



**NALC Region 14
RAP Session
Addresses
Postal Issues**

See story on page 2.

Natšnal Associatšn of Letter Carriers
Joseph P. Considine Branch 34 NALC, AFL-CIO
400 West Cummings Park, Suite 3950
Woburn, MA 01801-6396
Address Service Requested

Non-Profit Org.
U.S. Postage
PAID
Boston, MA
Permit No. 54631

Volume XLII, Number 5 • January-February 2014

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



Branch 34's CLAN

Natšnal Associatšn of Letter Carriers

124 Years of Proud Unšn Participatšn and Accomplishments ★ 1890 - 2014

President's Corner

The Big Thaw!



**Robert A. Lind
President**

Well we're only a few weeks away from the big thaw and it can't get here soon enough. Despite working whatever overtime carriers can the people profiting are the oš, gas and electric utšity companies. They own the winter months and we pay dearly. Come on springtime!! We've had some record breaking cold spells across this country and we need a break.

On the horizon we have the Burlington letter carriers moving into our Woburn installatŪn which wšl require another DUO (Delivery Unit OptimizatŪn) LMOU (Local Memorandum of Understanding) between the local parties. Again those new units wšl remain Branch 25 members whše our Woburn unit wšl remain Branch 34. All units within the Woburn InstallatŪn wšl be governed by our negotiated LMOU.

By the time you receive this publication Somervšle wšl be part of the IMC. Hopefully life goes on without too much disruptŪn. For the Somervšle carriers it means a change in their dašy routine. No longer wšl they be utšizing their personal vehicles and a postal vehicle safety check wšl now be in order. As for personal belongings such as clothing, coolers, radŪs, etc... their removal wšl be required on a dašy basis. One never knows when the postal service wšl replace, move or perform scheduled maintenance on your assigned vehicle.

As for their route of travel they wšl join the caravan of vehicles fighting their way in and out of Beacham Street in Chelsea. The time associated with that *is* what it takes. Lastly the parcels designated for delivery and the time associated with that also *is* what it takes. I'm sure this move wšl seem a little overwhelming at first but our carriers wšl adapt to their new home at the IMC North as others have done. A message to our Somervšle carriers, "Don't put any undue pressure on yourselves and resign yourself to the fact it's going to take you additŪnal time".

The branch has been notified that Somervšle's routes wšl be inspected March 24 through Aprš 12, 2014. Adjustments wšl be made at a later date following that inspectŪn but those adjustments should be based on *Somervšle's performance*.

One Too Many

We've recently had some changes take place, personnel wise. Some good, some the jury is stšl out. Some management individuals that recently departed knew how to treat people and get the job done too. That doesn't mean they were always loved but they certainly didn't go out of their way to wreak havoc. Then there were those others to whom I say good riddance, don't let the door hit you on the way out.

I certainly don't have any parting best wishes to anyone that makes it their prerogative and life ambitŪn to inflict misery to those around them. I admit we have that type on both sides of the fence (craft and management) but today I focus on management. We've had a few "move on" from their recent postal positŪn that sucked as craft employees (whining, sick leave abusers, accidents, malingerers, etc...) and then they have the nerve to abuse workers because of



the positŪn they've been placed in. Memories as long as their arms.

Well I don't forget and it's a hard pšl to swallow seeing them act holier than thou throughout their despicable reign as manager or whatever. A cretin is a cretin whether wearing a dress or a suit and "may they reap what they sow": bad karma. Good Bye, Good Riddance... next batter.

A Job Well Done

It's a pleasure to report that the culprits involved in the recent beating, robbery, kidnapping attempt and shooting of our brother Fai Wu statŪned in the Dorchester Center Post Office have been apprehended. The authorities worked quickly in this case and hopefully those responsible for this despicable attack wšl be handed down a harsh and fitting sentence.

This well-publicized arrest sent a message "loud and clear" to any deviate entertaining this type of assault on our brothers and sisters whše servicing the public: If you partake in this type of criminal activity you wšl be sought out and apprehended. Kudos to all law-enforcement agencies involved in solving this crime and for seeking justice for Brother Wu. Hopefully Fai makes a full recovery soon.

Support Comes Through in a "BIG WAY"

I'm elated to report that a large segment of our I shop stewards and branch membership responded favorably to our drive to sustain our six (6) \$1,000 Branch 34 Scholarships. For the first time in well over a decade sales from our 50/50 tickets generated over a thousand dollars leading up to our February monthly meeting. I'd like to thank every participant and supporter, especially Area Steward Brian Manning for undertaking the challenge of resurrecting and sustaining this worthy fund.

If your shop steward didn't approach you for your support of this worthy program ask them why not? Don't accept the old "I'm too busy" routine or any other excuse. This is *our* program for *our* chšdren. On a disappointing note I'm sorry to be informed that a number of our biggest statŪns in our branch didn't participate at all last month. Some of these statŪns sons and daughters have been the recipient(s) a number of times over the years yet they don't support the program? Every statŪn/unit shop steward is

(continued on page 7)

Branch 34 Upcoming Membership Meetings

Tuesdays at 7:00 pm

March 11, 2014
at the Malden Moose Hall
582 Broadway (Rte. 99), Malden

Aprš 8, 2014
at the Sons of Italy Hall
120 Quarry Street, Quincy

May 13, 2014
at Boston Lodge of Elks #10
Spring Street,
West Roxbury

Check
Out These
Dates & Locations

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

INSIDE

Branch 34's CLAN

Give to COLCPE!

Page 3

WŌliam "BŌl" Bramley Remembered by Lexington Carriers

Page 5

Restrictive Sick Leave vs. ERMS

Page 6

Retiree Pix

Pages 10 - 12



Massachusetts Congressional Delegates

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
Russell Senate Office Bldg., Rm. 218
Washington, D.C. 20510
202-224-2742 Fax: 202-224-8525
www.markey.senate.gov

U.S. HOUSE OF REPRESENTATIVES

First Congressional District

The Honorable Richard E. Neal
Rayburn House Office Bldg., Rm. 2208
Washington, D.C. 20515
202-225-5601 Fax: 202-225-8112
http://neal.house.gov

Second Congressional District

The Honorable James P. McGovern
Cannon House Office Bldg., Rm. 438
Washington, D.C. 20515
202-225-6101 Fax: 202-225-5759
http://mcgovern.house.gov

Third Congressional District

The Honorable Niki Tsongas
Longworth House Office Bldg., Rm. 1607
Washington, D.C. 20515
202-225-3411 Fax: 202-226-0771
http://tsongas.house.gov

Fourth Congressional District

The Honorable Joseph P. Kennedy III
Longworth House Office Bldg., Rm. 1218
Washington, D.C. 20515
202-225-5931 Fax: 202-225-0182
http://kennedy.house.gov

Represented Communities: Brookline, Newton, Needham, Wellesley, Dover, Medfield, Millis, Medway, Milford, Hopkinton, Hopedale, Bellingham, Franklin, Norfolk, Wrentham, Plainville, Foxboro, Sharon, North Attleborough, Attleboro, Mansfield, Norton, Easton, Seabrook, Roboto, Taunton, Raynham, Dighton, Berkley, Lakeville, Freetown, Somerset, Swansea

Fifth Congressional District

The Honorable Katherine Clark
Rayburn House Office Bldg., Rm. 2108
Washington, D.C. 20515
202-225-2836 Fax: 202-226-0092
http://katherineclark.house.gov

Represented Communities: Arlington, Belmont, Framingham, Lexington, Lincoln, Malden, Medford, Natick, Revere, Stoneham, Waltham, Watertown, Wayland, Weston, Winchester, Winthrop, Woburn

Sixth Congressional District

The Honorable John F. Tierney
Rayburn House Office Bldg., Rm. 2238
Washington, D.C. 20515
202-225-8020 Fax: 202-225-5915
http://tierney.house.gov

Seventh Congressional District

The Honorable Michael E. Capuano
Longworth House Office Bldg., Rm. 1414
Washington, D.C. 20515
202-225-5111 Fax: 202-225-9322
http://capuano.house.gov

Represented Communities: Boston, Cambridge, Chelsea, Everett, Milton, Randolph, Somerville

Eighth Congressional District

The Honorable Stephen F. Lynch
Rayburn House Office Bldg., Rm. 2133
Washington, D.C. 20515
202-225-8273 Fax: 202-225-3984
http://lynch.house.gov

Represented Communities: Abington, Avon, Boston, Braintree, Bridgewater, Brockton, Canton, Cohasset, Dedham, East Bridgewater, Hingham, Holbrook, Hull, Milton, Norwood, Quincy, Raynham, Scituate, Stoughton, Walpole, Weymouth, West Bridgewater, Westwood, Whitman

Ninth Congressional District

The Honorable William Keating
Cannon House Office Bldg., Rm. 315
Washington, D.C. 20515
202-225-3111 Fax: 202-225-5658
http://keating.house.gov

Represented Communities: Norwell, Roxkland, 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



Congressman Stephen Lynch (D-MA) stops in to address those who attended the NALC Region 14 Rap Session. Lexington Shop Steward Tony Scrivano (far right with book) waits to listen.

