

# National Association of Letter Carriers

## Branch 782

### E.A. Baker Union Update



ARVIN  
DELANO  
MOJAVE

AVENAL  
EDWARDS AFB  
RIDGECREST

BAKERSFIELD  
LAMONT  
SHAFTER

BORON  
McFARLAND  
TAFT

TEHACHAPI

TRONA

WASCO



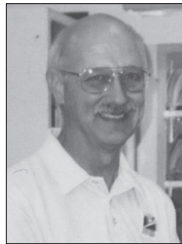
CHARTERED FEBRUARY 25, 1901

VOLUME LXXIX NUMBER 5

JUNE 2007

at the

# Mike:



**In the January 2007  
E.A. Baker Union  
Update there was an  
article from Houston  
Branch 283.**

**President Prissy Grace  
wrote concerning  
Carriers at the Willow  
Place Station who  
had been placed on  
emergency suspen-  
sion as a result of an  
investigation by the  
OIG.**

The following information concerning the events that occurred was taken from an article written by Ricky Dueboay, a shop steward who defended the Carriers.

It was October 31, 2006, that the Office of Inspector General (OIG) placed thirty-six Carriers on emergency suspension. The Carriers were accused of failing to properly deliver bulk business mail. The OIG claimed that the carriers placed live mail in the UBBM. During the investigation the OIG denied some of the Carriers union representation even though it is their right declared by the U.S. Supreme Court in 1975 in NLRB v. J. Weingarten, Inc. When the stewards interviewed the OIG, these "brave" inspectors refused to talk without a lawyer.

In the April 2007 Houston Letter Carrier newsletter of Branch 283, it was reported by Prissy Grace that "all the carriers are exonerated" and "all carriers have received make whole remedies". The article went on to say that the carriers received a return to work celebration with a complete breakfast catered by NALC Branch 283. I want to congratulate the shop stewards and officers of Houston Branch 283 for a job well done.

The reason I mention this incident is because I want to pose this question to all the non-union members. "What do you honestly think would have been the outcome of the suspensions had there not been a union to defend the carriers?"

*Continued on next page...*

As I look over the non-member list which is published in our newsletter each month, I wonder how the eight Bakersfield Carriers and the other twenty-one Carriers from the other cities represented by the Branch can look at themselves in the mirror each morning knowing that they are freeloading off all their fellow Letter Carriers.

Every time the non-union carriers receive their pay check it is because of the NALC.

Every time they are paid overtime, double time, out-of-schedule pay or holiday pay it is because of the NALC.

Every time they use their sick leave, annual leave or dependent care sick leave they owe it to the NALC.

The list can go on and on. One thing is sure: Without the union, Letter Carriers would have none of the benefits we have now. If you think otherwise, just look at the pay and benefits received by the casuals.

When you talk to the non-union members they always have an excuse why they feel that the rest of the Carriers should pay their share. Their excuses range from not liking a particular union official; that the union never does anything; or saying it costs too much. The bottom line is, they feel no guilt about taking all the pay and benefits won by the union without paying their fair share.

If they do not like a particular union steward, they should join the union and run for an office and change things. We would more than welcome any help we can get.

As far as it costing too much, one or two cost-of-living increases which are rolled into your wage will pay for the union dues for the rest of their career. Even if you don't agree with the local union, the national pay increases are well worth the small dues paid each pay period.

What it amounts to is that ***THERE IS NO LEGITIMATE JUSTIFICATION FOR NOT BELONGING TO THE UNION.***

I know the die hard non-union members will probably not see this article; or, if they do, they will rationalize to themselves why they won't join the union. However, my only hope is that sometime and someday they will look at themselves honestly and understand they should belong to the union and pay their fair share.

It may take a little friendly persuasion and reminders from union members at each of the offices..

