

National Association of Letter Carriers

Branch 782

E.A. Baker Union Update



ARVIN
DELANO
MOJAVE

TEHACHAPI

AVENAL
EDWARDS AFB
RIDGECREST

TRONA

BAKERSFIELD
LAMONT
SHAFTER

WASCO

BORON
McFARLAND
TAFT



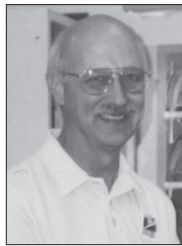
CHARTERED FEBRUARY 25, 1901

VOLUME LXXIX NUMBER 11

NOVEMBER 2007

at the

Mike:



Only another Branch president knows how difficult it is to do this job. There are so many things to do and only so many hours in a day...

That said, there are many things that need to be shared. Be at our monthly meeting!

This month's guest article is for our military veteran members.

Military Service Credit

**Vice-President Ron Kania
Milwaukee, Wisconsin NALC Branch 2**

In honor of Veteran's Day. I thought an article exclusively for veterans would be appropriate. In this article, I will be discussing how military service credit is counted toward retirement. This is commonly referred to as a "military buy back". It will be impossible to cover every possible situation, but I will try to cover the basics.

All active, honorable military service is credited toward retirement if a deposit is made. One exception to the above rule is if you are receiving a military pension. If you are receiving a military pension. in order for your military service to be credited toward your federal service, you would have to waive your military pension. Obviously, most people would not opt for this. This article is primarily for federal employees who had a number of years of active military service but did not retire from the military.

How much does it cost to get credited for your years in the military? If you are under the Civil Service Retirement System (CSRS), you need to make a deposit of 7 percent of the income you received while serving on active duty. If you are under the Federal Employees Retirement System (FERS), you need to make a deposit of 3 percent. No interest on this deposit is charged if it is made within two years of when you began your federal service.

Why should you make a deposit for your years of military service? Deciding on whether or not to make a deposit is your own personal choice. However, if you intend on retiring from the USPS, the main

Continued on next page...

reason why you want to make this deposit is because it makes good sense.

For example, say you just started your federal service. You are covered under FERS. You completed four years of active duty military service in 2006. During those four years, your total military income was \$75,000. Your deposit would be \$2,250 ($\$75,000 \times 3\% = \$2,250$).

Under FERS, your pension is calculated at 1 percent for each year of service at your "high-three" rate of pay. In the example above, you would receive four years of credit (four percent) toward your pension when you make the deposit.

Using today's rate of pay, \$49,907, that four percent equates to \$1,996.28. This means you will have to be retired for 13 months to break even; and, then, each month after that, you will be making an additional \$166.35 because you made the deposit on your military service.

Keep in mind the additional 4 percent on your pension will increase if your annual salary increases. For example, if your "high-three" increases to \$60,000, it would take only 11 months for you to break even; and, then, you would receive an additional \$200 per month.

Based on the above-listed example, it really is not a matter of *if* you are going to make the deposit but it is a matter of *when* you make the deposit.

You need to do this during your first two years of being hired to avoid having to pay interest.

If you are under CSRS, the rules are different. If you started federal service after October 1, 1982, you must make the deposit to get credit for your military service. If you started in federal service before October 1, 1982, you will receive credit for your military service performed on or after January 1, 1957, without making a deposit *only if you are not eligible for Social Security benefits*.

The Office of Personnel Management (OPM) will check once you reach age 62 whether or not you are eligible for Social Security. It is my understanding that if you are not eligible at age 62, but become eligible later in life, OPM does not check to see if you are eligible. If you are eligible for Social Security benefits at age 62, your military service time can only be credited toward CSRS if you make the deposit.

How much will it cost you if you had military service prior to 1984?

If, for example, you started in the USPS in 1983 and served four years in the military from 1973 to 1977 and your military income was \$16,000, your deposit would be \$1,120. The difference in your annuity for those additional four years is approximately \$318 per month.

If the employee had made that deposit at the time of being hired, it would only take four months for the retiree to break even. Of course, since significant time has passed, the employee would now have to pay \$1,120 *plus interest* if the payment was not made during the first two years of being hired.

If you are relatively new to the USPS and you plan on retiring from the USPS, you need to seriously consider making the deposit for your years on active duty.

To start the process, you need to call Shared Services at 1-877-477-3273 (option 5) and request the forms for making this deposit. They will send you the paperwork. You will then need to submit this paperwork along with a copy of your DD 214 to the address listed on the form.

Once the military informs the USPS of your income while in the military, they will notify you of the amount of the deposit.

The longer you wait to make this deposit, the more it will cost you.

If you are under FERS or CSRS, **it is simply a matter of whether or not it is cost effective for you to make this deposit.** If you are under CSRS, it will also depend on whether or not you will be eligible for Social Security benefits at age 62.

If you want more information regarding retirement, you will find plenty of resources on the Internet. A great place to start is nalc.org. You will find plenty of information along with some useful links to answer your questions on retirement.

I want to wish a happy birthday to my fellow Marines!

This article courtesy of the Milwaukee, Wisconsin
November 2007 *Branch 2 Pioneer*

**OFFICIAL NOTICE
OF NOMINATION AND ELECTION OF NALC
"GOLDEN EMPIRE" BRANCH 782 DELEGATES
TO THE 2008 NATIONAL AND STATE
CONVENTIONS**

ELECTION



The election will be conducted by secret ballot at the regular meeting on November 27, 2007 at 7:30 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 27, 2007, 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 26.

Write-in votes are not permitted.

