

National Association of Letter Carriers

Branch 782

E.A. Baker Union Update

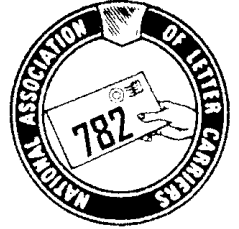


ARVIN
CALIFORNIA CITY
McFARLAND
TAFT

AVENAL
DELANO
MOJAVE
TEHACHAPI

BAKERSFIELD
EDWARDS AFB
RIDGECREST
TRONA

BORON
LAMONT
SHAFTER
WASCO



CHARTERED FEBRUARY 25, 1891

WEB VERSION @WWW.782NALCCOM

JUNE 2012

111,626 Pounds!!!

As I sit and write this article, the NALC Food Drive is complete. A lot of time, energy, and effort went into making this the best NALC Food Drive! I am privileged to have helped out this year. There certainly is a lot to do behind the scenes to make this all work. I want to personally thank all of the station coordinators who volunteered their time this year:

Shari Sharp
Ralph Moeller
Jerry Patterson
Judy Kiyoshi
Mable Bullis
Pam Smith
Randy Courson
Tami Foshee
Larry Beem
Lynnell Howell

Dole Court
Downtown
Wasco
South Station
Brundage/East
Hillcrest
Stockdale
Camino Media
Edwards AFB
Ridgecrest/Trona

Thanks for your phone calls, showing up to the meetings, and helping in any area that you could. Your help, time, and willingness is greatly appreciated!!

A HUGE THANK YOU goes out to Shari Sharp!! You have done such a great job! You took on this task and ran with it. You had ideas that sparked new directions. The time and energy that you had spent coordinating this event did not go unnoticed. And you *love* making those signs!

Continued on next page...

THANK YOU, BAKERSFIELD!!!

Once again, Bakersfield Carriers surpassed our goal of 70,000 pounds of food at this year's 20th anniversary of the "NALC Stamp Out Hunger Food Drive". **Our Carriers collected 91,429 lbs of food!!** Thanks to all the Bakersfield Carriers.

This was the first year we delivered bags for the customers to use and it seemed to be a success. I heard one Carrier say it looked cool with all the blue bags lined up on his street. The bags took a little while to get used to, but it was worth it seeing how many families in need we were able to help out.

All the food that Carriers all over the country collect stays in their local cities and towns to help out local people. Food collected in Bakersfield was donated to the Community Action Partnership The Food Bank in Bakersfield. The Food Bank then distributes this food to their 135 locations in Bakersfield where people from Bakersfield who are in need, can pick up food at the location closest to them.

Continued on page 4...



Joy Cordoba, East Brundage.

We had an AMAZING turnout! I honestly feel that the grocery bags helped out a great deal! I know that not all the stations in our branch received them and I know that they were a bit of trouble to deliver. However, it was for a great cause. Below is a list of the amount of weight in food reported to me that was collected for the AO units.

Arvin	200
Avenal	700
Boron	256
California City	1150
Delano	650
Edwards AFB	160
Lamont	200
McFarland	450
Mojave	374
Ridgecrest	8550
Shafter	2032
Taft	3200
Tehachapi	675
Trona	200
Wasco	1400



Personally, I do hope that we have the opportunity to have the grocery bags again. One of my customers even told me that the bags were of a different color than most organizations have used and the color really popped out. And, several others also mentioned that using the bags was a great idea.

Out in Shafter, we had some student volunteers and some wagons that aided us in collecting the food. Victoria Zamora, (Elle Zamora's daughter), and her friend—Marissa Ramirez—walked around pulling wagons donated graciously for this event by Lori New (Thank You, Lori!). Dillon Glover, my son, drove around his truck and followed me on my route. Kris Zaragoza, our Postmaster, drove around town in her truck as well to lighten our loads. Thank you for volunteering your time!



We more than doubled our weight this year compared to last year. And, if my memory serves me right, we collected about 800 pounds last year compared to 2032 pounds this year. I got chills from excitement when I was told how much we had collected.

I want to also extend my appreciation to the clerks at our office who helped out: Annette Espinoza and Terri Mills. Thank

you for weighing the food as it came in and for collecting food over the counter from the customers bringing it into the office. I know that weighing the food is a time consuming task, but the feeling of really knowing how much weight was donated is much greater than just a “guesstimate”.

The church that we give to is called Iglesia Companerismo Cristiano/Christian Fellowship Church. Pastor Roy Ramirez always brings his truck with a flatbed trailer, along with some of his volunteers, to pick up the food. This year, the trailer was completely loaded two flat tubs high on the first load and the second one was 1 flat tub high, ¾ full! Pastor Roy had even told me that he had just run out of food at the church pantry and was so pleased that there was so much donated this year. His smile was priceless!

Last, but not least, **THANK YOU TO ALL LETTER CARRIERS!** Without you, none of this would ever be possible.

All in all, I can't wait until I get the opportunity to help out again. This event is for a great cause and I am proud to be a part of it.

Sincerely,

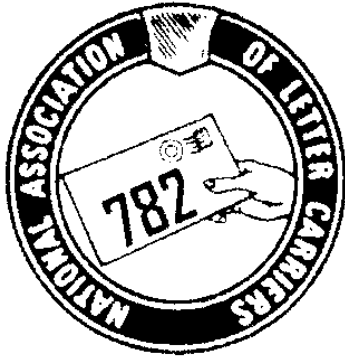
NORMA HAMER
Shafter Shop Steward



IT WAS A TEAM EFFORT!



Continued from Page 1



Many of us have heard of someone or know someone that has utilized these services to help their family. This program is a major success. When taking into account that Bakersfield is a city which ranks close to the top with the percentage of people who need to access the services of The Food Bank, the success has a much more meaningful impact...

Listed below are the numbers for each Bakersfield station for 2012 and 2011. A special thanks to all the food drive coordinators from Bakersfield that helped this year: South Station Judy Kioshi, Stockdale Randy Courson, Hillcrest Pam Smith, EB Brundage Mabel Bullis, Camino Media Tami Foshee, Downtown Ralph Moeller; and, all the AO coordinators—*especially* Norma Hamer who helped out with the AO s *and* the City.

The AO s collected 20,197 pounds this year and helped put

the total collected for Branch 782 at a whopping **111,626 pounds!!!**

I would like to thank Hermie Encinas for being at 29 News at 4 a.m. to do live shots about the Food Drive all morning. Then, she left there to carry her route. Sabrina Bonnilla was filmed delivering the bags and interviewed by 23 News for the five and six o'clock news coverage. Thank you, also, to NALC Branch President Mike Towery and Management Representative Carmen Castillo for all of their hard work to help make this year a success!

Next year, we will be teaming up with Albertsons for some special promotions for the Food Drive and we hope to have our own bags with a local sponsor to produce them. If anyone has any suggestions—or if you would like to help dream about and prepare for next years Food Drive—let your Shop Stewards know.

Thanks again to all the Carriers and everybody else who does such a great job every year!!

SHARI SHARP,
NALC Branch 782 Food Drive Coordinator

From: Terry Russell

Subject: Bakersfield city Postal food drive results

Totals by station:	2012	2011
stockdale	12,160	9,666
dole ct	15,006	14,783
downtown	2,303	1,697
south	7,809	6,066
camino media	4,551	6,012
hillcrest	10,740	8,376
east/brdge	11,439	8,448
Total lbs	64,008 lbs	55,048 lbs

Donations \$3,020

*potential # equivalent of donations = 27,180 lbs
(25,200 of those lbs from Brundage/East!!!)

Albertsons contribution to postal food drive = 241 lbs

So 64,008 actual lbs for the Bakersfield post office
+ 241 albertsons lbs
+ 27,180 cash donation lbs

THE TOTAL = 91,429 LBS

Thank you to all of you for your hard work, and generous contributions!

Terry Russell
Operations Supervisor, CAPK Food Bank
trussell@capk.org



TAFT DID GREAT!



On Saturday, May 12, 2012 The Letter Carriers from the Taft Post Office went out in force to collect food for our community members in need. Thanks to the generous donations of our customers they were able to collect about 3200 lbs of food. Pictured are Mario Marin, Bobby Krier, Karen Hughes, Debbie McClain, Shelly Mizener, and Paul Olivarez

Viviana M. Ramirez,
A/Supervisor, Customer Services
Taft, Ca. 93268-9998



I TIP MY HAT TO ALL OF US!!



