

# 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

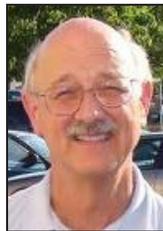


NUMBER 9

WEB VERSION

SEPTEMBER 2015

at the  
**Mike:**



As I have stated  
before, there  
are many  
dedicated  
and talented  
individuals that  
are part of our  
Branch.

While many Carriers seem to think that being involved in the union is about being a Shop Steward (which is definitely a difficult and often thankless job) there ARE other ways to become involved.

Last month I mentioned that since Mark Ramirez retired he has become our "Branch Poet". Another Branch 782 member, Fred Acedo —the Special Assistant Newsletter Editor (S.A.N.E) — has been involved in our local union for years by drawing cartoons for our newsletter. It was quite a surprise the other day when I received a copy of the September 2015 *Postal Record* and saw that Fred had not only drawn the cover but was also highlighted by a well-deserved two page article about his life, his cartoon drawing and the **Out tHeRe** book our Branch has been selling.

While we have always felt lucky to have him as our Branch cartoonist, it was great to see him recognized in our national magazine, All the NALC Brothers and Sisters throughout the country got to know a little about him and his remarkable talent. I hope everyone was able to read and appreciate the article by Mike Shea in the *Postal Record*!

Fred Acedo and Mark Ramirez are just two examples of how to become involved in the union without having to deal with grievances or discipline. I hope to see more of the newer Brothers and Sisters at the next meeting at 7:00 p.m. on September 22. It does pay to attend the meeting! Just ask Debbie Guillet. She was the winner of the \$500 at our last meeting...

"Out tHeRe"



MIKE TOWERY  
Branch 782 President

# **OFFICIAL NOTICE OF NOMINATION AND ELECTION OF NALC "GOLDEN EMPIRE" BRANCH 782 DELEGATES TO THE 2016 NATIONAL CONVENTION**

## **NOMINATIONS**

Nominations for the election of NALC Branch 782 delegates to the 2016 National Convention will be held at the regular Branch meeting on September 22, 2015 at 7:00 P.M. at the Branch 782 Union Office located at 2628 "F" Street, Bakersfield, California. Candidates must accept nominations at the time made or, if absent, in writing to the Branch Recording Secretary within three (3) days after the nominations is made. Nominations may be submitted in writing provided that they are received by the Branch Recording Secretary prior to the closing of nominations at the regular branch meeting in September. Upon nomination, every nominee must certify that he or she has not served as a supervisor for the 24 months prior to being nominated.

By virtue of the position, Branch 782 President and Vice President shall be delegates to the National Convention.

## **ELECTION**



The election will be conducted by secret ballot at the regular meeting on November 24, 2015 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 24, 2015, may obtain absentee ballots by submitting a signed written request to the Election Committee, Golden Empire Branch 782, 2628 "F" Street, Bakersfield, California 93301-1816, at least two weeks before the election. Absentee ballots must be returned to the election Committee by November 23.

Write-in votes are not permitted.

## **ELIGIBILITY FOR BRANCH FUNDS**

Of the delegates from the Bakersfield local area selected to the National Convention, the requirements of eligibility for Convention funds will be: attendance at (10) of the twelve (12) regular General Meetings just prior to the National 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 least two (2) meetings (any combination of regular General Meetings and/or Quarterly Area Meetings) in the twelve months just prior to National Conventions

# Johnny on the Spot



## OIG cites late mail, letter carriers wasting time as reasons in \$7.4m extra workhours cost for USPS Southern California District

USPS OIG Audit Report City Delivery Office Efficiency-Sierra Coastal District (California) is third in the nation. City delivery office operations cover all duties a U.S. Postal Service Letter Carrier performs in the office.

These duties include casing mail (placing mail in delivery order), preparing parcels for delivery, and retrieving accountable items. City Carriers are delivering more packages and fewer letters to more addresses each year. To accommodate these changes, the Postal Service must deliver the increased package volume and maintain efficiency.

In 2014, Sierra Coastal District City Carriers delivered over 2.1 billion mailpieces on 2,711 routes to more than 1.8 million delivery points. City delivery office workhours totaled 1,104,368 for this period.

The Sierra Coastal District's percent to standard was the third highest in the nation, at 117.85 percent.

**BUT...** in 2014, 46 of the Sierra Coastal District's 99 delivery units (46 percent) used 172,601 more office workhours or **about 16 more minutes of office time per day per City Carrier route than necessary**. We (the OIG) estimate these additional workhours cost over \$7.4 million in 2014.

## Inefficient Office Practices

We observed City Carriers at 21 of the 30 delivery units loading mail into vehicles on office time rather than clocking to street time, talking excessively, making multiple trips away from their case and filling out Postal Service Form 3849, Delivery Notice/Reminder/Receipt in its entirety in the office. This resulted in unnecessary office time at these units. Postal Service policy states 'Carriers should proceed directly to their vehicles and load the mail in an orderly fashion after clocking onto street time.' Postal Service policy 10 also states that 'Carriers are to be prompt, courteous, and obliging in the performance of duties, attend quietly and diligently to work, and refrain from loud talk.' In addition, Postal Service policy states that 'Carriers are supposed to fill out only the address on form 3849 in the office.'" These are just some of the "highlights" from the OIG report.

Our newsletter is mailed monthly to other Branches throughout the United States. Likewise other Branches mail their monthly newsletters to us. I have read many of the articles from the newsletters we have received to see what Carriers around the country are dealing with.

A few weeks back, I got an interesting text message. It was from a Carrier in San Diego who stated he had been a union member and a Letter Carrier for 31 years. He stated he had been reading our Branch 782 newsletter and saw my article. What he asked next was mind blowing!! He asked if I was his cousin John "Mark" Ortega. Anyone that grew up with me calls me by "MARK" because my father's name was also John. I called him and told him, "**YES I am your cousin!**" I lost touch with my family years ago (long story). I haven't seen him in almost 40 years... We have each other's phone numbers now and I hope to see him and the rest of his family real soon. I just wanted to share that because you never know what life can bring you.

In Unionism,

JOHN ORTEGA  
Branch 782 Vice-President

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

## Membership has rewards...

Each and EVERY month, Branch 782 sponsors a drawing to encourage **YOU** to come to our Meeting\*. *There WAS a winner in August 2015!!!*

**Debbie Guillet won \$500!**

September will feature a \$50 drawing. If no one wins, it will go up by \$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!

# Minutes of the August 2015 General Meeting

The regular meeting of Branch 782 was called to order by President Mike Towery at 7:00 p.m. on the 25th day of August, 2015 at the branch office, Bakersfield. The flag salute was led by Sargeant-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, Edwards, Hillcrest, Lamont, McFarland, Oil-dale, Shafter, South, Stockdale, and Taft. Also present was the Newsletter Editor Basil Zuniga; SANE Fred Acedo; Webmaster Rick Plummer; Photographer Anita Holderman; Assistant Treasurer Debbie Guillet; OWCP Representative Rick Gerdes and Frank Martinez and Basil Zuniga of the Social and Recreation Committee. The Minutes of the July 28, 2015 meeting were read and accepted with no additions or corrections. Kim Gerdes read thank you letters from CSALC President John Beaumont to Mike Towery and Mark Ramirez for the framed copy of Mark's poem. John Beaumont also thanked the Branch for the donation to the Saxsenmeier Fund.