ELIGIBILITY FOR BRANCH FUNDS

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

Nominated as delegates to the State Convention were: Darryl Holderman, Basil Zuniga, Brad Smith, Jeff Harrington, Jerry Patterson, Anita Holderman, Pam Smith, Rolando Trevino, Kim Gerdes, Diana Chavez, Debbie Guillet, Molly Biggar, Frank Martinez Sr., Mike Mesa, Teresa Ortega, Paul Salazar, Emma Gonzales, Randy Courson, John Ortega, Bill Curtis, Lynell Howell, Rick Gerdes, Mary Morphis and Jason Munoz.

Nominated as delegates to the National Convention were: Emma Gonzalez, Brad Smith, Darryl Holderman, Basil Zuniga, Anita Holderman, Debbie Guillet, Rolando Trevino, Jeff Harrington, Pam Smith, Jerry Patterson, Lynell Howell, Teresa Ortega, Diana Chavez, Molly Biggar, Frank Martinez Sr., Paul Salazar, Randy Courson, Rick Gerdes, John Ortega and Mike Mesa.

Minutes of the October 2007 General Meeting

The regular meeting of Br.782 was called to order by President, Mike Towery at 7:30 PM. on the 23rd day of October 2007 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 for Recording Secretary, Kim Gerdes. The stewards were present from 04, 05, 06, 07, 08, 09, Camino Media, Edwards, Delano, Lamont, Shafter, Wasco. Danny Blair of the Safety and Health Committee, Emma Gonzalez of the Social and Recreation Committee.

The editor, asst. editor, and Webmaster were present as well. Two guests Joanne Rowles and Joe Chaisson for NARFEA

The minutes of the September 25,2007 meeting were read and accepted as read.

President Mike Towery reported that Brundage Station will have a route count in April/2008 and Hillcrest Station will be scheduled in May/2008. He also reported that a casual hit a pole at South Station on the previous week, and another casual hit a fire hydrant at Camino Media on Oct.23,2007.

APPLICATION FOR NEW MEMBERSHIP: Four applications were received: Lana Lewis-Downtown; Jordan Merino-South Station; Robin Lister- Hillcrest; and Carrie Kendrick- Hillcrest.

REPORTS OF STANDING AND SPECIAL COMMITTEES: Teresa Ortega reported that the picnic "is OVER! Teresa was asked if she would chair the committee again next year? Her response: "HELL NO! She did wish to thank Mike Meza and his daughter, Autumn; The Gerdes' and their niece, Gracie with accompanying friend; & Molly Biggar. And also the volleyball setup team of Mike Towery and Mike Meza (hope you weren't paid by the hundredth to put up the volleyball net).

UNFINISHED BUSINESS: Molly Biggar requested that all delegates nominated to the conventions next year please sign the attendance book.

NEW BUSINESS: Diana Chavez reported on the upcoming southern California Training and RAP session to be held in Los Angeles, CA on Nov. 30, 2007 - Dec. 2, 2007. Please contact her for further information and lodging requests. Building improvements will include: repair parking lot; replace front sidewalk; and replace outside light fixtures. Diana Chavez made a motion

of \$20,000.00 from the rental account to cover the expenses for the repairs. Jerry Patterson seconded the motion.

The retiree dinner at the Hungry Hunter was enjoyed by all that attended. Diana Chavez made another motion to cover the additional expense from the retiree dinner. Jerry Patterson seconded the motion.

GOOD OF THE ASSOCIATION: Joe Chaisson and Joanne Rowles spoke about the National Active and Retired Federal Employees Association. NARFEA sponsors and supports legislation to protect all federal employees especially the Government Pension Offset and the Windfall Elimination Provision. Also leading the Premium Conversion effort to allow federal retirees and survivors to pay their FEHBP premium with pre-tax dollars as federal workers can.

Mike Towery reported that route counts for South Station have been adjusted with only 3 hrs captured. He also mentioned that all casuals will be converted by December 8, 2007.

HBP Rep. Mark Ramirez reported on his recent trip to the Health Benefits seminar in Las Vegas. Open season is Nov 10, 2007- Dec 12, 2007. NALC Health Benefit Premiums are down. Drug costs are down. Changing to CIGNA for PPO for next year, less out of pocket expense. Cigna will offer organ transplant, Chiropractic and Dental Discount Card. NALC HBP is hoping to mirror the "BLUES" plans in four years. Mark Ramirez also made available the current dental plans on WWW.BENEFEDS.COM. Basil Zuniga commented that NALC HBP is the only plan designed for letter carriers and is non-profit. The more members involved the less the premiums.

IMPROVEMENT OF THE ASSOCIATION: Rick Plummer and Pam Mauck were both recognized for their continuous union membership of over 25 years for them both with a certificate. Basil Zuniga reported that newsletter folding for November will be East Bakersfield Station's turn. Teresa Ortega will just have to "mandate" every one again!