I am proud to write this article about our Annual NALC Food Drive.

Not everyone can do the job we do, day in and day out. Yes, we do have some bad seeds and we get complaints every so often but the job we do affects millions of lives every day. Whether it's communication to loved ones all over the world, or a birthday party invitation just around the corner, or important invoices handling business transactions, we are the life line that connects. As we do this, we come into contact with people who are very fortunate in life and we also meet those who are struggling to make ends meet.



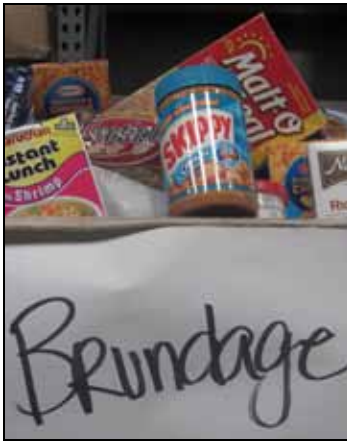
Our country helps so many all over the world but we somehow fail to help our own people in our very own "back yards" sometimes. This year marked the "20th annual NALC Stamp Out Hunger Food Drive" on Saturday, May 12. Nationwide, we brought in more than 70.5 million pounds of food! (source: NALC website). *That is some huge numbers!*

We should be proud of ourselves for the hard work we do day to day. We should be even more proud on days of the Food Drive. Our job is manually hard, having to deal with Mother Nature's elements, time restraints that we have, and much, much more. It is a very demanding and stressful career, but it can also be rewarding.

Ever since Brundage was made my permanent station 6 years ago, I have come to cherish my co-workers. They are one of the reason why I have come to adopt the Postal Service as an "extended family". As I said in my previous articles, East Bakersfield Station merged with us. Observing the 93305, I've also come to find that they are a "Get Down to Business, No Nonsense Station". You hardly hear them talk. (Well there *are* a few talkers but really not much.) They come in, do what they have to do and out the door they go. (Is it because they don't take a morning break in the office? Not sure yet.)



This year, as the coordinator the day of the Food Drive, I was told that a couple of our Carriers needed help because they were loaded down with food and wouldn't be back in time because they were still doing their routes. I wasn't aware that 93305 has walk-



ing routes. I went to go assist Brian Shellcross (Route 510) and Gurminder Saran (TE). (Let me add, there are some people who cry and moan about Food Drive Day. It **IS** a harder day's work. Not only do we deliver mail and packages, we are now picking up food and, **to top this year we had plastic bags to deliver**). When I got to Brian and Gurminder, not once did they complain. They both had

a truck full of food and they gave me the keys to transfer the food while they went on delivering like no big deal.

I will admit, I would be one of those Carriers who would be moaning and crying! I tip my hat not only to those two Carriers. I convey by appreciation to *all* of our Carriers for all the hard work they do on this specific eventful day!!!

As I have said, our job is not for everyone. And by no means, I am saying one station is better than the other—Carriers all over work hard everyday. What I am saying is: I have some good days and some bad days like everyone else; but, I have to agree with Mr. Singh (Route 706) **I love my job!**

MABEL BULLIS
East Brundage Bulldog

Ayude a combatir el hambre

El Único Día Nacional de Colección de más de 70 millones de libras de alimentos donados el año pasado

RAUL CAMACHO, SR. /
EL POPULAR

El sábado, 12 de mayo la Compañía de Sopas Campbell se unirá de nuevo con los carteros de Bakersfield para combatir el hambre, proporcionando asistencia a millones de personas que tienen dificultad proporcionando alimentos para sus familias diariamente. Ahora en su 20 aniversario, los esfuerzos de combatir el hambre es el único día de colección de alimentos más grande de la nación.

En el 2011, los organizadores a través de la nación colectaron más de 70 millones de libras de alimentos donados por el octavo año consecutivo. Aparte de la Compañía de Sopas Campbell, los Servicios Postales de los Estados Unidos, la Asociación Nacional de Carteros y Alimentar América, AARP, Valpak, la Asociación de Nacional de Carteros Rurales, el AFL-CIO, United Way y Uncle Bob's Self Storage también están apoyando los esfuerzos este año.

Para participar en la Colección de Alimen-



RAUL CAMACHO, SR / EL POPULAR

Herminia Espinoza, trabajadora postal, durante su ruta el jueves pasado. Espinoza muestra una de las bolsas en las cuales residentes pueden colocar productos de alimentos.

tos para Combatir el Hambre, los residentes de Bakersfield pueden dejar una bolsa o caja conteniendo alimentos enlatados, como sopas, verduras, pasta, arroz o cereal, al lado de su buzón antes de la hora regular de la entrega de su correo el sábado, 12 de mayo. Los carteros locales colectarán las donaciones cuando ellos entreguen su correo y la llevarán al Banco de Alimentos de Bakersfield.

A pesar de la generosidad de millones de americanos que han apoyado a los carteros los años anteriores, la necesidad para la

ayuda de alimentos aun existe para muchas familias. De acuerdo con un estudio anual del Departamento de Agricultura de los Estados Unidos, cercas de 49 millones de americanos, incluyendo más de 16 millones de niños, están luchando con el hambre.

En una entrevista exclusiva con *El Popular* con la Señora Herminia Espinoza, trabajadora postal por 30 años, ella dijo que ha visto a través del trabajo y el contacto que ella tiene con miles y miles de personas, ha aprendido a distinguir el hambre que se

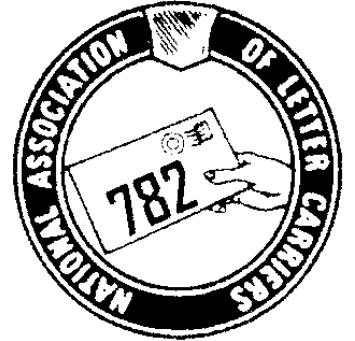
VEA "COLECCIÓN" página 3A

This is a portion of the cover story featured in *El Popular* published in Bakersfield, CA during the week of 4-10 May 2012.

IT WAS A TEAM EFFORT!



Pictures on pages 8 and 9 by Branch 782 Photographer Anita Holderman.



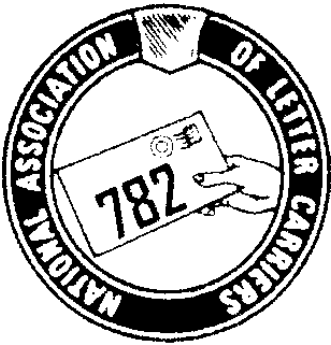
**ALL OF THIS
ACTIVITY WAS JUST
THE SPRINGBOARD
TO WHAT CAME NEXT!**

**11,626
Pounds!!!**





The pictures on pages 10 and 11 by Anita Holderman.

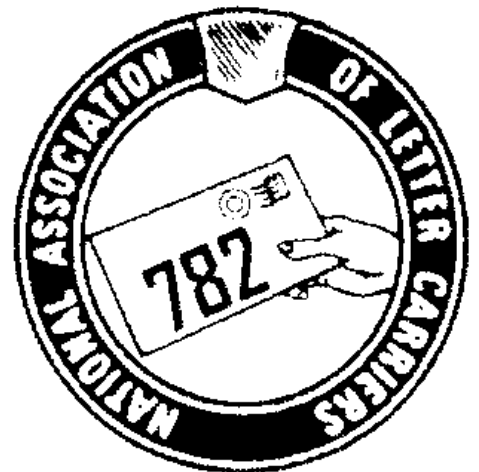


**WITH EACH CAN, WE DID IT.
WITH EACH BAG, WE DID IT.
WE DID IT, GOOD! REALLY!!!**





111,626 Pounds!!!



The pictures on this page by 93306 Shop Steward Pam Smith.



The pictures on this page are by Dianne Campbell, Volunteer Coordinator CAPK Food Bank. It's nice to see that what each of us did—over the course of our day—created a pile of thousands and thousands of pounds of food for folks who need it!!!



The **TRUE** story of the Postal Service

Few institutions touch as many Americans as the U.S. Postal Service, which visits 150 million homes and businesses six days a week, delivering mail and much more— at the industrialized world’s best rates.

And yet, misinformation continues to circulate, and risks destroying a national treasure that serves every American and every business.

