

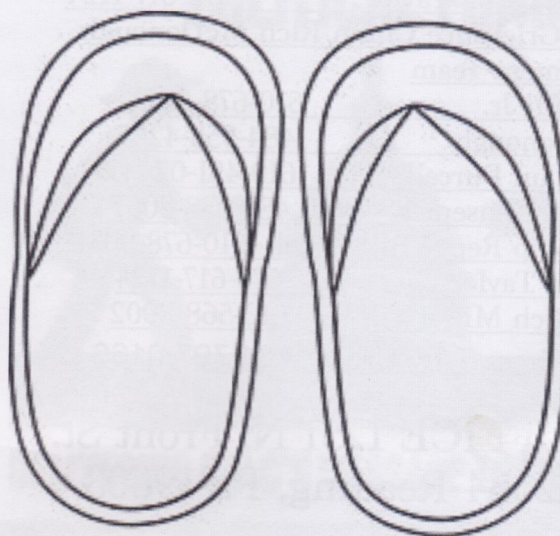
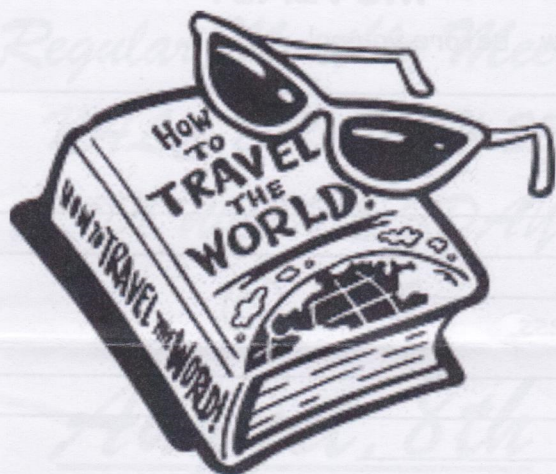
NALCASTER

NATIONAL ASSOCIATION OF LETTER CARRIERS

Pagoda Branch 258

READING, PA.

AUGUST 8, 2018



**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
19602-06	Aaron O'Brien	484-955-0917
19604-05	Juan Munoz	610-373-8201
19607	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	Harry Enright	610-385-9078
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	Bea Shurr	610-926-3279
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 Paul Purcell	610-451-0244
Legislative Ed Gensemer	484 638-3067
Workman's Comp Rep Bill Lodek	610-678-9031
MDA Jason Taylor	570-617-1124
CCA Rep Rich Miller	610-568-8902
Director of Retirees Sally Urban	484 797 0166

**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

August, 8th

1251 North Front St.
Reading, Pa 19601

life insurance ✓
home insurance ✓
car insurance ✓
JOB INSURANCE ? what,
no job insurance...
sign up for... → SOON

Retiree's Breakfast,

On the Third Thursday of every month, retiree's gather for breakfast and share stories and brotherhood and sisterhood. Wives, husbands and significant others are always welcome. Join us on August 17th and September 21st at Queen City at 9:00AM. Call Sally Urban for more information 610 378 0172 or Fred Ranalli 610 406 1131.

*What you think
you create,
What you feel
you attract
What you imagine
you become.*



PRESIDENT'S MESSAGE

15 branch members and I just returned from the NALC National Convention in Detroit Michigan. In attendance were over 5000 brothers and sisters from all across the United States. It certainly was an uplifting experience to all the delegates. Our Branch received 3 awards for our ongoing effort to get members to sign up for the Letter Carrier Political Fund. Our Category was branches with 300 to 500 members. We took first place with highest percentage of members contributing to this fund with 46%, highest per capita per member and most improved since last convention. I am so proud of everyone who has joined contributing and ask if you are not please consider giving to this fund no matter how little it may be. The future of the USPS and our jobs depend on it. A big Thank You goes out to Dave and to all members who help sign new people up. You guys are the best.

I learned new information in every class I attended. I will point out a few so we spread this information to all our members and hopefully keep carriers safe. I attended a Safety Class given by National Safety Representative Manny Peralta. He spoke about carriers who have experienced heat related injuries and the death of the female carrier who died recently in California while working in 117 degree weather. She had 30 years and was near retirement. So sad. Through the years management has sent carriers out in this heat with no regard for carrier safety. A few years ago management instructed a carrier to continue delivering his route when he informed them he was feeling ill. He died on his route. Manny and the NALC began getting OSHA involved. Management's attitude is to fight and continue to deny their responsibility. Their failure to protect its employees is disgusting. Please take precautions when working in the heat. Drink plenty of liquids. Find a cool spot and take a break. Certainly seek help if you start any symptoms of heat related illness. I don't care what you are told by management stop working and get help immediately. We will take care of any issues that arise because of it. You are more important than their expectation and numbers. Every heat related illness must be reported to your shop steward and he then needs to document it and send a report off to our business agent. Our National is keeping records of them.

