



**New Retiree John Porecki of Allston Presents a Check of \$2,000 to COLCPE Upon His Retirement**

Allston's John Porecki leaves Branch 34 President Bob Lind speechless as he delivers a \$2,000 check to COLCPE on his last day of service to the USPS. See more photos and a story on page 8.

**National Association of Letter Carriers**

Joseph P. Considine Branch 34 AFL-CIO  
400 West Cummings Park, Suite 3950  
Woburn, MA 01801-6396

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**Branch 34's CLAN**

National Association of Letter Carriers

122 Years of Proud Union Participation and Accomplishments ★ 1890 - 2012

**President's Corner**

**WE DELIVER!!!**



**Robert A. Lind  
President**

Once again Branch 34 letter carriers will have their chance to prove our worth above and beyond our daily routine. Boston has been selected as a site amongst a number of targeted American cities to participate in a comprehensive tabletop exercise involving the public's health & safety. The NALC and the USPS will be working in conjunction with a number of other agencies at the federal, state and local levels to get in place our responsive readiness plan in the event of a public emergency health crisis.

The Boston Public Health Commission (BPHC) and the USPS HQ will work locally with the assistance of Boston USPS/ The Postal Inspection Service, The Department of Health and Human Services, the Assistant Secretary for Preparedness and Response leads and field resources, Centers for Disease Control and Prevention (CDC), the Division of Strategic National Stockpile (DSNS) consultant, the Massachusetts Department of Public Health (DPH), Boston Police Department (BPD) and local Emergency Management to institute this readiness initiative. The main ingredient in the program deployments' success is you the Branch 34 Letter Carrier.

Each and every City of Boston letter carrier will be canvassed as to whether or not they wish to participate in this readiness initiative. It is strictly a voluntary program. Those particular carriers volunteering will be trained, compensated and ready to provide med kits to the general public in the event of a bio-health crisis. Volunteers will be provided Home Antibiotic Kits (HAK) and individual Antibiotic Kits (IAK) to be updated periodically. In the event of an actual crisis and deployment carrier volunteers will be directed to a pre-selected site to pickup med kits to be distributed to the general public.

Every volunteer letter carrier will have their government drivers license recertified (over a period of time) and will be issued an LLV in the event of an actual crisis. Again this is merely a desktop exercise in preparation of a real event. Each volunteer would be accompanied (in a real crisis) by a police officer and deliver med kits along a set route of travel as performed in the past test conducted in our Roxbury and West Roxbury Stations (former test sites). Present volunteers will not do any delivery of med kits until such time that there was an actual triggering event.

The current rolled out program will be restricted to merely identifying those carriers willing to service the general public in an actual crisis situation. Your delivery unit will also house your personal materials necessary for deployment (N-95 masks, nitrile gloves and disposable clothing) along with *your* med kit.

The following towns have been selected to participate:

- Allston
- BBA
- Brighton
- Hyde Park
- JFK
- Jamaica Plain

- Charlestown
- Dorchester Ctr.
- East Boston
- Fenway
- Fields Corner
- Fort Point
- Kenmore
- Mattapan
- Roslindale
- Roxbury
- South Boston
- West Roxbury

This is an imperfect science but as it unfolds and obstacles are addressed hopefully it will prove to be of great value to the general public. We have an opportunity to help serve and protect the general public at large; to make our presence even more profound and invaluable than our everyday performance. Carrier involvement will help solidify our role within the Boston Community and pave the way for further rollouts throughout this country while helping to secure public safety and our future as well. The by-product of this initiative is the advancement of Letter Carriers and increasing our overall value (job security) to the general public, seven days a week.

**Voter Registration**

We were recently informed by the Massachusetts AFL-CIO that many labor members across this state and within our own ranks have been stricken from their respective city or town voting list.

NALC, Branch 34 historically has one of the highest percentages (87%) of voter registration within this state's organized labor movement. For a multitude of reasons you may have been unknowingly dropped from your city or town voting rolls. Correspondence (voter registration cards) will be mailed out by our branch office to about 450 plus members notifying them of their current non-registered status. This mailing is to alert you to the possibility of being prevented in the future from exercising your right to vote because of these actions.

Please take the time to fill out the card and re-register to vote so you can participate in future elections.

**Branch Finances**

We have always had a steady number of carriers retire over the years and a steady influx of new

PTF hirings to replace those vacated positions. In today's postal environment that is not the case. Across the NALC the hiring freeze is taking its toll on branch finances. Route reductions, carrier retirements and the hiring freeze all pose a problem.

This scenario is problematic for all branches across the United States. We're not immune from feeling the pinch but fortunately we're a larger branch and less affected than those smaller branches.

Unlike other branches, this branch has carried a number and continues to carry a number of carriers that are not contributing dues for a variety of reasons. These aren't to be confused with those letter carriers that made a conscious decision to quit the union, but instead, these letter carriers might be collecting workman's compensation or some other type of compensation while not working.

For decades this branch has absorbed that loss by contributing *their* dues money to our national office from *your* dues money contributions. It's time every member takes responsibility to pay their own dues money as they do in other branches. Just because we don't have access to their dues deductions from workman's compensation doesn't release any individual from their responsibility of paying their own dues. These non-paying members have reaped the benefits of representation but have not paid dues for years in certain situations. These discrepancies need to be addressed going forward. Financial Secretary Brother Michael Yerkes has been working diligently to rectify this situation along with signing up all non-members.

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**Branch 34 Upcoming Membership Meetings**  
Tuesdays at 7:00 pm

**April 10, 2012**  
at the Boston Lodge of Elks #10  
Spring Street, West Roxbury

**May 8, 2012**  
at the Malden Moose Hall  
582 Broadway (Rte. 99), Malden

**June 12, 2012**  
at the Sons of Italy Hall  
120 Quarry Street,  
Quincy

Check Out These Dates & Locations

**Tel. / 781-281-1133**  
**Fax / 781-281-1127**  
**www.nalcbranch34.com**



## Massachusetts Congressional Delegation

### U.S. SENATE

**The Honorable John F. Kerry**  
Russell Senate Office Bldg., Rm. 218  
Washington, D.C. 20510  
202-224-2742 Fax: 202-224-8525  
kerry.senate.gov

**The Honorable Scott Brown**  
Russell Senate Office Bldg., Rm. 317  
Washington, D.C. 20510  
202-224-4543 Fax: 202-224-2417  
scottbrown.senate.gov

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202-225-5335 Fax: 202-226-1224  
www.house.gov/olver

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www.house.gov/neal

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www.house.gov/mcgovern

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www.house.gov/frank

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Washington, D.C. 20515  
202-225-2836 Fax: 202-226-0092  
www.house.gov/markey

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Longworth House Office Bldg., Rm. 1414  
Washington, D.C. 20515  
202-225-5111 Fax: 202-225-9322  
www.house.gov/capuano

Represented Communities: Middlesex County – Cambridge, Somerville; Suffolk County – Boston-Wds. 1, 2; Wd. 3, Pcts. 1, 2, 6-10; Wd. 7, Pct. 10; Wds. 8-12; Wd. 13, Pcts. 1, 2, 4, 5, 6; Wd. 14; Wd. 15, Pcts. 1-5, 7-9; Wd. 16, Pcts. 1, 3; Wd. 17, Pcts. 1-3, 5-12; Wd. 18, Pcts. 1-8, 13-15, 21; Wd. 19, Pcts. 1, 3-6, 8, 9; Wds. 21, 22; Chelsea

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Rayburn House Office Bldg., Rm. 2348  
Washington, D.C. 20515  
202-225-8273 Fax: 202-225-3984  
www.house.gov/lynch

Represented Communities: Bristol County – Easton; Norfolk County – Avon, Braintree, Canton, Dedham, Holbrook, Medfield, Milton, Needham, Norwood, Randolph, Stoughton, Walpole; Westwood; Plymouth County – Bridgewater, Brockton, East Bridgewater, Hanson-Pcts. 1, 3, West Bridgewater, Whitman; Suffolk County – Boston-Wd. 3, Pcts. 5, 6; Wd. 5, Pcts. 3-5, 11; Wd. 6; Wd. 7, Pcts. 1-9; Wd. 13, Pcts. 3, 7-10; Wd. 15, Pcts. 6; Wd. 16, Pcts. 2, 4-12; Wd. 17, Pcts. 4, 13-14; Wd. 18, Pcts. 9-12, 16-20, 22-23; Wd. 19, Pcts. 2, 7, 10-13; Wd. 20

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202-225-3111 Fax: 202-225-5658  
www.house.gov/keating

Represented Communities: Barnstable County – Barnstable, Bourne, Brewster, Chatham, Dennis, Eastham, Falmouth, Harwich, Mashpee, Orleans, Provincetown, Sandwich, Truro, Wellfleet, Yarmouth; Dukes County – Aquinnah, Chilmark, Edgartown, Gosnold, Oak Bluffs, Tisbury, West Tisbury; Nantucket County – Nantucket; Norfolk County – Cohasset, Quincy, Weymouth; Plymouth County – Abington, Carver, Duxbury, Hanover, Hanson-Pct. 2; Hingham, Hull, Kingston, Marshfield, Norwell, Pembroke, Plymouth, Plympton, Rockland, Scituate

## President's Corner...

(continued from page 1)

### Contract Update

As noted in the recent NALC Bulletin Attorney **Joshua Ajavits** has been appointed as the mediator to assist the NALC and the USPS in reaching a new collective-bargaining agreement. We proceeded to mediation after the USPS declined to extend contract negotiations on January 20<sup>th</sup>.