Johnny on the Spot



Shyam Das named arbitration chair for next NALC-USPS pact

The NALC and the Postal Service have agreed upon the selection of National Arbitrator

Shyam Das as chairman of the three-person Arbitration Board that will set the terms of the next collective-bargaining agreement between the NALC and the USPS.

“We will vigorously defend Letter Carriers’ wages and benefits and seek to advance our bargaining goals through this step of the process,” NALC President Fredric V. Rolando said. “Those goals include achieving the best possible contract for our members and laying the groundwork for a revival of the United States Postal Service.”

Das is a member of the American Arbitration Association’s labor panel and has been a full-time labor arbitrator since 1977. He has served on national arbitration panels involving postal workers since 1996 and has chaired arbitration proceedings involving United Steelworkers and the Major League Baseball Players Association.

The Board is now working on a schedule for hearings. Once arbitration is underway, those hearings and related testimony could last for several months. After the proceedings are complete, the arbitration panel will meet to broker a final and binding “award” that sets the terms of the next contract.

I would like to thank and congratulate all of Branch 782’s Letter Carriers for another successful Food Drive!!! We collected more than 91,000 pounds of food in Bakersfield. My station—East Brundage—once again delivered and managed to beat last year’s total donation! From bake sales to a multitude of different breakfasts, this group of Carriers is very caring and generous!! *A big thank you to the MANY chefs and bakers that made this all possible.*

As a result of our success, we had a picnic to celebrate the accomplishment. Thanks to Mabel Bullis for coordinating the event. We had plenty of food, drinks and even a jump house for the kids. Mabel also had games for the kids to play and they loved it! We also had a volleyball game going. It made me remember the tournaments we used to have for the Post Office. Maybe someone will step forward and organize another one...

Respectfully,

JOHN ORTEGA
NALC Branch 782 Vice-President

EAST BRUNDAGE BULLDOG STATION PICNIC

East Bakersfield station merged with us so not only do we have a new name... we have a bigger crew of awesome people!



We—**EAST BRUNDAGE**—had an awesome year when it came to raising money for our Annual NALC Food Drive!! Each year, we



have surpassed the amount generated each previous year. This year was no different as we raised \$2,800! It was awesome!!!

After doing so well, we rewarded ourselves with a station picnic. We had carne asada/chicken/hotlinks/hotdogs and plenty of



yummy side dishes, games/jump house for the kids, and played some good ole volleyball. (*Boy, are some people competitive!* Not gonna say who.....) The whole day was lots of fun!!!



I know that Sunday is our only real day off but it's nice to know that we can come together and enjoy a beautiful day with our family and friends... management and all...even our Station Manager, Jas Brar, joined us.



Thank you to Jas for allowing us to have our bake sales and what not at our station. Thank you to Emma Castruita for getting the permit for the park and John Ortega for grilling up all the meat.



It pleases me to say that my station can unite for a great cause!

MABEL BULLIS
East Brundage Bulldog Shop Steward



EAST BRUNDAGE BULLDOG STATION PICNIC



**93305
AND
93307!!!**



Some pictures don't require a caption, but...
Mrs. Ortega *IS* giving Mr. Ortega "The Look"!



“...It pleases me to say that my station can unite for a great cause!”

MABEL BULLIS
East Brundage Bulldog Shop Steward



Pictures by Mabel Bullis.

Minutes of the May 2012 General Meeting

The regular meeting of Branch 782 was called to order by President, Mike Towery at 7:00 p.m., on the 22nd day of May, 2012 at the branch office, Bakersfield. The flag salute was led by Sgt. at Arms, Darryl Holderman. All members of the Executive Board were present. The stewards were present from Avenal, Brundage, Camino Media, Downtown, East Bakersfield, Hillcrest, Lamont, Oildale, South, Stockdale, Taft and Wasco. Also present was the Newsletter Editor, Basil Zuniga; S.A.N.E., Fred Acedo; Photographer, Anita Holderman; Asst. Recording Secretary, Mable Bullis; OWCP Rep., Rick Gerdes; Legislative Rep., Diana Herrera; and Frank Martinez of the Social and Recreation Committee. The minutes of the April 24, 2012 meeting were read by Assistant Recording Secretary, Mabel Bullis and were accepted with no additions or corrections.

APPLICATION FOR NEW MEMBERS: An application was received from Briana Garcia.

REPORTS OF STANDING AND SPECIAL COMMITTEES: Teresa Ortega reported that she wants to have "Laser Tag" at the picnic. She will make a motion for more money at the next meeting. Basil Zuniga reported that the newsletter folding went amazingly well. There was some confusion as to who's turn it was. Next month will be Hillcrest. Basil thanked all members who submitted an article this month. Frank Martinez of the Social and Recreation Committee reported that the Golf Tournament was successful. Contact Glenn Ryder. There will be a Softball Tournament at the end of the month, and a 3 on 3 Basketball Tournament. Contact Glen Ryder. Hermie Encinas reported that there is not a total on the Food Drive yet.

NEW BUSINESS: Molly Biggar reported that we need to move some money in the budget. She made a motion that we move \$10,510. to make the adjustments needed on the budget. Seconded by Alan Smith and passed. Molly will present the 2012-2013 Budget at the May meeting and a vote will be taken at the June Meeting. Contact Molly if you would like a copy of the proposed Budget.

GOOD OF THE ASSOCIATION: Mike Towery introduced California State Association of Letter Carriers, President, John Beaumont who made a presentation regarding S1789, the

amendments that passed and those that were defeated. He also discussed the additional 5% that federal employees will have to pay into their retirement, which will not result in a higher pension. The extra 5% will go to the General Fund to offset the deficit. He discussed the "Truth behind the Postal Crisis". He reported that 96% of the losses (\$3.05 billion of the 3.18 billion) had nothing to do with mail delivery expenses. It is the result of the congressional mandate to prefund the future retiree health benefits. He stressed the importance of educating the public and congress to change the mandate to prefund the future retiree health benefits. We need to get members to contribute to COLCPE, join E-Activist and the Carrier Corps. To join and support any "Save the American Postal Service Actions." It is very important to keep the membership informed. John then introduced Blong Xiong, candidate for the 21st Congressional District. Mr. Xiong talked about his support of the letter carrier issues regarding Postal Reform. John Beaumont presented Mr. Xiong with a check to support his campaign. Mike Towery presented Mr. Xiong with a copy of "Out There." John Beaumont said that he will be meeting with Senator's Boxer and Feinstein and encourage them not to support the budget, which included the 5% hit to our pension. He also stated that the state association will not support Senator Feinstein during this election due to the fact that she did not support the letter carriers regarding 6 day delivery. She will not receive any COLCPE money for the primary or the general election.

FINANCIAL SECRETARY'S REPORT: Molly Biggar reported for Anita Holderman reported that \$11,897.68 was collected for May.



TREASURER'S REPORT: Molly Biggar reported:

Beginning Balance	\$77,740.55
Dues and Income	\$11,166.90
Interest Income	\$6.63
Total Balance	\$88,914.08
Expenses	\$15,680.63
Ending Balance	\$73,233.45

The MDA 50/50 Drawing was won by Devin Patterson.

The Drawing for \$200.00 would have been won by John Glasgow if he had been present.

There were 32 members present and 1 guest.

The meeting adjourned at 8:27 p.m.

Respectfully submitted,
KIM GERDES
Branch 782 Recording Secretary

NON-MEMBER LIST APRIL 2012

AVENAL (93203)
100% UNION!!!

DOLE COURT (93308/12)
S. Hancock
D. Morris

ARVIN (93209)
100% UNION!!!

STOCKDALE (93309)
J. Oh

DELANO (93215)
L. A. Campos
C. V. Quebral

CAMINO MEDIA (93311/13)
100% UNION!!!

LAMONT (93241)
100% UNION!!!

MOJAVE (93501)
100% UNION!!!

McFARLAND (93250)
100% UNION!!!

CALIFORNIA CITY (93504)
100% UNION!!!

SHAFTER (93263)
L. M. New
M. D. Voights

BORON (93516)
100% UNION!!!

TAFT (93268)
M. R. Marin
B. W. Krier
K. J. Hughes

EDWARDS AFB (93526)
100% UNION!!!

WASCO (93280)
100% UNION!!!

TRONA (93562)
100% UNION!!!

