



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 132 YEARS OF UNION PARTICIPATION AND ACCOMPLISHMENTS ☆ 1890-2022

President's Report

Can't We Please Change the Subject?

Since the 27th of December, the Covid-19 numbers have been through the roof! The more people who work in a building the higher the number or percentage of positive cases are the result. This new variant "Omicron" is extremely more contagious than any of the other variants as it is airborne where the other variants were heavier, wetter and were spread more by touch. I have gone into numerous Stations where this variant has ravaged the workforce and effected staffing like never before and I have noticed the following: These buildings are cleaner than they have been in the past, Carriers are taking the necessary precautions of wearing PPE and avoiding groups and it seems with this new variant it is not "If" but "When" it will affect every employee. This Variant seems to be extremely resistant compared to the other variants. In fiscal year 2020, when the Coronavirus first reared its ugly head in the Boston District (March through September 2020) there were approx. 256 cases of the Coronavirus. 256 cases over a seven-month period, During the "week" of January 3rd through the 8th, 2022 we had over 500 cases, double the cases for one-week time span than we had in a seven-month period!

I get a report every afternoon on the daily positive cases for that day. This report shows the station of the employee, the craft of the employee, who cleaned, and when the last work day was. This report used to come in my e-mail between 3 and 4 o'clock. There are now days this report is generated after 10 p.m. I used to call every station that had a positive and let the Steward know and ask if Management has addressed the issue. I have switched that to Stations who have multiple cases on the same day or repeat cases over the week as there are well over 100 cases on a given day. In many instances the last day worked was the day of the report or the day before. The Coronavirus has an incubation period of two to three days, from this data there are some employees that are going to work sick. That leads to the next Problem/Question of Why? This question is easily answered, as they have to pay the bills! Management has all but eliminated the investigation of close contacts or they do not even have the staffing to complete this task. This is shown by the 1,000 employees that are waiting to be cleared to return to duty after testing positive.

Local Management is responsible to begin this process of contract tracing. After you report your positive test result to them they are to notify and place you on the daily report. You are then to be asked a series of questions that attempt to see if you could have affected others. It seems that by the time this is done others have already been

in contact with you. Management also treats vaccinated employees differently than non-vaccinated employees in the method in which they handle each report. Vaccinated employees require less information to collect. This should be changed, as this seems where it is going wrong as the number of Quarantined employees are slim to none and slim just left town. All this updated information was mailed to every Steward on January 11th, 2022. The "Omicron" virus doesn't care that you were vaccinated, all that is different is the severity of your symptoms.

The bottom line, if you have an employee who is ready to return to duty and he is caught in this delay a grievance must be filed so the employee is paid for this delay with administrative leave from the day he could have returned to duty and when he was actually returned to duty. This delay shouldn't come out of the employee's pocket. CCAs still have the 80 hours of paid sick leave, if they have not used it up and all the other Covid MOUs are still in effect. There is no paid leave from the Postal Service for Career employees unless you are quarantined by the Postal Service. You should be filing a

CA-1 if you tested positive, checking off COP to get this time back (minus the three days they hold back from you). These instructions were also in the packets mailed to all Stewards on 1/11/2022. MOU-01915 is also still in effect involving the movement of CCAs from station to station. Most Area Managers are trying to avoid this and some do not care. Area 2 Manager Harold violates this on a daily basis and is padding the pockets of many CCAs. This grievance should also be filed as this movement can only increase the number of Coronavirus cases with cross contamination. Please call the Hall at 781-281-1133 if you cannot find this information in your mailings.

Closing this article out, please enjoy your well-deserved upcoming holidays of MLK Day and Presidents' Day. Please stay safe during this trying time.



GERALD (Jerry) MCCARTHY
President



Paula and Steve Mahoney in Plymouth.

Where Are They Now?

By Sean Mullett,
"Branch 34's CLAN" Editor

Greetings from Plymouth, MA! Home of Plymouth Rock, Mayflower II, and now Retired Branch 34 Member **Steve Mahoney**.

Brother Mahoney retired in 2017. His last rounds were made out of the IMC-Everett. While at the IMC he served roles as Everett Steward, Charlestown Steward and Chief Steward of the IMC. Many different hats were worn while he was with the Branch; Clerk MBA/NSBA, "Branch 34's CLAN" Editor along with in 2004 on a committee for the Employee Assistance Program (EAP). EAP signs were displayed

(continued on page 11)



Bocce Master Steve Mahoney.

Upcoming Meetings
Inside Branch 34's CLAN

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



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

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

Link to Branch 34 Website





BRANCH 34
STATION STEWARDS

Allston.....	Autumn McCauley
Arlington	Sean Mullett
	Jonathan Colby
Auburndale	Thomas Keirstead
Back Bay	Lucy Warren
	John DiBlasi
Belmont	David D'Agostino
	Joshua Mahoney
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
	James Uva
Cohasset.....	Judi Aronson
Chestnut Hill	Thomas Conville
Dorchester Center	John Costello
East Weymouth.....	Artie Matthews
Fenway.....	Alex Glassmacher
Fields Corner.....	James Hudson
Fort Point.....	Michael Gorham
	Pierre Blanc
Hingham/Hull.....	Michael Bertrand
Hyde Park	Joseph DeBerardinis
IMC - Chelsea.....	William Lang
IMC - East Boston.....	Emilio 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.....	Alexander Mosca
	Vacant
Kenmore.....	Dan Abellard
Lexington.....	John Lucey
	Anthony Falco
Malden.....	Laura Fahey
	Christine Thompson
Mattapan.....	Tom Finnegan
Medfield.....	Christopher Pacitti
Medford.....	Jon Holmberg
	Stephen White
Milton	Robert Leighton
Needham.....	Diane Butera
	Brian Senior
Newton Centre	David Ward
Newton Highlands...	Shawn Tierney
Newtonville	Thomas Duff
North Quincy.....	Cathy Cooper
North Weymouth.....	Vacant
Quincy	Amy Baker
	Brendan Finn
Revere DMU.....	David O'Connor
Melrose.....	Steve Merullo
Roslindale.....	Adam Difazio
Roxbury	John Galvin
	Keith Meredith
	Al Mallon
Grove Hall.....	Samie Smith
Scituate.....	Justin Vo
South Boston	Michael O'Connor
So. Weymouth.....	Angela Riva-Seelig
Stoneham.....	Joseph Mangano
Waban	Vacant
Waltham	Edward Walsh
	Rick Nourse
Watertown.....	William Huber
Wellesley Square...	Jennifer Mitchell
Wellesley Hills	Kevin McMahon
Weston	David DeMarco
West Newton	Vacant
West Roxbury	Michael Walter
	Sandino Blaise
Weymouth Landing...	Mario Venturelli
Woburn	Vigo Conte
	Richard Bucci
Wollaston.....	Thomas Rooney, Jr.

How Would We Have Known?