On February 8<sup>th</sup> the parties contacted the Federal Mediation and Conciliation Service to invoke the 60 day mediation process. The terms of the 2006-2011 National Agreement will remain in effect while we pursue a final resolve. If the parties don't come to an agreement during this sixty day period we will proceed to binding interest arbitration for a final resolve. That process, if left unaltered, will begin sometime in April.

### Food Drive

Saturday, May 12<sup>th</sup> will mark the twentieth anniversary of the NALC Food Drive. This noble effort by the letter carriers of America has helped feed the hungry across this great nation. We've seen firsthand the importance of this event especially over recent years with the downswing in our economy. This humanitarian mission by letter carriers has resulted in people getting the proper nourishment by us filling the many food pantries and food banks across this country. Now more than ever we must keep going forward by giving that helping hand to those neighbors & friends that are down on their luck.

Can we do better and improve on our participation? Of course we can especially in getting the word out to the general public prior to this worthwhile event.

This year Dominic Corsetti has once again volunteered to help spearhead this charitable endeavor. He will assume the chairperson's role and help coordinate this event with the station coordinators. Hopefully we have the best year ever as I wish all participants tremendous success.

I'd also like to thank and recognize Dominic for his work with MDA Chairman George Adams and his recent overseeing of the Branch 34 Bowl-A-Thon.

### Branch 34 Retirees Luncheon

June 3<sup>rd</sup>, the annual Branch 34 Retiree Luncheon will be conducted at the Montvale Plaza located on Montvale Ave. (off Route 93) in Stoneham. We initially secured Florian Hall in Dorchester on an earlier date but were later informed the Massachusetts State Association of Letter Carriers had unknowingly scheduled the NALC Massachusetts State Convention on the very same weekend.

It soon became apparent that finding an agreeable date was becoming a difficult task. Fortunately for us Montvale Plaza had a date available that seemed to work for this branch event. Moving this date back a little will hopefully allow time for our many snowbirds to return to Massachusetts and attend this worthy event.

### Retiring Words

Someday, hopefully I can write an article about an offered early out that's attractive enough to send carriers running out the door to retirement. Not because I want to see anybody go by any means but because there are a large number of brothers and sisters that are hopeful that this day will come.

We recently had a few carriers retire as we do every month. Sometimes certain retiring members attempt to avoid any fanfare and just quietly go off into retirement and if that's their choice, I respect their wishes. I try to recognize those deserving carriers for their years of service and for their contribution not only to the postal service but this union as well. It also gives their co-workers a forum to say goodbye and wish them well.

We've had our share of retirements over this past year and I'm always intrigued by our departing brother and sister employees closing remarks to their station's workmates. Many times the departing carrier gets so choked up they can barely say the words thank you and goodbye.

It's a difficult moment for many retirees because of its finality. They've spent most of their life carrying the bag while servicing their postal patrons and like it or not co-workers do become part of our extended family. Fortunately retiring is a personal choice yet a difficult decision and maybe the most difficult decision you'll ever make but again it's *your* decision.

The postal service over the past few years has worked diligently to help make that decision easier. Every bonehead program and policy introduced by the postal service makes that decision the right decision.

I recently had the honor to attend one of our fine brother's retirements and when he was asked to speak he did so loud and clear. First he thanked a particular floor supervisor for not being in attendance today. He told his co-workers how much he truly enjoyed working with them over the years

and how he'll miss them. "I made a decision years ago that I would retire from this office because of the good people I worked with. Don't ever let anyone change you. We've always been a good office and don't let one person ruin this office. Stand up for yourself. We've got to stay unified. There are more of us than there is of him and if one of you has a problem than all of you have a problem and that's the way you've got to think. Individuals like him will try to pick you off one at a time."

I thought he articulated his message well and his presence will be duly missed on that workroom floor. A good group of employees is just that and they don't change because some miserable wannabe is assigned to that station or a new area manager, postmaster or district manager is placed into a position with a certain agenda. Postal objectives no matter how outlandish or demanding should never infringe on good employees.

Good employees made this business the number 1 rated government agency in the United States, relating to customer satisfaction. Good Luck to all our retirees and to our referred to retiree above, well he left and flew to Costa Rica for some much deserved rest and relaxation. Enjoy and good health.

### One Team?

**Q1.** Why do I have to pivot? Harry over there has been talking to Pete for the past few minutes and he should be pivoting, not me!

**Q2.** "Why are you bothering me? Go chase the guys in the barrooms. If you go now you might catch him or her down the street."

**Q3.** What are you doing about this? What are you going to do for Joe the excessed letter carrier? He needs to get back to his bid assignment. We need action, now!

**Q4.** I'm told you tried to screw me by plotting with management to adjust my route.

These are just a few scenarios of actual situations and dialogue that has taken place within our branch. Disrespectful behavior, unwarranted remarks and finger pointing are the basis of the above examples.

We all stand on our own two feet and are accountable for our own actions or inactions if that be the case.

**A1.** Pivot time: As much as we may despise this type of directive, we can either incorporate it into an eight-hour day or we can't but the determining factor ultimately will be the involved carrier. No need to point fingers.

**A2.** Carrier dislike having their integrity questioned in regards to performance issues. We may abhor this type of scrutiny but we don't betray our brother & sister carriers by drawing unwarranted attention their way and making potentially slanderous remarks. Answer the question and move on.

**A3.** Article 12 is a provision negotiated into our contract for our protection. Unlike companies issuing pink slips at the drop of a hat we have triggers that must be met to protect the full time career employment. Even in displacement from an abolished assignment there are still triggers that have to be met. In those circumstances where management appears to have violated someone's rights we have access to a grievance/arbitration process that provides a forum for that issue to be addressed. Is every issue black and white? No, in too many cases it's a gray area with ambiguous language leading to mixed interpretations. The union can only file a grievance and work to fill the grievance file with the associated documentation necessary to prevail in arbitration. If the information or adequate time is not provided to the steward then an Article 17 grievance needs to be filed in addition to the original complaint.

**A4.** Lastly we have carrier accusing another carrier of conspiring against him or her instead of allowing the carrier the benefit of the doubt first. This is another common scenario playing out on workroom floors. Don't always be quick to jump and take someone else's word as bible and become close minded on hearsay issues. Always keep open minded on third party accusations and allow the brother or sister to give their response without confrontation.

**Unity is just that, unity. It's troubling the way certain carriers speak to or about each other. We should treat each other with respect and dignity. We all expect that at minimum and should.**

**There's nothing more disdainful than listening to management crow about carriers ratting each other out. It doesn't gain you points and to the contrary it makes you look like the lesser person that you are when you stoop to that level.**

**Have self respect and respect your co-workers. Remember: together we stand...**

**We can agree to disagree with each other but with respect. We can question when warranted but with respect. I do find that to be the norm in most Branch 34 stations with the exception of a few isolated pockets.**

# Trickle Down Effect of 223 Mail Processing Plant Closings Will Directly Affect Branch 34 Letter Carriers



**Kevin Flaherty**  
Secretary-Treasurer

Today, as I write this article, it was announced that the Postal Service is closing approximately 223 mail processing plants including three in Massachusetts and one within the confines of Branch 34, Waltham. While these closing will not directly impact letter carriers, the trickle down affect most likely will. Here in Branch 34 the questions are where will the mail be processed and what will become of the letter carriers in Waltham.

As of today, the Postmaster has stated that Waltham carriers are not being moved. I hope for the sake of stability they are not. Reality says they probably will. There is another issue arising from the

closure. We are hearing that the processing that was done in Waltham will now be split. This means letters will be processed at one plant and flats at another plant. I think this decision could be more costly than the closing.

Just picture a morning in January when it is snowing out and traffic is a nightmare. The carriers make it to work and are standing at their cases with no mail. After about an hour wait the truck pulls up and lo and behold the flats are delivered to Main St Station. The carriers case whatever flats they can and once again are waiting for mail, this time the letters. The truck with the letters is stuck in the traffic fighting

the elements as well. Letter carriers and clerks and mail handlers are waiting for two trucks not one. It will take even longer to process and deliver the mail from two places. This despite the constant chirping from management of decreasing mail volume. When I started in the Postal Service years ago, there was more mail with no automation and most carriers started at 6:00 am. Most of the mail was delivered by 2:30 pm and everyone was happy, including customers. We must remember that back then the "S" in USPS actually meant **service**. Today I can think of a few things the s could stand for but service is certainly not one of them.

