

# National Association of Letter Carriers

## Branch 782

### E.A. Baker Union Update



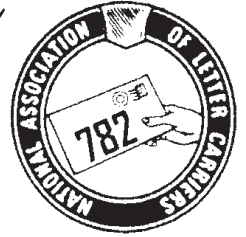
ARVIN  
CALIFORNIA CITY  
McFARLAND  
TAFT

AVENAL  
DELANO  
MOJAVE  
TEHACHAPI

BAKERSFIELD  
EDWARDS AFB  
RIDGECREST  
TRONA

BORON  
LAMONT  
SHAFTER  
WASCO

CHARTERED FEBRUARY 25, 1901



NUMBER 5

MAY 2016

# at the HOW DID WE DO??

Planning started months ago. And now, another inspirational Food Drive has come to a close!

Contributing to our success were the 95 thousand grocery bags we received from Van Nuys Branch 2462. Once again, President Janette Dolabson graciously offered Branch 782 paper bags and even had them delivered to Bakersfield for us instead of us having to pick them up in Van Nuys as we've had to in the past. *Those bags greatly contributed to our accomplishment!*



Special thanks should go to the United Food And Commercial Workers (UFCW)! *They* paid for the Food Drive cards.

*Continued on next page...*

Arvin (93203)	255
Avenal (93204)	800
Delano (93215)	3756
Lamont (93241)	300
McFarland (93250)	536
Shafter (93263)	4709
Taft (93268)	4500
Wasco (93280)	3216
Downtown Station (93301)	2664
South Station (93304)	9743
East Brundage (93305/07)	10276
Hillcrest Station (93306)	11068
Dole Court (93308/12/14)	24520
Stockdale Station (93309)	13620
Camino Media (93311/13)	6638
Mojave (93501)	347
California City (93504)	825
Boron (93516)	391
Edwards AF Base (93523)	403
Tehachapi (93561)	2465
Ridgecrest (93555)	13760
and Trona (93562)	
<b>TOTAL</b>	<b>114792*</b>

\* These numbers are **NOT** final totals! More will trickle in...

*More pictures! More Results! More Reports! More of YOU doing this amazing thing! Check it all out in this web version of our newsletter. We hope you enjoy it like we do...*

I also want to thank Shop Stewards Shari Sharp and Norma Hamer for their hard work and dedication as Food Drive Coordinators again this year! My heartfelt thanks also go out to Shop Steward Lynnel Howell for an **OUTSTANDING** job of organizing the Food Drive for Ridgecrest! I so appreciate everything that she does for Letter Carriers! Also, a special thanks to Bakersfield's Management Food Drive Coordinator Tracy Candelario for all her work and support of the Food Drive!



Finally, I work at Dole Court and I want to thank Teresa Ortega, her kids and Dicie Wilder! They were there at Dole Court **ALL** day helping to get the food sorted out!

The projected total for this year's Food Drive is over 115,000 pounds! We had hoped to top our tally from last year. Didn't happen. But, our effort was still quite a success!

Our accomplishment was the direct result of a collaboration of *many* union members and their families throughout the District and the Branch. I want to thank **ALL** Letter Carriers for their help in collecting food. I thank *everyone* who assisted sorting the food as it arrived at each and every delivery unit where NALC Branch 782 Carriers serve our customers! Without you, this would not have been possible.

***IT REALLY IS ABSOLUTELY AMAZING WHAT CAN BE ACCOMPLISHED WHEN WE ALL WORK TOGETHER!***



Branch 782 had a special guest on Food Drive Day — Congressman David Valladao (R-CD21) took time out of his busy schedule to stop in at Bakersfield's Hillcrest Station to help collect food on a route!

This was a direct result of a meeting attended by me; John Beaumont, the President of the California State Association of Letter Carriers (CSALC); Eric Ellis, CSALC District 4 Officer; John Ortega, Branch 782 Vice-President, and Pam Smith, Branch 782 Legislative Liaison. That day, together with Fresno Branch 231 President Richard Najera and Andrea Lopez (Branch 231 Legislative Liaison) we all met with the Congressman and his aides on March 8th in Fresno to begin to forge a relationship for all of us.



**We've NEVER had a Congressman take the time to visit one of our offices to actually work with us!  
We hope to build upon this in the future...**



I want to wish Rosario “Rosie” Padilla of the Brundage station, Brian Shellcross of the East Bakersfield zone, and Tom Prall of Dole Court a happy and well deserved retirement. They will probably find as being true the discovery made by those of us who have retired before them. Other Retirees *always* tell me that they are so busy that they don’t know how they found time to do everything when they were working. Happy Retirement!!!!

On another note, I congratulate the latest City Carrier Assistants in Bakersfield to make Regular: Emmanuel Chavez, Stacey Flip-pin, Rebekah Richmond, Mychal Gonzales, Marisela Rodriguez, Fernando Alaniz, Roman Chavez and Rosaura Cardenas. They have joined the ranks of the full-time Career Carriers.

It is important to remember none of them would be career Carriers now had the NALC in the last negotiations not taken the Contract to Arbitration. We *demand* a work force that had more benefits and a direct path to career and *THAT* is what we got!

For all of you who are CCA’s, there *is* light at the end of the tunnel. Rosaura Cardenas was able to use the time she spent as a Transitional Employee to add to her relative standing so that she was converted to full-time even though she was just hired as a City Carrier Assistant in March 2016.

On a final note, I hope to see everyone at the next General meeting on Tuesday, May 24. Sometimes it pays to attend the meeting... Ask Danny Blair. He won the \$400 drawing at the last meeting!

MIKE TOWERY  
NALC Branch 782 President

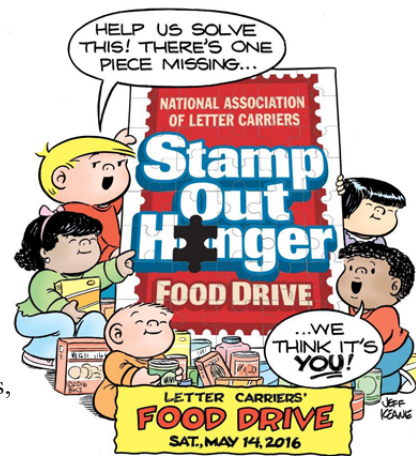


**I am so proud of Wasco, Arvin, Shafter, Avenal, Boron, California City, Delano, Edwards AFB, Lamont, McFarland, Mojave, Ridgecrest, Taft, Tehachapi and Trona!!!**

**W**OW! Another year gone by... Once again, what a successful year because of the donated bags. I really wish that we all had enough bags to go throughout all the stations, and even across all our nation! *Thank you to the UFCW UNION MEMBERS!!!!*

I even had a couple of customers this year actually help me carry some of the bags to my LLV before I even finished up the swing. They could see how much food I was trying to fit in the satchel. They were so willing to help that it really lightened my load for the rest of the day!

*Continued on next page...*





I guess every year you hope to surpass the year before. This year our numbers are down a little. BUT... it was still a wonderful turnout.

I'd like to give a huge shout-out to Shari Sharp for doing *another* great job!!! All of your hard work has not gone unnoticed and it is **TRULY** appreciated.

(Miss Shari, I was not as much help to you this year as I have been in the past. Between having a move and some other issues going on in a personal

matter, I was not able to be there for you as much as I could have been . Please accept my apologies...)

Arvin (93203)	255
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Lamont (93241)	300
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Shafter (93263)	4709
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Ridgecrest (93555)	
and Trona (93562)	13760

***My unit — Shafter — collected 4,709 pounds!!!***

I'd like to give a shout out to the Wasco station for being the first to report the weight collected to me. Thank you, Aaron Meza! Arvin would be the next one, Thank You Tim Bettis! (Everyone else I had to call. Oh, well, you were tired from all of the extra work you'd had to do.)

I will report a list of all the AO'S and the amount of food that was collected for each city. I believe that next year I will definitely spread out the bags to other AO'S that do not normally receive them.

And finally, but certainly not least, a **HUGE HUGE THANK YOU** to all you Letter Carriers out there who put forth the extra work, time, strength and energy that it requires to bring in this food. Without you, we would not be able to do this joyous task.

Sincerely,  
NORMA HAMER

Shafter Shop Steward and AO Food Drive Coordinator



***YOU have made a difference in the lives of so many!!!***



# Hillcrest had an eventful 2016 Food Drive!

We were honored to have California's Congressional 21st District Congressman David Valadao come for a visit. He went out on a route, walked, and he helped CCA Carlos Violante pick up food.

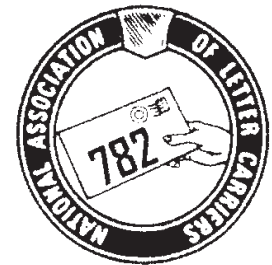
More importantly, Representative Valadao has signed on to House Resolutions 12, 28, and 54! And, as a member of the House Appropriations Committee, he voted more than once to keep 6-Day Delivery!

I would like to thank him for coming and seeing a little of what we do. I would like to thank Martin and Emma, Carlos, and Tracy Candelaria for helping me make the Congressman's visit a positive experience.



We had a great Food Drive day! We filled 19 bins!! I would like to thank the Food Bank and all the volunteers that came out to help! They made the day run so much smoother. Last but not least I would like to thank **ALL** of the 93306 Carriers out there that picked up all of the food. *Without YOU, this would not have been possible!*

PAM SMITH



*Continued on next page...*



# Why is the NALC Food Drive such a great event?



*It captures the energy and the generosity of Americans all across this great country of ours!!!*

*Letter Carriers all over the country are joined by a host of others in focusing — **for one day** — on a single linked event to assist those in need.*

**AND?** *Those we help are in each town and city*

*where we live and where we work. The food doesn't get shipped to another area or to some far away country.*



## IT STAYS HOME WHERE IT'S NEEDED!!

### Bakersfield

Downtown Station (93301)	255
South Station (93304)	9743
East Brundage (93305/07)	10276
Hillcrest Station (93306)	11068
Dole Court (93309/12/14)	24520
Stockdale Station (93309)	13620
Camino Media (93311/13)	4500



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# 115,000 Pounds? Yes!!!