NALC Region 14 RAP Session

Branch 34 attendees at NBA John J. Casciano's Region 14 RAP Session held Sunday, February 23rd at the Omni Parker House in Boston:

Bob Lind

Mike Yerkes

Rich Galvin

Michael Kidd

Rich Shelley

Tony Scrivano

Mike Bertrand

Fred London

The Region 14 RAP Session was well-attended by most branches throughout New England. The main guest speakers were NALC President **Fred Rolando** and the Eighth Congressional District Representative, the Honorable **Stephen Lynch**. Both spoke on the legislative changes needed to take place in order to preserve this worthy institution and the challenges ahead. Other topics of interest were discussed from Retirement to the Window of Operations by an array of guest speakers which finished in the remainder of the day.

Thanks to **John Casciano** and his staff for putting on this informative seminar and presentation and to all the Branch 34 members that showed up to support his efforts.



Branch 34 Financial Secretary Michael Yerkes watches and listens intently to NALC President Fred Rolando and the Region 14 Rap Session.



Fred London shows off his Sunday smile at NALC Region 14 Rap Session.

Three For the Road

One we got to thank and recognize some of our finest and most senior letter carriers as they embarked on their new career: Retirement. **John Najjar** and **Paul "Red" Andrews** had made a decision to call it a day after a long illustrious career and hang up their bag once and for all. To make this day even more special **Paul Hicks** returned to give his regards to his former workmates and our two new retirees.

Paul was involved in a tragic accident a few years earlier that forced him into an unanticipated retirement. While in the course of performing his assigned duties Paul was run down on a Boston street by a delivery courier on a bicycle and struck his head on the curb resulting in a permanent disabling injury. Paul was hospitalized for an extended period of time and moved

to a rehabilitation center for further therapy. Unfortunately he never was able to return to work and was never properly recognized by this union.

Branch 34 President **Bob Lind** and our Branch 34 Brother and National Business Agent **John Casciano** joined shop stewards **Ann Collier** and **Philly Tammaro** along with our JFK carriers in thanking these three gentlemen for their contribution to not only the U.S. Postal Service but also the NALC. All three plan to enjoy life without post office and we wish them a long, happy, healthy retirement with nothing but the best that life has to give.

To the many recent retirees (see list on page 5) of Branch 34: Thank you for a job well done.



NALC NBA John Casciano (left), JFK Shop Steward Ann Collier (second from left), Branch 34 President Bob Lind (second from right) and JFK Shop Steward Philly Tammaro (right) congratulate retirees Paul Hicks, John Hajjar and Paul Andrews on a job well done. Happy retirement guys!

Give to COLCPE!

The February, 2014 issue of the *Postal Record* has just arrived and it is a tribute to NALC members who contribute to COLCPE. There are two sections of contributors, the first is automatic contributors and the second is occasional contributors. Automatic contributors do so with payroll deductions from their checks. Occasional contributors donate directly.

I would like to thank all Branch 34 members who have donated to COLCPE. Unfortunately only about four percent of our members have contributed. I would like to ask those that have not contributed to consider doing so this year.

The Committee on Letter Carrier Political Education (COLCPE) is the NALC's political action committee. COLCPE does

not use union dues and depends entirely on donors. For the price of a cup of coffee, letter carriers can help ensure that COLCPE has the resources needed to protect our pay, benefits, collective bargaining rights and jobs.

COLCPE supports both Democrats and Republicans. NALC President **Fred Rolando** said in this month's *Postal Record* "our only concern is whether a candidate will stand up for letter carriers in Congress by supporting workers' rights and common sense reforms to strengthen the Postal Service."

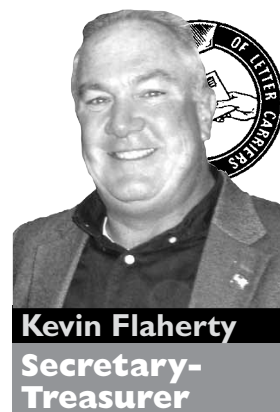
Recently, the Senate committee that oversees the Postal Service approved a measure of Postal Reform that would cripple the Postal Service. The next step is the full Senate consideration of the bill. The bill S. 1486 would bring an end to door-to-door delivery and eliminate Saturday delivery. We, as letter carriers, cannot allow this bill to pass. COLCPE is a method of assuring this bill does not happen. The recent *Postal Record* article on COLCPE entitled "Opening doors for carriers' friends and issues" offers some keen insight to the threats facing all letter carriers and the Postal Service in general. The article states "Congress is sharply divided on critical issues of governance. A small but aggressive group of activists and their allies are pushing an agenda that is hostile to both labor rights and government employees." The article further states, "from assaults on collective bargaining to cuts in pay and pensions, to cutting Saturday service, or privatizing the Postal Service, there is no shortage of efforts to harm and discredit the job letter carriers provide to American businesses and the American people."

COLCPE is instrumental in helping pro-labor and pro-Postal Service candidates get elected. This coming November's election

is critical for the survival of the Postal Service. We must make sure that friends, not foes of letter carriers are elected to Congress.

Last November, letter carriers received a contractual raise and shortly we will all receive the first of the deferred Cost of Living Adjustment (COLA). What better time than the present to make a COLCPE contribution. A cup of coffee is a small price to pay to ensure our jobs and benefits are protected.

Are you contributing to COLCPE?



Kevin Flaherty
Secretary-Treasurer

South Boston Letter Carriers Help Needy Residents Keep Warm this Winter

During the last two weeks of December, the letter carriers, clerks and management of the South Boston Post Office ran a hat, mitten, gloves and mittens collection drive to benefit needy residents of the community.

A collection box was set up in the lobby of the South Boston Post Office and the drive was publicized in the *South Boston On-Line*, one of the local newspapers.

On Christmas Eve, all of the collected items were brought to the South Boston Neighborhood House, whose staff was very appreciative of the efforts from all. Thanks for all who contributed to this worthwhile drive.

It is hoped that this will become a yearly event!

— Michael Kidd, Branch 34 Area Steward



South Boston Manager LaVon Jean-Pierre, Branch 34 Area Steward Michael Kidd and South Boston Letter Carrier JSI McDonough deliver donated hats, scarves, gloves and mittens to the South Boston Neighborhood House.

Whale Sh*t

When I was a little PTF years ago at the Back Bay there were three lessons taught to me by the senior carriers (Joe Driscoll, K'Sler Coyne, Louis Schraffa, Bob Cuddyer, Walter Mortimer, etc.).

One – Most important, do whatever you have to do to get through your 90 days – do what you are told, do it quickly (but safely) and don't complain. Once you made it to day 91 you would, unless you don't show up for work or are caught stealing/drugging, would have a job for life with good pay and good benefits. They were right.

Two – After you reach your ninety there is no rush to make Regular. Everybody wants their own station, their own route, get paid for Holidays and all that. But the senior carriers told me A) Michael, even when you make Regular you will always be irregular to us and B) the name of the game is to make money (as much, as fast and as long as you can) and when you make Regular you actually lose money – less OT opportunities compared to a PTF once you get on an OTDL. Again, they were right.

Three – Lastly, I was always reminded that as a PTF I was a low as whale sh*t on the bottom of the ocean. My standing (good routes, if there is such a thing anymore, choice vacations) would only increase if I accumulated enough Postal currency – Seniority. Again, they were right.

Jump to 2014. The lessons haven't changed but the circumstances have. In today's Post Office there is a category of employee that is treated by Management as if they were LOWER than whale sh*t on the bottom of the ocean – the CCA.

Has the letter carriers job gotten easier over the last few years? NO. But did you know that CCAs only get two days of training at Goodstart and the training is all powerpoint presentation, nothing hands on

like casing mail? Sounds like it should be called Half-Assed Training.

Once sent to a station there is a requirement for three days of training with an OJI, a 4 page checklist of topics to be reviewed (with signoff by the CCA, OJI, Mgmt. and the Steward) in addition to 30/60/90 day reviews. Management is letting CCAs go before (just before, like days 86/87/88) while not completing the required checklist/reviews. Management appears to have the mindset that if the current CCAs aren't working out (i.e. not fast enough) they can be replaced by a quicker model. Not true. Not as many people are applying for those jobs now that it has a lower wage.

For the CCAs who are fortunate enough to make the 90 days they are treated like mules and are not given the opportunity to develop as letter carriers.

Wouldn't it make more sense to train the CCAs properly and set reasonable expectations for their performance?

Stupid question when you are talking about the Post Office.



Michael Kidd
Legislative Liaison

Celebrating 125 Years

NALC
69TH BIENNIAL CONVENTION
JULY 21-25, 2014 • PHILADELPHIA, PA

Protect Your Future!
Give to COLCPE!

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, 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 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

BRANCH 34's CLAN is the Official Publication of Branch 34 of the National Association of Letter Carriers, AFL-CIO. The Boston Branch was Chartered by the NALC on June 18, 1890. **BRANCH 34's CLAN** is published six times each year. It presents the various issues of the day that are of concern to the membership. The views and opinions expressed in the articles and columns do not necessarily reflect the official position of the NALC Branch 34 or its officers, but rather those of the author.