Pictures were shown of the huge blind spot when driving the promaster vehicle. A cone was placed 40 inches in front of the vehicle and when sitting in the driver's seat you could not even see it. An object or even worse a child could be run over without the driver even seeing them. At this point management refuses to place a pot lid mirror to alleviate this hazard claiming it is a modification to an off the shelf purchased vehicle. What could they be thinking? You see really how much they really care about the safety of their employees and our customers. Please make sure to check that there are no children in front of your vehicle before pulling out when driving these vehicles. Check all mirrors in all vehicles before pulling out.

A small presentation was given on the new vehicles being tested. There was much optimism about these vehicles. You can find pictures of several of them if you google new postal vehicle. They spoke about cup holders, air conditioning and all vehicles must have a curbside door to enter the cargo area. This is to eliminate the need to work out of the back of the vehicle. Too many carriers have been injured or killed by being hit while retrieving mail from the back of the LLV. A few injured carriers were in attendance. Please try to find safe park points on your route so you don't become one of these carriers.

A few carriers spoke on LLV fires. Carriers stated their vehicles were completely engulfed in flames within 3 to 4 minutes. Manny told everyone to get out of the vehicle and get away from it. Your safety is more important than any mail or packages you might be able to save.

I cannot stress enough, **your safety takes precedence over time and money. Stay safe and work safe.**

The political issues were discussed in several classes. The current administrations attacks on federal workers are a real threat to all current and retired letter carriers. I attended the retirement class given by retiring head of the NALC retirement office Ron Watson. If you ever heard him speak you certainly would be educated and uplifted by his presentation. Ron's presentation focused on a letter from the head of OPM. The letter suggested to Paul Ryan what needs to be done to CSRS and FERS employees and retirees. Cuts to federal workers benefits are proposed. They will effect current employees, future employees and also present retirees. Every current and retired postal employee will be harmed by this administrations attack on federal worker and workers all over the country. A few months ago my article said that the powerful minority of billionaires wants to eliminate the working class's ability to retire. That is exactly what this is about. They are not happy that people only work 40 and 50 years. Their real goal is to have you make them money until you die. It is so sad that a majority of Americans think that what's going on in our country is about immigration, welfare, abortion and guns. The one percent has many people fooled. Their real agenda started with Ronald Reagan. 1980 legislation started the trend to stop having company retirement plans and have people invest in their own 401Ks. They knew then that most people would not invest properly and would never be able to retire. That's their real goal.

In Ron's presentation he asked if any of us heard of the Civil Service Retirement and Disability Fund. Very few people raised their hands. You can find this information on this website.

Civil Service Retirement and Disability Fund

<https://www.whitehouse.gov/wp-content/uploads/2018/02/opmfy2019.pdf>

This fund has your money put in and paid out to federal workers when they retire. The reason not many people heard of it is because our politicians don't want you to know these facts. Ron posted the amount of money in this fund and projections.

At the start of 2018 the fund had \$ 897,661,000,000 and it is projected by the end of 2018 that the fund will have \$ 915,956,000,000.

Projected Income and Expenses of the Civil Service Retirement Fund
(Combined CSRS and FERS Systems - \$Billions)

<u>Fiscal Year</u>	<u>Income</u>	<u>Expenses</u>	<u>Assets end-of-year</u>
2020	132.0	97.1	1,069.0
2030	177.4	127.3	1,486.2
2040	238.1	153.8	2,156.2
2050	322.0	183.5	3,273.8
2060	423.6	241.3	4,954.0
2070	564.8	338.5	7,015.5
2080	759.4	477.3	9,572.0
2090	1,023.4	673.3	12,761.8

<https://fas.org/sgp/crs/misc/RL30023.pdf> (2015 CRS report)

The President's 2019 Budget: CSRDF Financing

<u>2017</u>	<u>2018</u>	<u>2019</u>
Money <u>into</u> CSRDF		
\$101,724,000,000	\$103,371,000,000	\$102,364,000,000
Money <u>paid out</u> of CSRDF		
\$ 83,887,000,000	\$ 85,076,000,000	\$ 88,488,000,000

<https://www.whitehouse.gov/wp-content/uploads/2018/02/opm-fy2019.pdf>

This is what OPM proposes to Congressman Paul Ryan.