Let me start off by saying, I hope you are all doing well and you continue to be safe, considering the uncertain times that are still in front of us. Ahead of entering into 2022, I believe we all had high hopes of a much needed Healthier and Safer New Year. Unfortunately, this was not the case. How could we have known this Pandemic would still be around almost two years later?

The Omicron variant arrived and has spread more easily than the original Sars-Cov-2 virus and much more so than the Delta variant. This remains true, as we all know many more family, friends, and co-workers have been affected by the Omicron virus compared to the Delta variant. There doesn't seem to be any rhyme or reason to who contracts this virus. In some cases, a family member tests positive and everyone in the home contracts it, or no one at all. In other cases, only one or two family members contract it, but not everyone in the home. Some individuals have symptoms and some have none at all. It's affected the vaccinated, (with or without their booster shots), as well as the unvaccinated. There is no age category safe from this particular variant. Hopefully in time we will all be able to move on from this Pandemic and get back to what we have known as Normalcy in our lives, as we so desperately need.

Please remember, as easy as it may be, do not let your guard down. We still need to protect ourselves from this virus. Each day remember to take all necessary steps to ensure your safety by washing your hands as often as possible and keeping your facial covering on when unable to social distance. Management still has a responsibility to inform the Employees that there is a confirmed case or cases in that particular office, as well as fully sanitizing the office (cases, vehicles, keys, scanners, etc.), as well with providing masks, gloves, and cleaning supplies. If these things are not taking place please let the Branch know ASAP.

As I have said in the past and will continue to remind every member moving forward, **MANAGEMENT DOES NOT CARE ABOUT YOU!** It is up to you to put yourself first and keep yourself safe. If you don't, then no one else will.

Here's an example of management not caring: An employee was in close contact with someone outside the Post Office, he then developed symptoms. He called his manager and inform him of the situation. In return the manager instructed him to report to work sick, and just put a mask

Everything seems to be going south as of late at the Postal Service. We have a postmaster who is hell bent on doing everything in his power to slow down the processing, and delivery to our customers, while charging them more? The never ending COVID epidemic has many employees sidelined because their sick, waiting in mile-long lines to be tested and then worrying about the results. Still others are exposed to someone with COVID, and are put out of work for days on end. Should I come to work? Should I stay home? Is it COVID or a bad cold? And the by-product of all of that is open routes in most every office in the district. These vacancies in turn puts a tremendous strain on the remaining workforce, where Letter Carriers find themselves being forced to work overtime, whether your on the overtime desired list or not! These unprecedented times have CCA's, and regulars working six and sometimes seven days a week, and up to 12, 13, even 14 hour days. And most everyone in management has no problem utilizing you to the point of exhaustion. Their objective is to get the mail delivered, by whatever means possible! They see all Letter Carriers as expendable, and if your not careful you can easily become a victim to their "do or die" mentality. And they are now eating their own, sending area managers, managers, and supervisors to deliver mail, SPRs, and parcels, as well as set up routes, sort parcels and SPR's where they deem it necessary!

All of this is a lot to take in and process, especially when you are continuously at work and have very little time for anything else. But no matter how much is thrown at you, and what the expectations of the USPS are on a day to day basis, nothing is more important than your health and well-being!

And don't stand there waiting for them to provide you shelter from the storm, a break in the action, or their foot to come off the throttle. That ain't gonna happen! If we are not a priority, nor the customer, who do you think is the beneficiary of all your efforts? It's the very same people who have postcons brimming with packages, hand you three hour splits, and bring you in on Sundays and holidays. And God forbid if they can find it: an eighth day of the week for you to work!

on. They said the very opposite of what they have been preaching all along, "If you are sick, stay home"! This individual made the right decision and stayed home. This manager did not think twice about putting everyone in that office in harm's way. That's why you need to remember to do what is best for you and your love ones!

In closing, with so many employees affected by Covid-19 and out of work because of exposure or being in close contact with someone that tested positive, there is a good chance you may not/have not been properly paid. Whether it is Sick Leave, Annual Leave, Administrative Leave, or Continuation of Pay, make sure it is correct. Always keep a watchful eye on your paystub, or check your Virtual Time Card each day. No one should be missing any time on their checks.

If you believe there are any discrepancies with your pay, make sure you see your Shop Steward immediately, or call The Branch @781-281-1133.

Stay Healthy and Be Safe Sisters and Brothers!

This is why you have to be cognizant of the postal dynamic. Desperate times call for desperate measures, and they will be calling on you in this desperation. With open routes every day, and mail piling up in the office, it will be the people that remain that all this work will be sloughed off on.

And let's not try and fool anyone. There is the other side of the story we have to point out. We know your out there! Yes, they are known as the hungry ones! There's not a ounce of overtime they will refuse. Flying high above the \$100,000 club, there is not a day of rest they will entertain! Only work, break, work, lunch, work, break, work, and repeat. And there is nothing wrong with filling out your nest egg, or padding your portfolio, but there are limitations and we all must recognize them.

Mentally, physically, and emotionally the job of Letter Carrier will take its toll on all who dare to take up the satchel! This job is not for the faint of heart, nor is it a job for everyone! It is so important to know your body, and understand the tremendous toll this kind of job will take out on it. Protecting yourself against injury and illness is the only way you can survive this "postal marathon".

One of the biggest mistakes our craft makes is ignoring injuries. Tripping, twisting, falling or jerking your body the wrong way can seem minor when it happens, but when days later that injury is sustained or worsens, this delay in treatment can exacerbate the injury. You are on the postal clock, you become injured, so why wouldn't you seek medical attention. Leaving these injuries to heal on there own, not knowing what damage has occurred is a recipe for permanent damage to our bodies. I am not in this job to sacrifice the only hips, knees, shoulders, and feet for the "good of the service"! You get one body, and in this job, once an injury takes hold, it can be with you for the rest of your life. Who wants to go into retirement limping, aching, and wondering if I had handled things differently would I be in the shape I am in now? I know, and I have known many Brothers and Sisters who have their regrets for letting injuries linger, and left them untreated. If you are injured, when is the best time to be treated? That very

day is the answer! Immediately give management their statement about the injury, go online and fill out a CA-1, but most importantly, get medical attention for the injury. The choices you make today can have profound outcomes in your future employment with the USPS. It's all in the way you treat yourself, and realize we are not machines, just flesh and blood. Sometimes it is necessary to see your Primary Care Physician, and make sure you are seen, and make a full recovery from your "on-the-clock" injury.

And a lot of this has to do with how you perform your duties. Are you overloading the satchel or relay bags or splitting them? Are you lifting properly, holding hand rails, up and down the stairs? Are you running your route? Not taking your lunch and breaks? Any and all unsafe strategies to doing your job will eventually lead to you getting hurt. It may not happen today or tomorrow, but the law of averages will eventually catch up with you!

