

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



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APRIL 2014



CSALC Convention Delegate Reports

These were your delegates: John Ortega, Diana Herera, Molly Biggar, Mike Meza,

Norma Hamer, Shari Sharp, Pam Smith, Judy Kiyoshi, Randy Courson, Frank Martinez, and Basil Zuniga.

Their reports start up on page 4...



Minutes of the March 2014 General Meeting

The regular meeting of Branch 782 was called to order by President, Mike Towery at 7:00 p.m. on the 25th day of March, 2014 at the branch office, Bakersfield. The flag salute was led by Sgt. at Arms, Jerry Patterson. All members of the Executive Board were present, except Recording Secretary, Kim Gerdes. The stewards were present from Arvin, Brundage, Camino Media, Delano, East Bakersfield, Hillcrest, Lamont, Oildale, Shafter, South, Stockdale, Taft and Wasco. Also present was S.A.N.E., Fred Acedo; Webmaster, Rick Plummer; Photographer, Anita Holderman and Frank Martinez of the Social and Recreation Committee. The minutes of the February 25, 2014 were read and accepted with corrections to the money received in the February 2014.

APPLICATION FOR MEMBERSHIP: Applications were received from Teresa Hernandez and Gabriel Trujillo of Dole Ct., Anita Defant, Stockdale and Casey Hanson of Camino Media.

REPORTS OF STANDING AND SPECIAL COMMITTEES: Teresa Ortega reported that Molly will sign up for the park on June 13. The Picnic will be October 12, 2014. Basil reported that he was stuck in traffic but that the newsletter got done. Frank Martinez reported that there will be a Bowling Tournament on March 30th.

NEW BUSINESS: There will be a CCA meeting on April 2nd following the Steward Meeting. Mike Towery reported that 10 PTF's have been converted. There was a route count and inspection in Tehachapi, there is no news yet on how it turned out.

GOOD OF THE ASSOCIATION: There will be a Budget Meeting on April 16th. There will be a meeting regarding the State Convention on April 2nd following the Steward Meeting.

IMPROVEMENT OF THE ASSOCIATION: There is a NALC Health Benefit Plan handout in the newsletter. Shari Sharp and Norma Hamer reported that the Food Drive Shirt will be purple with a pocket.

FINANCIAL SECRETARY'S REPORT: Anita Holderman reported that the income for March is \$12,401.37.

TREASURER'S REPORT: Molly Biggar reported for February 2014

Beginning Balance	\$79,250.10
Dues & Income	\$11,591.39
Interest Income	\$00.00
Total Balance	\$90,841.49
Expenses	\$10,746.30
Ending Balance	\$80,095.19

The MDA 50/50 Drawing was won by Dicie Wilder.

The General Meeting Drawing for \$400.00 would have been won by Mario Muniz, if he had been present.

There were 35 members present.

The meeting adjourned at 7:26 p.m.

MOLLY BIGGAR

NON-MEMBER LIST* March 2014

Downtown Station

Sarah Kirby
Javier Cruz

South Station

100% UNION!!!

Brundage/East Bakersfield

David Kinglee

Hillcrest

100% UNION!!!

Dole Court

Dana Morris
Sharon Hancock

Stockdale

James Oh
Marty Martinez

Camino Media

Christopher Rodriguez

Arvin

100% UNION!!!

Avenal

Brent Howard

California City

Stephen Ivory

Delano

L.A. Campos
C.V. Quebral
R.C. Saldana II

Lamont

Erik Gonzalez
M.S. Johnston
D. Rivera, Jr.

Ridgecrest

S. P. Pierce
G.D. Weaver
Bonnie Leroy

Shafter

M. D. Voights
L. M. New

Taft

Ashley Veach
Alicia Rodriguez
B. M. Krier
K. J. Hughes
Terra Bullard

Tehachapi

TR Landis
B.C. Den Beeman

Trona

William Campbell

Wasco

100% UNION!!!

*CCA names are in italics.



from the editor-guy

Last month, I published the words to a song in our newsletter. I noted that there might be transcription problems due to my older ears. Guess what?

This is a **RETRACTION**...

The correct words appear in the box on the right.

Additionally, my source—retired Carrier Pete Berton—also pointed out for the record that singer-songwriter Mark Showalter was a Casual at the time that this song was first given “...EXCLUSIVE WORLD WIDE PLAY on the Napa post office work room floor where I (Pete Berton) was functioning as DJ...”

Mea Culpa,

BASIL ZUNIGA

MAILMAN (case it up)

Case it up, and pull it down, load the truck, and hit the town

8 hour day? No way! 6 days a week, for average pay

You grab your rubber thumb, munchies, scanner & your box key

what about anthrax? can't afford to worry!

cause you're the mailman,.....cause you're the mailman....

he's quite a man!

