

OFFICIAL NOTICE OF ELECTION OF OFFICERS OF NALC GOLDEN EMPIRE" BRANCH 782 AND DELEGATES TO THE 2017 STATE CONVENTION

ELECTION

Elections will be held for the following Branch offices: Sergeant-at-Arms; and, three (3) Trustees. The term of office will be three (3) years.

Elections will be held to determine delegates to the California State Convention. By virtue of the positions, Branch 782 President and Vice President shall be delegates to both the National and State Conventions.

The election will be conducted by secret ballot at the regular General Meeting on November 22, 2016 at 7:00 P.M. at the Branch 782 Union Office, 2628 "F" Street, Bakersfield, California. Any member who, for any reason, will be unable to vote on November 22, 2016, may obtain absentee ballots by submitting a signed written request to the Election Committee, Golden Empire Branch 782, 2628 "F" Street, Bakersfield, California 93301. Absentee ballots must be requested after nominations have been closed but no later than November 8, 2016.

Write-in votes are not permitted.

ELIGIBILITY FOR BRANCH FUNDS

Of the delegates from the Bakersfield local area selected to the State Convention, the requirements of eligibility for Conventions funds will be: attendance at ten (10) of the twelve (12) regular General Meetings just prior to the State Convention.

Of the delegates selected from the outlying Associate Offices (excess of thirty miles from Bakersfield), the requirements of eligibility for convention funds shall be: attendance at at least two (2) meetings (any combination of regular General Meetings and/or Quarterly Area Meetings) in the twelve months just prior to the State Convention.



et me begin this month by pointing out that your votes will count in two very important elections in November. Obviously, one is the national elections. I will address more comments on that later.

Just as imporantly, I urge you to vote in our local Branch elections to determine

INSTRUCTIONS

Vote For One

Vote For Three

Jerry Patterson

Frank Martinez

Tami Foshee

Danny Blair

Darryl Holderman

Angie Hernandez

Teresa Ortega

Paul Salazar

voided

candidates of your choice.

who will become Branch 782 Sergeant-at-Arms and the Trustees. Additionally, choose who will be your delegate to the State Association Convention in 2017.

A look at the sample ballots is on this page.

I want to congratulate Christina Garcia. Joe Van Asperen, Bianca Salinas Guerrer and Elizabeth Navarro for their recent conversions to full-time Regular Carrier after about 3 years as City Carrier Assistants. I am sure all of them are thrilled that they no longer have to work on

Sundays and will have schedules with regular days off along with all the other benefits of being full-time.

We have only a few weeks left in one of the most negative and ugly campaigns in recent memory.

OFFICIAL BALLOT "Golden Empire" Branch 782 2017-2020 BRANCH OFFICERS 1. Mark an "
"
" or a"
"
" in the squares next to the OFFICIAL BALLOT 2 2. Do not sign your name---otherwise your ballot will be "Golden Empire" Branch 782 2017 STATE CONVENTION DELEGATES 3. Do not make any other marks on this ballot 4. Write-in votes will not be counted. However, a INSTRUCTIONS write-in vote does not invalidate the rest of the ballot 1. Mark a " * " or an " × " in the squares next to the 5. Fold the ballot and place in the ballot box candidates of your choice. 2. Do not sign your name---otherwise your ballot will be SERGEANT-AT-ARMS voided 3. Do not make any other marks on this ballot 4. Write-in votes will not be counted. However, a write-in vote does not invalidate the rest of the ballot 5. Fold the ballot and place in the ballot box Vote For Eight TRUSTEE Shari Sharp Frank Martinez Anita Holderman Norma Hamer Paul Salazar Teresa Ortega **Debbie Guillet** Francisco Herrera **Evelyn** Gauthier Pam Smith Mark Ramirez Marcie Rodriguez Angie Hernandez Randy Courson Mike Meza Tami Foshee Darryl Holderman Judy Kiyoshi

at the

BRANCH 782 E.A. BAKER UNION UPDATE

I hope that all Carriers research and evaluate the candidates before casting their votes.

THIS IS IMPORTANT!!!

NOW is the time to cast your vote for those candidates who value your job, retirement and health benefits.

NOW is the time to realize that YOUR job and benefits are on the line.

NOW is the time to stop supporting and electing all those whose only goal is to destroy the Postal Service and particularly the unions.

NOW is the time to wake up and realize you can lose everything gained in the last 40 years.

NOW is the time to stop pretending that the majority party in Congress cares about you and not their millionaire friends.

NOW is the time to admit that all their talk about creating jobs is a lie when they are willing to destroy 500,000 middle class jobs.

NOW is the time to assist YOUR union officers in saving YOUR jobs and benefits by voting for those who support unions, the Postal Service and YOUR retirement benefits.

With the wrong people in office, all you have worked for can be eliminated with one stroke of a pen. Even YOUR retirement benefits can be changed or eliminated!

STOP PRETENDING THAT IT CAN'T HAPPEN!!

There is only one candidate for the presidency that supports unions. **NOW** is the time to read the September/October 2016 *Postal Record* to see where the candidates stand on **YOUR** Letter Carrier issues.

I want to ask you just one question.

If now is not the time to show your support, when will it ever be time? After losing all your benefits, it will be too late...

Vote as though your job and benefits depend on it. Because...it just might.

At the General Meeting on October 25th, we will be honored to have as special guests our State Association President, John Beaumont and CSALC District Officer Eric Ellis. I hope to see all of you there, too.

ometimes Letter Carriers are a beacon of hope to people brought to their knees by a natural disaster, bringing vital supplies or documents—and a reminder that life will be normal again—to customers hit by a storm, flood or fire.

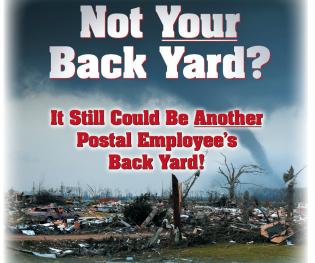
But postal workers can also be victims.

To look out for our postal family, the NALC supports the Postal Employees' Relief Fund (PERF). Since 1990, PERF has been there to help carriers, clerks and other active and retired postal workers rebuild after hurricanes, typhoons, earthquakes, floods, tornadoes and wildfires.

Initially created to assist postal employees affected by Hurricane Hugo and the San Francisco Bay-area earthquake, the fund has gone on to provide thousands grants totaling millions of dollars since it began.

PERF will continue to be there for postal workers with simple structure for determining eligibility and grant amounts.

Applicants do not need to wait until after they receive insurance settlements or other emergency relief to apply for help from PERF, though they still must provide documentation of the loss. The application must come to PERF no later than 120 days after the disaster, except under extenuating circumstances. To qualify for assistance, the applicant's home



must have been destroyed or damaged to the point of being uninhabitable for a long period (an estimated 90 days or more). Homeowners whose residences are destroyed are eligible for a grant of \$3,000; homeowners or renters displaced by severe damage, but who will eventually return to their old homes, can receive \$2,000. *Non-career and retired employees in either situation are eligible for half these amounts.*

In addition to floods or storms, loss of a home in a fire is included, but only when caused by a natural disaster—for instance, a home lost to lightning or wildfire could qualify; a fire caused by an electrical short or stray cigarette would not.

