans such as CSRS are more expensive than contribution-based plans (where you pay into a 401 [k]). President Reagan’s idea, as mentioned before, was to give us only Social Security.

So imagine, if you will, working until age 62 to receive a \$1400 monthly payment (this figure was taken from my 2010 Social Security statement) or age 67 and receiving a \$2000 a month. Truth be told, a good many of us—as we do physical labor—would not make it to 67. This is a truth recently acknowledged by President Obama’s commission on deficit reduction.

OUT THERE



The creation of FERS, when analyzed with an open mind, demonstrates the power of having a voice at the table. It is true that CSRS employees can earn a higher pension amount. My father, for example, retired with 38 years of federal service and as such receives a pension of 72.25% of his "high-3 year" average earnings plus COLAs. Now, take an employee under FERS who retires with 38 years at the age of 56. He/she would receive a FERS pension of 38% of the "high-3" (minus the cost of health insurance and/or a survivor annuity, as is the case with CSRS). He/she would also receive a "Special Retirement Supplement" until age 62, when presumably he/she would start drawing Social Security.

To figure out the amount of the supplement, divide the number of years served (38) by 40, which in this case would equal 95%. Ninety-five percent of \$1400 equals \$1330. Add on to that the amount put away in the Thrift Savings Plan (TSP) account, and there could be a really good retirement under FERS.

Back to 1982, NALC President Vincent Sombrotto actively engaged members of the House and Senate to craft a retirement plan that could preserve a middle-class lifestyle. The modest FERS pension, the Special Retirement Supplement, the TSP match (\$ for \$ for the first 3% contributed; for the next 2% of pay contributed, .50 is matched per \$1; as the USPS also contributes 1% automatically - hence the 5% match) were all the result of collective bargaining!

We shoved back some when all President Reagan wanted to give us was Social Security!

Did new federal and postal employees get everything they wanted when FERS was created? No! But FERS, as then constituted, did not prove impossible to improve upon. Remember what happened two years ago?

Congress passed and President Obama signed legislation that gives FERS employees full credit for their unused sick leave if they retire on or after January 1, 2014; they will receive half-credit before then...but before the Bill was signed, retiring FERS Letter Carriers and other federal employees would have lost all of the sick leave they had accumulated. Part of the reason that Congress made the change was that so many federal employees were choosing to use their sick leave before they retired that operations were affected in every federal agency. Too many people felt that there was no incentive to save the sick leave if they were going to "lose" it when they retired.

Our Union involved itself in the legislative process and did so as part of our right to negotiate collectively.

Every benefit you have as a Letter Carrier has the Union imprint on it. Remember that the next time you read or hear someone say that collective bargaining should be outlawed. What they really want is to outlaw the middle class...**US—YOU AND ME.**

This article is courtesy of the Fresno, CA
NALC Branch 231 *Postman's View*
published in April 2011.

Looking Back

by Bob Muntz, Branch 130

In 1962 President Kennedy issued Executive Order 10988, which granted bargaining rights to postal employees for working conditions. Bargaining for wages didn't come until after the 1970 strike.

Now comes the cry to do away with public employee bargaining rights. Make no mistake, if they are successful in doing away with bargaining with local public employees, they will come after you next.

So that you may know what your enemies are thinking, here is a quote from Richard Epstein of the Hoover Institute at Stanford university: "***Here is a simple proposition. Labor markets should in principal, be allowed to run free, without the burden of collective bargaining laws, anti-discrimination laws, family and medical leave protection, and minimum wages.***"

Would you like to live under those rules?

They want to take you back to the days of Coolidge and Hoover.

What the Union has done can be undone if public sector unions begin to fall...

So again I ask, "How many of you could stand to give up hard earned salary and benefits?" I would wager, not many. So now I ask, "What are you willing to do to ensure your own future? Will you stand with me and many others who have already signed up to be an e-Activist, sign up through automatic payroll deduction to give at least \$5.00 per pay period and sign up and pledge to work through the Carrier Corps?"

Brothers and Sisters if we don't do these basic and fundamental things we may end up where we were 10, 20 or even thirty years ago making less in an economy that is already struggling to take care of the lower class now

It is imperative that we keep the middle class strong by keeping good

union jobs. Without them there will only be two classes: the Rich and the Poor!

So take a good look at the unions that are under attack right now: police officers, fire fighters, teachers, transportation workers and numerous other public sector workers. Without quality teachers how will our children compete with the rest of the world? Without quality police and fire fighters what will happen to public safety? Especially in this post 9/11 world! Brothers and Sisters this is real! The time is *now* for each of you to start paying closer attention to what is going on with working class issues, and to get involved by writing letters to your State and Federal Representatives. Tell them that if they support these measures that will kill the middle class, we *will* show up at the polls and ensure that they will no longer be allowed to hold office and participate in killing this great Nation.

This is an excerpt from an article which originally appeared in the April 2011 *Flame* published by Tacoma, WA Branch 130

There Were Five Lori's in my third grade class.

Laurie B., Lori K., Laurie L., Lori N., and Lori W. I went all through school and graduated with all of them except Lori K. More than that, I still know and could be in touch with all these girls.

On my route there are fifteen Betty's!! Three sets of Bob and Betty, a pair of Bill and Betty's and some of us know another Bill and Betty, (hi "Chaunty")

Across the street from each other lived Leroy H. Smith and Leroy D. Smith. Frances Green lives on my route and so does Frances Greene. I deliver mail for Julie Rodriguez and Julia Rodriguez, Patricia Murray and Patricia Murphy. Sheila K. at 405 and Sheila W. at a 405; two families of Lewis' have 312 addresses; Mrs. Manning at 408 and Mr. Mann at another 408.