The Postal Service seems on intent on running the service into the ground. While some of the problems facing the Postal Service are not self induced, such as the Pre Funding mandate ordered by Congress in 2006, many others are including closing plants and stopping six day delivery. I could go on and on but I actually wanted to share some good news with you.

## Branch 34 & Management Have Settled Most Outstanding Grievances Regarding the Withdrawal or Reduction of Limited Duty Work

As many of you know, a lot of my articles over the last several years have dealt with NRP. I am happy to say the Branch 34 and the Management have settled most of the outstanding grievances concerning the withdrawal or reduction of limited duty work. After numerous arbitration decisions, both locally and nationally, and most decided favorably with NALC, almost all cases have been settled with pre-arbitration settlements. In almost every case the carriers have been made whole (paid all lost time, A/L, S/L TSP) or received a lump sum cash payment.

I want to thank all the stewards and Step A representatives for their hard work in making this happen. I also want to thank National for spending the time and resources to attack this

blatant violation of the contract. A special thank you to **Ron Watson** and **Bill Bothwell** as well as RAA **Rick DiCecca** from NBA John Casciano's office.

While there are no guarantees that these violations will not continue to occur, early indications show limited duty carriers will be provided work within their medical restrictions.

As time goes on, I hope that I can share good news like the NRP agreements with all Branch 34 members and less of the bad, and more important stupid, news generated from Postal Management.

— Kevin J. Flaherty  
Branch 34 Secretary-Treasurer

## Legislative Report A Valentine?

On February 14, Valentine's Day, a group of 27 United States Senators sent a letter to the co-sponsors of S1789 asking for major changes to that piece of legislation! Spearheading this effort was Senator **Bernie Sanders** (I-VT). The changes called for by the Sanders group was rooted in a piece of legislation introduced by Sanders last fall, S1853.

S1853 would preserve Saturday delivery for the time beings preserve current delivery standards (1 to 3 days), limit the number of mail-processing plant closings and end the 2006 postal law requirement to fully prefund future retiree health benefits for the next 75 years within the next 10 years.

If included as part of the Senate legislation, it would correct the flaws in S1789 which include the loss of Saturday delivery within two years (resulting in the loss of 25,000 city carrier jobs), and phasing out door to door delivery for over 30 million households.

A lot of time and energy is being paid to the Post Office by Congress. With deadlines, elections and vacations fast approaching it is very possible we will finally see some legislation acted upon in the very near future. If you are an e-activist be ready to respond quickly if called upon. If you aren't an e-activist, sign up now to join the fight to save our jobs.

### MSLCA

Just a reminder that the Massachusetts State Letter Carriers Association Convention is fast approaching. The Convention is scheduled for May 18 thru May 20.

We expect a busy Convention as invitations have gone out to the entire Massachusetts Congressional Delegation including Senators **John Kerry** and **Scott Brown**, Senate candidate **Elizabeth Warren**, Congressional candidate **Joseph Kennedy III**, NALC National President **Fred Rolando** and State AFL-CIO President **Steve Tolman**. If we receive acceptances from even half of the invited guests along with planned NALC training sessions and presentations by **Jeremy Goldberg** from National and **Jim Snow** of the AFL-CIO it will be a memorable Convention.

For MSLCA delegates, please don't be discouraged by the fact that the NBA has decided to have his Region 14 RAP just a month prior on April 22<sup>nd</sup>.

Originally we were led to believe the RAP would not be held until the fall, but NBA **John Casciano** apparently just couldn't wait The RAP was scheduled after his office had been notified of the dates for the State Convention.

### COLCPE

Lots of talk Lin Congress lately on how to solve the Postal "crisis." By the time I made up the draft of this article, everything was out of date. We expect something to happen before spring, but nobody can say what the final form any legislation may take.

Which brings me to the point of this article — COLCPE.

COLCPE is our Political Action Committee (PAC). We need to financially support the PAC because the PAC was created to protect our jobs. The money raised supports candidates who support our cause regardless of party affiliation. The old saying about money talks in politics is true. We may not like it, but it's a fact of life.

When you spend money on a daily basis for coffee, gum, cigarettes, lottery, donuts, etc., that ends up to more a day than the \$5.00 COLCPE needs biweekly.

We don't or shouldn't need prizes and contests to encourage contributions. We should contribute out of a desire to preserve our jobs, wages and benefits.



**Michael Kidd**  
Legislative Liaison

## Branch 34's CLAN

Founded May 1971

- AWARDS**
- International Labor Communications Association**  
**GENERAL EXCELLENCE – LOCAL UNION PUBLICATIONS – CIRCULATIONS of 2,500 to 9,999**  
First Place, 2003
- National Association of Letter Carriers**  
**GENERAL EXCELLENCE – LARGE BRANCH PUBLICATIONS – MORE THAN 1,500 MEMBERS**  
First Place, 2010  
First Place, 2008  
First Place, 2002  
First Place, 1996  
First Place, 1994  
Second Place, 2006  
Second Place, 1992  
Third Place, 2004  
Honorable Mention, 1982  
Judges' Commendation, 1988
- BEST STORY**  
First Place, 1996  
Third Place, 1990  
2 Honorable Mentions, 1992  
Honorable Mention, 1990
- BEST CARTOON OR PHOTO**  
First Place, 2006
- PROMOTING UNIONISM**  
Third Place, 1992  
Judges' Commendation, 1988

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Mary Collier, Editor  
Robert A. Lind, Associate Editor  
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★ ★ ★ To Our Troops! ★ ★ ★  
Thank You For Your Service and Your Sacrifice!  
**BRANCH 34 SUPPORTS YOU!**

# Think About What It Would Be Like to Work Without the Benefits of the Union

I wonder how many of us ever think about what it would be like to work in an environment without the benefits achieved and the protections provided by our Union. Things often taken for granted such as overtime, paid holidays and accrued Sick and Annual Leave. The ability to earn a decent middle class wage with a defined pension plan upon retirement. Benefits that few in these turbulent economic times currently enjoy. **Benefits that Letter Carriers only forty-two years ago could only dream about.**

Every St. Patrick's Day, I am reminded that it was not so long ago, when the individuals who carried the country's letters and parcels were so fed up with their near poverty wages and poor working conditions that they risked everything and walked off their jobs. Thus, *The U. S. Postal Strike of 1970.*

I would hope that every member, especially the newer members, would take time to become familiar with the working conditions that triggered the only national postal stoppage in U. S. history and the largest walkout ever against the Federal Government. Members should take the time to talk with the numerous retired and the few still active Letter Carriers that you may know who stood the lines and whose actions directly led to the Postal Reorganization Act and the collective bargaining process as we know.

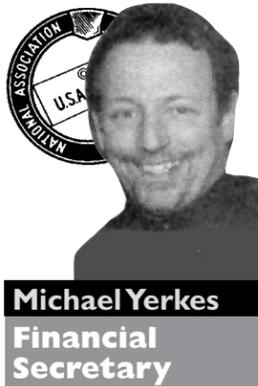
Prior to 1970, NALC negotiations with

our employer consisted of what was commonly referred to as 'collective begging' to the Congress for the meager wages and benefits of the time. Imagine if such were still the case today with our

current Congress and their inability to agree on anything. The fact that we now negotiate and/or have our disputes resolved in interest arbitration cannot be understated. It is certainly no exaggeration to say that the wages and benefits we enjoy today are a direct result of the courage and solidarity shown by the rank and file members of the northeast region of the NALC in the days leading up to March 17, 1970.

I reference this as just another little reminder that if you haven't already done so, and the numbers suggest many of us haven't, get more involved with your Union. The time has never been more important. Contribute to COLCPE with automatic deductions for as little as \$2 pay period. Become an NALC eActivist to stay informed and involved to what the powers in Washington are contemplating for your career. Both are worthy investments in your future.

It is also for those reasons that the Branch is once again taking this time to actively encourage those few individuals who for whatever reasons, none of the good, continue to reap the gains that we've accomplished through collective bargaining with absolutely none of the costs and shared sacrifice. Less than three-percent of Boston City Letter Carriers, T.E.'s included remain non-members. We need everyone to get involved and these non-member need to put a little skin in the game that clearly benefits them and their families.