You can mail a check to PERF at P.O. Box 7630, Woodbridge, VA 22195, or donate by credit card online at its website. You also can give to PERF through the Combined Federal Campaign (CFC); the CFC number for PERF is 10268. Contributions to PERF are tax-deductible for federal income tax purposes. *FOR MORE INFO, GO TO THE NALC WEBSITE*.



Minutes of the September 2016 General Meeting

The regular meeting of Branch 782 was called to order by President, Mike Towery at 7:00 p.m. on the 27th day of September, 2016 at the branch office, Bakersfield. The flag salute was led by Sgt. at Arms, Jerry Patterson. All members of the Executive Board were present. The stewards were present from Arvin,

Avenal, Brundage, Camino Media, Delano, Downtown, East Bakersfield, Hillcrest, Lamont, McFarland, Oildale, Shafter, South, Stockdale and Taft. Also present was Newsletter Editor, Basil Zuniga; Webmaster, Rick Plummer; Photographer, Anita Holderman; Asst, Treasurer, Debbie Guillet; Asst. Recording Secretary, Norma Hamer; Asst. Financial Secretary, Marcy Rodriguez, OWCP Rep. Rick Gerdes, Frank Martinez of the Social and Recreation Committee. The Minutes of the August 23, 2016 meeting were read and accepted with no additions or corrections. A thank you card was read from the family of Lisa Herrera whose husband passed away recently.

APPLICATION FOR MEMBERSHIP: Applications were received from Leslie Kuglin, Cristian Urbina-Marin, Nerina Trenado, Beth Fugate, David Villasenor, Anthony Dill, Elena Gomez, Jeff Simpson, Tiffany Lutz, Jeremey Reed, Mercedese Escalante, Chanthron Ped and Christian Rosales. New members were accepted. Mike Towery reported that he signed up 6 new CCA's this week and will be giving our orientation to 5 more next week.

REPORTS OF STANDING AND SPECIAL

COMMITTEES: Teresa Ortega reported that the plans for the picnic are "good." It will be October 9th, 11:00 to 3:00, at Jastro Park. Food will be

served from 11:00 to 1:00. Basil Zuniga reported that he was not at the folding because he was celebrating his 43rd wedding anniversary. Rick Gerdes reported that the stewards took care of the folding. Basil thanked those who were there. Frank Martinez reported that there will be flyers at the stations regarding tickets for BC home football games. There are discounted fair tickets available. Contact Santa Clarita for discounted "Disney of Ice" tickets, and Tracy Candelara has discounted tickets for the Maya Theaters. Kim Gerdes reported that 4 books were sold, there are 871 remaining.

NEW BUSINESS: Darryl Holderman reported that we will have a drawing for a dining discount coupon booklet. Norma Hamer read the rules for nominations of Branch officers and State Convention delegates.

"OuT tHeRe"



BRANCH 782 E.A. BAKER UNION UPDATE

Mike Towery opened the nominations for the Executive Board. Mike Towery was elected President by acclimation, John Ortega was elected Vice-President by acclimation, Kim Gerdes was elected Recording Secretary by acclimation, Molly Biggar was elected Treasurer by acclimation, Anita Holderman was elected Financial Secretary by acclimation and Mark Ramirez was elected Health Benefit and MBA Representative by acclimation. Frank Martinez and Jerry Patterson were nominated for Sgt. at Arms. Tami Foshee, Teresa Ortega, Angie Hernandez, Paul Salazar, Darryl Holderman and Danny Blair were nominated for Trustee. Mike Towery opened the nominations for 2017 State Convention Delegates, Angie Hernandez, Norma Hamer, Evelyn Gauthier, Teresa Ortega, Paul Salazar, Randy Courson, Debbie Guillet, Shari Sharp, Mike Meza, Judy Kiyoshi, Tami Foshee, Darryl Holderman, Frank Martinez, Mark Ramirez, Anita Holderman, Paul Greenfield, Marcy Rodriguez Pam Smith and Francisco Herrera. Kim Gerdes reminded those who nominated someone who is not present at the meeting tonight needs to be sure that the nominee sends an acceptance letter to her within 3 days.

GOOD OF THE ASSOCIATION: Mike Towery reported that CSALC President, John Beaumont will be attending the meeting next month to present the Saxsenmeier Scholarship to Brian Castle's daughter. He also reported that 3 CCA's will be converted on Saturday. There are 70 CCA's in Bakersfield but carriers are still working until 7:00 p.m. **FINANCIAL SECRETARY'S REPORT:** Anita Holderman reported that \$13,607.11 was collected for September.

TREASURER'S REPORT: Molly Biggar reported:

\$70,266.13
\$14,618.83
\$84,884.96
\$20,212.49
\$64,672.67

The MDA 50/50 Drawing was won by Jeff Harrington.

The drawing for the coupon booklet was won by Judy Kiyoshi.

The Drawing for \$250.00 would have been won by Anna Aldaco who was not present.

There were 37 members and 4 guests present.

The meeting adjourned at 7:44 p.m.

Respectfully submitted,

KIM GERDES NALC Branch 782 Recording Secretary

Non-Members September 2016*

Downtown Station Sarah Kirby Javier Cruz Daniel Zuniga

South Station
100% UNION!!!

Brundage/East Bakersfield Vicky Guerrero

Hillcrest 100% UNION!!! Dole Court 100% UNION!!!

Stockdale James Oh Marty Martinez

Camino Media 100% UNION!!! Arvin 100% UNION!!!

Avenal 100% UNION!!!

California City 100% UNION!!!

Delano Cynthia V. Quebral Daniela Barreto

Lamont 100% UNION!!!

Ridgecrest G. D Schatz

Shafter M. D. Voights L. M. New

Taft K. J. Hughes

Tehachapi B. C. Den Beeman *Christian Rosales* Trona 100% UNION!!! Wasco 100% UNION!!! THE WEEKEND WALC Branch 782 members

In 1886, 7 union members in Wisconsin died fighting for the 5-day work week and the 8-hour work day.

Are you curious? See page 30...

NALC BRANCH 782 E.A. BAKER UNION UPDATE

In an Instant...DISASTER An Account of Dangerous Park Points

David Betts, a transitional employee started his carrying career in Concord, New Hampshire. Then — as a CCA — he was transferred to Branch 44 in our Exeter Office.

In my interview David said he loved carrying mail. He told me that he was not even supposed to be delivering that route on the day in question. You see it was his birthday two days before tragedy struck, and he was supposed to meet up with some college friends. No one can tell the story better than David so I am going to turn the article over to him.

My accident was on Friday the 21st of March two years ago. I was on the City route 2 in Exeter. I was at a parking point getting a loop ready.

The next thing I remember I was waking up on the ground. I didn't know where I was or why I was on the ground, I tried to get up and start running — just run and get out of there.