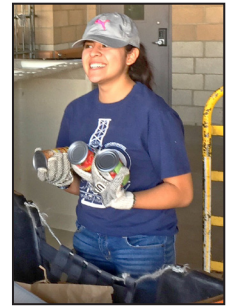
## Sí, se puede

*Yes, it's possible!*

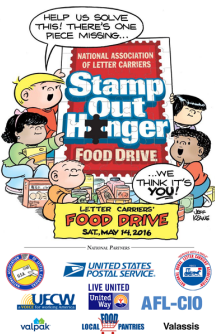
Cesar Chavez and Dolores Huerta and the UFW!



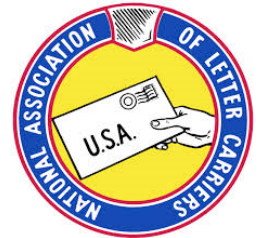
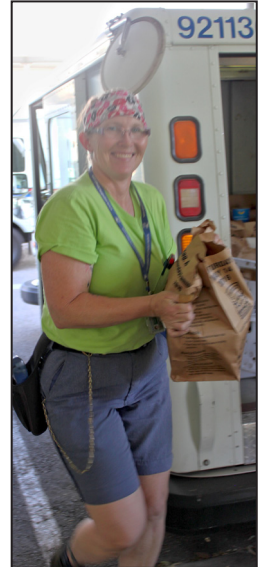
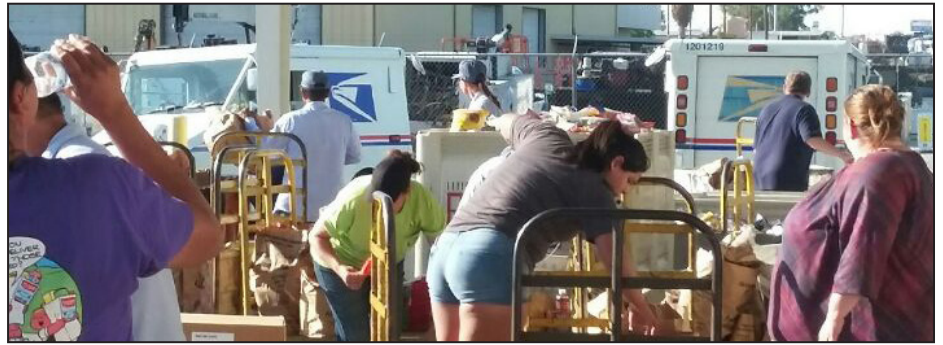
*Thank you to all of the volunteers!!!*



*By the way, we're going to do this next year, too...*







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*A big thank you for all of the pictures goes out to Pam Smith, Eric Ellis, Angie Hernandez, Maureen Andrew, Norma Hamer, Lynnel Howell, Oscar Salazar, Amber LeMaster and Anita Holderman!!!*



# A Tale of Two Congressmen



By Eric Ellis,  
CSALC District 4 Officer

For years, when speaking to Letter Carriers at my home Branch 231 in Fresno and to other Carriers in the Central Valley, I have often been asked: “Why does the NALC support only liberals?” or “How come you only endorse Democrats?”

My reply has always been something like this, “We endorse candidates based on their support of Letter Carrier issues. Period.”

Our support has nothing to do with a candidate’s position on guns, abortion, or environmental issues. To illustrate this point, our NALC endorsed candidates range from Rep. Nancy Pelosi (D) on the left to Rep. Ed Royce (R) on the right. To be sure, a majority of candidates we support *are* Democrats. Why? Because — by and large — Democratic politicians support a strong, public United States Postal Service and our collective bargaining rights.

But we DO support Republicans when they support us. Supporting us means that he or she will sign on as a co-sponsor to House Resolution 12 (expressing the sense of the House that 6-day mail delivery be continued), H Res 28 (expressing the sense of the House that door delivery be continued) and H Res 54 (expressing the sense of the House that service standards be brought back to July 2012 standards — in other words, the restoration of overnight processing of first-class mail).

We do reach out to all politicians through our legislative program. We assign a Congressional District Liaison (CDL) to every member of Congress. In many cases, the CDL has a great relationship with his or her congressman and regularly keeps in touch, keeping the lines of communication open and informing him or her of legislation affecting the USPS. We

also help elect NALC-friendly politicians through our Carrier Corps program, whereby Letter Carriers

precinct walk and phone bank on behalf of endorsed candidates. As Letter Carriers, we can sign up as e-Activists by going on [nalc.org](http://nalc.org). As e-Activists, we are informed when our union needs us to make a phone call or take some other needed action. We can also give five dollars per pay period to the Letter Carrier Political Fund (formerly COLCPE), so that we can contribute to politicians



who will vote to sustain our standard of living and the viability of the USPS employer. Like Speaker of the House Paul Ryan, there are many politicians who would love to privatize the USPS and slash your benefit package. Work to protect your and your family!

To understand how our endorsement process works in the case of two aforementioned races, I will paraphrase a parable Jesus used.

One politician ran for office promising he would support 6-day delivery and our issues generally. We supported and helped get him elected to Congress. During his year and a half in Washington, he has refused to sign on to any of our resolutions or bills. So guess what? We are endorsing and will work for his opponent to be elected. Who am I talking about? The congressman who promised us the moon and then walked away from us is Steve Knight (R-25th district). His opponent is Bryan Caforio, who is our endorsed candidate.



On the flip side (in the 21st Congressional District) the incumbent Republican did not seek our support for three years. *For the record, he did not ask for it.* While in the California State Assembly, he voted for a non-binding resolution (AJR 28) which called on the Postmaster General to take all measures to continue



6-day mail delivery. But otherwise, we had very little contact with him. Recently he has come around. On at least two occasions, as a member of the House Appropriations Committee, he voted to keep 6-day delivery. He also signed on as a co-sponsor of House Resolutions 12, 28 and 54 and other helpful legislation. He has met with us and offered to help with anything we need. As evidenced by the pictures in your newsletter, he even

walked with a Bakersfield Letter Carrier during the Food Drive. While I am a registered Democrat and sit on the executive board of my local central labor council, ***I here state that Republican David Valadao has earned our NALC endorsement.***

And, if other Republicans would follow his lead, I would welcome them with open arms as well!

As we embark on another election cycle, I urge you to vote for the following NALC-endorsed friends of Letter Carriers: President (dual endorsement Hillary Clinton/ Bernie Sanders- both Democrats), U.S. Senator (Loretta Sanchez-D), Rep. David Valadao (Republican-21st District), and Bryan Caforio (Democratic challenger-25th District). There is no endorsed candidate for the 23rd Congressional District, but keep in mind that *Rep. Kevin McCarthy has refused to sign on to ANY of our NALC endorsed bills or resolutions.* This means Republican Congressman McCarthy is NOT your friend. And not mine!

# Minutes of the April 2016 General Meeting

The regular meeting of Branch 782 was called to order by President Mike Towery at 7:00 p.m. on the 26th day of April, 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 except Treasurer, Molly Biggar and Trustee, Teresa Ortega. The stewards were present from Arvin, Avenal, Brundage, Camino Media, Delano, Edwards, Hillcrest, Oildale, Shafter, South, Stockdale, Taft and Wasco. Also present was the Newsletter Editor, Basil Zuniga; Photographer, Anita Holderman; Assistant Treasurer, Debbie Guillet; Assistant Recording Secretary, Norma Hamer; OWCP Rep, Rick Gerdes and Frank Martinez and Paul Greenfield of the Social and Recreation Committee. The minutes of the March 22, 2016 minutes were read and accepted with no additions or corrections.

**APPLICATION FOR MEMBERSHIP:** Applications were received from: Kaion Dills, California City; Vincent Jimenez, Ridgecrest; Juan Nunez, Dole Ct.; Lee Ann Benhan, Dole Ct.; Melissa Martinez, Taft; Ashley Yoc, Dole Ct.; and, Rosaura Cardenas, Camino Media

**REPORTS OF STANDING AND SPECIAL COMMITTEES:** Basil Zuniga reported that his family folded the newsletter, it went well. He discussed an article in the Web version regarding CCA's converted to regular and their Annual Leave. Mark Ramirez discussed that someone filed a fraudulent tax return under his Social Security number. Paul Greenfield said that there was nothing to report from the Social and Recreation Committee. Kim Gerdes reported that no books were sold this month, there are 905 books remaining.

**UNFINISHED BUSINESS:** Mike Towery reported that 4 CCA's were converted last month.

**NEW BUSINESS:** Mike Towery reported that two more CCA's will be converted effective April 30th. The Food Drive cards are here, the Stewards should pick up the cards for their station tonight. There will be a meeting for all Food Drive coordinators. There will be a budget meeting on April 18th following the Steward meeting. Maria Valenzuela will be a Steward at Stockdale effective May 1st.

**GOOD OF THE ASSOCIATION:** Tom Prall, Dole Ct.; Brian Shellcross, EB and Rosie Padilla, Brundage will retire at the end of the month. Maria Valenzuela will be a steward at Stockdale effective May 1st. Mike Towery sent condolences to Mable Bullis and Tina Harbour who both lost their mothers and CeCe Hernandez who lost her husband this month.

**Treasurer's Report:** Anita Holderman reported for Molly Biggar:

Beginning Balance	\$50,800.74
Dues and Income	\$12,082.67
Total Balance (2/29/16)	\$62,883.41
Total Expenses	\$ 8,066.44
Ending Balance	\$54,816.97

**Financial Secretary's Report:** Anita Holderman reported that \$12,713.36 was collected for the month.

50/50 Food Drive Card Drawing was won by Alan Smith who donated his winnings to the Food Drive cards.

The Drawing for \$400.00 was won by Danny Blair who was present.

There were 42 members and 7 guests present.

The meeting adjourned at 7:26 p.m.