**Michael Yerkes**  
Financial Secretary

## Congratulations Retirees!

On behalf of President Lind, the Board of Officers and all the Brothers and Sisters of Branch 34, we extend our wishes for a long, happy, healthy and well deserved retirement to the following recently retired members:

- Patricia E. Aaronson ..... Waban
- Timothy C. Bevis..... Weston
- Timothy P. Brothers..... Lexington
- Richard P. Ciampa ..... IMC-East
- Tara M. Ciampa ..... Fort Point
- William J. Cunningham..... Somerville
- Kevin Doherty ..... West Newton
- Frank L. Healy ..... Wellesley Hills
- Roderick W. Lynn..... Quincy
- Richard G. Moses..... West Roxbury
- Paul L. Murphy, Jr. .... Milton
- Paul W. Perry ..... Hingham
- John Porecki ..... Allston°
- Lawrence J. Rhodes..... Scituate
- Jeanne M. Riley ..... Quincy
- David F. Knight ..... Arlington
- Joe Sandoz ..... Cambridge
- Kenneth T. Simpson ..... Porter Square

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E-mail johnnypizzi@hotmail.com

**In Memoriam**

- James M. Ahern  
Active Member – IMC Chelsea
- Irving Koss \*  
Retired Member – Fort Point
- Russell G. Carlson  
Retired Member – Newtonville
- Paul F. Icovitti  
Retired Member – Kenmore
- Robert M. Morehouse  
Retired Member – Fort Point
- Francis X. O'Loughlin  
Retired Member – Brighton
- James E. Power \*  
Retired Member – North Weymouth
- James M. Putis  
Active Member – Allston
- James F. Sheehan \*  
Retired Member
- Richard L. Sullivan  
Retired Member – Dorchester

\* denotes 50-Year Life Member

**Rest in Peace**

## Where Are They Now?

### Leo Riley

This issue's featured retiree is **Leo Riley**. Leo was and still is one of *Branch 34's CLAN's* featured cartoonists. (His work can be seen below.) Leo still resides in Woburn where he grew up and went to high school. Following his graduation from Woburn High Leo enlisted in the Navy during the Korean War and served his country as a communications specialist. In a close encounter with the North Koreans, Leo was wounded by incoming artillery fire. Although he escaped death, his communication room workmates weren't as lucky.



Leo Riley

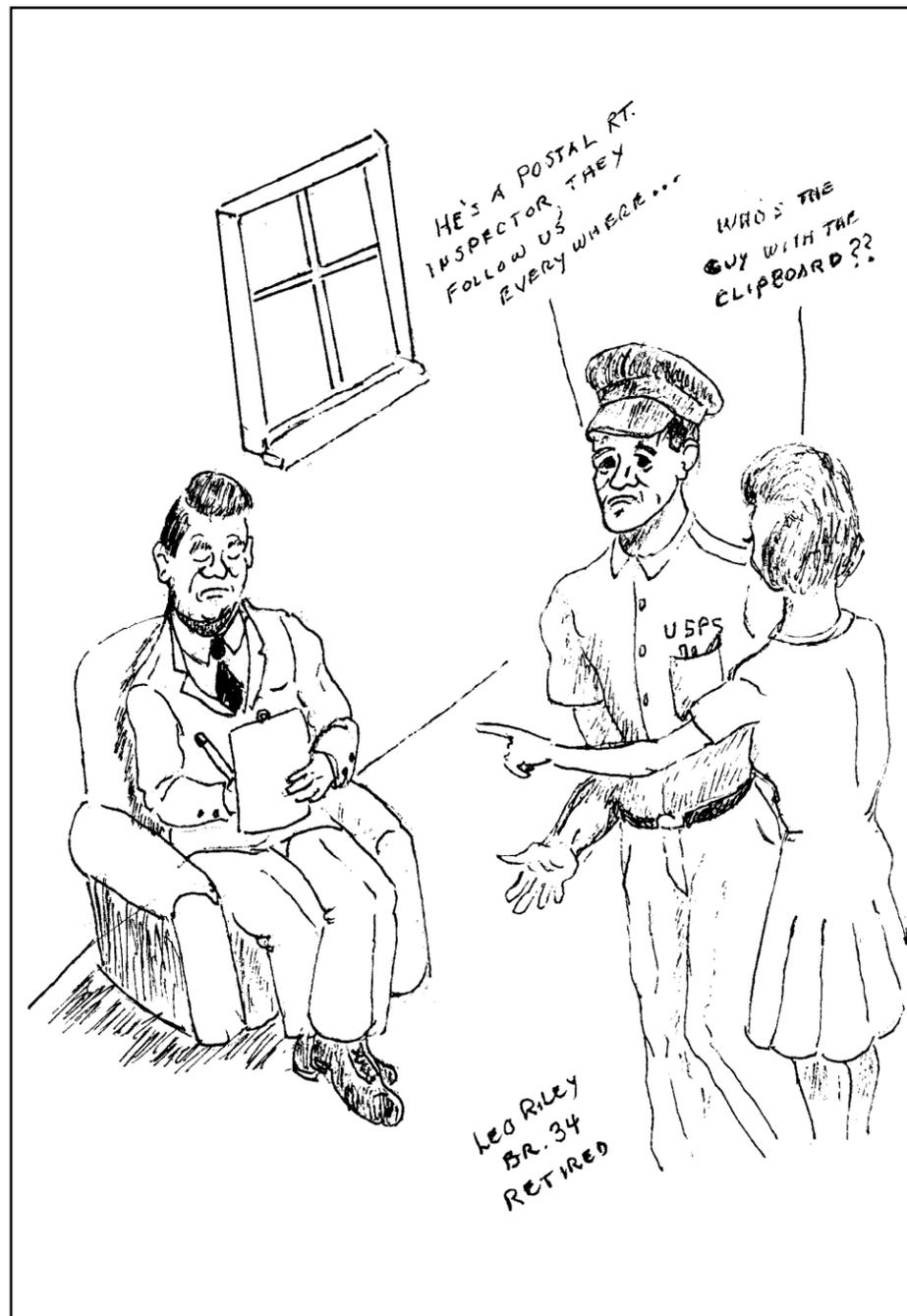
When he returned home he married his high school sweetheart of whom he was married for fifty years and raised three boys and two daughters. He resides in the same house he purchased back in the 1950's, although he had to build a large addition (which he did himself) because of his then growing family.

Prior to coming into the postal service Leo worked as a sports cartoonist for a local paper for a number of years. He also was a draftsman for several local companies including an elevator installation outfit and a manager at Sears. After a number of layoffs and store closings he was directed by a friend to a more secure job, the Post Office.

Leo was a fixture at the Lexington Post Office and was a colorful character in their carrier force during his career. He was never short on words and always

embraced for his quick wit and still has it today. Leo was also a fixture for years behind the bar at the Lexington Veterans Club serving the members with a drink and a smile until his wife took sick about a decade ago. Leo lost his wife shortly after and has since developed physical restrictions of his own but he's never lost his infectious smile and his quick wit.

He's immensely proud of his children's accomplishments in life and also his grandchildren too. This year will mark his eightieth birthday and another milestone in his lifetime achievements. We wish him good health and may he keep contributing to *Branch 34's CLAN* for a number of years to come.



**ATTENTION RETIRED LETTER CARRIERS:**  
Anyone who meets the 50 year requirement to receive a **GOLD CARD**, please contact the Union Office at **781-281-1133** to provide and receive more information.

# A Letter to Non-Members

Dear non-member,

I write at this time to urge you to reconsider your decision not to join the Brothers and Sisters of NALC Branch 34. Regardless of any misguided justifications you may have developed, there are no legitimate excuses for reaping the benefits achieved and protected by others. I've heard them all; from *the branch screwed up my grievance* to the ever popular *I hate the station steward*. They all ring hollow.

I trust you are aware that since 1889, NALC has helped win every pay increase and improvement in benefits Letter Carriers have gained; sick and annual leave, paid holidays and the forty-hour work week included. In 1999, the NALC was successful in achieving — through contract arbitration — an unprecedented upgrade in pay for all city letter carriers in recognition of the harder work they perform in the Postal Service's automated environment. Today, a top step Grade 1 City Carrier makes **\$56,507.00** a year while a PTF with six-year's service makes over **\$27 an hour**. As additional background for any of our TE Carriers, their predecessors, known as casuals, were making over \$6.00 an hour **less** than the current TE starting rate and did not accrue any paid leave.

Additionally, last September, all Letter Carriers, yourself included, received the final *cost of living adjustment* (COLA) of \$978.00 (\$.47 per hour) which equated to some \$3619.00 over the life of that contract. In case you were unaware, the NALC and its associate postal unions are the last major organizations to have the benefit of an uncapped COLA which protect employee earnings from inflation.

Moreover, the NALC has developed a medical health plan considered among the best available for federal and postal employees. It also maintains a high quality life insurance program for all members while providing advice to impending retirees as well as access to the affordable NALCrest Retirement Community.

Most importantly, the NALC today continues to press its fight in both the workplace and the halls of Congress to enhance the competitiveness of the U. S. Postal Service and to improve the economic and social well-being of the nation's City Letter Carriers.