Performing your duties to the best of your abilities is all that is required. Superman, and Wonder Woman need not apply. You can be a hero in other parts of your life, but in the Postal Service it can get you injured. Overdoing it because that's just who you are or you hate to disappoint anyone are the philosophy of those who sacrifice their bodies for this job. No matter how you break it all down in your mind, the common denominator in you making this a lengthy career is you. Management will take every bit of you overdoing it, and they will warm up to you like you're a long lost friend. But the minute you under perform, or can't do their bidding, you immediately become a postal pariah. And now you're the one suffering, and have to go through the process of recovery, not them! The sooner you learn to get paid for what you should be doing, and not for the extras you shouldn't be doing, the better off you will be.

The classic embodiment of this kind of philosophy is working off the clock. Getting a jump on your day by coming in



BERNADETTE ROMANS
Vice President



BOBBY DAMATIN
Financial Secretary

(continued on page 11)

You Don't Have to Use Your Leave for COVID Issues

That's right brothers and sisters. Whether you have contracted the Corona Virus or been exposed to it you don't have to use your own sick or annual leave while you're out of work.

If you've contracted the Coronavirus, you should be filing a claim with the Department of Labor (DOL). It's considered a traumatic injury as you contracted it during one work shift, which is the definition of a traumatic injury. So, you should be filing a CA-1.

Unlike at the beginning of the pandemic getting your claim accepted now is not difficult. The American Rescue Plan Act (ARPA) signed into law on March 11, 2021 makes it much easier to get your claim accepted. It's now just assumed you contracted the Coronavirus at work. In order to qualify you must have worked within 21 days of testing positive or becoming symptomatic. You'll also need proof you tested positive with a polymerase chain reaction (PCR) test or a positive antibody or antigen test result.

When you fill out the CA-1 you need to explain that you have contact with co-workers and the general public. You'll be asked what date you got injured that's the last date you worked. As with any CA-1 you'll want to check off Continuation of Pay (COP) so you don't have to use your own leave.

If you have any issues call me at the

hall and I can assist you in filling out the CA-1 as I've done for a number of brothers and sisters so far.

If you've been exposed to the Coronavirus and management is making you quarantine you should be requesting administrative pay while out on quarantine.

As many of you know the Emergency Federal Employee Leave (EFEL), that was signed into law as part of the American Rescue Plan Act (ACT), expired on September 30, 2021. When it did we found ourselves in the same situation we were in after the Families First Coronavirus Act (FFCRA) expired on December 31, 2020. After that expired the Postal Service was attempting to force us to use our own leave to quarantine due to exposure to the virus outside of work.

That policy was challenged in North Quincy by Steward **Cathy Cooper** and that grievance wound its way through our grievance/arbitration process until it was arbitrated on June 15th of this year. I mailed out that decision to every steward in the Branch and it should be used in every subsequent grievance filed on the PO attempting to enforce leave upon us.

The Postal Service cannot enforce leave upon us; that's not my opinion it's the position of management in M-00932 they wrote in relevant part:

"It is our position that neither sick leave nor leave without pay can be charged against an employee unless requested by

that employee."

As our National Executive Vice-President **Brian Renfroe** has written many times in the *Postal Record* we get paid to deliver mail and management gets paid to make decisions. When a member is exposed to the virus outside of work they should present that info to management and have them make the decision on whether or not to quarantine. If management makes the decision to quarantine then the employee should request administrative leave. If management denies that request a grievance should be filed using the arbitration decision I just referenced. The arbitrator's award can be found below:

"The Union provided by a preponderance of the evidence that Management violated Article 5 of the Agreement by affecting the wages of the grievant when they unilaterally charged the grievant with sick leave without his request or permission."

If you want the full arbitration decision call me at the hall, 781-281-1133 or email me at mmurray@nalcbranch34.com

As with any other benefit we enjoy it's only good if we exercise our rights to it. Knowledge is power brothers and sisters so get involved to prevent your rights from being violated!



MICHAEL MURRAY
Secretary-Treasurer

BOSTON, MA

NATIONAL ASSOCIATION OF LETTER CARRIERS

BRANCH 34's CLAN

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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

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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Sean Mullett, Editor
Jerry McCarthy, Associate Editor
Bob Simpson, Associate Editor

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2018

CCAs, You Have Rights Too!

CCAs you are the future career workforce along with future of this Branch. Becoming Full-Time Regular has the Full benefits, Retirement, Raises, COLA's, and Sick Leave to just to name a few. But to get there one must be a CCA first. As a CCA you may feel you don't get anything besides what your supervisor or managers say they will give you. **WRONG.** You might not get the whole package yet, but this article will explain to you some of the important rights and benefits **YOU HAVE.**

After 60 calendar days from date of employment, CCAs may "Opt/Hold down" a temporary vacancy.

After 52 weeks, CCAs will receive a Raise. You will go from step BB to step AA.

Six Paid Holidays (New Year's Day/Memorial Day/Independence Day/Labor Day/Thanksgiving/Christmas).

CCAs who work on a holiday may, at their option, elect to have their annual leave balance credited with 4, 6, or 8 hours (as applicable) of annual leave in lieu of receiving holiday pay.

Annual Leave. CCA employees earn annual leave based on the number of hours in which they are in a pay status in each pay period. (4 Hours Max per Pay Period)

CCAs have the opportunity to select a "Choice/Prime Time" vacation" CCA's must only have sufficient leave when the leave is taken. (You do get a Summer Vacation!)

CCAs may use Annual Leave or Leave without Pay for bereavement purposes.

CCAs who are Military Veterans-Wounded Warrior Leave (104 Hours each leave year) which allows employees who meet the eligibility requirements to use this category of leave to undergo medical treatment for a service-connected disability rating of 30 percent or more.

CCAs are eligible for FMLA. You must meet the requirements

CCAs are covered by the Federal Employees' Compensation Act (FECA). If

you are injured on the job, you should report the matter promptly to the supervisor and complete and submit the appropriate OWCP claim form.

CCAs are eligible for a uniform allowance after completing 90 workdays or having been employed for 120 calendar days, whichever comes first. This anniversary date will remain with you throughout your career.

CCAs have two options for Health Insurance. One option is the USPS Noncareer Health Benefits Plan, in which newly hired CCAs may enroll and participate upon being hired. This option is available to all CCAs, regardless of length of service. CCAs may elect coverage in the USPS Non-Career Health Benefits Plan within 60 days of the date they were hired, or within 60 days upon being reappointed to another 360-day term after a five-day break in service. The Second Options is Federal Employees Health Benefits (FEHB). This option is for CCAs who have completed one term (360 calendar days) as a CCA, **BUT**, there is **NO** Postal Service contribution toward the premium. This means the entire cost of the premium is the CCAs responsibility.

Work Hour Guarantee. CCAs are guaranteed four hours of work or pay anytime they are scheduled and report to work. (When the supervisor informs you that they don't need YOU today, but scheduled you, you showed up, but want you to take a NS day instead, contact your Shop Steward).