Finally, I would like to give my heart-felt thanks to all the Carriers who do realize the benefits of belonging to the National Association of Letter Carriers and to all the union brothers and sisters, not only in this Branch, but across the nation who spend their time and effort to hold an office in the union. **THANK YOU FOR YOUR CONTINUED SUPPORT.**

I look forward to seeing you at the union meeting on Tuesday, June 26th.

MIKE TOWERY  
NALC Branch 782 President



***Need Help Fast???***  
***President Mike Towery***  
***Cell Phone: (661) 331-9171***



**Flag Day, June 14,  
marks the day the  
Continental Congress  
adopted the flag as  
our country's official  
symbol.**

## NON-MEMBER LIST May 2007

### DOWNTOWN STATION

J. Cruz  
D. Pearce

### SOUTH STATION

*100% Union!!*

### EAST BAKERSFIELD

*100% Union!!*

### HILLCREST

P. L. Morelos

### BRUNDAGE

D. Kinglee  
A. Shultz  
U. Singh

### DOLE COURT

S. Webb

### STOCKDALE

R. Huston

### CAMINO MEDIA

*100% Union!!*

### 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  
C.L. Sanchez  
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. Velasques, K.J. Ibarra, R.G. Campos, R.L. Ector, R.A. Day, G. Garcia, F. Medina, Jr., M.S. Diaz, J.G. Gonzalez, T.M. Phillips*

## Catching up with the Southsiders...

Lots going on here at South Station. Here are just a few things to catch up on: Congratulations to all who were involved in the bowling tournament! South had three teams. The **Dangerous Dames** (Kelly M., Tatia B., Denise D., and Anita H.) placed 15th. The **Misfits** (Tommy H., John R., Joe D., and Darryl H.) placed 4th and **Team Strike Masters** (Les S., Ralph R., Neil K., and Mike Z.) placed 2nd overall. Way to go guys!

On the workroom floor, congratulations go to Jenaya who is no longer a P.T.F. Alma K. was awarded #433, Romy G. was awarded #429 and Breanna T. was awarded a T-6 string. Congrats to Darlene A. and Jeff G. who were awarded routes at Camino Media. We miss you.

I'd like to welcome some new faces that have come to our station. Dennis C. now on #405 came from Hillcrest. Paul

D. is our new P.T.F. (At this time however, he is serving his time in the National Reserves! **AWSOME!** Thanks, Paul!) South has two new casuals: Juanita and Shawnteka. Good luck to our new carriers!

Welcome back to Dave C. home from the G.M.F. and to Lupe G. back after knee surgery. Devin P. is back after a car accident. A shout out going out to Bill C. who has been out for a while with a back problem and may be out for quite a bit longer. Take care, Bill.

Lots of O.T. here. Lots of mandating going on. Even with our new Carriers, this summer is going to be ugly!. I can't wait for my VACATION!

Be safe out there.  
Anita H.

# Minutes of the May 2007 General Meeting

The regular meeting of NALC BR. 782 was called to order by President, Mike Towery at 7:30 PM on the 22nd day of May 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 present were from 01,04,05,06,07,08,09, Camino Media, Delano, Lamont, McFarland, Shafter, Wasco. Danny Blair of the Safety and Health Committee, Emma Gonzalez and Frank Martinez of the Social and Recreation Committee.

The minutes of the April 24, 2007 branch general meeting were read with one correction: co-sponsor HR 282.

**APPLICATION FOR NEW MEMBERSHIP:** Four applications were received: Christopher A. Chretien-Dole Ct.; Paul M. Dutcher; Jennifer Lynn Shumay-Brundage; Ruben L. Hernandez.

**REPORTS OF STANDING AND SPECIAL COMMITTEES:** Frank Thomasy reported on three choices for the retiree luncheon/brunch. The Hungry Hunter, Hodel's and The Crystal Palace. Mike Towery commented on the low participation on the annual food drive. No county proclamations given ahead of time so as a result no benefits from the food drive. Frank Thomasy also commented that no cards and no ads then low turn out. Frank Thomasy also said that it reflects badly on USPS not the letter carriers. Diana Chavez mentioned that the schools need to get involved also. Old equipment list posted in the May newsletter helped to reduce the list to two total computers and the very old copy machine.