I couldn't get off the ground, I tried. My leg was stuck. Then I heard someone say, "Stay still. Don't get up." That's when I knew, I was in an accident.

I was in and out of consciousness. I needed to call my wife. Was anyone else hurt? Where this parking loop is, a bus stop for a school is right there on the same corner where you park. No kids were there at the time. Then, I passed out. Woke up on the stretcher. Then, passed out again. Woke up in the ambulance. Passed out and woke up in the CAT Scan at the hospital. Never really lost conciseness again.

My wife showed up in the ER. They let her in to see me. She was eight and half months pregnant at the time. When I saw her I knew this was going to be a long haul.

I was transferred down to Boston. Down there they started to work on my injuries. I had x rays done and more screening done. The surgeons put 70-80 stitches and a gravity drain in my scalp for the eight inch laceration.

They said my scalp was "degloved" from my head. (Google it.)

by David Betts and Editor Pete Prunier, NALC Branch 44

I also had an AC joint separation in my left shoulder. And lots of cuts and scrapes and bumps and bruises. My hospital stay was horrible. After two nights of being there I had enough and was brought home.

My wife was waiting for me at home. My daughter (who was a 3 year old at the time), was at my in-laws till I got settled.

After about a week I developed blood clots in my left leg. *Another* trip to the local hospital.

OWCP is not fun.

My AC joint claim was denied, because of terminology. Blood clots also denied. Both of those have be fought and been accepted to my case.

I have also had issues with my right shoulder, neck, upper back, left eye, and a concussion. All of those have not been accepted. and are still being fought through the union. I am glad I had Workers Comp, but dealing with them is more stressful then the accident itself.

I am back to work and I am in pain all day. Some days are better then others; but, still, so much pain. The worst part of the whole episode, was my personal life.

My wife was eight and a half months pregnant at the time of the accident. She not only had to take care of herself, but had to take care of me, our 3 year old daughter, our dog, and house.

The last few days of her pregnancy I should have been rubbing her back and feet, taking care of her. Instead she was shoveling the walk way, walking the dog, taking care of our daughter, and working at her job as well as me.

I couldn't help her when she went into labor. She needed me and I feel like I wasn't even there for her in the labor room. I could not help her physically like I did when our daughter was born.

Our son was finally born, and I couldn't hold him as long as I wanted to. My son was too much for me. I couldn't really hold him for about two months.

All I wanted to do was hold my son, and help my wife, but I couldn't.

Another low point for me that I will never forget, is my daughter telling me that she was scared of me. "Papa your head is scary." That tore me apart. I never want my little girl to feel that way. It kills me that she had to see me this way. It's been over two years and I still get upset from time to time when I think of what was taken from us. I can't play on the ground with my son for very long because I get uncomfortable from the pain. All he wants to do is play in his sand box or wrestle on the ground with his Papa.

My daughter, I wish I could swing her around in the air like the Irish princess she is and should be treated like. But, I can't because of the pain.

She likes to wrestle her Papa too when she gets a chance...when I'm feeling a little better.

All of this happened because of poor parking points. and a person not paying attention while driving. He was trying to pick up a sandwich that fell on the passenger floor board.

I never heard him coming. He never saw me and never hit the brakes. Just ran right into me.

Accidents can happen any where at anytime. We can try to protect ourselves by parking in safer parking points.

If you feel unsafe for any reason, get your parking points moved!

Try to give yourself a better chance to survive unscathed!

Please take the time to think of how to protect yourself!

You never want to put your family and yourself, through an ordeal like this.

This article courtesy of the Manchester, NH 44 Magnum published in October 2016.

My thanks to both Pete Prunier and David Betts. I sincerely hope you all take it to heart!





David Betts and other Carriers who have been injured at dangerous park points were greeted by NALC Convention Delegates in Los Angeles.

...If your manager is not enlightened as to the pain...brothers and sisters have suffered, share this column with them. If you feel that any of your park points are unsafe and unnecessarily expose you to the hazard of traffic at your back, turn in a Form 1767. If the hazard report is not responded to favorably, take this issue to your union steward or branch officers..."

"Manny" Peralta, NALC Director of Safety and Health — April 2012 Postal Record

2017 Carl J. Saxsenmeier

Scholarship Program

The California State Association of Letter Carriers (CSALC) is now accepting applications for the 2017 Carl J. Saxsenmeier Scholarship Program. **All applications must be received by the Scholarship Chair by January 6, 2017.** The Chair will send scholarship packets to all applicants by the end of January 2017. The scholarships are available to the dependent children or grandchildren of members of NALC Branches within the State of California who have not served in a supervisory capacity in the previous two (2) years from the date of 2017 award announcement. Applicant's parent / grandparent must be a member in good standing of the NALC for at least one year prior to applying. Applicant must be a high school senior when applying. Saxsenmeier Scholarship awards are issued in the year of graduation and are not renewable.

> Jeff Parr Saxsenmeier Scholarship Chair 1177 Levine Dr-Santa Rosa, Ca 95401 707-523-1818

> Saxsenmeier Scholarship Application (Please Print)

Branch Officer Printed Name &Branch Number	NALC Branch 782			
NALC Branch Officer Signature	Title			
Local NALC Branch Officer Signature required for verification of member in good standing:				
NALC Member Signature	Relationship to Applicant			
Applicant's Signature				
Email Address				
Cell / Fax				
Home Telephone				
City / State / Zip				
Home Address				
NALC Member's Name				
Student's Name				

DOHERTY & DONELON SCHOLARSHIPS

Deadline: This form must be returned to NALC Headquarters no later than December 31, 2016.

Eligibility

Applicant must be the son, daughter or legally adopted child of a letter carrier NALC member in good standing active, retired or deceased. Stepchildren and grandchildren are eligible if they live with the letter carrier in a regular parent-child relationship.

Applicant's parent must be a member in good standing of NALC for at least one year prior to making application.

• Applicant must be a high school senior when making application and must submit the form provided at right, signed by the NALC member and an officer of the member's NALC branch. This form must be returned to NALC Headquarters by December 31, 2016.

Requirements

All applicants must take the Scholastic Assessment Test (SAT) or the American College Test (ACT) in either their junior or senior year. A copy of the official scores from the administering organization must be received at NALC Headquarters by midnight, March 31, 2017. (Computer-generated printouts of test scores will not be accepted.)

All biographical questionnaires and secondary school reports must be received at NALC Headquarters by midnight, March 31, 2017.

Regulations

Scholarship is to be used toward pursuing undergraduate degree at an accredited college of recipient's choice.

Winners may accept other college scholarship assistance in addition to the NALC award.

Any change of schools or course of study must be done only with the permission of the NALC Scholarship Committee.

■ A transcript of grades must be forwarded to the committee at the end of each school year.

If winner suffers certified serious illness, scholarship will be held in abeyance for not more than one year.

If unusual conditions are going to require an interruption in schooling, recipient must state reason(s) in writing to the Scholarship Committee and request that the scholarship be held in abeyance. Request(s) will be reviewed by the Committee and a decision rendered.