**APPLICATION FOR MEMBERSHIP:** Applications were received from Anai Garcia and Christal Simpson, Camino Media; Misty Pluard, South and Traci Ellis, Brundage.

**REPORTS OF STANDING AND SPECIAL COMMITTEES:** Teresa Ortega reported that the Picnic will be at Yokuts Park. This year, both sections of the park have been reserved. The laser tag is reserved and Teresa will be reserving the food vendor tomorrow. Basil Zuniga reported that newsletter folding next month will be Dole Ct. He shared with the members that he and Fred Acedo met with retired NALC member Peter Berton recently. Peter has been a big supporter of the "Out There" book. Basil also encouraged members to check out the web version of the newsletter; there is a lot of information about OWCP. Frank Martinez reported that there is a USPS Billiard Tournament on Sunday, August 30. The entry fee is \$10.00 and you may sign up the day of the tournament. Molly Biggar reported that five Acedo cartoon books were sold this month. Webmaster Rick Plummer encouraged members to read the newsletter on the web site. Basil does a great job on the web version.

**UNFINISHED BUSINESS:** Mike Towery reported that the By-Laws Committee will meet following tonight's meeting. The By-Laws changes will be published in next month's newsletter and voted on at the October meeting. Molly Biggar reported that \$867.00 is left to cover the cost of the Food Drive cards. Norma Hamer is keeping track of the 50/50 drawing for the cards. \$332.00 has been collected from the drawing. Basil explained that the Executive Board took an oath to guard the

finances of the Branch. Faced with the unexpected expense of the cards, they approved paying for them, and then worked out a way to pay back the Branch.

**GOOD OF THE ASSOCIATION:** Mark Ramirez read his poem "The Post Office Must Survive — Authorized by the U.S. Constitution of 1775."

**FINANCIAL SECRETARY'S REPORT:** Anita Holderman reported that \$18,489.83 was collected for the month of July.

**TREASURER'S REPORT:** Molly Biggar reported

Beginning Balance	\$72,717.90
Dues and Income	\$12,491.59
Total Balance	\$85,209.49
Total Expenses	\$13,357.33
Ending Balance	\$71,852.16

The 50/50 Food Drive card drawing was won by Hermie Encinas who donated her portion to pay for the cards. (\$25./\$25.)

The drawing for \$500.00 was won by Debbie Guillet because she was present. (And she said she called it!!)

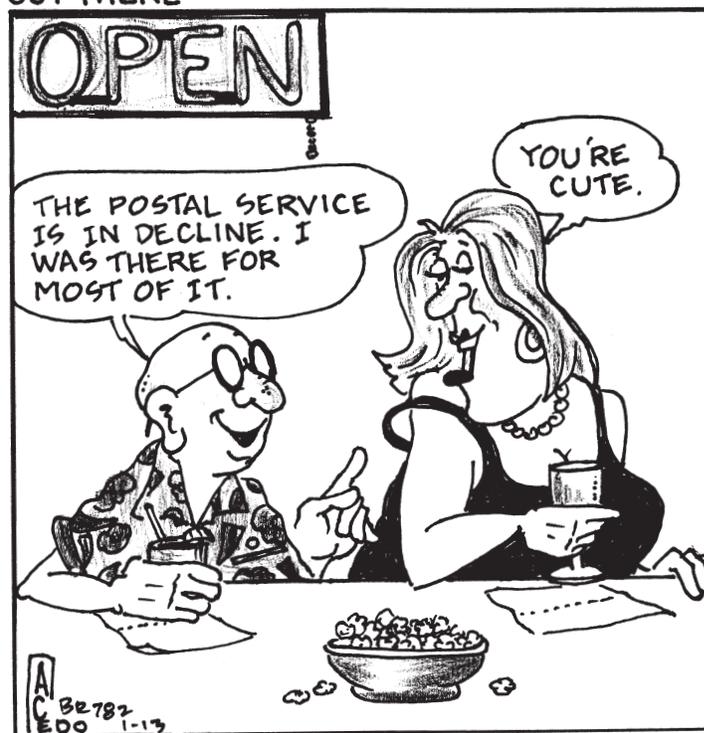
There were 42 members present.

The meeting adjourned at 7:31 p.m.

Respectfully submitted,

KIM GERDES  
NALC Branch 782 Recording Secretary

## OUT THERE



## Non-Member List July 2015\*

### Downtown Station

S. Kirby  
J. Cruz  
*D. Zuniga*

### South Station

**100% UNION!!!**

### Brundage/East Bakersfield

D. Kinglee  
J. M. Gonzalez

### Hillcrest

**100% UNION!!!**

### Dole Court

D. Morris  
S. Hancock

### Stockdale

J. Oh  
*M. Martinez*

### Camino Media

*C. Rodriguez*  
*P.S. Dhillon*

### Arvin

**100% UNION!!!**

### Avenal

*J. A. McCulloch*

### California City

**100% UNION!!!**

### Delano

C.V. Quebral  
D. Barreto

### Lamont

**100% UNION!!!**

### Ridgecrest

G.D. Weaver

### Shafter

M. D. Voights  
L. M. New

### Taft

*A. Veach*  
B. M. Krier  
K. J. Hughes

### Tehachapi

B. C. Den Beeman

### Trona

**100% UNION!!!**



### Wasco

**100% UNION!!!**

\*CCA names are in Italics

There are 20 non members

# The history of Labor Day: It's NOT just another day off...

On the first Monday of September, the United States celebrates “Labor” Day.

## *But just what is “Labor” Day?*

The fact is, while most of us are happy to get the day off or go to a parade, most of us don’t know the history behind the holiday — only that it’s been pegged as the last day of the year that you can wear white.

The first “Labor” Day parade was held September 5th, 1882 in New York City to celebrate the strength of trade and labor organizations and to host a festival for workers’ families. But there are conflicting theories as to who created the holiday. Some say that it was Peter J. McGuire of the American Federation of Labor, but others argue it was Matthew Maguire who proposed the holiday while serving as the secretary of the Central Labor Union of New York. What is clear is that the celebration became an unofficial annual affair in New York City held on the first Monday of September. Other states and cities were following suit by 1885, after some urging from the Central Labor Union.

But the history of Labor Day isn’t all parades and parties. Strikes and riots also played a huge role, as in Chicago’s Haymarket Riot — where eight people died — and was a major setback for the organized labor movement in America.