Park & loop, in & out, the daily poop....

it's on your shoe and in your pouch....

You got your rubber thumb, munchies, scanner & your box key

what about anthrax? can't afford to worry!

cause you're the mailman...cause you're the mailman,

He's quite a man

Mailman, Sunday ale man, he's the Mailman, he tells his tale....

Snow and rain, can you feel their pain, they can't say no

that mail's just got to go.....

They grab their rubber thumb, munchies, scanner & their box key

what about anthrax? can't afford to worry

cause they're the mailman...cause they're the mailman, oh man!

Mailman, Sunday ale man, he's the mailman & he can wait...

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“GOOD HEARTS”, WE KNOW! OUR BRANCH’S “DEDICATED DUO”

Norma and Shari volunteer their time,
Energize our Food Drive, don't make a dime!
It's always “YES” and never “No”!
They're our Branch's unselfish “Dedicated Duo!”

IF OUR BRANCH IS IN NEED,
OF AN EVENT TAMER!
WE CAN COUNT ON THE TEAM,
OF SHARP AND HAMER!

Our Duo will ride their powerful steeds!
Passing out flyers, for our patrons to read!
It's a national, one day NALC event!
Soon after it's collected, it's all been spent!

The NALC spirit, and the needy we bless!
Enables our food drive, to be a success!
Our Carriers and patrons, answer the call,
Such sorrow, cuz, we'd love to feed them all!

MARK RAMIREZ
Branch 782 “poet at large”

“Stand up, Mark!” “I am standing!”



LETTER CARRIERS'
FOOD DRIVE
SAT., MAY 10, 2014



CSALC Convention Delegate Reports

The proverb *The more things change, the more they stay the same* can be applied to the constant battle our Great union has been fighting with our political enemies in Washington D.C. since we first became the NALC.

National President Fred Rolando made sure that convention delegates to our 2014 CSALC convention understood this. His words regarding the climate in Washington D.C. and the endless battle with those members of congress who are doing everything in their power to destroy the U.S. Postal Service were sobering. But, they also energized us to do whatever we needed to do to protect an American institution that has been in existence for "238" YEARS.

President Rolando shared something with us that we already knew. Postmaster General Patrick Donahoe will not commend the organization he heads when it is doing well. He gives the media negative information and paints a very bleak picture of our great public service. He is a Diservice to the Postal Service!

I attended training classes at the convention to increase my knowledge about numerous issues. But, NALC President Fred Rolando made it very clear that we—joined together with other "stakeholders"— must fight every day to preserve the US Postal Service! We must elect and keep our friends in Congress who support the USPS. The misguided ideology that continues to attempt to destroy the USPS and our jobs must be neutralized!!

President Rolando went on to cite numerous ways in which Congressman Darrell Issa has been attempting to dismantle the US Postal Service with his venomous legislation. 28% of USPS employees are military veterans. Why is Congressman Issa targeting them?

As union members, we and our friends and family need to contact Congress to support the U.S. Postal Service. To effectively lobby Senate and Congress requires MONEY, MONEY, MONEY. It is the fuel that is needed to keep our supporters in office and have our union voice heard in Washington D.C.

Every NALC member who values their job **MUST** contribute to COLCPE (Committee on Letter Carrier Political Education). It is political, and it is "YOUR" job insurance!! Without COLCPE, we don't have a voice in politics and a means to protect our jobs!!!

Basil, I would just like to thank my NALC Brothers and Sisters who attended the convention. It's a good feeling when I attend a union function with members of Branch 782 who are there for the right reason: to support our local and national union. The members who attended are: Branch VP John "Where's my Food?!!!!" Ortega; Basil Zuniga (Branch Editor-guy); Diana (Tobasco) Herera; Molly Bigger (Treasurer); Mike "Don't Mess With" Meza; Norma (DD) Hamer; Shari (DD) Sharp; Pam (Shots) Smith; Judy Kiyoshi (Snap Shot); Randy "Coleman" Courson; and, Frank Martinez .

The convention went smoothly thanks to the outstanding talents and abilities of CSALC President John Beaumont! Thank You, Kim Gerdes (Branch 782 Secretary), for doing such a great job with all the behind the scenes work to make sure that Branch delegates had excellent accommodations and no problems to distract us from doing our business as delegates!!!

MARK RAMIREZ
HBP Representative,
Branch Poet at Large,
California State Convention Delegate
"Golden Empire Merged Branch 782"



Commitment...

I want to thank the union members for electing me to attend the convention this year.