DOWNTOWN (93301)
D. Pearce
J. Cruz

RIDGECREST (93555)
B. J. Leroy
L. M. Montano
H. G. Blanco
S. R. Pierce

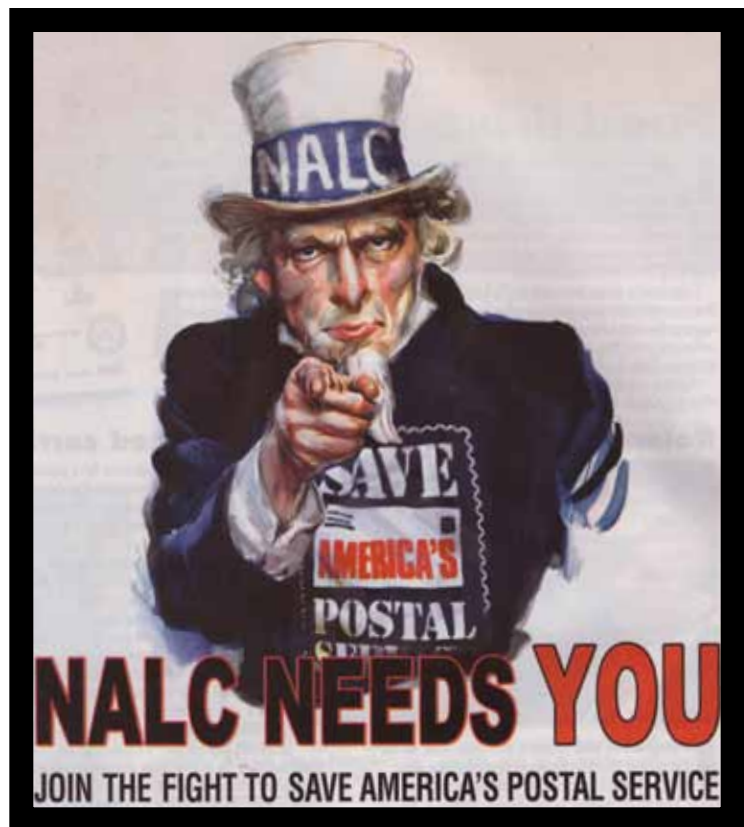
SOUTH STATION (93304)
100% UNION!!!

EAST BAKERSFIELD (93305)
100% UNION!!!

HILLCREST (93306)
100% UNION!!!

BRUNDAGE (93307)
D. Kinglee

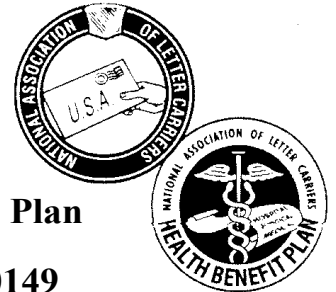
If we all don't stick together now, there's going to be no one left to blame... We ALL should be Carriers in a Common Cause. Really? YES!!



**We are an "Open Shop".
MEMBERSHIP IS VOLUNTARY.
369 Letter Carriers are in the complement
assigned to cities represented by
our Branch. ONLY 17 ARE NON-MEMBERS.
We are 95.4% organized!**

2012 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

"Non"-Medicare Claims Submit to
CIGNA (Payor I.D. 62308) or mail
to P.O. Box 18804, Chatanooga, TN
37422-8004.

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
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
YOUR Personal Health Record	http://www.nalc.org/depart.hbp
Asthma Information Center	http://www.ama.assn.org/special/asthma

Accupuncture!! Must be a state licensed or certified accupunc-
turist. Chiropractic! State licensed chiropractor or D.O. only.

Check out this PPO: Sendas Northwest Urgent Care
3409 Calloway Suite 101
Bakersfield, California 93312
Phone: (661) 587-2500
Hours: M-F 8:00 am - 9:00 pm; Sat & Sun 9:00 am - 7:00 pm

** 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. 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, NALC Branch 782 HBP Rep.
(661) 834-5011

**HONEST PAINTER.....
SOME ONE IS WATCHING
FROM ABOVE**

Hal Hopkins, an itinerant house painter, offered his services at very low prices. Unfortunately, Hal had the nasty habit of thinning the paint with turpentine to insure some margin of profit.

One day, he was painting the steeple high atop a church. He thinned down the paint even more than usual for this job. "After all," he said to himself, "nobody can see the steeple from way down there on the ground." So he started painting with a solution that barely covered the wood.

Just as he was finishing, the sky clouded over and a gale storm began to blow. The rain and wind beat against the painter and washed the paint off the steeple. Hopkins looked at the now-unpainted steeple, and cried, "What will I do now?"

From the clouds, a deep voice replied, "Repaint, and thin no more !"

JUST IN CASE

W. C. Fields a devoted, committed life-time agnostic, was discovered reading a Bible on his deathbed.

"I'm looking for a loophole", he explained.

PRAY FOR NICE WEATHER

An elderly woman was sitting next to me on a plane and getting increasingly

nervous about the thunderstorm raging outside.

She turned to me and said "Reverend, you are a man of God, Why can't you do something about this problem?"

"Lady," I replied, "I'm in sales, not management."

LAWYERS

A woman drives home with the front of her car covered with branches, sticks, leaves, mud and lots of blood.

"I'm really sorry about the car," says the woman to her husband, "but I hit a lawyer on the way home".

Perplexed, her husband says, "Well, that explains the blood, but what about all of that the other stuff all over the car??"

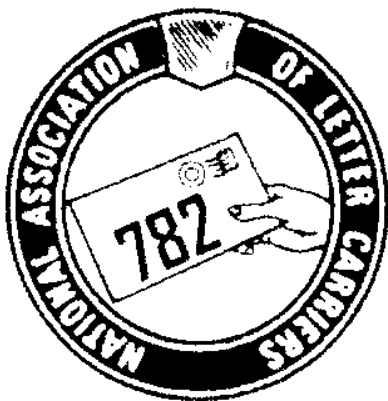
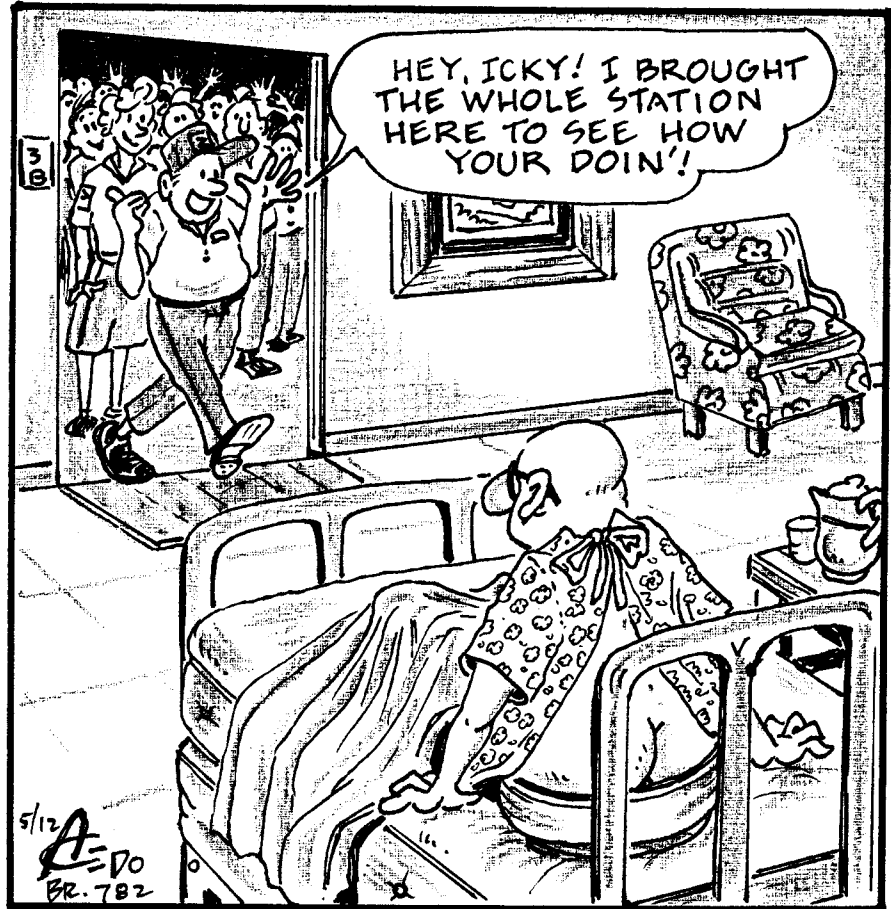
"I had to chase him through the park," says the woman.