Edwards Shop Steward, Larry Beem, reported that the Edwards Station is down to 2 routes from 4 routes. Station will be losing one regular position and possible excessing of Carriers due to the lack of housing on Edwards Airforce Base. Rumor has it that there maybe funding for housing in the future. Camino Media Steward Mike Meza reported that Angel is disciplining for unauthorized overtime of .01. A T-6 moved off his/her assignment but was OK with the move. Casual had an accident today. East Bakersfield Steward Teresa Ortega reported that all is well, "WE ARE LOVING IT!!! I enjoy going to work now". Route consultations are not finished yet. Shafter-McFarland Steward Jerry Patterson reported all was OK! Hillcrest Steward Pam Smith reported about an e-mail from JB regarding locking up purses and lunch containers because of "9/11". Mike Towery informed all present that a formal A decision that it is OK to have purses and lunch containers on the workroom floor. If management continues, file a grievance under article 15. Brundage Steward Emma Gonzalez reported on the renovations to Brundage building and that they now have Mike Bettes as Station manager. Wasco Steward Maybelline Jones reported that Lee Guerra is retiring. Stockdale Steward Randy Courson reported that supervisor "Jazz" finally got hung up on when taking a sick call from a Carrier. Stockdale Assistant Shop Steward John Ortega says it is "scary quiet"...reason being that Postmaster JB had a talk with "Jazz" recently. South Station Steward Darryl Holderman reported that both Station Manager Robert Nichols and floor Supervisor David Long are

pushing the "5 PM window". 6 PM is now unacceptable. Basil commented that his route consultation included the postmaster, Jim Bouillard. This has never happened to him in all the years he has worked for the USPS. Anita Certuche had 20 good leads for Customer Connect so pizza was ordered for all at the station. Brad Smith asked if the current LMOU's would still be in affect when vacation sign-ups start in November. Mike Towery reported that YES, vacation sign-ups will not be affected. Mike Towery also said that Wasco's LMOU was done.

FINANCIAL SECRETARY'S REPORT: Anita Holderman reported that \$ 6,765.41 was collected for October 2007.

TREASURER'S REPORT: Molly Biggar reported for September 2007

Beginning Balance	\$ 63,097.31
Dues & Income	\$ 11,626.38
Interest Income	\$ 16.32
Total Balance	\$ 74,740.01
Total Expenses	\$ 16,258.07
Ending Balance	\$ 58,481.94

COLCPE 50/50 DRAWING: \$ 23.50 was won by MARK RAMIREZ GENERAL MEETING DRAWING: OF \$500.00 would have been won by L. C. WEBB except he was not present.

There were 39 members present and 2 guests

The meeting adjourned at 8:30 PM

Respectfully submitted,

MOLLY BIGGAR
Acting Secretary

Need Help Fast???



President Mike Towery
Cell Phone: (661) 331-9171

Collective Bargaining Tidbit:

Carriers used to have to wait 21 years to reach the top step of the wage scale... **21 years!**

In November 1970 wage schedules were compressed from 21 to 8 years.*

**The USPS pays us only as little as they are contractually required to pay!!!!*

Without the NALC, we would all be paid only as much as they would have to pay casual carriers.

AND THERE WOULD BE NO BENEFITS:

NO sick leave, **NO** annual leave, **NO** OTDL, **NO** seniority rights, **NO** job bids, **NO** retirement, **NO** OWCP protections, etc. and etc. and etc.

Not only would we not have any long weekends, we wouldn't even have weekends off!

WE WOULD BE WORKING 7 DAYS A WEEK...

Don't believe it? Research some of the history of the NALC and what it did for us before we were even hired.

CAN'T AFFORD TO BELONG? WHAT A CROCK!

a thought from the Branch 782 editor-guy

NON-MEMBER LIST May 2007

DOWNTOWN STATION

J. Cruz
D. Pearce
L.M. Lewis

SOUTH STATION

100% Union!!

EAST BAKERSFIELD

100% Union!!

HILLCREST

R.A. Lister

BRUNDAGE

D. Kinglee
A. Shultz
U. Singh

DOLE COURT

S. Webb

STOCKDALE

R. Huston

CAMINO MEDIA

F. Medina, Jr.
D.C. Lopez

ARVIN

100% Union!!

AVENAL

100% Union!!

BORON

100% Union!!

CALIFORNIA CITY

100% Union!!

DELANO

C. V. Quebral

EDWARDS

100% Union!!

LAMONT

100% Union!!

McFARLAND

MOJAVE

100% Union!!

RIDGECREST

H. Blanco
G.E. Burgwald
Stan Pierce

SHAFTER

Lori New
May Voights

TAFT

B. W. Krier
A. C. Ramirez

TEHACHAPI

100% Union!!

TRONA

B. R. Dame
K. K. Treat

WASCO

100% Union!!

Do you know where these carriers work? They are not paying dues!

D. A. Vezasquez,
K.J. Ibarra,
R.L. Rector,
R.A. Day,
J.G. Gonzales,
T.M. Phillips,
K.A. Blocker,
J. E. Fleming,
I. Cedillos Jr.,
K.J. Hughes

2007 NALC HBP Info

NALC Health Benefit Plan	1-888-636-6252
HBP Claims Representative	1-703-729-4677
PPO Claims Payment Inquiry	1-800-548-8454
Nominate Physician for PPO	1-800-622-6252
* Hospital Precertification	1-800-622-6252
** Drug Prescription Program	1-800-933-6252
CareMark Hearing Impaired	1-800-238-1217
CareMark Specialty Pharmacy	1-800-237-2767
Durable Medical Equipment	1-888-636-6252
Flexible Service Option	1-703-729-4677
Double Coverage	1-703-729-4677
Drug Double Coverage	1-800-933-6252
Customer Service Hot Line	1-888-933-6252
Nurse Information Line	1-800-622-6252
CareMark Pharmacist	1-800-282-2229
Federal Information Center	1-800-688-9889
* National Organ Transplants	1-800-622-6252
* Mental Health/Substance Abuse	1-877-468-1016
MEDICARE Phone Option #1	1-800-633-4227
MEDICARE Phone Option #2	1-888-636-6252
MEDICARE Managed Care Plan	1-800-633-4277
OPM Retirement Info Center	1-888-767-6738
*** OPM Specialty Drugs	1-800-237-2767
**** Enhanced Eldercare Services	1-877-468-1016



