



The Seventy-Niner

Volume MCIV Number 4



April 2019

President's Report:

Get Ready To Stamp Out Hunger

-B J Hansen-

Food Drive committee co-chairs Don Bennett and Brian Mercer are busy getting Branch 79 prepared for the Stamp Out Hunger food drive on May 11th. We will be having our food drive "pack out night" (distribution of materials) at the Seattle Carrier Annex on Thursday, April 18th, from 4:00 until it's done. The trucks usually pick up around 7:00. If you want to help out, please call Don, Brian, or the branch office to let us know. Volunteers are appreciated, and it's fun.

John Sweeney will be holding a retirement seminar, also on the

evening of Thursday, April 18th, at the Branch 79 office at 7:00. There will be information about both CSRS and FERS. You can bring your spouse/partner along. John usually packs the house, and he can help you get the answers to questions you may have.

Seattle Safe Driver Awards are on the way. Barbara Miller from the Postmaster's office and NALC Safety and Health Committee member Derrick Mitchell are currently reviewing the awards for 2016-2018. Presentations should be underway soon, if not already. Kirkland is also working on SDAs.

Please talk to your Shop Steward(s) if they aren't being done in your office.

For several offices 6-Day Route Counts and Adjustments are underway or coming soon. Redmond was first. Kevin Gottlieb and I were able to meet with carriers after work one night to answer questions and give training. We received a last minute notice for Bothell Main, and another one a couple weeks out for Westwood. More on the way. We'll be holding similar after work training for the affected offices.

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Riverton Review

-David Heiszler-

Hello again fellow Carriers. In this article I wanted to write about a subject that is near and dear to my heart. The topic is safety. Not safety as the Post Office squawks about as in "here is your discipline for breaking a safety rule" but actual safety and your wellbeing. For background, I have been a staunch supporter of safety both at work and on my own time. It is for completely selfish reasons that I observe safe practices, as I don't want to be injured or killed simply for taking a shortcut. It would not be fair to my family, friends or me if I became a victim of my own poor decisions.

That being said, I struggle with the message this company sends in regards to safety. Don't get me wrong, the P.O. talks a good game when it comes to safety, but the problem occurs when preaching safety, they promote an incredibly unsafe working climate. A recent example occurred at my station (Riverton) concerning a postal vehicle left running with nobody in the vehicle. As many of you are aware, for years the P.O. has mandated that you are never allowed to leave the driver's seat if the vehicle is running. As a union representative, I have had carriers disciplined and removed for briefly stepping out of a

running vehicle. The normal course of action is to IMMEDIATELY send the employee home on an Article 16.7 emergency suspension, followed by an investigation while the employee is on unpaid leave. Usually about a week later the employee is issued discipline and if they retain their job, they are sent for driver retraining before being allowed to operate a postal vehicle again. In my experience, these types of occurrences run from simply stepping out of the vehicle to retrieve a dropped piece of mail to leaving a vehicle running while making a delivery. The one thing all of these occurrences had in common was management's response. They always, always, always say that the company has a "zero tolerance" policy concerning leaving a vehicle running while not in control of the vehicle.

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Branch Meeting Summarized Minutes March 13th, 2019

-Assistant Secretary-Treasurer Nick Simmons-

President BJ Hansen called the March Branch meeting to order at 7:00 PM.

Roll call of officers found Garrett Scott and Scott Anderson absent.

Mark Myers informed the membership of recent communications.

Applications for Membership: Nick read the names of 28 new applications for membership. **MSC**

No Unfinished Business

No New Business

Officer Recommendations: Mark Myers made a motion to empower delegates to the 2019 WA State Convention in Yakima to act on behalf of the branch. **MSC**

President BJ Hansen:

-Presented Rick Horner with a pin to commemorate being a former branch president.

-Discussed tornado damage in Port Orchard, WA.

A motion was made to excuse Coby Jones and Michael C. Keels, due to them being away on union business. **MSC**

-In one zone at Redmond the route inspections were cancelled, Looking at Bitterlake station in Seattle.

-Safe driver awards are happening; they are being worked on in Seattle.

-Food Drive preparations are ramping up, thanks to Don Bennett and Brian Mercer, Food Drive Committee co-chairs.

-Announced dates and locations for the Gold Card Luncheon and Branch Picnic.

-Upcoming screening and discussion on film "River which I stand."

-Discussed recent attendees of basic OWCP training: Cemenry Martin, Erica Silva, and Nick

Simmons.

-Introduced Nick Simmons as the new backup Step B team member.

Vice President Kevin Gottlieb:

-Thanked associate office stewards.

-Discussed the Wounded Warrior Leave Act.

-Gave a report of the grievances so far this year.

Business from the floor:

-Mary Bartley extended an invitation for those interested to get involved with the auxiliary.

-Ron Jilk thanked Kevin for mentioning the Wounded Warrior Leave Act.

-Mark Myers asked those convention delegates who were interested to inform him of the activities they are interested in participating in at state convention.

Band Ken Eline:

-No Report

Condolence Committee Ron Jilk:

-Read the names of those who recently departed.

-Moment of silence.

KCLC/WSLC Mark Myers:

-Discussed that meetings are now taking place at the Teamsters' hall.

-Don Bennett spoke about the importance of a labor friendly city council, school board, etc.

Organizing committee:

-No Report

Good of the Association and Improvement of the Service:

-Peggy Cooper asked for suggestions for food at upcoming meetings.