If the NALC member is suspended by his/her local NALC branch or enters supervision, scholarship will be cancelled.

Terms of awards

The official scholarship judges will award one William C. Doherty Scholarship in each of the five USPS Regions and one John T. Donelon Scholarship. Winners are judged on the basis of secondary school records, personal qualifications and test scores. As in the past, the scholarship judges will consist of experienced persons in the educational field. Decisions of the judges will be final.

■ Doherty Scholarship awards will be \$4,000 per year and the

Donelon Scholarship award will be \$1,000 per year. Each scholarship is renewable for three consecutive years thereafter providing the winner maintains satisfactory grades. Award money will be deposited annually with the college. It will be credited to the winner's account to be drawn upon under the rules and regulations which the college has established for handling scholarship funds. Award money is to be used for required college fees, including room and board and transportation fees.

Children of NALC national officers are not eligible.

In honor of NALC's president from 1941 to 1962, the **Wil**liam C. Doherty **Scholarship Fund** will again award five \$4,000 scholarships to children of members in good standing. The John T. Donelon **Scholarship Fund** will award one scholarship in honor of Donelon, longtime NALC assistant to the president. Applicants must be high school seniors and must meet all of the following eligibility criteria to be considered.

SCHOLARSHIP APPLICATION						
Date (PLEASE PRINT CLEARLY) Please send instructions as to how I can compete for a scholarship award. I am a senior in the 2016-17 school year. I am the daughter son active *stepdaughter *stepson of retired *granddaughter *grandson deceased						
letter carrier						
of Branch No. 782 City State						
My name is						
My address is						
City Sta	te ZIP					
Phone No	Signature of branch officer					
(or spouse if deceased)						
Last 4 digits of Social Security No.	Title Date					
This form must be returned no later than December 31, 2016, to the NALC Scholarship Committee, in care of the National Association of Letter Carriers, 100 Indiana Ave. NW, Washington, DC 20001-2144.						

* Stepchildren and grandchildren are eligible if they live with the letter carrier in a regular parent-child relationship.

Branch 782 Picnic October 9, 2016











Great Weather!! Great Folks!!

































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BRANCH 782 E.A. BAKER UNION UPDATE

OCTOBER 2016



































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BRANCH 782 E.A. BAKER UNION UPDATE

OCTOBER 2016























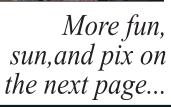


















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NALC BRANCH 782 E.A. BAKER UNION UPDATE





























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BRANCH 782 E.A. BAKER UNION UPDATE

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A Charmin time was had by all!!!







Yup... There ARE more pictures of the picnic on the following pages. Will you be in them???





OCTOBER 2016

NALC BRANCH 782 E.A. BAKER UNION UPDATE



BRANCH 782 E.A. BAKER UNION UPDATE

OCTOBER 2016





















YES!!!

















OCTOBER 2016

NALC BRANCH 782 E.A. BAKER UNION UPDATE





















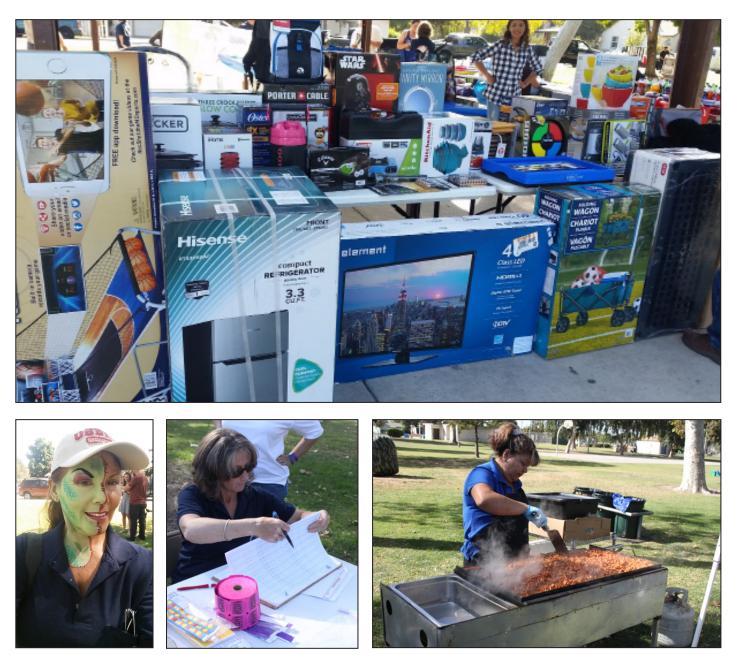




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BRANCH 782 E.A. BAKER UNION UPDATE

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Pictures courtesy of NALC Branch 782 Photographer Anita Holderman. Thank you so very, very, very much, Anita!!!



Pictures courtesy of NALC Branch 782 Dole Court Shop Steward Shari Sharp Thank you so very, very, very much, Shari!!!

2016 NALC HBP Info

NALC Health Benefit Plan *Hospital Pre-Certification Mental & Substance Precertification Prescription Drug Program **CVS/Caremark Specialty Pharmacy Durable Medical Equipment** "24/7 Nurse Hotline" **CVS/CareMark Pharmacist** Solutions for Caregivers (24/7) CIGNA PPO Locator Line CIGNA Organ Transplant Approval Quit for Life (Tobacco Cessation) CIGNA Health Rewards (Discounts) **CIGNA Plus (Dental Discount)** Disease Management Program **OPM Retirement Info Center** Federal Information Center Social Security Administration Info PostalEase Human Resources USPS Quest Lab Services (Bakersfield) LabCorp Lab Services Bakersfield

Shared Services Option 5 live person

1-888-636-6252 1-877-220-6252 1-877-468-1016 1-800-933-6252 1-800-237-2767 1-888-636-6252 1-877-220-6252 1-888-636-6252 1-877-468-1016 1-877-220-6252 1-800-668-9682 1-866-784-8454 1-800-558-9443 1-877-521-0244 1-800-227-3728 1-888-767-6738 1-800-333-4636 1-800-772-1213 1-877-477-3273 (661) 631-8520 (661) 631-9258 1-877-477-3273 80/216 G/I M WEIGHT 28.

"OuT tHeRe"



"This is a summary of some of the features of the NALC Health Benefit Plan High Option. Detailed information on the benefits for the 2016 NALC Health Benefit Plan can be found in the official brochure (RI 71-009). All benefits are subject to the definitions, limitations, and exclusions set forth in the official brochure." NALC Health Benefit Plan 20547 Waverly Court Ashburn, Virginia 20149

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

NALC Drug Prescription"Claims" Filing P.O. Box 521926 Phoenix, Arizona 85072-2192

OptumHealth Behaviorial 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

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

PPO Deductible: Per Calendar Year \$300 "Individual" \$600 "Self & Family" or "Self Plus One"

Many immunizations are Free (Adult/Child) w.... administered at a PPO pharmacy/facility. Some will require a prescription from the Doctor.