Then, after the Pullman Strike in 1894 — a nationwide railway strike — President Grover Cleveland extended an olive branch to unions, and designated “Labor” Day a federal holiday. But, rather than celebrate the holiday on International Workers’ Day on May 1, which has Communist ties and was just days before the anniversary of the Haymarket riot, President Cleveland went with a date designated by McGuire ... or Maguire

Today, the holiday is synonymous with the start of the school year, and storewide sales and discounts. *Ironically, because of those sales, employees at stores like Wal-Mart are forced to not only work on Labor Day, but work extended hours. ADDING INSULT TO INJURY, THEY’RE NOT ALLOWED TO UNIONIZE.*

Source: [www.aol.com/article/2015/...history...labor-day...day.../21231419/](http://www.aol.com/article/2015/...history...labor-day...day.../21231419/)

# 2015 NALC HBP Info

## At a glance...



NALC Health Benefit Plan	1-888-636-6252
*Hospital Pre-Certification	1-877-220-6252
Mental & Substance Precertification	1-877-468-1016
**Drug Prescription Retail	1-800-933-6252
CVS/CareMark Specialty Pharmacy	1-800-237-2767
Durable Medical Equipment	1-888-636-6252
<b>NURSE ASSISTANT (24/7)</b>	<b>1-877-220-6252</b>
CVS/CareMark Pharmacist	1-888-636-6252
Enhanced Eldercare Services (24/7)	1-877-468-1016
CIGNA PPO Dr's & Facilities	1-877-220-6252
CIGNA Organ Transplant Approval	1-800-668-9682
Quit Power (Smoking Cessation)	1-877-521-0244
CIGNA Health Rewards (Discounts)	1-800-558-9443
<b>CIGNA Dental Discount Program</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	(661) 631-9258
Shared Services (Retirees Info!!!)	1-877-477-3273

**NALC Health Benefit Plan**  
**20547 Waverly Court**  
**Ashburn, Virginia 20149**

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

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

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

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

**CVS Pharmacy**

**Some immunizations may require your doctor call in a prescription.**

**Also, not all CVS pharmacies have "Minute Clinics".**

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

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

## CCA Information Section

NALC Consumer Driven Health Plan  
 and Value Option Plan

P.O. Box 182223

Chattanooga, TN 37422-7223

1-855-511-1183

**Check out this PPO: Sendas Northwest Urgent Care**  
**3409 Calloway Suite 101 Bakersfield, California 93312**  
**Phone: (661) 587-2500**

**Sendas Southwest Urgent Care**  
**9450 Ming Avenue, Bakersfield, California 93309**  
**Phone: (661) 587-2500**

**Hours: M-F 8:00 am - 9:00 pm; Sat & Sun 8:00 am - 8:00 pm**

**Acupuncture!! Must be a state licensed or certified acupuncturist. Chiropractic! State licensed chiropractor or D.O.**

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

**\*\* NALC Drug Prescription Program is MANDATORY generic (unless specified by your doctor, at additional cost to member). Preferred retail pharmacy 1st and 2nd fills, you pay 20% of cost of generic/30% of name brand/45% non-formulary. MAIL ORDER/ CVS PRESCRIPTIONS (when NALC is primary): 60 day supply \$8 generic, \$43 name brand, \$58 non-formulary; 90 day supply \$12 generic, \$65 name brand, \$80 non-formulary; **MEDICARE PROGRAM** (when Medicare is primary) Retail network pharmacy: you pay 10% of cost of generic, 20% of formulary, 30% non-formulary. **MEDICARE PRIMARY** (mail order); 60 day supply \$7 generic, \$37 formulary, \$52 non-formulary; 90 day supply \$10 generic, \$55 formulary, \$70 non-formulary; 90 day supply \$4 for NALCSELECT generic (certain drugs); 90 days supply \$4 for NALCPREFERRED generic (certain drugs); NALCSENIOR generic antibiotics are available **FREE** for a 30 day supply, when Medicare is primary (certain antibiotics only).**

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

Our PPO doctors and facilities—through (OPA 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!!! For example: \*CIGNA Weight Loss Program (877) 220-6252

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

# Preparing for upcoming Open Season

Open Season for our 2016 health plan selection will start in November and end the first two weeks in December 2015.

This great union, the National Association of Letter Carriers, was started by dedicated Letter Carriers who put their jobs on the line so that all of us could have better working conditions, a binding national contract, decent wages, retirement *AND* an excellent NALC Health Benefit Plan.

Letter Carriers are very fortunate to have the option of selection of a health plan for themselves and family. They can also change plans each year if they so choose.

As dues paying members of the NALC, we expect NALC President Fredric Rolando and his team of national officers to negotiate with the Office of Personnel Management (OPM) the best health benefit package *designed for Letter Carriers by Letter Carriers*. NALC Director of Health Benefits, Brian Hellman, and his team have done a great job to establish the health care package and premiums we will have for the 2016 year. I will be attending the Health Benefit Seminar this October, and I will report on the changes to our Plan at the November meeting.

As union Letter Carriers, we must do all that we can to support our national officers, and this great union. Part of our support is demonstrated by our being dues paying union members. But there is more that we can do...

Unfortunately, money is the fuel that powers our Congress in Washington D. C. Without our donations and support, we are

just NOT IN THE POLITICAL GAME. And, this “game” can and will dictate our future as Letter Carriers serving this great Nation. This is not “a maybe” or “a could be”, THIS IS A FACT !!! IT IS — AND HAS BEEN — THE POLITICAL CLIMATE IN WASHINGTON D.C. for some time.

Stand on the sidelines and watch, or get on board and contribute as proud union members. Ensure our union and our jobs are here to stay...not just for us, but for the next generation of Letter Carriers who will follow when we are long-gone.

Letter Carriers have the support of our National officers. We, as dues paying union Letter Carriers, *MUST* support our our leaders 100%! This means being a strong participation union member, contributing to our Letter Carrier Political Fund, and being a member of “your” NALC Health Benefit Plan!!

Being 100% union committed is choosing to belong to **THE** Letter Carrier-owned “*non-profit*”<sup>\*</sup> health plan available to union Letter Carriers and their families: **The NALC Health Benefit Plan!** The premiums are excellent, and benefits are exceptional for both active and retired Letter Carriers and their families. (\*Non-Profit? Ask me!! See the info below.)

I am not a “salesman”. But, I can explain how the NALC HBP is a far superior option to *any* other choice you can make.

MARK RAMIREZ

NALC Health Benefit Representative  
Golden Empire Merged Branch 782

## Your insurance company uses *YOUR* money to “reward” the CEO? The **NALC** doesn't!

CEOs of the nation's largest health insurance companies are raking in record salaries right now, earning as much as **\$90,000 per day!**

Mark Bertolini, CEO of Aetna: \$30.7 million — **\$90,029 per day**. (That's a 131% increase over his 2012 compensation.)  
Joseph Swedish, CEO of Wellpoint: \$17.0

million (**\$49,853 per day**); Michael Neidorff, CEO of Centene: \$14.5 million (**\$42,560 per day**); David Cordani, CEO of Cigna: \$13.5 million (**\$39,589 per day**); Stephen Hemsley, CEO of United-Health: \$12.1 million (**\$35,484 per day**); and “*poor*” Bruce Broussard, CEO of Humana: \$8.8 million (**only \$25,807 per day**) (Editor-guy emphasis added).

