



The Award-Winning Newspaper of
Joseph P. Considine
Branch 34 NALC, AFL-CIO

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National Association of Letter Carriers
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NATIONAL ASSOCIATION OF LETTER CARRIERS

BRANCH 34's CLAN

CELEBRATING 130 YEARS OF UNION PARTICIPATION AND ACCOMPLISHMENTS ★ 1890-2020

Upcoming Meetings

Please check out the dates, times and locations for all upcoming Membership Meetings on the **BRANCH 34 WEBSITE** at nalcbranch34.com



Inside Branch 34's CLAN

It Could Happen To You!
Page 2

How About the Rest of Us?
Page 2

What Should I Do If I Were Injured On the Job?
Page 3

Washington, We Have A Few Problems?
Page 4

Someone Is Always Watching!
Page 4

Carrier's Heroic Action Saves the Day!
Page 5

Branch 34 Salutes Its Retirees
Page 6

Branch 34 Honors 50 Year Employees
Page 7

Branch 34 Celebrates the Holidays
Pages 8 & 9

Branch 34 Donates Over \$28,500 for MDA
Page 11

T/781-281-1133
F/781-281-1127
nalcbranch34.com

New 24/7 Branch 34 Emergency Number
781-420-0950

President's Report

Protecting Your Routes!



GERALD (Jerry) MCCARTHY
President

The spring route inspection schedule is filling up and management is going to come at us full force. As of the first week of January we have 8 stations scheduled and I have been told more will follow. Management (OPS) has been instructed to put together 3 teams to perform these inspections and that is going to put a huge void in many stations who are already short on qualified Supervisors. I fully expect there will be issues with some members of these teams as they don't want to be there either. Management will attempt to "offer" other ways to avoid going through a route inspection by simply giving back Aux's or vacant routes in your stations. If there is a so called "offer", you will know as soon as possible and you will have a say in what happens in your station. I firmly believe that Management should not be just given these assignments for nothing. You work hard every day, make them work to take these assignments.

Management will also spread out to other local NALC branches to conduct inspections there, so it is not just the Boston district. Just giving Management routes or absorbing the aux routes in any office is just a temporary fix as they will be back and after all these open assignments are gone, someone will lose a route. After this happens we could go back in time and Management could begin using Article 12 to excess carriers to other offices in our district due to compliment staffing. Management tends to perform route inspections in offices and all that mail you have been getting simply vanishes for a few weeks. Then the aftermath is a station that cannot be managed. We have been giving out instructions and ways to help protect your routes at the Route inspection classes, by expanding the route inspection team from two members to six, Monthly Meetings and through the CLAN articles. Good route inspections are a possibility, Hingham just did it in the fall inspection season.

These are some of the things you can do to have a successful inspection or greatly reduce what management would be able to take away:

1. Make the proper clock hits – not making the

proper clock hits gives management the opening to take time and use it against you. (For example: if you do parts on the overtime list management moves you to the part when you are still carrying your own route). Do your own clock rings don't give management that control.

2. Do not throw any mail off the clock! You go to work to make money, make all you are entitled to. Throw only the mail you are instructed to. Three bundles take longer on the street than two.
3. Start filling out 3996's, everyday! (request for aux assistance/overtime). this is like a receipt for your route and a backup to your clock hits.
4. Do a complete 27 point vehicle check on these antiques you have to drive on a daily basis. If something is not working, write it up. Safety comes first, you walked in the door to work in the morning walk out at night to go home the same way.
5. Adhere to your leave times if 3996 is denied and use your MSP's as a tool to adjust yourself as to not "RUN" your route.

6. Work your beats and forwards on the street. Do not save them to the end of the day as this work / time will disappear.
7. Go to the route inspection class given by the Branch and ask questions specific to your route and get the correct answers from people who do route inspections 8 months out of the year, not the self-proclaimed experts on websites or facebook pages.
8. Start now preparing for your scheduled route inspection so you can be proficient in the method they want you to carry the mail, taking the time needed.

We will go over all route inspection paperwork at the Branch level and your route inspection team level. If time is taken away improperly we will file all the proper grievances and work diligently to recapture this time. If management uses the COR process improperly we will file the appropriate grievances.

In closing, I wish all my Brothers and Sisters a Happy New Year and a prosperous 2020.



"I would like give best wishes to longtime Branch 34 member Ed Coughlin of Arlington who is E-Reassigning to Maine."



BRANCH 34 STATION STEWARDS

Allston.....	Gerardo Rosario
Arlington.....	Anthony Falco Sean Mullett
Auburndale.....	Thomas Kierstead
Back Bay.....	Lucy Warren John DiBlasi
Belmont.....	Salvatore Celeste David D'Agostino
Braintree DMU.....	Richard Fraser Robert O'Donnell
Brighton.....	Roshon Butts
Brookline.....	Joseph DeMambro Dean Gonatas
Cambridge - Central Sq.....	William Wilkins Robert Liberatore
Cambridge - Porter Sq.....	William Cresitelli John Dickenson
Cohasset.....	Judi Aronson
Chestnut Hill.....	Thomas Conville
Dorchester Center.....	Marc Babin
East Weymouth.....	Artie Matthews
Fenway.....	Tony Cinelli
Fields Corner.....	James Hudson
Fort Point.....	Benny Faletta Elizabeth Purvis
Hingham/Hull.....	Michael Bertrand
Hyde Park.....	Joseph DeBerardinis
IMC - Chelsea.....	William Lang
IMC - East Boston.....	Emelio Leone
IMC - Winthrop.....	John Fanning
IMC - Everett.....	Tom Ciulla
IMC - Charlestown.....	Vacant
IMC - Somerville.....	John Fucile
Jamaica Plain.....	Robert Damatin Charles Zimmerman
J.F.K. Station.....	Robert Amirault Alex Taylor
Kenmore.....	Dan Abellard
Lexington.....	Tony Scrivano John Lucey
Malden.....	Laura Fahey Chris Dineen Fuming Chen
Mattapan.....	Christopher Pacitti
Medfield.....	Jon Holmberg Stephen White
Medford.....	Robert Leighton
Milton.....	Diane Butera Brian Senior
Needham.....	David Ward
Newton Centre.....	Shawn Tierney
Newton Highlands.....	Thomas Duff (A) Heidi White
Newtonville.....	Taylor Brooks
North Quincy.....	Mike Davis
North Weymouth.....	Amy Baker Brendan Finn
Quincy.....	David O'Connor
Revere DMU.....	Dan Durant
Melrose.....	Adam Difazio
Roslindale.....	John Galvin Keith Meredith Samie Smith
Scituate.....	Justin Vo
South Boston.....	Michael Kidd
So. Weymouth.....	Rusty Craven
Stoneham.....	Joseph Mangano
Waban.....	Rich Farrell
Waltham.....	Edward Walsh Colive Heaven William Huber
Watertown.....	Toni Alexander
Wellesley Square.....	Kevin McMahon
Wellesley Hills.....	David Demarco
Weston.....	Vacant
West Newton.....	Michael Walter Sandino Blaise
West Roxbury.....	Mario Venturelli
Weymouth Landing.....	Vigo Conte Fred Casey Richard Bucci
Woburn.....	Thomas Rooney, Jr.
Wollaston.....	