**KIM GERDES**  
NALC Branch 782 Recording Secretary

## Non-Member List April 2016\*

### Downtown Station

S. Kirby  
J. Cruz  
D. Zuniga

### South Station

M. Andresen

### Brundage/East Bakersfield

V. Guerrero

### Hillcrest

*100% UNION!!!*

### Dole Court

D. Morris

### Stockdale

J. Oh  
M. Martinez

### Camino Media

*C. Rodriguez*  
*L. Fladd*

### Arvin

*100% UNION!!!*

### Avenal

*100% UNION!!!*

### California City

*100% UNION!!!*

### Delano

C.V. Quebral  
D. Barreto

### Lamont

*100% UNION!!!*

### Ridgecrest

G.D. Schatz

### Shafter

M. D. Voights  
L. M. New

### Taft

B. M. Krier  
K. J. Hughes

### Tehachapi

B. C. Den Beeman  
*C. Rosales*

### Trona

*100% UNION!!!*

### Wasco

*100% UNION!!!*

\*CCA names are in Italics.  
There are currently only 19  
non-members who work with us.

# KNOW YOUR RIGHTS

Those who came before you earned them for YOU. We owe EACH of them our thanks and our respect!!! If you don't know your Rights, you don't have any...

## *In Memorium*

### Walter Heer

February 9, 1921 - April 26, 2016

Our Dad, Grandpa, Great Grandpa, and best friend, Walter Heer, went home to be with the Lord on April 26th after a brief hospitalization. Walter was one of four children born to Arthur and Ida Heer in Greenway, South Dakota.

Walter left home at the age of 16 to join the Civilian Conservation Corp and joined the US Army at the age of 17. Walt fought during WWII in France after landing on Normandy Beach. He always spoke favorably



about his time of military service. After his military discharge, he moved to Bakersfield where he met and married Lucille Heer. Together they had one daughter, Cheryl.

Walter retired from the U.S. Postal Service in 1977 after more than 30 years of service starting as a Letter Carrier and retiring as the area maintenance supervisor. Walter could fix anything so a job as a maintenance supervisor was a perfect fit.



Dad loved fishing! Frequently, after walking his mail route, he would hike into the Kern Canyon with a buddy to fish the Kern River. Hiking over Mt. Whitney was another of his adventures. Summer vacation always meant a trip in the travel trailer to a location where fishing occurred. After retirement, he spent three months each year salmon fishing on the Klamath River with his family. After the passing of his wife he joined a local gym where he met Roberta Jack who became his best friend and companion. In addition to going to the gym five days a week, they enjoyed going to Cayucos for a month for more than twenty years.

Walter is survived by his daughter Cheryl Biggar (Bruce), best friend Roberta Jack, Lucille's children Vernetta Stark, Marlean Manoogian (Leo), and Jim Dale as well as eight grandchildren, seventeen great grandchildren, and five great-great grandchildren. He was preceded in death by his parents, wife, three siblings and one son.

Burial was at Bakersfield National Cemetery on May 10th at 10AM.

In lieu of flowers, gifts in Walt's memory may be sent to Wreaths Across America ([bakersfieldwreathproject.org](http://bakersfieldwreathproject.org)) which is dedicated to placing a wreath on **EVERY** US veteran's grave at **EVERY** National Cemetery.

Published in *Bakersfield Californian* on May 5, 2016

Today and Everyday



# LEST WE FORGET..

by Judy Kerstein, NALC Branch 3 Insurance Representative

My father served in the South Pacific during World War II. Like many Veterans, he never talked about his Army service.

My father passed away years before my mother. With her passing, I inherited a box full of ‘stuff’. Since its contents looked to be mostly old photos of eras gone by, I never went through the contents..... until recently.

To my surprise, the box contained my father’s WD AGO form. The WD AGO (or War Department Adjutant General’s Office) form was a Veteran’s discharge papers from the military or Navy. In 1950 they were replaced by the first DD Form 214s which are still used today.

Military discharge papers represent a record of a service member’s time in the military. It contains pertinent service information along with awards, medals, rank, military history and even civilian information.

It was interesting to learn that my Dad served almost four years in the Army, with 23 months in the “Pacific Theater”. He was in Southern Philippines, Luzon and New Guinea. He contracted typhus overseas 4 months before V-J Day, the day of victory over Japan by the Allies.

What was surprising to me were the decorations, citations and medals listed he received while serving. Where any of them went, I’ll never know. But for someone who dropped out of high school years before the US entered WWII, my father rose to Staff Sergeant in the Headquarters Company 3rd Battalion 152nd Infantry.

I suspect that his rank earned him the mustering out pay of \$300.00 in 1945. It seems a rather small sum for protecting our freedom.

I would like to have my Dad’s service citations, medals and awards. He earned them. They are a part of my family’s history. More importantly, they represent his duty, honor and sacrifice.

Military Veterans and next of kin of a deceased veteran can request military records.

“Next of Kin” is defined as a surviving spouse that has not remarried, father, mother, son, daughter, sister or brother. Obtaining records is available through filing Standard Form (SF) 180, Request Pertaining to Military Records.

For members with internet access, the form and instructions can be found at <http://www.archives.gov/research/order/stand-form-180.pdf> on the National Archives and Records Administration web site. (Hard copies of the form and instructions will be available from union office.)

The form allows you to request discharge papers, official military personnel file, medical records; and/or medals, citations and awards.

The form is only one page and the instructions also list where to send the request which is based on service branch.

Note that records are divided by veterans discharged, retired or died in service less than 62 years ago, or more than 62 years ago which is in the instructions. Even active and reserve military personnel can make a request using the form.

Obtaining my father’s service medals and awards will take several months. All requests are researched and verified before fulfillment. I hope at least one NALC Branch 3 member finds this information helpful in recovering or finding their military service history or a family member’s.

This month we celebrate Memorial Day. It should **NOT** be considered *just* another contractual holiday.

It’s a day to remember our service men and women: those who serve, those who did serve and those who gave the ultimate sacrifice.

**BUT DON’T JUST THANK A VET ON MEMORIAL DAY; THANK THEM EVERY DAY...LEST WE FORGET.**

This article is courtesy of the Buffalo, New York NALC Branch 3 *BUZZ* published in April 2016. As is suggested by Judy Kersten, we should honor our Vets each and every day! Lest we forget...

**W**hen military Veterans leave the service, many of them look no further than the *OTHER* service—the U.S. Postal Service—for good jobs. With about 130,000 Vets on its rolls, including one in four Letter Carriers, the USPS is the largest civilian employer of Veterans. Many Veterans adjusting to civilian life, including those returning from combat in Iraq and Afghanistan or *other unknown battle zones*, find that carrying the mail is a good career.

Military service gives Veterans the essential qualities of a Letter Carrier—and then some—including physical toughness, a can-do attitude, the desire to serve their communities, reliability, capable situational awareness, and the courage and steadiness to deal with the unexpected or to step in when they confront an emergency.

Serving the community by going out on a route alone is a taken-for-granted essential part of a Letter Carrier's job. AND it requires someone who is reliable and trustworthy!

**Veterans DO fit the bill!** Veteran Joe Hall states, “A lot of Veterans have discipline, and with discipline comes integrity.” Hall added, “It means doing the right thing when no one is looking.”

The Postal Service is similar to the military in other ways. We wear a uniform. We do our job as part of a unit — with thousands working together to make the improbable happen every day—moving millions of pieces of mail and visiting nearly *every* home and business in the country six days a week. Our achievements are measured collectively as union members, too.

We function as one unit. If we make good numbers in the Food Drive, we do it as a unit. If we raise a lot of money for MDA, we do it as a unit. Our training dictates that success is a **team** effort!

And when new Carriers come to the workroom floor, it's often the Carriers with military backgrounds who are first to welcome them and help them learn the ropes and find their place, just as they would have with new troops, sailors, airmen and riflemen.

## The outdoor factor

There's another, more practical trait that many Veterans bring to the job of carrying mail. Many Vets enjoy physical activity and learn to deal with bad weather. And when cold or heat or rain or snow get in the way, they're used to “biting the bullet”.

**THANK YOU  
BRANCH 782  
VETERANS!!!**

In fact, some Veterans say they look forward to the challenge of bad weather.

“Those were the days I *wanted* to be outside,” Army Veteran and retired Yonkers, NY Branch 387 member Sam Riti said. “Trampling through snow was fun!” His Army experience prepared him for the challenge of delivering his route. Riti walked a tough route in Colonial Heights, NY, for 27 of his 39 years with the USPS “Seven miles a day; nothing but hills and steps,” he said.

“That combination of physical and mental toughness makes a typical Veteran ready to carry mail,” Riti said. And, as he says, “Where there's a will, a GI **WILL** find a way to get it done.”

## A good landing spot

By 1987, half the Letter Carriers on the street had served in the armed forces. That proportion has dropped. But, as the conflicts in Iraq and Afghanistan have wound down (and as the Postal Service begins hiring Carriers at a faster pace) Vets seeking jobs may push the number higher again.

When they take the exam for a postal or other federal civil service job, Veterans may get a certain number of “preference points” added to their passing score (based on when or where they served, disability, or other factors). That could help them get hired faster. As the Postal Service has begun hiring City Carrier Assistants (CCAs), the opportunity for Veterans to find a good landing spot in the civilian workforce by becoming Letter Carriers is growing. And the NALC encourages this hiring practice!

“The Postal Service is a good landing place for Veterans entering civilian life,” NALC President Fredric Rolando said. “The USPS needs their skills and their attitude. Joining the USPS is a good way to start. It's a great job to continue to serve America and your community.”

Furthermore, “Veterans have given so much to the NALC and the Postal Service,” Rolando said. “Longtime NALC Letter Carriers who served in the military deserve our thanks! And to those just joining our ranks—**WELCOME!!!**”

This is a modified (abridged and augmented) version of an article which originally appeared in the May 2014 *Postal Record*.



# Fred Acedo escapes from hospital!

from the  
editor-guy:

When Mike Towery called out for S.A.N.E. Fred Acedo during the roll call at our General Meeting on April 26, I reported that Fred wasn't in attendance because he'd stayed home fighting bronchitis.

A few days later, I received a call from his wife, Toni. She informed me that Fred had been admitted to the hospital. She sounded tired. She said Fred now had a lung infection and a fall led to where he was.

When I got to the hospital, I found Fred sleeping and Toni keeping vigil. She told me that he hadn't eaten in thirty hours. Apparently, he had been coughing continuously, was weak from lack of sleep, and — when he got out of bed in the morning — had keeled over and hit his head. (I guess, blood thinners really do work and this caused some concern about a possible brain bleed...) After a few minutes, Fred woke up and he and Toni filled me in on some of what they had been going through.