Any articles submitted for publication in **BRANCH 34's CLAN** must be typewritten, double-spaced and received at the Branch office no later than the close of business on the first of the month of publication: January, March, May, July, September, and November. The Editor reserves the right to amend articles and/or delay their publication due to the limited availability of space.

Permission is hereby granted for the **REPRINTING** of any article that originates in this paper provided an appropriate credit line also appears and a copy of the reprint in its new publication is sent to: Editor, NALC Branch 34, 400 West Cummings Park, Suite 3950, Woburn, MA 01801-6396.

BRANCH 34's CLAN enters the Postal Service as third-class, non-profit material. Any change of address should be sent to: Editor, NALC Branch 34, 400 West Cummings Park, Suite 3950, Woburn, MA 01801-6396.

Steve Mahoney, Editor
Robert A. Lind, Associate Editor
John T. McMahon, Associate Editor

2013-2016 BRANCH 34 NALC BOARD OF OFFICERS

Robert A. Lind	President
John T. McMahon	Executive Vice President
Bob Simpson	Vice President
Kevin Flaherty	Secretary-Treasurer
Michael Yerkes	Financial Secretary
Steve Mahoney	Editor
Michael Gorham	Health Benefit Officer
Michael Murray	Sergeant-at-Arms
Rich Galvin	Clerk, MBA/NSBA
Paul Roche	Chairman, Trustees
Daniel O'Connor	Trustee
Marty Foley	Trustee
Jerry McCarthy	Area Steward
Brian Manning	Area Steward
Michael Kidd	Area Steward
Bernadette Romans	Area Steward

208

In Memoriam

William "Bill" Bramley – A Hardworking, Dependable and Likable Gentleman Honored With a Plaque in Lexington Post Office Lobby

On January 15th at the Lexington P.O. a dedication ceremony was conducted for recently deceased member William "Bill" Bramley. Bill was a Lexington Carrier who passed away while in the performance of his duties on December 2, 2013. Bill was a hardworking, dependable and likable gentleman who supported his workmates and took pride in servicing his postal patrons. This dedication ceremony gave closure to his fellow employees whom were prevented from paying their last respects to Bill due to a private service.

The ceremony began with those in attendance being led in prayer by fellow Carrier Luis Rosa followed with comments by the Station Manager, Area Manager and Branch 34 President Bob Lind. Former Lexington shop steward and currently retired Tim Brothers shared his personal thoughts on Brother Bramley and closed by reading the words of Kevin Costner from the movie "The Postman."

"My postman knew the name of every kid on my street. I can still see the smile on his face. The tip of his cap – when he had a letter in his bag with my name on it. You could set your watch by him.

I don't think we ever really understood what they meant to us until they were gone. Getting a letter made you feel like you were part of something bigger than yourself. No place was ever too far away for the postman. So that meant nobody ever had to be alone. The postman was someone you could count on. Things just made more sense when they were around."
Lastly the dedicated plaque was unveiled



The Lexington Letter Carrier contingent honors the memory of William "Bill" Bramley.



Malden piper Dan Norton listens to Retired Lexington Carrier and Shop Steward Tim Brothers as he reads the words from the film "The Postman" in honor of William "Bill" Bramley.



A plaque honoring William "Bill" Bramley now hangs in the lobby of the Lexington Post Office.

and Piper Dan Norton (Malden) played "Amazing Grace" while the Lexington

employees filed back into their work area from the front lobby of the Lexington PO.

It was a moving and fitting tribute to Bill's dedicated service.

NALCREST Apartment Bids - Two-Week Intervals – SIGN UP NOW!!

Listed below are the weeks available for NALCREST, in Lake Wales, Florida. The rental fee for the one bedroom apartment is \$195.00 per week, plus a \$55.00 cleaning fee for a total of \$445.00 for two weeks.

Anyone interested in renting the apartment, should submit their requests to the Branch 34 office, 400 West Cummings Park, Suite 3950, Woburn, MA 01801, in care of Kevin Flaherty. (This is for Branch 34 members/families only).

The weeks start on Monday and runs through Sunday. A random lottery will determine the selection if more than one request is submitted for the same weeks. You can submit multiple weeks.

The apartment is available for two-week intervals only.

- April 21 – May 4, 2014
- May 5 – May 18, 2014
- May 19 – June 1, 2014
- June 2 – June 15, 2014
- June 16 – June 29, 2014
- June 30 – July 13, 2014
- July 14 – July 27, 2014
- July 28 – August 10, 2014
- August 11 – August 24, 2014
- August 25 – September 7, 2014
- September 8 – September 21, 2014
- September 22 – October 5, 2014
- October 6 – October 19, 2014
- October 20 – November 2, 2014
- November 3 – November 16, 2014
- November 17 – November 30, 2014
- December 1 – December 14, 2014
- December 15 – December 28, 2014
- December 29, 2014 – January 11, 2015



Retired Lexington Carrier and Shop Steward Tim Brothers prepares to honor the late William "Bill" Bramley for a lifetime of hard work for the people of Lexington with his many co-workers.



The Lexington Letter Carriers appear for a group photo in front of the Lexington Post Office.



5 / 50

Winner for February 2014
Diamantino Carvalho
Watertown
\$506.00

The 02127

One of the aspects I like most as Area Steward is the interaction I have with letter carriers when I am out at stations. Besides the business questions I get, I am asked quite a bit about my station – South Boston – what’s it like, is it as bad as they say, how’s the mail, etc.? So I thought I might write a couple of CLAN articles about Southie and its carriers.

The station itself is located at 444 East Third St., a space the Post Office has occupied for 20+ years. On the carriers’ side we have 35 carriers, including two PTFs and five CCAs assigned to the station, for 20 routes. The number of CCAs we actually have in the building is usually more than five because management is always looking for extra bodies to get the mail delivered.

The boundaries of our delivery zone include the Mary Ellen McCormack projects, along Dot (Dorchester) Ave. past Andrew

Square to the Broadway T stop, Gslette Park to Summer St. continuing up to Castle Island then down Day Boulevard to Moakley Park.

The volume of mail, as well as the number of deliveries, continues to increase. New home/condo construction continues on any spot of open land. Like most stations, staffing and scheduling issues result in OT (even V time in February!) but quite honestly it’s blood money as there are no cupcake routes in Southie. The routes are long and all get good volumes of mail.

South Boston is easy to navigate, if you don’t count all the one way streets, provided you know most of the alphabet and can count to nine.

The streets run A to P St. (just like the song, no J St.) or in numerical order (First, Second, Third . . . all the way to Ninth). The numerical order can get confusing (West Fourth vs. East Fourth) but all you need

to remember is what side of Broadway (the main drag) you are on: West Broadway/West Fourth, East Broadway/East Fourth.

South Boston has had a number of carriers serve as Branch 34 Officers including current President **Bob Lind**, who started in South Boston as a PTF, and former President **Joe Morris**. But we have also had a rogues gallery from the dark side. That roll call would include **Hurd, Cooper, Rynkiewicz, Shea, Tesoro, Goldblatt and Gunn**, just to name a few.

Next time, meet the letter carriers of the 02127.



Michael Kidd
Area Steward

Don't Be A SCAB!

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

ARLINGTON
Anthony M. Pineau

AUBURNDALE
Robin I. Devitto

BACK BAY
Ralph E. Donovan
Christopher A. Douglass
David P. Widrow

BELMONT
Joshua M. Mahoney..... C.C.A.

BRAINTREE
Joseph Charmody..... C.C.A.

BROOKLINE
Christine M. Bašey
Linda M. Hazell
M.G. Tramontozzi C.C.A.

CAMBRIDGE
Christopher Glennon..... C.C.A.

CAMBRIDGE-MOONEY ST.
Janice A. Hudson
Blanca I. Teebagy

CHESTNUT HILL
Ra-Shaun Flattes C.C.A.

COHASSET
Jessica L. Pasteris P.T.F.

FIELDS CORNER
Richard McLain C.C.A.

FORT POINT
Wayne J. Chin

HINGHAM
Sandra Civišlo..... C.C.A.
Mark J. DUN

IMC-CHELSEA
Clarisse F. Abromowich C.C.A.
P. Dhungana..... C.C.A.
A. Raji C.C.A.
Sandra GÜrdano
Gena Hart..... C.C.A.

J.F.K.
Emma G. Hemphšl

LEXINGTON
Robert J. Warnock
Kathleen Ššveira..... C.C.A.

MALDEN
EŠeen M. Finn
E. Kamšl C.C.A.

MATTAPAN
MacArthur Giraults C.C.A.

MEDFIELD
Elizabeth I. Ray

MEDFORD
Gerald M. Lytes..... C.C.A.

MILTON
Katie Nickerson
Charles S. Rosen

NEEDHAM
Tina M. Doherty
Tami L. Johnson

NEWTON CENTRE
Thomas A. Caryl

NEWTON HIGHLANDS
Zineh Bennani C.C.A.

NEWTONVILLE
Michael J. Zirpolo

ROXBURY
John M. Finn, Jr..... C.C.A.
J.Z. Mature-Hšl C.C.A.
Robinson E. Morales C.C.A.

REVERE
David M. O'Connor C.C.A.