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The Seventy- Niner

Official publication of Branch 79. Published monthly in the interest of Branch 79, National Association of Letter Carriers, AFL-CIO, representing the Letter Carriers of Auburn, Bellevue, Bothell, Federal Way, Enumclaw, Issaquah, Kirkland, Mercer Island, Redmond, Renton and Seattle.
All articles are the opinion of the writers and do not necessarily reflect the attitude of Branch 79, its Officers or Members.

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Branch 79 Editorial Policy
Contributors are expected to use good taste and keep articles free of personal attacks and discriminatory or prejudicial references.
Facts presented must be accurate. Submissions must comply with Article 1 of Branch 79's by-laws, which states, in part, that the object of this Branch is to unite members into one harmonious body for their mutual benefit.
All articles submitted to The Seventy-Niner are reviewed to ensure compliance with this policy.

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Bellevue Main.....
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 Bothell.....Susan Mulholland
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Enumclaw.....
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 Interbay.....Jose Martinez
Issaquah.....
 Kirkland.....Alfredo Dwan
 Kirkland.....Sabrina Miller
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 Mercer Island.....Tracy Holzwarth
 Midtown/Seattle.....Pedro Mobley
 Mill Creek.....Brian Wiggins
 Mill Creek.....Yoshi Nagamatsu
 North City.....Joshua Berg
North City.....
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 Redmond.....Dong Young Lee
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 Renton/Hlds.....Willie Castro Jr.
 Renton/Main.....Ryan Bell
 Riverton.....Dale Martinez
 Riverton.....Donna Tapia
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 Seattle Carrier Annex....Teresa Danning.
 Seattle Carrier Annex...Enrique Molina
Skyway.....
 Term Station.....Gerlyn Elaydo
 Twin Lakes.....Dan Alexander
 Twin Lakes.....Tess Hart
 University.....Will Collins
 University.....Garrett Scott
 Wallingford.....Ralph Coolman
 Wallingford.....Nick Simmons
 Wedgwood.....Susan Steele
 West Seattle.....Kim Shasteen
 Westwood.....Scott Anderson
 Westwood.....Brad Larsen



Director of Retirees

John Sweeney

206-283-3079

Director of Insurance

Jo Ann Pyle

206-914-2253

(NALC Health Benefit Plan / MBA)

Dates to Remember

Branch Meeting

Swedish Club
 1920 Dexter Ave N
 April 10th / 7 pm

Next Month's Meeting

May 8th / 7 pm
 Asian Pacific-American Heritage
and at each meeting's conclusion:
Drawing for \$50 Gift card

Retired Club

IHOP
 10002 Aurora Ave N
 April 16th @ 11:00 AM
 Hope to See You All There!

Steward Council

Branch 79 Office
 210 Queen Anne Ave N
 April 24th / 7 pm

GOLD CARD MEMBERS

Larry Austin	William Gallagher	Lafayette Moore
Leonard Berglund	Robert Geiger	Wayne Morgan
Gene Betz	Conrad Gettman	Ed Morris Jr.
Billy Bigelow	June Gravelle	Kenneth Nelson
Robert Bigelow	Francis P. Hennessey	Gary Nolta
G.R. Blair	Ron Henry	Mike Offield
Lawrence J. Branze	Danny Hess	Junji Ono
Sylvester Bunker	Kenneth Hicks	John Otis
Frank Burdulis	Charles H. Houston	Charles Owens
Richard Byland	Earlie L. Hudson	Dan Padilla
George Condon	John Janousek	David Parmelee
Beverly Cook	Ronald Johnson	David Payne
William Coyner	Kenneth Johnston	Robert Peterson
Larry Davis	Jerry Jonason	James Robinson
Eugene Dell	Richard Klein	David Rodger
George Egger	Frank LaRiviere	Don Sanders
Ronald Eng	Ernest Lendy	Donald Shannon
Ronald Engen	Donald Lowe	Ronald Sherrard
Robert Erb	Roy Luquette	Wayne Sonnenfeld
David Erickson	Peter Madsen	Robert Studley
James Farmer, Jr.	Michael Mangan	Jimmy Terada
Jon Felker	John Martin	Ben Wittick
Willard Fox	Richard McFadden	Donald Wissinger
Earl Frank, Jr.	Robert McBerry	James Wood
	Bruce Miner	

(Riverton Review from Front)

Now you're asking yourselves, "Dave, where are you going with this topic?" On Feb 4th at my station I returned to the office to pick up some mail to be delivered. As I pulled into our parking lot, I observed my supervisor clearing the windows of an LLV with the engine running. He was clearing ice and snow from the windshield while white exhaust was billowing out of the exhaust pipe. He proceeded to walk away (about 50 feet) from the running vehicle to engage me in conversation, and after a few minutes, returned to the still running vehicle. Another carrier also witnessed this action and he also engaged the supervisor in conversation to inform him that he shouldn't leave a vehicle running like that.

This issue was brought to the attention of our station manager, who proceeded to take quick and decisive action..... hahahaha.....back to reality. In actuality, my manager did virtually nothing. After three weeks, he did interview the carriers who witnessed what had occurred, at which point he was asked what he was going to do about the situation. His response was as timid as a church mouse. Now to be fair, there may have been a conversation behind closed doors between these management team members and maybe even a figurative slap on the wrist. What I do know is that this supervisor was never sent home on an emergency placement, never missed a day of scheduled work, has not been sent for any kind of driver retraining to my knowledge and has again shouted from the management megaphone that "THE RULES ONLY APPLY TO CARRIERS!"