For days, Fred had been having a hard time breathing. By May 1, both he and Toni were a little concerned and decided that they needed to get him to the doctor.

Following an initial assessment and x rays, the doctor came in and told Fred that she was going to give him a shot in each hip and asked if he minded. He dropped his drawers and, taken aback, Doctor Gregorian told him that he'd only needed to pull his pants down a few

inches. Fred responded with, "Doctor, I was in the Navy..."

This was followed by lab work and a breathing treatment. Because the doctor soon determined that his situation would probably necessitate more intensive care, Fred and Toni found themselves in the emergency room at San Joaquin Hospital.

He was in the hospital for four days and went through numerous CT scans, blood draws and other "invasive" procedures. Although they wanted to keep him there until May 5, Fred (in his own words) "had to beg on his hands and knees" to go home.

He was released on May 4. But, his problems weren't over.

His breathing problems persisted. Additionally, his medications seemed to be out of whack and they were back in the doctor's office....

Today, on May 14, while he's feeling stronger and finds breathing a little easier he still doesn't have much energy. In fact, he shared that he hasn't even really wanted to draw any cartoons (but he says that the trip to the hospital has given him a lot of material to work with...). So, he warned me that he *is* going to be back in the cartoonist saddle soon.

The doctor did tell him that he needs to work at "breathing deep" so that he can loosen up whatever is still clogging things way down deep in his lungs. And, he's glad that he can.

**T**his isn't Fred's first major health issue "rodeo". Twenty-two years ago, he and Toni dealt with an equally serious event.

Fred was at work in Bakersfield's Hillcrest Station. He remembers that there was an announcement that Jane Barrett was going to be giving a standup. As he got ready to turn from his case, he noticed that the numbers on the case labels seemed to be "floating" in the air and things seemed "hazy". He says that he passed out and probably pitched forward where he hit his head on the ledge and then fell backward and hit the floor. (He doesn't think they had the standup.)



## And he had help...

If you've read this you may have noticed that a sense of "Fred *and* Toni Acedo" comes up a lot. They've gone through all of this together...

Toni shares that she is still in kind of a "survival mode". "All of the days have kind of run together and, in some senses, it's been like a nightmare."

She is so worried that he might fall again that, "I am his shadow." Where he goes, she goes. Holding his hand *every* time he goes to the bathroom, making sure that he *always* follows all the medical orders, and also *making sure* his medications are all in order is part of her daily routine.

There are at least 20 bottles of meds that they must keep straight — some have to be taken at certain times, with or without food, not lying down, etc. and etc.

Toni shared that sometimes she thinks that both she and Fred are "going nuts".

**But, Toni also says, "Fred really is Out There...but he's coming back!"**

When he woke up he was in the hospital and the nurse tending to him had been a girl that he used to date when they were in high school. (In fact, it was the girl's father that was his impetus for making the decision to join the Navy. But, *that's* a subject that might turn into a future article!)



The Doctor explained to Fred and Toni that he needed heart surgery. Within a few days, a mechanical aortic valve replaced the one which had stopped working. (For some context, Fred had four valves. One no longer worked. One had a “flutter”, but he’d been told when he’d been in the Navy that he did have a slight murmur. And, two valves were keeping him alive — but only barely.)

While the doctor told him that all of those years spent walking up and down those hills as a Letter Carrier probably made his heart strong enough to keep him alive, it was the USPS that contributed to other problems. Because (believe it or not), Fred’s health wasn’t a particular priority for management at his station.

After the open heart surgery, Fred was off work for only six weeks and returned to Hillcrest on Light Duty. He recalls feeling pressured by supervisor Sandy Morales because she would tell him, “We don’t need Light Duty people, we need people to carry.”

He decided that he would get back out there and get her off his back.

He now feels that it was this push by management to get him out on the street too soon that led to other issues which stemmed directly from the heart surgery and the work climate he had to deal with.

**B**ut, all of this is now in his rear-view mirror. Looking forward he feels the need to share a few things. He knows that, for most of you, his thoughts probably won’t sink in because you’re not ready.

So, do you want to know what Fred is thinking about?

At some point in time, it *WILL* become “your turn in the barrel”. If you don’t realize this now, you will someday.

We think, “If I hop that fence, I can save a few seconds...somebody might have mentioned that there could be a dog in that yard, but I can still run pretty fast....”

and, besides, what can happen? Me hurt? That’s never going to happen!”

Much like the day you first realize that you’re no longer 21 (because of your creaks and groans) you will be shocked in the future when you are faced with your own life-changing event.

And, you know what? You may or may not get through it.

Fred, happily, got through this one.

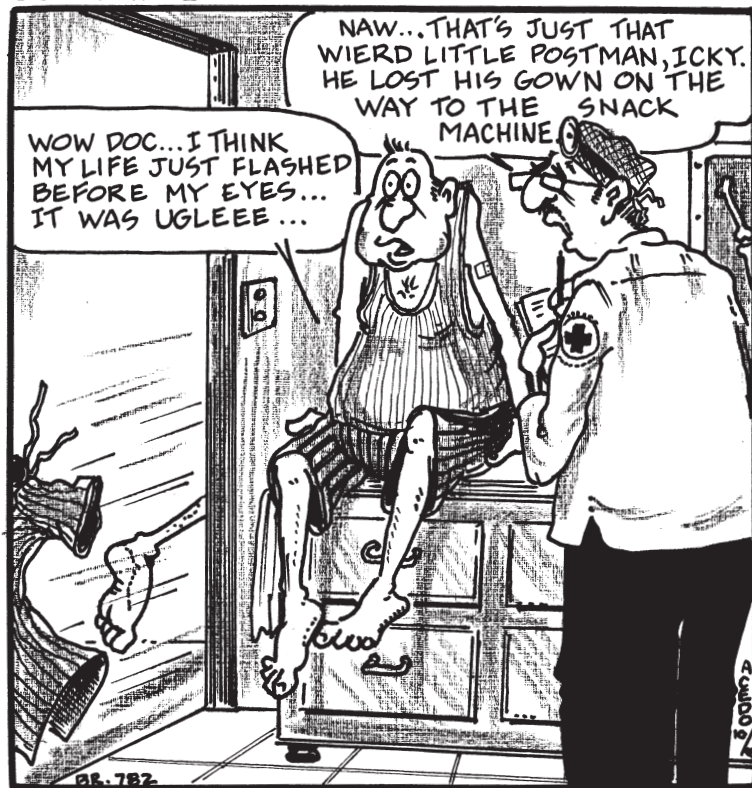
He’s also emphatic that, without Toni, what he’s gone through would have been so very much harder! It hasn’t been anything that either of them would have chosen to do. But, going through life together is what they do.

Fred knows that he’s not the only person to face health issues. He’s not the first and he certainly won’t be the last.

BASIL ZUNIGA

# “OUT THERE”

## OUT THERE



## OUT THERE



**Have an idea  
for a cartoon???**

**Fred Acedo  
BR. 782 S.A.N.E.  
P.O. Box 6532  
Bakersfield, CA 93386-6531**

# 2016 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
Prescription Drug Program	1-800-933-6252
CVS/Caremark Specialty Pharmacy	1-800-237-2767
Durable Medical Equipment	1-888-636-6252
<b>"24/7 Nurse Hotline"</b>	<b>1-877-220-6252</b>
CVS/CareMark Pharmacist	1-888-636-6252
Solutions for Caregivers (24/7)	1-877-468-1016
CIGNA PPO Locator Line	1-877-220-6252
CIGNA Organ Transplant Approval	1-800-668-9682
Quit for Life (Tobacco Cessation)	1-866-784-8454
CIGNA Health Rewards (Discounts)	1-800-558-9443
<b>CIGNA Plus (Dental Discount)</b>	<b>1-877-521-0244</b>
Disease Management Program	1-800-227-3728
OPM Retirement Info Center	1-888-767-6738
Federal Information Center	1-800-333-4636
Social Security Administration Info	1-800-772-1213
PostalEase Human Resources USPS	1-877-477-3273
Quest Lab Services (Bakersfield)	(661) 631-8520
LabCorp Lab Services Bakersfield	(661) 631-9258
<b>Shared Services Option 5 live person</b>	<b>1-877-477-3273</b>

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

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

**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"**

### "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."

Many immunizations are Free (Adult/Child) when 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**



# Health Prescription: Humor from Mark Ramirez!

Life's Demerit System: In the world of romance,  
one single rule applies — **MAKE THE WOMAN HAPPY!**

**Do something she likes, and you get points.**  
**Do something she dislikes, and points are subtracted.**  
**You don't get any points for doing something she expects.**  
**(Sorry, that's the way the game is played.)**  
**Here is a non-exhaustive guide to the point system:**

## SIMPLE DUTIES

- You make the bed. (+1)
- You make the bed, but forget the decorative pillows. (-10)
- You throw the bedspread over rumpled sheets. (-3)
- You go out to buy her what she wants (+5) in the rain (+8)
- But return with Beer. (-5)

## PROTECTIVE DUTIES

- You check out a suspicious noise at night. (+1)
- You check out a suspicious noise, and it is nothing. (0)
- You check out a suspicious noise, and it is something. (+5)
- You pummel it with an iron rod. (+10)
- It's her pet Schnauzer. (-30)

## SOCIAL ENGAGEMENTS

- You stay by her side for the entire party. (+1)
- You stay by her side for a while, then leave to chat with an old school friend. (-2)
- Named Tina (-10) Tina is a dancer. (-20)
- Tina has breast implants. (-40)

## HER BIRTHDAY

- You take her out to dinner. (+2)
- You take her out to dinner, and it's not a sports bar. (+3)
- Okay, it's a sports bar. (-2)
- And its all-you-can-eat night. (-3)
- It's a sports bar, it's all-you-can-eat night, and your face is painted the colors of your favorite team. (-10)

## A NIGHT OUT

- You take her to a movie. (+1)
- You take her to a movie she likes. (+5)
- You take her to a movie you hate. (+6)
- You take her to a movie you like. (-2)
- It's called 'Death Cop.' (-3)
- You lied and said it was a foreign film about orphans. (-15)