**NEW BUSINESS:** The fiscal year 2007-2008 budget will be reviewed at the June 26, 2007 general meeting. Diana Chavez discussed the "user friendly" selling points of the HP 4345 copy machine. A motion was made by Alma Kirby to purchase the HP 4345 and seconded by Jerry Patterson. The motion passed.

**GOOD OF THE ASSOCIATION:** Mike Towery reported on two PTF's that were promoted in April/2007. Two more PTF'S in May/2007 and two full-time Flexibles which may have to be grieved due to timeliness. The newsletter will have to have a different format to become "machineable" and thus keep expenses down.

Mark Hutchinson reported that the newsletter was \$228.76 for postage alone, about \$80.00 more than before the rate increase. COLCPE Pins were given to: D. Chavez; B. Hershberger; D. Lujan; P. Smith; M. Towery; and J. Patterson by Pam Smith COLCPE Co-ordinator. Pam Smith mentioned the new contest for "Gimme \$5" from June-Nov. will be Super-Bowl tickets, plus per diem & airfare. Diana Chavez mentioned the co-sponsor of HR 282 to stop practice of contracting out mail delivery services. Both Basil Zuniga and Mike Towery wrote Cong. Kevin McCarthy. McCarthy responded that it has been a past practice of USPS to contract out mail delivery services. Many more letters need to be written to Cong. Kevin McCarthy to correctly inform him of HCR - rural route areas, and sub-leasing of CDS without benefit of a background check. She also mentioned that the USPS has already sent out letters to retirees for the contract routes. Brad Smith said that floor supervisors were committing unsafe safety practices. Jerry Patterson said that a grievance was filed against John Smith and won to provide a safe work environment. Station Reports: 01- ODL Log and A/L book not up to date. Steward not given time. PTF left at 2:00 PM and casual sent to South Station. 04- trying to fire everyone. 5 removals at South. 05- A/L book lost, management insisted on having the "book". Holiday schedule done by management then went to Teresa Ortega for approval before posting time. 06-New casual & PTF quit already! One trained by Brad Smith the other trained by Pam Smith. 07- Working carriers to death! Only Sundays off since Nov/2006. Tim Bettus instructed all to call all stations and then send carriers to stations in need of assistance. 09- JAZZ is back!!! Concerned with usage of LWOP. Management said that all LWOP to be approved by the postmaster prior to taking leave. Camino Media - 3 PTF's went home after 4hrs. 1 PTF was at home on 5/22/07.



**FINANCIAL SECRETARY'S REPORT:** Monies received for May/2007 was: \$11,691.26

## TREASURER'S REPORT:

|                              |           |
|------------------------------|-----------|
| Beginning Balance            | 46,010.18 |
| Dues, Income                 | 17,721.70 |
| Interest Income              | 14.33     |
| Total Balance as of 4/30/07  | 63,746.21 |
| Total Expenses               | 9,548.70  |
| Ending Balance as of 4/30/07 | 54,197.51 |

COLCPE DRAWING: \$15.00 was won by Clint Gallaher. GM RAFFLE OF \$500.00 would have been won by Peggy Merjil

28 members present.

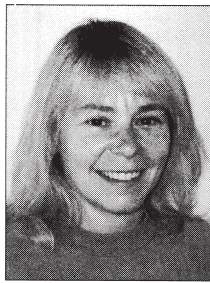
Meeting adjourned at: 8:34 PM.