It Could Happen to You!

In times of overwhelming need, who do we turn to? Who can help us? What can we do to help ourselves? It is my hope that this article will help shed some light on our options, as brothers and sisters of the National Association of Letter Carriers.

The NALC Disaster Relief Fund

In the last several years, we have seen more than our fair share of disasters; the wildfires in California, as well as the hurricanes that swept through South Texas, the Florida Keys, Puerto Rico and the U.S. Virgin Islands and most recent the raging wildfires in Australia. The Union has established the NALC Disaster Relief Foundation to alleviate the suffering of members affected by natural disasters, including earthquakes, tornadoes, hurricanes and wildfires.

The NALC Disaster Relief Foundation Member's Guide is now available on the Disaster Relief Foundation page. It is packed with useful information on what to do; both to prepare for an emergency and what to do after. The foundation has been set up to function in two ways; by providing hands on relief and by receiving donations as a means to offer financial grants. It includes the basics on the Disaster Relief Foundation and the application form for a relief grant. Go to NALC.org and click on member's benefit and then click on "NALC Disaster Relief Fund". We take care of our own.

The Leave Sharing Program

A sudden accident and/or serious medical condition can happen to any of us at any time, causing us to be off of work for an extended period of time. As Federal employees, we are not covered by State Disability. Unless you have your own disability insurance, you may be out of options. However, on page 176 of our

2016-2019 National Agreement, you will find the "Leave Sharing" Memorandum of Understanding.

It reads: *The Postal Service will continue a Leave Sharing Program during the term of the 2016 Agreement under which career postal employees will be able to donate annual leave from their earned annual leave account to another career postal employee, within the same geographic area serviced by a postal district. In addition, career postal employees may donate annual leave to other family members that are career postal employees without restrictions as to geographic location.*

Family members shall include son or daughter, parent, and spouse as defined in Elm Section 515.2. Single donations must be of 8 or more whole hours and may not exceed half of the amount of annual leave earned each year based on the leave earnings category of the donor at the time of donation. Sick leave, unearned annual leave, and annual leave hours subject to forfeiture (leave in excess of the maximum carryover which the employee would not be permitted to use before the end of the leave year), may not be donated, and employees may not donate leave to their immediate supervisors.

To Be Eligible to Receive Donated Leave?

A career employee (a) must be incapacitated for available postal duties due to serious personal health conditions or pregnancy and (b) must be known or expected to miss at least 40 more hours from work than his or her own annual leave and/or sick leave balance(s), as applicable, will cover, and (c) must have his or her absence approved pursuant to standard attendance policies. Donated leave may be used to cover the 40 hours of LWOP required to be eligible for leave sharing.

How Do You Apply For Donated Leave?

Career employees can request donated annual leave by filing out a PS Form 3970-R, which is a request for donated leave. If you are donating annual leave, please use PS Form 3970-D. You can download the forms or get them from your supervisors. Your supervisor completes page 2 of the PS Form 3970-R or 3970-D. Mail the completed forms to: HRSSC Benefits & Compensation PO Box 970400 Greensboro, NC 27497-0400; or fax them to: (336) 662-4070 or (336) 662-4073. Please write your Employee Identification Number on each page and keep copies. HRSSC will send the Employee a Leave Sharing Program (LSP) number for their request to identify them.



BERNADETTE ROMANS
Vice President

The Employee Assistance Program

When it all seems too much and your plate appears too full, reach out and talk to someone. It is important to know that you are not alone in this world, and there are others who have gone through similar issues as yourself.

Talk to your spouse, significant other, your parents, siblings, friends, coworkers or the Union. If you feel that it's a private issue, you can utilize the Employee Assistance Program (EAP) or use available health options offered by our medical provider. The number to EAP is 1-800-327-4968, (800-EAP-4YOU). The TTY number is 877-492-7341. Counselors are available 24 hours a day, 7 days a week. Together we can all try to help each other to make this world a better place.

Have a Happy, Safe and Healthy New Year.

How About the Rest of Us?

You're a non-career CCA on the left coast in and around San Francisco and a few other places in the U.S., just minding your own business. And as usual, being used and abused by the postal service. Then, out of the blue and just like magic a "Memorandum of Agreement" is signed between the NALC and the USPS on 6/27/19, and within 60 days you are now identified by a blast from the past position known to most senior carriers as a "Part-Time Flexible". With the stroke of those mighty pens you become a career employee that is able to receive an abundance of benefits that were being held back so they could use you to save money. Now you get reasonable and thorough healthcare coverage, with the option to receive supplemental dental and vision insurance at additional cost. Now you get a retirement package that includes matching funds from your employer, paid sick leave, annual leave carryover, and is now protected from layoffs or reductions in force once they reach six years of continuous service. And not to get morbid, but God forbid if you kick the bucket in your service years, your insurance that you can get for pennies on the dollar will provide your family financial stability in your absence. The job you started out with has now become a legitimate, all be it meager livelihood. That \$17+/hour sham of a job now can help you start living a little better, protect your family, and if you stay with it, make a whopping \$65,000 a year at top base pay.

Of course, this is prior to the more that likely, 4.2% over three-years we'll be receiving after the new contract comes out of arbitration, (see ratified rural car-

rier contract, and why don't we ever settle our's first so the rurals have to live with what we get!).

But I digress, once again, about our unfair wages for what we do, and what we physically and mentally sacrifice. So, if we can convert CCA's in those places, why not in Boston? Los Angeles? New York? Long Island? Chicago? Atlanta? Dallas? Cleveland? Detroit? And for the sake of adding any more, I'll stop there.

As I have been reminded at biennial convention after biennial convention that no Letter Carrier should make more money than any other Letter Carrier, no matter what. Now we have the perfect comparison in area wage being voted down, and seeing that the only reason these CCA's were converted to PTF's is because \$17+/hr can't adequately compensate, and retain City Letter Carrier's. But the NALC stepped right up and agreed to give this small segment of the country a larger slice of the pie then Boston, Los Angeles, New York, Long Island, Chicago, Atlanta, Dallas, Cleveland, Detroit, and every other city that deserves the same conversions. Letter Carrier's deserve every additional dollar this union can capture for its membership, and it very well looks like Pandora's Box is officially open for business! The Postal Service cannot stuff the genie back in the lamp when they agreed to convert CCA's to PTF's in those high cost of living areas. Could this be a sign that National understands that people that pay a fortune for where they choose to live should be paid more? I find it hard to believe that our Union leadership would sign on the dotted line for these conversions just for the needs of the ser-

vice, and not for the needs of our membership's wallets and pocketbooks.

If you haven't caught some of my prior articles about Area Wage, a.k.a.: Locality Pay, it is substantial compensation that just about every government agency receives except the United States Postal Service. And even though we went out on a wildcat strike that created the Postal Reorganization Act of 1970, and in that document's Section C of Postal Policy guarantees, "As an employer, the Postal Service shall achieve and maintain compensation for its officers and employees comparable to the rites and types of compensation paid in the private sector of the economy of the United States."