The classroom sizes were fairly small compared to the number of carriers interested in the offered classes. Due to regulations, there could not be any standing in the classroom, and if you didn't have a seat, you were asked to leave. Hopefully, there was another Branch member who was able to grab a seat before you. I'm sure that when organizing any event, one tries to make sure that one has enough food, seating, etc. to accommodate everyone.



Commitment. That's the word that comes to mind as I sit and prepare to write this article about the California State Association of the Letter Carriers Convention.

There are many Letter Carriers who give their time and efforts to make sure that our jobs are being performed fairly, safely, and contractually. We have physically demanding and, often

times, emotionally demanding jobs. It is not always easy to do what we do. But we go out there every day, day in and day out.

Commitment. There are many Carriers who do what they feel will get the job done faster—not wearing their seatbelt, not shutting their door while doing a U-turn or driving thru an intersection, not removing their key from ignition... just to mention a few.

While at the convention, I even witnessed a Carrier leaving their vehicle door open, go into a building (being out of sight from the vehicle) and staying gone for several minutes. It would have taken only seconds to lock that door and only seconds for a supervisor to discipline. It's so much easier when we follow the rules.

I encourage all Carriers to give to COLCPE. I encourage you all to read the article on COLCPE in the February 2014 Postal Record, if you haven't already done so. It explains what COLCPE is and how easy it is to contribute.

There are people in Congress who want to take our jobs. They need to be stopped. As Letter Carriers, we all should do all that we can. All the benefits that come along with the job, health coverage, vacation/sick/holiday pay, salary increases, etc., can all be taken away. Be the voice, be heard.

I also encourage you to ask your steward any questions that you might have, whether it is about how management is managing,

or if another Carrier is supposed to be doing something that you should be doing; whatever the question may be, ask. It doesn't hurt. Check things out.



Make sure our Contract is being followed. There are many committed Carriers making sure that we receive what we have worked so hard to obtain.

In closing, our annual Food Drive is just weeks away. I personally LOVE this part of my job! I don't worry about how much my body aches afterwards or if I have to carry more weight, (I do a lot of walking) or even fighting with those damn helpful bags!!! Be joyful in knowing that we are a HUGE part in helping the less fortunate.

NORMA HAMER
Shafer/Delano Shop Steward



OUT THERE



Sure, it was work, but it was also fun.

Each convention day starts early. Classes may start at 8:00 a.m., but hordes of Letter Carriers are up and "on the clock" usually at least an hour and a half before the classes start.

Why? Because much of the "education" at a convention takes place in much more than the classroom setting.

There is a wealth of information in each and every delegate who is present. Although some of us come from urban settings, others live in small towns. Branch Presidents and other

officers are in attendance and even Fred Rolando (national president of the NALC) is walking around. They are all receptive to any delegate saying hello or asking a lot of questions.

Yes. As Fred's cartoon implies, there is a lot of evening socializing that takes place. But, you have to remember something: The NALC was birthed when a group of 60 Letter Carriers met in a room above a tavern in Milwaukee in August 1889...

BASIL ZUNIGA

JOB INSURANCE!

**CCA'S
PTF'S
REGULARS**

**ASK YOUR
STEWARD
ABOUT
COLCPE.**

**THE JOB WE SAVE COULD
BE YOURS...**



Dear Carrier Activists,

Many cities and boards of supervisors throughout California that have passed our 6-day mail delivery resolution. Eight cities in our neck of the woods have passed them, the last one being Avenal on Thursday.

The cities we are working on at this point are Sanger, Kingsburg, Kings County Board of

Supervisors, Corcoran, and Merced. As for the Kings County Board of Supervisors, they have presented language that diluted the resolution somewhat, and John Beaumont and I countered with compromise language.

As has been mentioned before, if you know of any businesses, large or small, in Fresno, Madera, or Kern Counties who need

or have expressed interest in keeping 6-day delivery, please let me know ASAP.

Businesses such as Fresno Ag Hardware, Derrels Mini Storage and Sam's Mail Call have expressed interest, but more input from that group will be very necessary to pass our resolution in places such as Fresno and Madera.

I will be meeting with the Sanger VFW post at the invitation of J.D. Bennett, third vice-commander, in the hope of their endorsement of our resolution prior to its presentation to the Sanger city council.

As soon as a city council or board of supervisor meeting is scheduled, I will let you know. Attendance at these events counts as a Carrier Corps activity.

ERIC ELLIS
CSALC District 4 Officer

I couldn't have been more honored by everything that happened.

I was asked by Branch 782 President Mike Towery if I would volunteer to be on The Retirees Committee at the 2014 California State Association of Letter Carriers convention in Burlingame. I accepted, and it was a pleasure to meet and serve with my fellow committee members. Leroy Collier from NALC Branch 2200 in Pasadena was the Chairperson and Sam Teresi from Santa Clara Branch 1427 was the other committee member. It was an honor to be on the committee with them.