*According to U.S. Government Affairs, each citizen's health care costs rose to \$7,498 in 2007. Projected costs of \$12,782 per person by 2016 create more stress on an overburdened health insurance system.*

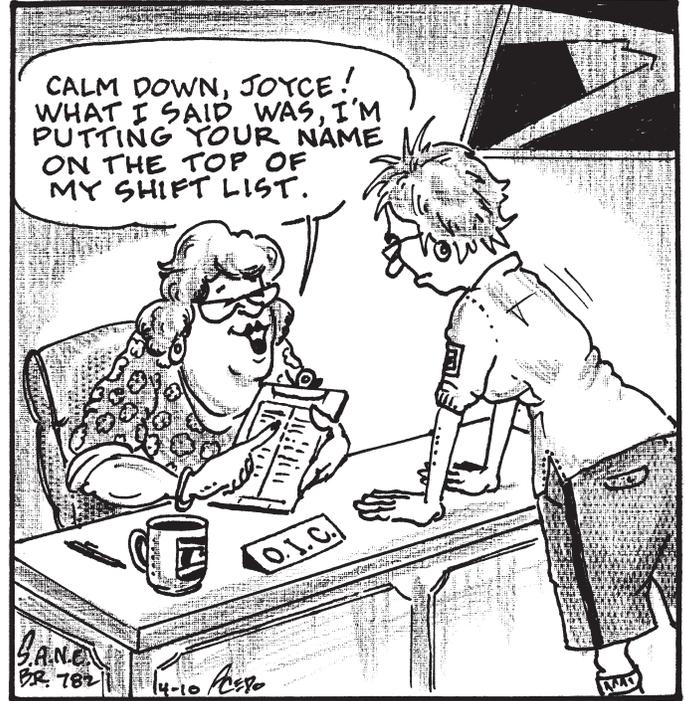
It begs the question: **IS ANY CORPORATE EXECUTIVE REALLY WORTH \$90,000 PER DAY?** That's nearly three times the average *ANNUAL salary* of a U.S. worker... and the CEO earns this *every* day! What contribution could one human being possibly make to a company that could justify this?

Source: Sunday, June 01, 2014  
by Mike Adams, *The Health Ranger*

OUT THERE



OUT THERE

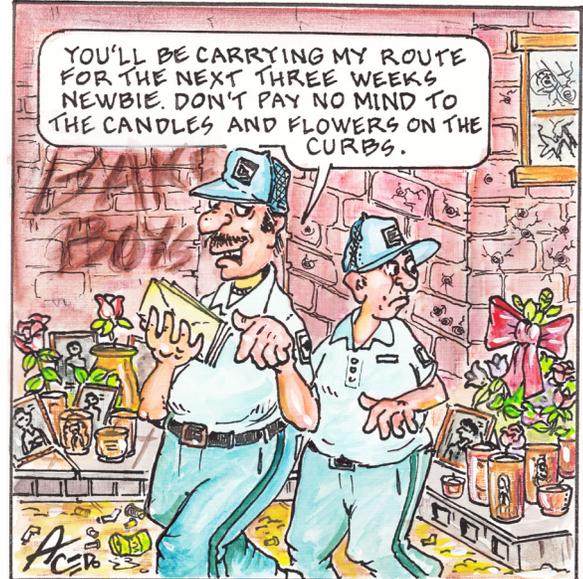


# Have an Idea for Fred?\*

"Out there"



OUT THERE



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

*\*But, you never know what you might get...*

# BRANCH 782'S

*Well,  
E say!*



## ANNUAL PICNIC

**GAMES**

**MEMBER RAFFLE**

**LASER TAG**

**50/50 DRAWING**

**BOUNCE HOUSE**

**FACE PAINTING**

**BALLOONS.....AND OF COURSE FOOD!!**

**SUNDAY OCTOBER 11, 2015**

**@YOKUTS PARK 11-3**

**SERVING FROM 11-1**

**MEMBERS & HOUSEHOLD FREE**

**GUESTS \$10.00**

**HAVE QUESTIONS.....CALL 661-201-3086**

# DOHERTY & DONELON SCHOLARSHIPS

**Deadline: This form must be returned to NALC Headquarters no later than December 31, 2015.**

## 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, 2015.

## 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, 2016. (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, 2016.

## 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 **William 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 2015-16 school year.

I am the  daughter  son  active  
 \*stepdaughter  \*stepson  retired  
 \*granddaughter  \*grandson  deceased

letter carrier \_\_\_\_\_  
of Branch No. 782 City Bakersfield State CA

My name is \_\_\_\_\_  
My address is \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone No. \_\_\_\_\_

Signature of NALC parent member (or spouse if deceased)	Signature of branch officer
NALC parent's Social Security No.	Printed name of branch officer
Title	Date

This form must be returned no later than December 31, 2015, 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.

# 2016 Carl J. Saxsenmeier

## Scholarship Program

The California State Association of Letter Carriers (CSALC) is now accepting applications for the 2016 Carl J. Saxsenmeier Scholarship Program. **All applications must be received by the Scholarship Chair by January 4, 2016.** The Chair will send scholarship packets to all applicants by the end of January 2016. 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 2016 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)

Student's Name \_\_\_\_\_

NALC Member's Name \_\_\_\_\_

Home Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Home Telephone \_\_\_\_\_

Cell / Fax \_\_\_\_\_

Email Address \_\_\_\_\_

Applicant's Signature \_\_\_\_\_

NALC Member Signature \_\_\_\_\_ Relationship to Applicant \_\_\_\_\_

**Local NALC Branch Officer Signature required for verification of member in good standing:**

NALC Branch Officer Signature \_\_\_\_\_ Title \_\_\_\_\_

Branch Officer Printed Name & Branch

Number \_\_\_\_\_ Golden Empire Merged Branch 782



# Member Benefits

## NALC CCA Retirement Savings Plan

The NALC CCA Retirement Savings Plan is a retirement income plan designed for City Carrier Assistants (CCA's) to supplement your pension.

You make small payments to the plan while you're young, so you can receive a lifetime of monthly payments after you retire—**EVEN IF YOU LIVE TO BE 200!**

Under the NALC CCA Retirement Savings Plan, you can also request a guaranteed number of monthly payments.

*City Carrier Assistants who participate in the plan may transfer their Traditional IRA funds to the Thrift Savings Plan once they become career Letter Carriers. The Surrender Charge will be waived in this instance only.*

**YOU** choose the amount you want to contribute to your NALC CCA Retirement Savings Plan. It can be as little as \$15 per pay period (the minimum amount allowed). You may also select your method of payment: MBA can deduct payments automatically from your paycheck, or bill you monthly or annually.\*

With as little as a one-time \$15.00 payment, you can start your NALC CCA Retirement Savings Plan and never have to make any additional deposits in order to maintain your policy in force. *You may also make a lump sum deposit into the NALC CCA Retirement Savings Plan at any time to help build your plan's value. (Just in case you are wondering where you can safely park that lottery winning that won't be long-gone when you actually retire...)*

As your NALC CCA Retirement Savings Plan grows, you can expect to earn competitive interest rates. The plan is tax-deferred, which means you do not pay taxes on any of your interest until you draw on it, further improving your yield.