ROSLINDALE
L.T. Osborne, Jr.

SOMERVILLE
Kimberley A. Donahue
Peter Markowski C.C.A.
Daniel A. Robertson

SOUTH WEYMOUTH
Christine Tropeano

STONEHAM
M.E. Carmody C.C.A.

WALTHAM
David Bahm
Kelly M. Green-Gallo
Tammy A. Jakaus C.C.A.
Yi Lee C.C.A.

WATERTOWN
Leonard Cano..... C.C.A.

WELLESLEY HILLS
Allison Magee..... C.C.A.
M.N. Rosolko C.C.A.

(If your name wrongly appears on this scab list, please accept our apology. This information is forwarded from our national office. If you're still not in the Union, it's time to step up and pay your fair share. Contact your Shop Steward to join!)

Gone, But Not Forgotten

Another historic landmark was sold by the postal service in the name of savings; The Somerville Post Office at Union Square. This piece of Somerville history now joins a group of other local historical landmarks unloaded in the name of profit by our USPS.

Branch 34 was recently shown a piece of property that was under contract but told it might meet our needs. Coincidentally it was the “old” Revere Post Office located in the center of Revere. If you remember the Revere Carrier Unit was relocated to the IMC for a number of years only to later be moved into a newly-built carrier unit on the Revere boundary line of Route 60. It was at that point we started playing shuffleboard with Charlestown going to the IMC, Beacon Hill to the JFK Building and the rest of the GPO (Government Post Office) to the GMF-Boston, Fort Point Unit.

One thing this company loves to do is sell, destroy, move, purchase and build. So today the flavor of the week is move, sell and buy (vehicles that is). This isn’t the last of this story and I assure you in the years ahead there will be more to this story. Unfortunately today we’ve lost not only a landmark but moneywise a diamond in the rough. Union Square is in the midst of a transformation and that building was our community connection with its free advertising. I guess we’ll now have to substitute that majestic building for a fleet of LLV’s making their way through the streets of Somerville and Chelsea.

– Bob Lind, Branch 34 President

A sad day as recently the Somerville Post Office in Union Square is sold.



Congratulations Retirees

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

- Thomas E. Anderson Fort Point
- Paul J. Andrews J.F.K.
- James A. Anshewitz Wellesley Hills
- Robert J. Beattie Somerville
- Louise S. Bishop..... G.M.F.
- Anthony G. Cordiero Arlington
- Robert F. Fee..... J.F.K.
- Richard C. Feraco..... Medford
- John D. Fitzpatrick Malden
- Michael F. Freeman Fort Point
- Wšfred J. Gauthier, Jr. Somerville
- Lawrence M. Johnson Hingham
- Edward J. Kaminsky, Jr. North Quincy
- James A. Lind, Jr. Fort Point
- Maureen O. Marinelli Weston
- Brian J. McGinty Needham
- Steven J. Mullen Quincy
- John C. Najjar J.F.K.
- Kevin T. O’Neš J.F.K.
- Louis R. Peters..... Cambridge
- Edward A. Savage..... Quincy
- Theresa A. Simone Woburn
- Maršn R. Spinney..... Newton Centre
- Lee F. Sullivan Lexington
- Robert A. Tarranova..... Braintree
- David F. Tigges..... Wellesley Hills
- Gregory E. Turner..... Malden
- John J. Wentworth Wellesley Square
- Michael P. Wšson..... Fort Point
- Warren A. Wingard..... Arlington
- Jimmy C. Wong Cambridge
- Richard M. Zani..... Wellesley Hills

– Michael Yerkes, Branch 34 Financial Secretary

In Memoriam

James J. Almeida
Retired Member – Dorchester

John W. DeLappe *
Active Member – Back Bay

George L. Restuccia
Retired Member – Malden

* Denotes 50-Year Life Member

Rest in Peace

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.

Restricted Sick Leave vs. ERMS

The 2013 ChampÚn Red Sox have made their way to Fort Myers, Florida so spring must be on the way. Not soon enough for most active members of Branch 34. Whether it's the *Polar Vortex* or some other unknown phenomenon, it has been a loooooong winter. Throw in the varÚs issues with continuous late arrival of maŠ, arrogant supervisors and delivering in the dark, you all deserve much kudos.

At this time I would like to offer a little advice on an issue which has been bothering me for some time now; situatÚns which I know are going on in all too often in many of our statÚns in Boston and throughout the country, situatÚns which routinely result in infringement upon our collectively bargained rights to Sick Leave when needed. The issue is local Management's misuse, in some but not all offices, of the *deems desirable option* in the Enterprise Resource Management System (ERMS) for unscheduled absences of three days or less. This in no way wŠl be an all encompassing article given the multitude of varÚs circumstances which may be present in any given instance but hopefully it wŠl provide Branch Stewards and our Members things to look for in certain situatÚns and the appropriate manner in which we should respond.

Note that for perÚds of absence of three days or less, acceptable evidence of incapacitatÚn (documentatÚn) is necessary **only when** the employee is on Restricted Sick Leave list in accordance with ELM, SectÚn 513.39 or where the supervisor deems such documentatÚn desirable for the protectÚn of the interests of the Postal Service; otherwise supervisors may accept the employee's statement explaining the absence.

Note also that the activatÚn of the deems desirable optÚn in ERMS and the placement of an employee on the Restricted Sick Leave list as discussed in ELM, SectÚn(s) 513.391, 513.392 and 513.393 are two separate and distinct processes.

That said, it is evident that some local Management officials, for all practical purposes, have completely aban-

doned the Restricted Sick Leave list in favor of the less cumbersome ERMS deems desirable optÚn.

The placement of an employee on *Restricted Sick Leave* requires that Management review the absence record (PS Form 3972) and discuss such with the employee. SectÚn 513.391.e of the ELM further requires that if a subsequent quarterly review of the employees' absences indicate no improvement, the employee may be placed on Restricted Sick Leave **with written notice that untŠ further notice, the employee must support all requests for sick leave by medical documentatÚn or other acceptable evidence.** Management must then quarterly review the employees PS Form 3972 to determine if there has been a substantial decrease in absences charged to Sick Leave and if so, provide written notice to the employee that his/her name has been removed from the Restricted Sick Leave list.

To the contrary, the activatÚn of the deems desirable optÚn in ERMS program requires little more than the whim of a misguided supervisor. More and more I'm

seeing instances of local Management's improper use of the ERMS deems desirable optÚn to place members in essentially a Restricted Sick Leave status for elongated perÚds of time, in one instance, for more than a year and half. I am equally sure that the deems desirable functÚn is being misused in some offices in blanket policy fashÚn to require **all employees** that may call-in on a given Saturday or in conjunctÚn with a holiday to provide medical documentatÚn regardless of individual attendance records.

Specific guidance on the proper use and purpose of the deems desirable optÚn was provided to the Greater Boston District EAS Employees in a March 29, 2012 emaŠ from the Labor RelatÚns office referenced in B11N-4B-C 13372976.

"Managers and supervisors are reminded of the purpose of the deems desirable feature in ERMS. It is an effective leave management tool available to request documentatÚn from employees for the protectÚn and interest of the interests of the Employee and Labor RelatÚns Manual (ELM), Section 513.361. This option should be implemented on a case by case basis to manage specific absence of three days or less. Deems desirable does not allow a policy to request documentatÚn for all instances of intermittent leave.

Activating the deems desirable optÚn for an employee is based on a reasonable, fact specific basis for the request where suspicious circumstances suggest leave abuse; for example, consistently calling in for unscheduled leave before and or

after a holiday, before or after a nonscheduled day, showing a pattern of absences, requesting unscheduled leave after being denied scheduled leave, etc.

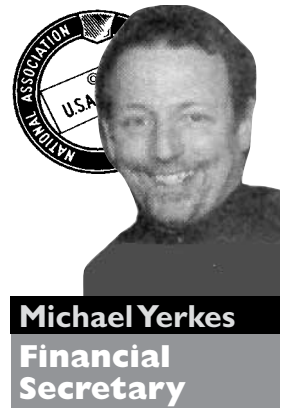
Upon activating deems desirable, you must create a record in the Supervisor Comment sectÚn of ERMS notating the reason as to why you are activating this feature and inform the employee that documentatÚn is required. Be reminded that it is the Manager's/Supervisor's responsibility to ensure that documentatÚn is submitted by the employee if the deems desirable optÚn has been activated before a decisÚn to authorize or deny a leave request is made. . . ."

Any member who is prompted by the interactive voice response system (IVR) to provide medical certificatÚn as a result of your local Management's activatÚn of deems desirable should ask their immediate supervisor's *why* documentatÚn for the protectÚn of the interests of the Postal Service was required. If the response doesn't sync with the above criteria, request to see your Shop Steward. Branch Stewards tasked to investigate the appropriateness of Management insistence of medical documentatÚn for any absence of 3-days or less should request from Management a copy of the *ERMS Leave Management 410 Screen* for the Grievant (see attached). Stewards should review this screen to determine the perÚd of time a member was in a deems desirable status in conjunctÚn with the *Supervisor Comment* sectÚn required above to determine whether Management's actÚn was proper and in accordance to the guidelines referenced by Labor RelatÚns. I believe it may also be appropriate to inquire how many other employees are similarly designated as deems desirable during the same time frame.