The Postal Service could have the best damn delivery service in the Western Hemisphere by starting mass conversions tomorrow. The organization would attract competition for the position of Letter Carrier, and in turn attract a higher quality of employee, seeking a good paying job, with those all important benefits. And because of the benefits these new employees would receive out of the gate, they would think twice about quitting when there is really something to lose. It is not a mystery to any person that carries mail why the Postal Service is so shorthanded in a lot of areas in this country. The money that you receive to do the job, and with no real benefits to keep you interested, is a formula for separation from the USPS.



BOBBY DAMATIN
Financial Secretary

What Should I Do If I'm Injured On the Job?

That question depends on what happened to you. Whether your injury happened during one work day or over the course of two or more work days. The United States Department of Labor (DOL) Office of Workers Compensation Programs (OWCP) defines a traumatic injury as:

"A wound or other condition of the body caused by a specific event or series of events or incidents within a single work day or work shift. A traumatic injury is identifiable as to time and place of occurrence and member or function of the body affected." (Emphasis added)

This is a complicated way of saying, if you hurt yourself during one work day it's considered a traumatic injury and you should file a CA-1. This could include falling down stairs, getting bit by a dog, stepping out of your vehicle and twisting your ankle etc. etc. Injuries that develop over more than one work day like, carpal tunnel syndrome are considered occupational diseases and a CA-2 should be filed.

When you've suffered a traumatic injury you should immediately request a CA-1 from your supervisor. This should not be a problem as they're required to furnish you a CA-1 upon request. If you have a problem contact your steward, as well as, the Union Hall immediately.

The form is four pages long and you should fill out your section, which is the first page. Don't let your supervisor fill it out for you. If you need more space to fully explain what happened use a separate piece of paper. Make sure to put your name, employee ID and phone number on the separate piece of paper. When you get to item number 15 you're given two options whether you want to receive continuation of pay (COP) or use your own sick and/or annual leave. Management is required to assist you in this task. Handbook EL-505, which is managements manual for injury compensation, states in relevant part:

3.6 Assisting the Employee in Reporting an Injury and Making a Choice of COP or Leave — supervisor

* Provide the employee with CA-1, Federal Employee's Notification of Traumatic Injury and Claim for Continuation of Pay/Compensation. Instruct him or her to do the following:

- Complete the employee's section of the form.
- Make choice of treating physician.
- Elect COP, annual leave, or sick leave if time loss occurs from the job-related injury.
- Promptly return CA-1 with supporting medical documentation, if available, to the supervisor. If the employee submits medical information later, forward that information to the ICCO for submission with the CA-1, or with the case number, to OWCP. (Emphasis added)

As the above language from the EL-505 states your supervisor should also be advising you of your right to be treated by your own physician, as well as, making the choice of COP or A/L and or S/L. The EL-505 goes on to state:

Continuation of Pay or Sick or Annual Leave

If the injury is disabling, the employee may elect to use one the following:

- a. Continuation of Pay
COP may be used in the case of job-related injury for a period not to exceed 45 calendar days.
(Also see Chapters 4 and 13 for additional information regarding COP.)

If the employee elects COP, he or she must:

(1) Annotate the appropriate block on CA-1, Federal Employee's Notice of Traumatic Injury and Claim for Continuation of Pay/Compensation.

(2) Complete Form 3971, Request for or Notification of Absence. Advise the employee that:

(1) He or she has the right to select COP, annual leave, or sick leave.

(2) He or she is responsible for submitting or arranging for the submittal of prima facie medical evidence of a traumatic disabling injury within 10 working days after claiming COP. Prima facie evidence is medical evidence that indicates the employee is disabled as a result of a job-related injury and thus cannot perform the job held at the time of injury. Under the provisions of 20 CFR 10.204(a)(1), if such evidence is not received within that time frame, it may serve as sufficient reason for termination of COP, subject to reinstatement upon receipt of such evidence. (Emphasis Added)

Make a copy of your portion of the CA-1 and any accompanying pieces of paper you may have used in filling out the CA-1 for yourself and hand it back to your supervisor and ask for your receipt. Page 4 of the CA-1 is your receipt and it requires your supervisor or manager to sign it and give it to you. This proves that you filed a claim. The Postal Service has 10 days to get that CA-1 to the DOL. You should also ask for their portion of the CA-1, which is page 2, when they finish filling it out.

I bolded the above contractual language to highlight that it is your responsibility to get your claim accepted. You have to be an active participant in this process. For assistance you should always call the Union Hall when you've been injured on the job. We will help you through the process of getting your claim accepted by ensuring you've filled out the right paperwork, reviewing your medical evidence to make sure it satisfies the DOL requirements. And if need be, representing you at an Oral Hearing with the DOL if your claim is initially denied. Don't go it alone. We work for you, so put us to work!

A very important but overlooked part of reporting a traumatic injury is getting a CA-16. Management should furnish you this form when medical treatment is required and/or requested by you after you've reported a traumatic injury. But in case they don't you should request it. The CA-16 authorizes your medical provider to be paid for treating you. This includes a specialist.

For anyone who's ever been injured

and was stuck in a situation where they had to wait for the DOL to authorize an MRI but they wouldn't because the claim hadn't been accepted yet. And in order to get your claim accepted you needed a diagnosis that only an MRI could provide. The CA-16 stops that. For 60 days those medical expenses are covered by the DOL. The CA-16 is defined below:



MICHAEL MURRAY
Secretary-Treasurer

CA-16, Authorization for Examination and/or Treatment

The CA-16 authorizes an injured employee to obtain examination and/or treatment for up to 60 days and provides OWCP with an initial medical report. The CA-16 forms are issued by the ICCO or trained control point personnel only. The CA-16 must be promptly issued within 4 hours in traumatic injuries requiring medical attention, except first-aid injuries where the employee has elected treatment by a contract medical provider. CA-16s are rarely used for occupational illness or disease claims and only with prior OWCP approval. If the employee chooses to select a contract medical provider beyond first-aid treatment, the CA-16 should be issued in accordance with FECA for the employee's selection of the contract medical provider as the employee's treating physician. (Emphasis added)

So, to break all that info down in an easy to follow format:

1. Report your injury immediately
2. Request a CA-1 and check off COP
3. Get a copy of your portion of the CA-1 and the receipt, and request a copy of their portion
4. Request a CA-16 if you're seeking medical care
5. Call the hall for assistance

If you have a problem finding a doctor who will treat you due to your federal workers comp claim, the OWCP has a search portal which can be found at: owcp.med.dol.gov/portal/providersearch/displaySearchForm.do. It's never a bad idea to have a plan in place in the event you're ever injured at work. If this is stuff you're already aware of because you've been injured before please educate the brothers and sisters in your station. We should all be looking out for each other because if we're waiting for management to do it we're going to be #\$\$%^(@!

Delivering the Holiday Spirit!



Roxbury's John Galvin (left) and Musavi Fardin (right) working hard to get Globe Santa items delivered to those in need.

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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

BEST ORGANIZED - LARGE BRANCH

First Place, 2018
First Place (tie), 2014

GENERAL EXCELLENCE - LARGE BRANCH PUBLICATIONS - MORE THAN 1,500 MEMBERS

First Place, 2018
First Place, 2016
First Place, 2014
First Place, 2012
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 EDITORIAL OR COLUMN

Honorable Mention, 2016

BEST STORY

First Place, 1996
Third Place, 1990

2 Honorable Mentions, 1992
Honorable Mention, 1990

BEST CARTOON OR PHOTO

First Place, 2006

PROMOTING UNIONISM

First Place, 2018
Third Place, 2018
Third Place, 1992

Judges' Commendation, 1988

BEST WEBSITE

First Place, 2018

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Washington, We Have a Few Problems!!!