There is always two Clouds and a Rainbolt. I have the Bowers and the Bowersox, the Brewers and the Killebrews, a lady named Flame a poodle named Torch, with Mr. Burns living up the road.
OuT tHeRe



Badabing bada-BOOM!!!

Mr. John Johnson lives right next door to Mr. Ed Edwards, while Greg Gregory is over a few blocks. Sharon Sloan doesn't get much mail but Mrs. Stone gets plenty.

Other celebrity names would include Don Johnson, Joe Walsh, and Ronald Reagan. No kidding!!!

Remember Kevin Costner's movie Dances With Wolves? And his character's name was..... John Dunbar? No? Well it was and John Dunbar gets mail on my route too.

A few more former US presidents can be found: Wilson, Hoover Grant, Johnson, Jackson Kennedy and Ford. There is a King in the neighborhood, a Page with three Rubys and two Jewells. On my route there is Parsley, Rosemary, Ivey, three Roses, two homes with Moss, and one Lily. Well Lily is a German Shepard but I tell the truth she gets mail!

OUT THERE



Whiteheads. Mr. and Mrs. Shake live next door to Mr. and Mrs. Bake.....r!! Badabing badaboom.

I have Hills I have Barnes, I have Barnhills. I go to Albertsons, Youngs Deyoungs and Elders. I have a Painter a Plummer a Mason a few Christians a Fisher and two Dockters.

Oh and who is it that nips at your nose? Jack Frost is on my route.

Talk about over thinking something; I first recognized some of these parallels when I was the T6 several years ago. Clearly I got a little carried away.

Makes me think of that comedian "Well, you can call me Ray, or you can call me Jay....."

And about the Lori story, it was a really long time ago when I was in the third grade, I finally found a way to share that. Bear with me for two more; one resident sounds like he could be in the Mafia and this other name is also so much fun to say, "Guido Romanini" and "Wantanabe" wan-tan-a-be done!

Besides the afore mentioned Greens I get Brown, Black, Gray, Redstones and

Jay P W



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	Mark Ramirez	(661) 834-5011
Sargeant-at-Arms	Darryl Holderman	(661) 332-9201
Chief Trustee	Lucinda Martinez	(661) 327-2898
Trustee	Danny Blair	(661) 397-8107
Trustee	Mabel Bullis	(661) 496-5679

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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.

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

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

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

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

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

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

Juan R. Rodriguez, Assistant Editor
(H) (661) 854-0635
(C) (661) 912-7553

The "S.A.N.E."*

Fred Acedo, Cartoonist

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

Anita Holderman, Branch Photographer
(661) 589-1683

Christopher A. Chretien, (Kree-shun)
Branch 782 Special Project Facilitator

NALC Branch 782 Shop Stewards

Avenal (93203)	John Ortega	(661) 809-8140
Arvin (93209)	John Ortega	(661) 809-8140
Delano (93215)	Gracie Silva	(661) 325-5526
Lamont (93241)	Darryl Holderman	(661) 589-1683
McFarland (93250)	Robert Campos	(661) 805-1034
Shafter (93263)	Norma Hamer	(661) 619-1465
Taft (93268)	Mike Meza	(805) 625-4541
Wasco (93280)	Jerry Patterson	(661) 699-2462
Wasco Alternate (93280)	Mabel Lyons	(661) 900-8892
Downtown Station (93301)	Kim Gerdes	(661) 834-2059
South Station (93304)	Darryl Holderman	(661) 487-5353
South Station Alternate	Judy Kiyoshi	(661) 817-5529
East Bakersfield (93305)	Paul Salazar	(661) 327-7637
Hillcrest Station (93306)	Pam Smith	(661) 979-5854
Brundage Station (93307)	Mabel Bullis	(661) 496-5679
Brundage Station Alternate	Emma Gonzalez	(661) 333-7547
Dole Court (93308)	Mike Towery	(661) 331-9171
Dole Court Alternate	Shari Sharpe	(661) 364-5544
Stockdale Station (93309)	Randy Courson	(661) 345-0256
Stockdale Station (93309)	John Ortega	(661) 809-8140
Camino Media (93311/13)	Mike Meza	(805) 625-4541
Mojave (93501)	Vacant	
California City (93504)	Paula Hogg	(760) 373-8963
Boron (93516)	Paula Hogg	(760) 373-8963
Edwards AF Base (93526)	Larry Beem	(661) 949-2280
Tehachapi (93561)	Mary Morphis	(661) 822-6614
Trona (93562)	Lynnell Howell	(760) 371-1039
Ridgecrest (93555)	Lynnell Howell	(760) 371-1039

**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) 325-5526

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

FORWARDING SERVICE REQUESTED

General Meeting

Tuesday
April 26, 2011
7:00 p.m.

Branch 782 Office
2628 "F" Street
Bakersfield, California

*Membership
Meeting
Drawing
\$150!!**

*Join with your fellow
Letter Carriers from
all over the country in
this great event! It is the
biggest one day Food
Drive in the world! Times
are rough. Together, let's make
a difference in people's lives!!!*



**Fine Print: YOU have a chance to win \$150 this month!! But, you have to be present at the meeting when names are drawn...*