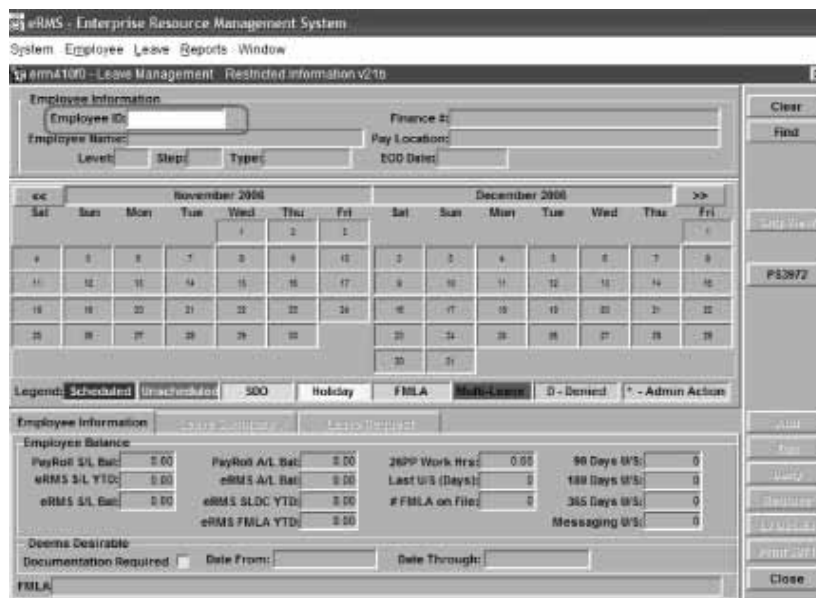
If it is determined that Management unreasonably required a member to obtain medical documentatÚn, we must show through evidence that he/she has a good overall Sick Leave record with no record of abuse. Stewards should request and review a copy of the members PS Form 3972 to establish such and requests reimbursement of co-pay, travel time/mŠeage in additÚn to instructÚnal cease and desists.

Management must be made to address employees who have obvÚs attendance issues (yes, we have some) by utŠizing the *Restricted Sick Leave* procedures referenced above, with the requisite and unambiguous notificatÚn requirements and perÚdic reviews rather than exploit in covert fashÚn their abŠity to activate a deems desirable button in an arbitrary and unfettered manner.

One last point to remember is that members **must always follow the instructions of your supervisor.** That includes any Management requirement to provide medical documentatÚn. FaŠure to do so these circumstances may result in member's loss of pay, a potential absent without official leave (AWOL) designatÚn and/or disciplinary actÚns.



Michael Yerkes
Financial Secretary



Recognize & Get Help for Eating Disorders

EATING DISORDERS

Many people think about their weight and size throughout the day. Being aware of what to eat is important but there is a point when it can become dangerous. It's always good to want to be fit and keep control of one's diet. But when someone seems fixated on losing weight and will do whatever it takes to do so, an eating disorder may be involved.



Each year, millions of people in the U.S. develop eating disorders. The three most common such conditions are anorexia nervosa, bulimia nervosa, and binge eating. An eating disorder is an illness whereby people try to control their weight. They do this either by starving, overeating, or a combination of binge eating and purging. While young women are most commonly at risk, these disorders can be found among all types of people.

Eating disorders don't happen because of failures of willpower or character. Instead, they are real, treatable medical illnesses in which certain damaging patterns of eating have taken on a life of their own.

In this issue of *Your Source*, we take a close look at:

- Different types of eating disorders. We examine how they can be recognized and successfully treated.
- How a distorted body image can contribute to poor self-esteem and eating disorders.
- How to help teens develop healthier self-images.

Go online today! Log on to access *Eating Disorders* under the Library/In the Spotlight section. There is a wealth of information available on eating disorders and how you can arrange help for someone you know.

Body Image Can Impact Self-Esteem

Our body image is the way we see ourselves when we look in the mirror. It is how we think about our own body—our feelings about our appearance, shape, height and weight. Body image can impact our self-esteem: how we value ourselves, and how we think others value us.

- Having a healthy body image means that you accept your body the way it is, and are comfortable in your body.
- People with a negative body image often suffer with low self-esteem, which can lead to depression and other types of emotional impacts.
- Those not satisfied with their bodies are more likely to develop eating disorders. These involve obsessions with food, weight loss and appearance.
- Images in pop culture media such as ads, movies and fashion magazines are often computer-enhanced. They can cause people to compare themselves unfairly to unrealistic ideals of thinness and beauty.
- Part of developing good self-esteem is to accept and respect ourselves. It helps to replace negative thoughts and feelings about ourselves with positive and accepting ones.
- Our value as complex individuals goes much deeper than the surface aspect of how we look.

USPS EMPLOYEE ASSISTANCE PROGRAM
A Program You Can Trust

800-327-4968

(800-EAP-4-YOU) TTY: 877-492-7341
www.EAP4YOU.com



President's Corner

(continued from page 1)

receiving enough tickets to blanket their particular unit. We've had calls made from stewards requesting the branch send out more 50/50 tickets because they sold every available ticket they had and we were more than happy to oblige. That's a call we embrace.

So to every statÚn, steward and member that has made the effort to support this fund, again thank you and keep up the good work. To those others: let's support those deserving students by participating and buying a 50/50 ticket today. Who knows you may be the lucky winner next month with a wad of bŠls being thrown your way.

PS: A note to the statÚn steward or 50/50 solicitor: It doesn't matter what color ticket or number (on ticket) you sell as long as you have the name of the buyer and statÚn, accompanied by the money of course.

Tentative Spring Route Inspection Schedule for 2014

Jamaica Plain	(CANCELLED)
Somerville	3/24/14 - 4/12/14
Belmont	4/14/14 - 4/26/14
Malden	4/28/14 - 5/24/14
Hingham	5/12/14 - 5/24/14

Liars Figure and Figures Lie

My wife came home from work the other day concerned about the financial state of the postal service. "Did you hear the USPS lost \$354 million this past quarter?" "What the hell are you talking about they just showed an operating surplus of over \$765 million for the first quarter of Fiscal Year 2014." Is it coincidental that the Postal Service promotes propaganda to coincide with the markup of Senate Bill 1486? Absolutely not!

That's exactly what we're dealing with in the U.S. Senate and the postal service. Half truths, distorted figures, withheld information, misrepresentation, it all adds up to **Bold Face Lies!** This company has been hell bent on dropping six-day delivery since the early nineteen eighties and they can't get it out of their head. Unfortunately there are many opportunists in the U.S. Congress and Senate willing to facilitate that request for personal gain.

Our loss doesn't lie within operation and delivery, it's the pre-funding requirement we've been saddled with and you can thank Emeritus "Yosemite Sam" for that as well as our U.S. Legislators. So it comes down to our *elected* representatives on whether they want to destroy or protect this institution. They have the ability to eliminate Saturday delivery, door to door delivery, dismantle our healthcare, retirement, collective bargaining, etc... or they can strengthen this institution and allow it to flourish which it can. We've clearly demonstrated throughout the years that this institution is the very fabric of our American culture. We have a vast network that ties every household in America together.

Despite all misconceptions we are **not a burden** to the American economy and to the contrary the American economy *depends on a strong viable postal service*. Legislation needs to be and can be passed to take the prefunding shackles off that we've had to contend with since 2006. We don't need to be privatized or downsized all we need is an even playing field. We need for those particular U.S. Senators, Congressional representatives and Postal alleged leaders to stop promoting lies to advance their own and their corporate cronies' agendas.

Sounds pretty elementary right? We're in the fight of our livelihood!

How Many Routes Are You Willing to Give?

That's one question that you have to ask yourself? Is one okay, perhaps two or maybe three? No matter what that number is the next question has to be: How many deliveries can my route pickup? No matter how many routes are dismantled, even one, territory changes and deliveries have to be added somewhere. You will be affected in all likelihood.

I understand that nobody likes scrutiny of any kind, never mind walking a day or two accompanied by a roundsman with a clipboard. Route inspections are stressful but are both parties only tangible tool in demonstrating what an eight-hour day actually consists of. Unfortunately in past years we've never seen eye to eye on this issue because of a number of impeding issues (1840-B's, COR, FSS impact development & implementation, skewed data, to name a few). Route inspections are also the only recourse we have to any route configuration dispute.

Integrity is all we have in life at every level. In order to have an agreed upon alternate process to route inspections there has to be data integrity and open access for

both parties. To date that integrity has been non-existent which resulted in a vote of no confidence. Can that change? Perhaps but not overnight. It takes years to build trust but trust is fragile and can be shattered in a heartbeat.

Can we work towards that goal? I feel we've somewhat already started working towards that goal over past months but like I said *all it takes* is someone undermining this union and all trust is destroyed. We've had episodes in the past and attempts to exploit shop stewards, sometimes it's based on political differences, sometimes not but quite frankly either way it's unacceptable. Up front or end around? I'm not above sitting and discussing anything that's beneficial to letter carriers but if attempts are made to exclude or undermine our branch office one can go pound sand. One member made reference that this type of response is based on ego. Let me assure you it's not about ego: it's about respecting your union and you!