One would have to have his/her head placed firmly in the sand not to be cognizant of the current attacks on public employee unions in general and benefits and livelihoods of postal employee's in particular. From the Postal Service's own ill-advised downsizing plans to the numerous congressional measures flouting about the House and Senate, **the potential for the loss of thousands of jobs is real!**

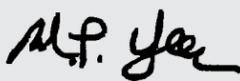
One such proposal by Congressman **Dennis Ross** (H.R. 3813) calls for entirely eliminating the defined benefit component government workers receive under the Federal Employees Retirement System (FERS). Instead, under the Ross plan, FERS annuitants would be entitled only to the benefits earned through both Social Security and the Thrift Savings Plan (TSP). Are you covered under FERS? If so, the fight to

Still, the NALC is more than representation on the job and in Congress. The NALC is thousands of Letter Carriers like you working together to preserve and improve their jobs and to ensure that the Postal Service will be going strong in the 21st century. Joining NALC means taking charge of your job and your career and gaining more control over your future.

No one is claiming this or any organization is perfect. Yet Branch 34 has a long, proud history with nearly 98% of Boston's Letter Carriers continuously joining its rank and file. Like all democratic institutions, NALC gets its strength from its members. By joining the Union and keeping NALC strong, you will be helping yourself and thousands of other Letter Carriers and their families win the support they need.

In anticipation of your doing the right thing, I have taken the liberty of enclosing a PS Form 1187.

Sincerely,



Michael P. Yerkes  
Financial Secretary  
Branch 34 NALC

# Dispute Resolution Team

Recently, the Boston Dispute Resolution Team (Mike Yerkes of Branch 34 and Harriet Rynkiewicz of the USPS) conducted DRT training for about 15 stations within Branch 34. The training was run over a week's time with a couple of stations going in each day.

The stations involved had been selected because of high grievance activity. The training was beneficial because everybody left on the same page in regards to what was expected in grievance processing.

Case in point — Harriet Rynkiewicz left no doubt that in a discipline grievance Management has the burden of proof. If Management cannot prove that they met ALL of the provisions of just cause, the discipline must be thrown out.

Harriet added that when a piece of discipline is issued, Management should turn over all the information it relied upon to the Union. The information should be provided

to the Union when the Union gets its copy of the discipline. As Harriet so clearly put it — if Management has done everything correctly that they were supposed to do, there is nothing to hide. The information should be turned over to the Union without the requirement of an information request.

It would be nice if every station got this message all at the same time, not just when the stations with high grievance activity. Who knows, maybe Harriet can send out an email.



Michael Kidd  
Area Steward

# Take Notice!

As I sit and write this article I realize how many concerns each and every letter carrier has in this current atmosphere and how difficult it may be to keep our focus. At this moment, we face the uncertainty of contract negotiations, five-day delivery and job security. This is not the time to look the other way, now is the time to stand up and take notice. We can all share in the battle. Don't rely on everybody else. We can join together and get on board with COLCPE and e-Activist.

Recently, I received my TSP statement, also came information which notified members we will be offered a Roth IRA plan from TSP. I wondered what took them so long. The MBA has offered those plans in the Maturity Income Policy for years, which are structured in one of three ways:

- **Non-qualified Deferred Annuity.** Premiums and interest accumulate tax-free until the policyholder chooses to begin receiving annuity payments, which are taxed only on the interest earned.

- **Traditional Individual Account (IRA).** All or part of the premiums may be deductible each year from federal income tax depending on income. When annuity payments begin at age 59-1/2 or older, the principal and interest are taxed as ordinary income.

- **Roth IRA.** Premiums are not tax deductible, but interest accumulates tax-free.

(Courtesy of the MBA/MSBA)

At our most recent Mutual Benefits

Seminar, we were informed by our controller that the interest rate for the IRA was guaranteed at 4.5% and considered to be one of the very best when compared to what the other financial institutions were offering. This caught my attention, as did the mention by the representatives that the MBA does not work on commissions. The MBA's day-to-day administrative expenses are funded by all of our Union dues-paying Brothers and Sisters out there. This means, any person paying Union dues to the NALC, now can obtain a policy from the many products the MBA offers and retain that product as long as they keep up the premiums.

Finally, I have also taken notice that when there seems to be confusion as to what age we can qualify for retirement and what benefits we are entitled to. For clarification, call the NALC Director of Retired Members, 202-662-2877, the TSP Hotline, 1-877-968-3778, or the Human Resources Shared Service Center (1-877-477-3273, Option 5).

Anyone interested in obtaining a policy with the MBA or information on filing a claim, please call me, Steve Mahoney at 781-281-1133.



Steve Mahoney  
Clerk  
NSBA-MBA

## JOIN THE NEWLY-FORMED NATIONAL LETTER CARRIERS MOTORCYCLE CLUB!

### NATIONAL LETTER CARRIERS MOTORCYCLE CLUB

**Bikers: Ride for MDA**

Letter carriers are forming a motorcycle club to raise funds for MDA and assist carriers who are motorcycle enthusiasts to get together from time to time. For a donation of \$35.00, you will receive our Official Membership Card, Lapel Pin, Cap, Large Patch and Small Patch bearing our club seal. All proceeds will be given directly to the Muscular Dystrophy Association!

PLEASE PRINT CLEARLY

#### APPLICATION

\_\_\_ **YES**, I want to support MDA with a \$35.00 Donation

NAME \_\_\_\_\_

BRANCH NO. \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ EMAIL \_\_\_\_\_

TYPE OF MOTORCYCLE \_\_\_\_\_ YEAR \_\_\_\_\_ MODEL \_\_\_\_\_

PLEASE MAKE CHECKS PAYABLE TO **NALC**

Please fill out send this application to:

**James Williams, National Letter Carriers Motorcycle Club,**  
c/o NALC, 100 Indiana Avenue, N.W., Washington, DC 20001

## Tell Your Congressman What You Think!

# BECOME AN e-ACTIVIST TODAY!

## Would you like to receive information from the Social & Recreation Office on upcoming events?

Please print legibly. \*Required Fields

Name\*: \_\_\_\_\_

Pay Location\*: \_\_\_\_\_

Post Office Location\*: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email Address\*: \_\_\_\_\_

Please complete the information above and mail to:

**SOCIAL & RECREATION OFFICE**  
P.O. Box 51582, Boston, MA 02205-1562

# Allston's John Porecki Demonstrates His Generosity On His Last Day With a \$2,000 Donation to COLCPE

John Porecki began his postal career in 1980 after serving in both the U.S. Army and the U.S. Marine Corps. Many aren't aware, but John donated his annual leave for years to those less fortunate than himself that were sick and had exhausted their sick and annual leave. He donated weeks every year to letter carriers, clerks, mail-handlers, etc. ... If you were in need and he could help, he would.

I presented John with a Branch 34 jacket, NALC watch and retiree pin, and a gift certificate (*small token*) for his humanitarian contribution. Postmaster Holland presented him with a citation of recognition and a framed picture containing a large replica of an American flag stamp and the USMC Sergeant Major Dan Daly "the outstanding Marine of all time" first day of issue stamp.

John loved servicing his postal patrons

even though in a delivery setting like Allston, with apartment buildings and college students, you don't get to know too many on a personal level like most other delivery units. John articulated that his and every employee's primary mission is servicing our postal patrons despite every obstacle we face on a daily basis. He intends to rest up for a month before deciding what he wants to do next.

John's parting gesture was to thank me for what this Union (NALC and Branch 34) has done for him and every letter carrier throughout the years. John stated "if it wasn't for this union, we'd all be part-time employees." He presented me with a check for \$2,000 for our political action fund (COLCPE) to which I was grateful and speechless. I thank John for his years of service, unionism and his generosity.

— Bob Lind, Branch 34 President

Branch 34 President Bob Lind recognizes and thanks John Porecki for his hard work and generosity.



Allston's John Porecki receives his Branch 34 jacket and NALC pin from Branch 34 President Bob Lind.

John thanks the Union for their contribution to him and others. (L to R) Former Allston Shop Steward Steve Eustis, current Shop Steward Bob Leighton, John Porecki and Branch 34 President Bob Lind.



Allston's John Porecki's last day.



Former Allston Shop Steward Steve Eustis recognizes John Porecki.



Allston's best say farewell to John Porecki on his last day.

Let First Priority help you

# {Pri·or·i·tize}

verb: list or rate projects or goals in order of importance

*To do list!*

- ✓ Save money
- ✓ Change your scenery
- ✓ Spend more time doing what YOU want

## New Location – New Reason to Celebrate!

First Priority has been serving members for over 85 years! We have provided excellent service to postal employees and their families since 1924 and are now open to those that live or work in Suffolk and Essex counties. Plus, we have a new reason to celebrate!

In addition to our Boston, Lowell and Waltham branches our newest branch at 100 Swift Street in East Boston offers a convenient location, drive-thru with ATM, expanded hours, and like all our branches, people ready to help you accomplish your financial to-do-list!

- **Save money**  
We make saving easier with great rates and easy-to-use products!
- **Change your scenery**  
First Priority offers online pre-approvals for mortgages, home equity loans, and lines of credit. We have a product to fit your home financing needs.
- **Spend more time doing what YOU want**  
There are lots of convenient ways to bank with First Priority – phone, online, ATM, or in branch.