Branch 782 Representative
Mark Ramirez
(661) 834-5011

NALC Prescription Drug Program
 P.O. Box 94465
 Palatine, IL 60094-4465

Out of Network Pharmacy Claim
 NALC Drug Prescription Program
 P.O. Box 686005
 San Antonio, TX 78268-6005

United Behavioral Health
 P.O. Box 30755
 Salt Lake City, UT 84130-0755
 1-877-468-1016

* Failure to pre-certify will result in a \$500 reduction in benefits paid by the Plan. Must notify the Plan prior to hospital admission with doctor name and dates. ** Mail order drug prescription program long term (maintenance drugs) 60 day supply: \$8 generic, \$24 name brand; 90 day supply: \$12 generic, \$35 name brand. Retail Pharmacy, you pay 25% . MEDICARE 60 day supply: \$7 generic, \$20 name brand; 90 day supply: \$10 generic, \$30 name brand. Network Retail Pharmacy you pay 15% of the cost of the prescription. Prior approval required for some drugs. Must call the Plan. *** Prior Approval Required. **** Registered Nurse Care Advocate 24 hours, 7 days a week.

Contact Information

Preferred Provider Cost
\$20.00

Co-pay per office visit

Preferred Provider
Deductible
\$250 Individual
\$500 Self & Family
Per Calendar Year

CareMark	1-800-238-1217
First Health	1-800-259-8179
United Behavioral Health	1-800-842-2479
Disease Management Program	1-866-447-6393
Health Care Fraud Hotline	1-202-418-3300
Center for Disease Control	http://www.cdc.gov
NALC/CareMark Site	http://www.HealthTalk.com
National Library of Medicine	http://www.nlm.nih.gov
American Public Health Assoc.	http://www.alpha.org
American Cancer Society	http://www.cancer.org
American Heart Association	http://www.americanheart.org
American Lung Association	http://www.lunusa.org
Diabetes Foundation	http://www.diabetis.org
Muscular Dystrophy Association	http://www.mdausa.org
JAMA Asthma Information Center	http://www.ama.assn.org/special/asthma

2008 NALC HEALTH BENEFIT PLAN OPEN SEASON NOVEMBER 10TH THRU DECEMBER 12TH

OUR NALC HEALTH PLAN IS CHANGING FOR 2008, AND IT WILL REDUCE PREMIUMS AND INCREASE OUR HEALTH BENEFITS.

OUR NEW PPO PROGRAM IS WITH CIGNA, ALLOWING OUR MEMBERS TO CHOOSE FROM 1 MILLION DOCTORS AND FACILITIES NATION-WIDE, AND PROVIDING OUR MEMBERS WITH DEEP DISCOUNTS, AND LESS OUT OF POCKET EXPENSE. IN ADDITION, CIGNA PROVIDES OUR MEMBERS WITH CIGNA LIFE-SOURCE— AN ORGAN TRANSPLANT NETWORK.

OUR CATASTROPHIC MEDICAL/SURGICAL PROVIDES THIS EXCELLENT BENEFIT TO OUR UNION MEMBERS, AND THEIR FAMILIES. CIGNAPLUS OFFERS OUR MEMBERS A DISCOUNT DENTAL SERVICE, WHILE THIS IS NOT A DENTAL INSURANCE, IT PROVIDES OUR MEMBERS WITH SUBSTANTIAL SAVINGS ON DENTAL PROCEDURES, AT PARTICIPATING DENTISTS.

OUR DRUG PRESCRIPTION PROGRAM THROUGH CAREMARK HAS KEPT OUR CO-PAY THE SAME FOR 2008. UNITED BEHAVIORAL HEALTH CARE PROVIDES OUR MEMBERS WITH MENTAL/SUBSTANCE ABUSE CARE 24/7 AND INCLUDES STRESS, DEPRESSION, EATING DISORDERS, AND ANGER MANAGEMENT. OUR MEMBERS CAN STOP SMOKING FREE WITH "QUITPOWER", A PROGRAM THROUGH UNITED BEHAVIORAL QUEST DIAGNOSTIC WILL PROVIDE OUR MEMBERS WITH ALL COVERED LAB WORK WITH LESS EXPENSE TO OUR MEMBERS, AND NO CLAIMS TO FILE.

OUR NALC HEALTH PLAN WILL OFFER CHIROPRACTIC AGAIN FOR 2008. THE NURSE HOTLINE IS ANOTHER PLAN FEATURE THAT IS AVAILABLE TO OUR MEMBERS AND FAMILY 24 HOURS A DAY, AND 7 DAYS A WEEK.

FOR 2008 OUR NALC HEALTH BENEFIT PLAN COVERS 2 ROUTINE DIABETES SCREENINGS EVERY 3 YEARS FOR ADULTS, COVERS THE VACCINE FOR MEASLES, MUMPS, RUBELLA AGES 19 THRU 49. THE PLAN NOW COVERS HIV VIRUS SCREENINGS, ONE ANNUALLY, AND OUR PLAN COVERS THE PAPILOMAVIRUS VACCINE FOR ADULT WOMEN, 26 YEARS OLD AND YOUNGER. OUR PLAN NOW COVERS, ONE PAIR OF CUSTOM FUNCTIONAL FOOT ORTHOTICS WITH A MAXIMUM PLAN PAYMENT OF \$400 EVERY 5 YEARS.