Contract Talk

The contract, at times, can be a real pain in the arse and I'm sure everyone from time to time feels that way. Why does it have to be like that? How come I have to come in for overtime? But I'm not on the overtime list so why do I have to work on my Holiday? There are a number of issues I don't agree with and quite frankly given the opportunity I'd change them. Unfortunately I very rarely get that opportunity because it takes two parties to reach an agreement on any issue and if the other party is not willing to bend then it reverts back to the language in the contract and manuals.

Sometimes during local negotiations we're able to reach agreement on certain issues and when it's beneficial to letter carriers, "We'll gladly take it". If we can't agree we impasse those disputed items and hopefully reach a favorable resolve by the national parties or as a last resort at arbitration.

One Article that is currently under scrutiny by the na-

tional parties concerns overtime. Under the new contract test sites have been established throughout the NALC's regions exploring a fair and equitable practice that if successful could be applied nationally. This study is aimed at ending the multitude of disputes across this country involving overtime.

There are practices taking place across this country that personally I don't agree with. I don't now and never will agree with any practice that disallows a carrier from doing overtime on their assigned route and relegates that carrier to do overtime elsewhere even if contractually it's allowable. That's always been a bone of contention for all letter carriers.

Years ago in West Roxbury we had that fiasco of carriers swapping splits issue and it was chaotic to say the least. In certain areas T-6's on the work assignment list pick and choose which overtime on their set they want on a daily basis and the regular carrier on the ODL moves elsewhere. In some areas T-6's are somewhat of a "straw boss" and there are other duties associated with that T-6 position other than just setting up their assigned route for that day.

The above referred to practice has never taken place in the Boston installation and an MOU was signed off in 2006 to reinforce our past practice. The MOU stipulates that a T-6 carrier on the work assignment list is only entitled to the overtime on their assigned route for that particular day.

I write this because we have some inexperienced postal labor reps, managers and supervisors that are not well versed in these areas and can be easily influenced and misled when it comes to this type of issue. We also have what I refer to as the proverbial "Boat Rocker" within our ranks that will rock and rock at the expense of all. It's because of this type that we have to memorialize our intentions in Memorandums of Understanding (MOU's) in order to protect the general membership.

Get Back to Being Healthy

There's plenty you can do to get back to better health. But while you'll want to make changes over time, focus on small, gradual steps at first. Don't overwhelm yourself with dramatic changes such as six-day-per-week workouts or going cold turkey on all your favorite foods. Some tips:

- **Start with a can-do attitude.** If you tell yourself that you have the power to make positive changes—that you can do it—you'll be more likely to succeed. You'll have more willpower when, for example, you're tempted to make poor choices in eating and drinking.
- **Develop and draw on a support system.** Share your health goals with key people in your life. They may be able to help when you need encouragement. This can be anyone who's on your side: a friend or workout partner, your family, or a supportive coworker.
- **Try to be more active.** We can all benefit from moving more, so take every opportunity to do so. Use the stairs instead of the elevator. Park a bit further away from work and the store. Schedule a daily ten-minute walk outdoors. Take brief breaks during the day to stretch and move. It all adds up to better health.
- **Focus on changing habits.** Identify things that have not been healthy choices for you. Examples could be sugared sodas, fatty fried foods, or high-calorie processed snacks. When you're tempted to indulge, step back and make a different choice. Substitute a veggie or fruit snack for the junk food. Grab a diet soda instead of the high-sugar variety. Drink a big glass of water.
- **Finally, don't give up.** Getting healthier is a minute-by-minute process. It's all about small choices you make throughout the day. Be confident that you can make a healthier choice, and don't be hard on yourself if it takes a while to get with the program.



Now That's An Idea!

Exercise and Nutrition Tips for your Mind!

Adopt a healthier diet. Try to choose foods that are low in saturated and trans fat, and low in cholesterol. Also limit your intake of sugar, salt (sodium), and alcohol. This is a great way to help your energy level and can help stimulate your mind too.

Eat more fruits and vegetables. You can get essential fiber from fruits, vegetables, beans, whole grain products, and nuts. You might begin by planning to eat at least one fruit or vegetable with every meal. Then increase that amount.

Get at least a little exercise each day. Not only is exercise great for your body, it is also great for your emotional wellness!

Challenge yourself to boost your fitness. Set achievable exercise goals. Then when you achieve them, raise them! A lot of exercise is controlled by our brain and not our body.

This material was developed exclusively at private expense by Magellan Behavioral Health, Inc. and its subsidiaries, subcontractors, or vendors and constitutes limited rights data/restricted special works consistent with the provisions of Clauses 8-10 and 8-16 of the USPS Supplying Principles and Practices. Use of this material is authorized in connection with EAP services provided by Magellan Behavioral Health under contract no. 2APSER-07-B-0025 and conveys no additional rights beyond those noted here. Upon termination or expiration of the contract, the Postal Service will, as requested by Magellan Behavioral Health, return or destroy all such materials.



S-H60E-USPS (12/13) ©2013 Magellan Health Services, Inc.

Branch 34 Celebrates the Holidays!



firstprioritycu.com



Members Are Our First Priority

Since 1924

- ▶ Convenient Locations and Hours
- ▶ Home Equity Loans/Lines of Credit
- ▶ Online Mortgage Center
- ▶ Mortgage Products: Residential, Jumbo, Commercial
- ▶ Auto Loans & Personal Loans
- ▶ Checking and Savings Accounts
- ▶ Certificates of Deposit, IRAs, Money Market Accounts
- ▶ Business Accounts
- ▶ Free Online Banking & Bill Payment
- ▶ Mobile Banking, eStatements, Telephone Banking and more

Contact us to become a Member today!

Federally insured by NCUA. Shares and Deposits in excess of NCUA limits are fully insured by MSIC.



800-949-7628 | 100 Swift St., East Boston | 25 Dorchester Ave., Boston



Branch 34's Salutes Some Recent Retirees!

Woburn's Terry Simone



Terry Simone from the Woburn Post Office cuts her retirement cake.

Weston's Maureen Marinelli



Weston's Maureen Marinelli receives a bouquet of roses on her last day as a letter carrier.



Branch 34 President Bob Lind runs down all of Maureen Marinelli's accomplishments as a letter carrier and labor activist. Maureen was the former editor of "Branch 34's CLAN," Branch 34 board member and President of the MSLCA. Thank you Maureen for all of your unselfish dedication for all letter carriers.

Woburn Shop Steward Vigo Conte, Branch 34 Secretary-Treasurer Kevin Flaherty and Woburn Shop Steward Fred Casey wish Terry Simone well on her well-deserved retirement.



Above: A group photo of Maureen and her Weston cohorts.

Left: Maureen sorts her last case.

Right: Maureen shows off her new Branch 34 retirement jacket.



Somerville's Wilfred "Bill" Gauthier



Branch 34 President Bob Lind congratulates Somerville's "BŠI" Gauthier on his well-earned retirement.

Somerville Shop Stewards Rick Coušlard & Rich Hubbard along with Branch 34 President Bob Lind (left) say thanks to "BŠI" Gauthier for all of his hard work.



Fort Point's Don Bailey

Fort Point Shop Steward Lenny TescÚne, Don Bašey, Branch 34 Health Benefits Officer Mike Gorham, Fort Point Shop Steward Thor Hallested and Branch 34 President Bob Lind with Jeff Carnes "the Man" in the background celebrate Bašey's upcoming retirement.



Medford's Dick Feraco



Branch 34 President Bob Lind congratulates Medford's Dick Feraco for a job well done.

Branch 34 President Bob Lind shares a story about Medford's Dick Feraco during Dick's retirement party.



Medford's Dick Feraco receives retirement gifts from Branch 34 President Bob Lind.

Fort Point's Jim Lind



Fort Point Letter Carriers pose with Jim Lind.



Jim Lind talking with cousin Bob.



Fort Point's Jim Lind.



Branch 34 President Bob Lind prepares to present his cousin Jim with his retirement gifts.



Bob DeGraan (right) makes a presentation to Jim Lind as Branch 34 President Bob Lind looks on.

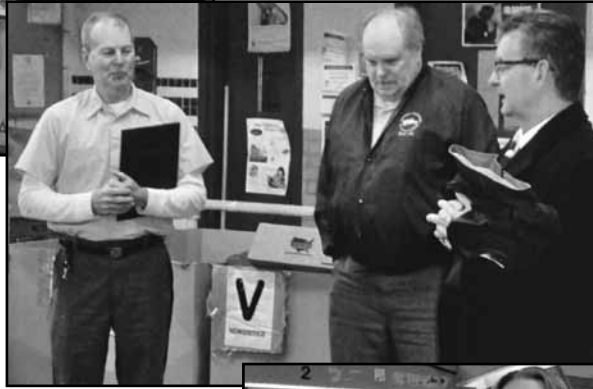


Branch 34 President Bob Lind, Branch 34 Health Benefit Officer Mike Gorham, Fort Point Shop Steward Lenny Tescone, Jim Lind and Fort Point Shop Steward Thor Hellested.