The Postal Service has a few problems!!!! And if I had to guess they will wait, wait as they always do until it's too late to fix the problems easily or in any way that makes sense. I'll also be the first to admit, that the problems facing the Postal Service are way above our pay grade!!!

The first problem I see, and have seen for a while, is that some genius years ago when real estate was cheap, and rent was even cheaper, thought

Hey, "Karen" let's sell a building we have bought and paid for 50 years ago (we don't owe a f@#\$ing nickel on it), sell it for chump change and then rent it back from the guy we just sold it to!!!! Sounds great "Karen", we made money on the sale and we are paying peanuts for rent for the next 10 years!!!

Fast forward 10 years and now real estate prices are through the roof and every owner of a piece of land the size of a postage stamp or a building in which a Post Office is, decides selling to a developer for millions, who in turn builds a high-rise condo complex with retail is the best idea!!! (but they don't want the PO in the retail space they want a yoga studio and a pop up hipster haven, that sells black rimmed glasses, and man-bun elastics).

Don't Be A SCAB!

Urge them to pay their fair share and join Branch 34!

Back Bay

THOMAS N. CONCANNON
ROBERT A. ROMIKITIS

Braintree

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Brookline

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Needham

TAMI L. JOHNSON

Newton Highlands

SIMON CHAN.....CCA
ROBIN I. DEVITTO

Scituate

KAREN M. LYNCH

Stoneham

TINA M. DOHERTY

Waltham

DAVID BAHM
JOSEPH REGNA.....CCA

We apologize in advance if your name appears on this scab list in error. This information is forwarded to us from our National Headquarters and we do our best to ensure its accuracy. If you are still not in the Union, it's time to step up and pay your fair share. No excuses. Contact your Station Steward to join NOW!

Well what happens with the Post Office that's been there for 50 years you ask, well "Karen" we just up and move them into another location, problem is there are no other f@#\$ing locations because everyone is being priced out!!!

So here we are year after year with nowhere to house Post Offices and workers!!!

- Back Bay sold moved to GMF then moved back to a smaller location that is now rented
- Somerville sold moved to the IMC
- Kenmore sold move to the GMF
- South Boston sold has been given a last stay of execution by new owner
- Allston literally crumbled down around them moved to the GMF (temporarily)
- Mooney St. (I believe is still up for sale)

I'm noticing a trend here!!!!!! **HEY PO REAL ESTATE PEOPLE, JUST A FYI WE WON'T ALL FIT IN THE GMF AND IMC!!!!**

I'm almost positive that someone somewhere is rethinking the sale of the old Back Bay Annex, which used to house Kenmore, Fenway and Back Bay, and is now a condo complex with the Back Bay Letter Carriers squeezed in like sardines with two passenger elevators (one of which is bound to be broke) to get the mail up and down between the loading dock and workroom floor!!! Had it not been sold 10+ years ago, you could have put Kenmore back there where they originally were 20+ years ago!!! And not for nothing but here's a heads up, the **FENWAY PO IS AS OF NOW NOT UP FOR SALE** and I'm not a real estate guru but you better start looking for a home for Fenway, since it is literally the smallest building on that part of Boylston St. which has been completely overrun buy 10 story apartment buildings, I mean f@#\$ even the Baseball Tavern is closing and the sun doesn't even hit the street anymore!!!! And if I was guy who owned it, it would be sold in 3 minutes!!! Just heads up!!!!

TO FIX THIS PROBLEM I SUGGEST YOU BUY PROPERTY EVEN IF YOU PAY THROUGH THE NOSE AND THEN DON'T EVER F@#\$ING SELL IT AGAIN!!!!!!
REPEAT AFTER ME DON'T EVER F@#\$ING SELL IT AGAIN!!!!!!

Second problem I see, and that I think we all see every day is that "we keep getting older" and all the new CCAs "stay the same age" (millennials if you are unsure of what movie this is from, please just google it it's a cult classic). All the new CCA's stay the same age because as was relayed to me "the PO says they hired 700 CCA's but 702 quit" HOLY \$#!+, we have entered the Twilight Zone, (again millennials google it)!!! How the f@#\$ do you end up with less than you f@#\$ing started with or less than you

hired to begin with!!! It actually rather quite simple, it means that the CCA's that have been working for a while are now also the ones walking away!!!! (Over the past few months in Malden we had a CCA, who made regular, and then resign less than 6 months after making regular, another CCA who had been a CCA for @ 18 months and figured he could drive for a ride-share company and make about the same amount of money as he was making at the PO, but have no stress and make his own hours who also resigned.) I think I found number 701 and 702!!!!

As it stands right now the Boston District has approximately 2000 FTR (my numbers have been rounded and may be off, as they are from last year), and of that 2000 FTR 20% or 2 in every ten has 30+ years and can retire today!!!! Problem is we can't seem to hire and retain their replacements!!! And it only gets worse, because over the next 10 years another 30% of Letter Carriers will now also become eligible to retire!!!! So in the next 10 years 50% of all Letter Carriers currently working right now will be eligible to retire and receive that kiss in the mail every month!!!

I have just a few suggestions here for the PO, and I'm sure the PO won't listen and it will all fall by the wayside, because the PO continuously only listens to the "Karen's" of the PO world. But here we go anyways, hire CCA's with a 6 month probationary period, after 6 months convert them to career (PTF or FTR but give them their benefits), as it sits now there is no incentive to stay as a CCA in the Boston District!!! You must offer some sort of incentive!!! If they cannot afford to live in Boston or the surrounding areas based on what they are being paid, then why the

Someone is Always Watching!

In a previous issue of the CLAN, it was reported that we would soon be receiving new postal vehicles. One of the main qualms about these vehicles was the fact that they would be equipped with multiple cameras, inside and out. People were (rightfully) upset and the NALC has promised to grieve the use of this new equipment. But as upsetting as they are, being recorded on the route is nothing new, and it probably happens to you more often than you think.

One thing to keep in mind as we enter this new decade is that home surveillance systems are no longer an item reserved for the wealthy. They are now cheaper and more plentiful than ever before. Even the Ring brand doorbell cameras and similar products can be had for around \$100. Therefore any carrier should expect to be recorded at least dozens of times a day on their route.

With all this new electronic oversight, it is very important that we regularly carry out our duties in a safe and professional manner. Unfortunately as I write this ar-

F@#\$ would they bother working here without an incentive!!!!

OOH OOH here is another idea, offer all military Veterans

an incentive to work at the PO, how about when they are hired you pay them at the rate they would have received had their military time been career postal service time, what I mean is 4 years in the military is the same as if they had 4 years at the PO. Pay them to start as if they were a 4 year employee at the PO!!!!

OK one more fabulous idea!!! It's kind of been a theme here but you must catch up to the rest of the business world and offer incentives to not just CCA's but all employees!!! If a Letter Carrier does not use any S/L in the course of a year, how about you give them 3 days of Administrative leave to use at their preference, or how about a \$500 gas card for any employee who has zero motor vehicle accidents in a year, what I'm saying is people like to be acknowledged for doing a good job!!!