Leroy shared about his family and postal career, as did Sam and I. At the end of my comments, Leroy and Sam stated they didn't think I was old enough to be on The Retirees Committee. Leroy is 78 and Sam is 83 They referred to me as "Junior" or "The Kid".

When I began studying the resolutions that the convention would deal with, I was extremely surprised to find something which looked very familiar to me. CSALC President John Beaumont had reprinted a poem in the convention booklet that I'd written in honor of NALC President Emeritus Vincent R. Sombrotto when he'd passed away.

On the last day of the convention, Leroy Collier called me aside and informed me that President Beaumont was going to have me read my poem honoring Mr. Sombrotto to the entire delegation. However, after watching the video of Vinnie's last interview before his passing and seeing how his health had deteriorated — I knew I could not read my words honoring this great NALC leader without tearing up. I just could not do it.

After watching the video of Mr. Sombrotto, it "clicked"...

He was a good husband, father, and grandfather, and *all* Letter Carriers were an extension of his family. Mr. Sombrotto was

so proud to be a US Postal Service Letter Carrier and he worked with the other union officers to fight for better wages and benefits for *all* our union brother and sisters!

I asked my friend, National Director of Health and Safety Manny Peralta, if he would please read it for me. Manny tried to encourage me to read it myself. But, I told him, "I just can't."

Manny did the honor, and did an excellent reading. When he was done, one of my fellow Branch 782 members shouted out, "It's Mark's birthday!" And then? State President John Beaumont lead the CSALC delegation in singing "Happy Birthday" to me on my sixty-third birthday.

And then something else happened... I need to tell you about the lady delegate who walked up to me when the convention ended Sunday after Manny read my poem. I don't know who she was but she hugged and kissed me and said, "Your poem was great, such beautiful words. I loved it!" Words can't explain, how good that made me feel.

I couldn't have been more honored by everything that happened.

MARK RAMIREZ



(l-r) Mark "The Kid" Ramirez with Leroy Collier and Sam Teresi

Vincent R. Sombrotto
Was Truly, a one of a Kind!
He Had Inner Strength and Insight
And a Razor Sharp Mind!

Sombrotto Knew His People,
So He Utilized One Thing!
He Hand Picked Devoted Members
And Took Them Under His Wing!

For those Close to Vinny,
It Came As No Surprise!
He Had Strong Convictions,
And Very Street Wise!

If a Person Challenged Sombrotto,
To a Verbal Debate!
They Might Rethink, "Challenge,"
That, Was Their First Mistake!

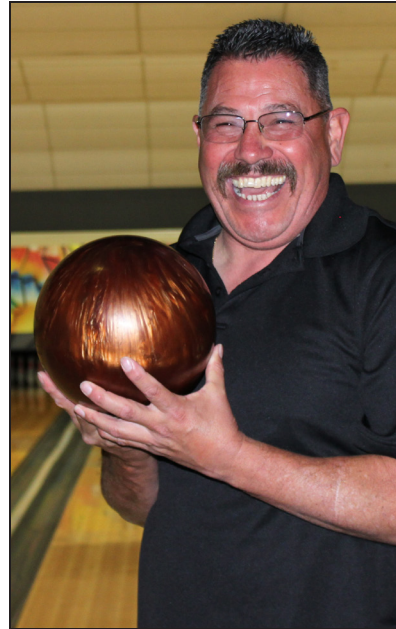
Vince Had The "Guts,"
To Call a National Strike!
For Better Carrier Pay,
And Bargaining Rights!

From Strengthening Our Health Plan,
To Reformng the "Hatch Act!"
What Vince Had Envisioned,
Kept Our Union on Track!

Though Vinny Has Left Us,
His Accomplishments Will Live On!
The NALC is Stronger!
"Solidarity's Our Common Bond!"

Under Vince Sombrotto's Leadership,
Our Union Made Great Gains!
For, it Was More Than Obvious,
The NALC Flowed in His Veins!

Bowling Tourney



There were no losers!



HILLCREST HAPPENINGS

I want to start this off congratulating Deryck Alemao, Robin Lister, and Rami Shergill and to all the others who made regular in the last couple of months! It was a long time coming. Deryck Alemao now has route 604, and Rami Shergill has route 606. We lost Robin to E.B. and we miss her and wish her good luck.

We were well represented in the bowling tournament this year. Our women's team took 1st place with "Gutter Gals" Lou Gutierrez, Teresa Gutierrez, Rebecca Gomez, and Valerie Tweedy. Lou Gutierrez also got Women's High Bowler. Congratulations to you!

