



LIMB

LONG ISLAND MERGED BRANCH 6000
National Association of Letter Carriers
AFL-CIO

LEADER



630 BROADWAY (ROUTE 110) • AMITYVILLE, NEW YORK 11701
TELEPHONE (631) 789-1616 • www.nalcbr6000.com

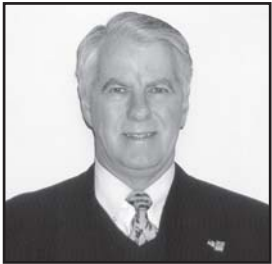
VOL. 39, NO. 8

CIRCULATION 6,000

C701

Editor: VINCENT CALVANESE

OCTOBER 2011



From The President **WALTER BARTON** President Obama's September Surprise



From the Executive Vice President **NICK D'AVANZO** Cut, Cut, Cut

For over the past 2 ½ years the National Association of Letter Carriers has advocated that 5 Day delivery was the wrong way. It was not a new issue but for over the past 40 years it did not seem as if it would ever become reality.

On Monday, September 19th, 2011 the supporters of 5 Day delivery gained a new ally. The surprise was that it was the President of the United States, Barack Obama. It is a greater surprise because in 2010, he and Vice President Biden assured the NALC National Leaders and other Postal Workers that he would not abandon 6 Day delivery.

As a representative of the NALC I am both shocked and outraged by this turn of events. I have little or no tolerance for leaders that "Flip-Flop." I have less tolerance for leaders who take my members and my viewpoints for granted.

The Congress has been divided for the past 2 ½ years on just about every issue. It has been partisan politics at its worst. Nothing seems to get done and the "people" are left to fend for themselves. This in my opinion, has been one of the reasons the Postal Service has not been able to resolve their problems.

Contrary to some of the political rhetoric that some representatives espouse the Postal Service is not in need of a bailout. What it really needs is fair treatment. Fair treatment means we will not be asked to pre-fund 100% of retirement Health Benefits for the next 10 years so that we have sufficient funding to pay benefits for the next 75 years.

It is ludicrous to believe that it is fair especially when all other federal and government agencies are not required to do that. It is even more absurd, when one realizes that these same government agencies have deficits of over \$350 Billion dollars and they are not even trying to "pay as they go."

The Postal Service in my opinion is being used as a "scapegoat" for other government failures. Independent agencies agree that there are major surpluses in both the Civil Service Retirement System (CSRS) and the Federal Employees Retirement System (FERS). The CSRS has either \$50 Billion or \$75 Billion dollars available to assist the Postal Service but our government refuses to return this surplus because it would add to the debt ceiling. If passed, HR 1351 would restore these monies to their

(Continued on Page 2)

It seems that attempting to slash service and benefits is Postmaster General Donahoe's only solution to "saving" the Postal Service. In the past two months alone, Donahoe has done the following. 1) Unleashed a concerted campaign in the halls of Congress to remove ALL postal employees from the current health benefits program and retirement plans, and asked Congress to enact legislation to override collective bargaining agreements in order to remove current no lay-off provisions. 2) Continued to ask Congress to remove the requirement that mail be delivered 6-days a week, enabling the Postal Service to deliver mail as many (or few) days as it deems necessary. 3) Announced that proposals are under way to consolidate or close up to 250 mail processing facilities, reduce mail processing equipment by as much as 50%, dramatically decrease the postal nationwide transportation network and revise the current service standard for first class mail from 1 to 3 day's delivery to 2 to 3 day's delivery.

It appears that Donahoe only knows one way-cut, cut, cut. It is an un-refuted fact that between 2006 and 2010 the USPS would have actually shown a small profit had it not been for the mandatory pre-funding of future retiree health benefit cost (to the tune of 5.5 billion dollars a year) that Congress has imposed on the USPS, and that no other federal agency is required to make. It is also an un-refuted fact that the USPS has overpaid the Civil Service Retirement System (somewhere between 55 and 75 billion dollars depending on who you

(Continued on Page 6)

LONG ISLAND MERGED BRANCH 6000
NATIONAL ASSOCIATION OF LETTER CARRIERS
AFL-CIO
630 BROADWAY (ROUTE 110) • AMITYVILLE, NEW YORK 11701
TELEPHONE (631) 789-1616

NON-PROFIT ORG.
U.S. POSTAGE
PAID
HICKSVILLE, NY
PERMIT NO. 6000

ADDRESS SERVICE REQUESTED



From the First Vice President
RICHARD McLEHOSE
 Politics As Usual?

At some point in time you either step up or step out. We are at a pivotal junction in time where the fate of the USPS as we know it may cease to exist. There are dark clouds forming over our heads and hard times on the horizon if we do not fight back against this coordinated effort to parcel out the service.

The right wing of this country does not care what damage it does to the working class. These zealots can't see past the money signs hanging in front of their eyes. They are morally and mentally bankrupt with no regard to every day working class people such

as you and me.

