

# Don't Be A SCAB!

Get Them to Join Up  
and Pay Their Fair Share!

See Full SCAB List on page 6.

National Association 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 2 • June-August 2013

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



## Branch 34's CLAN

National Association of Letter Carriers

123 Years of Proud Union Participation and Accomplishments ★ 1890 - 2013

### President's Corner

## Wearing the Summertime Blues

First, congratulations to U.S. Senator **Edward Markey** on his recent victory while securing the vacated seat of **John Kerry**. Thank you to everyone that got involved in this particular race. Now get in that U.S. Senate and get something done for the working people of Massachusetts. Batter up in the next race!

We've recently experienced multiple heat waves. Once the temperature gets into the nineties the best descriptive word is **BRUTAL**. Take the necessary precautions during this season and drink plenty of liquids and try not to over-exert yourself. Delivering the mail is important but your health and well being is paramount.

There was a small uproar over the daily scanner message relating to staying cool in the shade on your "authorized break". That message was insulting, insensitive and tasteless but did not originate at the district level. Worst it came from USPS Headquarters. Our current policy is to take a break when needed in excessive heat. So when the summer heat seems intolerable take the time to replenish with a cold

drink to avoid dehydration.

### Beware of Nitwits

We do have some offices out there with good managers and supervisors. In cer-

(continued on page 4)



**Robert A. Lind**  
President

## Newly-Elected Branch 34 Officers are Ready to Represent You!



### Branch 34 2013-2014 Scholarship Recipients

(listed in order of committee ranking)

#### 1. Catherine Poirier

daughter on Medford Carrier  
Gail Poirier

#### 2. Logan Riley

son of Watertown Carrier  
Mike Riley

#### 3. Thomas Lombardo

son of W. Roxbury Carrier  
Micheal P. Lombardo, Jr.

#### 4. Stephen Halas

son of Union Square Carrier  
William J. Halas

#### 5. Connor Burke

son of Cambridge Carrier  
John T. Burke

#### 6. Ivy Ngo

daughter of Fields Corner  
Carrier Dzung Ngo

See letters of thanks on page 7.

### Branch 34 Upcoming Membership Meetings

Tuesdays at 7:00 pm

THERE ARE NO MEMBERSHIP MEETINGS IN JULY & AUGUST

**September 10, 2013**

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

**October 8, 2013**

at the Sons of Italy Hall  
120 Quarry Street, Quincy

Check  
Out These  
Dates & Locations

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

INSIDE

### Branch 34's CLAN

#### Congrats to Ed Markey

Page 2

#### Welcome CCAs

Page 3

#### Customer Connect Honors IMC & Fort Point

Page 8

#### Retiree Luncheon Pix

Page 9

#### Food Drive Pix

Page 13





## Massachusetts Congressional Delegation

### U.S. SENATE

#### The Honorable Elizabeth Warren

Russell Senate Office Bldg.,  
2 Russell Courtyard  
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. 365  
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, Seekonk, Rehoboth, Taunton, Raynham, Dighton, Berkley, Lakeville, Freetown, Somerset, Swansea

#### Fifth Congressional District

#### Vacant

Rayburn House Office Bldg., Rm. 2108  
Washington, D.C. 20515  
202-225-2836 Fax: 202-226-0092

**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

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

#### Eighth Congressional District

#### The Honorable Stephen F. Lynch

Rayburn House Office Bldg., Rm. 2348  
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, Wapole, 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, Oak Bluffs, Edgartown, Nantucket

# Congrats to New Senator Ed Markey

Congratulations to newly-elected United States Senator Ed Markey. The long-time Congressman representing the 5<sup>th</sup> District of Massachusetts will complete the term of Senator John Kerry, who resigned to take the job of Secretary of State.

Voter turnout in the election was extremely low with many claiming voter apathy because of all the recent special elections held in Massachusetts.

Speaking of special elections the special election to fill Markey's seat in Congress will have the primary in October with the final election in early December.

— Michael Kidd,  
Branch 34 Legislative Liaison



## Know Your Weingarten Rights

If a Union Steward could teach just one thing to his or her members, it would have to be about their “Weingarten Rights” – the right of unionized workers to have a steward or someone else from the union present if they find themselves in situations where they may be disciplined.

Many workers crumble in the face of questioning by their supervisor or other management type. They get rattled and start explaining and making excuses and apologizing and often end up giving the employer ammunition to do whatever he wants.

They often become like the suspects you see in cop shows on television, they ‘fess up to things that maybe never even happened or say things in such a way that they worsen the problem rather than talk their way out of it.

With few exceptions, workers across North America enjoy the legal conditions, I respectfully request that my right to have a steward or other union representative present if they find themselves in any situation with management – a conversation, a discussion, an interrogation – that could lead to disciplinary action.

For private sector and federal government workers in the U.S., this protection is called “Weingarten Rights,” named after a 1975 Supreme

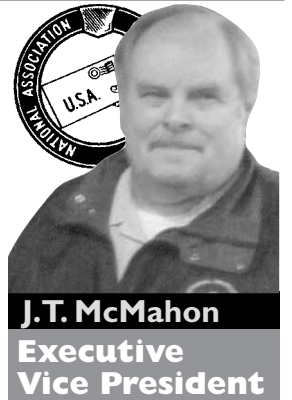
Court decision. Most state workers and workers throughout Canada enjoy pretty much the same guarantees.

But unlike Miranda Rights, which police are supposed to tell criminal suspects about (“You have the right to remain silent, anything you say may be said against you...”), employers do not have to tell employees about their Weingarten Rights. Workers have to ask for them. And the only way they’re going

to know they have that right, odds are, is if you tell them.

These are the basic guidelines covering the use of Weingarten:

- The employee must make a clear request for union representation before or during the interview. The worker can’t be punished for making such a request.
- The employer must either grant the request and delay questioning until the union person arrives; deny the request, but end the interview at once; or give the worker the choice of going ahead without representation or ending the interview immediately.



**J.T. McMahon**  
Executive Vice President

### WEINGARTEN RIGHTS

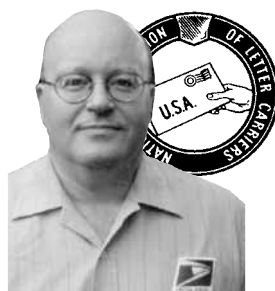
**“If this discussion could in any way lead to my being disciplined or terminated or have any effect on my personal working conditions, I respectfully request that my union steward, representative or officer be present at this meeting. Without union representation, I choose not to participate in this discussion.”**

## “Delivering a National Infrastructure Bank... Through the Post Office...”

President Fredrick Rolando, in his July *Postal Record* article, said you may be asking: “What do collapsing bridges have to do with saving the Postal Service?” Do we have time to worry about these problems when the Postal Service is recklessly seeking to close post offices, reduce hours and eliminate Saturday delivery? But with a little imagination and the kind of can-do spirit and political will that America has summoned many times in the past, there is a way to address all these issues in a smart, creative way. We could create a national infrastructure bank (NIB) and we could use the nation’s 32,000 post offices as its retail network, earning revenue for the Postal Service by providing basic financial services (savings and checking accounts, money transfers, etc.) while helping to rebuild America.

This is the kind of thinking that I like.

Strengthening the business rather than running the business down – there’s a novel concept.



**Bob Simpson**  
Vice President

- An employer who denies the worker’s request for representation and continues to ask questions is committing an unfair labor practice. The worker can legally refuse to answer questions in such circumstances.
- If the employer obeys the law and waits to continue until the union’s representative arrives, the following rules apply:
- Once the steward is on the scene, the supervisor must inform him or her about the subject matter of the interview – the type of misconduct under discussion.
- The steward and the worker should be allowed to talk privately before the questioning begins.
- The steward can speak during the interview and, if necessary, ask that questions be clarified. The steward cannot bargain over the purpose of the interview.
- The steward can advise the worker on how to answer any or all questions, can object to improper questioning, and has the right, once the questioning is ended, to provide additional information. The steward cannot tell workers not to answer questions, or to give false answers.

Be careful that you don’t give Weingarten more power than it has. The rights do not extend to meetings where no questioning is involved, but rather just one-way communication from the supervisor to the worker, or a discussion – without threat of discipline – about job performance.

At the same time, remember that workers do have the right to call their Weingarten Rights into play if they have any reasonable expectation that a disciplinary action may result from the meeting. The key word here is *may*. If there’s the slightest concern that the session could bring about discipline, the worker has the right to ask for. If the employer obeys the law and union help even though the supervisor who waits to continue until the union’s calls the employee in may not be intending to take such action.