EASE OF ENROLLMENT: YOU WILL NEED YOUR EMPLOYEE 8 DIGIT ID NUMBER, FOUND IN THE UPPER RIGHT HAND CORNER OF YOUR EARNINGS STATEMENT, AND YOUR USPS PIN NUMBER. (TO ORDER THIS NUMBER SIMPLY CALL 1-877-477-3273, IT WILL PROMPT YOU TO REQUEST YOUR PIN, IT WILL BE MAILED TO YOUR HOME.) LOG ON TO POSTALEASE, INSERT YOUR ID AND USPS PIN NUMBERS, AND SELECT YOUR HEALTH PLAN CHOICE. AS A UNION MEMBER, YOU CAN FURTHER STRENGTHEN OUR UNION, BY ENROLLING IN OUR NALC HEALTH BENEFIT PLAN FOR 2008.



MARK RAMIREZ
NALC BRANCH 782 HEALTH BENEFIT REPRESENTATIVE

	Self Only	Self and Family
Active Carriers (biweekly)	\$32.61 (-\$6.19)	\$54.54 (-6.31)
Annuitants (monthly)	\$127.40 (-12.18)	\$247.00 (-10.77)

As many of you have heard, I recently was invited to go to Washington, D.C.

In order for all of you to understand my mind frame on the subject, before and after the fact, I must first share my story with you from the beginning.

On October 13th, 2006 (after being mandated), I set out to do route 630 at Hillcrest station. Nearing the intersection of Fairfax and Panorama, I noticed a small child stepping down off the curb and entering into traffic. I glanced around to see if maybe there were any adults walking nearby. There weren't any.

Traffic was just zooming by seemingly unaware of the danger the little girl was in. I parked my LLV at an angle so that traffic couldn't hit her, turned my motor off, set my parking brake, and turned my flashers on.

I walked up to the little girl and picked her up. She appeared to be about 2 years old. I asked her, "Where is your mama?" She just glanced around and said, "Mama." She didn't know how to say anything else. She was just a toddler. I walked up to the nearest yard, sat her down, and told her to wait there. She appeared to understand.

After thinking, "If a supervisor sees me parked like *this* I know it won't look like safe parking," I went back to my LLV and quickly re-parked it correctly. I thought about calling my station and letting them know the situation, but first I wanted to attempt to see if anyone in the neighborhood recognized the little girl.

I began ringing doorbells and came across a house where no one answered but I could hear noise. I knocked loudly and a young woman appeared at the door. I asked if she knew who the little girl was. She said, "Yes, that's my daughter!" She said the little girl was supposed to be with her father.

I left the little girl with her mother and went on with my route.

I thought I would call my friend, Shari Coronado, and tell her about the experience but I didn't have time that day. I went back to the office and never discussed it with anyone. I just chalked it up to one of those crazy experiences all Carriers have.

Several weeks later, I was in the office and a fellow co-worker started telling me a story he had heard about a supervisor's daughter witnessing a Letter Carrier rescuing a little girl who was lost. He said the same exact story that had occurred in my situation.

As I listened I thought, "What a coincidence!" He asked me if I knew anyone who'd done this, and I thought about the long-term effects of admitting it was me.

"No," I said, "I don't know anything about it." He said, "Ok, I'm going to tell them I did it." I said "Ok."

Several minutes later my manager, Allen Conner, approached his case and told him the same story asking him if he knew who it was. He said, "Yes, it was me." Allen said, "That's funny. The girl described a Letter Carrier with long hair and

green eyes. That doesn't sound like you." He then turned to me and asked if it was me.

I paused...then said, "Yes."

He asked why I didn't say anything about it. I told him, "It was just something I did. Anyone would have done it." He asked if he could share the story with our station at a stand up and I told him I preferred he didn't. But he insisted, so I asked that he not say my name as the Carrier involved and he agreed.

As he gave the stand up, everyone listened. I held my breath in the background. Sure enough, everyone wanted to know the Carrier involved. I thought to myself, "He *said* he wouldn't use my name." Everyone was looking around trying to guess.

Finally, in response to their questions, he answered with: "Pattie Arismendez." I thought, "Here we go."

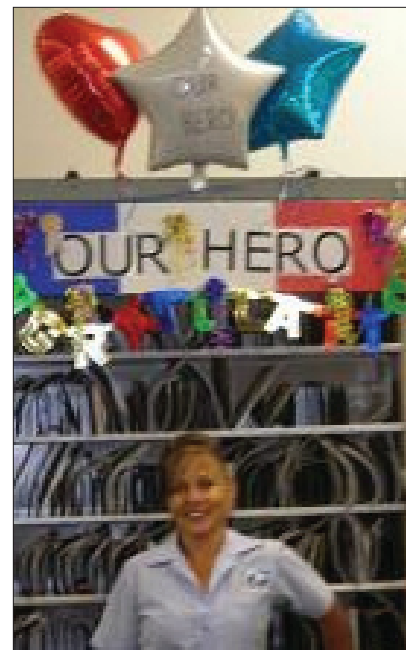
Everyone said, "Oh, you're my hero!" "That's great." "Good job!" "You're awesome!"

I went back to my case and answered their questions. Then came the question I dreaded the most—my home girl Shari asked, "Why didn't you tell me?" I told her, "I was going to tell you I just got side-tracked and forgot about it."

Over the next several days it was the topic of several conversations in our corner. I discussed the fact that several Carriers have done incredible things in the past to help people in dangerous situations: Blanco helping an elderly lady who had fallen and broken a limb and no one knew she was there lying injured; Brandy helping an elderly woman getting mauled by a dog and getting mauled by the dog in the process and arriving back at the station with blood on her clothes.

Everyone has a story. We all realized we *all* do these things—not for the recognition, but because it's a Carriers first instinct to help people who need help, regardless of the time restraints on our jobs.