## "OuT tHeRe"



## YOUR PHYSIQUE

- You develop a noticeable potbelly. (-15)
- You develop a noticeable potbelly and exercise to get rid of it (+10)
- You develop a noticeable potbelly and resort to baggy jeans and baggy Hawaiian shirts. (-30)
- You say to her, "It doesn't matter, you have one too." (-80)

## THE BIG QUESTION

- She asks, "Do I look fat?" (-5)
- (Yes, you lose points no matter what)
- You hesitate in responding. (-10)
- You reply, "Where?" (-35)
- You give any other response. (-40)

## COMMUNICATION

- When she wants to talk about a problem, you listen, displaying what looks like a concerned expression. (+2)
- You listen, for over 30 minutes (+50)
- You listen for more than 30 minutes without looking at the TV. (+500)
- She realizes this is because you have fallen asleep. (-4000)

**Send this on to all of the gentlemen you know to refresh them on the point system.**

# Newest members of "The Last Punch Bunch" Congratulations!!!



Rosie Padilla, Brundage (Seniority Date: 10/26/1985)  
Tom Prall, Dole Court (Seniority Date: 1/26/2002)  
Brian Shellcross, East Bakersfield (Seniority Date: 6/30/1983)

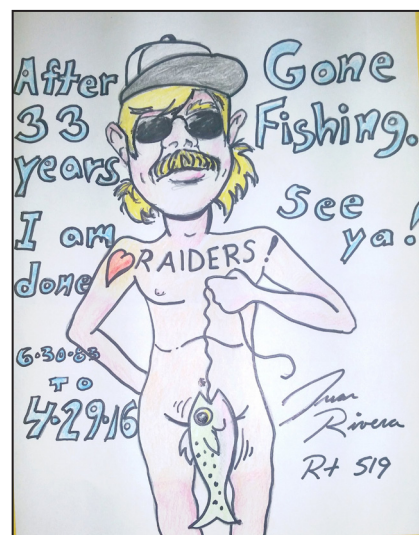
## Brian "Gone Fishing" Shellcross

to start his long career as a Letter Carrier. It doesn't seem "young" Brian made much of an impression at Hillcrest because — right after he passed probation — Brian was shipped off to Stockdale station where he spent a year before he finally came home to EB. And, it is at EB where "young" Brian spent the rest of his thirty-three years pounding the pavement, delivering the mail, and growing "mature"! Brian spent over twenty years on the same T-6 string until, about roughly 8 years ago, he finally took the jump and got his own route, 510.

Where to start about my good friend Brian Shellcross? Well how about way back on June 30th 1983 when a young 26 year old lad named Brian came walking into the old Hillcrest building



In 33 years Brian was **NEVER** bitten by a dog; **NEVER** had an accident; and **NEVER** had an on-the-job injury! **BRIAN SAVED UP OVER 3200 HOURS OF SICK LEAVE IN HIS CAREER!!!!**



He is a member of the "Million Mile Club" for driving **OVER A MILLION MILES** without an accident! (There is a rumor that Brian is also a member of the "Mile High Club...")

EB is where I came to know Brian. Since February of 2003, I've been going to lunch with this guy four days a week along with *many* other good friends over the years. There have been people like "The Colonel" AKA Jose Gonzalez,

Juan, Joy, George, Barbara, Angie, Tony, Dan, Teresa and on and on. As you see, Brian is a popular guy at EB. He is humble, pleasant, and always ready to help someone out! Just a great friend and nice guy! And, his "naked" cornbread was a potluck favorite! (Now, *that's* a story you should ask him about in person...)



As a Shop Steward, I've got to admit, I found myself exasperated trying to explain a "rule" or situation to Brian a few times. But, at the end of the day, I miss you buddy! I even miss your mullet and grin. **Enjoy that hard earned retirement fishing and hunting, Bud!** I mean — eventually — **EVEN YOU** have to get lucky out there one time. (And, remember next time you go hunting, don't fall off the mountain side *again*.) Brian: Lunch is at the same place, same time...

PAUL SALAZAR  
East Bakersfield Shop Steward



Brian is looking forward to the time he will get to spend with his grandson, David.

*It was fun working with a celebrity. I always enjoyed when he would bring a Mr. Rogers video to watch. Mr. McFeely speedy delivery, you will be missed.*

**GILROY MANGLICMOT**

*To Brian the best guy in the whole world! Enjoy your fishing and the rest of your life! I'll miss you! (P.S. "Go Raiders!")*

**GEORGE DUARTE**

*Brian. it was fun working with you but now you can enjoy life and live it to the fullest. Have a great time doing all kinds of fun stuff. I'm going to miss you!*

**YURI GARCIA**



Padilla started out her career as a Letter Carrier on October 26, 1985.

She was assigned as a PTF to Brundage Station and her OJI was Chris Shaw. After some time, then-Station Manager Art Ornelas and supervisor John Trice asked her and Carmen Castillo if they wanted to go to the GMF as a Carrier. They didn't. David Kinglee was transferred instead.

Ultimately, Rosie never left 93307 duties! She bid Route 719 in 1988 and got it because (as a way long route!!!) **NOBODY** else wanted the job. It was one of the first routes which was primarily NDCBU delivery and it was a change from what everyone else was used to.

When asked, Rosie — like every other person — shares memories of her many experiences. Some are similar to yours. On the other hand, some may not be.

One October, when she was seven months pregnant, then-supervisor Gordon Corey sent her to the 05's and said, "I have a *peanut* for you to carry." It turned out to be a "mountain goat" route! It was really hard!

About two months later on December 24, Rosie was in the office casing mail when supervisor Joe Diaz decided to send her to help out on the street instead of Ralph Moeller. (If you do the math, she was nine months pregnant!) She went into labor and telephoned Joe to see if he wanted her to bring the vehicle back or if was going to send somebody out to get her. (As she would tell her young son, "It was time to take the baby out!")

On December 26, Rosie called the office to tell Manager Audrey Albitre that she'd had a baby boy. The response she got from Audrey was, "I knew you'd left work early but didn't know why..."

The Brundage Station that Rosie started out in is completely different than the big spacious building she retired out of. The old building had no parking for customers on the street. The space wasn't wide enough to accommodate a car between the two driveways that framed the building. There was so little employee parking that most folks parked in the church parking

*Continued on next page...*

## "Rosie" Padilla Gone Route 127 Sales

It was the 1980s, Rosie enjoyed her job working as a telephone receptionist for Kern County. However, she needed to make a little more money...so she took a test for a Post Office job.

Together with Gordon Corey, Ute Fritz, Diane Chavez, and some 45 others, Rosario

OUT THERE



lot next door unless there was a funeral... Then, the church would post a notice: "Post Office people — No Parking".

In time, because the "new" Brundage Station was such a big building, all of the Carriers from East Bakersfield (93305) were relocated from their old unit on Kentucky Street.

For some reason, there still exists some kind of an invisible wall between the 93305 and the 93307 units. Although they

clock in at the same point, and they have combined standups, they don't have much interaction.



However, being the kind of a person that Rosie is, she would often "cross the line". The clerks would use a nutting truck to distribute mail which came off the trucks and they would sometimes leave it in the 05's. Rosie would then tip-toe over to get the nutting truck. *That's* how she met Paul "Grumpy"



Salazar. And, Rosie knows that you get more nutting trucks with honey than with lemon juice...

Joe Dangler was an 07 Carrier who baked birthday cakes for co-workers. Knowing her birthday was coming, he asked her what kind she wanted. She said that a chocolate cake would be great.

On her birthday, Joe showed up and asked her to cut her chocolate cake. Rosie went into the swingroom and started cutting. The knife was having a hard time. She just knew that Joe must've had some kind of a baking disaster. She shifted the knife and found she couldn't portion out a piece of cake no matter what she did.

As Rosie turned, people were standing behind her stifling laughter. **Joe had covered a sponge with chocolate frosting!!** Later, she took the "cake" home to take pleasure in seeing her family get "got", too!

Rosie doesn't plan to slow down. She just got back from a cruise and is planning on hitting the "Route 127 Yard Sale" in August. (Look it up on the internet!)

And, yes, she still says, **"I'll Go Home!"**

## This wasn't in Tom Prall's Plan

It was definitely not supposed to have turned out this way *again!* Tom wasn't ready to retire. He hadn't even been thinking about it. But, he'd been feeling *really* tired for quite awhile and jokingly told his wife, Becky, that he *didn't* want open heart surgery...

**Like everyone else, Tom's USPS journey started out long ago.**

After being raised in rural Missouri, he decided to see the world and enlisted in the U.S. Navy in 1988. After graduating from bootcamp, he was assigned to sea duty aboard the a USN fast frigate, the *USS AINSWORTH*. In time, he was selected for a special AEGIS school (look it up) It is the USN ballistic missile defense system.



After rigorous testing, he passed his qualifications. But, because of his new skills, his options were limited and and he found

himself in Florida aboard another ship. His new duty station was the cruiser *USS LEYTE GULF*.



Tom was soon involved in drug interdiction campaigns in the Carribean with U.S. Coast Guard personnel which he really enjoyed. He was then assigned to Recruiter duty out of the Los Angeles "area". Because of his rural background, the USN deemed him a perfect fit for duty in Bakersfield... (Oh, along the way, he "recruited" Becky to be his wife!)

Laughing, he recalls his first date with Becky. He invited her to attend the Navy Ball in Los Angeles where he was scheduled to receive an award. When they got there, he discovered to his horror that he had — somehow, stupidly, "Oh, No!", "How can this be happening!!!?!?!?" — forgotten his dress uniform at home! As Tom became more and more and more agitated, Becky remembers wondering, *"What have I gotten myself into with this guy?"*

Tom loved Navy life. A knee injury changed everything. In 2000 anticipating that a medical review board would take months, he was completely floored in ten days as his Navy career ended.

Fast forward two years. Working in Taft in an oilfield job, Tom hears from Becky that the USPS is having a special test for Veterans with service-related disabilities. He tested. Only two months later, he got a call from the Personnel Office on Pegasus. He was told, "You are scheduled for orientation tomorrow. Be there."

His first unit was Stockdale. On his last day of probation, he was called into the office and the manager, (Paul something or other), told him that he was being let go. He was bothered, but he didn't think that he could do anything about it. He was surprised to get a call from Mike Towery. Mike told him that he felt that there was a good chance that he could get his job back because of the way in which the decision had been made by management. But, Mike also said, "You might have to go to a different station."