Again I'll be the first to say this is all above my pay grade but WTF USPS you have to be proactive instead of being reactive as usual, because holy s@#\$ we've seen what re-active is in the PO and quite frankly you can't keep waiting for the s@#\$ to hit the fan, it already has and now your just throwing it against the wall!!!!

**** Also no real "Karen" was utilized as a reference in the writing of this article. (Via MTV- Ridiculousness)

**** Also no specific millennials were harmed in the writing of this article but I'm sure they are all offended (no apology offered)



LAURA WOOD FAHEY
Area Steward



ROSS MURRAY
"Branch 34's CLAN" Editor

ticle, there is currently a yet another viral video of a carrier mishandling a package circulating the internet. As a result the carrier will more than likely be facing a PDI along with a trial in the court of public opinion. Not to mention the fact that it makes the USPS, including all of us carriers look bad.

I've noticed along my route that almost half of the residential addresses now have some sort of visible surveillance system not to mention all the businesses. There's probably enough video footage of me from one week to make a Netflix docu-series about Ross the mailman. The same could be said about you and your route as well. Plenty of video clips of us performing our duties safely and professionally, buried in hard drives never to be viewed again. Yet the one time you decide to toss a package or swear at the scanner, you could find yourself an unwilling Youtube star! That is one of the unfortunate caveats of being a public servant; you do good and nobody remembers, you do bad and nobody forgets.

Lastly, I want to address the previous issue of the CLAN, which unfortunately got to the Branch 34 members in an untimely manner. We do sincerely apologize for that. The reason for the delay was that particular issue was considerably larger than previous issues with an unprecedented amount of photographs. All this content did slow the process down more than expected, however we are learning from this mistake and hopefully this issue has made it to you in a timely manner.

Carry On.

Don't Be Friends With a SCAB!

NALC President **Frederic Rolando** and his National Officers are working hard for a new contract. The 2016-2019 contract gave Letter Carriers a pay increase over \$5,000. We all want and deserve more. But why should SCABS get a free ride on our union? The Union fights for everything we get. SCABS all have an excuse but the bottom line is that they are all cheap.

Do they turn down raises and COLA's? No they don't! Do they turn down all the other benefits the union fights for and gets for you? No they don't!

Hope everyone had a great holiday!



DAN O'CONNOR
Trustee

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.

Carrier's Heroic Actions Save the Day!

One thing that most people outside of the post office don't seem to know about us letter carriers, is how often we see and notice when things aren't right as we're making our rounds. Not to mention how often our service to the public goes well beyond the delivery of letters and packages.

For instance, in my station, we recently had a CCA, with barely a year of service come to the aid of someone in need. Late last November, Woburn CCA **Michael Denis** was out delivering when he heard cries for help. He very quickly found an elderly woman, who slipped and fell and was unable to get up. Upon finding her and seeing that she needed immediate medical attention, Denis immediately called 911



Woburn Carrier Michael Denis

and stayed with the customer until help arrived. Once the paramedics

showed up and the scene was under control, Denis secured the customer's house for her and continued on his route.

These are the actions of a true professional who I am proud to work with every day.

Additionally, I would like to commend the IMC's Robert Brown who was recently nominated for the National Hero Award after coming to the aid of a customer who he found lying on the ground. Way to go, brother!



VIGO CONTE
Trustee

Greetings from the Birthplace of American Liberty... Lexington, Massachusetts

If my timing is right you should be reading this just prior to the 28th Annual NALC/Letter Carrier's (Stamp Out Hunger) Food Drive. This will take place on Saturday, May 9, 2020.

If not... a little history won't hurt.

For this article I thought I'd dig around, and find a bit of history on the Food Drive.

First a few details before I begin...

In America on any given day one in eight households are food insecure. Millions of veteran's children and elderly are uncertain where their next meal is coming from. Fires, floods, and hurricanes etc.... have put even more people without food. These folks are forced to turn to local food pantries and shelters for help. This is where we come in. Our efforts on the 2nd Saturday in May collect approximately 75 million pounds of food each year. All the food you collect stays local to the area you live and work in!

Anyway, here's what I found out:
It all began with Phoenix, AZ

Branch 576. In 1990, Branch President **Mike Crowley** appointed **John Schwander** as the food drive coordinator for the branch's local drive held on Nov. 3. Schwander revamped the process to include TV and radio coverage, and would later arrange for then-Scottsdale resident and "Family Circus" cartoonist **Bil Keane** to create artwork for the drive. Though many other branches helped feed the hungry through food drives or personal donations, it was Branch 576's drive that planted the seed for the national drive. This essentially became the business model for what we know today.

The national, coordinated effort by the NALC to help fight hunger in America grew out of discussions in 1991 by a number of leaders at the time, including then NALC President **Vincent R. Sombrotto**, AFL-CIO Community Services Director **Joseph Velasquez** and Postmaster General **Anthony Frank**.

The first food drive / pilot drive was held in ten cities/branches on

October 26, 1991.

The ten branches that agreed to participate were Harrisburg Branch 500; Long Island Merged, NY Branch 6000; Columbus, OH Branch 78; Peoria, IL Branch 31; Louisville Branch 14; Northeast Florida Branch 53; San Antonio, TX Branch 421; Dallas Branch 132; Portland, OR Branch 82 and San Jose, CA Branch 193.

It proved so successful that work began immediately on making it a nationwide effort.

The Union decided that the next drive wouldn't happen until 1993.

Input from food banks and pantries suggested that late spring would be the best time since by then most food banks in the country start running out of donations received during the Thanksgiving and Christmas holiday periods.

The second revamped food drive was organized for May 15, 1993. This time the aim was to have at least one NALC branch in each of the 50 states participating.

The NALC achieved that goal and far exceeded it. Some 220 branches collected more than 11.7 million pounds of food that year – a one-day record in the United States.

On May 14, 1994 the 3rd food drive was held on the 2nd Saturday of that month, This has obviously now become the tradition.

In 1995, more than 1,100 Branches participated in the food drive. That number grew to 1,200 in 1996 and 1,400 in 1997.

Today, we have nearly 1,500 NALC branches in all 50 states participating. This includes the District of Columbia, Puerto Rico, Guam and the Virgin Islands. These numbers comprise over 10,000 cities and towns.

Over the span of its lifetime the food drive has collected over 1.67 Billion pounds of food.

Keep up the good work Brothers and Sisters. **Let's Stamp Out Hunger!!!**

I leave you with this:

"Right now, I can't read too good... Don't send me no more letters... no!

Not unless you mail them from Desolation Row!"

– Bob Dylan



JOHN LUCEY
Area Steward

Thank You for Your Dedication and Commitment

I would like to take this opportunity to thank each and every letter carrier for their commitment and dedication to the business of delivering mail during the holiday season. With e-commerce, Amazon and UPS last mile carriers have been pushed to the brink.

Making sure our customers received their mail and packages for Christmas day. This was an amazing challenge and you rose to the challenge. I wish I could say the same for the supervisors and managers out in the field that choose to instruct carriers to fall short of this goal. Instructing carriers to scan parcels as "No Access or Business Closed" and a number of instances the parcels never left the building.