On the funny side, both Bill Bricker and Ronnie Miriles kept saying, "We've done plenty of things and no one thinks we're heroes." They wove all kinds of scenarios where either Bill would be a witness to a good deed that Ronnie would do or visa versa. They would make an elderly lady cross the street so they could help her whether she wanted to or not.



I thought it was over. It wasn't.

Several weeks later, I received a call from someone doing an article on me. That was last year. As usual I thought, "Ok, now it's over!"

A few months later my story was on *lite blue*. Several people contacted me to congratulate me on my heroism. By that time, I was a little more humble just thanking them and accepting the compliment on behalf of all Carriers who try to be helpful in the line of duty.

I received requests from television stations wanting to do stories on me. I declined. Every time someone would say, "You're on *lite blue*. There's an article about you...", Bricker would say, "Jeeze, is this ever gonna end?"

I was thinking the same thing.

Eventually it was 2007, several months had passed and I finally felt it was over.

Then, I received an express mail from Washington D.C.

Wondering what it was, I tore it open, only to find I had been nominated NALC Hero of the Year 2006 for the Western Region.

Imagine my shock! I thought of all the people I felt were more deserving than me and I felt like this was just crazy. I called Shari and told her.

She was very excited for me and congratulated me. I told her I wished this would all go away. She told me, "Just relax and enjoy it. You're getting to go to Washington, girl! I'll go with you and then it will be all over."



So I agreed. We were on our way.

In the office we were known as The Hero and Her Bodyguard.

I received an all expense paid trip to Washington D.C., and stayed at a beautiful hotel within walking distance from the Capitol Building and a number of other beautiful monuments and museums. There were delicious breakfasts, lunches and dinners.

The first night we arrived there was a planned twilight tour of D.C. It was so

incredible, with a picnic lunch on the trolley that was absolutely scrumptious. The weather was beautiful. What more could we ask for?

There were a few mishaps. But, they were of our own doing of course.

At each stop, the driver would notify us that we had 20 to 30 minutes to see as much of the sites as we could and then return to the bus for departure—stressing that it was extremely important to return on time. Needless to say it was hard to pull yourself away once you were there.

“ *Everyone has a story. We all realized we all do these things—not for the recognition, but because it's a Carriers first instinct to help people who need help, regardless of the time restraints on our jobs.* ”

We had gone to the Franklin Delano Roosevelt Monument (which was by far my favorite). The many writings on the various stone walls were so moving that they made us cry. I can only hope that one day my children will come to see this and know that this was what our country was built on.

It was a very humbling experience.

Shari and I had spent several minutes there taking pictures when we realized how much time had passed. And though we weren't even done, we raced back to the trolley. Of course, everyone was waiting for us...

It was another very humbling experience.

We quickly got on the trolley and I told the driver it was Shari's fault before she got on and I then proceeded to try to keep a low profile. From that point on we were branded as "The Shoppers" and the ones they had to keep on eye on or we would all be late.

We didn't know where they got that idea.

On the second day, I had a photo shoot and a video interview in uniform and I was very nervous. We then had a little bit of time for shopping and then met for lunch at Union Station with our union president, Bill Young.

Mr. Young is an awesome man. He made us all feel very comfortable and spoke to every individual there. After lunch we had time to go see some of the sites then go back to our hotel room and get ready for the Heroes banquet the next afternoon.

But first, we had a radio interview. (This, to me, was by far the hardest off all the interviews.)

This was also the final day of all the publicity. I was exhausted and anxious to have it over with because we had to sit in front of everyone at the banquet. There were Congressmen, Senators, mayors, and several representatives from various Unions. There were also representatives from the United States Postal Service among several other people.

I was amazed at the professionalism of our NALC president when he addressed and acknowledged all the people

Continued on next page...

As many of you have heard, I recently was invited to go to Washington, D.C.

Continued from page 9

attending. I can see why he is our President. He has a commanding presence and a charm that makes people able to relax with him. It was obvious that he is very proud of all Letter Carriers and represents our interests to the fullest.

Watching him speak, and watching our union's strength in process, I began to see the importance of all that had occurred since the beginning of my adventure.

I wasn't here because of a single act that I had been a part of.

I was here representing all my fellow Carriers who—*every single work day*—carry mail to our customers and do various other things that are not a part of our jobs but are part of being a compassionate and caring human being. It's inside all off us.

I saw the big picture and it was definitely a humbling experience. I left on my trip thinking I didn't know why they picked me and just wanting all the publicity to end. I came back realizing that it doesn't matter which one of us they pick.

If any one of you is lucky enough to be able to represent all of our other fellow Carriers, be thankful, be proud, and be humble. It is a lesson well learned.

I would like to thank everyone who made this possible for me although I don't know who they all are.

With that said, I would like to thank our awesome Union;

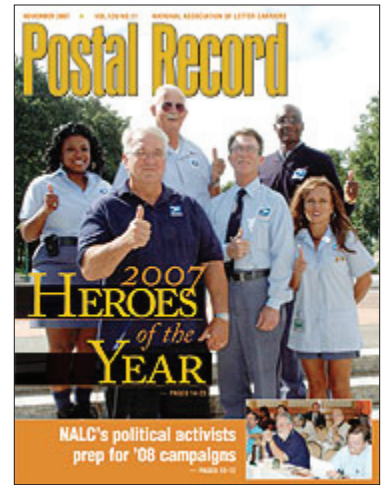
our President Bill Young; and, his assistant, Linda Giordano, for the wonderful job she did of organizing our trip and making us feel at home.

I strongly suggest something to any Letter Carrier who has the opportunity to travel to Washington, DC. Go there and stop by *our* NALC building! It is right by the Capitol in a beautiful building and everyone is very hospitable.