**EAT YOUR FRUITS
AND VEGETABLES**

A man walks into the doctor's office. He has a cucumber up his nose, a carrot in his left ear, and a banana in his right ear.

"Ah! I can see what's the matter with you," says the doctor. "You're not eating properly."

OUT THERE



Basil: For health, a little humor and some chicken soup couldn't hurt..

MARK RAMIREZ

Health Benefit Plan Representative

Jerry Says...

What a surprise on May 11 when Mabel Lyons came into the post office and saw all of the Carriers were there. She asked, "Did ALL of you run your routes to beat me in?"

She didn't know that we were all there to wish her a happy retirement!

But, the first surprise that day was mine. I got a phone call at about 1:00 p.m. and was told that this was Mabel's last day of working as a Letter Carrier.

Let me tell you about Mabel. She transferred from Los Angeles to Shafter. At the time, I worked there and she told me, "In L.A., mail to be carried was just piled up everywhere. I would case until 10:30 or 11:00 and be out on the street every day until 5:30 or 6:00. *Every day!!!*"

She worked in Shafter for about five years before transferring to Wasco. She was there for about seven years before I transferred from Shafter, too. (She must be smarter than I am because it took me so much longer to realize that it was impossible to work for Postmaster John Smith who was on his mission to save the Postal Service. His mission centered on making the lives of his Letter Carriers as miserable as possible.)

When I got to Wasco, Mabel and three others were on light duty/limited duty. Mabel worked the hours that her doctor allowed. OWCP picked up the remainder of her hours for about a year.

Eventually, she started the process of applying for a disability retirement. In August, she was told that—within 90 days—the USPS would probably approve her request. In October, we felt that she would probably leaving soon.

Then... all of us found out that she was told that she had more paperwork that needed to be filled out. We thought that she would probably be leaving in January. Well, what happened after January?

Mabel was off work because there wasn't any work available for her because all of the other limited duty Carriers had come back to full duty.

Well, Mabel used this "extra" time to make sure that all of her paperwork for her disability retirement was filled out and then she turned it in.

One of our modified Carriers had to go back out with medical problems and Mabel was told that there was now work available. On May 1, she was approved for her disability retirement as soon as she went down to the Social Security Office and filled out the paperwork there. She was asked to provide proof that she did this on May 7.

So, just a few days later (May 11) we got the call and tried to put into motion a plan for quick retirement party. Postmaster Sandy Doll came in just to do her paperwork so that May 11 would officially be her last day of work.

Mabel is the second person to retire from the Wasco post office...and—out of the eighteen people there—five or six might be ready to retire later this year...

JERRY PATTERSON
Wasco Shop Steward

OUT + HERE



...Congratulations, Mabel!!! Enjoy!!!

Back by Popular Demand.....

East Brundage Biggest Loser

Started May 1, 2012 – Ends August 1, 2012

As with the first month of any kind of a competition, the majority of the candidates start off strong.

So, what are the latest results?

The winner for the month of June is Maria Gutierrez, T-6 Carrier, from East Brundage. She had an outstanding weight loss of 10.28%!!! The next highest was Amy Paniccia, Stockdale Clerk, with a close weight loss at 9.32%!!

At our station, Emma Castruita and Maria Gutierrez have started riding their bikes to work together. They're trying to get more people to join them. Emma's not even in the competition! It's exciting to see that this competition can have an affect on others.

We all are trying to achieve the same goal of losing weight. Feeling good about yourself, eating and living healthy is "The Way"

we all should strive for. I, too, am in the competition but I will always try to motivate and encourage a fellow being to be all that he/she can do be. That's just me...

My message to all those who are in or not in the competition: "Losing weight is a tough battle that you *can* achieve. Stay focused! Each day you say, 'No!' to that extra calorie you were about to eat, is another day towards **your** goal... It's amazing what we can do when we put our minds to it."

Remember, summer months are here. Drink plenty of water! Please be safe about your weight-loss plan. Lose weight the healthy, honest way—Diet and Exercise!

Continue the hard work!!!

MABEL BULLIS



2012 Softball Tournament



Once again, Thanx Mucho Much, Pam Smith for the pix!!! You are Awesome!!!

Hopefully, we can have some of the Tournament Winner and Loser Details Next Month...

VETS' CORNER

If you are a Veteran you have a couple of different tools that can give you an edge in getting a civil service (Federal) job: the Preference Points and Veteran's Recruitment Appointment rule. The following is a summary:

VETERAN'S EMPLOYMENT PREFERENCE POINTS OVERVIEW

By law, veterans who are disabled or who served on active duty in the Armed Forces during certain specified time periods or in military campaigns are entitled to preference over non veterans both in hiring from competitive lists of eligibles and in retention during reductions in force. The goal of the Veteran's Preference is not to place a veteran in every vacant Federal job. However, preference does provide a uniform method by which special consideration is given to qualified veterans seeking Federal employment. Preference applies in hiring from civil service examinations, for most excepted service jobs, and when agencies make temporary appointments or use direct hire and delegated examining authorities from the U. S. Office of Personnel Management.

GENERAL REQUIREMENTS FOR PREFERENCE

To be entitled to preference, a veteran must meet the eligibility requirements in section 2108 of title 5, United States Code. This means that: An honorable or general discharge is necessary. Military retirees at the rank of major, lieutenant commander, or higher are not eligible for preference unless they are disabled veterans. Guard and Reserve active duty for training purposes does not qualify for preference. When applying for Federal jobs, eligible veterans should claim preference on their application or resume. Applicants claiming 10-point preference must complete form SF-15, Application for 10-Point Veteran Preference.

5-POINT PREFERENCE

Five points are added to the passing examination score or rating of a veteran who served: During a war; or During the period April 28, 1952 through July 1, 1955; or For

more than 180 consecutive days, other than for training, any part of which occurred after January 31, 1955, and before October 15, 1976; or During the Gulf War from August 2, 1990, through January 2, 1992; or For more than 180 consecutive days, other than for training, any part of which occurred during the period beginning September 11, 2001, and ending on the date prescribed by Presidential proclamation or by law as the last day of Operation Iraqi Freedom; or In a campaign or expedition for which a campaign medal has been authorized. Any Armed Forces Expeditionary medal or campaign badge, including El Salvador, Lebanon, Grenada, Panama, Southwest Asia, Somalia, and Haiti, qualifies for preference.

A campaign medal holder or Gulf War veteran who originally enlisted after September 7, 1980, (or began active duty on or after October 14, 1982, and has not previously completed 24 months of continuous active duty) must have served continuously for 24 months or the full period called or ordered to active duty. The 24-month service requirement does not apply to 10-point preference eligibles separated for disability incurred or aggravated in the line of duty, or to veterans separated for hardship or other reasons under 10 U.S.C. 1171 or 1173.

Ten points are added to the passing examination score of A veteran who served any time and who (1) has a present service connected disability or (2) is receiving compensation, disability retirement benefits, or pension from the military or the Department of Veterans Affairs. Individuals who received a Purple Heart qualify as disabled veterans. An unmarried spouse of certain deceased veterans, a spouse of a veteran unable to work because of a service-connected disability, and A mother of a veteran who died in service or who is permanently and totally disabled.

HOW IT WORKS

If you meet the criteria for preference and achieve a score of 70 or higher either by a written examination or an evaluation of your experience and education,

you will have 5 or 10 points added to your numerical ratings depending on the nature of their preference. For scientific and professional positions in grade GS-9 or higher, names of all eligibles are listed in order of ratings, augmented by veteran preference, if any. For all other positions, the names of 10-point preference eligibles who have a compensable, service-connected disability of 10 percent or more are placed ahead of the names of all other eligibles on a given register. The names of other 10-point preference eligibles, 5-point preference eligibles, and non-veterans are listed in order of their numerical ratings.

Entitlement to veterans' preference does not guarantee a job. There are many ways an agency can fill a vacancy other than by appointment from a list of eligibles.