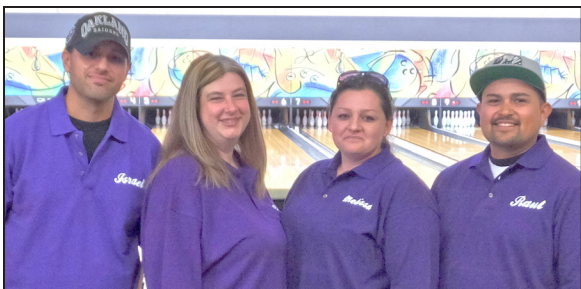
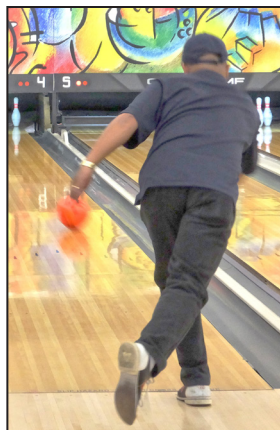
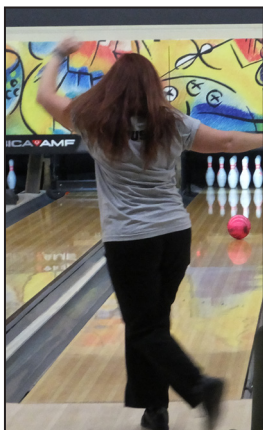
The "Ten Pin Mafia" (of Roel Alaniz, Ronnie Mireles, Bernadine Maestas, and Pam Smith) took 2nd place in the Co-ed Division.

"Renner's Team" which consisted of David Renner, Jazmin Martinez, Emanuel Chavez and Sandra Alvarez rounded out the Hillcrest contingent.

A good time was had by all!

Happy Easter to All!

PAM SMITH
93306 Shop Steward

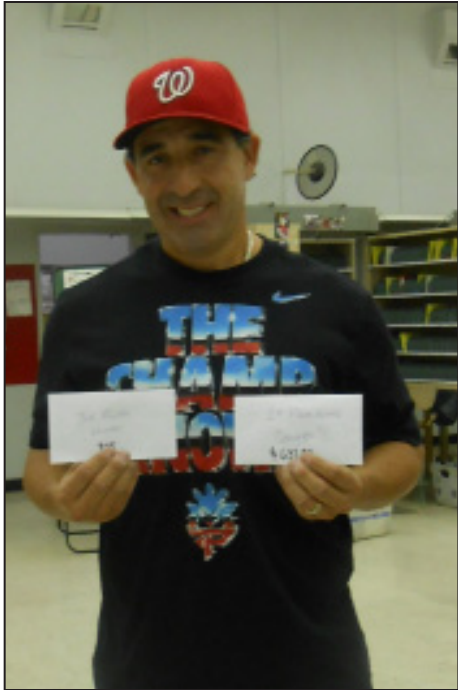


Eventually, tournament results will be published when/if they arrive...

Check out the web version for more pix.

Biggest Loser 2014*

	1st Month	2nd Month	3rd Month	FINALE
Brundage Station				
Beatriz Munoz	6.69%	5.94%	12.28%	
Stacy Castillo	0%			
Jeff Harrington	5.07%	4.15%	1.28%	10.18%
Kim Pumphrey	0.00%			
Ruben Gonzales	7.15%	6.96%	6.83%	19.52%
Yvonne Esquivel	3.11%			
Shurie Amick	2.52%			
Inderdeep Gill	1.67%			
Mabel Bullis	2.90%	-0.29%	0.58%	3.19%
Cesar Rivera	-1.74%			
Kim Williams	0.00%			
Rosie Padilla	2.28%			
John Ortega	4.18%	2.18%	2.14%	8.27%
Maria Gutierrez	6.76%	5.16%		
Vicky Guerrero	0.00%			
Dole Court Station				
Glenn Ryder	2.56%	0.92%	-0.96%	0.72%
Laura Gordon	2.28%			
Jennifer Hernandez	0.00%	1.25%	-5.01%	-3.07%
Art Mooney	0.00%			4.96%
Francisco Herrera	3.99%	0.40%	-2.22%	2.25%
Dan Medina	0.75%			
Faviola Estrada	2.66%			3.19%
South Station				
Andrew Garcia	2.69%	1.71%		
Shafter Station				
Melissa Johnson	-1.51%	0.93%		
Laton Station				
George Vaquera Jr.	0.00%	3.04%	2.30%	5.27%
Maggie Young	2.15%	0.28%	2.81%	5.17%
Delano Station				
Luis Campos	5.37%	6.11%	6.97%	17.35%
Serena Ornelaz	0.00%	3.12%		13.12%
Gracie Silva	1.21%	0.61%	1.23%	3.03%
Stockdale Station				
Beatriz Rodriguez	-1.62%	7.30%		
Robin Richard	3.52%	4.86%	1.97%	10.03%
Tina Harbour	0.00%	2.23%		0.18%
Tanya Courson	0.00%			
Amanda O'neill	0.00%			
Annette Ortega	0.70%	-0.83%	1.76%	1.64%
*Billy Herrera	7.53%	8.93%	14.19%	27.74%