When Tom showed up at Dole Court, he carried any number of assignments and, about three years ago, bid Route 1202 when it was posted. He felt there was no chance he was going to get it. Mike Towery said, "Go for it." To his surprise, he got the route. And Route 1202 was "home" until he hit his latest speedbump...

**W**hat happened? By December 29, 2015 it seemed like all he wanted to do was take a nap. It had gotten to the point where he was feeling more than bothered about it. Looking for a quick fix, he went in to the doctor's office on December 29 and was shocked to be told that he needed an angiogram. His heart seemed to be having some problems.

The angiogram was aborted because it was determined that it would be too medically dangerous. While he was in recovery, Becky was summoned by the doctor who gave her a grim prognosis: Tom might have — *AT MOST* — two days to live. His diagnosis was that he had congestive heart failure.

Tom had atrial fibrillation. But, more importantly, he needed open heart quadruple bypass surgery to have any chance of survival.

On January 1, 2016 (two days later) he was out of surgery. After a five day stay in the hospital, he was home where Becky and his daughter, Grace, did what they could to make him comfortable and to help him follow all of his doctor's orders.

Becky recounted that —after the initial shock — they knew that things were going to change. After his surgery, Becky became really worried about his mental state; and, Tom grew concerned about how bad his memory seemed to be. But, their new routine soon became the new normal. They even point out his numerous orange pill bottles that are perched on the counter in the kitchen and joke that they have all added to the decor.

While, Tom always considered that it would just take a short time and he would be back at work, it hasn't quite worked out that way.

Some two months after the surgery, his doctor told him that his working days were over. *Once again, Tom was looking at an abrupt end to a work world that he really enjoyed.*

Then something happened that was a providential twist. While recuperating at home, Tom received a USPS letter in the mail. Because he was a member of a group of employees who had more than ten years of service, he was being offered an "early out" **retirement** if he met the criteria. He called Mike Towery to ask him if he knew anything about this letter being sent out.

Mike checked it out and told Tom, "Yes, you do qualify."

For Tom it was pretty much a no-brainer. Although the amount in a pension that he would be getting as a postal retiree would have been much higher had he been able to stay for a few more years, he is still extremely relieved to be eligible for the most important benefit of all: Health Insurance!

While there are some things that he will miss about being a Letter Carrier, he isn't hesitant about sharing his opinion about how the organization is run. He really enjoyed all of the Carriers that he came to know. He also felt that John Espinoza was a Manager who showed a lot of class and knew how to work *with* people. But, he's not going to miss "Postal mis-management"!!

For now, Tom is focused on continuing to get stronger so that he can truly have the quality time that he wants to have with Becky and Grace for as long as possible. They are his world!

# Membership has rewards...

**Could  
YOU  
Really  
Win  
\$500?**

Each and EVERY month, Branch 782 sponsors a drawing to encourage **YOU** to come to our Meeting\*. *There WAS a winner in April 2016!!!*

**Danny Blair won \$400!!!**

NOW, THE PRIZE WILL BE \$50 IN MAY. IT WILL INCREASE \$50 EACH MONTH UNTIL THERE IS A WINNER — OR UNTIL IT HITS THE MAX LIMIT OF \$500

*\*The fine print: TO WIN THE MONEY YOU HAVE TO BE PRESENT WHEN YOUR NAME IS DRAWN!*

# Harrington's Spotlight

## Battle of the Stations PART 10

It is hard to believe it has been *TEN YEARS* since that 1st Annual bowling tournament was launched.

This year, we had **twenty-five teams** representing ten different units. (six Bakersfield stations, three teams from the AO's and the Plant.)

I do have to admit that I was disheartened that we couldn't get a team from Downtown. But — *maybe* — next year right guys?)

It is *ALWAYS* great to see all employees (Carriers, clerks, Mail Handlers, Maintenance, and Management) come to the event to have fun and represent their station! As always, team spirit was in the air with different color shirts and creative team names.



# 10TH ANNUAL BATTLE OF THE STATIONS

April 17th 2016 Regency Lanes  
820 Real Rd Bakersfield, CA 93309

A BIG THANK YOU TO THE BAKERSFIELD SOCIAL REC COMMITTEE

\$100 per team | First to pay, first to play | Lanes are limited

**Rules** Each station must have at least 2 teams to qualify for Top Station award. Team must consist of 3 of 4 players from that station (Retired employees are welcomed). Top 2 scoring teams from that station will be used. The more teams you have, the better the chances you have to win.

**Categories** There will be 3 categories (Men, Women, and Co-Ed.) Awards will be presented to the top two teams from each category. Top individual female and male bowler awards.

Send Your Entries To  
**Elizabeth Sanchez**  
PO Box 21364  
Bakersfield, CA 93390

## RAFFLE PRIZES

Music Provided by  
**Imagine that**  
www.e-maginetthat.com

**Previous Winners**  
2007 Stockdale  
2008 Dole Ct  
2009-13 Kentucky St  
20014-2015 Dole Ct

**More Information**  
Lisa Sanchez 661-747-2888 after 4pm  
Jeff Harrington 661-378-0975

**Deadline April 8th**

**Check In**  
10:00 am

**Start Time**  
11:00 am



Moreover, I must report that this is the *very first year* that each category was so **EXTREMELY** close throughout the entire competition.

In fact, after each game I went around and erased the scores to try and keep people in the dark in regards to who was leading. But, after the 3rd and final game, we did have our winners!

**TOP Female Team** honors went to "Hillcrest Gutter Gals".

**TOP Male Team** went to Camino's "Most Wanted".

**TOP Co-Ed Team** went to Hillcrest's "10 Pin Mafia".

Our individual awards were SUPER close. On the female side, **Diane Ryder** from Dole Court bowled a 213 in the last game to pull out **Top Female Bowler** honors and squeak by Hillcrest's Lou Gutierrez by 4 pins. (WOW!!!) Special note: Stockdale Marty Martinez had **Top Overall Individual Game Score** with a 222!!!!

Sigh, I did have clerical error on the Male side... I awarded Antonio Avery **Top Male Bowler**. (I am SO sorry!!!) The award *really* should have gone to to East Brundage's **John Ortega**. (I later gave him that award at his station.)

The winner of the **TOP Overall Station** award was SUPER close!!! Winning by only 22 pins was **CAMINO MEDIA** station. **CONGRATS!!!**

A lot of work goes into putting on "Battle of the Stations". A special Thank you goes out to Brundage Station's Lisa Sanchez, Dole Court's Devin Patterson, and South Station's Anita Holderman. A big thank you goes out to Social Recreation Committee

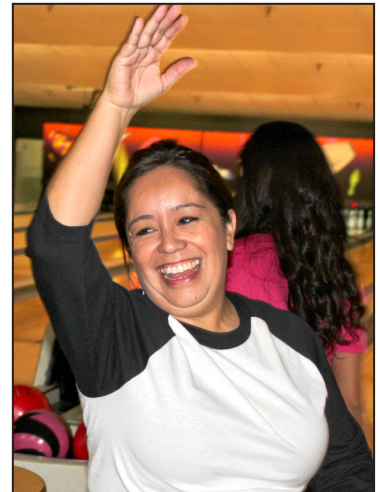
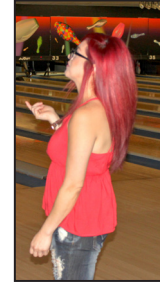




for donating money for prizes! I am hoping next year that each of the units that didn't participate will get their team spirit back out there. It really *IS* a lot of fun!!!

Any suggestions for future bowling tournaments? Let me know! (Jeffharrington@hotmail.com).

JEFF HARRINGTON  
"Just Another Day in Paradise"



Continued on next page...



## Top Female Bowlers Total Pin Fall

- Diane Ryder (Dole Ct) - 492
- Lou Gutierrez (Hillcrest) -488
- Lorriane Clemmons(Hillcrest)- 448
- Annette Ortega(Stockdale)- 421
- Shelly Minzer (Taft)- 403



## Top Male Bowlers Total Pin Fall

- John Ortega (Brundage)-537
- Antonio Avery(Camino)- 525
- Ralph Rameriz (Camino)-510
- Jeff Harrington (Dole Ct) -505
- Rodel Pangaldo (Camino)- 504
- Marty Martinez (Stockdale)- 496
- John Russo (South)- 486

*We had a great time!!!*



## Top Ten Stations Total Pin Fall

1. Camino Media- 3235
2. Hillcrest -3213
3. Dole Ct -3088
4. Stockdale -3053
5. Plant -2863
6. East Brundage- 2844
7. South - 2803
8. Delano - 2638
9. Taft - 2466
10. Tehachapi - 2283
- (Downtown - No Show)