URGENT CARE

Sendas Urgent Care: 9450 Ming Ave., Bakersfield (661) 587-2500 M-S 8 a.m. - 9 p.m. Saturday/Sunday 8 a.m. - 8 p.m. ASK FOR OTHER LOCATIONS

Accelerated Urgent Care: 9710 Brimhall, (661) 829-6747 9500 Stockdale Hwy, (661) 735-3943 8 a.m. - 9:30 p.m. daily ASK FOR OTHER LOCATIONS

Our PPO doctors and facilities—through (OAP Network) 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!!!

MARK RAMIREZ NALC Branch 782 Health Benefit Plan Representative

(661) 398-6075



BRANCH 782 E.A. BAKER UNION UPDATE

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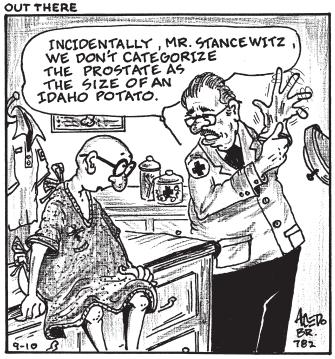
NALC Health Benefit Plan Members:

The NALC Health Benefit Plan does not cover "Dental" except in cases of accidental injury to teeth. See plan brochure for coverage.

But we do have a Dental Discount Program!

Members covered under the NALC HIGH OPTION PLAN must enroll BY PHONE ONLY! The member must call 1-877-521-0244. The cost is \$3.75 per month for "Self Only" \$5.50 per month for "self and family". The savings/discount is around 25%.

Once you have enrolled in Dental Discount Program, you will log on to www.CignaPlussavings.com. On this site (in the right corner), it will show "FIND A DENTIST". Type in your city and zip code, and select a dentist. Or print the page/pages and call the dentist you have selected to make sure they are accepting new patients and, that they are STILL ENROLLED in the CignaPlussavings dental program.



Basil......Some time ago, I wrote an article about Medicare and FEHBP. It is a subject that I want to revisit.

As you age, YOUR health WILL require more attention, and this will increase your out-of-pocket health costs. I'm not just making this up. More importantly, realize that YOU are getting older every day. That is a fact! So, let's deal in some more facts.

You may think that this kind of article doesn't apply to you because you aren't "old enough". If you are fortunate, you will live long enough to have to make decisions about what you will do as you approach your 65th year. Be advised: 1) THAT particular milestone comes way more quickly than you ever think it could! 2) As you age — your health will require more attention. This will increase your out-of-pocket costs. And, 3) When you turn 65, **DO NOT** make the mistake that you can't afford Medicare B!!!!

Our NALC Health Benefit Plan (HBP) is an excellent not-for-profit health plan! But, to be covered at almost 100% after age 65, *IT* **IS ADVISED THAT YOU PURCHASE MEDICARE B.** (Medicare A is free.) The purchase of Medicare B is an additional cost, but it is an "investment" that will pay for itself in time. Why do you think I would tell you this?

Our NALC HBP covers 75-85% of Major inpatient procedures. You are responsible to pay the remaining 15%. (When you are retired, you don't have access to "overtime" or additional pay. That remaining 15% comes out of your wallet or your savings...)

What does this mean? As an example: You are charged \$80,000 for a hip replacement. (Belive me, this is not some totally impossible cost that a patient could face!) The NALC HBP would pay 85% (or \$64,000). We must pay the rest or around \$16,000. But, this is where Medicare would pay their share "FIRST", as primary payerthen NALC would pay 85% of a smaller total remaining bill. And? This would reduce the amount that you have to pay out of your pocket for that \$80,000 cost of a hip replacement!

I would rather pay \$122.00 a month now, then have to come up with \$16,000 when I am 86 years old if I live that long - AND IHOPE TO! Insurance is there JUST IN CASE WE NEED IT, and the older we get, the more we will need it and we will be glad we have it. You may have heard the old adage — "Pay Me Now or Pay Me Later". I have Retired or Soon-to-be-Retired members contact me and say they don't want to pay for Medicare B. The above response is what I tell them. (Also, Medicare C is a supplemental plan WE DONT NEED because of NALC HBP coverage! Medicare D is prescription drugs, and WE DON'T NEED THIS **EITHER.** Our NALC prescription drug program is as good or better than Medicare D! Beware of the lure of supplemental plans...)

> Now, Quick's Draw, I'll do the thinnin' around here! MARK ("SLASH"/"HOSER") RAMIREZ

P/S I hope this information was useful. And, the time to really consider this is when you are way younger than sixty-five...

An Extra \$40? Yes, but not forever!

All NALC High Option, Consumer Driven Plan, and Value Option Plan members should go to our NALC website located at www.nalchbp.org. "Click on" High Option, Consumer Driven, or Value Option. Then, under your health plan choice, "click on" Member Resources. Choose Health Risk Assessment and click to register. (This is an tool designed for YOUR health!) Create a user name, and password. The program will ask you to choose "one" of three valuable incentive gifts before completing the health assessment survey:

- 1. \$40.00 CVS gift card (LIMIT: Two \$40 CVS gift cards per family)
- 2. Family CignaPlus discount dental program (one calendar year)
- **3.** Wearable activity tracking device (one calendar year) Two wearable tracking devices per family

The assessment takes about 25 minutes, and is very simple to complete.



The \$40 CVS Gift Card will cease as of 2017. But, NALC Health Benefit Members: There *IS* still time to claim your \$40 CVS GIFT CARD!



This a very simple way to snag a FREE \$40 CVS Gift Card!



Health Prescription: Thoughts from Mark Ramirez!

"Democracy is two wolves and a lamb voting on what to have for lunch. Liberty is a well armed lamb contesting the vote."

BENJAMIN FRANKLIN

"America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves."

ABRAHAM LINCOLN

"Democracy cannot succeed unless those who express their choice are prepared to choose wisely. The real safeguard of democracy, therefore, is education."

FRANKLIN D. ROOSEVELT

"The Republican and Democratic parties FEED out of the same bag provided by the money system, and where the list frequently differs, the same interests are represented."

GEORGE SELDES

"Folks who don't know why "America is the Promised Land" should be here during an election campaign."

MILTON BERLE

"Real friendship is shown in times of trouble, prosperity is full of friends."

ABRAHAM LINCOLN

"Every man has the right to be wrong in his opinion. But no man has the right to be wrong in his facts."

BERNARD BARUCH

"The difference between stupidity and genius, is genius has it's limits."

ALBERT EINSTEIN

"Never interrupt your enemy when he is making a mistake." NAPOLEON

"If more politicians in this country were thinking about the next generation instead of the next election, It would be better for the United States and the world."

CLAUDE PEPPER

"It seems to me that election season is just a Petri Dish for anger and cynicism."

MAX LUCADO

"One of the reasons people hate politics is that TRUTH is rarely a politicians objective. Election and Power are."

