

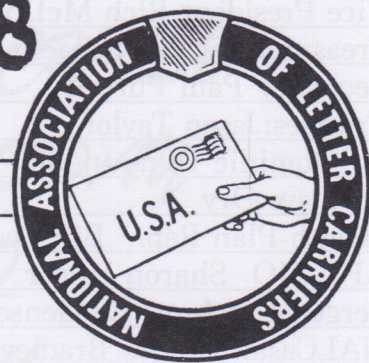
NALCASTER

NATIONAL ASSOCIATION OF LETTER CARRIERS

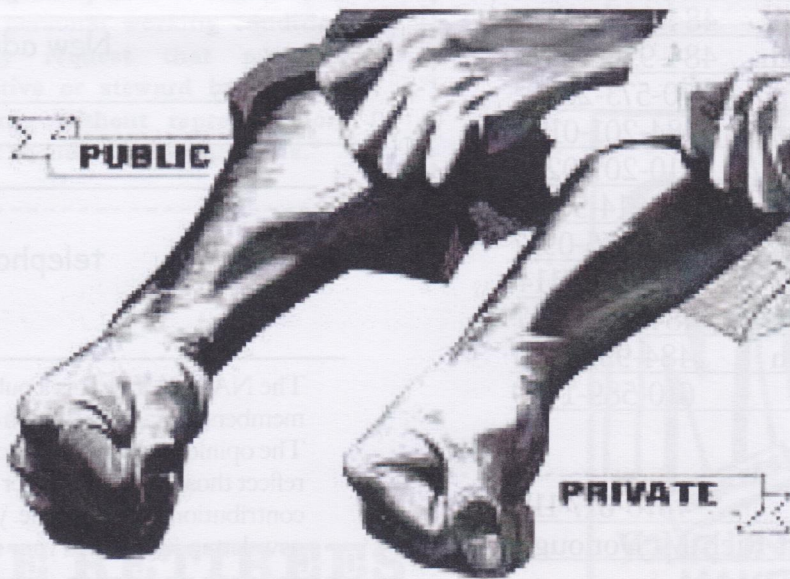
Pagoda Branch 258

READING, PA.

June 12th, 2019



UNITED WE BARGAIN



DIVIDED WE BEG

**N.A.L.C. PAGODA BRANCH 258
READING PA OFFICERS 2015**

Officers	Name	Telephone
President	Fred Ranalli, Jr	610-678-2512
Vice President	Rich McDonough	484-955-4267
Treasurer	Michele Schaeffer	610-916-1324
Secretary	Paul Purcell	610-451-0244
Trustees:	Jason Taylor	570-617-1124
	Dominic Tumminello	610-775-4263
	Dave Dry	484-797-7906
Health Plan Rep.	Bill Lodek	610-914-1253
AFL-CIO	Sharon Unger	610-921-0394
Sergeant at Arms	Ed Gensemer	484-638-3067
NALCaster editors	Bradley Snyder	717-405-0124
Director of Archives	Andy Gelsinger	610-378-0417

Shop Stewards

Stations	Steward	Telephone
19601-11	Paul Purcell	610-451-0244
	Jason Taylor	570-617-1124
19604-05	Juan Munoz	610-373-8201
19606	Jess Iezzi	610-914-4614
	Mark Swarmer	610-856-1662
19608-09	Dj Mauger	610-451-0244
19610	Dave Dry	484-797-7906
19508	Rich McDonough	484-955-4267
19518	Rich McDonough	484-955-4267
19526	Judy Snitzer	570-573-2689
19522	Steve Fenstermacher	484-201-0193
19530	Tim Fisher	610-207-0204
19540	Jessica Mountz	610-914-9843
19551	Rich McDounough	484-955-0917
19555	Robert Oswald	610-451-5114
19560	Rich McDonough	484-955-0917
19565	Rich McDonough	484-955-0917
19567	Robert Clark	610-589-1469