### BRANCH LOCATIONS

**Main Office** General Mail Facility | 25 Dorchester Avenue, Boston, MA 02205  
Hours: Monday – Friday 7:00 a.m. – 4:00 p.m. | Thursday 7:00 a.m. – 6:00 p.m.

**East Boston Branch** 100 Swift Street | East Boston, MA 02128 (Now Full-Service)  
Hours: Monday – Wednesday 8:00 a.m. – 4:00 p.m. | Thursday – Friday 8:00 a.m. – 5:00 p.m. | Saturday 9:00 a.m. – 12:30 p.m.

**Lowell Branch** 155 Father Morrisette Blvd. | Lowell, MA 01853  
Hours: Monday – Friday 8:30 a.m. – 4:30 p.m.

**Waltham Branch** Northwest Processing Facility | 200 Smith Street, Waltham, MA 02454  
Hours: Thursday 7:00 a.m. – 4:00 p.m.



800.949.7628

www.firstprioritycu.com



Now Open at 100 Swift Street, East Boston, MA 02128

Drive-up ATM – Open 24 hours!

#### Lobby Hours:

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Thursday – Friday 8:00 a.m. – 5:00 p.m.  
Saturday 9:00 a.m. – 12:30 p.m.

#### Drive-Up Hours:

Monday – Wednesday 7:00 a.m. – 5:00 p.m.  
Thursday – Friday 7:00 a.m. – 6:00 p.m.  
Saturday 9:00 a.m. – 12:30 p.m.

# Branch 34 Celebrates the Holidays!



Weston



Sal and Lee



Beauties and the Beast



Wellesley and Cohasset



Woburn



Weymouth Landing



Quincy



Branch Members



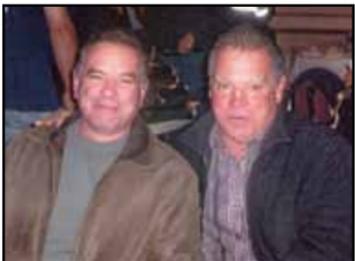
Joe and Roxbury's Finest



West Roxbury



Jamaica Plain's Finest



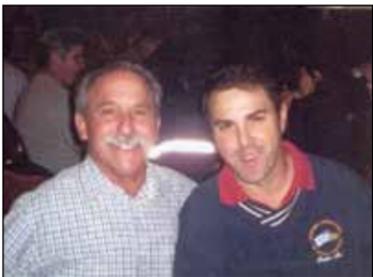
Two NALC Advocates



The gang enjoys the festivities.



Holiday Pose



Scituate's Buster and Gordie



Fort Point



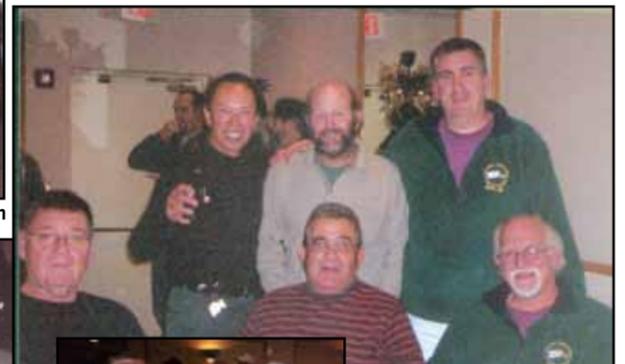
Lexington



Season's Attire



Relaxing



The Medford Crew



MDA Corner



Paul Solano-taking requests



Jimmy and the boys



Hyde Park



Mike and Dave



Quincy-Past & Present



Hingham



Quincy



Christmas Cheer



The Colliers



Branch 34 Full-Time Officers



JFK



Mike and Joe

# Branch 34 Says Farewell to its Newest Retirees!

## Allston's Jim "Red" Conway



Branch 34 President Bob Lind congratulates Allston's Jim "Red" Conway on his well deserved retirement.



Wellesley Hills' Shop Steward Jack Epperstein wishes new retiree Frank Healy the best of luck.



## Wellesley Hills' Frank Healy



Frank Healy's Wellesley Hills co-workers say farewell.



The Weston gang congratulates Tim Bevis on his retirement.

## Weston's Tim Bevis



Tim Bevis of Weston enjoys his last day party.



Weston Shop Steward Dave DeMarco gives Tim Bevis of Weston a station gift.

## Hingham's Paul Perry

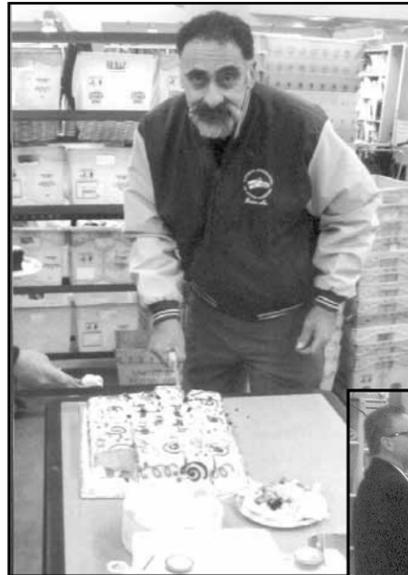


Branch 34 President Bob Lind offers praise to Hingham's Paul Perry.



Hingham's Paul Perry receives his Branch 34 jacket and NALC pin from Branch 34 President Bob Lind.

## West Roxbury's Ritchie Moses



West Roxbury's Ritchie Moses cuts his cake.

## Scituate's Larry "Dusty" Rhodes

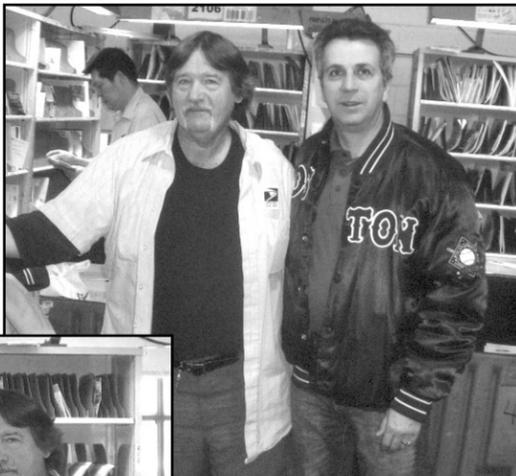
Scituate's Larry "Dusty" Rhodes receives praise from Branch 34 President Bob Lind.



Scituate's best says goodbye to Larry.

## Lexington's Tim Brothers

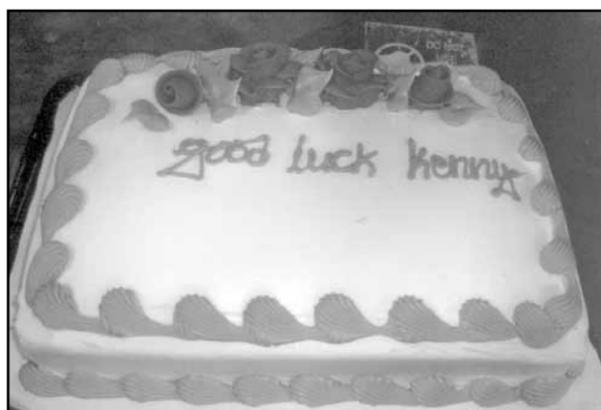
Tim Brothers receives congratulations from Lexington's Shop Steward Dominic Corsetti on the occasion of his retirement.



Branch 34 President Bob Lind offers his congratulations to Lexington's Tim Brothers.



Branch 34 President Bob Lind gets ready to present the Branch 34 jacket and NALC pin to Lexington's Tim Brothers.



## Mooney Street Cambridge's Ken Simpson

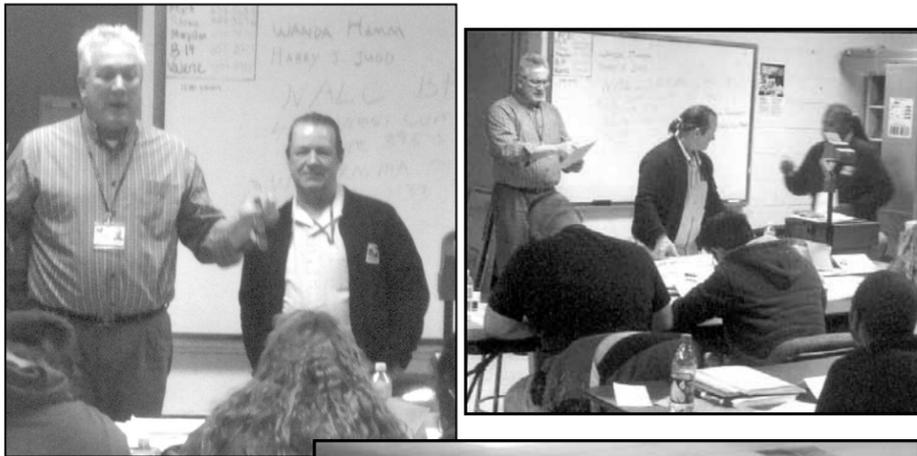


Ken Simpson of Mooney Street, Cambridge is recognized by his co-workers.