When you're ready to retire, MBA offers a choice of four ways to collect monthly benefits:

**Life Annuity With Period Certain:** Receive a lifetime of monthly payments. You're guaranteed this income for as long as you live. If you die during a specified period (5, 10, 15 or 20 years), payments go to your beneficiary until the end of the period.

**Life Annuity:** Receive monthly payments through your lifetime. No further benefits will be paid after your death.

**Joint Life Annuity:** You or your beneficiary receive monthly payments as long as either of you live.

**Full Cash Refund:** Receive monthly payments as long as you are alive. When you die, the MBA will pay any money in your account to your beneficiary.

Source: NALC.ORG  
"Member Benefits" link

### "OuT tHeRe"



# FILL OUT THE FORM

By Bill Baxter, NALC Branch 82 Trustee



**W**HAT DO I DO? THIS PROCESS DOESN'T HAVE TO BE CONFRONTATIONAL. Personally, I just pull up my stool, sit down and tell them to put down what will make them happy because that is my goal. To make them happy. But that's me. You know that is what the stool is for. To sit down and have that conversation with your supervisor. You need to know some things from them. We need to know how many parcels we have. So we give our times. The new supervisor doesn't like our times, tells you they want a better commitment and they won't approve the times. What do I do? First, as you all know we don't give commitments. Personally, I've given a commitment to my wife and my God everyone else gets an estimate. So give them an estimate.

The key to the whole estimate issue is a 3996. We as Letter Carriers fill them out and management responds. And they must respond properly.

Management cannot disapprove a properly submitted 3996 without explanation of how the employee should deal with any additional work.

Have your steward file a grievance for you. You have the right to be in the meeting when the grievance is filed. Make sure the supervisor explains why you are accused of working improperly. One more thing, you have the absolute right to have a witness called. If you have a witness make sure that they are available for that meeting. If they are not available have your steward file another grievance.

In DRT Decision 00867 management was given the following guidelines. We got this decision about 15 years ago but nothing has changed except the person coming to your case. Management has certain responsibilities to your 3996. The key is filling out the 3996.

YOU KNOW THAT IS WHAT THE STOOL IS FOR. TO SIT DOWN AND HAVE THAT CONVERSATION WITH YOUR SUPERVISOR.

Management has many options when responding to a 3996:

Approve the full amount of overtime or auxiliary as requested.

Disapprove the full amount of overtime or auxiliary assistance and instruct the employee to curtail an equivalent amount of work.

Approve the amount of time requested and give the employee part auxiliary assistance and part overtime.

Approve the overtime and go with the employee.

Disapprove the overtime and go with the employee.

Approve the amount of time they believe is warranted, disapprove the remainder and go to the street with the employee.

Approve the amount of time they believe is warranted, disapprove the remainder and instruct the carrier to call the office if the amount of time approved is not sufficient.

What can management not do:

The decision goes on to say that management cannot place an employee in a no win situation. Management cannot tell you to do the work, not approve times the you estimated and then charge you with unauthorized overtime. If you have filled out a 3996 requesting overtime or if you call to inform them that you are not going to make your estimate. If they then tell you to do the work they have approved the time needed.

Make sure that you tell management that you need overtime prior to working it. Remember, they tell us what to do and we tell them how long it will take. The rules are not enforced the same at each office or station. In some places if you within a few minutes it's okay, in others you just have to correct the 3996 and it's okay and in other offices management will put you in what is called the 1017-B book. In those offices you need to be very careful. You manager may try to have one of those young supervisors try to discipline you because you worked just worked a couple of extra minutes.

Make absolutely sure that if you get one of those slips charging you with unauthorized overtime that you ask for steward time.

I certainly do not advocate frivolous grievances. However, your manager is using that new inexperienced 204-B or young supervisor to charge you with a more serious offence. Don't allow yourself to fall into the trap. Tell management that you need more time before you work it.

The same thing works for undertime. You know the work undertime does not appear anywhere in the contract or in any handbook or manual. The word "Undertime" is a made up word.

We all want to fill our days. It is really boring trying to kill time. It's much easier to be doing something. If you tell the supervisor you have an extra half hour and they give you more than you think you can do. Don't complain. Just fill out a 3996 and give it to them. Make them make a decision. That's why they make the big bucks.

Interesting thing about this job. They tell us what they want us to do and then we tell them how long it will take. Don't sweat it. Just fill out the form. They have to answer it.

Good Luck, Jim

Article courtesy of the "B" Mike published by Portland, Oregon NALC Branch 82 in September 2015

# When is a Pint a Pint?

by Jason Valian, NALC Branch 79

Now to quote Clint Eastwood from that great film "Dirty Harry": "I know what you're thinking..." If you are in management, you're thinking, "I'm not asking them to hold a quart, I'm just asking them to hold a pint, and they can't even hold a cup!"

I would believe them but their actions say otherwise re: asking us to "hold a pint."

For example, I know of a carrier with over 20 years of experience that bid on to a new route. According to this carrier's postmaster, because of the carrier's experience, it should only take him one

day to learn his new route. This flies in the face of reality. In fact, actually the opposite sounds more rational.

If you are a senior carrier that has been on the same route for a while, you've grown accustomed to your route. You're not in that mindset of constantly learning new routes, much like the CCAs have to do. It could be reasonably argued that a CCA or junior carrier going

from route to route would have an easier time learning a new route over a senior carrier because the CCA or junior carrier is having to learn new routes more frequently, and their memory centers are being engaged more often to learn new routes.

Another management practice of asking you to hold a quart when you can only hold a pint is when they come around for commitments before accountables and parcels are distributed.

Management appears to have the powers of prognostication by knowing how long it will take to deliver your route before your route has all of its items to deliver. They are guessing whether they are asking you to hold a pint or a quart, yet they think their divinations are gospel, and if you disagree, you're an apostate.

This quote describes what is a main source of confrontation between USPS supervisors and their subordinates.

Nearly everyone is being asked to hold a quart, when in reality, holding a pint is the best they can do. This requirement to constantly do more than you can achieve is a great contributor to stress on the job.



The USPS Publication 129 "Safety Talks" states under "Stress and Motor Vehicle Accidents" that "The problem of stress is now recognized as an important factor in human health and behavior." The section goes on to state: "it's no surprise that adding specific, high-intensity stress, like job or family problems, can change behavior patterns behind the wheel... A university study of case histories found an individual's likelihood of involvement in an accident increases considerably... when the driver is experiencing... job problems. The study confirmed that deep emotional depression and heavy anxiety can be significant contributing factors in traffic accidents and fatalities."

Here the USPS admits — in their own publication — that job related stress, e.g. disagreements on commitment times (asking a pint to hold a quart), can be a significant factor in causing accidents.

Throughout cinematic history, lines have been spoken that have endured time.

These have included iconic movie quotes: "Frankly, my dear, I don't give a damn", "I'm gonna make him an offer he can't refuse", and "May the Force be with you."