If other workers have been disciplined for similar alleged situations, or if the worker being called in has had a previous discussion with the supervisor about discipline, or is working under the threat of a performance warning letter... any of these things can cause a worker to think that discipline may be an outcome of the meeting. One final thing: along with being there to support the worker, you can be really helpful by taking complete notes of what goes on during the interview. If the case becomes serious, your notes can be invaluable in documenting who said what.



# Welcome CCA's!

I have had the privilege of meeting all the new City Carrier Assistants in Good Start Carrier Academy. I am pleased that close to 100% of all the CCA's choose to become members of Branch 34 of NALC. I would like to ask all our members to welcome them to your stations, show them around, answer any questions, and generally make them feel comfortable. I remember my first few days as a carrier being extremely nervous and I'm sure the CCA's have similar feelings. I would like to welcome all the new CCA's on behalf of Branch 34.

The training of CCA's is somewhat different than the training conducted previously. The "Good Start" instructors **Louis Poste, Wanda Hamm, Harry Judd, and Artie Matthews** (I hope I have not left anyone out), have done a great job of teaching the new carriers. However, a great deal of the training is now being conducted in the stations. Each CCA should get 24 hours

training with a certified OJI (on the job instructor). This includes at least two hours of casing mail since no casing is done in good start. Each station should now have an OJI and training is being conducted for the OJI's. When the training is completed the CCA, the OJI, and the steward are required to sign a training guide verifying that 24 hours training was provided to the CCA. A note to all OJI's and stewards; please do not sign this if the full 24 hours was not provided.

One of the largest benefits enjoyed by the City Carrier Assistant is a real career path. Every future full-time career letter carrier will come from the ranks of CCA's. Once all unassigned regulars are assigned and all PTF's are converted the Postal Service will hire from the ranks of CCA's when the need arises. This also means that future Branch and National officers will come from their ranks. The future is indeed now!

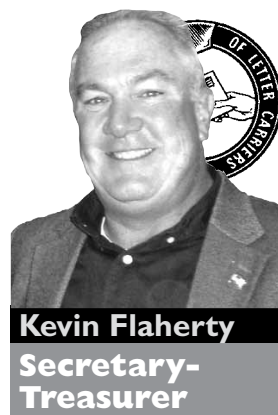
During the segment reserved for the Union to meet the new carriers they are shown a short film on the strike of 1970. All the benefits we have today are a result of these courageous letter carriers who risked it all and voted to strike in 1970. I think that CCA's realize then what a great union the NALC is. There is also a slide show presented which shows a history of the NALC, the structure of the NALC, and benefits that CCA's have as result of the NALC.

Among the benefits afforded the CCA's is the real "career path" mentioned previously. Other benefits include a form of seniority called "relative standing", overtime pay, night differential, pay increases in addition to our general wage increases, the ability to bid "hold downs", uniforms allowances, annual leave, the right to file grievances, and more. In short CCA's are brother carriers and please treat them as such.

As most of you know management

expects more from all of us. This is especially true of the CCA's. Please extend a welcome word of advice to them, check to see how they are doing on occasion, and invite them to station get togethers and more. We are all one and need to act as such in order to continue to be the greatest labor union in the AFL-CIO.

I also want to take time to suggest we all take a much needed vacation. Take time away from the grind of work and enjoy time with family and friends.



**Kevin Flaherty**  
Secretary-Treasurer

## \$8.97

Management continues to be totally clueless.

With the dog days of summer upon us the carriers of South Boston were justifiably concerned about dehydration. When we asked if Management had purchased any water for the carriers to take with us on the street, we were told they couldn't get water because the person who orders the water was on vacation. Besides, we were told that if we really wanted water we could always just buy it ourselves on the route.

Are you serious? These buffoons can't get off their fat asses, spend a couple of bucks to go buy some waters to throw in the fridge for carriers but they have no problem driving around in air conditioned government cars making frequent street supervision, aka iced coffee, runs. They must be really underpaid if they can't pool together \$8.97 between the lot of them. Let's do the math. We have approximately 35 carriers in South Boston. Assuming 2 waters per carrier we are looking at 70 bottles of water. Water is \$2.99 per 24 pack at the Southie Stop so we would need 3 cases for a day. \$2.99 x 3 is \$8.97.

I know, I know, they aren't required to provide us water but it's the principal of the thing. We survived, we brought in some cases of water ourselves.

\* When I wrote these words my intent was to publicly call attention to Management's lack of both common sense and concern for carriers.

As we all know by now a Medford letter carrier recently passed away while on duty. While the circumstances of his death are still being investigated speculation is rampant about how the heat wave may have played a role.

**NOW**, Management is concerned.

No job huddles, but the safety board was updated. Now Management is handing out waters and Gatorades to carriers on the street. Only one water at a time but it's more than before. And don't forget the message that popped up on our scanners a couple of weeks ago - seek shade on **AUTHORIZED BREAKS**.

Don't be fooled, Management isn't doing this to be nice, no, they were told to do it.

Now they are not only clueless they are **HYPOCRITES**.

★★★★★

Continuing on the theme of Management being clueless have you heard the new instruction - if you find a piece of certified mail in the DPS/FSS you are not to deliver it. No, you must bring it back so it can be entered/recorded as arrived at unit then it can be delivered the next day. Who cares about customer service? Not Management. Gee with all our technology we can't do a

better job at capturing and recoding certain data that passes through USPS machines. I guess you haven't seen the cutting edge (*sarcasm*) new phones that are linked to the scanners. What a waste.

★★★★★

Some discouraging numbers. Did you know we only have 16% of our members signed up as eactivists. That's pretty sad when you look out into the electronic world and see all the carriers on Facebook and Twitter.

Another number that is discouraging is 100,000. Recently there was a "We the People" petition on the White House website which dealt with the issues facing the Postal Service. For those of you who aren't familiar with the "We the People" system it is a program set up by the White House where an online petition can be generated and if the petition obtains 100,000 electronic "signatures" (email replies in support) the President will respond to the petition.

The language/solutions contained in the petition were supported by the NALC.

The petition didn't come close to making the 100,000 signature threshold by the May 24, 2013 deadline. Pretty discouraging when you consider the fact the NALC has over 275,000 members never mind family/friends/supporters. Sad.

★★★★★

We always consider the summer season as starting with Memorial Day and ending with Labor Day. But in the NALC world the summer is also defined by our two most visible charitable events of the year, the Food Drive and the Fill the Satchel (at the Branch 34 level we also have the highly successful MDA Bowlathon).

The Food Drive went well again this

year in South Boston as we ended up with three overflow nuttings (one nutting for each of three food pantries) but it is interesting to see how the food donations have changed. People still care to make a donation but now with a lot of yuppies in Southie we get more upscale food types and brands showing up. Bottom line, I don't care what type of food we get as long as it helps someone in need.

★★★★★

Happy Birthday to Branch 34, now 123 years old. Branch 34 was established on June 18, 1890.

Did you know that 2013 is also the anniversary of the Zip Code. According to an article in the AARP magazine there are a total of 4,180 Zip Codes with California having the most (2,602) and Rhode Island the least (90). The average population per Zip Code is 7,348.

★★★★★

In closing, I end on a sad note. There was another recent death of an active letter carrier. Dan Rogers, a long time carrier from Hingham passed away while making deliveries on his route. I only knew Dan from when I would go into Hingham working on grievances. But It never failed that Dan would always get a greeting of "Hi, How are You?", "How you been?", "Good to see you". Dan struck me as a classy guy. At his wake carriers and customers alike turned out on Fathers' Day to pay respects to one of the good guys.



**Michael Kidd**  
Area Steward



Branch 34 Election Committee Chairman and Retiree John Baginsky receives his NALC "50 Year Gold Card" from Branch 34 President Bob Lind as Financial Secretary Michael Yerkes looks on.

## 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

# President's Corner

(continued from page 1)

tain stations if I could clone the manager I would!

This article is not addressing those particular postmasters, managers and supervisors. This article is addressing the nitwits! You know who he or she is! God's gift to the postal service, how did we ever operate before they arrived? They know everything about everything!

They run around doing errands but pounce on carriers for not having their bag, wheels not curbed, missing a scan etc... We have a few princesses out there making it there life ambition to "break-em" on letter carriers. They're constantly issuing discipline, denying sick-leave, denying annual leave requests, messing with pay, messing with people's lives and why? Easy because "we can"! That's their mentality. They're a disgrace and they do nothing more than harass and attempt to intimidate employees.

Why would anyone mistreat or bite the hand that feeds them? Some operate out of fear, some are just mean spirited and some actually believe they're on a crusade to save the postal service. They think they can actually save money by mistreating and browbeating employees.