FILING APPLICATIONS AFTER EXAMINATIONS HAVE CLOSED

A 10-point preference eligible may file an application at any time for any positions for which a non-temporary appointment has been made from a competitive list of eligibles within the past 3 years. In addition, a person who is unable to file for an open competitive examination because of military service may file after the closing date. In either of the above situations, the veteran should contact the agency that announced the position for further information. In addition certain examinations are open only to preference eligibles as long as such applicants are available. These are custodian, guard, elevator operator and messenger. Veterans Recruitment Appointment (VRA) Under the VRA, a you can be appointed to a white-collar position through GS 11 without having to compete with other applicants. The VRA is open to you if you are a disabled veteran who served on active duty during a war or major campaign and you have left the service under honorable conditions within three years.

For further information, feel free to contact NALC Branch 3 Eastside Station Steward Mark Leon in Buffalo, NY . Phone him at 716-631-3940/3941 or you can e-mail him at: MrR2Leon@aol.com.



A Message From a Branch 782 Veteran

From: Mario Muniz Sr. <mm.usmc-0311@sbcglobal.net>

Subject: America, Will We Remember?

Date: Sunday, May 27, 2012, 5:55 AM

Wishing all my friends a safe Memorial Day, remember and pray for our troops that are at this moment defending our great nation. Semper Fi.

from the editor-guy

I had some thoughts for last month's newsletter. I ran out of room. But, I still felt compelled to share them with you this month. I hope that you don't mind.

Memorial Day is a special day that is celebrated in May. That day commemorates the reality that there are American men and women who have died while serving in the United States armed forces.

Those of us who are military veterans have our own individual recollections about what we went through. And, for the most part, our experiences have—in large part—colored the way that we view our world. For better or worse, the memories that we have shape what we do in our post-service lives.

With that said, I want to tell you about a guy that I met when I had only been in the military for about three months. His name was/is John D----n.

I want to build a little platform for you to gain a little context to what I've written. "Context" is an important ingredient to understand how something is developed.

I enlisted in the U.S. Coast Guard in 1973 when I was nineteen years old. (The story of how *that* happened is the subject of an entirely different train of thought!) In boot camp, which at that time lasted thirteen weeks, I noticed that there were periodically groups of guys who showed up in the recruit compound who were referred to as "Prior Service".

Those guys were older than most of us. They also didn't get their heads shaved like we did. They dressed like we did; they

went to some of the same classes that we did; they marched around in their own little group. They were different.

Their experiences had made them different.

These were guys who had served their time in another branch (Army, Air Force, Marine, or Navy). They "got out" and then—for whatever reason—chose to reenlist in the Coast Guard.

I didn't really appreciate what it meant that they had "served their time in another branch" until I got out of boot camp in Alameda, CA and continued my training at something called an "A" school in New York City, NY.

This now ends the "context" part of what I am writing about.

If you choose to read on, I hope to let you know that my Memorial Day message isn't about paying tribute on *just* one day of the year in May to those who served.

I met John D----n in New York when I was such a "newbie". I was just out of boot camp. I had no idea about what I'd signed up for when I joined the Coast Guard.

Neither did John when—at eighteen years of age—he joined the Army. He served two years in the Army, and had "gotten out". After finding it hard to readjust to civilian life, he chose to join the Coast Guard.

When I first met John, I noticed that he was different than the rest of us who were going through the training program in New York.

John pretty much "lived" in the Enlisted Men's Club. (For those of you who don't know, "The EM Club" is a bar for enlisted folks.) When our class broke for lunch, John spent his lunch time there slamming down shots. After class, he headed straight there

and closed the place down. In the morning, he would go through more than a few beers in his room before class.

John also looked a little different. His skin seemed a little waxen, his responses to normal greetings were a little "out of whack". Initially, I just thought it was about the fact that he just liked to drink.

And, as the famous line goes: "Now, for the rest of the story..."

John D----n joined the U.S. Army at 18 and was assigned to "92M - Mortuary Affairs Specialist". I looked up the job description:

"Duties performed by Soldiers in this MOS include: areas for unburied dead, hasty, isolated, or unmarked graves, personal effects, and identification media. Disinters remains, records personal effects and evacuates remains and personal effects to designated points. Determines and records recovery locations on maps, sketches, and overlays. Establishes and records tentative identification. Assists in preparation, preservation, and shipment of remains. Inventories, safeguards, and evacuates personal effects. Assists in mass casualty burials."

This is such an "antiseptic" job description.

For a little over a year, starting at eighteen years of age in Vietnam, John opened up body bags and took out burned, smashed, bloody remains of soldiers who had been killed and brought back from the field. It's a gruesome thought to contemplate that an 18 year old did this, isn't it?

Memorial Day *should* honor the fact that so many died. However, so many, many more veterans physically survive—and have to look for ways to cope with that survival.

BASIL R. ZUNIGA
Branch 782 Editor-guy



by Izaac Navarro

Our Routes Are What We Make of Them

As carriers, WE control what our numbers show and our numbers are what dictate the size of our route. Over the years of numerous consultations given by carriers, the number one reason that most people give for their route times is, "I don't take my street break most days or my full 30 minute lunch". If this is the case, only we are to blame. Stop this and stop this now!! I don't have to tell you how many times we have been told to take our full lunch and always take both breaks. Commit to this every day for a few weeks and it will become automatic. That is entirely too much time to give back. When I say give back, I mean that time is going to boomerang its way back to you in the form of a longer route. You can count on that!

At the risk of sounding like a broken record, there is no such thing as a street standard. Since there is no street standard due to the many variables we encounter (I could list them all but then this article would rival our Vice

President's in terms of length), it is literally impossible to determine how long, precisely, it takes to deliver our route. When you are told early in the morning that you have 12 or even 21 minutes of undertime (because let's get serious, how many times do we hear we have overtime) that is because DOIS gives you the same street time EVERY DAY. DOIS only shows a constant number, whatever it may be, for our street time for the day.

Simply put, the street time given to you by DOIS is your base time from your last route adjustment which may be your last 3999. So if your 3999 was done on a Thursday or Friday with light mail and took you 5 ½ hours that day, then DOIS plugs this time into your route EVERY DAY. So now you are expected even on Mondays with weekend mail, Tuesdays with Advos and Wednesdays with Bees, to do exactly what you did on Thursday or Friday with light mail. DOIS plugs that 5 ½ hours into your route every day to come up with your daily totals, so you can see exactly how faulted and inaccurate these figures are in the morning.

Only we determine in the morning how long our route is going to take us to deliver on that particular day. Do not allow management to tell you otherwise. When requesting overtime we must fill out a 3996. If our estimate is unacceptable to them, wait for an authorization for the overtime requested. If it is not authorized, we must not work beyond the approved time, so there is no other choice than to bring the mail back before completion. Do not work beyond the authorized amount written on your 3996. Know this time before you go to your route. If your morning estimate is consistently being met with resistance, let your shop steward know (or call the Union office 449-8058). A grievance will be filed. This type of harassment is unacceptable and will not be tolerated.

This article is courtesy of the Fresno, California
NALC Branch 231 *Postman's View*
published in June 2012.

Got Questions? Need Answers?

Come to the Union meeting and find out what you need to survive this job—over the long-haul. Really, it's not a sprint you're involved in. It's a marathon...

Shop Talk

With Jim Falvey, Chief Steward

Summer time and the living is easy. That is, unless you are a Letter Carrier. It is no secret that we, as employees of the USPS are under attack from outside and, unfortunately, inside this great organization. From the halls of Congress to the halls of 715 NW Hoyt, we seem to be a target that bears the brunt of the blame for all that is wrong with the Postal Service.

I could not disagree with that more. Letter Carriers are one of the aspects of this business that seems to be actually working, even under less than ideal conditions. After all aren't we the face of this organization when ever there is a commercial to drum up priority shipping? How many songs have been written about clerks or mailhandlers? I have never heard some one say: "Has the postal supervisor come today?" or "That USPS maintenance guy is the most trusted federal employee."

As Letter Carriers in the Portland district we are working under very adverse conditions. Let's start with the staffing issue. How many routes down does your office start each day with? Yet every day, every route gets delivered. How's that postal vehicle you drive every day? One Carrier at Oak Grove has been through 5 LLV's in the last month. No problems finding day-to-day supplies needed to do our jobs huh? Of course management is there every step of the way to help us navigate the many logistical, customer and weather related obstacles we face daily, NOT!

I guess the point is that in spite of all I mentioned above Letter Carriers get the job done, every day! I don't know if the same can be said for the rest of the service. Yeah, I am tooting that Letter Carrier horn because management needs to hear it. For the last few months I have heard nothing but criticism of Carriers. Sure people like Darrel Issa and his cronies in congress attack us daily but from the PMG down it's like Letter Carriers stink. They attack us through their arbitrary measurement systems like DOIS. They work us harder and longer then attack when we are sick or injured. They purchase inferior equipment like scanners and DPS machines that screw up their reports, don't even get me started on those, and then attack us with discipline and humiliation when these fail.