These right wing extremists have decided that we are paid too much in salary. They have decided that our benefit packages are too rich for their blood and want to cut them down to a more acceptable (0) size. They are looking to piece out the United States Postal Service. That is Americas Postal Service; an institution that has been around, and properly served the public for almost as long as this country has existed itself. I include PMG Donahoe in this group. A man entrusted/hired to protect the sanctity and security of the service itself. A man who seems

hell-bent on destroying the very institution he has sworn to protect. He seems very cozy with the Tea Party and right wing zealots who want to take us apart. I wonder what golden parachute he has to protect his fall from grace. Why has he not made a more concerted effort to get Congress to release the \$75 to \$125 billion dollars we have been overcharged for health and retirement costs over the past 30 years? All he can say is that he wants/needs a 5 day work week. That seems to be the basis of most of his arguments Incompetence at its peak.

I have another pet peeve to discuss. I find it incomprehensible that people would vote for people that have stated that they want to extinguish Medicare and Medicaid. That they would vote for people that have stated we receive too much in Social Security and want to trim it if not completely destroy it. I don't know about you, but take a second and think about the consequences of stopping or drastically reducing Medicare. How would that affect your home? How would it affect your parents? My mother and father depend on and use Medicaid on a regular basis. Both have health issues that need constant medical care. If not for Medicaid, they would not be able to get the medications that they need on a daily basis. Their health would deteriorate and quite frankly, they would probably not be here with us now. That is a reality check that you all need to make.

The right wing zealots are making issues of "entitlement" programs. What is an "entitlement" program? I have paid into Social Security and Medicaid for years. Am I not to expect a return on my "investment"? Am I not entitled to that return? I ask them; what have you done with my investment money over the past 35 years. I question, how can elderly people vote for anyone that would affect their lives in such an adverse way? I travel to Florida a few times a year to see my parents and siblings. This is a state of many elderly people, many who are retired and receiving Medicaid and Social Security. Yet this is a state that consistently votes for right wing politi-

cians who want to deny them the very benefits we are talking about. How many people know that the House has already passed a bill cutting out and reducing Medicaid and Medicare? If not for the Democratic majority Senate stopping it, we would not have Medicaid or Medicare right now. This is a reality, not a supposition.

Like I said earlier in my article, there are dark clouds on the horizon. Be

prepared because if those dark clouds gain control of the House, Senate and Presidential positions in the near future, we are in serious trouble. The middle class and working class people of this country will become the working poor, with no safety net to protect them. Leave it up to the Tea Party and Right Wing politicians and not only the Postal Service but also America as we know it will cease to exist.

President's Article

(Continued from Page 1)

rightful owner (the Postal Service). No "bailout" no borrowing. It is our money.

President Obama's current proposal would return the \$7 billion surplus from the FERS system but it would be paid over a 2 year period. Again, the Washington, D.C. accountants are playing games with the numbers. Don't be fooled.

President Obama has "flip-flopped" from his original position of maintaining 6 Day delivery and it seriously brings into question as to who he represents. His interests or ours. His proposal has not been adopted at this time by any committee or other Congressional group but just knowing that it is out there is a concern.

I will not discuss other aspects of his September 19th proposal but it is something that every letter

carrier, postal worker and their Families should be concerned about.

Any Congressional representative that signs on to this piece of legislation is not a friend. I do not care if they be a Democrat, Republican, Independent or Tea Party member. This is a dangerous proposal and should be received as a threat to collective bargaining and our pension and health benefits.

Our National Leaders in the NALC worked hard on crafting a position that is fair to the Postal Service, the government and the American Community. President Obama should consider the consequences that his deficit reduction bill will have on letter carriers and their Families. If his proposal to eliminate 6 Day delivery is enacted then we will have to voice our opinion of approval or disapproval in the November 2012 election. **Your Silence Is Your Consent.**

**NATIONAL ASSOCIATION OF LETTER CARRIERS
 LONG ISLAND MERGED
 BRANCH 6000**



**630 BROADWAY (ROUTE 110)
 AMITYVILLE, NEW YORK 11701
 TELEPHONE (631) 789-1616
 www.NALCbr6000.com**

The LIMB LEADER is published monthly except for July/August and December/January, which are published bi-monthly by Branch 6000 NALC, AFL-CIO.

The opinions expressed in this publication are not necessarily those of the Staff or of the Officers of the Branch.

The President, as the highest elected Officer of the Branch, is the Chief Editor and the Editor retains the right to edit, delete, or reject an article for the good of the Branch.

In the hope that material contained herein may be of the benefit to the goals of the National Association of Letter Carriers, permission is hereby granted to copy or use material in this publication, verbatim, with our best wishes.