**THE BIGGEST LOSER
BILLY HERRERA**



**THE SECOND BIGGEST LOSER
RUBEN GONZALES**

This concludes our Biggest Loser Competition for January-March 2014. We first started this back in 2008 and I am very pleased that it has brought changes to the contestants that get involved.

If you look at Billy Herrera's status, you will see that he lost quite a bit of weight which was a grand total of 72.2 lbs!!! The ONLY other person who lost close to those numbers was Jeff Honors at Dole Court (now in Oregon) when he participated in the Couples Edition, losing 75 pounds and he has kept it off all these years later.

Ruben Gonzales lost a total of 56.2 pounds which he won a chunk of \$ also.

I am in awe and congratulate Billy on his well deserved winnings. We ALL know it is NOT easy losing the weight. Great job guys!!

MABEL BULLIS

Here are a few words from Billy Herrera.....

How many times have you been in The Biggest Loser Competition since 2008?

This was my first Biggest Loser I've entered.

What/who was motivating you the last 3 months?

My wife helped motivate me, my son also. We would all go to the gym together. When you start seeing results they are very

OUT THERE



motivating.

A lot of past winners has gained back all the weight they lost during the competition except for 1, Jeff Honors. Is this going to be a lifestyle change for you?

It is always a challenge to maintain but my lifestyle has changed for the better.

How do you feel now that the competition is over? Do you think this competition should keep going on for all Postal Employees?

It's a sense of accomplishment but I'm still trying to lose more weight. I also think the competition should continue, it can be beneficial for many others.

Did you EVER think that you would be able to lose as much as you did?

It's hard to say but when you start working hard and you see the progress your making, the sky is the limit.

Do you have any advice for people out there who want to lose the weight? What/how did you lose the weight?

On my journey, for me I believe diet is 80-90% of it and when you add in exercise that will intensify the affect. I started out by reducing my calorie intake, cutting out carbs but not all carbs.

OUT THERE



2014 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
CVS/CareMark Specialty Pharmacy	1-800-237-2767
Durable Medical Equipment	1-888-636-6252
NURSE ASSISTANT (24/7)	1-877-220-6252
CVS/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 Organ Transplant Approval	1-800-668-9682
Quit Power (Smoking Cessation)	1-877-521-0244
CIGNA Health Rewards (Discounts)	1-800-558-9443
CIGNA Dental Discount Program	1-877-521-0244
Disease Management Program	1-800-227-3728
OPM Retirement Info Center	1-888-767-6738
Federal Information Center	1-800-333-4636
Social Security Administration Info	1-800-772-1213
PostalEase Human Resources USPS	1-877-477-3273
Quest Lab Services (Bakersfield)	(661) 631-8520
LabCorp Lab Services	(661) 631-9258
Shared Services (Retirees Info!!!)	1-877-477-3273

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 85072-2192

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

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

** Failure to pre-certify for in-patient hospitalization will result in a \$500 reduction in benefits paid by our Plan. **YOU MUST** notify the Plan prior to undergoing radiology/imaging with doctor name and dates. Call: 1-877-220-6252.*

**** 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/45% non-formulary. MAIL ORDER/ CVS PRESCRIPTIONS (when NALC is primary): 60 day supply \$8 generic, \$43 name brand, \$58 non-formulary; 90 day supply \$12 generic, \$65 name brand, \$80 non-formulary; **MEDICARE PROGRAM** (when Medicare is primary) Retail network pharmacy: you pay 10% of cost of generic, 20% of formulary, 30% non-formulary. **MEDICARE PRIMARY** (mail order); 60 day supply \$7 generic, \$37 formulary, \$52 non-formulary; 90 day supply \$10 generic, \$55 formulary, \$70 non-formulary; 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.

Our PPO doctors and facilities—through CIGNA—save us and the Plan thousands of dollars and it is top notch care at a discount rate. You don't lose anything. You are saving money for the best care!!!
For example: *CIGNA Weight Loss Program (877) 220-6252

Mark Ramirez, NALC Branch 782 HBP Rep.
(661) 398-6075

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

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

CVS MinuteClinic

MinuteClinic walk-in medical clinics are staffed by nurse practitioners and physician assistants who provide treatment for common family illnesses and injuries, administer vaccinations, conduct physicals and wellness screenings, and offer monitoring for chronic conditions.