To add insult to injury, this very supervisor had the audacity to conduct a standup at our station shortly after his flagrant safety violation to inform the carriers that they were NEVER to leave a vehicle running without being in the driver's seat or they would be sent home and discipline would most likely be forthcoming. When one of my coworkers asked if that rule applied to management, our leader brazenly said "yes." At this point, I decided to call bullshit and simply said, "That is

not true." He replied that it was true, to which I responded, "Then why are you still here?" Well a quick trip to the office then followed where I was given a "gag" order. I was instructed that I was prohibited from speaking at any standup he was conducting ever again. I think Joseph Stalin would be proud of this guy. Needless to say, a grievance was filed and the gag order was rescinded. This supervisor has lost all credibility with me, as well as most, if not all of my coworkers, and again the company has sent the message loud and clear that all rules apply to craft employees, but management can do what they please.

Now some of you may be thinking maybe, just maybe my manager dealt with this supervisor in private and that is a fair point. I would just add that one month removed from this incident and guess who is acting station manager while my manager is out of town for a couple of weeks? That's right, Mr. Stalin himself. Stiff punishment if ever I have heard of it. My question in this matter is very simple. What would the outcome have been if the roles were reversed? I would bet anyone my paycheck that I would have been sent home immediately, discipline would have been issued and I would still be trying to extricate myself from managements hammer.

As a long term employee who has an accident free driving record, I agree with never leaving a vehicle running unless you're in the driver's seat. Not because of the postal policy, but because years ago while having lunch in my LLV during the winter months, I was sitting in the driver's seat with the engine running and the heater keeping me warm. Imagine my surprise when after about 10 minutes, my LLV popped into reverse with absolutely no input from me! Fortunately, I immediately stepped on the brake and nothing bad occurred. I wrote up the vehicle and when the mechanic came to repair my vehicle, I asked him about what had happened. He told me, yeah, sometimes that happens because these trucks are old and the linkage gets worn out. This was about 15 years ago and we are still driving the same vehicles!

It is sad to me that when it comes to real safety issues, this company always cries that we don't have the money to address the problems. Funny, when it comes to wasting vast sums of money disciplining your employees and violating agreed to contractual rules, apparently money is no object. It must be a truly staggering amount of money and time that this company spends on issuing discipline, defending grievances and ultimately paying out in settlements. When our Branch literally files thousands of grievances a year, imagine what the costs are across the entire nation! In the meantime, carriers just keep working with unsafe vehicles, in run down unsafe facilities with old equipment that is not ergonomically designed in the least.

Please remember that in this organization, no one will look out for your safety as much as you will. Unfortunately, some Carriers can be their own worst enemy. I can't tell you how many times in my career I've heard or seen Carriers taking unsafe short cuts simply because management was pushing them to go faster. All I can tell you is that when the inevitable accident occurs due to your unsafe act, management will hang 100% of the blame on you. Ask yourselves if the possible pain from getting hurt and the guaranteed discipline you will receive for trying to temporarily appease the taskmaster is worth it in the end. I say if this company wants to try and fire me for doing my job correctly and in a safe manner, then they have their work cut out for themselves.

On a different note, it was pointed out to me that brother Gottlieb, our newly elected Vice President of the Branch, gave me a completely unsolicited shout out in the last edition of the 79er. I was flattered and even had a coworker ask me if I was embarrassed that Kevin had referred to me as "the greatest carrier ever!" I'm not one to seek the limelight, but I figured how could I be embarrassed? It's not as if anyone actually reads his articles anyways! I've known Kevin for many years and wish

(Continued on Page 5)

(Summarized Minutes from Page 2)

(Riverton Review from Page 4)

him well in his new position. In fact, I was recently talking to several of his former customers and they all wished Kevin well. Mrs. Dumplemeyer said, "Thank god Kevin got elected; now we actually receive the correct mail!" Mr. Strassman said, "I'll miss not meeting all my neighbors as much as we don't have to straighten out all the misdelivered mail anymore." The Hildebrand's even asked when the next election would be because they will do whatever it takes to assure Kevin stays in office. And lastly, Mr. Hardy said, "I didn't know the post office delivered mail during the daylight hours; Kevin always got here after dark!" Kevin, your customers truly miss you! I even reached out to one of Kevin's former coworkers back when he delivered mail in Detroit. I asked his original OJI how was Kevin as a carrier when he first started delivering the mail? His OJI said, "Well, I can't say Kevin is the worst carrier in the entire company. After all, I haven't met every carrier yet."

Well, I've got to run now. I think I hear Kevin knocking at my door.....

In solidarity,

Dave

Legislative:

-Mark Myers spoke about the recent lobby trip to Washington, DC.

-Mark Myers shared a card he received from a representative.

-Brian Wiggins discussed Congress signing on to letter carrier related bills.

-Brian Wiggins discussed the recent lobby trip to Washington, DC and President Trump's attempt to privatize the Post Office.

Director of Retirees John Sweeney:

-Scholarships will be awarded at the May branch meeting.

-April 25th will be the next Retirement Seminar at the branch office.

-Discussed the recent mess-ups with Kaiser and Delta Dental insurance.

-Pat Costello mentioned grandchildren now being qualified to apply for the scholarship.

Retired Club Pat Costello:

-Meeting next Tuesday at IHOP (03/19/2019)

Food Drive Coordinator Don Bennett:

-Preparations for food drive are on schedule this year.

Director of Insurance Jo Ann Pyle:

-Spoke further on the recent problems with Kaiser and Delta Dental insurance.