I know I am painting with a broad brush and it is not every manager or supervisor but the individuals involved know who they are. Their actions of falsifying scans should not and will not be tolerated. We cannot allow them to put each and every letter carrier in harm's way. If you deliver mail to one of your customers who is awaiting the delivery of a package and the supervisor made a decision to scan it "No Access" how do you think the

customer is going to act if you actually handed them their mail that day and read on a computer the carrier had no access.

I am asking each and every letter carrier to help me in stopping the service from destroying the service. If you are being instructed to scan packages as "No Access or Business closed because you brought the packages back at the end of the day or for that matter never took them out on the street, please see your steward or call the Branch President.

I would also remind and encourage each and every letter carrier to check their pay stubs every pay period. Track the hours you work from punching in in the am, out to the street, back from the street and end of tour. The NALC has an app to help you track your time daily. It can be found on the NALC site.

(continued on page 7)



RICHARD J. "RICK"
DICECCA
National Business Agent

Massachusetts Congressional Delegation

U.S. SENATE

The Honorable Elizabeth Warren
Hart Senate Office Bldg., Rm. 317
Washington, D.C. 20510
202-224-4543 Fax: 202-224-2417
www.warren.senate.gov

The Honorable Edward J. Markey
Dirksen Senate Office Bldg., Rm. 218
Washington, D.C. 20510
202-224-2742 Fax: 202-224-8525
www.markey.senate.gov

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neal.house.gov

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mcgovern.house.gov

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trahan.house.gov

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Cannon House Office Bldg., Rm. 304
Washington, D.C. 20515
202-225-5931 Fax: 202-225-0182
kennedy.house.gov
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Fifth Congressional District
The Honorable Katherine Clark
Rayburn House Office Bldg., Rm. 2448
Washington, D.C. 20515
202-225-2836 Fax: 202-226-0092
katherineclark.house.gov
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Sixth Congressional District
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Longworth House Office Bldg., Rm. 1127
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202-225-8020 Fax: 202-225-5915
moulton.house.gov

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The Honorable Ayanna Pressley
Longworth House Office Bldg., Rm. 1108
Washington, D.C. 20515
202-225-5111 Fax: 202-225-9322
pressley.house.gov
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Eighth Congressional District
The Honorable Stephen F. Lynch
Rayburn House Office Bldg., Rm. 2109
Washington, D.C. 20515
202-225-8273 Fax: 202-225-3984
lynch.house.gov
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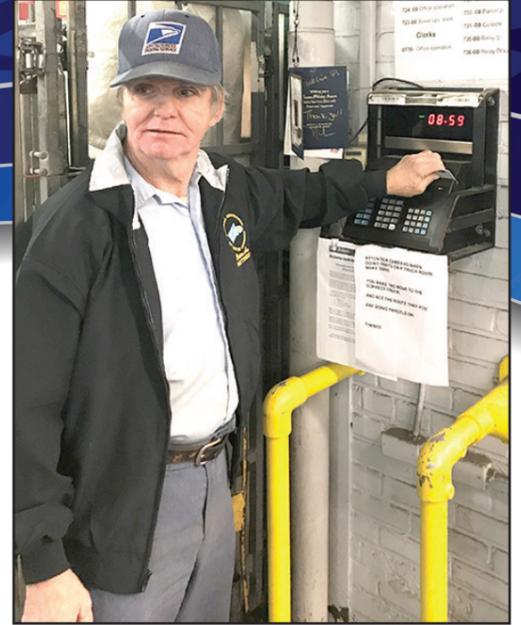
Ninth Congressional District
The Honorable William Keating
Rayburn House Office Bldg., Rm. 2351
Washington, D.C. 20515
202-225-3111 Fax: 202-225-5658
keating.house.gov
Represented Communities: Norwell, Rockland, Hanover, Hanson, Pembroke, Duxbury, Halifax, Plympton, Kingston, Middleborough, Carver, Plymouth, Fall River, Westport, Dartmouth, New Bedford, Acushnet, Fairhaven, Rochester, Mattapoisett, Marion, Wareham, Bourne, Sandwich, Falmouth, Sandwich, Mashpee, Barnstable, Hyannis, Yarmouth, Dennis, Brewster, Harwich, Orleans, Chatham, Eastham, Wellfleet, Truro, Provincetown, Aquinnah, Goswold, Chilmark, West Tisbury, Tisbury, Oak Bluffs, Edgartown, Nantucket

Branch 34 Salutes Its Retirees

Brookline's Bill Casey



Branch 34 Executive Vice President Bernadette Romans presents Brookline's Bill Casey with a commemorative watch.



Brookline's Bill Casey makes his last punch.

Branch 34 Executive Vice President Bernadette Romans and Brookline Shop Steward Joe DeMambo congratulate Bill Casey on his retirement.



Branch 34 President Jerry McCarthy congratulates Hingham's Paul Donahue on his retirement.



Hingham's Paul Donahue receives his commemorative watch to signify more than 30 years of service.



Paul Donahue celebrates his new-found retirement with Hingham Shop Steward Mike Bertrand and Branch 34 President Jerry McCarthy.

Hingham's Paul Donahue

Medford's Tone Chang

Branch 34 President Jerry McCarthy presents Medford's Tone Chang with a NALC Branch 34 jacket.



Tone Chang enjoys his last day with Branch 34 President Jerry McCarthy (left) and Medford shop stewards Steve White (center right) and John Holmberg (far right)



Hyde Park's Chris McDonnell

Hyde Park Shop Steward Joe DeBeradinis (left) and Branch 34 Clerk MBA/NSBA Richie Galvin (right) congratulate Chris McDonnell (center) on a job well done.



Hyde Park's Chris McDonnell receives his commemorative NALC jacket and watch with Branch 34 President Jerry McCarthy.



Milton's Tim McCarthy



Milton's Tim McCarthy accepts congratulations and his retirement gifts from Branch 34 President Jerry McCarthy.



Branch 34 Holds a 50 Year Celebration for Braintree's James Barrett and Peter Wiencko



Branch 34 President Jerry McCarthy (far left) USPS Area Vice President Eric Chavez (center left) and USPS District Manager Mike Rakes (far right) congratulate Braintree's James Barrett (center) and Peter Wiencko (center right) each on 50 years of service.

★ **To Our Troops!** ★
Thank You For Your Service and Your Sacrifice!



NALC BRANCH 34 SUPPORTS YOU!



Branch 34 President Jerry McCarthy speaks praise about these two exceptional letter carriers.

Thank You For Your Dedication and Commitment...

(continued from page 5)

There has been numerous time deletions and alterations performed by management without the carriers knowledge for the sole purpose of making the numbers. If you find as little as a unit of time deleted without explanation ask to see your steward. We need to protect our rights and the best way to do so is when everyone is aware of their rights. You work very hard for your paycheck, make sure you do not allow anyone to short change you for the sake of making the numbers.

Congratulations Retirees!

On behalf of President McCarthy, the Board of Officers and 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:

- Bill CaseyBrookline
- Tome ChangMedford
- Paul DonahueHingham
- Michelle PostellHingham
- Chris McDonnellHyde Park
- Tim McCarthyMilton

Shamrocks for MDA Season is Fast Approaching! Help Us Make Branch 34 Number 1!