STAFF

Editor: Vincent Calvanese
 PHOTOGRAPHER: James Jongebloed

BRANCH OFFICERS

- President Walter Barton
- Executive Vice President Nick D'Avanzo
- 1st Vice President Richard McLehose
- Recording Secretary Tom Siesto
- Financial Secretary Kathy Friedman
- Treasurer Robert Cuccia
- Area Rep. Carol Brown
- Area Rep./O.W.C.P. Rep. Tom Kelly
- Director of City Delivery Robert Graf
- HBR/MB/NSBA Jim Yates
- Editor Vincent Calvanese
- Safety Charlie Smith
- Trustee #1 / Sargeant-at-Arms James Tuthill
- Trustee #2 Ron Raynor
- Trustee #3 James Jongebloed
- Trustee #4 Joseph Morelli
- Trustee #5 Michael Donohue
- Dir. of Retirees Dave Diamond

BOOKING FOR 2011

**Branch 6000
 NALCREST VACATION**

Apartment Vacancies!

**Efficiency Apartment - Completely Furnished
 Sleeps 4-5 People**

Recreation Area Includes:

- Olympic Size Pool • Golf Driving Range
- Fishing • 1300' Beach on Lake
- Shuffle Board Courts

LOCATED IN NALCREST, FLA.
Only 55 Minutes From Disneyworld

**In-Season Rates Are
 ONLY \$465 PER WEEK**
 - Special Off-Season Rates -



CALL FOR RATES
 Anyone wishing to rent the apartment or want further information please call
Richie McLehose
at the Union Office:
(631) 789-1616

BOOKING FOR 2011



From the Recording Secretary
TOM SIESTO
Annual Leave

With the summer behind us, we soon will be picking vacation time for the upcoming 2012 calendar year. The choice of prime time versus non-prime time, and the number of carriers off during each of these periods, is determined by your Local Agreement.

Here are some guidelines to follow:

Full-Time employees earn leave based on the number of creditable years of service. Full Time regulars are credited in advance with annual leave during the first completed pay period in a calendar year. When a PTF employee is converted to Full-Time status, they will receive the advance for the balance of the year.

According to the Employee And Labor Relations Manual (ELM) Section 512.311 Full Time Employees:

Accrual Chart - Full Time employees earn annual leave based on their number of creditable years of service:

Less than 3 years - You receive 4 hours for each full bi-weekly pay period; I.E. 104 hours (13 days) per 26-period leave year.

Employed 3 years but less than 15 years - 6 hours for each full bi-weekly pay period plus 4 hours in last pay period in leave year. I.E. 160 hours (20 days) per 26-period year.

Employed 15 years or more - 8 hours for each full bi-weekly pay period: I.E. 208 hours (26 days) per 26-period leave year.

PTF employees earn annual leave based on the number of hours he/she work in a given pay period, as well as their years of creditable service. Creditable service includes time spent in the military, in addition to time in other federal agencies (IRS, Treasury Dept. etc.).

Part-Time employees with:

Less than 3 years of creditable service - One (1) hour for each twenty (20) hours in a pay status.

Employed 3 years but less than 15 years of cred-

itable service - One (1) hour for each unit of thirteen (13) hours in a pay status.

Employed 15 years or more of creditable service - One (1) hour for each unit of ten (10) hours in a pay status.

Employees who earn thirteen (13) days of annual leave per year, shall be granted up to ten (10) days of continuous annual leave during Choice Period.

Employees who earn twenty (20) or twenty six (26) days of annual leave per year, shall be granted up to fifteen (15) days of continuous annual leave during the Choice Period.

Transitional Employees (TE'S): Annual leave is provided to Transitional Employees for rest, recreation, emergency purposes, illness, or injury.

Accrual of Annual Leave:

Transitional Employees earn annual leave based on the number of hours in which they are in a pay status in each pay period.

Bi-Weekly Crediting: Annual leave accrues and is credited in whole hours at the end of each bi-weekly pay period.

Payment for Accumulated Annual Leave:

A separating Transitional Employee may receive a lump-sum payment for accumulated annual leave subject to the following conditions:

A TE whose separation is effective before the last Friday of a pay period does not receive credit or terminal leave payment for the leave that would have accrued during that pay period.

The maximum carryover amount according to the ELM, Section 512.321:

The maximum carryover amount I.E. The maximum amount of previously accumulated annual leave with which an employee may be credited, at the beginning of a year, is as follows:

Bargaining Unit Employees:

The maximum leave carryover for bargaining unit employees is 55 days



From the Financial Secretary
KATHLEEN FRIEDMAN
Wake Me Up When September Ends

Green Day sang "Summer has come and passed, The innocent can never last, wake me up when September ends." And while I believe the lyrics were meant for another issue, it rings true for the Postal Service who are burying their heads in the sands waiting for October 1, the end of their fiscal year.

With the end of September also comes the time of the year where darkness falls earlier and earlier. And with this season comes the question of delivery in the dark. Let's spend a little time talking about your rights under the contract concerning safe delivery and darkness. Let's be honest about things, what I might consider safe you may not and vice versa.

First of all I can not stress enough that you are under obligation to follow a direct order. Failure to do so can be considered insubordination and will open you up to discipline, leading up to removal. This obligation however comes with a caveat; you do not have to follow any order that puts your health and safety at risk.