State Convention Committees:

Resolutions/Commendations:

-Motion to commend Michael C. Keels and Mats Julin for their work at Step B.
MSC

-Motion to commend former

Regional Administrative Assistant Nick Vafiades. **MSC**

-Motion to commend Regional Administrative Assistant Debbie Dixon. **MSC**

-Motion to commend Congressional Representatives: DelBene, Larsen, Herrera Beutler, Kilmer, Jayapal, Smith, and Heck. **MSC**

By-laws:

-Proposed a change to Article 8, Section 8C. **MSC**

-Proposed a change to Article 14, Section 4. **MSC**

Books are closing

Trustees' Report:

-Chriss Daniels reported the trustees met on 03/06/2019 and found the books to be in good order. **MSC**

-The membership was informed of the donations approved by the officers.

-Brooks Bennett explained the Spaghetti Feed on March 26, 2019 (one of the donations).

Secretary-Treasurer Mark Myers:

-Reported on branch finances.
MSC

-Brian Wiggins asked about the account balances.

Financial Secretary Edward Johnson:

-Membership report was given.

BJ gave upcoming dates to remember.

MDA prize: Ken Eline & Brooks Bennett

Door Prize: Chriss Daniels

Meeting adjourned at 8:30 PM.

Move More, Sit Less

-Director of Insurance Jo Ann Pyle-

We've heard this before, but it may be challenging for letter carriers in that you already move plenty. Unfortunately, when your body becomes used to a certain level of activity, sometimes we even have to do more. Often carriers on walking routes initially become more fit, but as the body acclimates, you may still need to "move more." It doesn't seem fair.

The Journal of American Medical Association recommendations urge adults to aim for at least 75 minutes of vigorous aerobic exercise (like running) each week. They recommend at least 150 minutes of moderate aerobic activity (such as brisk walking) or some combination of the two. And then they recommend muscle-strengthening activities such as resistance training or weight lifting, at least two days a week. I'm exhausted just writing about it.

In recent years, guidelines have added recommendations that, although the prior guidelines are still recommended, the bottom line is to "move more and sit less throughout the day." Some physical activity is better than none. The updated recommendations also specify that physical activity can be accumulated during the day, even including walking up stairs or parking a further distance from your destination. (Of course, if you do this at work, management might not like it.)

Many of you get lots of exercise during your workday, but you might need to go above and beyond to get real fitness benefits.

My own recent story of moving more (or less) . . . Brooks and I took up square dancing a few years ago. It only took me thirty years to convince him to take lessons. We love it and it's great exercise and exercises our brains, too. A week ago we attended a midday dance, which lasted for over two hours. It was fun and went off without a hitch. One and a half hours later, I rolled my foot off a curb and broke a bone in my foot in two places. I guess I'll be moving less and sitting more for the next six to eight weeks.

Be healthy.

Wounded Warriors Leave

-Vice President Kevin Gottlieb-

Recently I was going through a grievance file and included in the file was information about the Wounded Warriors Leave Act of 2015. I want to thank Steward Kevin Pearson of Crossroads for bringing this to my attention.

This benefit is for those who have served our country and need medical treatment for a service-connected disability. They must have a rating of 30% or more. If you fall under the guidelines of this Act, the Postal Service grants additional leave called Wounded Warriors Leave. It is a separate leave category and not sick leave. The benefit could be up to 104 hours of Wounded Warriors Leave per year. This is not a carryover benefit and must be used during the year.

When requesting Wounded Warriors Leave, the employee must fill out a PS Form 3971 and in the comment box write "Wounded Warriors Leave." The employee must also fill out a PS Form 5980, Treatment Verification for Wounded Warriors Leave, which will need to be certified by their health care provider.

If you believe you may be eligible for the Wounded Warriors Leave, or know of someone in your office, I have created a pamphlet that I can mail to you. There

may be additional requirements to this leave depending on your situation. Call the branch and we will send out the pamphlet to you.

On the topic of veterans, the NALC has a Veterans Group. The purpose of the group is to provide members of the NALC and a military veteran access to information and tools specific to veterans' rights and benefits within the US Postal Service. It's available to CCAs, active duty carriers and those who have retired.

The group has also taken care of its own by giving back. Recently at the NALC Convention in Detroit, Letter Carriers gave back to those homeless veterans in the Detroit area. NALC veterans, wearing red shirts, packed 2000 bags with socks, toiletries, clothes and food to help our fellow veterans.

I was part of that the line who filled bags. It reminded me of going through the reception line during the initial days of my service and receiving my supplies.

If you are a veteran and interested in joining the NALC Veterans group, you may do so at the nalc.org website. Click on member benefits and click military veterans. You may also call the branch and we will get the sign up card to you.

(Stamp Out Hunger from Front)

Congratulations to Larry Coggins from Bellevue Main office on his retirement! Larry served as Shop Steward for quite a few years during his career. An excellent carrier and voice of wisdom in the office, he'll be missed at work. He talked about growing up on a farm in a poor farming community outside of Detroit. He joined the Air Force to see the world and, ironically, was stationed for four years in Michigan. After he got married, he and his wife moved to the West Coast where he became a Letter Carrier. Their retirement plans included

buying a horse ranch. In the process of getting ready to move, Larry discovered a handwritten book from his high school years where the assignment was to record things about your life, including your dream future. It turned out that he said he wanted a horse ranch on the West Coast. Way to live your dreams, Larry.