Ken Simpson of Mooney Street, Cambridge receives his Branch 34 jacket from Branch 34 President Bob Lind.

# Branch 34 Holds “Good Start” Class for New Letter Carriers



Branch 34 Secretary-Treasurer Kevin Flaherty and Instructors Harry Judd and Wanda Hamm welcome new Union members and discuss the benefits of Union membership at a recent “Good Start” class.



## The Boston Letter Carriers Mutual Benefit Association

Founded May 18, 1889

522 Dorchester Avenue, South Boston, MA 02127  
Telephone (617) 269-9111

Assets: \$5,000,000

Life Insurance: \$5,500 • Weekly Benefit: \$42\*  
Lifetime Sick Benefit: \$480 • Annual Dues: \$14  
NO PHYSICAL EXAM

Applicants must be under forty years of age and less than three years a full-time Letter Carrier. Premiums have never been increased. Managed by Boston Letter Carriers. Supervised and audited by the Massachusetts Department of Insurance. See your Station Mutual Benefit Association representatives for further details, or call 617-269-9111.

\* After first seven days with no leave to your credit.

President: Thomas Sheehan • Recording Secretary: Arthur Dinsmoor

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Sean P. Lafferty  
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# GET YOUR BRANCH 34 T-SHIRT NOW!

TO BENEFIT THE BRANCH 34  
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\$10.00 PER T-SHIRT

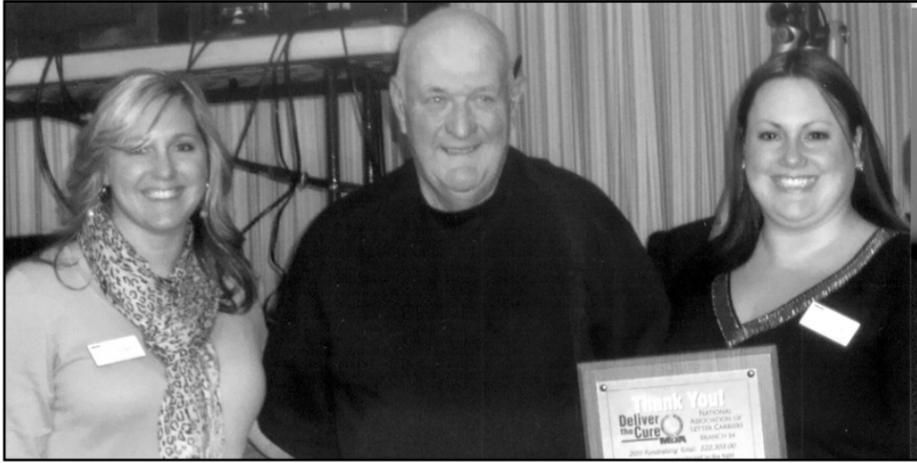


AVAILABLE IN  
NAVY BLUE &  
GRAY

SIZES:  
M-XXXL

ORDER YOUR SHIRT AT THE BRANCH 34  
UNION OFFICE 781-281-1133 OR  
PICK ONE UP AT THE  
MONTHLY MEMBERSHIP MEETING!

**Branch 34 Letter Carriers Raise \$23,000 to Fight Muscular Dystrophy**



Acknowledging Branch 34's contributions to the Muscular Dystrophy Association are Breanne Gingerich, Health Services Coordinator of the MDA, Branch 34 long-time MDA Coordinator George Adams, and Kate Tighe, Executive Director of the MDA.

National Association of Letter Carriers (NALC) Branch 34, headquartered in Woburn, has raised \$23,000 for the Muscular Dystrophy Association.

America's letter carriers have helped lead the search for a cure for neuromuscular disease since 1952. Letter carriers are among MDA's top fund-raisers through events such as bowl-a-thons, walks, fill-the-satchels, shamrocks and golf tournaments.

NALC Branch 34, which is headquar-

tered in Woburn, but has stations all across eastern Massachusetts, continued that tradition by presenting MDA with \$23,000 at its monthly meeting and holiday party in Quincy on Tuesday, Dec. 13.

MDA executive director **Kate Tighe** and health care services coordinator **Breanne Gingerich** presented Branch 34 Coordinator **George Adams** with a plaque thanking him for decades of leadership in support of the branch's fundraising efforts to benefit MDA.

MDA is the nonprofit health agency dedicated to curing muscular dystrophy, ALS and related diseases by funding worldwide research. The Association also provides comprehensive healthcare and support services, advocacy and education. MDA presently has \$91.4 million in active research grants underway, including 28 notable initiatives at a number of Massachusetts universities totaling more than \$11.7 million.

In addition to annually funding about 300 research teams worldwide, MDA maintains a national network of some 200 hospital-affiliated clinics; facilitates hundreds of support groups for families affected by neuromuscular diseases; and provides extraordinary local summer camp opportunities for thousands of youngsters fighting progressive muscle diseases.

The National Association of Letter Carriers is the representing union of some 240,000 professional members of the United States Postal Service who deliver mail to homes and businesses across the U.S. The NALC represents one of MDA's first National sponsoring organizations.

*(Reprinted from the Woburn Advocate, December 20, 2011.)*



Woburn's Deb Salmon raised \$236.00 during her yearly New Year's Swim. Great job Deb!

**MOVING?**



**Give Branch 34 Your New Address!**

**MOVED?**

**Change of Address**

If you have moved, please notify the Branch directly, Personnel does not notify us of change of addresses.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State \_\_\_\_\_  
 Zip \_\_\_\_\_

Send change of address to:  
 Branch 34 NALC  
 400 West Cummings Park, Suite 3950  
 Woburn, MA 01801-6396

A Cluster of Clowns & Santa  
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# Assessing Your Financial Health

Many of us are uncomfortable discussing our financial matters with others. This often leaves us with little or no idea of how to create a budget, manage finances or even whom to talk to when we need help. As a result, we may find ourselves living paycheck to paycheck, tapping into our savings or working overtime to pay bills.

## Review Your Spending Habits

You don't have to be in debt to start thinking about improving your financial situation. Sometimes, simply looking at your current spending habits can reveal patterns that should be modified in order to achieve your financial goals. Maybe you tend to indulge yourself by purchasing items on a whim or items you don't really need. Or perhaps you are living a comfortable lifestyle, dining out and going to movies on a regular basis. While you are able to meet your mortgage and car payments, you might be putting off important purchases until your next paycheck. You also may find

yourself unable to afford that long-awaited vacation or big-ticket purchase. A closer look at your spending habits can provide a new perspective on your financial situation. This review process is imperative to improving your financial health.

## Reasons for Debt

Debt can result from many situations. After years of paying the minimum payments (mostly interest) on your credit cards, your monthly payments may no longer be making a dent in the overall balances. When investing in a large expenditure, such as school, a car, or a home, debt is almost inevitable. However, using credit for everyday purchases, such as groceries and fast food, can quickly amount to overwhelming debt. If you are using credit to pay for smaller items, rather than for big-ticket investments, try paying with cash whenever possible. Credit should be used for emergencies, not for everyday purchases. Whatever the reason, work toward limiting your debt and don't add to it.

## Recognizing and Managing Stress

Stress is a physical or mental reaction to demanding situations. A certain amount of daily stress is normal and necessary. However, ongoing or excessive stress, either positive or negative, can result in fatigue, burnout and even depression.

## Symptoms of Stress

Learning to recognize the symptoms is the first step in effectively managing stress. Some signals that will alert you to excessive stress include:

- difficulty sleeping
- decreased satisfaction with tasks
- constant feeling of urgency
- tension headaches, backaches, stomach aches or other physical discomforts

## Managing Stress

A number of techniques can assist you in reducing stress. We recommend that you experiment with the following methods, and

use those that are the most effective for you:

- **Take care of yourself.** Eating healthy foods and getting plenty of rest will help you maintain your body's resistance to the physical symptoms of stress.
- **Manage your time.** Take charge of your day by scheduling your time and focusing on your goals. Create a list of tasks to accomplish. Be sure to cross items off your list as they are completed.
- **Identify the messages you give yourself.** Focus on what you can do rather than your limitations. Be positive.
- **Try deep muscle relaxation.** Start by tensing your shoulders for about 10 seconds. Slowly release the tension and you will begin to feel your muscles relax. Try this exercise for all major muscle areas.
- **Make time for fun.** Take a break from your normal routine during the day to ease tension. Physical exercise or just a change of scenery, such as an evening at the movies, can help you relax.