Committees

Step A designee	Jason Taylor	570-617-1124
Associate Off. Grievance Chmn	Rich McDonough	
Labor Management Team		
	Fred Ranalli Jr.	610-678-2512
	Rich McDonough	484-955-4267
Food Drive	Tammy Jones	610-960-7498
Legislative	Ed Gensemer	484 638-3067
HBR-MBA-OWCP	Bill Lodek	610-914-1253
MDA	Jason Taylor	570-617-1124
CCA Rep	Rich Miller	610-568-8902
Director of Retirees	Jerome Kerns	484-256-4906

**UNION OFFICE 1251 N. Front St.
PO Box 12584 Reading, Pa 19603**



MOVING?

Let us know... before you go!

name _____

Old address

New address

telephone #

The NALCASTER is a publication of, by and for the members of Pagoda Branch # 258, NALC Reading Pa. The opinions expressed herein, may but do not necessarily reflect those of the Editor or Branch #258. All contributions are welcome. you may use any items in this newsletter, just inform your readers of the source.

N.A.L.C

HEALTH BENEFIT PLAN

SERVICE LINES

General Claims Inquiries 1888 636 6252
Hospital Pre-certification (required) 1800 622 6252
Prerecorded Benefits Information 1888 636 6252
Prescription Customer Service Line 1800 933 6252



**KEEP
CALM
AND
YOU'RE
INVITED**

*Regular Monthly Meeting
NALC BRANCH 258
ON WEDNESDAY*

@ 7:00

June 12th

1251 North Front St.

Reading, Pa 19601

WEINGARTEN RIGHTS

"If this discussion could in any way lead to my being disciplined or terminated, or affect my personal working condition, I respectfully request that my union representative or steward be present at the meeting. Without representation, I choose not to answer any questions."

THE RETIREES'

**The next two retirees
breakfasts will be on
June 20th and July 18th
at the Leesport diner at
9am.**



PRESIDENT'S MESSAGE

I want to send out a big Thank You to everyone who made this year's food drive a big success. I want to especially thank Vision Credit Union for donating the bags for the drive. The past few years without the bags we only collected 40,000 lbs. This year with the bags we collected over 124,000 lbs. Wow what an increase. I am sure this increase will help Helping Harvest feed the less unfortunate over these summer months. A big amount of this food will be distributed to children who are out on summer break and not receiving meals at school. Hard to believe children still go hungry in our country. Some of it will go to feed the elderly on a fixed income who find it hard to make ends meet. Some seniors are forced to choose between buying medication, paying bills or buying food. They are placed in this situation because they have not received COLA's to keep their annuities equal with inflation. Seniors who worked hard all their lives, now live in poverty in their "Golden Years". They certainly should not go hungry. It's a disgrace. From the very first food drive many years ago, I have been so proud the NALC created this humanitarian effort to help the hungry. How proud everyone of you should feel about helping feed the less fortunate by collecting food while delivering the mail. I thank you and am proud of everyone of you. I know it makes your job a lot harder but through the years hopefully we have made it easier by having volunteers helping. I hope all of you feel this is a little sacrifice, but the rewards greatly exceed the hard work. For many years I have wanted to organize a group of volunteers to meet and help the food bank sort and pack the donations. A future project to keep in mind. ***Thank You again for your participation and hard work. May God Bless you all!***

The next topic I need to talk to you about is Customer Connect. One of our members, Tammy Jones, has been selected to be one of the district customers connect coordinators. She has or will be visiting offices talking about the program. I want to encourage all carriers to get involved in this program. Carriers all over America have solicited their customers and have brought in millions of dollars in revenue for the USPS. If you have a customer on your route or order something from a supplier that uses another delivery business, ask if they would be interested in having someone from the USPS talk to them about saving money using our services. I know in the past we started this program up a few times, but we now have someone involved from the NALC. I know we will make the program more successful. I know that in the news there has been some troubling stories about the financial state of the USPS. What better way than to increase our revenue by adding more business to our network. We need all the business we can get in order to provide the best service that our customers may receive. Please submit those leads and let's grow our business.