Some will say the business has changed as justification for this type of behavior. I say it's not the business but the people that have changed. Surely technology, in certain aspects, has changed how we move and track the mail (and mail-carriers). This is not being disputed but the letter carrier ultimately still has to trudge door to door to deliver the finished product. So where do we differ from yesteryear? I'll tell you; no longer do we have the station supervisor/manager standing between those making outrageous demands and the letter carriers out humping the streets in the heat.

Bobbleheads are now what we have and precisely what upper management wants. "Theirs is not to question why, theirs is just to do or die". This old adage rings clearly in today's postal service. Upper Management doesn't want thinkers they want weak, impressionable, lower pay-scale employees to carry out their outlandish directives. How about their talent pool? The answer is there is no talent. No talent, no integrity, at least that's what I see. The postal service's talent pool dried up years ago. The barrel is empty and the result is the promotion of lowlife. Candidates that don't want to work, have no integrity and the craft employees recognize it, for that matter so does upper management (oxymoron). Do all supervisory candidates fall into this realm? No there are some outstanding candidates but they're few and far between and are up against the wall as far as advancement. Management doesn't want candidates that treat people fairly! They want candidates that will get their numbers, any way they can. What's wrong with that? I'll tell you what's wrong with that: it's precisely why we have the disrespect and low morale we're experiencing today. I hear management referred to as "the Nazis" in certain stations and I find that analogy troubling.

They created these so-called eight hour routes. Sure they'll say *you* created these routes but the fact is *they* created these routes. Oh did I say don't forget your pivot? They adjust our routes to whatever and then drop a pivot on top of us too? KMA!

They'll kiss your ass to get you to keep it to eight hours. They'll threaten your ass to get you to keep it to eight hours. They'll try every approach to get you to keep it to eight hours. Never lose site: they created these routes and if yours is overburdened show the time. Scanners, phones and whatever else they throw at us can assist us in proving our case. People are finally getting it; we're under inspection every day. Like it or not, we are. No reason to run, no reason

to skip breaks, no reason to skip lunch. Carriers are finally getting it: do the job the way they want us to. It's the only way you'll prevail.

Remember! That person questioning your performance; couldn't, wouldn't and didn't want to do your job. Don't begrudge them of that but don't let them insult your integrity and performance either. Remember: you didn't create the route you're carrying, they did. Management did! They provide us the route of delivery, the rules and regulations and all we do is follow them.

Supervisors who want to make it in the delivery end of this business need to understand the above. Carriers aren't machines, they're people but like machines, people breakdown and if you keep piling on the work you'll burn out the engine. Carrier's right now are contending with overextended routes, continual forced overtime, unbearable heat and in certain stations nitwit supervisors/managers. We need relief.

We need CCA's yet nobody wants to recruit anybody they are friendly with due to mistreatment and overburdened routes. Unfortunately many of us feel it would be an injustice (overworked and underpaid) to recommend to a **FRIEND OR PATRON** to come apply for the job.

Until such time that this business stops giving lip service and starts really appreciating their workforce things won't change. Carriers in years past loved their job, patrons and respected in most instances their immediate supervisors. I know there is still some of that out there but not enough. How does the USPS win people over? It all starts internally and at the top. We're not numbers: we're people!

## CCA Hiring

Welcome to our newest Branch 34 Members; our newly-hired CCA's. Over the past few months the hiring of CCA's has been a priority of the postal service. Unfortunately hiring hasn't exactly taken root in the Greater Boston District or in fact the Northeast Area. Yes, there has been some CCA hiring but not anywhere near the numbers the postal service are looking for. If they're looking to retain quality employees they need to up the ante. Boston *has requested* to increase the pay level for our CCA's but to date such action has not been approved.

Hopefully our postal leaders in Washington figure it out and alleviate the problem otherwise our regular work force will continue contending with a long hot summer of forced overtime.

## Phones, Scanners and GPS

The newest USPS technology is currently being rolled out to 170,000 letter carrier routes both city and rural across this country. Competitively it places us on an even playing field with companies like FedEx and UPS. Our customers now have the ability to be kept current on the delivery of their mailed items without having to wait for downloaded information on the following day. This is a home run for the home team.

As we're all aware these phones have GPS capacity which enables those tracking to follow our movement throughout any particular day. Word to the wise: Don't alter, disable or shut off this device during the performance of your duties. Any attempt to do so could initiate scrutiny from local management and involve the OIG resulting in disciplinary action from the postal service. If tracking is their intent then show them exactly how a professional delivers his or her route and what your route consists of on a daily basis.

## Branch 34 Election Appeal

As in certain past elections there was an appeal filed after the March 2013 Branch 34 Election of Officers by a losing candidate. Based on its merit the appeal was denied by the Branch 34 Election Committee, the Branch 34 Executive Board, and most recently, the attending membership at our May 2013 Monthly Meeting.

I would like to thank the attending members that sat through those proceedings for their patience and understanding. The appeal was overwhelmingly denied and the deciding members' involvement was greatly appreciated. Thank you once again for your participation as we move forward together.

## Unity Prevails in Trying Times

We recently lost Brother **Dan Rogers** from our Hingham/Hull office. Brother Rogers passed away while in the performance of his duties leaving behind a wife, four-year-old daughter, seven-year-old son and numerous grief-stricken family members, friends, workmates and postal patrons.

The outpouring of support was a fitting tribute to Dan. I personally always found him to be an engaging, pleasant gentleman and was saddened at the tragic news. He served his country in Vietnam as a soldier in the U.S. Army and always serviced his postal patrons, which was evident in the public outpouring of affection demonstrated by his extended postal family.

His workmates, carriers, clerks and management alike, honored him by turning out in force to say goodbye to their fallen comrade. They rallied around his wife, a former USPS employee herself, in a show of respect and support. I was extremely proud of my grieving Branch 34 brothers and sisters as they lined up in uniform to say goodbye to their friend as he was carried out of the church with the American Flag draped over his casket. Each carrier wore a red, white and blue ribbon pinned to their shirt symbolizing their love for their fallen friend. Rest in peace Dan; gone but not forgotten.

## Delivery Unit Optimization (DUO)

This is a consolidation move by the postal service in an attempt to save money. A DUO entails the reduction of postmasters, in some cases the sale of a facility but the final result is more carrier units within an installation.

We're currently involved in a DUO with our Woburn Installation. As of July 1,

2013 Woburn was joined by Branch 25's Wilmington and Winchester Units. When joined by outside units there could be several scenarios concerning the outcome of these units, but ultimately the decision is left up to our National President. In this instance he kept the two branches separate and rendered a co-exist mandate which politically is no surprise.

What can that mean for our members? It can mean separate overtime lists, vacation lists and down the road if someone from Branch 25 bids into our Woburn unit they would become a Branch 34 member and vice-versa. As far as branch business and grievance activity, we'll continue to represent our members and they'll continue to represent theirs. Two branches under the one postmaster is the significant difference.

This action prompts the need to begin Local Memorandum of Understanding (LMOU) Negotiations seeing all three units have different LMOU's. Hopefully during this LMOU negotiation we can reach agreement with the postal service on those issues of interests concerning both memberships. It's in the parties' best interests.

## "Teddy Bear" R.I.P.

We recently lost longtime activist and friend **Bill "Teddy Bear" McMahon**. Bill, for those that knew him, was a tall, mild-mannered man with a big smile and handshake to match. Bill, despite being retired, was always in attendance at our Branch 34 Monthly Meetings taking notes as if reporting back to the membership on the workroom floor, a habit he'd acquired years earlier.

His daughter was a former letter carrier, his son-in-law a current West Roxbury letter carrier and his grandson was a recipient of the 2013-2014 Branch 34 Scholarship Award (Boston College bound). I can honestly say I've never seen or heard of Bill saying a cross word in regards to anyone. "He truly loved being a letter carrier" was echoed by his lovely wife and was evident right up to the day he died after a long (off and on) battle with cancer. He too had that special relationship we as letter carriers have with our postal patrons.

"Teddy" or "Teddy Bear" to those who befriended him will be missed immensely. His contribution to this union/branch as an activist, NALC delegate and friend leaves a void that's hard to fill. On a closing note; I'd like to congratulate one of "Teddy's" best friends, **Kevin McCusker** from Weymouth Landing on his recent retirement. Enjoy life and retirement Kevin. Rest in Peace "Teddy".

# 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.

Goal + Plan + EAP Coaching = SUCCESS

Contact the EAP to get started!

Make the Call!