Respectfully Submitted,  
MOLLY BIGGAR  
(In the absence of Kim Gerdes)

# Tall Tales and Other Postal Stories...

Susan Lewis, Editor

Last week I read an Associated Press article that was printed in the NY Daily News. The big news was that “Not a single letter carrier in the (New York) metro area reported being bitten by a dog last year.” Now that is a pretty amazing statistic. The Post Office in the New York City area is doing an awesome job with their dog bite prevention methods. What’s their secret? We here in Western New York could use their expertise.



for the abuse of anyone.” It also says, “There is no excuse for and will be no tolerance for harassment, intimidation, threats or bullying by anyone.” The language seems straightforward and easy to understand but some around here seem to be “misinterpreting” it. Not only are carriers harassed for not “making the numbers” but have you had a chance to listen in on a management tele-con? There is screaming and yelling, threats and intimidation, and if they were actually in the same room the bullying would most likely lead to wedgies, swirlies and stolen lunch money!

Maybe things would improve if the postal service only promoted those who were not easily “confused”, who rarely “misunderstood” and who seldom “misinterpreted”. Oh, and it might be a good idea if they didn’t LIE.

Not so fast. The Daily News printed a slightly different article this week. In fact, 67 dog bites were reported in the five boroughs last year, up from 54 the previous year. How could the well respected AP get the information so wrong? Well, a spokesman for the Postal Service explained it this way, “The error in the AP story was due in part to confusing information provided by the US Postal Service. Data provided to the news service showed no dog attacks on postal workers in the New York area, but the documents failed to point out that the statistics pertained only to administrative workers, such as postal clerks in post offices and those sorting letters in mail plants.” I guess that saying they provided “confusing” information sounds a bit better than saying they lied.

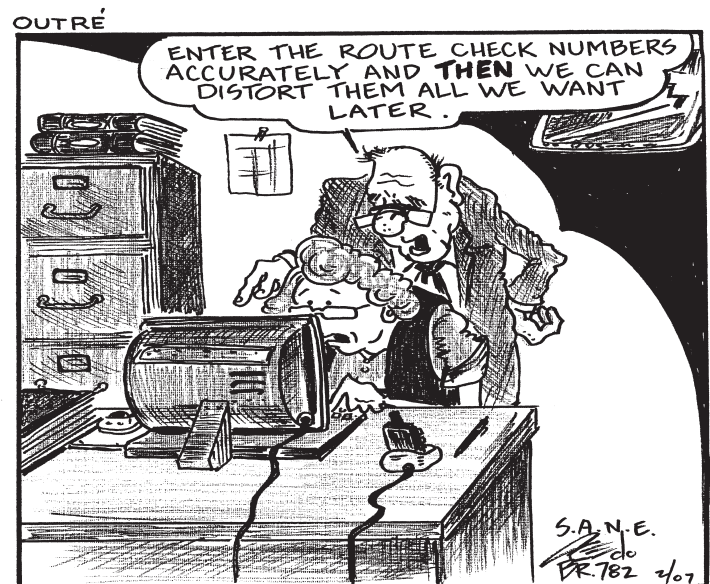
Back in April, an Indiana rural carrier associate was critically injured in a crash while delivering from the passenger seat of her personal vehicle. At that time the Gary Indiana Post Tribune printed a response from the area USPS customer relations coordinator, “I’m shocked. We in no way condone operating a vehicle that way. We believe in safety first.”, she said. She added that it is not post office policy to allow drivers to operate vehicles from the passenger seat.

Outraged rural carriers e-mailed the Post Tribune letting them know that not only was it known that rural carriers deliver from the passenger seat, they were given brief training from the postal service on how to drive from the passenger seat. Two days later, another postal service spokesman told the paper that the first spokesperson “misunderstood postal service policy. In fact the postal service often requires rural carriers to use their personal, unmodified vehicles.” They didn’t “lie”, they “misunderstood”.

This could explain a few things for us. Maybe management around here isn’t purposely violating Article 8 on a near daily basis. Maybe they were just “confused” by the language. Or maybe they “overlooked” that section of the contract. As far as I can tell, very few of them have gotten past Article 3, Management’s Rights, to find that the rest of us have rights as well. And, even if they have read Article 3, they have “misunderstood” the part that says “subject to the provisions of this agreement”.