Congratulations also go to Nick Simmons from Wallingford Station for his new role as back-up NALC Step B Team member, where he is already at work. The Seattle Formal A process is

going much smoother since the most recent NBA/Western Area intervention. Thank you to our NALC Alternate Chief Stewards currently doing that work: Nathan Martin, Tyson Burchak, Matt Rollins, Pedro Mobley, and Donna Tapia. Also thanks to Tracy Holzwarth, who is Alternate Chief Steward for both Kirkland and Mercer Island. Last but certainly not least, thank you to Vice President Kevin Gottlieb for handling all the Formal A grievances for Auburn, Bellevue, Bothell, Enumclaw, Issaquah, Redmond and Renton, and his ability and willingness to help out in many other ways.

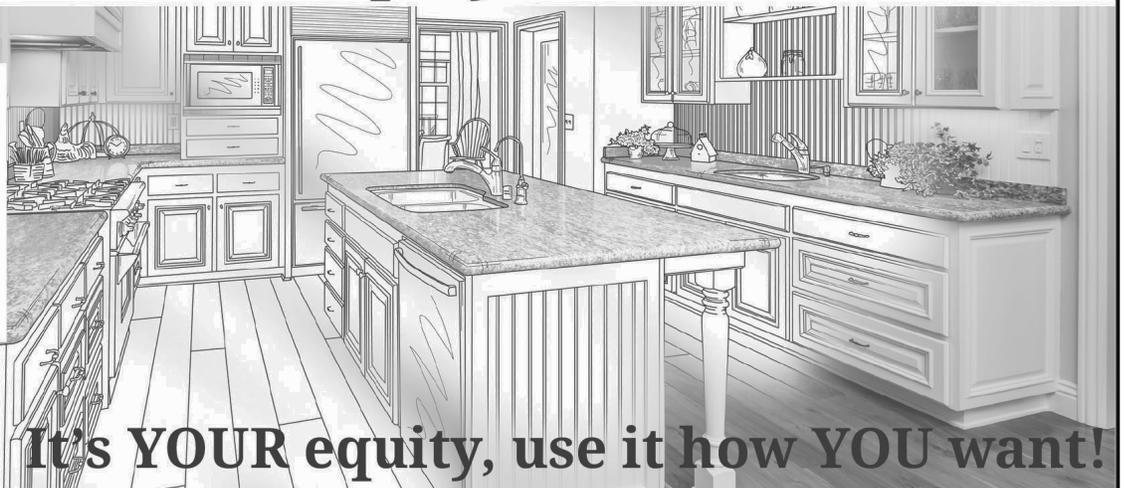
Congratulations to Larry Coggins from Bellevue Main office on his retirement!



Photos courtesy of BJ Hansen

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*Promotion ends April 30, 2019. 80% maximum combined LTV on home equity products. Minimum opening balance of \$15,000 required for free appraisal. A fee recoupment will be collected if you payoff and close the loan within the first 36 months; if there were out-of-pocket costs paid by Community 1st. Home must be located in Washington state. Consult with your tax advisor. No manufactured homes or condos. Member must provide hazard insurance coverage. All loans are subject to credit approval and other underwriting criteria. NMLS#403439

2019 Legislative Lobby Trip

-Secretary-Treasurer Mark Myers-

On Sunday, February 24th, four representatives from Branch 79 (Garrett Scott, Edward Johnson, Rick Horner and myself) traveled to Washington, DC to meet with members of our Congressional delegation. The issues before this new Congress are nothing new – anti-privatization, door-to-door delivery, and six-day delivery – but no less important than they have been in the past for the Postal Service and the Letter Carrier craft.

Fortunately, the weather was mostly warm for late February, with the exception of icy winds in the shady areas next to the huge block-long buildings. The more experienced aim for the sunny sides of those buildings. And unlike the walk signals in Seattle, some traffic signals actually range between 35 and 43 seconds (good for old timers).

On Monday, we attended training at NALC Headquarters from Legislative Field Coordinator Ed Morgan with our fellow Region 2 Brothers and Sisters from Utah, Alaska, Montana, Idaho and Oregon. WSALC President Brian Wiggins coordinated and scheduled meetings for the representatives from our state, which included Tacoma Branch 130's Carol Mesford and Jim

Hubbard, Vancouver Branch 1104's Holly Curatolo and Brittany Slavin, Olympia Branch 351's Al Floyd, Yakima Branch 852's Jim Munns, Walla Walla Branch 736's Toby Swank, North Sound Branch 450's Brad Robinson, and Kent Branch 2038's (and WSALC VP) Ray Johnson.

Each of us was scheduled to meet with Congressional staff members and/or the members of Congress. I was assigned to meet with 6th District Congressman Derek Kilmer and with 9th District Congressman Adam Smith. Congressman Kilmer met us in the Cannon House Office Building (legislative staff member Clayton Swope kindly led Carol, Jim and me through the underground tunnels and security to get there). Representative Kilmer was very supportive, and shared with us some of the history of Joe Cannon, the namesake of the building. We also met with Congressman Smith and staff member Julian Purdy at his office in the Longworth House Office Building, and were warmly welcomed. We shared our concerns about the future of the Postal Service with Representative Smith and he continues to be supportive of our issues. Both of the Congressmen have been co-

sponsors of our bills in the past, and we know we can count on their support in this Congress as well.

The following week we received a handwritten note from Congressman Kilmer, "Thanks to you and the team from the Association of Letter Carriers for meeting with me in DC. I valued the opportunity to learn about your priorities. Please count me on the home team!"

I'm glad we had the opportunity to meet with both of these Congressmen, and to discuss the issues that affect both our jobs and our future.

Branch Donations

During the month of March, Branch 79 made donations to:

*Puget Sound Labor Agency

*Smile Train

*Sunshine Summer Camp

If you have a favorite charity or organization you would like the Branch to donate to, please send the Trustees information about the charity for review. In addition to the name of the charity, and what they do, please provide the Trustees with their address, phone number, and website.