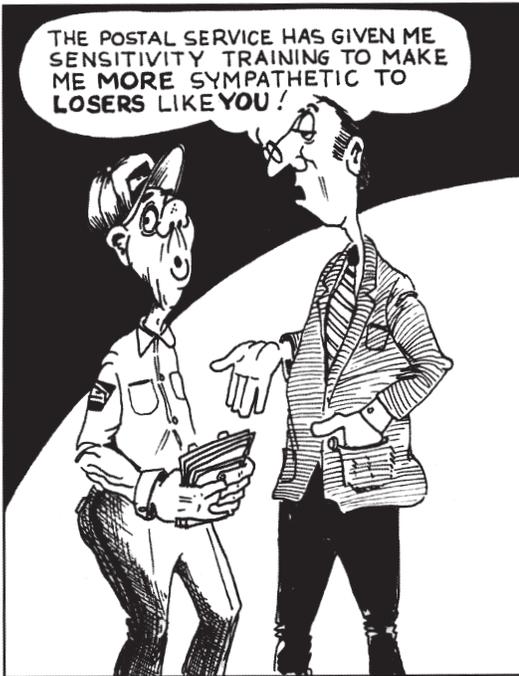
Some movie quotes have been pearls of wisdom: "Keep your friends close, but your enemies closer", "Life was like a box of chocolates; you never know what you're gonna get", and "The greatest trick the devil ever pulled was convincing the world he didn't exist"

Other movie passages have included overly bellicose references: "I love the smell of napalm in the morning", "Forgiveness is between them and God. It's my job to arrange the meeting", and "I have come here to chew bubblegum and kick ass... and I'm all out of bubblegum."

Finally, there have been short quips from film that have been humorous: "Gentlemen, you can't fight in here! This is the War Room", "It must have been tough on your mother, not having any children", and "Sunnyside is a place of ruin and despair, ruled by an evil bear who smells of strawberries!"

I bring up these quotes because there was a line I remember from a movie I saw as an eighteen year old. The line was from a Disney movie titled "The Black Hole". While the movie was hardly a blockbuster, it was historic in that it was the first PG-rated movie that the Disney studios ever produced.

The line that I have remembered for over 35 years was spoken by a robot named V.I.N.CENT (Vital Information Necessary CENTralized). The quote is: "A pint can not hold a quart... If it holds the pint, it's doing the best it can."



notices of removal, for allegedly extending lunches.

If management is going to enforce the rules — including threatening removal for extending your lunch — they better start enforcing Article 41.3.K of the National Agreement, and make sure all carriers take their breaks and lunches. Of course, that would throw off their calculations, and cause them to become apoplectic.

Management will even disregard policies and procedures to make that pint hold that quart. In the M-41 update from 02-24-11, under section 322.312b, “When the Carrier is Not Authorized to Leave Parcels,” it states: “When the carrier does not know if someone is usually available to receive parcels, PS Form 3849

should be left after the first attempt if the parcel is insured, requires a signature, or is not part of the Carrier Release Program!”

This says that if no one is home and the package does not have a carrier release endorsement, notify the customer, and bring the package back to the post office. Management

does not want you to follow this procedure. Why? Because of the amount of parcels we now deliver, adhering to this regulation would cause all kinds of extra time being required to deliver our routes, and routes would soon be evaluated at being over 8 hours in length. Better then to management

you hold that quart instead of holding that pint and following regulations.

Management will keep tabs on your “unauthorized overtime”; but, do they record the times when you beat their expectations?

They will penalize you for having what they consider too many absences, but do they reward you for having a spotless attendance record?

Even in those times when you do hold a quart, management doesn’t salute your performance.

The USPS’s workforce is aging. The average age of an employee is over fifty. Management even acknowledges that when you age, you aren’t as fast as when you were younger. In the M-39, under the chapter that deals with Mail Counts and Route Inspections, Analysis of Irregular Performance, Office Time, section 242.214 states: “An exception may be made for carriers who have served continuously for 25 years or more or are over 55 years of age. Before making an exception, determine that the carrier cannot meet the standard office time and that his or her conduct and

Regarding CCAs, how many of them take their full breaks and lunch? Probably not many do. Supervisors are telling them to case up this route, case and carry that other route, then go look up someone when they get back.

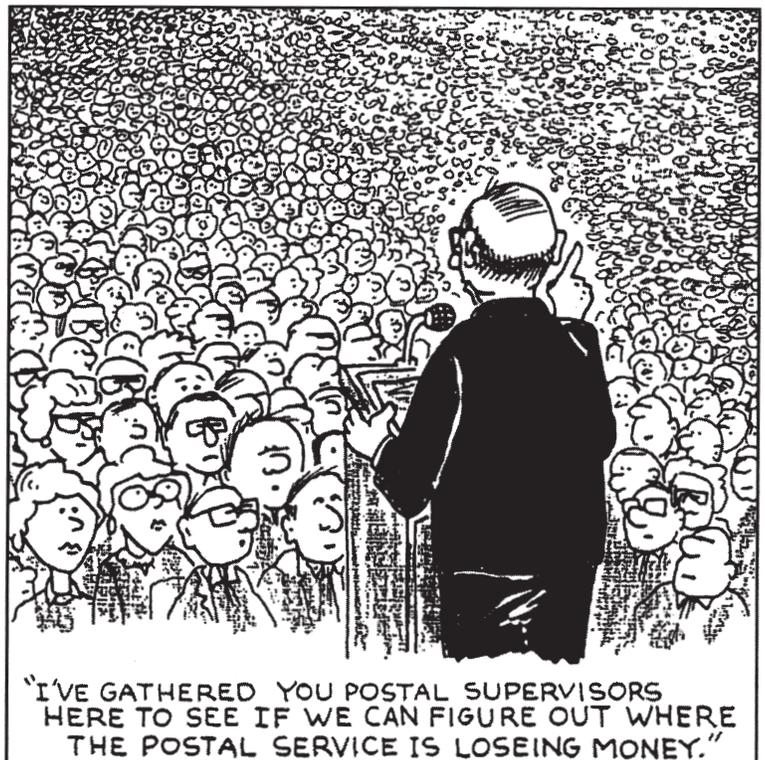
Supervisors aren’t just telling them to hold a pint; they’re telling them to hold a gallon!

And don’t tell me that Management isn’t aware of CCAs skipping their lunches and breaks, in direct contravention of Article 41.3.K of the National Agreement that states: “Supervisors shall not require, nor permit, employees to work off the clock.”

*When you skip your lunch, you are working off the clock.* Even though you are on the clock during breaks, these are periods you should be resting, not working.

Management cannot say, “How should I know if CCAs are taking their lunches and breaks?” First thing, management should know: it’s their job. Second, when management is planning CCAs assignments for the day, have they figured in the breaks and lunches, and scheduled accordingly?

Third, management now has the tools to monitor whether CCAs are taking their breaks and lunches; it’s called GPS tracking. We know management does it because carriers have been disciplined, including



*Continued on next page...*

performance are otherwise satisfactory. The office time allowed for an exempted carrier must be reasonable and be determined by management!