If you are ordered to deliver in the dark, you must attempt to make the delivery. You can not just say "I don't walk in the dark". You need to load up your truck, drive to the route and then attempt to deliver. You should be as-

sessing the situation. If you feel unsafe, you need to call the office and tell them you are unsafe and you are retuning with the mail. If you are unable to call the office, return to the office with the mail.

You need to describe why you fell it is unsafe. Just to say that it is dark is not a reasonable explanation. These explanations could include I attempted to deliver and I tripped, I do not have enough light to work safely. This is not a good neighborhood, there were people hanging out and I do not feel safe. This is a mounted route, my vision is reduced because of dark, and I can not properly see if cars are coming around me. Dogs are loose, I can not see them. I can not see the kids walking around in the neighborhood. You get the drift.

Under normal circumstances we tell you to always follow the direct order and we will grieve later. But when your health and safety is at risk it is an individual's call. Did you hear me say that this would be easy? Did you hear me say that they will bend over and say OK, you're right? They will give you a hard time. Be ready for it. They will threaten to write you up, be ready for it. Accept that you have to fight for your own individual rights. And if they do write you up the Union will

grieve it.

Now let's talk a little about those who choose to deliver in the dark. For the most part, they are taking much more time to deliver, they can no longer cross lawns, they may be fingering the mail under the porch light, they may be sitting in the truck fusing all the mail, rubber banding it and mounting off the houses one at a time. These are all local policies that the individual's have stated are what they need to do to deliver the mail safely. In one case, I know that 2 carriers are sent out together and walk side by side, one carrying flats, the other carrying letters. This is what makes them feel safe carrying the mail in the dark.

The decision is yours alone to make. And the decision that you make you must back up with legitimate concerns. Be prepared to face controversy, and be willing to defend your rights. Take a stand for what is safe for you, and do not be concerned with what is safe for other employees.

COLCPE	
MONTHLY REPORT:	
OCTOBER 2011	
ACTIVE	AMOUNT
Jim Dorman	50.00
Island Park	
RETIREE	AMOUNT
Station	
For this Month:	50.00
Previous Month:	906.00
Total for Year :	956.00

(440 Hours).

The annual leave you receive each year is a benefit that the NALC fought for you to receive through the collective bargaining agreement. Do you think that the Postal Service would give you this amount of annual leave on their own?

Just look into private industry and see how much vacation time they receive on a yearly basis, and if they're allowed to carryover annual leave up to 440 hours. This annual leave is just one of the many benefits that the NALC has negotiated for you, the membership.

As you should know,

our contract with the Postal Service is going to expire this November. This is one of the many benefits the Postal Service would love to renegotiate with the NALC, along with our health plan and retirement plan. We must be vigilant and able and ready to

help! By this I mean, the NALC might ask you to write or phone your Congressional Representative, or do an Informational Picket, in order to get our voice out to the public, for a fair and equitable contract. WE WILL KEEP YOU POSTED!!!

RETIRED OCTOBER 2011

- Dongsoo Im Franklin Square
- Robert Sarfin Franklin Square
- Robert Walsh Lynbrook

AROUND BRANCH 6000

SEPTEMBER BRANCH MEETING



President Barton addresses the membership at first meeting back after the summer.



Top prize winners from the MDA bowlathon. (left to right: Ron Raynor from Glen Cove, MDA Chairman Charlie Smith, Exec.V.P. Nick D'Avanzo, and Candace Howell from Westhampton Beach.)



Kathy Friedman gives New York State Convention report.



Members at Branch Meeting.



Members at Branch Meeting.



Raffle Winners.

Branch Election Details

Candidates for Branch officers and part-time officers were elected by acclamation at the September 15, 2011 Branch meeting. Two candidates were nominated for the Safety Officer position to serve for a three (3) year term. They are: Charles Smith of the Massapequa Post Office and Matthew Chimenti of the West Islip Post Office.

Official Ballots and instructions will be sent to all eligible NALC members. Any active or retired member who does not receive a ballot by November 3, 2011 must notify their Branch officer.

The members of the election committee are:

Bill Link Wantagh (Chairman)
Ed Mushorn Merrick
John Harms Jr. Woodbury
Ken Roggenkamp Farmingdale
Bob McClintock Albertson
Rob Tavalaro Medford
Jeff Calderone Amityville
Ray Gonzales Cold Spring Harbor
Joe Garapolo Hampton Bays
Cathy Razzano Huntington Station
Willie Vasquez New Hyde Park
Charlie Griffo Rockville Centre
Glenn Bussman West Islip
Candace Howell Westhampton Beach
Jim Dorman Island Park