Send the information to:
NALC Branch 79 Board of Trustees, 210 Queen Anne Ave N #201, Seattle, WA 98109



OWCP Help is Here

If you have a work-related illness or injury and are having trouble navigating the confusing OWCP system, or your claim is being denied, please come get assistance from trained OWCP experts at the Branch 79 office.

Look in the Seventy-Niner for announcements of future help sessions.

Next Session:

**Branch 79 office - 210 Queen Anne Ave N, Seattle 98109
Wednesday, May 1st from 5:30 pm - 8:30 pm**

MEMORIAL

**Brother Robert Stringer
Gold Card**

**Brother Dennis P. Shoemaker
Retired**

**Rose P. Klinck
Mother of Sister Kathryn Twedt**

Congratulations Recent Retirees

Albert Ando
Renee Grote
Gregory House
Alan Macapinlac

Shared Services

(National Human Resources)

1-877-477-3273

<http://liteblue.usps.gov>

You'll need your Employee ID#
and your USPS PIN.

Welcome New Members

Christina Jordan

Vicente Sotero-Rumirez

Jennifer Douglas

Samantha Mitchell

Mitchell Stoemmer

Melesete Hunkin

Michael Estalilla

Victor Taylor

Tyler Bledsoe

Suzanne Filipcic

Glen Han

Sreymom Neak

Kendra Eiker

Adrian Ramirez

Hassan Haji

Lei Cai

Tramond Reid

Adam Chavez

Gin Lee

Yvette Naslund

James Cobb

Kimberly Francis

Jontae' Lindsey

Travis Croce

Sheryl Gregory

Adrian Mejia

Michael Whybark

OUTSTANDING SERVICE

AWARD NOMINATIONS

Jack Hayes

Outstanding Service Award Chair

Nominations are due for the Outstanding Service Award to be presented at the upcoming State Convention. The rules are simple. The nominee must be a member who is actively involved in service to our union and in community affairs.

If you have previously submitted a name and that person was not chosen, it is time to update your nomination to keep it current.

Please send nominations to :

Jack Hayes

OSA Chair

4002 226th Place SW

Mountlake Terrace, WA. 98043

You may also present your nomination at Convention.

Stamp Out Hunger Food Drive

-Sgt.-At-Arms Scott Anderson-

Letter Carriers all across the United States, Puerto Rico, Guam, and the U.S. Virgin Islands rise to the challenge the second Saturday each May. This year, Saturday May 11th, will be no different. I know, first hand, the hard work involved on food drive day. It is one easy way I know I am making a difference, and I have the pleasure of doing my normal job along with it.

Why is the Stamp Out Hunger Food Drive so important? Food banks depend on the influx of food the Food Drive brings in at an important time of year. It is a time when supplies are starting to run low after the holidays.

Where does the food we donate/pick up go? All food stays in your local community. For most of Seattle, it goes to one of two locations that is then

spread out to organizations throughout the Puget Sound.

I have personally seen and experienced the difference food banks make. I was able to participate in a community service event when I was younger that provided food to kids in Africa, the Middle East, Asia, and South and Central America. We prepared thousands of meals with just a few hours work. It is incredibly heartwarming to know that with minimal effort on my part, I can make such a big difference.

On my last route there was a food bank that was run out of a church two or three days per week. I had some interesting, challenging, and wonderful conversations with people that would frequent the food bank. I remember that every time they left, they left thankful and in a good mood.

When hunger is spoken of, it is typically in a form that makes the issue seem so far off. Hunger IS local. I, myself, have received the assistance of a local food bank. The help provided at a food bank is often immediately and unexpectedly necessary. I am looking forward to doing my part in fighting hunger in our local community.

On Saturday, May 11, 2019, let's rock this Stamp Out Hunger Food Drive! If you work, remember to leave your bag out before you go to work, or bring it to work with you. If you don't work, remember to donate. To everyone else, donate! For all of us, this is an easy and great way to make an immediate difference in our local community. Thanks for joining with us for the Stamp Out Hunger Food Drive!

The 27th annual Letter Carriers' Stamp Out Hunger® Food Drive is on Saturday, May 11, 2019.



Membership Report

As Reported at the March 2019 Branch Meeting

Financial-Secretary Edward Johnson

New Members	28
Left Service	27
Transfer Out	0
Cancelled	0
Retired	4
Deaths	2
Active	1774
Associate	35
Total Retired	525*
*Includes Gold Card Members	73
Total Membership	2334

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Seattle Odd Zips

Ken Eline

Retired Br. 79

1526 NE 165th St

Shoreline WA 98155

206-365-2659 Cell: 206-271-3053

Seattle Even Zips

Larry Anderson

Retired Br. 79

P.O. Box 69444

Seattle WA 98168

206-465-6111

BRANCH 79 RETIRED CLUB ANNUAL LUNCHEON

Saturday, May 4th at 1pm

**Angelo's in Burien
601 SW 153rd St**

Menu Choices:

Shrimp Salad

Pollo (Chicken) Salad

Spaghetti

Beef Cannelloni

Seafood Cannelloni

Turkey Sandwich

Chicken Parmigiana

**Tax and tip, salad,
garlic bread, coffee, tea
or soda included.**

\$14 for club members

\$17 for non-members

**Please RSVP to
President Pat Costello
at 206-246-8232.**



SIGN ME UP!