Here, management recognizes that even if you can't make office standards, if you are not displaying time wasting practices, they should make an exception for you because of your age or time in service.

Read Branch 79 Vice President BJ Hansen's article in the July 2015 issue of the Seventy-Niner, where she describes a station manager she had giving a stand-up and telling all the workers to start skipping their lunches to save the post office 30 minutes a day. This describes perfectly management's delusions about reality.

Because they believe a pint can hold a quart, when things don't go as planned, they think the problem lies with the workers.

Their mentality is to take, take, take, whether it be the 50 minutes of pay they are basically docking CCAs by not requiring them to take their breaks and lunches, or the dignity they try to rob from workers by asserting they can't do their jobs.



Management's insistence that a pint hold a quart can have very tragic results.

Here is a 2012 excerpt from the Kansas City Star:

"John Watzlawick was nearing the end of his regular mail route, but he was still facing a mandatory two hours of overtime after that. It was a triple-digit afternoon in July, and the veteran letter carrier had been feeling sickly with the heat since the day before, when he had asked — and been refused — permission to end his shift early, according to his wife, Kay Watzlawick.

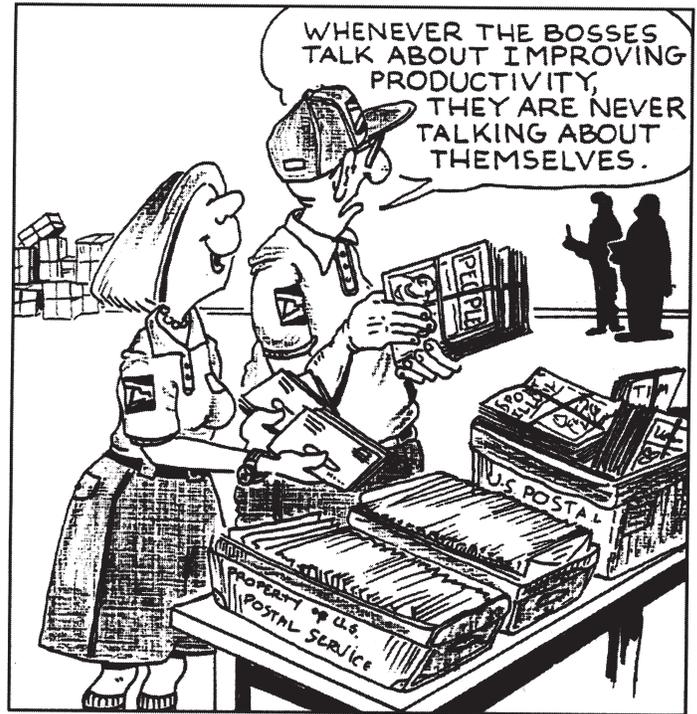
Then, between mail stops on South Cottage Avenue in Independence on July 24, Watzlawick went down.

The Jackson County medical examiner this week confirmed that Watzlawick died of hyperthermia, or heat-related illness. The death report said Watzlawick had a body temperature of 108 degrees when he was brought to the emergency room — 10 degrees above normal — and that an acute myocardial infarction, or heart attack, was probably a secondary cause of death.

Kay Watzlawick is angry that postal officials at the Harry S. Truman branch off Noland Road reportedly rebuffed her husband when he told them on July 23 that he was ill from the heat and did not think he could finish his route. 'I think he should have come home that Monday and stayed off Tuesday,' she said, adding that her husband did not want to press the matter with postal management

because he thought he would be harassed or intimidated."

Now get this line: "A postal spokesman said he could not discuss this specific case, but he said letter carriers are reminded to dress appropriately in the heat,



to stay hydrated and to take breaks when they need to."

Take breaks when you need to? Who are they kidding? That has never been an instruction I have ever been given in my over 25 year postal career.

Because of this incident, the U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) cited the U.S. Postal Service, with a willful violation for failing to protect employees working in excessive heat. A requirement for a willful violation is one committed "with plain indifference to worker safety and health." "Indifference to worker safety and health," it said. Welcome to the USPS!

**B**etter hold that quart, and don't tell me you can only hold a pint, and especially don't let it be a pint of water when you're dying of thirst!

Article courtesy of the Seattle, WA September 2015 NALC Branch 79 Seventy-Niner.

**The cartoons used in conjunction with this article are courtesy of the Branch 782 S.A.N.E. Fred Acedo "Out tHeRe" cartoon book. That book features cartoons which were originally published from 1993 - 2002. The book can be purchased...**