**ATTEND
ALL
UNION
MEETINGS**

Reminder

NALC Branch 6000

Retiree Brunch

Sunday October 2, 2011 - 11:00AM

Knights Of Columbus Hall

400 South Broadway

Lindenhurst, NY 11757



From the Treasurer
ROBERT CUCCIA
 Five Day Delivery

I know most of you have heard that the Postal Service is seeking to get Congress to approve a Five Day Workweek. Now even President Obama has stated that he would support the Postal Service in their quest for Five Day Delivery. As I have visited many of my offices some carriers think that this is a "good thing". However, I am writing to tell you that this would be the beginning of the end of the Postal Service as we know it. The primary reason I say this is that this would put a large amount of our brother and sister letter carriers on the unemployment lines. This would eliminate all of our T-6 utility carrier positions thereby causing the Postal Service to layoff junior workers with less than six years across the country, something that has not happen in all the years that I have been employed by the Postal Service. We have always strived to protect our fellow letter carriers and fought to keep them working, even before the Postal Service Reorganization Act.

Secondly, nothing would please our competitors more than having the Postal Service go down to a five-day workweek regardless of which day it would be, (no guarantee that the day would be a Saturday) so that they could pick up the slack and add a delivery day for themselves which would increase their businesses. This would also give them an opportunity to ask Congress to relax the standards for maintaining the monopoly that the Postal Service has on mail delivery throughout our history. Once that has happened we may be in a fight for our lives scenario, which could affect every one of our jobs.

Thirdly, this would give

the Postal Service and many of our adversaries a chance to do what they have tried many times before without success, and that is to privatize the Postal Service. If they failed to privatize, it would create another chance for the Postal Service to try and contract out more of our jobs decreasing the size of our workforce even more. In an economy which is already experiencing hard times can you imagine facing your family and having to tell them you no longer have a job which means you are no longer bringing home a paycheck?

How do we stop this? The answer to me is simple. We will be, or already have had by the time this hits the press, the rally on September 27, 2011 to bring attention to HR 1351 which includes six day delivery among other things that will help us maintain our jobs. However, it does not stop there. Fortunately our Congressional Representatives on Long Island fully support and signed on to HR 1351. We must now focus our attention on talking to our neighbors, friends, and relatives, (off the clock of course) to make them aware of the potential dangers of going to a five day work week. We can also write, call, e-mail other Congressional Representatives and Senators, who are not signed on, and tell them not to support any cut in the number of days the Postal Service delivers. It is essential that we fight as long and as hard as we can to stop this undercurrent that may be gaining in momentum, that the only way to pull the Postal Service out of its present financial crisis, is to eliminate six-day delivery. We need to act as one. We need to act now!!!!



From the Area Rep
CAROL BROWN
 Violence and Behavior in the Workplace

The Joint Statement on Violence and Behavior in the Workplace should be posted on the bulletin board in every office in clear sight.

It advises you that, **"there is no excuse for and will be no tolerance of violence or any threats of violence by anyone at any level of the Postal Service; and that there is no excuse for and will be no tolerance of harassment, intimidation, threats, or bullying by anyone"**. This statement also affirms that, **"every employee at every level of the Postal Service should be treated at all times with dignity, respect, and fairness"**.

As a Postal employee, remember, nothing justifies actions that are abusive and intolerant. Whether it is one adult dealing with another on a day to day basis, claims of sexual harassment, racial discrimination, disability, religion, or age, there is a zero tolerance policy. If you are violated by actions or threats to any of the above, seek help promptly.

If it is coming from your postmaster, supervisor, or a fellow craft employee, inappropriate comments or behavior

should not happen at any level. You can call 1-888-336-8777 - (EEO-USPS). This number is available 24 hours a day, seven days a week.

Now, let's flip the script!

We are all faced with stressful situations every day. Whether it is problems at home due to marital situations, the recession, financial problems, company downsizing, or the uncertainty of what's to come with this job, we are all feeling it.

That is where my concern is. We can all see it as it is all around us, and it is scary! It is like walking on eggshells. What do you do? Talk about it, ask questions, or seek help.

What you don't want to do is be the aggressor. If you find yourself about to lose it while on the workroom floor, maybe it is time to go home, cool out, and talk to someone. Also, your fellow co-workers should be treated with respect and fairness by you. They may not share the same work ethics or ideas, but don't make it your problem. No one should be ridiculed or taunted. This also falls under the zero tolerance policy.

We have a lot of insensitive managers out there who don't care or

don't know how to care, treat you, or talk to you. This is where the problems start. From what I am hearing, it is thought to be ok to stand in the middle of the floor and talk to you in a condescending manner, and to demand (not ask or tell) that you do the impossible. These are the same people who don't know the job, don't know how this job has changed, or don't care that it is 90+ degrees outside and you can't move the same on that particular day. These are the same people who have problems of their own, come to work, and take them out on the employees. These are the same people who know you have things going on in your personal life, and are waiting to set you off so they can get rid of their problem, which is you. You can't let this happen. And, if the one I am referring to is your neighboring co-worker; talk to them, reassure them, and lend support.