Practitioners can diagnose, treat and write prescriptions for common family illnesses as strep throat, bladder infections, pink eye and infections of the ears, nose and throat; provide common vaccinations for flu, pneumonitis, pertussis and hepatitis among others; treat minor wounds, abrasions, joint sprains and skin conditions such as poison ivy, ringworm and acne; provide a range of wellness services, including sports and camp physicals, smoking cessation and TB testing; offer routine lab tests, instant results and education for those with diabetes, high cholesterol, high blood pressure or asthma.

Contact Mark Ramirez for more specific answers to questions that you may have about the CVS MinuteClinic services.

IN MEMORY OF KEN CALLY

On March 31, 2014 we lost a fellow Carrier. Ken Calley was 69 years old when he lost his battle with Cancer. He was raised in Arvin, California. He served 4 years in the Air Force.

Ken worked as a Carrier for 29 years. His route was 621 and delivered to the East Hills Mall at the peak of its business and also the businesses on Oswell Street. The businesses loved Ken. They would always say that he was a businessman himself, and he could sell anyone anything. His customers adored him and never complained and would say he was the best mailman ever. Not only did he deliver the mail he became a great friend and fixture to the businesses.

I know most of us lost touch with Ken after he retired but he still golfed with John Espinoza. John says some of the best recollections he had with Ken was when he, Ken, Paul Hernandez, and Ralph Clyburn would either take the day off or leave early from work to go play golf. They would play Black Lake, Avila or anyplace that would take the four of them. As per John: "Ken was always a gentleman on the golf course, but one of the things that made him the angriest was he couldn't beat me. Unfortunately, that was all the time."

He was very competitive but a great sport. John says the best thing about playing golf with those guys was the fact that they helped him perfect the Standard Operating Procedure for getting under time! In the morning he would say, "Hey, guys, you want to play golf today? Oh, man I can't get out today with you guys if everyone gets back late." Ken would say, "We need to get back early so John can go play golf with us!" Ken was a man of integrity. He would never ask for any thing not of need or unwarranted. I always told him that he would have big shoes to fill...He told me, "John, you have always been a friend and a gentleman even though I could never beat you in golf. He was also an avid bowler and I bowled on a couple of leagues with him, it was always fun when Ken was around. I use to live close to Ken and we would always try to race each other home. I in my 73 Chevelle, he in his blue pick-up truck. He changed my name to "Parnelli"—which he always called me. I regret I lost touch with him.

Rest in Peace Dear Friend,

PAM SMITH*

*Thanks John and Teresa Espinoza for helping with this article.



(l-r) Pam Smith, Ute Fritz and Ken Cally at his Hillcrest retirement potluck.

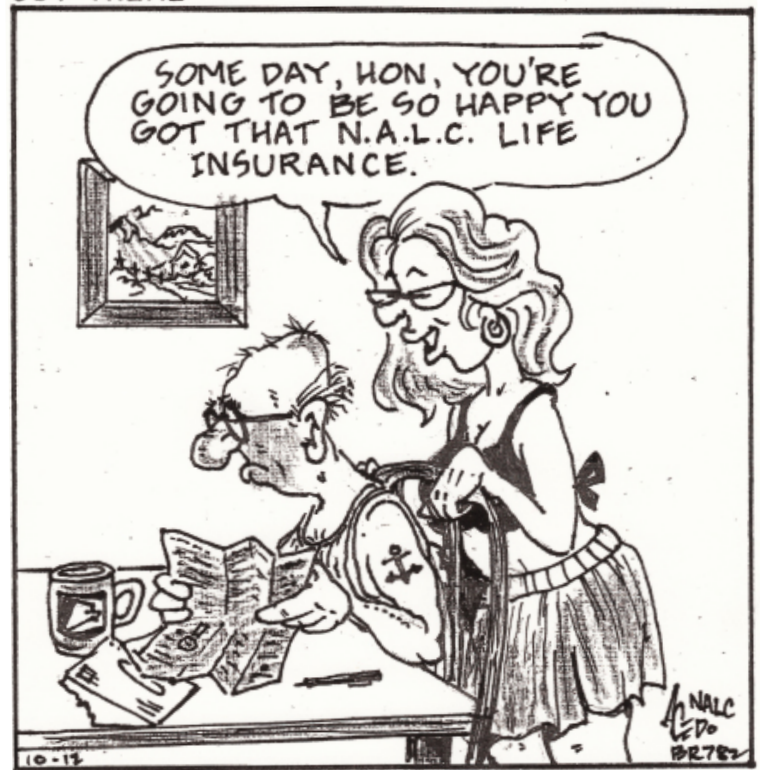
Please note: The NALC has developed and produced numerous publications to assist Letter Carriers in learning more about their duties and Rights.