May 4, 2018 OPM to Paul Ryan
CSRS/FERS Proposed Legislation

Eliminate FERS Special Annuity Supplement

Increase CSRS and FERS Average Pay to Five Years

Increase FERS Employees' Contribution Rate

Reduce CSRS Retiree Cost of Living Adjustments

Eliminate FERS Retiree Cost of Living Adjustments

This is a projected total loss of income for current employees over 30 years.
\$347,329 total. All of us lose income even if you are retired and they eliminate
future COLA's. \$143,509,000,000 would be the projected savings on their budget.
How much did their tax cut cost?

May 4, 2018 OPM to Paul Ryan
CSRS/FERS Proposed Legislation

Eliminate FERS Special Annuity Supplement
- \$75,000
Increase CSRS and FERS Average Pay to Five Years
- \$ 9,000
Increase FERS Employees' Contribution Rate
- \$58,500
Eliminate FERS Retiree Cost of Living Adjustments
- \$204,829

Our retirement fund is fully funded and makes more money than is needed projected through 2090. That's why we haven't heard about this fund from the current administration and the present congress. Guess why all these cuts are proposed. They are saying the reason is to get federal workers retirements in line with the public sector. They started with Reagan. Workers need to work longer because they don't have enough money to retire. Now they are after us who have enough money put away. Trump wants to make us like the other people they fooled in the 1980's. They need money for TRUMPS TAX CUTS for the top one percent they just passed. This is the thanks we get for serving our customers, communities and paying for these benefits that are well funded. Trumps tax cut to make rich people richer and have very little benefit to the working class. The rich need more money so they can buy more elections. They need to buy advertising to fool millions of Americans to vote for candidates who care less about hard working Americans. They only care about getting reelected and taking care of their rich friends. **It is time for the working classing America to Wake up.**

I hope you are enraged as much as I am. Please call your representatives and tell them you want them to vote against any legislation that cuts federal benefits and is harmful to the USPS. Please, I encourage you to educate yourself to really know what's going on here. Please think before you vote for someone whose real agenda is to weaken labor laws, privatize long lasting government institutions and make it harder for workers to reap the benefits from their many years of hard work. Modern day slavery- That's what I call it. The rich think they own you. Contribute to the Letter Carrier Political Fund. Make a change. Vote in your and your family's best interest.

Wishing all of you a fun filled, healthy and happy summer.

Thank You, Sincerely

Fred Ranalli

NALC Branch 258 2nd Annual Wine and Beer Fest for MDA

When: Sunday, September 9th

Time: 1:00 p.m. ~ 5:00 p.m.

Where: Oakbrook Brewing Co.(628 Park Avenue, Reading PA 19611)

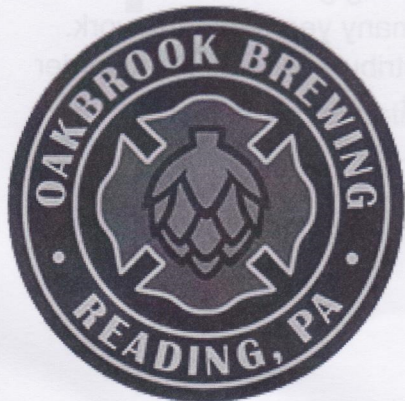
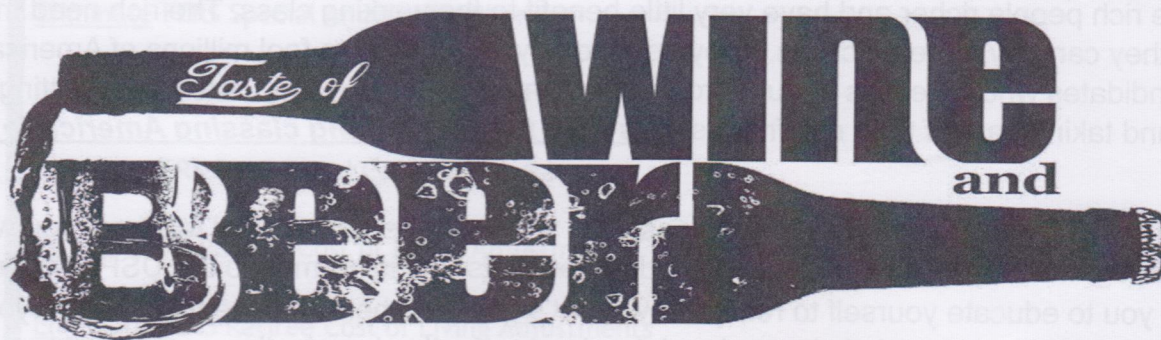
Cost: \$25.00 per person