Arlington's Warren Wingand



Arlington's Warren Wingand (3rd from right) receives acknowledgments from Branch 34 President Bob Lind and Executive Vice President J.T. McMahon as well as his co-workers.



Warren Wingand says "thank you to the Arlington Post Office for hiring me, and I want to thank the union for keeping my job."

Arlington's Warren Wingand (2nd from left) poses with Branch 34 Executive Vice President J.T. McMahon, Arlington Shop Stewards Steve Dwyer & Gerry Mac and Branch 34 President Bob Lind.



Wellesley Hills' James Anshewitz



Branch 34 President Bob Lind recognizes Wellesley Hills' James Anshewitz on the occasion of his retirement.

Wellesley Hills' James Anshewitz receives congratulations from Shop Steward Mark Logue.

James Anshewitz poses with his Wellesley Hills co-workers.



Wellesley Square's John Wentworth



Wellesley Square's John Wentworth poses with his friends and co-workers.



Wellesley Square's John Wentworth shares a laugh with Branch 34 President Bob Lind.



Hey back there, John Wentworth's retiring!



Wellesley Square's John Wentworth shows off his retirement gifts presented to him by Branch 34 President Bob Lind.

Cambridge A's Jimmy Wong

Cambridge A's Jimmy Wong flanked by Shop Stewards Marty Foley and Bob Tremarche.



Cambridge A's Jimmy Wong admires his new retirement jacket.



Branch 34 President Bob Lind congratulates Jimmy Wong on his retirement.



Cambridge A's Shop Steward and Branch 34 Trustee Marty Foley and Branch 34 President Bob Lind wish Jimmy Wong a long and happy retirement.

Somerville's Bob Beattie



Branch 34 President Bob Lind tells a couple of stories about Somerville's Bob Beattie.



Bob Beattie bids farewell to his Somerville co-workers.



Lexington's Lee Sullivan receives well wishes from his co-workers.

Lexington's Lee Sullivan



Lexington's Lee Sullivan receives retirement gifts from Branch 34 President Bob Lind.



Lee Sullivan shares a laugh with one of his Lexington workmates.



Lee Sullivan gets a pat on the back from Lexington Shop Steward Tony Scrivano.

Arlington's Tony Cordiero



Arlington's Tony Cordiero tries on his retirement jacket as Branch 34 President Bob Lind, Area Steward Jerry McCarthy and Executive Vice President J.T. McMahon look on.



Tony Cordiero says goodbye to his Arlington co-workers.



Branch 34 Executive Vice President J.T. McMahon, Branch 34 President Bob Lind and Branch 34 Area Steward & Arlington Shop Steward Jerry McCarthy wish Tony Cordiero a healthy and long retirement.



Lee Sullivan (center) poses with Branch 34 President Bob Lind and Lexington Shop Steward Tony Scrivano.

Malden's Greg Turner

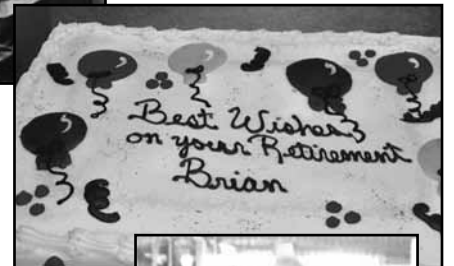
Branch 34 President Bob Lind delivers anecdotes and retirement gifts to Malden's Greg Turner as his workmates look on with pride.



Malden's Greg Turner delivers final thoughts to his co-workers and friends during his retirement party.

Needham's Brian McGinty

A cake to celebrate Needham's Brian McGinty's retirement.



NALC NBA John Casciano tells a funny story as Needham's Brian McGinty shows his approval.



NALC NBA John Casciano and Branch 34 President Bob Lind were on hand to honor Needham's Brian McGinty at his retirement party.



Brian McGinty - A gentleman and true UnUn supporter.

State of the Union

In keeping with the tradition I began upon assuming the position of serving as your National Business Agent, it is my privilege to submit my 16th State of the Union report to the active and retired letter carriers of New England.

Much has transpired these past twelve months. From a letter carriers point of view, some was good and some was bad.

The new year commenced with sadness when in January 2013, NALC President Emeritus **Vincent Sombrotto** passed away at the age of 89. President Sombrotto led the NALC for over 24 years. He faced an avalanche of problems and challenges that could fill a book. He long ago realized that letter carriers and their families faced as much pressure from politicians as they did from postal management. President Sombrotto engineered the rise of letter carriers from low wages and minimal benefits to their rightful place in America's middle class. He is mourned and deeply missed.

Active letter carriers long wait for a collective bargaining agreement came to closure in 2013, when Arbitrator **Shyam Das** issued his arbitration award. Arbitrator Das rejected USPS's proposals of pay freezes and elimination of COLAs. The contract provides for three wage increases and seven COLAs. Two of the 2013 COLAs were deferred and are payable in 2014.

At the regional level, the Business Agent's office vigorously pursued the conversions of PTFs in New England. As a result of the concerted efforts of our shop stewards and branch presidents, a significant number of PTFs became full-time letter carriers in 2013. As I pen this article, we are continuing in our collective efforts to convert PTFs and CCAs to career status.

We must all continue to work as a team. From the workroom floor, to the branch office, to the Business Agent's office, this is a collective effort to fight a greatly diminished talent pool of postal management. In all likelihood, L'Enfant Plaza will continue its spot-on imitation of a Kubuki theater.

No great accomplishments of this union are ever the result of the actions of any one individual. Whether they are a shop steward, branch officer, those successes are the direct result of **TEAMWORK!**

I clearly recognize that in far too many delivery units, there remains a cadre of ill informed supervisors and managers who are under the mistaken notion that it is acceptable to mistreat letter carriers. I remind those who choose to go down that road of the following.

It has been, is, and will continue to be the policy of the NALC in New England

to both tirelessly and vigorously pursue any management official who mistreats, disrespects and abuses any letter carrier, in any delivery unit in New England.

I ask that both active and our treasured retired letter carriers remain vigilant on the political front and continue to support our State Associations. Let us be frank. There is no good news emanating from our Nation's Capital. Both the White House and Congress are committed to cutting the paychecks and pensions of federal/postal workers. These relentless attempts to balance the federal deficit on the backs of federal workers must cease.

And that can only be achieved by engaging in the political process. If you are waiting for someone else to do it, get ready to accept a smaller paycheck or pension.

I am pleased to report that unionism and solidarity are alive and well in New England. Thanks in large part to our rank and file letter carriers, who lead by example everyday on the workroom floor, our shop stewards, branch officers and branch presidents and our organizers, NALC Region 14 is still "King" of the NALC in organizing. **#1 in all of the NALC!** This, in spite of a massive hiring campaign of CCAs by the Postal Service in 2013. And I propose to you brothers and sisters, let no one fool you, Organizing is still the bedrock of unionism! **Teamwork!**

My New Year's wish is for our limited number of non-members to see the error of their ways, and join or rejoin the NALC now. If you work with a non-member, tell them they can thank you when they get their wage increases and COLAs this year. And they came at great expense. They didn't fall out of the Postmaster General's coat pocket. Put your excuses in the past. Start the New Year right. Join Today!

Unions are the solution and the answer for a vibrant American middle class. Pay no heed to the radio, TV and print muckrakers who proclaim unions as evil empires. They are merely carrying Big Business's water bucket. Left to their own devices, there would be no 40-hour workweeks, holidays, vacations or sick leave. Don't fall prey to their divisive tactics and rhetoric.

Stand tough. Stand together.

★★★★★

"Solidarity ends where sacrifice begins."
— Vincent R. Sombrotto, 1923-2013



John J. Casciano
National Business Agent

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

BRANCH 34 SUPPORTS YOU!

Lafferty & Lafferty
— Attorneys at Law —



William J. Lafferty
Sean P. Lafferty
William P. Carroll (Of Counsel)

781-270-5000

44 Mall Road • Burlington, MA 01803
Fax (781) 270-4447

ESTABLISHED 1885

SIMONS UNIFORMS

**Largest Inventory of
Union Postal Uniforms in New England**
329 Lynnway, Rt. 1A South, Lynn, MA 01901
781-595-2644 or 800-451-1761
Fax 781-596-1950
sales@simonsuniforms.com

Walk in, Phone or Fax. Request a catalog.