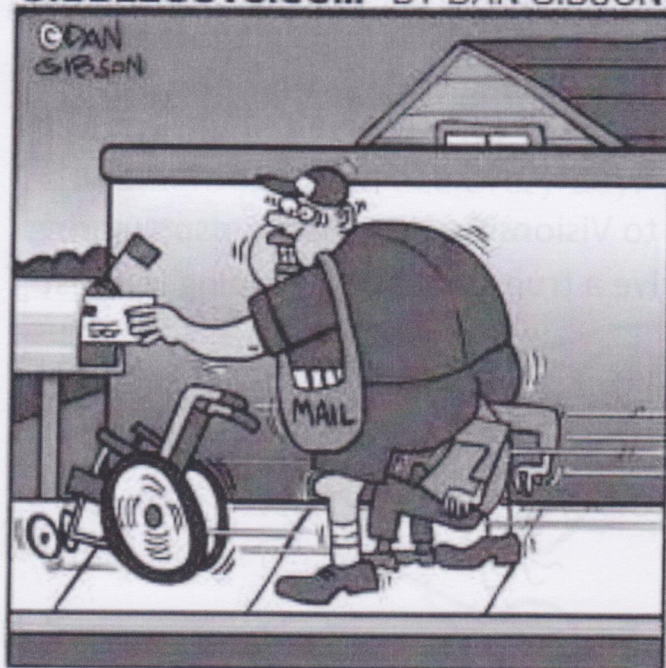
Finally, with hot weather coming, I would like to reiterate for you to please hydrate yourself all day long. Drink before you get to work, all day long and when you get home after work. Remember alcohol dehydrates you. If you drink alcohol, please make sure you drink plenty of water to keep you hydrated. Kidney stones are not fun. Take my word for it. Many carriers develop stone because they avoid drinking enough fluids.

They do this so they won't need to keep using the rest room. That said, it is never acceptable for you to do harm to your body to get done a few minutes earlier. Please drink, even if you need to go more. All the other employees, clerks, management and truck drivers use the rest room when necessary, and so should you. If anyone is given a hard time because of this, talk to your steward or board member. Please educate yourself to the symptoms of heat related illnesses. They will help you recognize the warning signs and help you avoid becoming ill while completing your rounds. Every year we have carriers suffering from heat stroke and, in some cases, they are no longer with us. Protect yourself. When driving please put all your attention on driving. Other drivers are all in a hurry to get home and move on to enjoying the nice weather. Children are home on summer break and out roaming around. Remember when you are driving, you should have all your attention on driving. When you stop, that is when you go through the mail or other tasks. Multitasking is a major reasons accidents happen. Stay safe and have a great summer!

Sincerely,

Fred Ranalli

GIBBLEGUTS.COM BY DAN GIBSON



Tom received the postal services highest honor after he saves an elderly man in a run-away wheelchair.

**Health insurance- check
car insurance- check
life insurance- check
Job Insurance???**
**If your not in the letter
carrier political fund, you
should be!**

PRESIDENT'S

In March of 2019, skids of paper bags engulfed the GMF floor. Looking over the 1,000s of the bags, you could see the vision of hope that will soon embark on Berks County on May 11th. We were very fortunate to have Visions Credit Union believe in our cause and sponsor our food drive bags this year.

As we worked hard over a few days' bags and cards were sorted for our participating offices. It was an exciting feeling knowing that these bags would do so much good and help Helping Harvest fill their shelves and help fight hunger.

The day of the food drive turned out to be a beautiful day in more than one way. The sun was shining bright and as the volunteers set out to collect bags and help carriers there was optimism in the air. It was early on in the day, as carloads of food were dropped off at the food bank by the volunteers that we knew we would exceed our own expectations of the day. It was overwhelming to say the least what carriers were picking up around Berks County.