Then there’s the Joint Statement on Violence and Behavior in the Workplace. If you haven’t read it, you should. It says in part, “Every employee at every level of the postal service should be treated at all times with dignity, respect and fairness. Making the numbers is not an excuse

Article courtesy of the Buffalo, New York  
June 2007 NALC Branch 3 Buzz



“ ...I guess saying they provided ‘confusing’ information sounds better than saying they lied...”

# "OUT THERE"

OUT THERE



OUT THERE



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

OUT THERE



HAVE AN IDEA FOR FRED????

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

OUT THERE



# 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     | <a href="http://www.cdc.gov">http://www.cdc.gov</a>   |
| NALC/CareMark Site             | <a href="http://www.HealthTalk.com">http://www.HealthTalk.com</a>                           |
| National Library of Medicine   | <a href="http://www.nlm.nih.gov">http://www.nlm.nih.gov</a>                                 |
| American Public Health Assoc.  | <a href="http://www.alpha.org">http://www.alpha.org</a>                                     |
| American Cancer Society        | <a href="http://www.cancer.org">http://www.cancer.org</a>                                   |
| American Heart Association     | <a href="http://www.americanheart.org">http://www.americanheart.org</a>                     |
| American Lung Association      | <a href="http://www.lunusa.org">http://www.lunusa.org</a>                                   |
| Diabetes Foundation            | <a href="http://www.diabetis.org">http://www.diabetis.org</a>                               |
| Muscular Dystrophy Association | <a href="http://www.mdausa.org">http://www.mdausa.org</a>                                   |
| JAMA Asthma Information Center | <a href="http://www.ama.assn.org/special/asthma">http://www.ama.assn.org/special/asthma</a> |

# Harrington's Corner:



## Death by Heat

Did you know there are three types of heat-induced illnesses that include heat stress, heat exhaustion, and heatstroke? Transition from one to the next can be very evident, hardly noticeable, or not evident at all.

Heat Stress can be a combination of direct environmental variables mainly temperature, work rate and clothing requirements. These factors, combined with physical conditions, can increase body temperature and cardiovascular demands. Adjusting to heat involves a series of mind adjustments that occur in a carrier during the first week of exposure in hot environmental conditions.

Some people have inadequate tolerance for hot workplaces. Extra caution must be taken when carriers who are not acclimated or physically fit must be exposed to heat stress conditions. The greater the heat stress is on carriers, the greater the resulting physiological and psychological strain. Heat stress can diminish performance and adversely affect health and safety.

Most heat-related injuries can be avoided if carriers are aware of their environment and can recognize heat stress symptoms.

Heat Exhaustion is the next step. Heat exhaustion is a result of excessive heat and dehydration (not drinking enough water). If you suspect heat exhaustion, get out of the sun and into a shady or air-conditioned location. Lie down and elevate the legs and feet slightly. Loosen or remove clothing. Drink cool water, not iced, or a sports drink containing electrolytes. Cool off by spraying or sponging yourself with cool water and fanning. Heat exhaustion can quickly become heatstroke.

The symptoms of heat exhaustion are:

- Extreme thirst
- Weakness of muscles, Rapid, weak heartbeat
- Severe nausea
- Fast, empty, shallow breathing,
- Lack of patience with others (Irritability)
- Headache
- Large amount of sweating
- Skin begins to become cool and/or dry
- Body temperature of up to 105 degrees

Heat Stroke is the most severe form of heat illness. It can occur even in people who are not exercising, if the weather is hot enough. People have warm, flushed skin, and usually do not sweat.

A person with heat stroke usually has a very high temperature (105 degrees F or higher), and may be delirious, unconscious, or having seizures. You will need to have your temperature reduced quickly, often with ice packs, and must also be given IV fluids for rehydration; you must be taken to the hospital as quickly as possible and may have to stay in the hospital for observation since many different body organs can fail in heat stroke.