USPS Employee Assistance Program  
1-800-327-4968  
(1-800-EAP-4YOU) TTY: 1-877-492-7341  
www.EAP4YOU.com





# CCA Hold-Downs

The latest repetitive grievance issue I have been facing in our district deals with Management pulling our CCA Brothers and Sisters off their hold-downs and shipping them out of their assigned stations to cover vacancies in other stations. This is absolutely an issue that stewards should be looking into. As always, each situation is unique and may have actually been done properly by management, however, my experience tells me that management is forever taking shortcuts or the lazy way out of scheduling issues. During a recent investigation I was interviewing a supervisor for a grievance on behalf of a CCA that was repeatedly pulled from his hold-down and sent out to another office that was "short-handed". The Supervisor went on to offer that the Area Manager for that area instructed him to "send this CCA out because another office needed this carrier worse than he did on those days in question, he was also instructed not to grant any more hold-downs to CCAs". This appears to be

an intentional violation of the new National Agreement. I surmise that this problem is going to continue based on choice vacations, depleted staffing levels, and retention and compensation rates of CCA Letter Carriers. Later, at our informal grievance meeting the same supervisor made the contention that since they were pivoting the held-down route frequently it was no longer an eight hour assignment, thus, the CCA could no longer have the granted hold-down. I found most of his contentions laughable, I did direct him to Article 41 of the JCAM which outlines permissible removals from opts, as well as language provide from the CCA Questions and Answers (Q&A) furnished by the NALC, but we couldn't reach a resolve to the grievance and it was sent to the next level (decision pending). Management's arguments clearly demonstrate that they have no intention of abiding by this provision in the new National Agreement. I have also been seeing managers or supervisors trying to justify pulling the CCAs from their hold-downs, to the shop Stewards, by bringing regular carrier(s) in for eight hours of overtime and threatening to stop if grievances are filed. This issue is difficult or delicate at best for any union representative to argue because our brothers and sisters on the

OTDL are getting to work their comp days; but keep in mind, that there is collateral damage being done here. This is clearly being done at the detriment of another dues paying member of the NALC, our brother and sister CCAs.

The contract does allow for a carrier(s) to be pulled from a hold down to provide work for a full time regular carrier but it is my belief that our unions position is that providing work does not include overtime, its only up to the regulars carriers forty hour guarantee. Please do not knowingly ignore the rights of the CCA because they are not a career employees at this time, they may be in the very near future and most belong to the same union you do, thus they deserve the best representation available. As most of you are well aware by now per Arbitrator's award our contract was recently settled giving numerous well deserved rights and benefits to our CCA classification of letter carriers; a list of these rights and benefits are available on the National Association of Letter Carriers website @ [www.nalc.org](http://www.nalc.org). One of the rights allows a CCA to hold-down a vacant carrier route assignment consistent with the language of Article 41 of the National Agreement, they must be treated as any other Letter Carrier who was removed from a hold-down and forced to

work another assignment. Not all related caveats to this type of grievance are clear at this point due to the new carrier classification; however I encourage the filing of this grievance issue to expedite the much needed clarity. As a reminder, there are a few instances where management can pull a carrier off a hold-down without the presence of a violation and subsequent grievance, so please investigate this issue thoroughly and refer to the aforementioned resources and contract language. Call the branch office for guidance if your own thorough and extensive grievance research leaves you with additional questions.

Please enjoy the remainder of your summer and be safe. Keep in mind that you are responsible for your personal well-being on and off the clock, always advocate for your own safety. I hope all of you got the opportunity to take some much deserved vacation time. Look forward to seeing everyone at the next union meeting in September in Malden. Don't forget to treat all Letter Carriers civilly, but treat all dues-paying union members as Brothers and Sisters.



**Brian Manning**  
Area Steward

## Congratulations Retirees

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

- Edward J. Byrne..... Quincy
- Thomas E. Callahan..... Fort Point
- Angelo S. Cappuccio..... Needham
- John G. Cerrato ..... Arlington
- Richard W. Hamilton .....Porter Square
- Peter F. Kay .....Fort Point
- Kathleen M. Kelly .....IMC Everett
- Peter F. Kimball .....Mattapan
- Francis T. Murphy..... Braintree
- Kenneth J. Rezendes..... Brookline
- Robert G. Wilson .....JFK

— Michael Yerkes,

Branch 34 Financial Secretary

## Route Inspection Process A Joke

Mostly every office has gone through some type of route adjustments. Office times have been cut to the bare minimum and street times have been expanded to an aging work force. The average for these adjusted routes is about one hour in the office and seven hours in the street. Management has seen to it that the "senior carriers route" or a route that would be easier on an older carrier does not exist anymore. After these adjustments in only a few days they go back to their old ways of forcing pivoting both in the office and the street to attempt to capture this imaginary under time they say still exists, even though they just eliminated routes to capture this time.

The whole route inspection process as management handles it now is a "joke". Even though these routes have been eliminated, management is still short bodies in virtually every office and the reason for this is the pay scale that they fought for and got in the DAS Award. Reducing a career's pay

by approx \$6.00 dollars an hour is the main reason they did not maintain numerous TE's when they switched over to CCA's in April. So now this aging workforce is basically forced to work overtime every day just to deliver the normal days mail. This is only going to result in more carrier injuries and more OWCP claims. Many new CCA's don't stay when they see the work involved and then get that paycheck at the end of two weeks that they can get the paperboy to cash for them. When will management realize that they cannot squeeze any more blood from this stone? When will they look in the mirror and see how top heavy the Postal Service is? Management creates jobs for themselves and we have too many Chiefs and not enough Indians. Reducing a day's service is certainly not the answer and appointing more Supervisors to chase less carriers in the street is even a worse idea. "Carrier Safety" is what they should focus on and adding additional work to the point that injuries increase should

be the reason to reevaluate this whole process. CCA's need to be paid more money for the work they are performing and the DAS award

left this door open for Management to do so. The Postal Service can only talk a good fight in this area but actions speak louder than words, and all we are getting its words from Managers who are to afraid to make the decisions this business requires. If the Postal Service ever offers a decent early out for Letter Carriers most of these offices would look like the ghost towns of the old west.

Since this is my first article since the elections I would like to thank the Membership for having the faith in me to reelect me for another term as a Area Steward. I will not let you down.



**Jerry McCarthy**  
Area Steward

## In Memoriam

- Thomas M. Fitzmaurice  
Retired Member – Cambridge \*
- Melvin Levine  
Retired Member – IMC Chelsea \*
- William J. McMahon  
Retired Member – Weymouth \*
- Daniel J. Rogers  
Active Member – Hingham
- Robert Vreeland  
Retired Member – Stoneham
- William L. Warren  
Retired Member –No. Postal Annex \*

\* Denotes 50-Year Life Member

Rest in Peace

## A DOIS Report, a Scanner & IMD Wireless Dangerous Data for Dummies

They say that in some instances, someone armed with too much information can be dangerous. Now, I'm not necessarily saying this, that's for others to decide. But do you possibly think that we may have effectively reaches the technology tipping point in the Postal Service?

First, my disclaimer. I've learned this by watching pharmaceutical ads on TV. It's a good thing for the Postal Service to have the capacity to be able to track our customer's letters, parcels and important documents. It keeps us up with the Jones's, who in this case is UPS and FedEx. It is industry standard and necessary.

The problem arises when you put this much data into the hands of our local management Mensa candidates. This technology, which costs in the tens of thousands of dollars, was not purchased to see if a letter carrier took eleven minutes on a ten minute break.

Management representatives who read this column, and I know you do, should take the following test:

I am a management Mensa if I have ever:

- ✓ Thought putting bar codes on telephone poles was ingenious.
  - ✓ Used IMD/cellphone to track how fast a carrier is driving.
  - ✓ Think DOIS reports are an inevitable tool a supervisor cannot live without.
  - ✓ Become giddy at the thought of one day becoming a Route Examiner with your very own "Klip-Board."
  - ✓ Used IMD/cellphone as the latest USPS pivoting device.
  - ✓ Think a missed MSP scan is useful data to terminate a letter carrier.
  - ✓ Think an IMD/cellphone is a simple inexpensive method to adjust city carrier routes.
  - ✓ Have you ever dropped a donut on a scanner to see if it still functions?
- Did you spot yourself above, you little devil?
- An "old school" supervisor I worked for a long time ago was years ahead of his time. Only he didn't know it. He only used three devices. His 1976 Olds Cutlass, his

eyeglasses, and his brain. Can today's management technowizards figure out how he did it?

The answer will not be in an upcoming column.

### Tasty Tidbits

- LMOU Negotiations have concluded.
- NALC and USPS have agreed to conduct an overtime pilot in every region next fall.
- USPS must now accept NALC FMLA forms.
- Customers trust letter carriers. They will tell their letter carrier when they will be away. But not a peep to that no-good brother-in-law.