Everyone involved, whether it was the volunteers or carriers that day did an amazing job. It is such a great feeling to be part of an organization that works together in getting things done. The final total for the NALC Food Drive 2019 is **124,258 lbs.** of food collected. Yes, that is correct!!! We tripled what we collected last year and Branch 258 you should be proud of what you did this year.

A special thanks to everyone who worked hard to make this happen. It was a joint effort by everyone. A special thanks to Visions Credit Union for sponsoring our bags and helping us make this food drive a true success for Helping Harvest and helping stop hunger.

When we support each other incredible things can happen.... ~Jojo

Customer Connect is a NALC and USPS joint program that is to help build revenue within our jobs. Leads are everywhere and we as carriers are the eyes of the community. You know your routes better than anyone and those businesses and customers you see every day. We need to be more aware of our surroundings and provide higher quality customer service.

Be aware when out there if you see other companies, like UPS or Fedex, dropping off or picking up parcels off your route. Maybe you're picking up less than before or you see their shipping with other couriers. See something....do something. Have a small conversation with your customer. See what the issue is, if there is one. Have them fill out a Lead Card and hand it to your Customer Connect Coordinator in your office. It's that easy.

With being told we are going to eventually lose Amazon, we need to continue to bring in new business to the post office. A new business opens up on your route, talk to them see what services we can provide for them. Hand them a business packet that shows everything we offer. They may not be a candidate for shipping but maybe a great candidate for Every Door Direct Mailing.

It's important that we persevere in providing excellent customer service for the future of post office. We want to keep the business we have and grow the business that we need to keep our jobs alive. Take pride in what you do, be conscientious and considerate to your customers that you see every day. All it takes is a simple conversation.

~Jojo



Dog Bite Prevention

Dog Bite Facts:

- Each year, more than 4.5 million people in the U.S. are bitten by dogs.
- Almost 1 in 5 people bitten by dogs/foxes require medical attention.
- Every year, more than 800,000 Americans receive medical attention for dog bites; at least half of them are children.
- Children are, by far, the most common victims of dog bites and are far more likely to be severely injured.
- Most dog bites affecting young children occur during everyday activities and while interacting with familiar dogs.
- Senior citizens are the second most common dog bite victims.

There are many things you can do to avoid dog bites, ranging from **properly training and socializing your pet** to **educating your children** and yourself about how - or whether - to approach a dog. Information and education are the best solutions for this public health crisis.





Dominic Tumminello

Branch 258 Reading



Dominic graduated from Gov. Mifflin High School in 1961 where he was on the varsity football, wrestling & track teams. He served in the US Army from 1962 to 1974. He completed basic training at Fort Gordon GA. Then on to Jump school at Fort Benning. On a flight to deploy at the Berlin Crisis, aboard a Super Constellation 1049H the aircraft went down in rough seas and gale force winds. 28 of the 76 passengers died. Dominic ripped the door off the aircraft and managed to deploy a 25 man life raft as the plane sunk. Dominic helped to save 48 by placing them onto the raft which was now upside down. They were rescued 6 hrs. later by the freighter Celerina. Dominic then joined the 8th Infantry Signal Corps in Germany. He was later sent to Viet Nam in the central highlands. He was wounded while in the 101st Airborne and also served in the 119th Assault Helicopter Co. & Air Cav troop A. He was a door gunner, a crew chief and a platoon Sergeant. Dominic was awarded the Bronze Star, 2 Army Commendation Medals, Armed Forces Expeditionary Medal, Nat. Defense, Viet Nam Service & Good Conduct Medals. After leaving Viet Nam he went to Aberdeen Proving Grounds for Tank Turret Repair school where he was designated an academic honor graduate. He returned to Germany until his Honorable Discharge. Dominic worked as a Letter Carrier from 1982 to 2012 and served as Br. Trustee for 30 years. He is on the NALC Food Drive, MDA and Adopt a Family Committees. Dominic builds the Labor Day Parade Floats and volunteers at Graybill Homeless Vets. He is married with 1 adult son and 3 grandchildren.