**John Ortega**  
Brundage

**Diane Ryder**  
Dole Court



# So? Who were folks on teams?



**Gutter Girls**  
Valerie Tweedy  
Becca Gomez  
Teresa Gutierrez  
Lout Gutierrez

**Fire Balls**  
Shari Sharpe  
JoAnn Weeks  
Deven Patterson  
Catrina Mebae

**10 Pin Mafia**  
Pam Smith  
Roel Analiz  
Lorraine Clemmons  
Ronnie Mireles

**The Little Rascals**  
Emanuel Chavez  
Jazmin Martinez  
Carlos Violante  
Richard Romero

**Odd Balls**  
Marie Valenzeula  
Tood Whitson  
Paul Pineda  
Christine Guajardo

**Mountain Thunder**  
Maryann Reddig  
Dave Thomas  
Rob Brown  
Buddy Turner

**Dirty Carpet Boys**  
James Flores  
John Hardin  
Joe Dangler  
Alex Dang

**Glamour Girls**  
Sara Owens  
Tina Yingst  
Melissa Almaguer  
Shelly Mizner

**The Unaccountables**  
Candice Brown  
Stacey Adams  
Elizabeth Sanchez  
Kimmia Gardea

**Here for the Beers**  
Stacey Flippin  
Marty Martinez  
Andrew Hennesse  
Anthony Zuniga

**Bi-Polar Rollars**  
Albert Sanchez  
Kimberly Vine  
Maureen Purcell  
Jeff Harrington

**Guzzlerz**  
Gracie Silva  
Serina Ornelaz  
Cindy DeLeon  
Jorge Vaquera

**The Bowling Stones**  
Neil Morales  
Johnny Martinez  
Jason Johnson  
O.C. Johnson

**Original Goof Balls**  
Mike Meza  
Ray Moya  
Everett Jennings  
Rudy Heer

**Looking for Turkeys**  
Sheila Wiley  
Judy Kyoshi  
Annette Ortega  
Kim Pumphreys

**1st Class Divas**  
Angie Garcia  
Dahlia Meza  
Sandra Rios  
Margie Vega

**Prestige World Wide**  
Glen Ryder  
**DIANE RYDER**  
Kevin Vindiver  
Dean Looker

**Cute Chicks & 1 Goat**  
Angie Hernandez  
Barbara Bernal  
Joy Cordova  
Richard Manzo

**Going Postal**  
Jennifer Hernandez  
Paul Hernandez  
Lucinda Martin  
Jason Munoz

**Main Ball Bearings**  
Alfredo Velasco  
Vince Avilla  
Adrian Rivera  
Chris Scorr

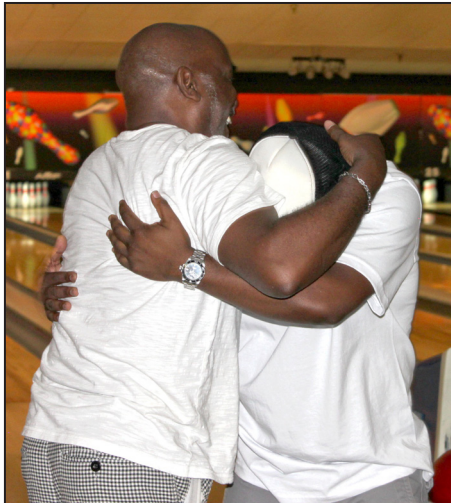
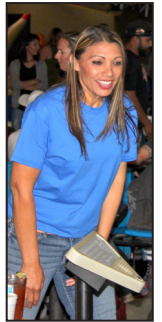
**Balls of Thunder**  
Stacy Castillo  
Yvonne Esquivel  
Erika Moya  
Maria Gutierrez

**Four Stooges**  
Ruben Gonzalez  
Paul Greenfield  
Sal Garcia  
**JOHN ORTEGA**

**Tommy's Balls**  
John Rosso  
Darryl Holderman  
Neil Kramer  
Tommy Herrera

**Camino's Most Wanted**  
**Ralph Ramirez**  
**Joel Blanco**  
**Rodel Pangaldon**  
**Antonio Avery**

*Continued on next page...*



*Pictures courtesy of Anita Holderman!  
If you didn't see your picture, check out the April web version.*

"Out tHeRe"



Come to a Union meeting. We've got the right answers for you. Really? Yup.

If I work less than a full day, do I still get a break?

What is a grievance?

Can I get USPS money to pay for a uniform?

Who do I ask?

What is Harassment?

Letter Carriers Have a Health Insurance Plan? Is it any good?

# Do's and Don'ts

by Mark Terry, NALC Branch 92 Executive Vice-President

Given some of the issues I've heard throughout the Branch over the past few months, I thought it would be a good time to review some of the "Do's and Don'ts" of being a Professional Letter Carrier.

## Don't sign for a customer's mail piece!

There are Carriers out there that think they are doing their customer a favor by signing for a piece of mail and leaving the piece in the box or at the door. This can backfire in unintended ways. Sometimes the customer does not want the piece. Sometimes the customer does not realize the importance of the piece and it gets set aside. Sometimes the piece ends up missing and your unauthorized signature is the only evidence. *Don't let this happen to you.* Fill out and leave a Form 3849 if they are not there to sign for it. (There is a Form 3801 that can authorize someone to sign for a customer, but I would not recommend entering into something like this.)

## DO deliver all bulk mail to the address

even if you think or know the customer does not want it. We all meet customers that verbally ask us or leave written instruction to not deliver bulk mail. We *do not* have the authority to stop the delivery of any piece of mail (barring safety). Customers can write "refused" on a piece and we can take it back, but

we cannot filter what mail gets delivered. Even when management has known of these arrangements or even approved of them in the past, they develop amnesia once the Postal Inspectors get involved. *They will not help you.*

**Don't disobey a direct order**, unless it is unsafe or illegal. The old adage is "follow the order now, grieve it later". If something needs clarification ask for a Steward. If one is not available, follow the order to the best of your ability. Do not get pulled in to an argument. If you think it may have been a contractual violation, talk to a Steward. **IF YOU FEEL IT IS UNSAFE, BE PREPARED TO JUSTIFY THAT THERE WAS REAL DANGER.**

I was once getting walked for a 3999 by a small office Postmaster. When we pulled up to a park-and-loop park point there was a loud crack of thunder and flash of lighting. As he started out the back door I asked him where he was going. I explained that nobody should be walking out in a lighting storm. He looked at me like I had two heads. He said he had never heard of that before. I suggested we could continue to my inside delivery apartment building, we could wait, or he could walk it alone. He decided to move to the apartment building, but I was prepared to refuse the

order to walk that loop if he had given it. 45 minutes later we were done with the apartments and the storm had blown over. The next day I saw on the news that, two people in Portland had been hurt when they were hit by lighting from that exact storm.

**Do save sick leave.** *THE ADVANTAGE OF A GOOD SICK LEAVE BALANCE CANNOT BE OVERSTATED.* I have never met anyone who developed a serious health condition that ever said "You know, I wish I had less Sick Leave".

But beyond this obvious value there ARE some benefits you might not have thought of. What might those be?

If the day comes that you want to transfer to another office, one of the main metrics they will consider is Sick Leave. If the day comes that you are fighting unjust discipline at an arbitration, arbitrators often give positive consideration to employees with a good Sick Leave balance. *When* the day comes that you can actually retire, your Sick Leave balance can add to your work year retirement calculation (= \$).

Now I know what many of you are thinking. "Is he saying I should come to work when I'm really sick?" **NO, that is NOT what I am saying.** (But, there ARE three important elements to build a strategy for saving Sick Leave. If you want to know what these are, you will have to read the next Branch 92 newsletter...)

Article courtesy of the Portland, Maine March-April 2016 Branch 92 *Carrier's Corner*

# Route Protection — Always!

## Let's talk a little bit about route protection.

I have been having this conversation a lot lately especially with several of the associate offices where managers are doing street evaluations on Carriers. Also, we've had some conversations amongst the Stewards on this subject.

First, let me say that I don't know the purpose of management performing the street evaluations other than maybe to change their DOIS numbers or just to harass you.

Having said that, you should keep in mind that DOIS numbers don't matter to you the Letter Carrier. These numbers are *just* a tool for management. They shouldn't be trying to hold you to their DOIS numbers! More importantly, you shouldn't be struggling to make their DOIS numbers either.

For example, you submit a PS Form 3996 for the day asking for 45 minutes of over-time and management comes to you and discusses your 3996 — as is required of them. Then, they tell you they have only approved you for 15 minutes. What should you do?

Of course, you should ask management what they want you to do with the *other* 30 minutes that you asked for.

From there, management should give you clear and concise instructions as to what they want you to do. They shouldn't give you conflicting instructions such as, "I want you to carry it all." Or, "Don't go over the 15 minutes I have approved."

At this point you should ask to see a Steward because they are giving conflicting instructions.

So let us move into "route protection" and what I possibly see in the form of route adjustments for the future. I don't foresee any route adjustments being done during contract negotiations as things could possibly change during these negotiations.

by Chris Snyder, President  
NALC Branch 1227

Anyone that has been through route adjustments remembers that they send a team into the office and count every piece of mail that you have to perform an "office count". They then go to the street with you and walk/drive with you all day and record your data for a day or series of days.

I believe that those days of having an inspector walk with you and mail volume counts are probably done with. Now they have — shall we say — "eyes in the skies" on us at all times.

I foresee a future where management takes certain days of the year or a certain week to develop your performance/ route times. Maybe they will use the GPS data that they have to denote how long certain segments take. Who knows what will happen?

I bring this up because there are things that each of us should be doing to protect our route times. Here are *only a few* of the issues that I see on a daily basis:

**1.** Incomplete/almost non-existent vehicle check in the morning after you clock in?

Not only is this a safety issue but you are also shorting your office time by not performing this full and complete check.

**2.** Not clocking over to the correct function on the time clock when throwing flats, working parcels, working on edit books, or on waiting/standby time? You are inflating your office time. And there *IS* a record...

**3.** By grabbing your neighbors hot case or flats on your way back (to help them out), you are inflating your

office time *AND* shorting your neighbor's office time. I know that we all want to be nice and save someone the trip but, as you should know, *every* minute counts in our business.

**4.** Working DPS, EDDM, or circulars by either casing, breaking into loop segments, or breaking bundles while on waiting/standby time? You are shorting yourself office time and street time on this one.

**5.** You have something to do today so you're going to hurry up and "gitter done". (I realize that there are important things in life and I have been there before with kids ball games and stuff but my advice is that you work at the same pace and do your job the same way day in and day out. Try and work it out with management before resorting to shorting your street time for the day.)

**6.** Getting and setting up scanner in the morning before you clock on? You *again* are shorting your office time.

I am no clairvoyant, but in this data driven environment I would venture to say that the future of route adjustments will be based on office and street *data* rather than a physical count. You will not know what days or what week(s) that they will choose. It might be the week that you had all of your mail brought to you by your neighbor thus shorting you 3 minutes...

### "OuT tHeRe"



which happens to be the same week that you didn't check your vehicle and shorted yourself 5 minutes...and the same week that you had something to do all week long and so you ran to get done at 3:30 every day and shorted yourself 30 minutes of street time...

Guess what? YOU just added 38 extra minutes to your route. **What???**

Hopefully you see my point here!

Realize how important it is to do your job the same way day in and day out. We are expected to provide an honest day's work for an honest day's pay!

And, while I may be only showing you how this affects you as an individual, you need to realize something else which is just as important...

**You need to know that what you do affects everyone in the office!**

As territory is transferred from one route to another it becomes an issue if someone is shorting their legitimate route times. By the time management finishes the adjustments, one route could be "short" and now becomes either an auxiliary or is eliminated completely.