I am just putting this out there because these are desperate times. If you or someone you know is subject to a threat, intimidation or harassment of any kind, act before you react. Report it, file a grievance, or go to EEO. Don't let it go.

Get the issue resolved so you don't find yourself acting out and labeled the aggressor. Let's get the real culprit! Remember, the number to call is 1-888-336-8777, 24 hours a day, seven days a week.

Executive Vice President's Article
 (Continued from Page 1)

(listen to). HR 1351, a bill currently before Congress, recalculates and returns this overpayment to be used, to fully pre-fund future retiree health benefit cost, thus saving the USPS some 5.5 billion dollars annually. (All four Long Island Congressional Representatives are co-sponsors of HR 1351). Passing this one bill will go a long way in helping the USPS out of its current financial situation.

The 2011 fiscal year comes to a close on September 30th, and Donahoe

has already predicted that the Service will lose "around 10 billion dollars" this year. Donahoe states that even if HR 1351 is passed, the USPS would still lose 4.5 billion dollars this year, and the forecast for future years is even worse. That's because, Donahoe claims, that these losses are directly tied in to a reduction in first class mail volume (about 25% lost since 2006), and Donahoe predicts that this number will continue to decline in the coming years.

What bothers me is that the ONLY solutions coming out of Donahoe is to slash and cut service. First class mail is not the

only product we deliver. What about trying to build up the Postal Service's other products? What about looking for new products we can deliver? Letter Carriers deliver to every address nationwide-6 days a week. Couldn't this selling point be used to generate new delivery products? Why isn't the Postmaster General putting together a task force to generate new business? If Donahoe spent as much time trying to raise revenue (through new and existing products) as he does trying to slash and cut service and our benefits, he might just be successful.

WELCOME NEW MEMBERS

Samuel Lee Wang / Wantagh
Martha Ambrosio / Brentwood



From the Area Rep / OWCP Rep
THOMAS KELLY
 What To Do When Injured At Work

This article deals with what a Letter Carrier needs to do when injured at work. The instructions listed below are based on Form CA-10 published by OWCP that is supposed to be posted on the Employees Bulletin Board in every federal work facility, including the USPS. If the CA-10 is not posted on any bulletin board in the facility where you are employed, then one should contact their Shop Steward so the steward can insure compliance by management at that particular facility.

The **first thing** any injured letter carrier should do is to **Report the Injury to a Supervisor**. Every job-related Injury suffered by a letter carrier should be reported as soon as possible to your supervisor. Injury also means any

illness or disease that is caused or aggravated by the employment as well as damage to medical braces, artificial limbs and other prosthetic devices.

Before an injured letter carrier obtains medical treatment, **ask your supervisor to authorize medical treatment by use of form CA-16**. You may initially select the physician to provide necessary treatment. This may be a private physician or, if available, a local Federal medical officer/hospital. Emergency medical treatment may be obtained without prior authorization. Take the form CA-16 and form OWCP-1500/HCF-1500 to the provider you select. The form OWCP-1500/HCF-1500 is the billing form physicians must use to submit bills to OWCP. Hospitals and

pharmacies may use their own billing forms. On occupational disease claims, form CA-16 may not be issued without prior approval from OWCP.

In traumatic injuries, complete the employee's portion of Form CA-1. Obtain the form from your employing agency, complete and turn it in to your supervisor, as Written Notice, as soon as possible, but not later than 30 days following the injury. For occupational disease, use form CA-2 instead of form CA-1. One should carefully read the "Benefits ..." and "Instructions ..." sheets which are attached to the Forms, CA-1 and CA-2. This should be done because those instructions provide detailed information that an injured letter carrier will benefit from when processing either form. Remember to always obtain a receipt from the supervisor when completing a CA-1 and Ca-2. A "Receipt" of Notice of Injury is attached to each Form CA-1 and Form CA-2. Your supervisor should complete the receipt and return it to you for your personal records. If it is not returned to you, ask your supervisor for it. If the supervisor fails to provide you with a receipt see your Steward so a grievance may be filed if necessary. This also goes for any instances in which a supervisor fails to provide any of the above mentioned forms when requested.

If a letter carrier is disabled due to traumatic injury, you may claim continuation of pay (COP) not to exceed 45 calendar days or use leave. For more detailed information on COP refer back to the February 2011 Article of the LIMB Leader or contact the Branch Office. (As a matter of information an injured letter carrier suffering from an occupational disease or injury is not entitled to COP). A claim for COP must be submitted no later than 30 days following the injury (the form CA-1 is designed to serve as a claim for continuation of pay). If disabled and claiming COP, submit to management **within 10 work days** medical evidence that you sustained a disabling traumatic injury. If disabled beyond the COP period, or if you are not entitled to COP, you may claim compensation on

form CA-7 or use leave. If disabled due to occupational disease, you may claim compensation on form CA-7 or use leave. A claim for compensation for disability should be submitted as soon as possible after it is apparent that you are disabled and will enter a leave-without-pay status.