**John J. Casciano**  
National Business Agent

**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.



# Don't Be A SCAB!

Attention Branch 34 Brothers and Sisters:

This issue and every issue from here on out will contain a list of those non-dues paying individuals who work amongst us. Jack London hit the nail on the head in his article "The Scab". Some allegedly have an axe to grind, some will give you monetary excuses (lawyer's fees, credit cards etc...) but rest assure it's all about them. Some will try to keep a low profile and stay anonymous. Others are loud mouth frequent flyers in the grievance procedure who demand representation continually. Either way they're "scabs."

Over the years I've written directly to these individuals and encouraged them to join but to no avail. There's always that excuse; you didn't say please in your letter, you offended me in your letter or they just plain say "%!\*# you" and your letter! Enough is enough and you need to know who they are and what they are.

These are individuals that need to be identified, segregated and shunned. Below is a list of our "SCABS". If any of these individuals work in your office treat them accordingly: urge them to join and pay their fair share. If they are unwilling, well Jack London said it best.

– Bob Lind, Branch 34 President

## ARLINGTON

Aziz Bouherou, Sr. .... C.C.A.  
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.

## BROOKLINE

Christine M. Bailey  
Linda M. Hazell  
M.G. Tramontozzi .... C.C.A.

## CAMBRIDGE-MOONEY ST.

Janice A. Hudson  
Blanca I. Teebagy

## COHASSET

Jessica L. Pasteris.....P.T.F.  
Joshua A. Sweeney.... C.C.A.

## FORT POINT

Wayne J. Chin

# The Scab

by Jack London (1876 - 1916)

**A**fter God had finished the rattlesnake, the toad, and the vampire, he had some awful substance left with which he made a scab.

A scab is a two-legged animal with a corkscrew soul, a water brain, a combination backbone of jelly and glue. Where others have hearts, he (or she, ed.) carries a tumor of rotten principles..

When a scab comes down the street, men (and women, ed.) turn their backs and angels weep in heaven, and the devil shuts the gates of hell to keep him (or her, ed.) out.

No man (or woman) has a right to scab so long as there is a pool of water to drown his carcass in, or a rope long enough to hang his body with. Judas was a gentleman compared with a scab. For betraying his master, he had character enough to hang himself. A scab has not.

Esau sold his birthright for a mess of pottage, Judas sold his Savior for thirty pieces of silver. Benedict Arnold sold his country for a promise of a commission in the British Army. The scab sells his (or her, ed.) birthright, country, his wife (or her husband, ed.), his (or her, ed.) children and his (or her, ed.) fellowmen (or fellow women, ed.) for an unfulfilled promise from his (or her, ed.) employer.

Esau was a traitor to himself; Judas was a traitor to his God; Benedict Arnold was a traitor to his (or her, ed.) country; a scab is a traitor to his (or her, ed.) God, his (or her, ed.) country, his (or her, ed.) family, and his (or her, ed.) class.

## HINGHAM

Mark J. Dion

## IMC CHELSEA

Clarisse F. Abromowich.. C.C.A.  
P. Dhungana..... C.C.A.  
A. Raji ..... C.C.A.

## IMC EAST BOSTON

Sandra Giordano

## J.F.K.

Emma G. Hemphill

## LEXINGTON

Robert J. Warnock

## MALDEN

G.M. Altavilla..... C.C.A.  
Eileen M. Finn  
E. Kamili..... C.C.A.  
J.R. Silva..... C.C.A.

## MEDFIELD

Elizabeth I. Ray  
Sa Lemme..... C.C.A.

## 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

## NEWTONVILLE

Michael J. Zirpolo

## ROXBURY

John M. Finn, Jr..... C.C.A.  
J.Z. Mature-Hill..... 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  
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.

## WELLESLEY HILLS

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

# Shearing His Locks for a Great Cause

Woburn letter carrier and resident Philip Chotkowski made a lock of Love donation in memory of his father. The hair cutting ceremony took place at Fantasy Hair Salon in Woburn. Pantene hair program accepted the 10-inch ponytail. Phil explains his decision: "About three years ago, June 2010, my father, Tony, was diagnosed with esophageal cancer. Each day, I helped feed my father liquid nourishment through a stomach tube. I felt I was not doing enough. Then I decided to grow my hair long to make a wig for cancer patients like Dad. My parents were supportive with the idea of my hair-growing project. Letting my hair grow, I thought, would be something "easy" to do and not think about. However, being a guy with long hair was very unnatural and not easy to take care of. Although the radiation and chemotherapy shrunk my father's tumor by September 2011 and he was in remission, he was later diagnosed with leukemia and died in July 2012. Sadly he did not witness the 10-inch hair donation I made in his memory, but somehow I felt my father was proud of my endeavor. Rest in Peace Dad."



(If your name wrongly appears on this scab list, please accept our apology. This information is forwarded from our national office.)





## ***Newly-Elected Branch 34 Officers Installed by NBA John Casciano***

## **Branch 34 Receives Thanks from Scholarship Winners**

### ***Stephen Halas***

**T**hank you for selecting me as a recipient for the Branch 34 Scholarship Award. I am truly honored and grateful to be selected. The following is a short biography of my accomplishments during my school years and my future plans.

I will be attending UMass Lowell next year and majoring in Biology. I plan on going to either medical school or physician assistant school after graduating from UMass Lowell. I will also be running for the cross country and track teams on a partial athletic scholarship.

At Wilmington High School, I was the coordinator of the Mentor Leadership Team which helped freshmen transition into high school. I was also a board member of the Rotary Interact Club and my class Fundraising Committee and a member of the National Honor Society. I was also a three-season captain in cross country, indoor track, and outdoor track. I broke the Wilmington High School record for the cross country home course and the record for the 1000 meter run in indoor track. I qualified for the All-State meet three times in these three sports.

### ***Tom Lombardo***

**M**y name is Tom Lombardo and I am the youngest of the three children. My father Micheal is a Letter Carrier in West Roxbury and my mother Madelaine worked as a letter carrier in Milton, West Roxbury and Wellesley. My late grandfather William J. McMahon served as a letter carrier from the 1960's until 1995 and remained an active member of NALC Branch 34 until his death this past June.

I attended Whitman Public Schools since moving from Brockton in 2002 and recently graduated within the top 2% of my class at Whitman-Hanson Regional High School. I played four years in the soccer program at Whitman-Hanson and was extremely involved in DECA, a Career and Technology Student Organization focused around business education, serving on the Executive Board of the state association, Massachusetts DECA.

In addition, I'm proud to have served my community as a Boy Scout, as an active member of Holy Ghost Parish, and as an IRS certified VITA/TCE Tax Preparer through the AARP TaxAide program where I prepared tax returns free of cost for students, low income families and the elderly. I have worked as an agricultural specialist, a level 1 bank teller, a paid tax preparer, bookkeeper, and currently work for Men's Wearhouse.

I will be attending Boston College in the fall with a double major in an undeclared business field and biochemistry.

### ***Catherine Poirier***

**H**ello, my name is Catherine Poirier. I am a senior at Maiden High School in Maiden, MA and I recently was awarded the Branch 34 Scholarship Award in the amount of \$ 1,000 on behalf of your organization. I wanted to take this time to thank you for this opportunity and generous gift. I am so appreciative of your support in my endeavors to pursue higher education.

Over the course of my life, I have become invested in Maiden throughout many outlets, and even more so with my involvement in athletics through the Swim team, Captains Council and as Vice President of the Maiden High School National Honor Society.

My sophomore year I entered Captain's Council, the advisor of this organization of young leaders, brought the group together at this place called the Newland Street YMCA. She told us that we would meet and spend time with some of the children at this after school program. The scene was a sight to see, about 20 to 30 high school athletes playing Just Dance and card games with kids, all accompanied by smiling faces. I left the night feeling invigorated, seeing these children happy and playful, running around like it was the most fun they had in years. Returning to Captain's Council for future meetings, our advisor informed of just how much of an impact we were making in these kids' lives as they lacked home role models and leaders; our attention, care, understanding, and love was the highlight of their days.

Our continuing service at Newland Street inspired my friends and me to spark a service project for NHS. I felt an enormous amount of genuine pride creating an environment where children feel safer, happier, and more excited to learn. After volunteering and mentoring the children, my friends and I decided to renovate the facility. We spoke to representatives from home improvement companies, local officials, and key community players who donated whatever they could to help us reach our goal. The three of us raised enough money to paint the room, draw a mural encompassing the YMCA's motto, and had a party on the last day with the children, allowing them to help us finish the mural and paint their handprints and names on the wall. They became more eager to attend the program, as it was a more entertaining place to be.