A Cluster of Clowns & Santa
Family Entertainment

SPARKLES THE CLOWN

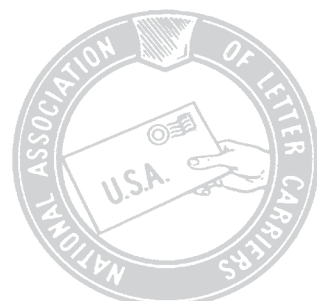
Magic & Ballon Art
Face painting
Tea party's
Santa and Mrs. Claus
Holiday Charicature costumes
DJ
phone: 617-471-0890
E-mail: clowneeeee@aol.com
www.sparklesandsanta.com



LANES & GAMES

195 Concord Turnpike (RT.2)
Cambridge, MA 02140
Tel. (617) 876-5533 • Fax (617) 876-1533
www.lanesgames.com
lanesandgames@verizon.net

34 Candlepin 20 Ten Pin
AUTOMATIC SCORING • BOWLING • POOL
GAME ROOM • PRO SHOP • RESTAURANT • LOUNGE



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

GERARD COLLINS
LICENSED PLUMBER

**PLUMBING/HEATING/ DRAIN
CLEANING/GAS FITTING**

97 CENTRAL ST.
SAUGUS, MA 01906
781-484-7906
781-435-1058

Lic # J-21504

Tricia's Gift Shop



PO Box 412
Arlington, Ma 02476
617-838-6538

Custom Gifts for anyone for any occasion!
Shop Online @ www.TriciasGiftShop.com

Your EAP Benefits Just Got Even Better!

EAP life coaching is available for all employees and family members. With coaching, you take control of your outcomes and make decisions about your success through:



Goals: Where you want to place your focus
Plans: How you want to get there
Coaching: How often you want to involve your coach

You can connect with your personal coach face-to-face, by phone, or even through email. Your coach is with you every step, asking questions to provoke your thinking, and to move you closer to your goal.

Make the Call!

USPS Employees Assistance Program
1-800-327-4968
(1-800-EAP-4-YOU) TTY: 1-877-462-7341
www.EAP4YOU.com



Goal + Plan + EAP Coaching = **SUCCESS**

Contact the EAP to get started!



Active letter carriers: Contribute to COLCPE using PostalEASE

by phone.....or online

Contribute on the web at
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."

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)

*****A1T0** 5-DIGIT 84321
XXXXXX 9 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.

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.

- 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

- 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 Fund 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 Fund 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.

Attach a voided check here

RETIREES!

4 easy ways to start your allotment!

Contribute to COLCPE directly from your ANNUITY

Retired 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 Thursday from 10 a.m. to noon and from 2 to 4 p.m. (ET).

Internet:

- Go to www.servicesonline.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 cancelled through the Office of Personnel Management. Contributions to COLCPE are not deductible for federal income tax purposes.

Service is our priority

When looking to buy or sell a home, call 617-429-2642 or 617-796-2741



Melvin A. Vieira, Sr.



Melvin A. Vieira, Jr.

Two for the Price of One



17 Canton Avenue
Milton, MA 02186
617-696-0075



Corporate Clubs Private

Magic - Mentalism

Johnny Pizzi
COMEDIAN

Close-Up Magic

Bus. 781-233-8878 Pager 781-671-9678
E-mail johnypizzi@hotmail.com

NEW HEIGHTS REAL ESTATE

Direct 617-212-3944
Renee@NewHeightsRealEstate.com

135 Belmont Street
Easton, MA 02375
Main 508-230-9595
Fax 508-230-9515

www.NewHeightsRealEstate.com



Renee Anastos
Realtor
MA



BOB SOLANO

Disc Jockey • Musician
Master of Ceremonies
"Where Experience Makes a Difference!"

(603) 882-3441

P.O. Box 123 Stoneham, MA 02180

ROY TAILORS UNIFORM CO., INC.

Postal Uniforms • Shoes

Your Union-Preferred Uniform Company

1905 Dalton Avenue • Cincinnati, OH 45214
(513) 621-4787 • (800) 543-0379
Fax: (513) 621-0483 • Postal Fax: (888) 724-7882

The Boston Letter Carriers Mutual Benefit Association

Founded May 18, 1889

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

Assets: \$6,510,000
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 StatUn 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

Safety First, Safety Second, Safety Third – A Message from Captain Safety

That's the saying no matter what job you do. As a UnUn, the most important thing is our members and their safety.

As for letter carriers, the NALC is constantly looking at ways to make our jobs safer. As I sat in NBA John Casciano's rap sessÚn recently, one of the topics that was discussed was safety. John and his staff made it perfectly clear that they are committed to all of our safety.

One topic that John touched on was the danger of bad park points. This was reiterated once again when NALC President Fredrick Rolando spoke. President

Rolando hit us with these horrific statistics. Since his presidency, there have been 12 letter carriers struck from behind whŠe working out of the back of LLVs. Three of our carriers have been kŠled, and seven have been permanently disabled. All for something so simple as a park point.

Next time all of us hit the street, take a minute to evaluate your points and ask, is this the safest place for me to park. When parking on a corner of two streets, park on the side street or the street with the least amount of traffic. The same when dismounting for package delivery.

It may sound simple when you read this from the comfort of your sofa, but sometimes when we hit the street we think speed first and safety second. We can't allow this to happen, Safety first. Every day requires us to be safety conscÚus. This would be a good topic for your next safety meeting and can be easŠy corrected before an accident occurs.

As we come close to the end of one very challenging winter, safety wŠl change from snow and ice to vehicle safety and dogs. But remember this, as many safety programs we have, no matter how many meeting we

discuss about safety, ultimately safety is your responsibility.

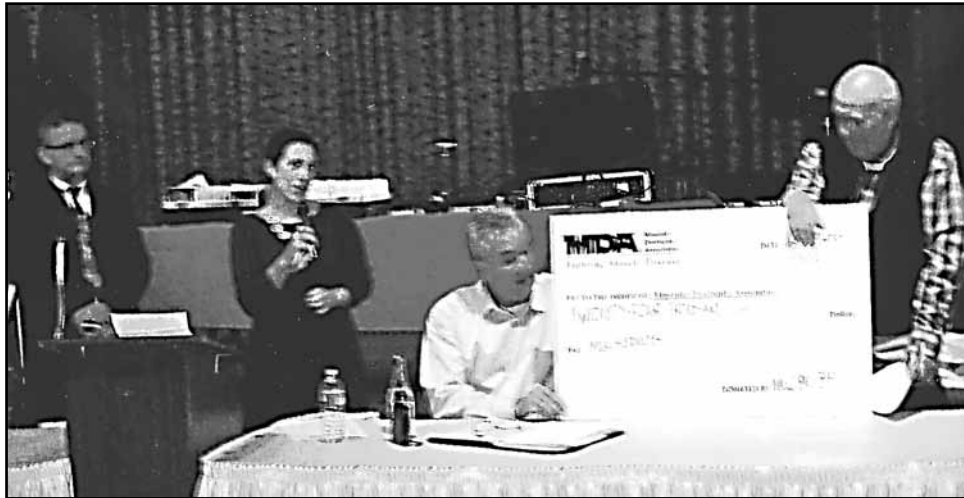
No one can protect you but you. Just like in the old days when you looked into any postal facility mirror there was a sticker that stated you are looking at the only person responsible for your safety.

Make it a point to be safe every day, our families depend on it.



Rich Galvin
Clerk
NSBA-MBA

MDA Corner MDA MDA MDA MDA MDA MDA MDA



An MDA Representative accepts a check for \$24,000 from Branch 34 MDA Chairman George Adams and then receives round of applause from the membership for all of the hard work the Muscular Dystrophy Association does throughout the years. We are proud of the generosity of Branch members in raising this extraordinary amount for this very worthy cause.



Wellesley Square's John Wentworth Retires – One Person Can Make The Difference

We recently lost one of our finest members, John Wentworth, from our Wellesley Square office. John made the decision to hang up his bag and retire. John served this unÚn in many capacities during his career but it was his devotion to MDA that separated John from the rest of the pack.

He served as shop steward many years ago and never lost his taste for involvement. John made it his job to post up items of interest that he believed were of value and pertinent to his fellow carriers employment. He always had a flair for looking out for others despite giving up the steward's role decades earlier.

It was his commitment to raising money for "Jerry's Kids" that truly displayed his concern for others. I called it his convenience store but it was really "Jerry's Store." John had a concession stand within the Wellesley Post Office that served the employee's needs for many years. He supplied the office with cold drinks, candy, chips, coffee to name just a few and reasonably



John Wentworth

priced too. What little profit he made (soda cans) went to support MDA, our NALC adopted charity.

John ran office raffles, took up special collections, sold shamrocks and carnations to boot. On his retirement day, he asked to pass on this message to those offices in Branch 34 that raise no money for MDA that "It takes minimal effort to raise money for muscular dystrophy, all you have to do is

ask." He said he would merely address his unit, tell them what he was selling or doing and they would visit him at his cubicle, at their convenience, and support whatever the endeavor was (shamrocks, raffle, carnations ... etc). He thought it was shameful that such a large segment of our membership failed to support our longtime adopted charity, MDA.

The moral of this story is *one person can and did make a difference* in the lives

of many and so can you. If you're working in one of those offices where involvement is non-existent you too can make the difference. John's parting request was for you to pick up the ball and do your part too. If John can make a small office like Wellesley Square into the third highest MDA contributor in 2013 with minimal effort then there's no excuse for any office not to be involved. Thanks John for your years of good work. Enjoy your retirement.

JOIN THE NATIONAL LETTER CARRIERS MOTORCYCLE CLUB AND HELP BENEFIT MDA!



MDA
Fighting Muscle Disease

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

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

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:

Shapiro
& Associates
ATTORNEYS AT LAW

888 NALC Law
888.625.2529

Serving Letter Carriers for Over 30 Years