I have sat in meetings and been told by senior management that Carriers don't pay attention to detail or sit in their vehicles all day. We are accused of extending lunches and taking extra breaks. I have been told that even though they can't prove it they know Carriers steal time and pay from the service every day. We work unsafely and all injuries deserve discipline. Quite honestly



First published in the 2/11 NALC BRANCH 782 E.A. BAKER UNION UPDATE

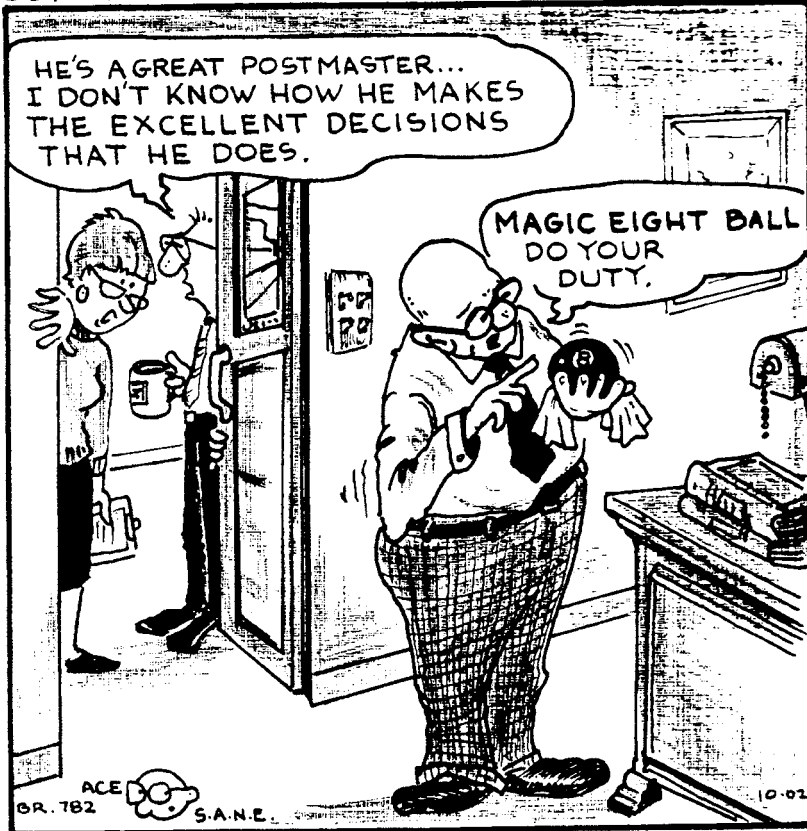
it turns my stomach to hear the same people whose reputation precedes them make such outrageous and baseless accusations. It always seems the most vicious attacks come from those whose jobs never require them to "touch the mail," maybe they just don't like getting their hands dirty.

I know what the job of a Letter Carrier entails and at times I wonder if management lives in an alternate postal universe or if the ignorance displayed in the marbled halls is just really indifference with a touch of hostility thrown in. Either way it is wrong. WE DELIVER FOR YOU is more than a slick marketing slogan dreamt up by some suit that never strapped on a satchel or was attacked by a customer's dog that had "never bitten any one before." Letter Carriers are the only thing between the USPS and bankruptcy. The day that people stop looking in the mailbox is the day we are no longer in existence. Management can buy all the machines they want and print out all the reports they can until the ink cartridges run dry. The bottom line is that Letter Carriers get the job done no matter what. One person in management uses the slogan "if it is important to you, you will find a way to get it done." Nice slogan, but if you do not even know what is important, how do you know what needs to get done?

Letter Carriers know what is important. Delivering our product 6 days a week in spite of all the attacks. Political, management, dogs, weather, inferior equipment; all of it overcome every day by Letter Carriers everywhere! I doubt we will ever hear that management wants to work with us and improve service and working conditions. However, we will continue to hear that we don't do our jobs and are the reasons why this organization is failing. It turns my stomach.

Article courtesy of the June 2012 Portland, Oregon NALC Branch 82 B-Mike.

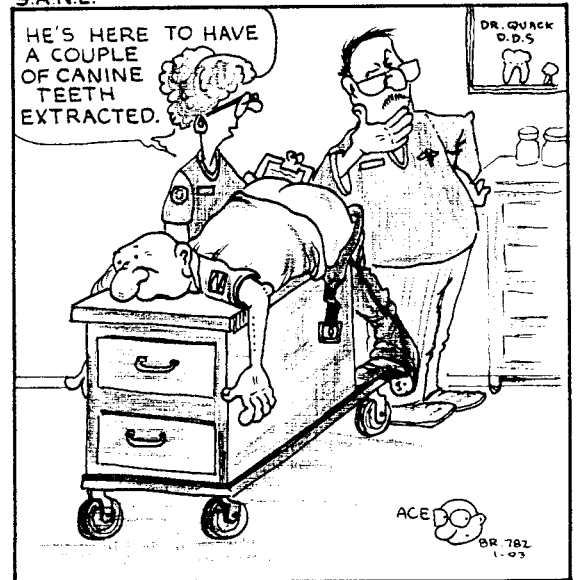
OUT THERE



OUT THERE



S.A.N.E.

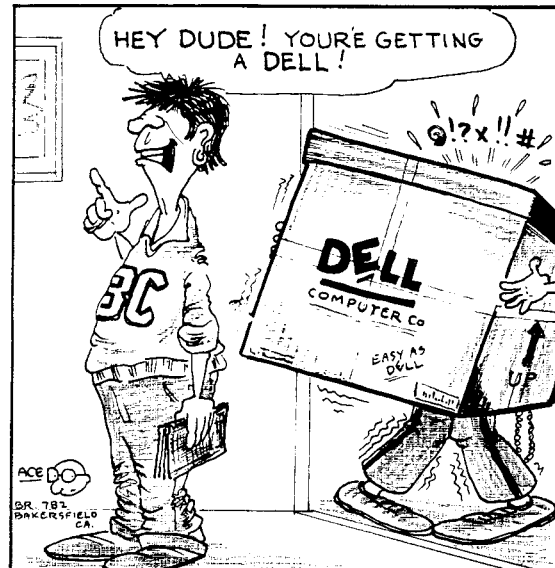


Out there

OUT THERE



S.A.N.E.



Fred Acedo's "view" of our world captures slices of our lives.

The cartoons on this page originally appeared in the February 2003 issue of the *E.A. BAKER UNION UPDATE*.