In addition to this, I spent much of time in high school participating in swim team activities. As a two year captain, and four year varsity swimmer, our team was involved in more than just winning races, every other Saturday the team ran a free Learn-to-Swim clinic for people of all ages and skills.

My place and voice in school, after four years as a staff member and as the editor-in-chief of the student-run newspaper, has allowed for me to develop my true passions for education, social justice, and Maiden in general. Also, my involvement with the municipal government through a two year internship at the Mayor's Office and as School Committee Student Representative has given me another avenue to channel these passions, accessing an even greater community population, and to have a place in shaping the education my peers and I receive. In the near future, I hope to return to Maiden as a college graduate and run to be a School Committee member.

At Trinity College, my plans are to concentrate in the sciences, pursuing biomedical engineering with a focus in mathematics and neuroscience. While entering this field may be a difficult road, between balancing being on the Varsity Swim team and taking challenging classes, I am excited for the challenge and hope it brings many more opportunities! Thank you for this scholarship, it will be put towards great use as I continue my education. With your help, my education will hopefully allow me to enter a career in the field of medical engineering, researching either medicine or prosthetics. My goals are to help as many people as possible in my life, in any venue available.

Once again, thank you so much for this opportunity! I am truly grateful for your dedication to helping the youth of our community succeed.

### ***Logan Riley***

**T**hroughout high school I made a point of being on top of my school work and remaining consistent in my studies.

I made honor roll or high honor roll for every term in high school and earned an academic excellence award in every year as well. With this I was inducted into the National Honor Society and Cum Laude Society. I have also earned four outstanding achievement in mathematics awards and a Cornell Book Award.

Additionally, I was awarded the RPI Medal for achievement in challenging mathematics and science courses.

Finally, I was also awarded AP scholar recognition for my achievement on AP tests.

Outside of school, I was recognized for my 60+ hours of community service done in our town's youth sports leagues.

On the sports field, I earned five varsity letters with three in baseball and two in football. I was elected team captains for both of these sports in my senior year and earned all-league recognition in football.

Next year, I will attend the University of Massachusetts Amherst Commonwealth Honors College to major in Chemical Engineering.

I am excited to start my studies and hope that my interests in the sciences will lead me to a fulfilling career in my field of study.

★★★★★

*Logan's father, 25 year Watertown Letter Carrier Mike Riley writes:  
I am extremely proud of all of my son's accomplishments, and thank you to the Branch 34 Scholarship Committee for choosing my son.*



# Customer Connect Recognition Day at IMC and Fort Point



Business Development Specialist (BDS) Peter Clarke, Manager Of Customer Services Ann Kelly, Branch 34 President Bob Lind, District Manager Charles Lynch, IMC Letter Carrier Patrick Sheehan, and National Business Agent John Casciano.



Business Development Specialist (BDS) Peter Clarke, Manager Of Customer Services Ann Kelly, Branch 34 President Bob Lind, District Manager Charles Lynch, IMC Letter Carrier Jorge Chang, and National Business Agent John Casciano.

## IMC

Greater Boston District Manager **Charles Lynch**, National Business Agent **John Casciano**, Branch 34 President **Bob Lind**, and Business Development Specialist **Peter Clarke** visited with the IMC Letter Carriers to thank them for their Customer Connect Leads that they have submitted this year. The IMC Letter Carriers Customer Connect Leads have generated \$449,715 this year to date and they have some very promising Customer Connect Leads that Sales Team will be closing out soon to add to this total.

Letter Carrier **Patrick Sheehan** was recognized for his Customer Connect Lead for a company called Flex Brace that resulted into a sale for \$374,250.

Letter Carrier **Jorge Chang** was recognized for his Customer Connect Lead for company Ball & Buck that resulted into a sale for \$41,470.

Letter Carrier **David Buonopane** was recognized for his Customer Connect Lead for a company Olivia Browning LLC that resulted into a sale for \$33,995.

David was off the day of event.

The IMC Letter Carriers are Ranked Number 2 in the District for Customer Connect revenue year to date. Great Job, IMC Letter Carriers.



Branch 34 President Bob Lind, Fort Point Letter Carrier Eleanor Joyce, National Business Agent John Casciano, Greater Boston District Manager Charles Lynch, and Business Development Specialist Peter Clarke.

## Fort Point

Greater Boston District Manager **Charles Lynch**, National Business Agent **John Casciano**, Branch 34 President **Bob Lind**, and Business Development Specialist **Peter Clarke** visited with the Fort Point Letter Carriers to thank them for their Customer Connect Leads that they have submitted this year. The Fort Point Letter Carriers Customer Connect Leads have generated \$100,658 this year to date. The Fort Point Letter Carriers also have some more very promising Customer Connect Leads in the Sales Funnel that the Sales Team is following up on which will add to this total.

Fort Point Letter Carrier **Eleanor Joyce** submitted a Customer Connect Lead for a company J. Brice Design that resulted into a sale for \$72,449.

Fort Point Letter Carrier **Joseph Baldasare** submitted a Customer Connect Lead for company R.L.Q that resulted into a sale for \$28,210. (Joe was on vacation so no photo was available.)

The Fort Point Letter Carriers are Ranked Number 12 in the District for Customer Connect revenue. Great Job, Fort Point Letter Carriers!



[firstprioritycu.com](http://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 Retiree Luncheon Was Fun for All!*





# Branch 34 Says Farewell to Their Recent Retirees

## Watertown's Steve Molloy

Steve Molloy receives a round of applause from his Watertown co-workers during his retirement party.



Branch 34 President Bob Lind (right) prepares to present Watertown's Steve Molloy his retirement gifts.



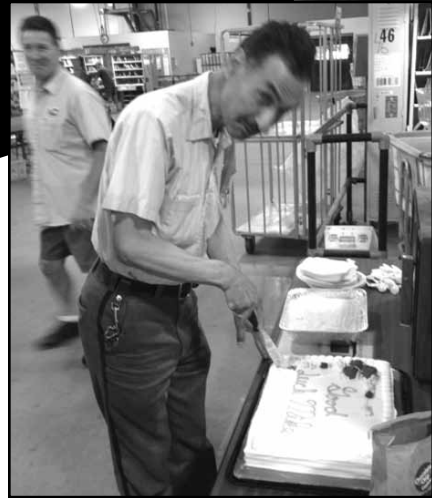
Watertown's Steve Molloy tries out his new jacket as Branch 34 President Bob Lind gets set to present him with his new watch.

## Fort Point's Kevin Conroy

Branch 34 President Bob Lind congratulates Fort Point's Kevin Conroy on his retirement.



## Braintree's Mike Soto



Braintree's Mike Soto prepares to cut his retirement cake.



NBA John Casciano, Kevin Conroy, Fort Point Shop Steward Lenny Tescione, Financial Secretary Mike Yerkes and Branch 34 President Bob Lind.



Semper Fi to Fort Point's Kevin Conroy.



Fort Point co-workers wish Kevin Conroy well on his well-deserved retirement.

## Cambridge-Mooney Street's Rich Hamilton



Rich Hamilton receives his retirement gifts from Branch 34 President Bob Lind as Cambridge-Mooney St. Shop Steward Bill Crescitelli looks on.

Cambridge-Mooney St. Shop Steward Bill Crescitelli tells a humorous story about recent retiree Rich Hamilton at Hamilton's retirement party,



## Brookline's Ken Rezendes



Ken Rezendes (center) smiles with Branch 34 President Bob Lind and Brookline Shop Steward Joe DeMambro looking on.



Cambridge-Mooney St.'s Rich Hamilton receives a gift card from Branch 34 President Bob Lind.



Branch 34 President Bob Lind tells a story to Brookline's Ken Rezendes.



Cambridge-Mooney St.'s Rich Hamilton on his last day.



Branch 34 President Bob Lind and Brookline Manager Bob Shaw wish Ken Rezendes (center) well on his retirement.



Brookline's Ken Rezendes prepares to receive a gift card from Branch 34 President Bob Lind.



*Needham's Angelo Cappuccio*



Needham's Angelo Cappuccio prepares to receive his retirement watch from Branch 34 President Bob Lind.

*Lexington's Joe Allen*



Lexington's Joe Allen listens to Branch 34 President Bob Lind as his co-workers look on.

Lexington's Joe Allen's retirement cake.



*Roxbury's Bob Miller*



Roxbury's Eddie Chinetti presents Bob Miller with a going away gift while Branch 34 President Bob Lind looks on.