THE WILLIAM BECK & ROBERT BEAR SCHOLARSHIP AWARDS

Local 258 National Association of Letter Carriers has established two scholarship awards, \$300.00 each, payable for students attending a college, university or trade school.

Term of Award: Each scholarship shall be awarded for one academic year and will not be renewed.

The intent of this award is to help a son or daughter of a member of Local 258 NALC with a trade school or college education.

ELIGIBILITY

Eligibility is to a son or daughter of any DUES-paying member that is in good standing in Local 258 NALC.

Applying students must have graduated from high school in 2017.

All applicants are required to be freshman or first year student.

All applicants are required to have a letter of acceptance from the college or trade school that they plan on attending.

METHOD OF SELECTION

Applications will be reviewed, then put into a drawing box and selected by pulling a name from the drawing box at the union meeting of Local 258 NALC during the August 2017 union meeting.

The selected winners will be notified by mail.

We will pick an alternate if the first one picked does not meet all of the qualifications.

The Local 258 NALC Scholarship Awards will be presented at the union meeting.

The Beck and Baer Scholarship Award Committee must receive your completed application and acceptance letter by August 8th 2017. Please mail to:

William Beck & Robert Bear Scholarship Award Committee
NALC BRANCH 258
P.O. Box 12584
Reading, PA 19612

SCHOLARSHIP APPLICATION

Date: _____

I am the son/daughter of active/retired member of Local 258 Reading, PA.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Signature of NALC Parent: _____



With the summer and warmer weather approaching us quickly, it's important to keep in mind that we need to keep ourselves hydrated. Did you know the human body is made up of approximately 70% of water? Fluids are vital for the majority of our bodily functions~ protecting our joints, maintaining organ function, transporting oxygen to cells, and sustaining body temperature. It makes sense that the body can become dehydrated quickly due to excess perspiration, sun exposure, hot weather and lack of fluids throughout the day. If your water intake is less than your water loss, you will quickly become dehydrated. Once you start feeling thirsty, you've probably lost about 1% of your body water and are dehydrated.

~ Hydrate before, during and after work. Prevention is important in maintaining good hydration.

~ Dress appropriately for the weather. Make sure you wear light colored, loose fitting, breathable clothing to help keep your body temperature down.

~ Utilize shade to stay cool. When and if possible use shaded areas to stay out of direct sunlight.

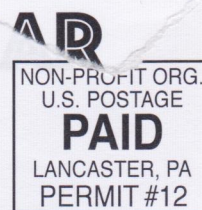
~ Know the signs of heat stress and how it can affect your health and safety. Some symptoms are:

Muscle cramps nausea/vomiting weakness fatigue sweating extensively dizziness/ lightheadedness confusion headache irritability low blood pressure increased heart rate visual problems decreased urination dry mouth thirst wrinkled skin

Infuse your water with lemon or fruit slices. Drink sports drink that contain electrolytes and a carbohydrate solution. Example Gatorade or Lyte Bodyarmor both come in several flavors. There are also several foods that can help with staying hydrated. Examples are apples, cucumber, baby carrots, oranges, jell-O and frozen popsicles. Make sure you eat enough food containing salt, in moderation, to replace the salt lost through sweating. There are also cooling towels that you can purchase.

Be self-aware of your own condition, you know your body better than anyone and how it reacts in the elements. Notify your supervisor or call 911 if you're experiencing signs of heat related illnesses. This ensures your safety but can also save your life.

NALC-BRANCH 258
NALCASTER
PO BOX 12584
READING, PA 19612-2584
ADDRESS SERVICE REQUESTED
TIME VALUE-PLEASE DO NOT DELAY



Andy Gelsinger
441 S 6th St
Reading PA 19602-2410

1 148



VISIONS

FEDERAL CREDIT UNION

EAP

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