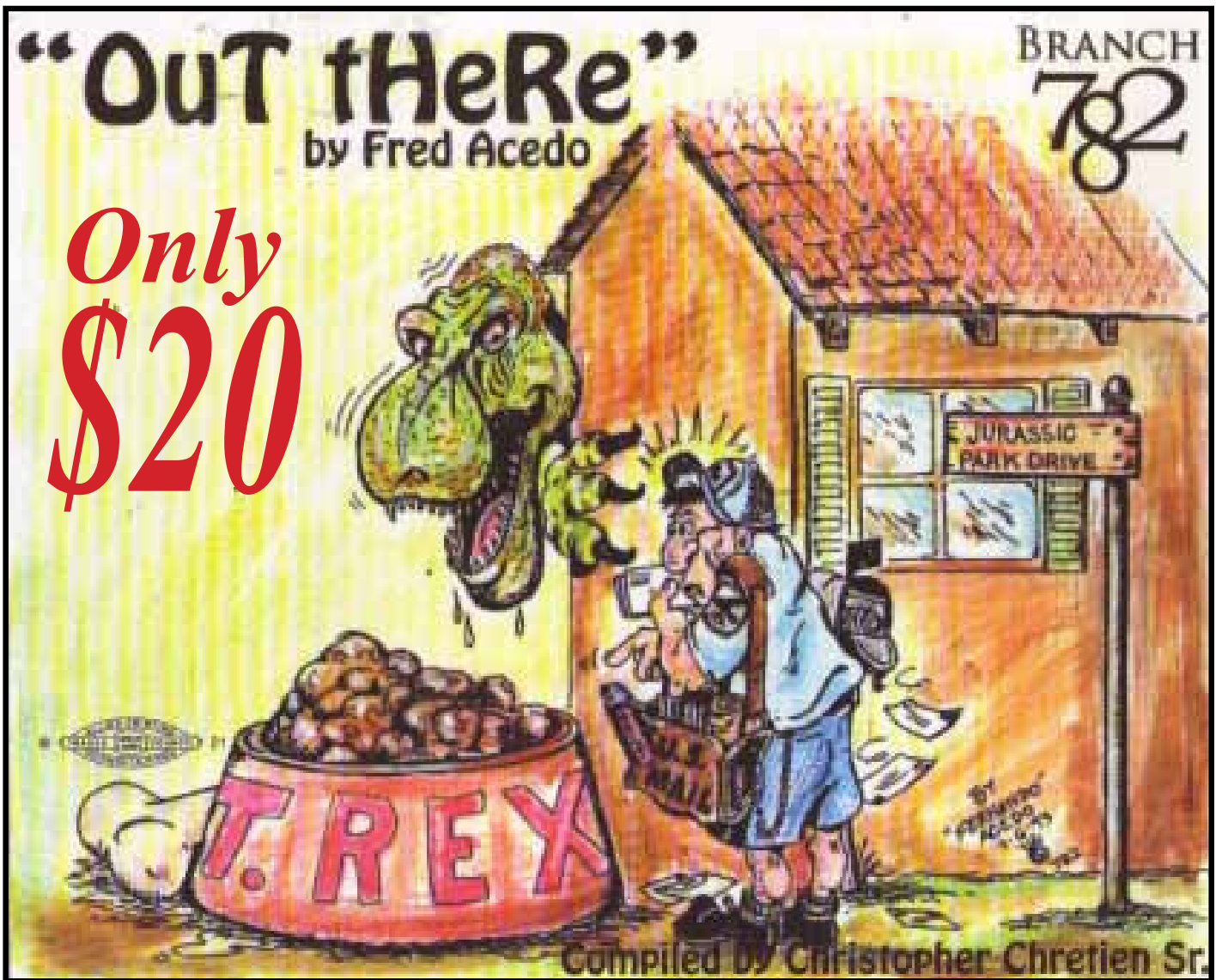
Dell Computers? If you were around delivering mail in 2003, you remember that, at one time, we *did* deliver them...

“Out tHeRe”

by Fred Acedo

BRANCH
782

Only
\$20



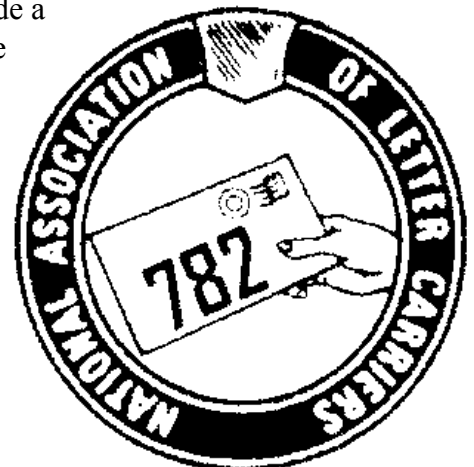
So what is this advertising message about? **THIS** is an MDA fundraiser. We are asking for **YOUR** help!!!!!!

We envisioned that all 2,500 copies of this book would be sold at the national NALC Convention in Anaheim in 2010. Didn't happen. We still have about 1500 copies of this book waiting to be sold before we can make our anticipated MDA donation. And—to add a little twist—a member made a motion at our general meeting that we had to sell **ALL** of the books before we could make our donation...

The book (about, for and by members of the NALC) chronicles the work of Branch 782 S.A.N.E Fred Acedo through the first nine of his nineteen years producing outstanding glimpses into who we are.

So...you may ask, what can you do? **ORDER A BOOK!!!**

Contact Kim Gerdes at (661) 301-9676; or, try her at the following e-mail address: “krgerdes91@hotmail.com”. **PLEASE** help us out!



Continued from back cover...

at the

Mike:



Gael Weber was able to get grocery bags from Van Nuys NALC Branch 2462 Vice President Janette Dolabson. Janette—in a personal mission to achieve greater success for the NALC Food Drive in Southern California—worked hard to get **over a million bags** donated by Ralphs Grocery Stores! **Wow!!**

Janette graciously offered Branches in the San Joaquin Valley bags if we could pick them up. I need to thank Gael Weber and George Torres (Visalia Branch 866 President) for their assistance in picking up the bags at the Van Nuys plant. Thanks also to Van Nuys NALC Branch 2462 President Calvin Brookins for his help at the Van Nuys plant. He was able to convince the plant manager to let the pallets of bags remain on the dock and **THEN** he waited until Gael, George and myself could drive to Van Nuys and pick them up.

None of our success would have been possible without the energetic, personal involvement of our Shop Stewards! Specific thanks go out to Shop Steward Lynnell Howell for the outstanding job of taking care of Ridgecrest.

Also, I want to thank Shop Stewards Shari Sharp and Norma Hamer for taking over as Food Drive Co-Coordinator this year!

The list of people to thank just goes on and on!

Thank you, also, to Carmen Castillo, USPS Customer Relations Coordinator, for all of her work behind the scenes.

I would like to thank Dole Court Carrier Hermie Encinas for volunteering to do the radio interviews and the morning television interview at the Food Bank. This was the first year we were able to have public service spots on the Spanish radio station. I think that the media attention was a factor in how determining how well we eventually did! In line with that, I thank Dole Court TE Sabrina Bonilla for volunteering (for a second year!) to have the television news crew interview her and follow her on a route. Both Hermie and Sabrina did an outstanding job of representing not only the Postal Service...but also each and every Letter Carrier all over the country!! Thank you, each, so much!!!

If there was not a Food Bank to act as the focus for all of our efforts, this whole thing would have proven impossible. Thank you to Ian Anderson, Program Manager and Terry Russell Operations Supervisor, CAPK Food Bank in Bakersfield. The entire staff of paid and volunteer personnel provided a structure to help us. **We're a good team!**

And last, **BUT NOT LEAST**, thanks to USPS District Manger Kerry Wolny for all of his **PERSONAL** support of the 2012 NALC Food Drive! He, and those individual postmasters, managers and supervisors who **WILLINGLY** offered their support **ARE** appreciated!

On a profoundly sad note, I am sorry to share with you that I just found out that Ridgecrest Branch 782 Shop Steward Lynnell Howell has suffered a devastating loss. Her husband, Rick, was killed on Sunday, June 9 in a motorcycle accident.

Those of you who have had to deal with the sudden death of a loved one know how traumatic it can be. Words fail to convey the agony. It's hard to breathe. You're okay for a minute, and then it hits you, again. And, then again. You wonder how you can go on. But you have to...

I know that our prayers and wishes are with Lynnell and her family during this period of grieving and beyond. It, once again, makes me appreciate the time and sacrifices that Lynnell—and all of our Union Officers and Stewards—made in fulfilling the oath of dedication to the service of the membership.

MIKE TOWERY



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Vice-President	John Ortega	(661) 809-8140
Recording Secretary	Kim Gerdes	(661) 834-2059
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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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Rick Plummer, Webmaster



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

General Meeting

Tuesday
June 26, 2012
7:00 p.m.

Branch 782 Office
2628 "F" Street
Bakersfield, California

FORWARDING SERVICE REQUESTED

111,626 Pounds!!!

at the

Mike:



THAT'S the total for
this year's food drive!
It is an increase of
over ***35,000 pounds***
for the Branch!!!

Our success was the direct result of a collaboration of many union members and others throughout the District. I want to thank **ALL** Letter Carriers for their help in delivering the reminder postcards and bags, collecting the food, and doing it all with a smile and a sense of professionalism!

Furthermore, all Carriers, their family members, Clerks, Supervisors and Postmasters who assisted with the sorting of the food as it arrived at the delivery units also need to be thanked. They **ALL** helped to make this the tremendous success that it ultimately turned out to be.

This was the first year we were able to have NALC Food Drive grocery bags delivered to about 90,000 homes in Bakersfield, Ridgecrest and Shafter as a reminder to donate food. I believe that those blue bags were a significant factor in helping us achieve our outstanding results!

Planning for the Food Drive started months ago. Using outstanding initiative in networking, Porterville Branch 1469 President

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Thank you for making the time to check out the web version of our newsletter! More is better...