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"Unlike huge franchises that only see numbers and dollar signs, I see **individuals, goals and futures**. I build relationships and earn trust."

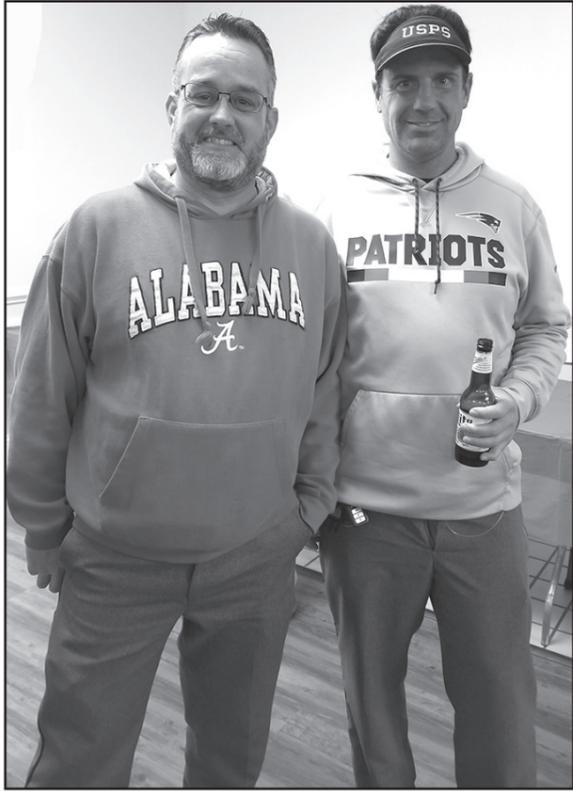


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Branch 34 Celebrates the Holidays







SIGN ME UP!

How to Contribute to the Letter Carrier Political Fund (NALC's PAC)

Using Postal EASE – ONLINE Enrollment

Through PostalEASE, active letter carriers can contribute directly from their USPS paychecks to the Letter Carrier Political Fund (NALC's PAC) by designating the Political Fund as one of the three payroll "allotments."

Online Enrollment

1. Login to USPS's Postal Ease website at <https://ewss.usps.gov>
You may also get to the Postal Ease website through the USPS LiteBlue website See the instructions below
2. Click "I agree"
3. Enter your Employee ID number and Password and click "Submit"
If you have not yet set up a password click the link provided on the page or go to:
<https://ssp.usps.gov/ssp-web/welcome.xhtml>
If you forgot your password click the link provided on the page or go to:
<https://ssp.usps.gov/ssp-web/einVerification.xhtml>
4. Under Payroll click "Allotments / Payroll Net To Bank"
5. Click "Continue"
6. Click "Allotments"
7. Enter the 9-digit Financial Institution Routing Number: 0 6 4 0 0 0 1 7
8. Enter your 17-digit Account Number _____ 0 0 3 4 9 5 2 5 3 5
See instructions in step D at right
9. Enter Account type as "checking"
10. Enter amount of your Allotment: \$ _____
The maximum yearly amount is \$5,000
11. Click VALIDATE
12. Click SUBMIT
13. Print or write down your confirmation number for your records

BEFORE YOU START, YOU'LL NEED:

- A. Your 8-digit Employee ID Number (on your paystub)
- B. Your USPS password
- C. Your Postal Record Number (Located on the back cover of your Postal Record magazine, above your name. Or call 202.393.4695 to get your Postal Record Number). See the example below.



- D. To create your personal account number, insert the seven digits of your Postal Record Number to the spaces below:
_____ 0 0 3 4 9 5 2 5 3 5

To get to Postal Ease through Lite Blue:

- Got to www.liteblue.usps.gov
- Enter your employee ID and Password and click "Log On"
- Click "My HR"
- Click "Employee Apps"
- Click "PostalEASE"
- Begin at step 1 above

Using Postal EASE – Enroll by PHONE

Through PostalEASE, active letter carriers can contribute directly from their USPS paychecks to the Letter Carrier Political Fund (NALC's PAC) by designating the Political Fund as one of the three payroll "allotments."

ENROLLMENT BY PHONE

Call PostalEASE toll-free at 1.877.4PS.EASE (1.877.477.3273)

1. When prompted, select "1" for PostalEASE
2. Enter your 8-digit Employee ID Number and your USPS 4-digit PIN
3. Select "2" for payroll options
4. Select "1" for allotments
Disregard instruction to complete Allotment Worksheet and select "2" to continue.
5. Select "3" to ADD a new allotment
6. Enter the following Financial Institution Routing Number: 0 6 4 0 0 0 1 7
7. Select "1" to continue processing allotment
8. Select "1" to "enter the allotment now"
9. Enter your 17-digit Account Number (See step D at left)
10. Enter "1" for Checking
11. Enter amount of allotment: \$ _____ / pay period
Maximum yearly amount is \$5,000
12. If amount is correct, select "1"

NOTE: If you already have three allotments, you must cancel one to contribute to the Political Fund through PostalEASE. To do so, follow the instructions above but instead of selecting "3" to add a new allotment, select "2" to cancel an allotment.

After completing your entry, stay on the phone for the following information:

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.

BEFORE YOU START, YOU'LL NEED:

- A. Your 8-digit Employee ID Number (on your paystub)
- B. Your USPS PIN
- C. Your Postal Record Number (Located on the back cover of your Postal Record magazine, above your name. Or call 202.393.4695 to get your Postal Record Number).

Your Postal Record Number is on the cover of NALC's monthly magazine:



- D. To create your personal account number, insert the seven digits of your Postal Record Number to the spaces below:
_____ 0 0 3 4 9 5 2 5 3 5

Using ELECTRONIC FUND TRANSFER

Through a monthly **Electronic Fund Transfer**, NALC members can contribute directly from their bank account to the Letter Carrier Political Fund (NALC's PAC). On the 1st of every month, the Political Fund will automatically (and without a fee) deduct from your bank account the amount you choose to contribute.

Electronic Fund Transfer Authorization

Fill out and return this form with a voided check to the address below

I, _____ (your name) hereby authorize my bank to deduct from my checking account the monthly the sum of:

\$25 \$20 \$15 \$10 \$5 Other: \$ _____ (Maximum amount per year is \$5,000) and forward that amount to the Letter Carrier Political Fund (NALC's PAC). I make this authorization voluntarily and may revoke it at any time by notifying the Letter Carrier Political Fund in writing.

Signature: _____ Date: _____

Full Name (please print): _____

Social Security Number: _____ OR Postal Record number: _____

Address: _____

City: _____ State: _____ Zip Code: _____

ATTACH A VOIDED CHECK HERE.

Please send this completed form and your voided check to:

The Letter Carrier Political Fund
100 Indiana Ave NW,
Washington, DC 20001-2144

Your Postal Record Number (circled):



Using Your Retirement ANNUITY

Using your **Annuity**, retired NALC members can contribute directly from their CSRS or FERS annuities to the Letter Carrier Political Fund (NALC's PAC) on a monthly basis. This is a convenient way to make regular donations to the political action fund similar to the payroll system available to active carriers.