When I received my *Postal Record*, we were on the cover of the magazine. That was really crazy.

But trust me, Bricker: This is really the last you will have to hear about this subject... Carry on with your mission in doing good deeds. Someday you *will* be appreciated!

And Shari.... thanks for being my Bodyguard, you really did represent!



Yours in Solidarity,

PATTIE ARISMENDEZ
Hillcrest Office—93306



I wasn't here because of a single act that I had been a part of.

I was here representing all my fellow Carriers who—every single work day—carry mail to our customers and do various other things that are not a part of our jobs but are part of being a compassionate and caring human being. It's inside all off us.

PATTIE ARISMENDEZ

from the
editor-guy

It is always such an interesting thing to be faced—once again—with what has become a too familiar dilemma. There is white space left after I have put in every possible article... This usually means that I personally have to come up with something to fill that void. And then it is an adventure to see what comes out of the fingers as I type.

This month, though, it's not quite so difficult a task.

I want to pay tribute to Mark Ramirez. He is retiring at the end of this month.

So, technically, this article should really be coming next month. But, what the heck, I have this pesky space to fill...

Mark has for many, many years been active in this Branch. He has served our membership in a variety of roles and has always done everything with the highest possible integrity.

As a Shop Steward, he has fought "the good fight" for Carriers in Lamont. As a son, husband and father he has demonstrated that good guys do "win" in the end.

Those of you who know him also know that he sets the same high standards for others that he sets for himself. If you are not doing things "by the book" (or are being less than honest), Mark will not hesitate to make sure that you understand that he has a problem with you.

Mark is also one of the funniest guys that I have ever known. Listening to his stories have always made me laugh. And, more importantly, through that humor, he has helped to keep me "loose".

Mark has been a trusted advisor to many people in this Branch. I trust that he will continue that role well into the future.

I wish you the best possible health well into this new chapter, "Hoser"! Jenniffer can approve your 3996's now!

Post Office



Holiday Party

Presented by Social and Rec. Committee

Double Tree Hotel

(Hwy 99 & Rosedale)

Saturday, December 29th

6-7 pm Social • 7-9 pm Dinner

9-1 am Dance

Games, Prizes, Raffles

Professional Photography, DJ

Semi-Formal Attire

❄️ **Adults Only** ❄️



LIVE JAZZ BAND

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Tickets \$25 per person

Dance only \$10.00 after 9 pm

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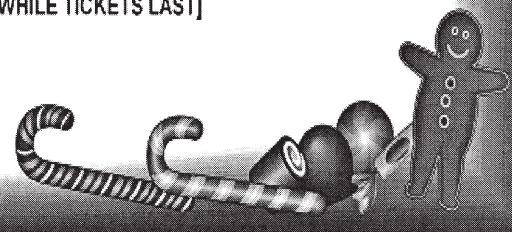
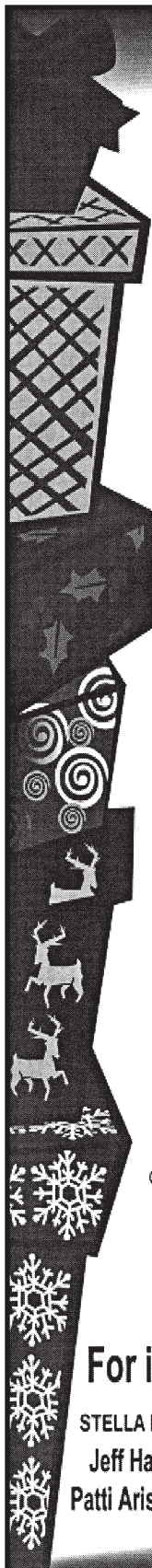
[HURRY WHILE TICKETS LAST]

For info/tickets:

STELLA DE AVILA 392-6301

Jeff Harrington 378-0975

Patti Arismendez 706-7888



DOHERTY & DONELON SCHOLARSHIPS

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.

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, 2007.

Requirements

- All applicants must take the Scholastic Assessment Test (SAT) or the American College Test (ACT) in either their junior or senior year, and a copy of the original printout of the scores from the administering organization must be received at NALC headquarters by midnight, March 30, 2008.
- All biographical questionnaires and secondary school reports must be received at NALC headquarters by midnight, March 30, 2008.

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.

SCHOLARSHIP APPLICATION

Date _____ (Please print clearly)

Please send instructions as to how I can compete for a scholarship award. I will be a senior in the 2007-08 school year.

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

letter carrier _____

of Branch No. _____ City _____ State _____

My name is _____

My address is _____

City _____ State _____ Zip _____

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

This form must be returned no later than December 31, 2007 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.

California State Association of Letter Carriers 2008 CARL J. SAXSENMEIER SCHOLARSHIP PROGRAM

The California State Association of Letter Carriers (CSALC) is now accepting applications for the 2008 Carl J. Saxsenmeier Scholarship Program. All applications must be sent to the scholarship committee chair by January 12, 2008. The Chair will send scholarship packets to all applicants by the end of January 2008. Completed packets (no missing items) must be returned to the Chair by April 6, 2008. 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 2008 award announcement. Applicant's parent / grandparent must be a member in good standing of the NALC for at least one year prior to making application. Applicant must be a high school senior when making application. Saxsenmeier Scholarship awards issued in the year of graduation and are not renewable.

All requested information must be received by the Scholarship Chair by April 6, 2008.