## Unexpected Debt

Sometimes financial difficulties result from unexpected events such as the death or illness of a family member, a divorce or damage to your home and property. Changes such as these can be very expensive. At the time, you may only be able to see the bills flowing into your mailbox and your savings account dwindling. You may not be able to see a way out of your financial burden. Although it may seem overwhelming, debt is not insurmountable. Being proactive by

saving for a rainy day will help limit financial anxiety when an emergency arises.

## Resources are Available

Additional information, self-help tools and other resources are available online at [www.EAP4YOU.com](http://www.EAP4YOU.com). Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.

# RETIREES!

## 4 easy ways to start your allotment!

# Contribute to COLCPE directly from your ANNUITY

**R**etired NALC members have the option of making voluntary COLCPE contributions directly from their monthly CSRS or FERS annuities, a convenient way to make regular donations to the political action fund similar to the

payroll system available to active carriers. The amount you decide to contribute will come out of your annuity *each month*. Choose a method below. **Before you begin**, you'll need your **CSA retirement claim number**.

**Phone:** Call the NALC Retirement Office at 202-662-2877 anytime, or toll-free at 800-424-5186 Monday, Wednesday and Friday from 10 a.m. to noon and from 2 to 4 p.m. (ET).

- Internet:**
- Go to [www.serviceline.opm.gov](http://www.serviceline.opm.gov)
  - Enter your CSA number, beginning with the letter A and ending with a zero. SAMPLE: A22222220
  - Enter your PIN (Personal Identification Number). If you don't know it, click *Using Services Online* for help in getting one.
  - Once you've entered your CSA number and PIN, click *Log In*.
  - On the next page, click *Allotments to Organizations*.
  - Click *START*.
  - Select *Natl Assn of Letter Carriers - COLCPE*.
  - Enter the amount of your *monthly* contribution
  - Click *SAVE*.
  - On the next page click *YES* (if correct), then print the next page for your records.

**Coupon:** Detach and complete the coupon below and mail it to NALC Headquarters.

**Mail:** Send a letter to Office of Personnel Management, Retirement Operations Center, Boyers, PA 16017. Be sure to include your CSA number, the amount you want to contribute monthly, and the organization name: National Association of Letter Carriers—COLCPE.

### For Retired Members

I wish to contribute to COLCPE, the political action fund of the National Association of Letter Carriers. I understand the Office of Personnel Management will withhold the amount below from my *monthly* annuity payments.

Mail completed coupon to: NALC Retirement Department, Attention: COLCPE, 100 Indiana Ave. NW, Washington, DC 20001-2144.

Name (please print): \_\_\_\_\_ Branch: \_\_\_\_\_  
 CSA or Social Security number: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I wish to contribute *monthly*:  
 \$25  \$20  \$15  \$10  \$5  Other: \$ \_\_\_\_\_

By making a contribution to the Committee on Letter Carrier Political Education, you are doing so voluntarily with the understanding that it is not a condition of membership in the National Association of Letter Carriers nor a part of union dues. You may refuse to contribute without reprisal.

COLCPE will use the money it receives to contribute to candidates for federal office and undertake other political spending as permitted by law. Your selection shall remain in full force and effect until canceled through the Office of Personnel Management. Contributions to COLCPE are not deductible for federal income tax purposes.



Active letter carriers:  
 Contribute to **COLCPE**  
 using PostalEASE

by phone.....or online

Letter carriers can contribute directly to COLCPE (NALC's Committee on Letter Carrier Political Education) from their paychecks every pay period using the Postal Service's PostalEASE. Through PostalEASE you can designate COLCPE as one of your three\* payroll "allotments."

- 1 Be sure you know your 8-digit Employee ID Number (on your paystub) and 4-digit USPS Personal Identification Number (PIN). If you cannot remember your PIN, call PostalEASE at 1-877-4PS-EASE (1-877-477-3273), select "1", enter your 8-digit employee ID number, and select "2" to have your PIN mailed to you.
- 2 Create your own Account Number by inserting in the spaces at right the first seven digits of the ID number that appears above your name on the back cover of your Postal Record.

YOUR 17-DIGIT ACCOUNT NUMBER:

----- 0 0 3 4 9 5 2 5 3 5  
(First 7 digits of ID number on Postal Record label)  
 \*\*\*\*\*AUTO\*\* 5-DIGIT 54321  
 (XXXXX)089 LC 9876 W13 08  
 JOHN CARRIER  
 1234 MAIN STREET  
 ANYWHERE, US 54321-9999

### 3 Now you are ready to call PostalEASE toll-free at 1-877-4PS-EASE (1-877-477-3273)

- When prompted, select "1" for PostalEASE and then enter your 8-digit Employee ID Number and your USPS PIN
- Select "2" for payroll options
- Select "1" for allotments
- *Disregard* instruction to complete Allotment Worksheet and select "2" to continue
- Select "3" to add a new allotment
- Enter the following Financial Institution Routing Number: **0 6 4 0 0 0 1 7**
- Select "1" to continue processing allotment
- Select "1" to "enter the allotment now"
- Enter your 17-digit Account Number from above
- Enter "1" for Checking
- Enter amount of allotment: \$ \_\_\_\_\_ 00 per pay period. If amount is correct, select "1"

\* If you already have three allotments, you must cancel one to contribute to COLCPE through PostalEASE. To do so, follow the instructions at left but instead of selecting "3" to add a new allotment, select "2" to cancel an allotment.

After completing your entry, do **not** end the call until you hear the following:

Confirmation Number: \_\_\_\_\_

Your allotment will become effective on: \_\_\_\_\_

Your allotment will be reflected in paycheck dated: \_\_\_\_\_

Keep this information for your records and future reference.

Contribute on the web at [liteblue.usps.gov](http://liteblue.usps.gov)

Carriers can also go online to use PostalEASE. With PostalEASE, carriers can contribute directly from their paychecks every pay period. Through PostalEASE you can designate COLCPE as one of your three payroll "allotments."

- 1 Be sure you know your 8-digit Employee ID Number (on your paystub) and your 4-digit USPS Personal Identification Number (PIN). If you cannot remember your PIN, call PostalEASE at 1-877-4PS-EASE (1-877-477-3273), select "1", enter your Employee ID Number, and select "2" to have your PIN mailed to you.
- 2 Create your own Account Number by inserting in the spaces at right the first seven digits of the ID number that appears above your name on the back cover of your Postal Record.

### 3 Now you are ready to go online to [liteblue.usps.gov](http://liteblue.usps.gov)

- Enter Employee ID and PIN and click "log on"
- Click on "Postal Ease"
- Click on "I agree"
- Enter Employee ID and PIN again and log in
- Click on "Allotments/Payroll NTB"
- Click on "Continue"
- Click on "Allotments"
- Enter the 9-digit Financial Institution Routing Number: **0 6 4 0 0 0 1 7**
- Enter your 17-digit Account Number from above
- Enter Account type as "checking"
- Enter amount of your contribution
- Click on "validate"
- Click on "submit"
- Click "print page" to see and print your confirmation number for your records



Contribute to **COLCPE** monthly from your bank account via Electronic Funds Transfer

Every month on the 1st of the month, COLCPE will automatically (and without a fee) deduct from your bank account the amount you choose to contribute.

Please fill out and mail this coupon with a voided check to:

NALC-COLCPE  
 100 Indiana Ave. NW  
 Washington, DC 20001-2144

I hereby authorize my bank to deduct from my checking account *monthly* the sum of:  
 \$25  \$20  \$15  \$10  \$5  Other: \$ \_\_\_\_\_

and forward that amount to NALC's Committee on Letter Carrier Political Education (COLCPE). I make this authorization voluntarily and may revoke it at any time by notifying the NALC COLCPE Committee in writing.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Name (please print): \_\_\_\_\_  
 Social Security Number: \_\_\_\_\_ OR Postal Record number: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

By making a COLCPE Electronic Funds Transfer authorization, you are doing so voluntarily with the understanding that your monthly contribution is not a condition of membership in the National Association of Letter Carriers or of employment by the Postal Service, nor is it a part of union dues. The guideline amounts listed above are merely suggestions, and you may contribute more, less or nothing at all without advantage, disadvantage or reprisal. COLCPE will use the money it receives to contribute to candidates for federal office and undertake other political spending as permitted by law. Only NALC members, NALC executive and administrative staff, and their immediate household family members may contribute to COLCPE. Contributions to COLCPE are not deductible for federal income tax purposes.

By making a COLCPE allotment through PostalEASE, you are doing so voluntarily with the understanding that your monthly contribution is not a condition of membership in the National Association of Letter Carriers or of employment by the Postal Service, nor is it a part of union dues. You may refuse to contribute without any reprisal. COLCPE will use the money it receives to contribute to candidates for federal office and undertake other political spending as permitted by law. Your selection shall remain in full force and effect until cancelled through the PostalEASE system. Only NALC members, NALC executive and administrative staff, and their immediate household family members may contribute to COLCPE. Contributions to COLCPE are not deductible for federal income tax purposes.

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