CAL THOMAS

"It's time we stopped ignoring the environment. Lets not let another election go by without making this a high priority." DAVID SUZUKI

MARK RAMIREZ

Golden Empire Branch 782 Retiree and NALC Health Benefit Plan Representative

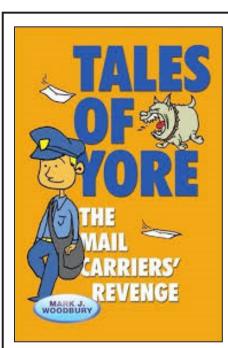
PREMIUMS for the 2017 NALC Health (Self + One \$ 381.74) Self & Family \$363.76 NOTE: The premium is less for Self & Family than Self + One **Benefit Plan**

Open Season for selecting you health benefit plan for the 2017 year will start November 14th through December 12th of 2016. I have the new bi-weekly premiums for Active/ full time employees and the monthly premiums for the Annuitants (Retirees).

During last years 2016 open season, the NALC Health Benefit Plan enrolled over 7000 new members, lets hope this will continue for the 2017 season. As union members we must understand, the national percentage of unionized members in the U.S. has declined from about 35% to 7% at present. Our/Your union WILL BE STRONGER if we are enrolled in OUR union-owned, NOT FOR PROFIT NALC Health Benefit Plan. Support and Strengthen our/your union, by enrolling in the NALC Health Benefit Plan during this years Open Season !!!!!

> **Active/Bi-Weekly** High Option Self Only \$65.09 (Self + One \$149.76) Self & Family \$139.35

NOTE: The premium is less for Self & Family than Self + One



This is a great book which can be yours! Contact the author, NALC Retiree Mark Woodbury, at: woodb585@cs.com. Also, look for more collaborations between Fred Acedo and Mark in future issues of this newsletter!



Flesh Wound

by Mark Woodbury, NALC Retiree

Now, as a kid Daria was always taught in Sunday school to turn the other cheek. A lesson that was not lost on her one day as the snarling dog came through the screen door while she was subbing on City-Seven. Dennis' route.

As she turned to leave, that little monster bit her on the other other cheek — the back of her front, the part that folds when you sit down. Actually, the doc said she was lucky. It was only a "flesh" wound. (I guess a flesh wound is better than a 'bone" wound.) I wonder if she felt lucky?

Annuitants Monthly Self Only \$167.70 (Self + One \$ 381.74)

Active/Bi-Weekly Consumer Driven Self Only \$44.46 (Self + One \$96.17) **Self & Family \$96.39**

Active/Bi-Weekly Value Option Self Only \$36.49 (Self + One 78.93) **Self & Family \$ 79.39**

A Non-HBP note of an additional option to augment your health care: Open Season BENFEDS supplemental Dental & Vision plans for Federal employees will be this November through December. Visit the BENFEDS website for details.

Premiums are not available for the NON-CAREER CCAs as the National contract is still in negotiations.

MARK RAMIREZ Retiree and NALC HBP Representative The Golden Empire Branch 782



At least she didn't have to show everyone where she got bit. When I got bit on my calf a few years ago everyone was bugging me, they wanted to see it.

Butt no one asked Daria. If you ask her today where she got bit that time she says with a grin, "Right near my tatoo." Oh ... Okay.

"OuT tHeRe"



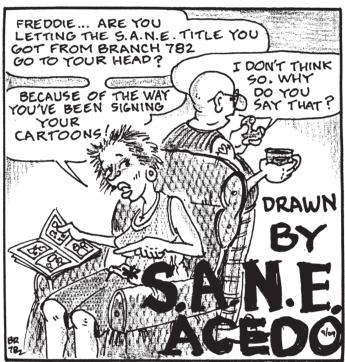
NALC BRANCH 782 E.A. BAKER UNION UPDATE



from the **editor-guy**

The NALC Editor Resource Book is Volume II of Fred Acedo cartoons. It presents almost 1100 of Fred Acedo's cartoons published in our newsletter from 2003 - 2016. This book builds on the almost 500 cartoons in the original OuT there book which featured his work from 1993 through 2002. Welcome to Volume II!

You may have questions about how this book can be used or whether or not it will be a good investment. You can call me at the phone



* SPECIAL ASSISTANT NEWSLETTER EDITOR

number listed below. You can write to me, or you can e-mail me at BRZIII@AOLCOM. I would be glad to answer your questions or give you an idea of how this product can be a creative tool for your current or future NALC editor in presenting information to NALC members. (*Please follow this trail* ****)

This book is an excellent book of clip art designed specifically for, by and about NALC members and our world. (Yes. I am biased. I believe that this **IS** an excellent book of clip art! I hope that you agree...)

Additionally, an index is provided that links ALL of the cartoons in both the original **OuT tHeRe** and in Volume II to assist editors in searching out cartoons by topic (e.g. dogs, injuries, supervisors, etc.).

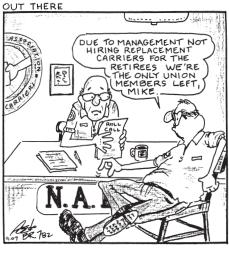
BASIL ZUNIGA

Want a spiral bind Or? Order the CD Postage for Priority M *** SPECIAL OFFI	0 but you can dona er to keep pages toge -ROM with a PDF. C ail Flat Rate is \$6.45 R: I will include a cop	Editor Resource Boo ate more. (Cost covers we other? Add \$6.00 (or s Cost is \$10.00. Includ . DON'T FORGET by of OuT tHeRe with this indicate if you are	ar & tear, paper, to ave money & do les postage + bon FO PAY FOR order. 500 mo	oner, etc.) it yourself). us features. POSTAGE! <i>re cartoons!</i>
NALC Branch 782	2628 F Street	Bakersfield, California	93301	(661) 205-1603
Curious about what you	might be getting?	Check out the sample	e featured on the	e following page

This is a sample. You are looking at page 74 in the *NALC Editor Resource Book.* There are 176 pages in this book that explore glimpses into our lives as Letter Carriers from January 2003 to July 2016 ...



Originally published April 2009



Originally published April 2009

DON'T WORRY, NEWBY ... YOU WON'T GET LOST ... JUST POLLOW THE ARROW.

Originally published May 2009



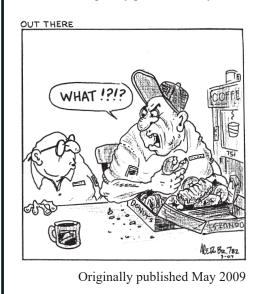
Originally published May 2009



Originally published May 2009



Originally published May 2009



NOTICE ANYTHING DIFFERENT ABOUT ME, ZEDA? I JOINED THE GYM A WEEK AGO. I HER BUT A GYM A WEEK AGO.

OUT THERE

Originally published May 2009



Originally published May 2009





But Wait! My truck keys are missing & I waste 10 minutes trying to find them.

In my 63 years of living, half that time working for USPS, I have learned that no matter how bad things look, don't ever ask "Can things possibly get any worse?"

Because the answer is yes!



Though not

all of this has happened on one day, every event has actually happened to me (and probably to you too!) many times.

After tossing & turning all night, I arrive at work knowing I had p.m. cased the night before so my case is already nearly full.