The symptoms of heat stroke are:

- Strong headache that will throb
- Dizziness or confusion
- Loss of response time or even loss of consciousness
- Loss of sweating
- Extremely dry skin that may appear red
- Body temperature of over 105 degrees

Now, I don't think that we would want to go through all that hassle of going to the hospital, ice packs, IV's, or possibly death when you can prevent heat-related illnesses. The important thing is to stay well-hydrated, to make sure that your body can get rid of extra heat, and to be sensible about exertion in hot, humid weather.

Your sweat is your body's main system for getting rid of extra heat. When you sweat, and the water evaporates from your skin, the heat that evaporates the sweat comes mainly from your skin. If you do not sweat enough, you cannot get rid of extra heat. Dehydration will make it harder for you to cool off in two ways: if you are dehydrated you won't sweat as much, and your body will try to keep blood away from the skin to keep your blood pressure at the right level in the core of your body. But, since

you lose water when you sweat, you must make up that water to keep from becoming dehydrated. If the air is humid, it's harder for your sweat to evaporate -- this means that your body cannot get rid of extra heat as well when it's muggy as it can when it's relatively dry. (keep that in mind)

The best fluid to drink when you are sweating is water. Although there is a little salt in your sweat, you don't really lose that much salt with your sweat. "Sport drinks" such as Gatorade will also work (especially when your sick of water), but water is usually easier to obtain. The hotter and more humid it is, the harder it will be for you to get rid of excess heat. The clothing you wear makes a difference too, the less clothing you have on, and the lighter that clothing is, the easier you can cool off.

Last year I did a little scientific assessment of how hot it can get out there in our mail trucks in the month of July. I took with me a temperature digital gauge with me to work. As I started off my day at at 7:45am. The temp. outside was a mere 79°. The temp. inside the truck was 85°. As each hour passed, the temperature outside would climb 2-3°. While inside the truck it would climb 4°. By noon the temp. outside was 93°, while inside the truck it was up to 102.7.

At noon I started my park & loops. I parked in the shade

while each loop would take about 30 mins. The temperature would stay about 100-101 degrees (5 degrees warmer). At 1pm while taking my lunch. Temp. outside was near 100°, as the truck sat in the sun for 30 mins the temp. rose to 113.9°. (wow) That's a big difference between shade(5 degrees warmer) and no shade (10-15° warmer). As I finished off my route, the temp. outside got up to 104° while parked in the shade the truck stayed around 108. Don't laugh, but the little fan does make it's impact. It's can cool off that little front area by 1-2°. On July 22nd it was 113 degrees outside. Inside the truck it got up to 125°. (double WOW)

In the same day I also took my body temperature see how hot the body can get while doing driving swings versus walking swings. (Individual results do vary) As doing a driving swing in the mid-afternoon hour. It was 100°. I took my temperature and it read 99.6 As I got out and did a 20 min. walking swing. I got back & took my temp and it read 101.4. That is why it is important to let your body cool down a little before loading up for your next swing.

Well I hope that any information is helpful to anyone and I hope that everyone has a safe, cool summer.

"Just Another Day in Paradise"  
Jeff Harrington 93305

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## from the editor-guy

When I was a classroom instructor for new employees, I used to try to instill some concepts to help them adjust to this new job of delivering mail. I also do this as an OJI.

I frame those concepts into three questions: Where am I? Where am I going? How do I get there? If you just take off and don't know where you're going...

Many of you probably take for granted how to do your jobs as Letter Carriers on the street. If it wasn't such a serious thing, it's almost comical what happens to new people when you put mail in their hands and they are trying to figure out where they are going. If you've seen a movie called *The Exorcist* and have seen the little girl with her head spinning around, you have some idea of what it seems like. (And each of us were probably the same when we started, too.)