Walter Johnson – Saxsenmeier Scholarship Chair
913 E Willow Cr - Hanford, CA 93230
559-583-0534

Saxsenmeier Scholarship Application (Please Print)

Applicant's Name _____

NALC Member 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 _____ Branch City _____ Date _____

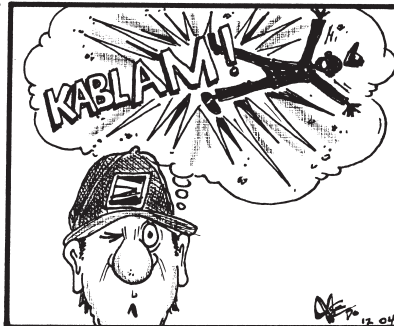
"OUT THERE"

OUT THERE



OUT THERE

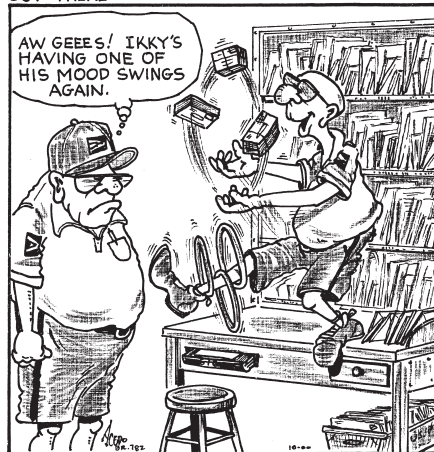
BY FRED ACEDO



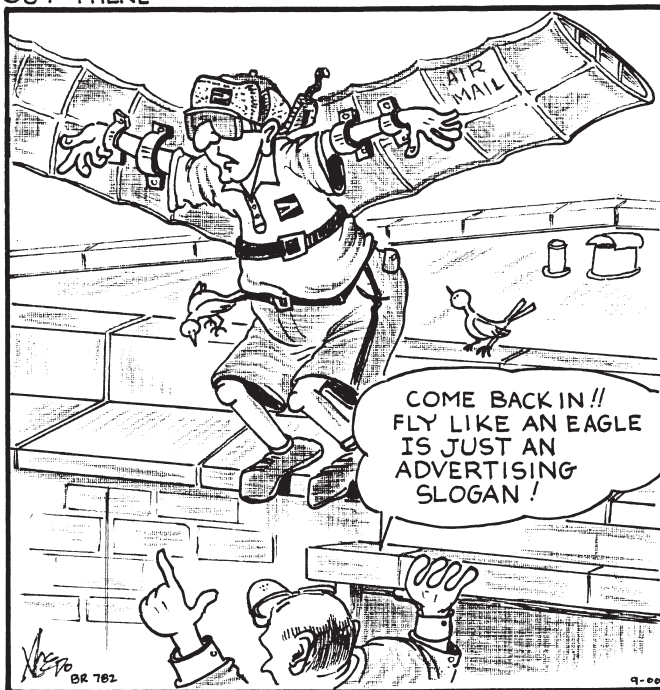
OUT THERE

OUT THERE

OUT THERE



OUT THERE



IN FRED ACEDO'S WORLD, WE'RE THE STARS...

OUT THERE



HAVE AN IDEA FOR FRED???

FRED ACEDO
BR. 782 S.A.N.E.
P.O. BOX 6532
BAKERSFIELD, CA
93386-6532

*... YOU NEVER KNOW WHAT YOU MIGHT GET...



Branch Officers

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.

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

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

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

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

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

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Trustee	Danny Blair	(661) 397-8107
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NALC Branch 782 Shop Stewards

Avenal (93203)	Vacant	
Arvin (93209)	Vacant	
Delano (93215)	Jerry Patterson	(661) 599-6859
Lamont (93241)	Mark Ramirez	(661) 834-5011
McFarland (93250)	Jerry Patterson	(661) 599-6859
Shafter (93263)	Jerry Patterson	(661) 599-6859
Taft (93268)	Vacant	
Wasco (93280)	Jerry Patterson	(661) 599-6859
Downtown Station (93301)	Kim Gerdes	(661) 834-2059
Downtown Station Alternate	Vacant	
South Station (93304)	Darryl Holderman	(661) 589-1683
East Bakersfield (93305)	Teresa Ortega	(661) 201-3086
East Bakersfield Alternate	Paul Salazar	(661) 325-5526
Hillcrest Station (93306)	Pam Smith	(661) 325-5526
Brundage Station (93307)	Emma Gonzalez	(661) 325-5526
Dole Court (93308)	Mike Towery	(661) 862-8033
Dole Court Alternate	Debbie Guillet	(661) 325-5526
Stockdale Station (93309)	Randy Courson	(661) 325-5526
Stockdale Station Alternate	John Ortega	(661) 325-5526
Camino Media (93311/13)	Mike Meza	(661) 325-5526
Mojave (93501)	Vacant	
California City (93504)	Paula Hogg	(760) 373-8963
Tehachapi (93561)	Mary Morphis	(661) 822-6614
Trona (93562)	Vacant	
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Tuesday
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2628 F Street
Bakersfield, CA**

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Branch 782's Pattie Arismendez NALC Hero of the Year

Read her account of what this is all about on pages 8 - 10.



NALC President William H. Young, center, poses September 20 with award winners at the union's annual ceremony honoring heroic and humanitarian deeds. Shown (l-r) are: Western Hero Patti Arismendez, Humanitarian of the Year Gary Fitch, National Hero of the Year Wayne Viger, Young, Central Hero Debra Hamilton, Eastern Hero Nathaniel Roberson, and Carrier Alert Award winner Gene Kahl.



**Official Election Notice for
Branch 782 Delegates to
State and National conventions
on Page 3**