There is a note by the time Clock that

everyone is expected to have an 8 hour day & take all the

Advos. Not a good way to start the day.

PAGE 26





When I finally arrive at my case I see that a ton of mail has magically appeared overnight. Can things possibly get any worse?

As I begin casing, my brain

zz, decides it is finally ready



sleep. But my bladder is wide awake & de-

manding frequent attention.



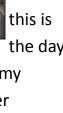
partner decides this is the day

to be extra chatty & my productivity is further

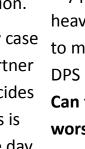
reduced to a

snail's pace

as my case gets fuller & fuller.



My case



On the way down the ramp I



dump a tray of DPS!

My 3996 is rejected (of *course*). Our service talk is long, loud & accusatory.



we still have

to clean up – No Excuses! Can things possibly get any worse?

I'm running behind (of course)

when the clerk gives me 9 certifieds & a



noon express that requires deviating. I spend 5 minutes looking all over the office for hard trays.

My parcels are extremely heavy requiring multiple trips to my truck. And I discover my DPS is extra heavy as well.

Can things possibly get any worse?

BRANCH 782 E.A. BAKER UNION UPDATE

When I finally get the truck loaded I discover I need gas, so I have to go back in to get a gas



card. After delivering the express, I finally get **U**nwind – give yourself something enjoyable to my route 30 minutes late. Guess who is waiting on me?

That annoying customer who loves to complain! Can things possibly get any worse?



In my haste to make up time I miss a package & have to go back to deliver it. At lunch I hit every light red, wait in a long line & inhale my food before hitting the road again.



When I call in to say I will be late I'm told the overtime is not approved. Can things possibly get any worse?

Desperately hurrying now, I miss yet another package & have to back track again to de-

liver it. As I return to the office I hit every light red. I get back late & forget to make my Advo scan. Can things possibly get any worse?

The next morning I am invited to the office!

Point to Ponder:

We all have days that are frustrating, going from bad to worse. It seems that each new incident multiplies the previous ones until we are ready to explode. How do we deal with these aggravations without *going postal*?

Try these techniques:

Relax – take a few deep breaths

to look forward to at the end of the day

Find the humor – remember that this will make a great story later

Forget – don't let one day's trouble spoil the future

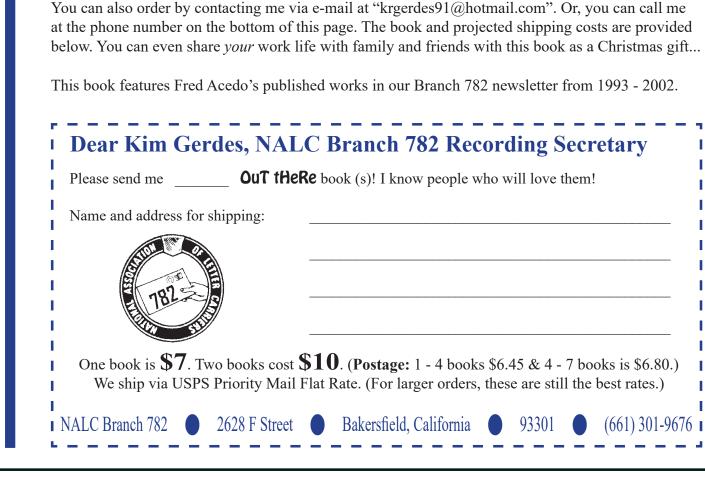
Here is a verse I find helpful as I try to rebound from a tough day:

God says, "First pay attention to me & then relax. Now you can take it easy. You're in good hands."

Proverbs 1:33 (MSG)

Article courtesy of the Canton, Ohio NALC Branch 238 Branch Reporter published in October 2016





Letter Carrier world can now be yours for an amazingly low cost!!

Kim Gerdes

Recording Secretary

We hope you consider ordering the original Fred Acedo **OuT tHeRe** cartoon book!!

Over 130 pages of cartoons featuring our

To make life simple, request as many copies as you want by clipping the form at the bottom of the page and returning it & payment via USPS mail to Branch 782.

"OuT tHeRe"



PAGE 28

from

BRANCH 782 E.A. BAKER UNION UPDATE

OCTOBER 2016

L

recently had the privilege of attend*a direction that the convened delegates by* CCA Liaison Brad Hieb,

recently had the privilege of attending this year's National Convention as a delegate for Branch 231. As a delegate, I was able to take part in voting on resolutions debated at the convention. Resolutions are brought to the convention by Branches and State Associations. There are National Agreement, General, and Legislative Resolutions.

OUT THERE



Originally published December 2013

National Agreement Resolutions deal with positions we would want the union to fight for during Contract negotiations.

General Resolutions deal with matters of internal Union rules and procedures.

Legislative Resolutions are how the Union should handle our political agenda.

It was refreshing to see that **eighteen** of the thirty-one National Agreement Resolutions were CCA issues. Almost all these resolutions were approved and the only ones that were disapproved were because they doubled up on a previous resolution that was already approved.

(Editor-guy note: These resolutions are GOALS that members direct our national leaders to strive for: in negotiations with the Postal Service; changes in the manner in which the NALC conducts business; and, ways in which Congress might enact legislation on our behalf. Resolutions like these have **not** been resolved. *They detail* a direction that the convened delegates determined that the NALC should follow.)

Here is a brief run down of what delegates voted should be targets for the NALC:

MAXIMIZATION - If a CCA works at least 5 days a week, 8 hours a day, 40 hours a week, for 4 months, then the

senior CCA shall be converted to a Full Time Regular.

CITY CARRIER ASSISTANTS -

The NALC shall work towards improved working conditions and benefits for CCAs including at least one day off per week, more training time, as well as the same Sick Leave, Annual Leave, Health Insurance and pension benefits as a Regular Carrier; no second probation, career seniority hire date and the establishment of peer mentors within each unit to support and guide CCAs.

CCA WEEKLY LIMIT - To limit hours worked by a CCA to 60 hours per week

FORMER TE STEP INCREASE

PLACEMENT - To credit the time spent as a TE by advancing their position in the pay scale to the step that would be equivalent to that amount of time in the pay scale.

RAISE THE STARTING PAY RATE FOR CCA EMPLOYEES TO \$22 PER HOUR AND ELIMINATE THE TWO TIER WORKFORCE -

Basically what the title says plus retroactively changing already converted CCAs pay rate to reflect the new starting pay.

CCA OPPORTUNITIES - The

creation of CCA geographical Employment Zones in each district to allow for conversion for a CCA within the zone, instead of just an installation.

EXPUNGE AND RESCIND ALL EMPLOYEES DISCIPLINE AS A CCA ONCE CONVERTED TO FULL TIME CAREER STATUS - Nuff Said!

NALC Branch 231

CCAS IN EMERGENCIES AND

"ACTS OF GOD" - The inclusion of CCAs in all language of the Employee Labor Relations Manual Section 519, which details Administrative Leave that applies when employees are prevented from reporting to work or are dismissed from duty before the normal completion of their duty due to an "Act of God" or other emergencies.