Can CCAs be required to remain on "stand-by" or remain at home for a call-in on days they are not scheduled to work? NO. This means CCAs cannot be required to call in to their station or be required to wait for a phone call to see if their supervisor needs them to work each day.

CCAs receive two 10-minute **PAID** rest breaks, one 30 minute **UNPAID** lunch during an eight-hour day.

CCA's receive one 10-minute **PAID**

rest break for work less than six hours in a day.

Comfort Stops ARE NOT rest breaks. Management doesn't dictate whether or not you may use a clean bathroom.

CCAs have a right to Union Representation. You must request a steward. Management isn't required to inform you of this right. A good reminder would be anytime Management wants to question you, just ask them "Can this lead to discipline, and if so I request my steward."

ELM Section 432.32 provides the following rule that applies to City Carrier Assistants:

"Except as designated in labor agreements for bargaining unit employees or in emergency situations as determined by the PMG (or designee), employees may not be required to work more than 12 hours in one service day. In addition, the total hours of daily service, including scheduled work hours, overtime, and mealtime, may not be extended over a period longer than 12 consecutive hours. Because this ELM provision limits total daily service hours, including work and mealtime, to 12 hours, an employee is effectively limited to 11½ hours per day of work plus a half-hour meal."

CCAs CAN serve as a Shop Steward. CCA's are **NOT** entitled to Higher Level Pay.

Nalcbbranch34.com has a whole webpage dedicated to CCAs. You can check in on your relative standing, see the most up to date MOU's regarding CCAs, a page dedicated to Questions/Answers, along with valuable Hold Down/OPT information, just to name a few.

YOU ARE THE FUTURE. YOU HAVE RIGHTS. SOMETIMES YOU JUST NEED TO KNOW WHERE TO LOOK.



SEAN MULLETT
"Branch 34's CLAN" Editor

Don't Be A **SCAB!**

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

Back Bay

ROBERT A. ROMIKITIS

Braintree

MOLLY LONG

Brookline

CHRISTINE M. BAILEY
LINDA M. HAZELL

Cambridge - Porter Square

BLANCA I. TEEBAGY

Chelsea Carrier Annex (IMC)

JOSEPH REGNA..... CCA

Fenway

BEVERLY A. SCANLON

Hingham-Hull

MARK J. DION

Malden

EILEEN M. FINN

Medford

GERALD M. LYLES

Milton

CHARLES S. ROSEN

Needham

TAMI L. JOHNSON

Newton Highlands

ROBIN I. DEVITTO

Scituate

KAREN M. LYNCH


Stoneham

TINA M. DOHERTY

Waltham

DAVID BAHM

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!**



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

Are You Ready?!?!

Ladies and Gentleman are you preparing for retirement. By the looks of it most of you are running for the door as fast as possible. If retiring is in the not so distant future there are a few things you can do to help prepare and transition into the retirement lifestyle. I suggest you begin this process at least six months prior to your retirement date. As with most things in the Postal Service it is a slow and painful process. As one newly retired carrier **John Mehos** from Malden relayed to me, they try to fire you for 30 years and then they make it difficult to let you retire.

I suggest you all go onto liteblue.usps.gov and print your personnel folder or EPOF. There is a ton of information in there, from the day you got hired, married, divorced, had kids, bid routes, bid offices, beneficiaries etc. If you do not print it prior to retiring you will not be able to get it later in case you need it!!!

Review you EPOF folder if you think something is incorrect get it fixed. Update your beneficiaries. This is very important it will help your loved ones if and when the time comes that they need to collect life insurance, TSP or any other benefits that they might be entitled to.

I personally suggest you update these forms or at the very least review them to make sure your benefits etc. aren't going to go to an ex, or maybe when you filled it out you only had one child and now you have three (*boy are the other two going to pissed!!!*).

The forms I suggest you all double check and make sure are up to date whether preparing for retirement or not are:

- **SF 1152** Unpaid Compensation of a

Civilian Employee (*or as I call it the I died in the middle of a pay period form*)

- **SF 3102** FERS Retirement
- **SF 2808** CSRS Retirement
- **SF 2823** Life Insurance
- **TSP3** Thrift Savings Plan

I suggest you do this if not to make sure that your ex is not still on your paperwork or that all your children are accounted for but to make sure that it is done as it will alleviate your family from having to deal with probate and other issues that could arise!!!

YOU SHOULD UPDATE THIS INFO NOW, EVEN IF YOU ARE NOT GETTING READY TO RETIRE!!!

Call 1-877-477-3273 Option 5 and order your Blue Book or you can login to liteblue with your EIN and PIN and access ERetire. Your Blue Book will give you a break down of how much you should get when you retire dependent upon what you request. You may request that your spouse get some or all of your Pension if you pass. You might want to carry your health insurance when you retire, maybe your spouse has better health insurance and you don't need it.

Maybe you are only 57 with 32 years of service and you will receive the Annuity Supplement. Maybe you are over 62 when you retire meaning you **WILL NOT** receive the Annuity Supplement. Instead you will need to contact Social Security and inform them of your dates of retirement so you can receive Social Security if you are a FERS eligible employee. (Log onto www.ssa.gov where you can set up your Social Security Account again you do not have to wait until retirement to do



LAURA WOOD FAHEY
Area Steward

this.) Maybe you want to set up your TSP to pay you \$1,000 a month in addition to your pension or maybe you want to take \$100,000 out upon your retirement and buy the condo down in the Carolina's you've had your eye on.

EVERY RETIREMENT WILL BE DIFFERENT!!!

Once you receive your Blue Book call 1-877-477-3273 and schedule your retirement consultation. You want to do this right away so if anything needs to be changed or fixed, you have enough time to make the changes. Remember you have the right to the retirement consultation on the clock, in a reasonably private space, with your spouse or advisor present.

I would like to wish all recently and soon to be retired carriers Good Luck!! And remind all of you that the Boston District in an effort to fill the recently retired shoes are offering anyone who refers a friend or family member for employment a **HOODIE!!!** That's right, you can't buy a **HOODIE** with your uniform allowance but sure as **S@#%** if you refer a friend or family member you get a **HOODIE!** Just be forewarned the back says something like "My Sister-in-Law hates me so she got me a job at the PO."

Congratulations to Malden's Finest new Retirees, **Peter Myles, John Mehos,** and **Shawn Brickman!** As always, any questions or concerns can be directed to the Union Hall at 781-281-1133.



RICH GALVIN
Clerk, NBA/NSBA

cause it. Don't put yourself at risk. Perform a thorough vehicle safety check everyday!

842 Repairs
842.1 Reporting Defects

Driver must (a) report all mechanical defects or failures and major body damage on Form 4565, Vehicle Repair Tag (see exhibit 842.1) as soon as noted, and (b) immediately turn in the completed form to a dispatcher or manager. Minor body damage can sometimes await repair until the next regular inspection and need not be reported more than once.