The NALC also makes available pamphlets which detail the steps to take upon the death of either an active duty or retired Letter Carrier. As a suggestion, you should ask your Shop Steward what you should do to make these publications available to your family members so that they can keep them with your other important papers.

YOU KNOW YOU'RE GETTING OLD WHEN:

1. YOUR MIND MAKES CONTRACTS, YOUR BODY CAN'T FULFILL.
2. THE GLEAM IN YOUR EYE, IS THE SUN HITTING YOUR BIFOCALS.
3. BY THE TIME YOU'VE LIT THE LAST CANDLE ON YOUR CAKE, THE FIRST ONE HAS BURNED OUT.
4. YOU STOP BUYING NATURAL FOODS, BECAUSE YOU NEED ALL THE PRESERVATIVES YOU CAN GET.
5. YOU GET OUT OF THE SHOWER, AND ARE GLAD THE MIRROR IS ALL FOGGED UP.
6. YOUR LITTLE BLACK BOOK CONTAINS LOTS OF NAMES, ALL OF WHICH END IN M.D.
7. YOUR KNEES BUCKLE, BUT YOUR BELT WON'T.
8. YOU FIND TV ADS FOR NEW LAXATIVES INTERESTING.

OUT THERE



9. TAKING OUT A THREE-YEAR SUBSCRIPTION TO A MAGAZINE, IS AN ACT OF POSITIVE THINKING AND REAL OPTIMISM.

OUT THERE



10. YOU DON'T HAVE TO WORRY ABOUT AVOIDING TEMPTATION ANYMORE, TEMPTATION AVOIDS YOU.
11. YOU REALIZE, WHAT MOTHER NATURE GAVE YOU, FATHER TIME IS STARTING TO TAKE AWAY.
12. YOU'RE WORKING YOUR WAY THROUGH THE THREE AGES OF HAIR; PARTED, UNPARTED, DEPARTED.
13. REMEMBER FIFTY ISN'T OLD— IF YOU'RE A TREE.
14. MIDDLE AGE IS WHEN BROADNESS OF THE MIND AND NARROWNESS OF THE WAIST CHANGE PLACES.

MARK RAMIREZ
HBP Representative and "poet at large"
Golden Empire NALC Branch 782

These lines, in no way, reflect on me, just some humor for our older members. "LIAR"!



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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.

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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).

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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www.782nalc.com**

Rick Plummer, Webmaster



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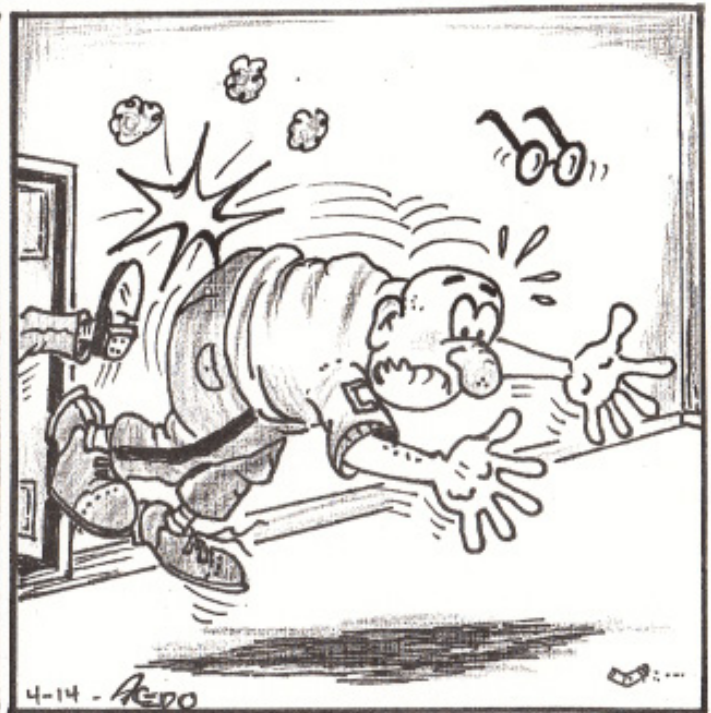
FORWARDING SERVICE REQUESTED

General Meeting

Tuesday
April 22, 2014
7:00 p.m.

Branch 782 Office
2628 "F" Street
Bakersfield, California

OUT THERE



Each and every month Branch 782 sponsors a drawing to encourage *YOU* to come to our Meeting. It goes up by \$50 each month that there is no winner*. This month, you could win \$450.

*The fine print: There is a \$500 cap. And...to win the money, you have to be present at the meeting!