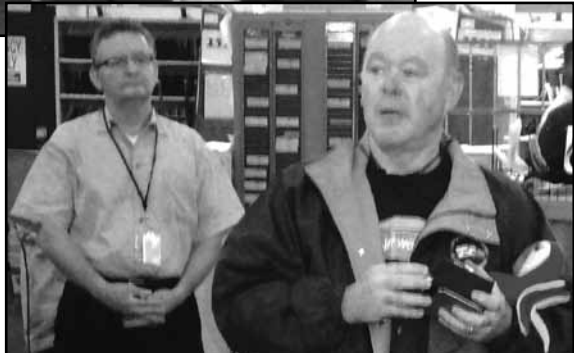


Lexington's Joe Allen receives a retirement jacket from Branch 34 President Bob Lind.



Lexington's Joe Allen retires after 53 years. Congratulations!

Roxbury's Bob Miller thanks his co-workers.



Lexington Shop Steward Marcia Rankin presents an engraved clock to Joe Allen while Shop Steward Tony Scrivano looks on.



NBA John Casciano, Roxbury's Bob Miller and Ron Odum with Branch 34 President Bob Lind.



Roxbury's Bob Miller says goodbye to his co-workers.

*Weymouth Landing's Kevin McCusker*



Weymouth Landing's Kevin McCusker says farewell to his co-workers.



Branch 34 President Bob Lind shakes Kevin McCusker's hand at retirement party.

*Stoneham's Stevie "Pag" Pagliaro*



Stoneham Shop Steward Larry Last recognizes Steve Pagliaro on his final day with the USPS.



Stoneham co-workers wish Steve Pagliaro well on his retirement.



Steve Pagliaro poses with NBA John Casciano, Stoneham Shop Steward Larry Last and Branch 34 President Bob Lind.



Branch 34 President Bob Lind congratulates Steve Pagliaro on his hard-earned retirement.

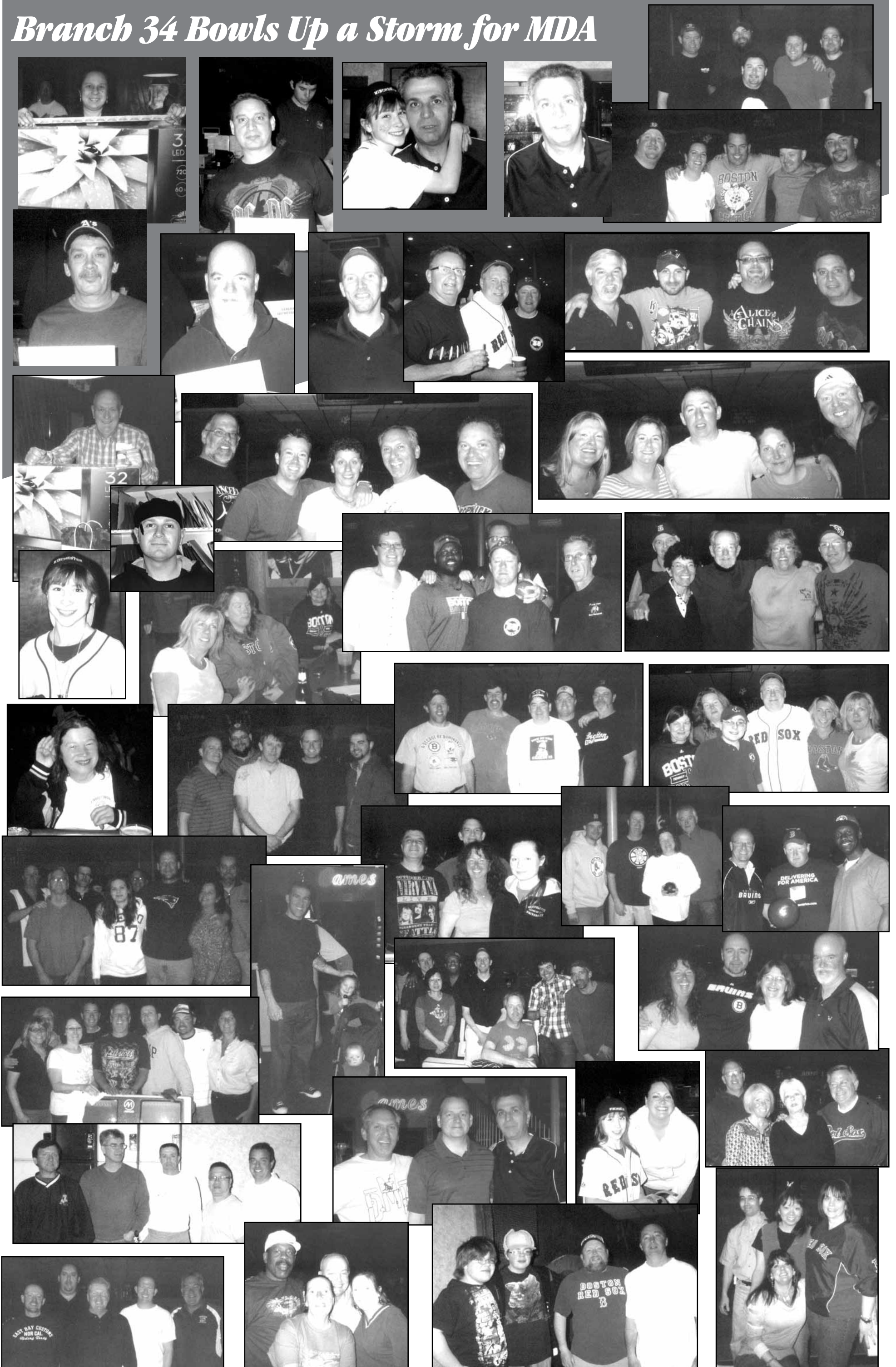


Top & Bottom: Weymouth Landing wishes Kevin well.





# Branch 34 Bowls Up a Storm for MDA





# Branch 34's Efforts at the Food Drive Grow Each Year!



Woburn's Vigo Conte passes bundles of food to Michael Troiano and Cheyenne Andreason during the recent NALC Food Drive.



IMC Chelsea's Sal and Marie.



Charlestown's Erin, Ralph and Mazie.



IMC's Eric, Danny, Lou and John S. (Dappa).



IMC Charlestown's Juan C. and IMC East Boston's Bob H.



IMC Everett's Nick, Dan and John.



IMC Chelsea's Joey D., Marie and Frankie.

**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.**

*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](http://www.TriciasGiftShop.com)

**The Boston Letter Carriers Mutual Benefit Association**  
 Founded May 18, 1889  
 522 Dorchester Avenue, South Boston, MA 02127  
 Telephone (617) 269-9111  
 Assets: \$5,000,000  
 Life Insurance: \$5,500 • Weekly Benefit: \$42\*  
 Lifetime Sick Benefit: \$480 • Annual Dues: \$14  
**NO PHYSICAL EXAM**  
 Applicants must be under forty years of age and less than three years a full-time Letter Carrier. Premiums have never been increased. Managed by Boston Letter Carriers. Supervised and audited by the Massachusetts Department of Insurance. See your Station Mutual Benefit Association representatives for further details, or call 617-269-9111.  
 \* After first seven days with no leave to your credit.  
**President: Thomas Sheehan • Recording Secretary: Arthur Dinsmoor**

A Cluster of Clowns & Santa  
 Family Entertainment  
**SPARKLES THE CLOWN**  
 Magic & Balloon Art  
 Face painting  
 Tea party's  
 Santa and Mrs. Claus  
 Holiday Charicure costumes  
 DJ  
 phone: 617-471-0890  
 E-mail: [clowneess@aol.com](mailto:clowneess@aol.com)  
[www.sparklesandsanta.com](http://www.sparklesandsanta.com)

**Make the Call!**  
**1-800-EAP-4-YOU**  
 (1-800-327-4968)  
 TTY: 1-877-492-7341  
[www.EAP4YOU.com](http://www.EAP4YOU.com)

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

**LANES & GAMES**  
 195 Concord Turnpike (RT.2)  
 Cambridge, MA 02140  
 Tel. (617) 876-5533 • Fax (617) 876-1533  
[www.lanesandgames.com](http://www.lanesandgames.com)  
[lanesandgames@verizon.net](mailto:lanesandgames@verizon.net)  
 34 Candlepin 20 Ten Pin  
 AUTOMATIC SCORING • BOWLING • POOL  
 GAME ROOM • PRO SHOP • RESTAURANT • LOUNGE

**Protect Your Future!**  
**GIVE TO COLCPE!**

**BOB SOLANO**  
 Disc Jockey • Musician  
 Master of Ceremonies  
 "Where Experience  
 Makes a Difference!"  
**(603) 882-3441**  
 P.O. Box 123 Stoneham, MA 02180

Corporate Clubs Private  
**Johnny Pizzi**  
 COMEDIAN  
 Magic - Mentalism  
 Close-Up Magic  
 Bus. 781-233-8878 Pager 781-671-9678  
 E-mail [johnnypizzi@hotmail.com](mailto:johnnypizzi@hotmail.com)