842.2 Preparation of Form 4565

Whenever a motor vehicle requires repairs, complete Form 4565 in triplicate as follows:

- Enter vehicle number and the hour and date vehicle was checked in.
- Put check mark opposite item requiring repair, or, if not listed, enter opposite Other Repairs.
- Describe details of repair under Remarks. For example, if brake block is checked, state: pulls to the right, brakes fading, etc.

842.3 Disposition of Form 4565

842.31 Deliver to the garage dispatcher or manager for initialing. Driver copy will be returned to you and should be kept as proof that damage was reported.

842.32 Attach dispatcher copy to Form 4570.

842.33 Mechanic copy is sent to the garage with vehicle.

Vehicle Safety Check List

Hopefully, this Omicron surge will be behind us soon enough and we can get back to normal. Unfortunately, in the PO that'll mean the return of route inspections. As the union observer during route inspections, I see carriers going onto line 19 to perform their vehicle safety check every day during the week of inspection. Many carriers do it right; they go out with a buddy and perform their safety check together and they do a thorough job. Some however, do not do a thorough job. They're back at their routes in two or three minutes and as the check list below shows a thorough job will take more than a couple of minutes.

Those carriers are putting themselves and the public at risk if there's an issue with their assigned vehicle. We've all seen the rash of vehicle fires plaguing our outdated fleet and many have been traced back to leaks that probably would have been detected and then reported if a thorough inspection had been done.

If the vehicle check is done properly it should take at least eight to ten minutes, depending on how far away the vehicles are from the office. I've included the check list below so carriers know what they're required to check everyday when they perform their vehicle safety check.

U.S. POSTAL SERVICE
EXPANDED VEHICLE
SAFETY CHECK

1. Look under body for oil and water leaks.
2. Inspect two front tires for inflation and wear.
3. Check hood latches.
4. Check front for body damage.
5. Check left side for body damage.
6. Check left door lock.
7. Check for rear end leaks.
8. Check all rear tires for inflation and wear.
9. Check rear for body damage.

10. Check rear door lock.
11. Check right side for body damage.
12. Check right door lock.
13. Open door and move into driving position.
14. Start engine. (If in enclosed area, wait until after step 21.)
15. With assistance – adjust pot-lid and left front mirror.
16. With assistance – check headlights, tail lights, brake lights, 4-way flashers, and directional signals, front and rear.
17. Adjust right side rear view mirror.
18. Adjust center rear view mirror.
19. Check steering wheel play.
20. Check accident report kit.
21. Check window locks.
22. Check windshield wipers and washers.
23. Check horn.
24. Check gages (gas gage requires 30 seconds for "warm-up").
25. Check foot brake (no more than 2 inches free play).
26. Check hand brake.
27. Check seat belt and fasten.

NOTE: This check list has been programmed to take the driver in a logical sequence around the RHD vehicle with a minimum of lost motion. For LHD vehicles - work from right side to rear to left side beginning at Item 5. Items 15 and 16 - if no assistance readily available, handle personally.

If there's an issue with one or more of the listed items above then fill out a 4565 and have your supervisor or manager sign it and give you a copy back so you have proof you reported the issue to management. Don't go trusting these people who have proven themselves unworthy of your trust. If you fail to do an inspection and take a vehicle that has body damage that was already there before you were assigned the vehicle, good luck. It's going to be tough to argue that you didn't

More Than Three Bundles with Curbline, Mounted and Riding Routes

When it comes to curbline, mounted and riding routes, Management has the right to give directives to Letter Carriers to deliver more than three bundles of mail. Section 322.12 of Handbook M-41, City Delivery Carrier Duties states in part:

322.12 Any sequenced mailing received by a motorized curb delivery route shall be handled as separate bundles, unless the Delivery unit manager authorizes the casing and/or collating of the mailings.

The problem I have with this is where do you put four bundles or more? The metal table on any right-handed Postal Vehicle can only fit up to three working mail trays. That's your DPS, FSS and your residual/SPR's. The addresses must be facing the carrier and must not be piled on top of other trays. Section 125.1 of Handbook M-39, Management of Delivery Services states in part:

125.1 Loading Carrier Vehicles

The carrier should take all mail for delivery to the vehicle at the same time using a hamper or other assigned conveyance. Avoid extra trips to the vehicle unless they are absolutely necessary due to the quantity of mail. After clocking onto street time, carriers should proceed directly to their vehicles and load the mail in an orderly fashion. When loading the

vehicle, parcels must be arranged in delivery sequence where they will be convenient to the carrier. On curbline routes, the working trays of letter and flat mail should be placed on the vehicle's working shelf with the addresses faced so the carrier can easily read them. Flat mail is placed to the right of the letter mail. On park and loop routes, trayed letters and flats must be placed in a sequential order so that the carrier can quickly identify the mail for each loop. After loading the carrier must take empty equipment and parcels missorted to the route to a location designated by the delivery unit manager.

Section 812.5 of Handbook M-41, City Delivery Carrier Duties states in part:

812.5 Arrange letter mail, flat mail, and small parcels in the work tray provided on the ledge behind the windshield so as not to obstruct vision or use of the vehicle controls. Trays must not be piled on top of other trays on the ledge behind the windshield.

When I was observing at the **Weston Post Office** during a six day count route inspection, an argument on the work room floor came up with Management's two leaders of the route inspection team and the Station Manager over taking more than three bundles. The station

Manager gave directives to the Carriers to only carry up to three bundles and if there is more, to "collate" the extra bundle(s). The two leaders of the inspection team tried to go over the Station Manager's head and force every carrier to take over 3 bundles. They tried forcing them to either work the extra bundles on top of the dashboard or leave them on the floor, both are a safety hazards. The carriers got numerous EDDM mailings during the week. Management did not want to give them office credit on line 16 (Sequencing and Collating By-Pass Mail) when you have 3 or more days of collating under inspection. Another reason is Management would rather you take numerous bundles of mail out in one day to try and take that 100% delivery away on another. Remember, Management always has something up their sleeve. Last, I'd like to wish **Alan Segal** a happy and wonderful retirement. It was a pleasure working with you.



DAN KELLEY
Sergeant-at-Arms

A Hazy Shade of Winter

Another Christmas season has come and gone. The early start times to

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:

- Mike Ash..... Medford
- Joseph "Joe" McLaughlin..... Brookline
- Robert "Bobby" Quinter..... Braintree
- Rosemary Hanrahan..... Kenmore
- Jonathan Edge..... Roxbury
- Patti Santagate..... Brookline
- Alan Segal..... IMC-Chelsea
- Peter Myles..... Malden
- John "Jack" Haley..... Back Bay
- Mike Davis..... North Weymouth
- Dave McDonald..... Auburndale
- Robert Gallagher..... Weston
- Mark Ryan..... Hyde Park
- Stephen "Steve" Loschiavo..... Braintree
- Christopher "Chris" Keough..... Braintree
- Paul Justice..... Medford
- Richard "Rich" Farrell..... Waban
- Paul Harkins..... Quincy

late end times. Working those long hours for what seems like an eternity now. Punching in and punching out with the sun set. Going above and beyond to get that last package delivered so no child went without it. I personally tip my hat to you for doing a great job for another Christmas season and hope you all had a wonderful New Year and stayed safe.