Hopefully one will never have to worry about what to do if you are injured at work. However by reviewing the information here in this article and periodically referring back to it, or the CA-10 posted in your work facility, you will be prepared if you should become injured at work.

Brookfield® Uniforms

Union Made * USA Made Union Distributed
50 Years of World Class Service

- ✓ **AWG All Weather Gear** now available
- ✓ **Free Hem – Free Waist Alterations – Free Shipping**
- ✓ **Money saving Package Plans**
- ✓ **No upcharge on larger sizes**

Your Representatives

Peggy Rogan

Suffolk & Eastern Nasau
 H: (631) 523-4432
 Cell: (631) 523-4432

Gail Mott

Western Nasau
 H: (516) 221-2439
 Cell: (516) 642-3328

Customer Service 1-800-527-0606
Monday-Friday 7:30 – 5:30 pm. Cst
www.brookfielduniforms.com

POSTAL EMPLOYEES ARE NOT COVERED BY NEW YORK STATE DISABILITY

If you are hurt or sick **OFF** the job and can't work, your paycheck will **STOP** after your sick/annual leave are used up. And receiving approval for a workers compensation (**ON** the job) claim could be much more difficult than you ever imagined.

The solution is a **DISABILITY INCOME PLAN**, through **First Unum Insurance Company**, rated "A-" by A. M. Best Company.

The plan features are: on and off the job coverage for accident and sickness - monthly tax-free benefit paid in addition to sick/annual worker's comp - pre-existing conditions are covered after one year in plan - Paid by payroll deduction.

SAMPLE PLAN: \$1000 monthly benefit - 30 day elimination period - 1 year benefit period - enrollment age bracket: 17 to 49: **\$19.52 per pay-period** - 50 to 59: **\$29.17 per pay period.**

Mail Back this coupon for more information and rates to:
Mike Rosen, PO Box 577, Levittown, NY 11756
or call (516) 579-0489

Name..... Date of Birth

Address Phone #

City State Zip

Legal Issues

You Can Afford a Lawyer!

Branch 6000 has arranged a fixed and discounted fee Legal Services Plan for its members:

- Available Services Include
- ✓ Real Estate Buy & Sell
 - ✓ Adoptions ✓ Change of Name
 - ✓ Wills & Estates
 - ✓ Bankruptcy
 - ✓ Criminal Matters
 - ✓ LandLord / Tenant
 - ✓ All Liability & Negligence, i.e. Dog Bites, Vehicles, Premises, Slip & Fall, Construction, etc.
 - ✓ Social Security & VA Disability
 - ✓and Much More

Seven Convenient Offices:

- Woodbury
- Uniondale
- Commack
- Medford
- Manhattan
- Kew Gardens
- Bronx



Representing Working People Since 1978

One Convenient Toll Free Number

1.800.416.5454

Press choice "7" and ask for Plan Administrator Len Solicito
 Identify yourself as a member of Branch 6000

The Menu of Services and Fees is available on the union website www.NALCB6000.com or our website: www.FBRLaw.com

Firm Headquarters 180 Froehlich Farm Blvd Woodbury, NY 11797
 516-496-0400 Fax 516-921-3078

MEMBERS ONLY

BRANCH 6000 MEMBERS

Now have access to

DISCOUNTED AUTO & HOME INSURANCE

These group-discount rates, provided by Travelers Insurance Company, are available exclusively through HOMETOWN INSURANCE AGENCY and are not available to the general public.

Call **JACK TRAMUTA**

for a **FREE** price quote at
1-800-568-7283

Average Savings of \$200-\$300 per year



Hometown Insurance Agency, 5 Orville Drive, Bohemia, New York 11716

START SAVING TODAY

U.S. POSTAL EMPLOYEES OWCP and DISABILITY RETIREMENT

WE REPRESENT EMPLOYEES IN ALL MATTERS

37 Years of U.S. Government Experience

TRUST THE LAW OFFICE OF

ANTHONY C. DARIENZO, ESQ.

**WE PROTECT YOUR VALUABLE
BENEFITS and RIGHTS!**

1-631-367-3966

Offices on Long Island

CALL FOR A FREE CONSULTATION

USGovBenefits@gmail.com

BRANCH 6000 DENTAL PLAN

through

A.R.A. LTD. PLAN ADMINISTRATORS & DENTCARE
A LICENSED NEW YORK STATE COMPANY

Members can join any time during the year for annual enrollment. This plan can save members money on out-of-pocket expenses due to a number of services at no-charge. Choose your own dentist from a list of providers.

**Transitional Employees are eligible for
Dental and Limited Health Plans**

NO DEDUCTIBLES

NO CLAIM FORMS

NO ANNUAL MAXIMUMS

ANNUAL RATES

Member Only	260.00
Member & Spouse.....	390.00
Member & 1 Child	390.00
Member & Family	560.00

Enrollment kits available at
Union Office (631) 789-1616
or call ARA Ltd. (631) 366-2794



Branch 6000 Credit Union

DORMANT ACCOUNTS

The following members have dormant accounts at the credit union. Dormant accounts are accounts that have had no activity for 3 years. If you know the whereabouts of any of the following credit union members, please have them call the credit union at 631-789-0303 as soon as possible.