Enroll by Phone

Call the NALC Retirement Office at 202.662.2877 anytime or toll-free at 1.800.424.5186 Monday, Wednesday and Thursday from 10 a.m. to noon or 2 to 4 p.m. (ET). (Note: you will need your CSA retirement Claim number.)

Enroll Online

1. Go to www.servicesonline.opm.gov
2. Enter your CSA number, beginning with the letter A and ending with a zero. SAMPLE: A22222220
3. Enter your PIN (Personal Identification Number). If you don't know it, click Using Services Online for help with one.
4. Once you've entered your CSA number and PIN, click Log In.
5. On the next page, click ALLOTMENTS TO ORGANIZATIONS.
6. Click START
7. Select the Letter Carrier Political Fund (Formerly COLCPE)
8. Enter the amount of your monthly contribution. (Maximum yearly amount is \$5,000)
9. Click SAVE
10. On the next page click YES (if correct), then print the next page for your records.

Enroll by Mail

Complete this form and send to:
NALC Retirement Department, Attention: Letter Carrier Political Fund, 100 Indiana Ave. NW, Washington, DC 20001-2144

I, _____ (your name) wish to contribute to the Letter Carrier Political Fund. I authorize the Office of Personnel Management to withhold the amount below from my *monthly* annuity payments:
 \$25 \$20 \$15 \$10 \$5 Other: \$ _____ (Maximum amount per year is \$5,000) and forward that amount to the Letter Carrier Political Fund (NALC's PAC). I make this authorization voluntarily and may revoke it at any time by notifying the Letter Carrier Political Fund in writing.

Signature: _____ Date: _____

Full Name (please print): _____ Branch: _____

CSA or Social Security Number: _____ Phone: _____

By making a contribution to the Letter Carrier Political Fund, you are doing so voluntarily with the understanding that your contribution is not a condition of membership in the National Association of Letter Carriers or of employment by the Postal Service, nor is it part of union dues. You have a right to refuse to contribute without any reprisal. The Letter Carrier Political Fund 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. Contributions to the Letter Carrier Political Fund are not deductible for federal income tax purposes. Federal law prohibits the Letter Carrier Political Fund from soliciting contributions from individuals who are not NALC members, executive and administrative staff or their families. Any contribution received from such an individual will be refunded to that contributor.

Save Your Job! Use Your Voice!

Contribute to the Letter Carrier Political Fund!

About 20 years ago, the Crowley family found out their children, Patrick and Megan had Pompe disease. Pompe disease is one of 45 types of muscle disease that fall under the umbrella of the Muscular Dystrophy. At the time of their diagnosis most children diagnosed with this disease would not live to see the age of nine. The Crowleys were told Megan wasn't expected to live past the age of five. One can only imagine the horror of hearing such news.

Fortunately, Patrick and Megan's father John was no ordinary man. He quit his job and started a biotech business to find a cure. Money that Branch 34 raised

back then helped to fund this research. In 2003, when Megan was five years old she took part in a clinical trial and thankfully it worked! And all these years later Patrick and Megan are still doing well.

This was such a great and uplifting story that Hollywood made a movie about it called Extraordinary Measures starring Harrison Ford in 2010. Every Letter Carrier should see it.

The Letter Carriers have been working since 1952 to find a cure for Muscular Dystrophy. But we do so much more than that. Money raised also goes to fund MDA summer camps where kids with muscle disease can have fun at a camp

especially designed for them. I've seen the videos of the kids at these camps and it's really heartwarming and special to see them so happy. Money raised also goes to help the families pay for some of the incredibly expensive care like ramps, handicap vans, etc.

Money can be raised a number of

ways: Office collection, Shamrock sales, participate in the MDA Bowlathon, or one of our golf tournaments or you could do a Satchel Drive like the carriers of Dorchester Center did recently and raised \$870.24!!

*Fraternally, George Adams
Branch 34 MDA Chairman*



Branch 34 Donates \$28,568.77 to MDA in 2019

	St. Pat's Shamrocks	Carnations	Office Raffles	Satchel Drive	Tonic Cans	Office Collections	Walk A Thon	New Year's Day Swim	Special Collections	Golf Tournament	St. Valentine Roses	Canisters	Total
Allston													.00
Arlington	100.00												100.00
Auburndale													.00
Back Bay	374.00												374.00
Belmont													.00
Braintree	89.00												89.00
Brighton													.00
Brookline													.00
Cambridge Central													.00
Cambridge - Mooney St.	118.00												118.00
Charlestown IMC													.00
Chelsea													.00
Chestnut Hill													.00
Cohasset													.00
Dorchester Center	260.00			2,097.95									2,357.95
East Boston													.00
East Weymouth													.00
Everett													.00
Fenway													.00
Fields Corner													.00
Fort Point	150.00												150.00
Hingham / Hull	940.00												940.00
Hyde Park	115.00												115.00
Jamaica Plain	325.00					254.00							597.00
JFK	161.00												161.00
Kenmore													.00
Lexington	100.00												100.00
Malden													.00
Mattapan													.00
Medfield													.00
Medford													.00
Melrose													.00
Milton	133.00												133.00
Needham													.00
Newton Centre	100.00												100.00
Newton Highlands													.00
Newton Upper Falls													.00
Newtonville	85.00			111.00									195.00
North Quincy	1,276.00												1,276.00
North Weymouth	25.00					70.00							95.00
IMC North													.00
Quincy													.00
Revere													.00
Roslindale													.00
Roxbury	91.00				200.00								291.00
Scituate													.00
South Boston													.00
South Weymouth	350.00												350.00
Somerville													.00
Stoneham													.00
Waban													.00
Waltham	302.00												302.00
Watertown	138.00												138.00
Wellesley Square	400.00												400.00
Wellesley Hills													.00
West Newton													.00
West Roxbury	126.00												126.00
Weston	50.00					75.00							125.00
Weymouth Landing	100.00												100.00
Winthrop													.00
Woburn	1,742.00					30.00					10,100.00		11,874.00
Wollaston	60.00		76.00										136.00
													20,464.95

Branch 34 / MDA 2019 Top Ten

1. Woburn \$11,874.00	6. Wellesley Square \$ 400.00
2. Dorchester Center .. \$ 2,357.95	7. Back Bay \$ 374.00
3. North Quincy..... \$ 1,276.00	8. South Weymouth \$ 350.00
4. Hingham/Hull \$ 940.00	9. Waltham..... \$ 302.00
5. Jamaica Plain \$ 597.00	10. Roxbury..... \$ 291.00

Thanks to all who donated to MDA in 2019!

Bowling	3,510.00
Branch 34 Golf Tournament	3,353.82
Christmas Raffle	580.00
Top Golf - Washington, D.C.*	250.00
MDA Walk - Washington, D.C.*	150.00
Donations	260.00
	8,103.82
	28,568.77

* NALC Events



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IMPORTANT!!

ALL LETTER CARRIERS

Knee and Hip **ARTHRITIS** is the Silent **OCCUPATIONAL DISEASE** That No One Tells You About.

If you...

1. Have had a hip/knee replacement; or
2. Have been diagnosed with leg arthritis; or
3. Have chronically sore knees; or
4. Have had knee surgery for **ANY** reason; then

**YOU MAY BE ENTITLED TO:
SUBSTANTIAL COMP BENEFITS**

For more information call:

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