With this new Covid variant on a rise, more and more offices are becoming shorthanded again. It is taking a huge toll on everyone, in every office. Once again letter carriers are stepping up and doing their best to get the job done during these difficult times. The long days seem to continue on. We need to keep doing our part in keeping safe by doing the right thing. May it be wearing a mask when required to do so. (*This can seem to be a pain at times.*) Making sure to wash hands and use sanitizer. We must also make sure that management is doing their part in keeping us all safe. They should be keeping each office clean. The office should have PPE available. If by chance they are not please do not hesitate to call the

hall and let us know the situation.

With the shortage of bodies in your offices and the amount of work you all are doing remember safety comes first no matter what. It is only paper. We want you **ALL** going home the same way you came to work, safely. The shortage of bodies that are on a rise is tough on everyone involved. The long hours put a major toll on your bodies. Let's do our part and stay safe; that includes filling out a 3996 if you're overburdened. We are not superheroes, nor robots. We are humans and humans do need help. Do not be afraid to ask for it when you need it.

In closing, my Brothers and Sisters, the word **THANK YOU** cannot be said enough to you for entrusting me with this position as a leader for the Branch. You Carriers are the First Priority! **SO, THANK YOU ALL!!**



DAVE O'CONNOR
Area Steward

The Woburn Corner

Every fall the Woburn Letter Carriers honor deceased Brother Henry Shaughnessy by holding a Food Drive. This past year has been challenging for everyone. Covid restrictions have brought to a halt numerous things in our lives. The Annual Fall Food Drive was not exempt. Although unable to collect food in our neighborhoods in ways we have before, a mailing was sent out to inform our patrons of ways to donate. I would like to thank all the Brothers and Sisters who helped make that possible this past year.

The month of December the Woburn Team was fortunate to have two Christmas Raffles. \$340 was collected in Woburn and over \$800 was brought in at the Branch 34 Christmas Party! **George Adams, Rich Bucci, Joe Andreason, and Duncan Morris**, along with the Brothers and Sisters of Branch 34 helped make all this possible. Hats off to you! Your support for MDA makes all this possible.

Shamrocks for MDA will be soon arriving at the stations. Every little bit helps. In 2021 Branch 34 finished very high up out of the thousands of branches. Stay Tuned!



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Trustee



Massachusetts Congressional Delegation

U.S. SENATE

The Honorable Elizabeth Warren
Hart Senate Office Bldg., Rm. 309
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. 255
Washington, D.C. 20510
202-224-2742 Fax: 202-224-8525
www.markey.senate.gov

U.S. HOUSE OF REPRESENTATIVES

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The Honorable Richard E. Neal
Cannon House Office Bldg., Rm. 372
Washington, D.C. 20515
202-225-5601 Fax: 202-225-8112
neal.house.gov

Second Congressional District
The Honorable James P. McGovern
Cannon House Office Bldg., Rm. 370
Washington, D.C. 20515
202-225-6101 Fax: 202-225-5759
mcgovern.house.gov

Third Congressional District
The Honorable Lori Trahan
Rayburn House Office Bldg.
Washington, D.C. 20515
202-225-3411 Fax: 202-226-0771
trahan.house.gov

Fourth Congressional District
The Honorable Jake Auchincloss
Longworth House Office Bldg., Rm. 1524
Washington, D.C. 20515
202-225-5931 Fax: 202-225-0182
auchincloss.house.gov

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

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

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

Sixth Congressional District
The Honorable Seth Moulton
Longworth House Office Bldg., Rm. 1127
Washington, D.C. 20515
202-225-8020 Fax: 202-225-5915
moulton.house.gov

Seventh Congressional District
The Honorable Ayanna Pressley
Longworth House Office Bldg., Rm. 1108
Washington, D.C. 20515
202-225-5111 Fax: 202-225-9322
pressley.house.gov

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

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

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
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

In Memoriam

Dick Feraco
Retired Member – Medford

Shirley Husak
Retired Member – Needham

John Killoran *
Retired Member – Needham

William "Billy" Lamson
Retired Member – Medford

* Denotes Gold Card Member

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3. Have chronically sore knees; or
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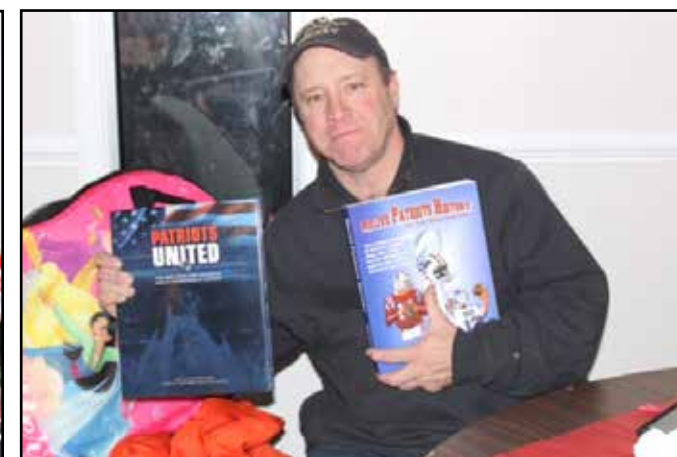
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Branch 34 Celebrates the Holidays!



Branch 34 Salutes Its Retirees

Malden's Peter Myles



Malden Shop Steward/Branch 34 Area Steward Laura Fahey, Peter Myles and Malden Shop Steward Christine Thompson.



Malden Retiree Peter Myles fist pumps Branch 34 President Jerry McCarthy.

Malden's Peter Myles smile is contagious.



Malden's Finest celebrate with Retiree Peter Myles.

IMC/Chelsea's Alan Segal



Retired Members only jacket for Chelsea's Alan Segal.



Chelsea Shop Steward Billy Lang, Branch 34 Sergeant-At-Arms Dan Kelley, along with Alan's co-workers, join in for a photo.



Chelsea Retiree Alan Segal is here to party!



IMC retiree Alan Segal presented with a retirement cake and a box of joe.

Branch 34 President Jerry McCarthy congratulates Alan with a mighty handshake.



Branch 34 President Jerry McCarthy presents the Branch 34 Retiree Jacket.

Brookline's Patti Santagate



Branch 34 President Jerry McCarthy and Retiree Patti Santagate from Brookline as she dons her new retiree jacket.



Branch 34 President Jerry McCarthy acknowledging Patti Santagate. Congratulations!