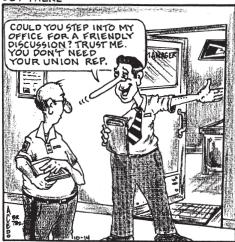
ARTICLE 25 TO APPLY TO CCAs -

Allowing CCAs to opt on T6 positions and be paid accordingly.

All of these resolutions were supported by the NALC Executive Council and furthermore approved by the delegates at the convention. Know that not only is the leadership looking out for you. *Your fellow Carriers are also concerned with* **YOUR** *issues!* So much so, that over half of the National Agreement Resolutions were directed at improving **YOUR** work life!!

You can call me with any questions about this article or the job in general at (559)281-8887.

OUT THERE



Originally published November 2014

Article courtesy of the Fresno, California NALC Branch 231 *Postman's View* published in September 2016.

NALC BRANCH 782 E.A. BAKER UNION UPDATE

from the editor-guy benefits for you. Is it a coincidence that the NALC was founded in Milwaukee in 1889?

ver a century ago, at a time WHEN IT WAS COMMON FOR WORKERS TO PUT IN 10 TO 12 HOUR DAYS, SIX DAYS A WEEK, (emphasis added) one of the great battles of the eight-hour movement was fought in Wisconsin, at the North Chicago Rolling Mill in Bay View on Milwaukee's south-side.

On Saturday, May 1, 1886, roughly 7,000 Milwaukee building trades workers, cigar makers and brewery workers, joined by 5,000 Polish laborers, struck their employers demanding an eighthour work day.

The next day, a demonstration was held. Despite the presence of four companies of infantry, the artillery battery, and a light horse squadron, workers paraded the streets of Milwaukee carrying banners promoting the eight-hour theme in English, German and Polish through the city's multi-lingual neighborhoods.

On Monday, the strike continued. Thousands of building trade and brewery workers marched from factory to factory, advocating eight-hour days without reduced wages, and urged the factory workers to join their strike.

One by one the plants closed. After successfully shutting-down shops at the Milwaukee & St. Paul Railroad in West Milwaukee, the striking workers headed toward the Edward P. Allis Reliance Works. There, they were met by a stream of water, fired on the crowd with fire hoses. The striking workers, however, were not turned back, and Reliance Works closed its doors as its own workers joined the demonstration.

By day's end, 14,000 workers had joined the strike, which had already resulted in mason and bricklayers gaining 20% wage increases and the option of working 8 or 10 hour days. Best Brewing also had conceded to the strike, giving its workers eight-hour days and increased wages.

But, by mid-week, factory owners began relying on tactics far more intimidating than water hoses to deter demonstrators in an effort to bring the strikes to a halt. On the morning of May 4th, three companies of militia met a group of strikers who had gathered at St. Stanislaus Church, intent on marching on North Chicago Rolling Mill in Bay View. Soldiers fired volleys over the crowd as word spread that another demonstration in the city had successfully closed bakeries and foundries in the central city. Later that same day, a bomb exploded after an eight-hour day demonstration in Chicago's Hay Market Square, killing seven police and wounding sixty. As word of the bombing spread, tensions in Milwaukee grew.

Milwaukee employers were determined to draw the line at North Chicago Rolling Mill. They were not going to accept a prolonged strike and warned then Governor Rusk, "our whole civilization and independence" would depend on his decisive action. Governor Rusk responded by calling up the National Guard and sending them to the Mill.

As striking demonstrators, undeterred by the events of the preceding day, began their march on North Chicago Rolling Mill, Governor Rusk issued an order by telephone to the General of the National Guard -- "Fire on them."

As described later that day in an article that appeared in the *Milwaukee Journal*, "Lincoln Avenue, the boundary line between the south end of the city and Bay View, was sprinkled with the blood of Polish rioters at 9 o'clock this morning." The article then listed the names of the 4 laborers killed and 6 that were wounded in the gun-fire. In the next day's edition, the *Milwaukee Journal* matter of factly reported, "Two more of the Polish victims of yesterday's battle died today, and three others will probably die before morning," adding "From all parts of the State messages have come commending Gov. Rusk for the promptitude with which he acted."

In the aftermath of North Chicago Rolling Mill massacre, the jury charged with investigating the day's events eventually praised the officers who had fired on the crowd, while indicting 50 workers on "riot and conspiracy" or "riot and unlawful assembly" charges.

Polish workers, many of whom were fired and replaced by non-Polish laborers, became the focus of employer backlash from the eight-hour day movement and example to any worker with thoughts of supporting worker rights.

To drive home that point, employers who benefited from the deadly strike-breaking tactics at Rolling Mill later rewarded the militia companies that fired on the Polish laborers with gifts of cash for their service.

© 2006 Wisconsin Laborers District Council

The point is not that things are much better than they were in 1886. But rather, that given the wealth produced from labor, workers in 1886 were demanding a greater share. Today's workers —who because of industrialization produce far more — unfortunately receive a lesser share than they did a century ago. It is not how much better off the workers are today, but rather how much better off they would be if there was a strong labor movement.

From http://www.wilaborers.org/generalinfo/laborhistory/events/thebayviewmassacre.html



E.A. BAKER UNION UPDATE is published monthly by Merged Branch 782 of the National Association of Letter Carriers, AFL-CIO.

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

The information contained in this publication is true and complete to our best knowledge. All recommendations, on equipment and procedures are made without guarantees on the part of the authors or of the organization. Because the quality of equipment, services and methods are beyond our control, the organization and its publication authors disclaim all liability incurred in connection with use of this information. Information in this publication may not be

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

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

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

> Basil Zuniga, Editor-guy (H) (661) 397-4330 (C) (661) 205-1603 e-mail: brziii@aol.com

Juan R. Rodriguez, Assistant Editor (H) (661) 859-5314 (C) (661) 247-5960

"S.A.N.E." Fred Acedo, Cartoonist *(Special Assistant Newsletter Editor) P.O. Box 6532 Bakersfield, CA 93386-6532 e-mail: Fred.acedo@yahoo.com

Anita Holderman, Branch Photographer e-mail: Dholderman@bak.rr.com

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Rick Plummer, Webmaster

National Association of Letter Carriers "Golden Empire Branch 782" 2628 "F" Street Bakersfield, California 93301 (661) 331-9171 Non-Profit Organization U.S. Postage PAID Bakersfield, California Permit Number 32

General Meeting Tuesday October 25, 2016 7:00 p.m.

> Branch 782 Office 2628 "F" Street Bakersfield, California





Pix on pages 6 - 7

"OuT tHeRe"

FORWARDING SERVICE REQUESTED



Each and EVERY month, Branch 782 sponsors a drawing to encourage *YOU* to come to our Meeting*. *There was no winner in September*.
This month YOU could win \$250!

*The fine print: To win the money YOU have to be present when YOUR name is drawn!

Check out the web version of your newsletter at WWW.782NALC.COM. More pages. More stuff. More is better!!!