Just be smart. Be Professional each day!

Article courtesy of the Wichita Falls, TX NALC Branch 1227 Red River Carrier published in May 2016. Thanks, Larry Snyder!

## Workhour Workload Report (All Routes) ← 1.

Delivery Unit: SOUTHPARK – 55555

Date Range: 05/05/2011 – 05/05/2011 ← 2.

Route	Office Time							OBI	Street Time					SEI	Total Time			TEI	Volumes					
	Act AM	AM Asst	Proj AM	AM Var	Act PM	PM Asst	Proj PM		PM Var	Act Str	Str Asst	Proj Str	Str Var		Act Total	Proj Total	Total Var		Total Cased Ltr	Total Cased Flt	DPS	FSS	Seq	PP

# Knowledge Can Make You Powerful...

The above is an example of a Workhour/Workload Report. It was originally used for JARAP (Route Inspections) and then for CDRAP.

Management is to post these numbers *DAILY* so Carriers can check the information and can make sure the correct information is being calculated.

After the negotiations for the new Contract, it will be known what the criteria for new route inspections will be. *It is important that we Carriers know how to correctly read the Workhour/Workload Report! I look it over every day and so should you!!*

So, what's this information all mean?

On the far left you will find the route number. Next to the route number is **ACT AM**. This is the *ACTUAL* office time used in the morning by the Letter Carrier.

**AM ASST** is the Actual Office Assistance time used. **ACT PM** is the Actual Office Time used in the afternoon by the Letter Carrier.

**PM ASST** is the Actual Office Assistance provided.

**ACT STR** is the Actual Street Time used by the Letter Carrier.

**STR ASST** is the Actual Street time for any Auxiliary Assistance provided to the route.

**ACT TOTAL** is the Actual AM Office Time + AM Office Assistance + Actual PM Office time + PM Office Assistance + Actual Street Time + Auxiliary Street Assistance.

**In the Volume area:** The Total Cased Letters, Total Cased Flats, Total DPS Volume, Total FSS Volume, Total Sequenced mail, Parcels and Totals of everything delivered that day.

**I FIND IT VERY IMPORTANT TO CHECK THE VOLUME TOTALS DAILY.**

If you give a parcel count of 10 for the day and 20 is actually input and you got it done in 8 hours, look for your base parcel count to go up. Check the volume daily!

**ALWAYS** check your times and any Auxiliary Assistance that you received for the day. Check your street times against what actually occurred on the said day. Check your volumes and see if it matches up to what you had. If there are any discrepancies, notify your management and have them change it to accurately record the correct data. You will need to make note of any errors.

If your management team is unwilling to correct the errors, you will need to talk to your Steward.

There are also projected times listed on the report for office times and street times. These times are meaningless as they have zero effect on a route's evaluation or adjustment.

It is **ALWAYS** in your best interest to know how to properly read the Workhour Workload Report. Look at it daily to keep an eye on the data that is input to your route.

**Protect all of our jobs!**

Article courtesy of the Oklahoma City, OK May 2016 NALC Branch 458 Sooner Script.



from

# Kim Gerdes

## Recording Secretary

We hope you consider ordering a Fred Acedo **Out there** cartoon book!!

Over 130 pages of cartoons featuring our Letter Carrier world can now be yours for an amazingly low cost!!

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"



You can also order by contacting me via e-mail at "krgerdes91@hotmail.com". Or, you can call me at the phone number on the bottom of this page. The book and projected shipping costs are provided below. You can even share *your* work life with family and friends with this book as a Christmas gift...

Finally, I want to present you with another example of Fred's work. Enjoy!

Dear Kim Gerdes, NALC Branch 782 Recording Secretary

Please send me \_\_\_\_\_ **Out there** book (s)! I know people who will love them!

Name and address for shipping: \_\_\_\_\_



One book is **\$7**. Two books cost **\$10**. (Postage 1 - 4 books is \$6.45. 4 - 7 books cost \$6.80..) We ship via USPS Priority Mail Flat Rate box. (For larger orders, these are still the best rates.)

NALC Branch 782 ● 2628 F Street ● Bakersfield, California ● 93301 ● (661) 834-2059



# A Guest Editorial: Don't get stuck in OPP!

by Brad Hieb, NALC Branch 231  
CCA Liaison

**A**t the April Union Meeting, Branch 231 President Richard Najera talked about something that sparked an idea for a topic:

## A Steward's job is to defend the Contract, not the individual.

This was said because *some* people have voiced their displeasure because *they* feel certain Carriers might not deserve Steward representation. In *their* eyes — *THAT* Carrier is a "bad Carrier".

I have witnessed this type of mentality throughout the years from different Carriers at different times. From my experience, this way of thinking doesn't have any productive outcome and can alienate you from your co-workers or infect your co-workers with the same mentality. This, in turn, can affect the morale of your zone or even station depending on how widespread it gets.

I call this "**Other People's Performance (OPP) Syndrome**".

Someone with OPP usually makes negative comments about how long a certain Carrier takes to do his or her route and then will say how they could do it so much faster.

The issue I see with this is the Carrier saying all this is never the "fastest" Carrier in the station. There are other Carriers that could say the same thing about them. But, the "fast" Carriers are too busy focusing on their own work to worry about others.

Another complaint from an OPP Carrier is that a *certain* Carrier gets away with (fill

in the blank); or, *THAT* Carrier should have been fired a long time ago. The funny thing is, it doesn't take much to notice that the OPP Carrier is far from perfect in their Carrier duties and have just been lucky that management has yet to catch on.

I've sometimes also noticed the OPP Carrier start to slip on their own duties using the "bad Carrier" as an excuse (such as: "If so and so is still here then I can't be fired either".) This is a shame because the ones that suffer ultimately are the customers.

The OPP Carrier will focus so much on others that they get angry and disgruntled and create a bad vibe around themselves. This can lead to a sort of depression where the Carrier starts despising fellow co-workers and then becomes unhappy with their job.

I don't know about you, but *I love this job!* We have minimal interaction with our supervisors and most of our day is spent outside without someone constantly looking over our shoulder.

Another great thing about our job is the fact that *we are not to be held up to other people's performances.* We are all dif-

ferent and we all have a different speed at which we are efficient. The key is that we are responsible for getting the mail delivered to the right place in a safe manner.

If someone isn't doing this, my advice would be to approach that Carrier away from others and try working with them to improve their work.

## Don't get stuck in the OPP Syndrome!

When you see it, stay away or try to stop OPP before it gets out of control unless its coming from management. Managers and supervisors get paid to worry about Other Peoples' Performance. **Union members SHOULD focus on raising each other up, not tearing each other down...**

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

## The world seen through OPP... OUT THERE



# SUPPORT AMERICAN JOBS! CHECK THE LABEL!

AFL-CIO Endorsed!

Nabisco/Mondeleř is slashing good middle-class American jobs and shipping them to Mexico.

Do YOU know if your favorite Nabisco products are **MADE IN MEXICO?**

Nabisco/Mondeleř has plants in Monterrey and Salinas, Mexico where low-wage workers, in workplaces with lax regulatory standards, are producing Nabisco products.

Make sure your family only purchases Nabisco snacks made by your fellow American workers. **CHECK THE LABEL** on the back of every Nabisco package (near the expiration date and UPC code) before you purchase.

There are **TWO** ways to tell if your Nabisco snacks are **MADE IN MEXICO:**

1

Check for the words "Made in Mexico"



2

Check the plant identification code:

**DO NOT BUY:**

MM = Monterrey, Mexico  
MS = Salinas, Mexico

**DO BUY:**

AE = Chicago  
AH = Portland, Ore.  
AP = Fairlawn, N.J.  
AX = Atlanta  
AZ = Richmond, Va.  
XL = Naperville, Ill.



**DO NOT BUY** Nabisco products made in Mexico and tell your grocery manager to stock **ONLY AMERICAN-MADE** Nabisco/Mondeleř snacks!

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

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

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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).

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Lamont (93241)	Mike Munoz	(661) 304-5516
McFarland (93250)	Bonnie Whitbey	(661) 302-7354
Shafter (93263)	Norma Hamer	(661) 619-1465
Taft (93268)	Mike Meza	(805) 625-4541
Wasco (93280)	Joanne Layton	(661) 204-4928
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South Station (93304)	Darryl Holderman	(661) 487-5353
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Hillcrest Station (93306)	Pam Smith	(661) 979-5854
Brundage Station (93307)	John Ortega	(661) 809-8140
Dole Court (93308)	Mike Towery	(661) 331-9171
Dole Court (93308)	Shari Sharp	(661) 364-5544
Stockdale Station (93309)	Randy Courson	(661) 345-0256
Camino Media (93311/13)	Mike Meza	(805) 625-4541
Mojave (93501)	Delga Loza	(661) 824-8332
California City (93504)	Ryan Gerstl	(761) 373-4180
Boron (93516)	Paula Hogg	(760) 373-8963
Edwards AF Base (93523)	Mike Meza	(805) 625-4541
Ridgecrest (93555)	Lynnel Howell	(760) 382-3030
Tehachapi (93561)	Paula Hogg	(760) 373-8963
Trona (93562)	Lynnel Howell	(760) 382-3030

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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

### May 24 2016

### 7:00 p.m.

Branch 782 Office  
 2628 "F" Street  
 Bakersfield, California

**FORWARDING SERVICE REQUESTED**

# 115,000 Pounds!!



*This is just a preliminary report.  
 Each year food trickles in for a  
 few days. This number is  
 very likely to change.*

For more info see "At the Mike" on page 1...

**"OuT tHeRe"**



*The newest members of "The Last Punch Bunch"!! Info and pictures featured in the web version on pages 14 - 17.*

*They did it one day at a time...  
 You can do it, too. Really? Yes!*



Brian Shellcross  
 East Bakersfield  
 (Seniority Date: 6/30/1983)



Rosie Padilla  
 Brundage  
 (Seniority Date: 10/26/1985)



Tom Prall  
 Dole Court  
 (Seniority Date: 1/26/2002)

Thanks for checking out the web version of our newsletter!!! The print version had 8 pages — web version has 36 pages of info & pix!