Brookline Letter Carrier Frank Santagate enjoying a photo with wife Patti and Branch 34 President Jerry McCarthy.



Waban's Richard "Rich" Farrell



Branch 34 President Jerry McCarthy presenting retiree Richard "Rich" Farrell from Waban his Branch 34 jacket.



Congratulations are in order! Congrats Rich!



Retirement Time for Waban Retiree Rich Farrell.



Waban Retiree Rich Farrell receiving his Branch 34 jacket.

Medford's Mike Ash



Shop Steward Steve White along with Medford's Finest present Retiree Mike Ash with an autographed Mailbox from his co-workers.

Branch 34 President Jerry McCarthy presenting retirement watch to retiree Mike Ash from Medford, Shop Steward Steve White and co-workers looking on.



Braintree's Steve Loschiavo & Chris Keough

Branch 34 President Jerry McCarthy congratulating Braintree Retirees Steve Loschiavo and Chris Keough.



Braintree retirees Steve Loschiavo and Chris Keough's last Postal Christmas celebrated with cake!

Medford's Paul Justice



Branch 34 President Jerry McCarthy, Medford Retiree Paul Justice, Shop Steward Steve White, Manager Linda Beattie, along with Shop Steward Jon Holmberg.



Retiree Paul Justice holding his very own autographed Mailbox from Medford's Finest.



Braintree retiree Stephen "Steve" Loschiavo, Branch 34 President Jerry McCarthy and retiree Christopher "Chris" Keough.



Braintree Retiree Chris Keough with the Retirement Fist Bump.



Retiree Paul Justice poses with his Medford co-workers.

Quincy's Paul Harkins



Branch 34 President Jerry McCarthy and Retiree Paul Harkins with Retirement Watch.

The time has arrived for Quincy Retiree Paul Harkins.

Hyde Park's Mark Ryan

Hyde Park's Finest celebrating Mark Ryan's retirement.



Branch 34 President Jerry McCarthy, Retiree Mark Ryan and Shop Steward Joe DeBerardinis. Congratulations Brother!



Branch 34 President Jerry McCarthy presenting Mark Ryan with his Branch 34 Retirement Jacket.



Branch 34 President Jerry McCarthy presenting Hyde Park Retiree Mark Ryan with Branch 34 Watch.

SAY CHEESE!
Branch 34 President
Jerry McCarthy,
Quincy Shop
Steward
Brendan Finn,
Retiree Paul Harkins
and Quincy
Shop Steward
Amy Baker.



Branch 34 Salutes More Retirees

Kenmore's Rosemary Hanrahan



Branch 34 President Jerry McCarthy alongside Rosemary showing off her jacket with Kenmore Shop Steward Dan Abellard.



Shop Steward Dan Abellard, and Kenmore (Prudential Office) co-workers help celebrate Rosemary's retirement.



Kenmore retiree Rosemary Hanrahan holding her Branch 34 Retirement jacket.

Roxbury's Jonathan Edge



Roxbury Retiree Jonathan Edge speaking to the floor.



Branch 34 President Jerry McCarthy along with Roxbury Retiree Jonathan Edge and Shop Steward Keith Meredith.



Roxbury Shop Steward Keith Meredith wishing Jonathan Edge a Happy Retirement.

Weston's Robert Gallagher



Shop Steward Dave DeMarco, Branch 34 President Jerry McCarthy, Weston Retiree Robert Gallagher, and Branch 34 MBA Officer Rich Galvin.



Robert Gallagher of Weston with his retiree watch and jacket.



Branch 34 President Jerry McCarthy presenting Jonathan Edge with his retirement gifts.

Brookline's Joseph "Joe" McLaughlin

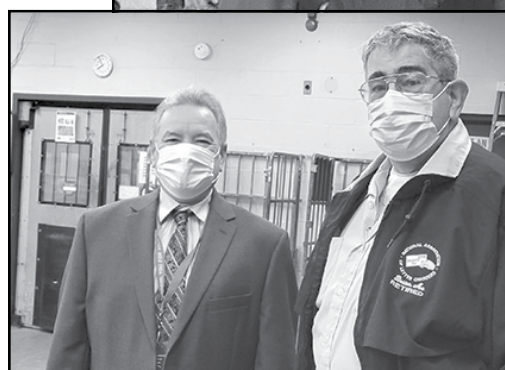


Retiree Joseph "Joe" McLaughlin from Brookline along with Branch 34 President Jerry McCarthy.

North Weymouth's Mike Davis



North Weymouth's finest come together to celebrate Retiree Mike Davis.



Branch 34 President Jerry McCarthy and North Weymouth Retiree Mike Davis.



Shop Steward and Branch 34 Health Benefit Officer Joe DeMambro, Retiree Joe McLaughlin and Branch 34 President Jerry McCarthy.



Brookline's Joe McLaughlin all smiles while accepting his Branch 34 retirement jacket.

They Might Not Care, But We Do!!!

(continued from page 2)

early, loading up the racks, getting your sacks, and doing everything to the max! Why on earth would anybody work for free? But more importantly, why would you give management anymore? Phony route inspections, splits taking more than the actual time, and ignoring the volumes on your route. It boggles the mind! Letter Carriers spend a lot of time complaining about how management treats them, but then you give them a freebie? Come on!

The same goes for the age of COVID. If you feel sick, stay home. Stop worrying about the mail, and worry about what's really important: you! Go get yourself tested, see your doctor, and do the right things for you. The mail will still be there when you get back. Yes, you have to jump through some hoops for what seems to be a bureaucratic process, but it is for your health and well-being, and keeping your sick leave banked. Do what you deem necessary to protect yourself, and be in a position to return to work to handle the heavy and hard duties of Letter Carrier. On our NALCBranch34.com website you can find all the latest information on what to do if you contract COVID, or come in close contact with someone who has COVID. It can be overwhelming, but it is worth your time and effort to familiarize yourself with the process, so you can make the best decisions in dealing with these circumstances.

We all have a balancing act going on in our lives daily. Family responsibilities, heading off to work in the face of COVID, and a host of other issues that warrant our attention. But none of it gets done without you! If you're not taking care of yourself, all of it will eventually catch up with you, and the price that has to be paid outweighs taking a preventative posture in how we treat ourselves. Letter Carriers can be a dedicated bunch who put the job before all else. And though that may be commendable, making sure you're in good condition will go a long way in having a long, productive career. Listening to your body is the best course of action to get through it all, and it's up to each individual to make you and your health the priority!

Where Are They Now?

(continued from page 1)

in every office in the Boston District. Brother Mahoney and the Team on this committee received a National Letter of Achievement. Paula (his wife) is also a retired letter carrier. Paula worked out of the Revere Station where she retired in 2017. Brother Mahoney these days is making his rounds at Long Beach on the Bocce Ball circuit. Rumors down Plimoth Plantation were ESPN was in town for a 30 for 30 documentary: *Mahoney: Unionizing the Bocce Players*. When the weather finally thaws out in the spring, Cornhole tournaments and outdoor movies rule the backyard in the South Shore town he and his wife happily now call home. Thank You for all you have done for Branch 34!