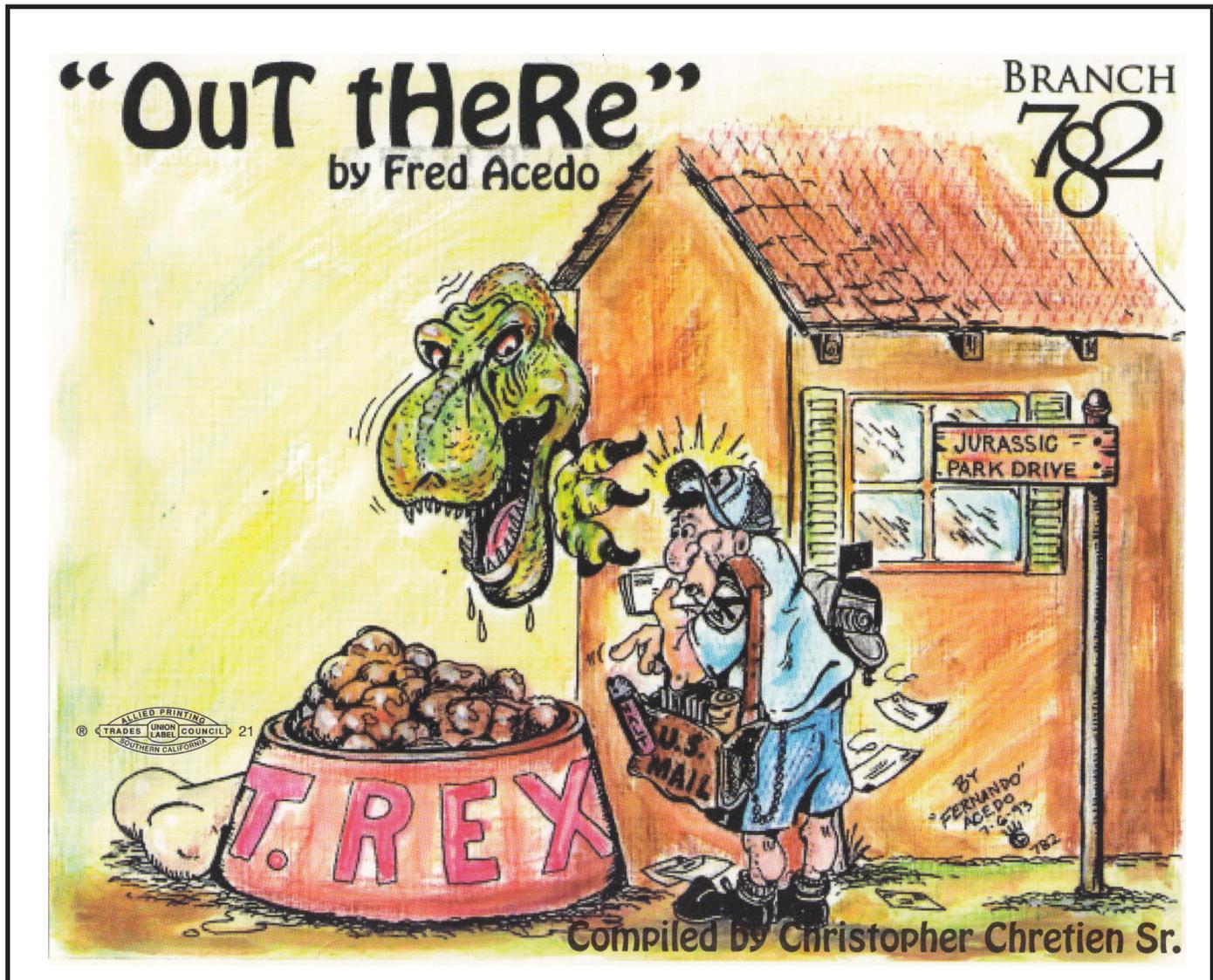
# *We have books for sale!!!*

This book is an amazing collection of “slices of life” that *ALL* Letter Carriers will identify with! Maybe you can purchase a copy as a retirement gift, a birthday gift, or even your own personal copy. You may ask, “*What do I do?*”

Contact Branch 782 Recording Secretary Kim Gerdes through the Branch 782 mailing address: 2628 F Street, Bakersfield, CA 93301. Or, if you want, you can send a request to her via e-mail at “krgerdes91@hotmail.com”. **The cost for one book is \$7. Two books cost \$10.** The postage is \$5.05 for 1 - 4 books and \$5.75 for 4 - 7 books. Will ship to you via Priority Mail Flat Rate.



Once we cover our costs, we can generate our donation to the Muscular Dystrophy Association. Please, please help us out!!!



## from the editor-guy:

*I hope that EVERY single member of NALC Branch 782 saw this month's NALC Postal Record!!*

The *Postal Record* magazine has been in existence since the 1800's!!! It has served as the official "voice" of the National Association of Letter Carriers in all of the years since it was first conceived.

As per the official language published by the NALC: "Published monthly by the National Association of Letter Carriers, AFL-CIO, The *Postal Record* is received by **EVERY** member of the NALC, active and retired. It pre-dates the union, having been published continuously since 1888. (\*emphasis added by Editor-guy)

The magazine presents the union's agenda on political, legislative, labor and workplace issues, with an emphasis on factual presentation so members can make informed decisions. It also explains how members can help make their union stronger, their Postal Service better and their country more responsive to the needs of working people.

The *Postal Record* has been recognized for excellence repeatedly by the AFL-CIO's International Labor Communications Association."

If you took the time to look over this month's issue of the *Postal Record*, you would have

seen that the cover featured a drawing by Fred Acedo!

Fred is the Branch 782 Special Assistant Newsletter Editor (S.A.N.E.) Cartoonist.

*How amazing is that!!*

And... So?

If you would have opened up the publication, you might have then seen that page 2 would have featured another of Fred Acedo's cartoons.

That's pretty cool, too.

Like all of his other "work", the cartoon also illustrates another "slice of life" in the life of every Letter Carrier... no matter where in this great country of ours you might find yourself delivering mail!

If you would have then — *somehow* — worked your way through each successive page of the *Postal Record*, you would have eventually gotten to page 22...

And you would have discovered that pages 22 - 23 of the *Postal Record* presented quite an interesting human interest piece on Fred Acedo.

Fred is a member of NALC Branch 782 and a Letter Carrier who has never been elected to any position. Nor has he aspired for notoriety.

With that in mind, I have to share something with you.

I was asked to keep secret the on-going process of publication of Fred's work in the September 2015 edition of the *Postal Record*. It was difficult. It was really hard!

Branch 782 has a wall in our building which features many

**Out tHeRe** cartoons. There is also an autographed pre-retirement photo of Fred at his case.

NALC Branch 782 Recording Secretary Kim Gerdes was asked where Fred's framed picture was. She didn't know.

Fred and Toni Acedo mentioned to me that Kim Gerdes had asked them if they knew where Fred's picture was.

When they asked me about it, I had to do a "quick side step, slide, shuffle, hop, twist and sashay". ***I was the culprit!***

I had "taken" the picture down so that I could provide it, and a number of other pictures, to Mike Shea from the NALC *Postal Record*.

Mike Shea had a special deal in mind which was facilitated by a very special friend to Branch 782 — Manuel Peralta. "Manny" is our former NALC Region 1 National Business Agent who is now the NALC Director of Safety and Health.

When we first "birthed" the idea of producing a book featuring cartoons by Fred Acedo, Manny was an enthusiastic supporter. As the project developed, his intimate involvement helped to bring it to fruition.

Manny's personal connection led him to e-mail Fred on August 7, 2015:

"Fred, the NALC would like your assistance in

preparing another drawing for a story that they are preparing.

The subject involves legal immigrants who have become Letter Carriers after coming to America.

Mike Shea has requested, if possible, that you draw the Statue of Liberty wearing a Letter Carrier uniform with a proud smile serving America.

If you have any additional information that you might want as you digest the thought, please contact Mike.

As far as a time frame goes, we need the drawing **BY NEXT WEEK...** (\*)

Can you let Mike Shea and I know, **BY TONIGHT** (\*), if you can or cannot meet that timeframe?

Thanks. I look forward to your next masterpiece."

Thank you, Manny! Thank you, Mike Shea! Congratulations, Fred!!! Your talent is truly awesome! (Just ask Peter Berton!!!)

BASIL ZUNIGA





# Branch Officers

<b>President</b>	<b>Mike Towery</b>	<b>(661) 331-9171</b>
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The opinions expressed in this publication are those of the writer and are not necessarily those of the publication staff or of the Officers of the Branch.

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

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

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

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

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

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South Station (93304)	Darryl Holderman	(661) 487-5353
South Station Alternate	Judy Kiyoshi	(661) 817-5529
East Bakersfield (93305)	Paul Salazar	(661) 327-7637
Hillcrest Station (93306)	Pam Smith	(661) 979-5854
Brundage Station (93307)	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

**Branch 782  
Website  
www.782nalc.com**

Rick Plummer, Webmaster



National Association of Letter Carriers  
"Golden Empire Branch 782"  
2628 "F" Street  
Bakersfield, California 93301  
(661) 331-9171

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

## General Meeting Tuesday September 22, 2015 7:00 p.m.

Branch 782 Office  
2628 "F" Street  
Bakersfield, California

**FORWARDING SERVICE REQUESTED**

# BRANCH 782'S ANNUAL PICNIC

Details on Where, When and Fun...Page 9

'Out tHeRe'



Official Notice of  
Nomination and  
Election of  
NALC "Golden  
Empire" Branch 782  
Delegates to  
the 2016  
National Convention

Details on Page 2