At any rate, I try to help newbies survive by teaching that their starting point is the address where they are; where they go next is determined by the address on the mail; and, finally, how they get there is something they can figure out with a map; or, by thinking about odd and even numbers; or, addresses which end with a 00 or 01; a change in street names; or, possibly by making a right turn.

If you've been with me to this point, this article is not about new employees. Management has recently taken a knee-jerk reaction when we call in sick and are requiring us to go to a doctor regardless of our sick leave record. Well, this is what the grievance process is for. They can pay for the doctor/urgent care/emergency room visit, mileage and any prescribed medication. It'll play out.

The point of this article is that we all need to remember that decisions we make today can affect our futures.

More specifically, *your* sick leave really is a precious commodity. Protect your own interests. Use it only when necessary. Remember, you may be healthy now. You want to stay healthy for the long term. But, things do happen—whether they be car accidents or a diagnosed long-term illness. Your accrued sick leave is a savings account to help tide you over if you are unable to work.

BASIL ZUNIGA



Presented by the Bakersfield USPS Social and Recreation Committee

# 2007 GOLF TOURNAMENT

**\$45.00**

**SUNDAY JULY 8<sup>TH</sup> – 7AM SHOTGUN START  
VALLEY ROSE – WASCO**

**REPORT YOUR TEAMS AS SOON AS  
POSSIBLE!!**

Please pay in advance, it saves time!

**Prizes for 1<sup>st</sup> and 2<sup>nd</sup> place. Separate men and women's  
Closest to pin and longest drive.  
Price includes green fees, cart, lunch, T-shirt and raffle**

**Format: 4 person scramble & Peoria handicap**



**Contact Stella @ 661-392-6301 or  
Randy Hart @ 331-6896**

**Need 30 teams for a shotgun start!  
Must have team member names and t-shirt sizes by  
JULY 2, 2007**



# Branch Officers

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

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

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## 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)    | Mark Hutchinson  | (661) 325-5526 |
| Downtown Station Alternate  | Kim Gerdes       | (661) 834-2059 |
| South Station (93304)       | Darryl Holderman | (661) 589-1683 |
| East Bakersfield (93305)    | Teresa Ortega    | (661) 201-3086 |
| East Bakersfield Alternate  | Jeff Harrington  | (661) 327-7937 |
| 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)   | Gail Sprague     | (661) 325-5526 |
| Stockdale Station Alternate | Randy Courson    | (661) 325-5526 |
| Camino Media (93311/13)     | Teresa Ortega    | (661) 201-3086 |
| Mojave (93501)              | Vacant           |                |
| California City (93504)     | Paula Hogg       | (760) 373-8963 |
| Tehachapi (93561)           | Mary Morphis     | (661) 822-6614 |
| Trona (93562)               | Vacant           |                |
| Boron (93516)               | Paula Hogg       | (760) 373-8963 |
| Ridgecrest (93555)          | Lynnell Howell   | (760) 371-1039 |



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## Where's My Money??

Remember January 2, 2007? This was an Official National Day of Observance/Day of Mourning for President Gerald Ford.

Did you get your day of administrative leave or get paid for the day? It's time to check into it. This applies whether you were a PTF or a Regular.

The JCAM (NALC/USPS Joint Contract Administration Manual) pages 10-23 and 10-24 address this issue. Requests should be done on USPS Form 3971 and "suck leave must be granted and used within six months of the National Day of Observance or by the end of the Fiscal Year, whichever is later." (Fiscal Year, not calendar year.

Don't miss out, get your leave slips in soon!

Thanks for this reminder go to Kelly Pendell, Vice-President of NALC Branch 82 in Portland, Oregon.

National Association of Letter Carriers  
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**General Meeting  
 Tuesday  
 June 26, 2007  
 7:30 p.m.**

Branch 782 Office  
 2628 F Street  
 Bakersfield, CA

**This month's General Meeting Drawing is for \$500!!  
 To have a chance, be at the meeting...**