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

UPDATED

CALENDAR YEAR 2022

ROTATING NON-SCHEDULED DAYS



Jerry McCarthy, *President*
Bob Simpson, *Executive Vice President*
Bernadette Romans, *Vice President*
Michael Murray, *Secretary-Treasurer*
Robert Damatin, *Financial Secretary*
Sean Mullett, *Editor, Branch 34's CLAN*
Joseph DeMambro, *Health Benefit Officer*
Dan Kelley, *Sergeant-at-Arms*
Rich Galvin, *Clerk, NSBA-MBA*
Laura Wood-Fahey, *Area Steward*
John Fucile, *Area Steward*
John Lucey, *Area Steward*
Dave O'Connor, *Area Steward*
Paul Roche, *Trustee*
Vigo Conte, *Trustee*
Dan O'Connor, *Trustee*

400 West Cummings Park, Suite 3950 | Woburn, MA 01801 | T/781-281-1133 | F/781-281-1127 | www.nalcbranch34.com

1 Legal National Holidays | Branch Meetings at 7 PM/Location TBA | Paydays | 10% Boston/Cambridge Leave Information

JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						10% C 1
10%	D	E	F	A	B	B
2	3	4	5	6	7	8
10%	C	D	E	F	A	A
9	10	11	12	13	14	15
10%	B	C	D	E	F	F
16	17	18	19	20	21	22
10%	A	B	C	D	E	E
23	24	25	26	27	28	29
10%	F					
30	31					

1: NEW YEAR'S DAY
17: M.L. KING JR. DAY

FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10% A 1	B 2	C 3	D 4	D 5
10%	E	F	A	B	C	C
6	7	8	9	10	11	12
10%	D	E	F	A	B	B
13	14	15	16	17	18	19
12%	C	D	E	F	A	A
20	21	22	23	24	25	26
10%	B					
27	28					
FEBRUARY SCHOOL VACATION						

14: VALENTINE'S DAY
21: PRESIDENT'S DAY

MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10% C 1	D 2	E 3	F 4	F 5
10%	A	B	C	D	E	E
6	7	8	9	10	11	12
10%	F	A	B	C	D	D
13	14	15	16	17	18	19
10%	E	F	A	B	C	C
20	21	22	23	24	25	26
10%	D	E	F	A		
27	28	29	30	31		
CANVAS CARRIERS FOR PRIME TIME VACATIONS						

2: ASH WEDNESDAY
17: ST. PATRICK'S DAY / EVACUATION DAY

APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10% B 1	B 2
10%	C	D	E	F	A	A
3	4	5	6	7	8	9
10%	B	C	D	E	F	F
10	11	12	13	14	15	16
12%	A	B	C	D	E	E
17	18	19	20	21	22	23
10%	F	A	B	C	D	D
24	25	26	27	28	29	30
APRIL SCHOOL VACATION						

15: GOOD FRIDAY
16: PASSOVER BEGINS
17: EASTER SUNDAY
18: PATRIOTS DAY

MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10%	E	F	A	B	C	C
1	2	3	4	5	6	7
10%	D	E	F	A	B	14% B
8	9	10	11	12	13	14
14%	C	D	E	F	A	A
15	16	17	18	19	20	21
14%	B	C	D	E	F	F
22	23	24	25	26	27	28
16%	A	B				
29	30	31				
15: RETIREE LUNCHEON						

8: MOTHER'S DAY
30: MEMORIAL DAY

JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			16% C 1	D 2	E 3	E 4
16%	F	A	B	C	D	D
5	6	7	8	9	10	11
16%	E	F	A	B	C	C
12	13	14	15	16	17	18
16%	D	E	F	A	B	B
19	20	21	22	23	24	25
16%	C	D	E	F		
26	27	28	29	30		

14: FLAG DAY
19: FATHER'S DAY
20: JUNETEENTH CELEBRATED

JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					16% A 1	A 2
16%	B	C	D	E	F	F
3	4	5	6	7	8	9
16%	A	B	C	D	E	E
10	11	12	13	14	15	16
16%	F	A	B	C	D	D
17	18	19	20	21	22	23
16%	E	F	A	B	C	C
24	25	26	27	28	29	30
16%						
31						

4: INDEPENDENCE DAY

NO BRANCH MEETINGS IN JULY & AUGUST

AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	16% D 1	E 2	F 3	A 4	B 5	B 6
16%	C	D	E	F	A	A
7	8	9	10	11	12	13
16%	B	C	D	E	F	F
14	15	16	17	18	19	20
16%	A	B	C	D	E	E
21	22	23	24	25	26	27
16%	F	A	B			
28	29	30	31			
8-12: NALC BIENNIAL CONVENTION IN CHICAGO						

SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				16% C 1	D 2	D 3
16%	E	F	A	B	C	C
4	5	6	7	8	9	10
16%	D	E	F	A	B	B
11	12	13	14	15	16	17
16%	C	D	E	F	A	A
18	19	20	21	22	23	24
16%	B	C	D	E	F	
25	26	27	28	29	30	
17: LAST DAY FOR FALL 2022 NON-CHOICE VACATION						

5: LABOR DAY
25: ROSH HASHANAH BEGINS

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						16% F 1
14%	A	B	C	D	E	E
2	3	4	5	6	7	8
14%	F	A	B	C	D	10% D
9	10	11	12	13	14	15
10%	E	F	A	B	C	C
16	17	18	19	20	21	22
10%	D	E	F	A	B	B
23	24	25	26	27	28	29
10%	C					
30	31					

4: YOM KIPPUR BEGINS
10: COLUMBUS DAY
31: HALLOWEEN

NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10% D 1	E 2	F 3	A 4	A 5
10%	B	C	D	E	F	F
6	7	8	9	10	11	12
10%	A	B	C	D	E	E
13	14	15	16	17	18	19
10%+1	F	A	B	C	D	D
20	21	22	23	24	25	26
10%	E	F	A			
27	28	29	30			
30: LAST DAY FOR 2022 NON-CHOICE VACATION						

8: ELECTION DAY
11: VETERANS' DAY
24: THANKSGIVING DAY

DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				10% B 1	C 2	C 3
10%	D	E	F	A	B	B
4	5	6	7	8	9	10
10%	C	D	E	F	A	A
11	12	13	14	15	16	17
0%	B	C	D	E	F	F
18	19	20	21	22	23	24
10%	A	B	C	D	E	E
25	26	27	28	29	30	31
CHRISTMAS SCHOOL VACATION						

18: HANUKKAH BEGINS
24: CHRISTMAS EVE
25: CHRISTMAS DAY
26: KWANZAA BEGINS
31: NEW YEAR'S EVE