**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

Tell Your Congressman What You Think!  
**BECOME AN e-ACTIVIST TODAY!**



# Branch 34 Retiree Lawrence Burnett – 96 Years Young!

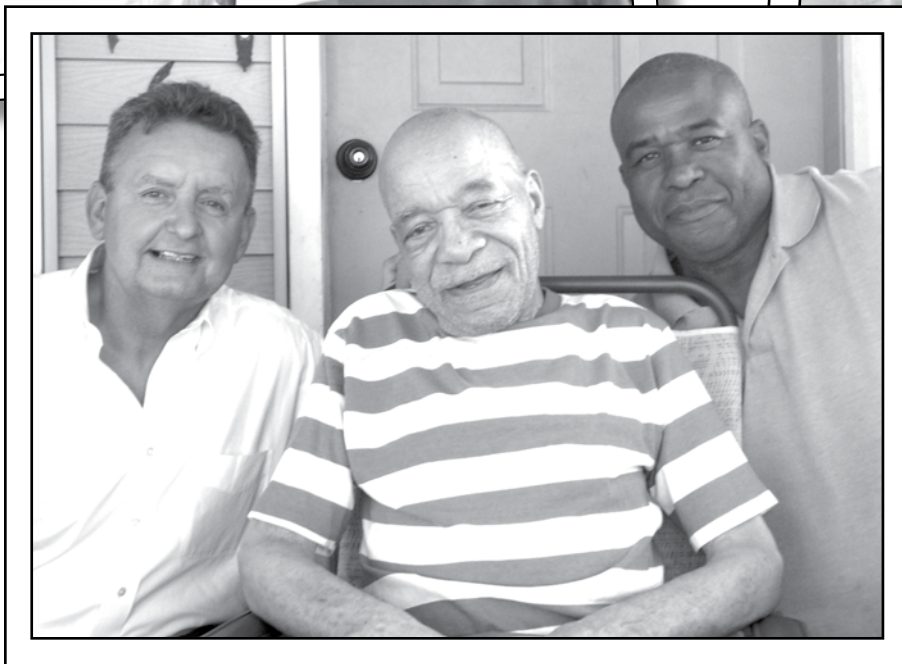
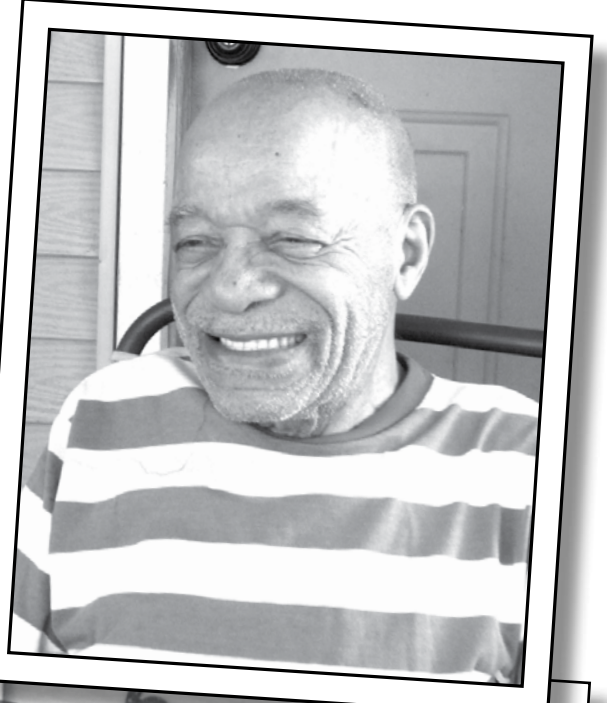
We recently conducted our Branch 34 Retiree Luncheon which in my estimation is an event worth attending. Seeing and catching up with the many brother and sister retired letter carriers always makes for an enjoyable afternoon and this year was no different. We recognized at this year's event **Lawrence Burnett**, our elder-attending retiree at the age of 96 years and still enjoying life. We took pictures of Lawrence who was accompanied by his son, **Frank** to put in this month's *Branch 34's CLAN*. Unfortunately the pictures came out blurry and were out of focus.

I contacted Lawrence and Frank to see if any of their pictures came out only to find out their pictures were also blurry so we made arrangements for a retake. I pulled up to Lawrence's house on a blistering 97 degree plus day only to find him sitting out front on his porch reading the newspaper like it was 70 degree day. He shared with me that the heat doesn't bother him and his son Frank verified

that. Frank, as Lawrence said, is my baby boy (being his youngest) with a smile. You could see the genuine love they had for each other. We conversed about the postal service and unions in general. His son works for Mass DOT and spoke of how unions created and helped to maintain middle class America. We agreed without them the American dream could not be realized by most Americans.

Lawrence had one request which we will fulfill and that was to get a fifty-year NALC Gold Card. I explained that back in the years he first joined this union the NALC didn't keep good records like today. Lawrence retired out of Cambridge A some thirty-plus years ago and God willing he has years of retirement ahead of him. Hats off to Lawrence Burnett, thanks for his years of support and unionism and God Bless to him and his family.

– Bob Lind, Branch 34 President



Photos, clockwise from upper right: 96 year old Branch 34 retiree Lawrence Burnett, Lawrence with his son Frank, Branch 34 President Bob Lind with Lawrence and Frank, and Bob Lind sitting on the porch with Lawrence.

## 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

### LIFE CHALLENGES

#### Don't Go it Alone.

Sometimes a major family change arises that jolts the "status quo" in your life. It can be very hard to accept the change, adapt to the new reality, and keep everyone in the family on track. Perhaps you've recently learned that your child has special needs, or that a parent who was living independently now needs your care-giving attention. All at once there are many things to think about when it comes to finding the right resources and planning for the future.



When a change like this impacts your family, there are a number of helpful steps you can take:

- **Take some time to think.** How do you feel and how will you deal with the change? Once the news really sinks in, you may be ready to plan and take control of the situation.
- **Learn as much as you can.** Do online research about your family member's health situation and any specific needs his or her disability might entail.
- **Find others in the same situation.** Talking with other caregivers or parents with your same challenges can make a tremendous difference.
- **Take care of yourself.** Remember to eat right, find some quiet time for you, and add breaks and exercise to your day.
- **Ask for help.** Remember that there are many tools and resources available to help you cope. Don't go it alone!

#### Caring for an Elder: Strive for Balance

Caregivers must often balance the demands of family, work, community groups and an older individual. As an employee, parent, spouse and/or grandparent, as well as caregiver, you feel pulled in many different directions. Here are some ways to help balance your time.

- **Set priorities.** Decide what is important, less important and in-between. You may need to say "no" even if it might disappoint others. Set priorities for your own needs, family needs, job needs and the older person's needs.
- **Schedule separate time for the older person and your family.** Everyone should know which time is theirs. For older persons living out of town, you might spend a week or weekend every month with them, depending on their condition.
- **Know your employer's leave policy.**
- **Meet with other caregivers and self-help groups for support.** Sharing eases tension, gives a new view of the situation, increases understanding and builds support.
- **Accept your limitations.** Get help from another family member, a neighbor or community services when you need to take a break.
- **Make time for yourself.** Set aside time on a regular basis to be alone, take a walk, exercise or just have quiet time, even for a short period. The person you care for will benefit when you take time to renew yourself.

**Make the Call!**

**1-800-EAP-4-YOU**  
(1-800-327-4968)  
TTY: 1-877-492-7341  
www.EAP4YOU.com







# 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)

\*\*\*\*\*AUTO\*\* 8-DIGIT 54321  
XXXXX 08 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).

**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.

#### Internet:

- Go to [www.servicesonline.opm.gov](http://www.servicesonline.opm.gov)
- Enter your CSA number, beginning with the letter A and ending with a zero. SAMPLE: A2222220
- 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.

#### 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.

## MDA Corner MDA MDA

### Branch 34/MDA Shamrock Superstars \$200+ Club for 2013

Cousin's Restaurant, Woburn.....	\$1,277.00
St. Charles School, Woburn.....	\$ 360.00
Shamrock School, Woburn.....	\$ 353.00
Northern Bank & Trust, Woburn Center.....	\$ 290.00
Postal Credit Union, Fort Point.....	\$ 260.00
The Snug, Hingham.....	\$ 260.00
Patricia Dillon, Woburn.....	\$ 215.00

### 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



## MOVING?

Give Branch 34  
Your New Address!

# 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

## 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](http://www.NewHeightsRealEstate.com)



Renee Anastos  
Realtor  
MA

### 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



# **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*