How to contribute to the Letter Carrier Political Fund using PostalEASE — Enroll by PHONE

Through PostalEASE, active letter carriers can contribute directly from their USPS paychecks to the Letter Carrier Political Fund (NALC’s PAC) by designating the Political Fund as one of the three payroll “allotments.”

ENROLLMENT BY PHONE

Call PostalEASE toll-free at 1.877.4PS.EASE (1.877.477.3273)

1. When prompted, select “1” for PostalEASE
2. Enter your 8-digit Employee ID Number and your USPS 4-digit PIN
3. Select “2” for payroll options
4. Select “1” for allotments
Disregard instruction to complete Allotment Worksheet and select “2” to continue.
5. Select “3” to ADD a new allotment
6. Enter the following Financial Institution Routing Number: 0 6 4 0 0 0 1 7
7. Select “1” to continue processing allotment
8. Select “1” to “enter the allotment now”
9. Enter your 17-digit Account Number (See step D at left)
10. Enter “1” for Checking
11. Enter amount of allotment: \$ _____ / pay period
Maximum yearly amount is \$5,000
12. If amount is correct, select “1”

NOTE: If you already have three allotments, you must cancel one to contribute to the Political Fund through PostalEASE. To do so, follow the instructions above but instead of selecting “3” to add a new allotment, select “2” to cancel an allotment.

After completing your entry, stay on the phone for the following information:

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.

BEFORE YOU START, YOU’LL NEED:

- A. Your 8-digit Employee ID Number (on your paystub)
- B. Your USPS PIN
- C. Your Postal Record Number (Located on the back cover of your Postal Record magazine, above your name. **Or** call 202.393.4695 to get your Postal Record Number).

Your Postal Record Number is on the cover of NALC’s monthly magazine:



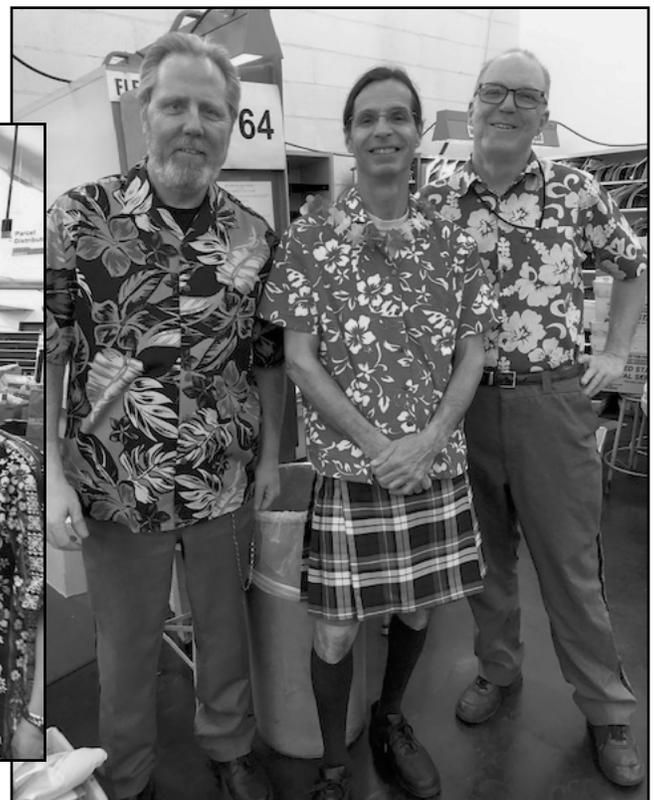
- D. To create your personal account number, insert the seven digits of your Postal Record Number to the spaces below:

_____ 0 0 3 4 9 5 2 5 3 5

By making a contribution to the Letter Carrier Political Fund, you are doing so voluntarily with the understanding that your contribution is not a condition of membership in the National Association of Letter Carriers or of employment by the Postal Service, nor is it part of union dues. You have a right to refuse to contribute without any reprisal. The Letter Carrier Political Fund 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. Contributions to the Letter Carrier Political Fund are not deductible for federal income tax purposes. Federal law prohibits the Letter Carrier Political Fund from soliciting contributions from individuals who are not NALC members, executive and administrative staff or their families. Any contribution received from such an individual will be refunded to that contributor.

Aloha From Bitterlake Station

Photos from Bitterlake station's annual Hawaiian shirt day, which is celebrated each year on the first day of spring. Thanks to **Robin Torres** for the photos!.



(Good Sheriff from Back)

job, well that really flipped a switch for me. Again, I wasn't good at it, but when I got them in the clinches, I was tenacious. I was as bothersome and as dogged as one of those cockapoos that gets a hold of your pant leg and won't let go. They couldn't kick me off. They couldn't scare me off. They succumbed from fright, I do believe. I took to coming to work with a briefcase every day that I had Shop Steward Duties. The manager says, "What's in there – your lunch?" And I said, "No. Actually I'm going to eat your lunch with what's in there!" That wiped the snide right off his face.