Includes appetizers~2 Beer or Wine Samples

Beer by Oakbrook Brewing~Wine by Ridgewood

Chinese Auction~50/50 Drawing~Activities

For more information contact Tammy or Paul at NALCbranch258@yahoo.com



some people dream of
SUCCESS
while other wake up and
work hard for it

Safety Happenings

Normally I talk about safety issues going on in Reading and our district but having just come back from attending the National Convention in Detroit I wanted to talk about a different aspect that can affect our safety and that's our mental well being. As I stated the branch had delegates in attendance at the National Convention and along with tackling some important issues facing us as letter carriers many workshops were offered and one of the workshops I attended which I found quite interesting was the Critical Incident Stress Management workshop. This workshop talked a lot about our brothers and sisters who lived and dealt with nature disasters in California, Texas, and Puerto Rico as they faced issues that would be affecting their lives and created an enormous amount of stress on them and their families.

I guess you are asking what does this have to do with safety, well its pretty simple when we have stress in our lives we lose focus on our tasks and think about the issues bothering us, its only human nature but this can put us in situations where if we are not staying focused could lead to an accident or injury.

So what is a critical incident? Its any abnormal or traumatic event and has the potential to impact a workplace or employee beyond their normal coping ability. Many events bring on stress anything from an illness in the family to financial worries, and to the natural disasters in the areas I mentioned above. Everyone has issues everyday and no two people respond the same way to events. You respond by the stage of your life and resiliency , which means you have the individual personality trait and interpersonal support to have the resilient management of stress.

Why is resiliency important,? People can see challenges, think positive to get through the stressful event, and can provide a manner of stability which helps people survive and succeed. Most resilient people

- Can focus on what they can control Are committed to goals
- Don't blame others
- They are empathic
- Have the ability to recover quickly.

As you are reading this you may think that's not your personality but even if its not, you can become a resilient person. Some things to help you become resilient is:

- Have a positive outlook
- Build relationships
- Take pleasure in small joys
- Keep learning
- Become a doer

Another important part is to stay connected with people whether its family, friends, neighbors or co workers and getting involved in your community can help. Something to be mindful of is if someone you know who is going through a tough time and you want to help, be genuine in showing you want to help, ask them how they are doing, show that you care.

Lastly , something that is very important is don't try and go it alone there is always help available to you and that's EAP. This is a great tool that is offered to us, EAP has a goal is to reduce stress in dealing with traumatic events . EAP will give the least intrusive response to employees to help them get back to work and more importantly back into the life cycle. When there is a major event such as a natural disaster or work place issue EAP will be on-site with in 24 hours.

I know many people including myself who have used EAP and I can say it truly did help with the issue at the time and helped show ways to deal with not only the issue but stress everyday. Don't be embarrassed if someone suggests to you about calling or you want to call EAP on your own, the first visit for EAP is on the clock when you contact them. EAP offers many other services besides counseling. EAP can also be used for a family member who may be in need.

To contact EAP please call **800-EAP-4-YOU (800-327-4968)** or see your steward if you have any other questions. Also you can visit them at EAP4you.com

Remember take care of yourself, there are people depending on us daily in our lives and continue to make the right choices in your work and personal habits.

Stay Safe!!! Paul Purcell

Notice of Branch Nominations

This notice is to announce branch nominations will be held at the October monthly branch meeting, which will be Wednesday 10,2018 at 7:30 PM at the United Steel Workers Hall 1271 N Front St. Reading 19601.

The following positions will be open for nominations:

President, Vice President, Secretary, Treasurer, one Trustee, Health Plan Rep, Labor Council Rep, Sargent at Arms, Webmaster(director of archives) Director of Retirees,

Delegates to the Pennsylvania State Assoc. Convention to be held fall of 2019
In need of an election, the election will be held at the November monthly branch meeting which will be Wednesday November 14, 2018 at 7:30 PM.

Working In Hot Weather!!

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.

“Alone we can do so little, together we can do so much.” by

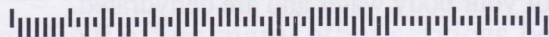
JoJo

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441 S 6th St
Reading, PA 19602-2410

1 158



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