Otto Sykora- Bayshore, Richard A Fox- N. Babylon, Grant Carle-Southampton, Nicholas Trotta-Bohemia, Paul Cicoello- Copiague, Michael Kurse- Levittown, Ronald Haynes- Huntington, James E Abrams- Arizona, Anthony Dolan-Lindenhurst, William R Rauer-Texas, Brian Kane-Rockaway Park, James Wilkins- Central Islip, James Del Guidice- West Babylon, Richard Stubing- Seaford, John Morse Georgia, Karl Foden-Rhode Island, Henry Serrapica- Lynbrook, Marcus T Brown-Hempstead, George Brown- Hempstead, Jacqueline White- Pennsylvania, Robert Huron-Middle Island, Timothy Mullen-Baldwin, Dennis Drywa- East Islip, Nora Cohen- North Babylon, Joyce Moley- Selden, Brian Nolan- Florida, Jill Ellis-Emanuel- East Elmhurst, Richard Howard- Rock Hill, Paul Titus- Utica, Angela McDonough-North Carolina, Cesar Noriega- Glen Cove, Charles Gorman-Lindenhurst, John Keeley-Patchogue, Frank Godino- Florida, James Zaleski- Connecticut, Jorge Vargas- East Elmhurst, Joseph Izzo-Franklin Square, Janice Johnson-Brentwood, David Healey-Levittown, Jeff Bellanca- Mastic, William Dennison- Albany, William Fischer- Lindenhurst, Michael Alini-Lindenhurst, Sheila Mc Carroll-Seaford, Alexander Garcia-Pennsylvania, Rachel Hunter-Islandia, Doron Dodd- Stony Brook, Ronald C James- Copiague, Cadence Carlone- Deer Park, Tracy O'Connor- Copiague, Ebony Adams- Hempstead, Timothy McGurk- Central Islip, Sandra Palermo- Bayshore, Jean Nathan-Brooklyn, Richard Morales-Huntington Station, Michelle Devito-Ridgewood, Edgar Alan Poblete-Levittown, Blossom Beharrie-Brentwood, Pierre Felix- Garden City, Humberto Fernandez-Hempstead, James Henley-Lindenhurst, Edward Hazzard-North Carolina, Dawn Almeyda-Brooklyn, Barbara Brandt- Island Park, Jose Almonte- Babylon, Robert Fazio- New Hyde Park, Rashid Aliev- East Northport, Leticia Lee- Hempstead, Hector Gonzalez-Hempstead, Gilbert Kamaal-Brooklyn, Sherley Pierre- Valley Stream.

DEFENSIVE DRIVING CLASSES

ARE BEING HELD AT:

Allstate®

749 Wantagh Avenue • Wantagh, NY 11793
1/4 mile north of the Southern State Parkway

For Registration please call
PAUL ONORATA (516) 579-8700

These classes are available for members and their families.
Classes will be held:

SUNDAY, OCT 16TH
SUNDAY, NOV 13TH
SUNDAY, DEC 11TH

All Sunday Hours are: 9:30 A.M. to 3:45 P.M.

REGISTRATION FEE: \$26 PER PERSON

Checks can be made payable to New York Safe Drive
New York Safe Drive is Sponsored by American Safety Inc.

NO COST MORTGAGE LOAN PROGRAM...



and discounted related services

**Refinance & Homebuyer's Discount Program for
National Association of Letter Carrier's
Branch 6000 Members**

A **No Cost** mortgage, plus discounted attorney fees, title insurance, homeowner's insurance and bank attorney fees gives you an...

Average Savings of \$6,600!!

We have saved our clients over \$12 million in closing costs to date!

Mortgage Loan Cost:

Application Fee	\$0	Loan Origination Fee	\$0
Appraisal Fee	\$0	Processing Fee	\$0
Bank Admin Fee	\$0	Document Prep Fee	\$0
Credit Report Fee	\$0	Underwriting Fee	\$0

Total Loan Cost = \$0 ...Save \$ Thousands !!!

Other lenders may offer discounts,
but **no other lender offers a...**
NO cost mortgage.

NO Points...NO Cost...NO Kidding. IT'S ALL IN WRITING!

Members Mortgage Corp.
(516) 622-9000



Garden City, NY • Fort Lee, NJ • Ft. Lauderdale, FL
Reg. Mtg. Broker, NY, NJ & FL State Banking Depts.
Loans arranged through third party provider

NOTICE!

There will be a Membership Meeting

Oct. 20, 2011 - 7:30 p.m.

Nov. 17, 2011 - 7:30 p.m.

Location:

KNIGHTS OF COLUMBUS HALL IN BAYSHORE

5th AVE. Between Southern State Pkwy. & Sunrise Hwy.