Everyone should wear the Shop Steward badge for awhile at least. It not only makes you a better Letter Carrier, it makes you a better person. A good

Sheriff can calm the waters and tame the bully; a good Sheriff cannot only right wrongs, they can lend sage advice, and calm your qualms like a Bhagwan. A good Sheriff can simplify your Letter Carrier life, ratchet down the strife, give you little missives about hits and misses, about do's and don'ts, would's and wouldn'ts, should's and shouldn'ts, teach you how to listen through the hisses, can snake charm, disarm, and out plan a flim-flam man. To all the good Sheriffs I've ever known - from my very first - gentle, loving, caring, old avuncular, pal o' mine Georgie Poole, who died of a brain tumor, but stayed in the saddle all the while he was fighting that cancerous battle; to Stan "The Man" Neering, who ran roughshod over "ol Weezey" out at Westwood Village, and traveled back and forth to Union meetings with me for years and years. He never winced once as I nitpicked his

brain like a gibbon monkey checking for fleas, constantly on the ask to have him "Help me!" solve the mysteries of Article 8, and what's an Article 16.7, "Can they really do that?" All those rules and rights and wrongs – and he never flinched. I think he probably got frustrated and he did laugh a lot, but he never kicked me out of the car. (I was driving.) He always thanked me for taking him to those monthly meetings, but it was always me who drove away richer for the ride. Thanks, Georgie, in memoriam. Thanks, Stan. This is just the beginning of all the Sheriffs I have known, but I try to keep these monthly tongue wags from leaking over a thousand words and so I'm tying a ribbon around this one now, and laying it to rest. If you have a good Sheriff, and you know when you do – there's no need to tip 'em – a tip of the hat will do.

Asian American and Pacific Islander Heritage Month

-Financial-Secretary Edward Johnson Jr.-

May is Asian American and Pacific Islander Heritage Month. It celebrates the culture, traditions, and history of Asian Americans and Pacific Islanders throughout the United States. The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843. It also marks the anniversary of the completion of the transcontinental railroad in May 1869, whose work force was largely Chinese immigrants.

The Postal Service includes about 50,000 employees who identify as Asian, Native Hawaiian or Pacific Islanders.

Unite Our Vision by Working Together.

The Federal Asian Pacific American Council (FAPAC), the premier

organization representing Asian American and Pacific Islander (AAPI) employees in the Federal and District of Columbia governments, announced this year's theme.

As a union, we join together to have a collective vision in the work place. We come from all walks of life, bringing with us a diverse mixture of customs and beliefs. We're a melting pot of genders, religions, races, marital statuses, ethnicities, parental statuses, ages, educations, physical appearances, sexual orientations and languages.

From the NALC's website:

Since it was founded in Milwaukee in 1889, the NALC has had a long and distinguished history of defending the rights of letter carriers before abusive supervisors, unfair presidential administrations

and indifferent Congresses. NALC is the only force that fights to protect the interests of city letter carriers.

Even with that knowledge, some letter carriers choose not to be part of the union. It's with a strong union that we all have that voice heard. Strength in numbers. Yes, you might not ever be in an investigative interview or served a 7-day suspension, but the union will have your back. You might not see all the union does for you, but if you took a moment and thought about your wages, sick and annual leave, retirement and health benefits, where would you be right now without the union? So when you see that non-member on the work floor next to you, have a talk with them, hand them a form 1187. Let them know you're a member and they should be as well.

*This article is reprinted from May, 2018.
-Editor*

THE SEVENTY-NINER
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The Good Sheriff

-Don Nokes-

I've seen, I've hung out with, and I've been around a whole lot of long time Letter Carriers. Most of whom at one time or another had donned the mantle of Shop Steward. One thing I've noted amongst them all is a commonality of temperament. There's a quality of character that is common to most, if not to all, of being a humble, well-adjusted human – albeit with a somewhat wry, dry sense of humor. Like a fine wine, no doubt, it's an acquired taste – acquired through years of listening to Letter Carrier' fears and wiping away the tears from those being frightened out of their minds and being needlessly terrorized over their everyday duties. Talking carriers down off the ledge is an extension of the Shop Steward role. It's like an added appendage one must grow in order to keep everybody balanced. You don't sign up to be a Dr. Phil, but when supervisory personnel start dispensing threats as if they were tossing out free t-shirts, it behooves the Steward to step in. Someone has to keep their wits about them, insist that everyone "not drink the kool-aid," ask all present "to take a cleansing breath" – don't chase the red dot, don't pass the paranoia, don't eat that "red meat" – it's rancid, assert that it's okay to give "No!" for an answer, and speak assurances that there's a difference between what management can do – and what they might, thus separating the bark from the bite, and basically acting as a threshing floor sorting out the facts from the fiction.

You don't become a Shop Steward for the prestige, that's for certain. Sometimes it's a battle of attrition. Our primary Steward sadly had contracted a brain tumor and the next man up was a woman who had transferred in from Minnesota, an OWCP expert who somehow – got injured, got set upon, and then got out of Dodge – and in an amazing feat of alacrity, she morphed over to the clerk craft. As the alternate Steward, I was then called into the office and told, "We don't need a Shop Steward here!" Well, well, well – I'm sitting there staring at this goofy guy, straight in the mug, and I say, "I'm just the alternate Steward. So I'll just do the Steward duties until the Primary Steward returns." I already knew she wasn't coming back. I also knew nothing – except 206-284-3420 - the Union Office number. Everything I learned about being a Shop Steward I learned over the phone. I wasn't the best, but I was all we had, and I wasn't taking a load of crap off of these jackasses, that I did know. I had a callous on my finger and a cauliflower ear from talking at Jo Ann and Sweeney and BJ and Mark and Mats

and whoever was fool enough to answer the phone. Talk about growing a pair – I was waddling around the workroom floor like a bull moose at rutting time. And I was new, too, and it's not easy being green, but you don't become a Shop Steward for the glory. For me it got to be about dignity and respect. I never did figure out Article 8 and all that arcane overtime-equitable-opportunity-hours, oh forget about it. But when they made someone cry or tried to take their

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Retirement Seminar

There will be a
Retirement Seminar at the
Branch 79 office.

210 Queen Ann Ave N

April 18th
7 pm

Spouses are welcome.