

# 908 News

NALC Branch 908  
AFL-CIO  
PO Box 375  
Gloucester City,  
NJ 08030

## South Jersey Letter Carriers

Atco, Barrington, Bellmawr, Berlin, Blackwood, Bridgeton, Clayton, Deptford, Gibbsboro, Gibbstown, Glassboro, Glendora, Gloucester, Haddon Hts., Hammonton, Lawnside, Magnolia, Mantua, Maple Shade, Marlton, Mt. Ephraim, National Park, Palmyra, Paulsboro, Penns Grove, Pennsville, Pitman, Riverton, Runnemede, Salem, Sewell, Somerdale, Stratford, Swedesboro, Voorhees, Wenonah, Westville, Williamstown, Woodbury, Woodstown

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Bellmawr, NJ  
08031

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Newsletter Com: Powell, Comuso, Lipski Ph: 906-2838 Fax: 227-0516 www.nalcbranch908.com June 2013

### Presidents Report

As we head into the summer months, I want to update everyone on what is going on now, since there will not be any more newsletters until September. The first issues we are still dealing with are the loaning of our CCA's to other installations. We still do not have an answer from the national on whether or not this loaning is appropriate, so stay tuned for any updates on this issue. I have told all CCA's that once they reach their 60-day period to put in for hold-downs on vacant assignments to at least prevent management from loaning those who are on hold-downs. If they pull the CCA's off their opt we can grieve this and hopefully stop them from trying to circumvent this provision. So far, there has not been an issue on this, but it would not surprise me to have them try it to avoid paying SDO overtime. Please let your steward know if you have any problems getting these hold down opportunities. Speaking of SDO overtime, you have probably noticed there is no SDO overtime authorized for any carrier at this time. They are loaning out CCA's to any office that needs to bring someone in on overtime, thus keeping all our OTDL carriers at home. I can understand their thought process since they have an abundant supply of CCA carriers in the district, but if their sole reason is to save the postal service money, how come they continue to pay overtime to all the 204-B's? It is a little hypocritical to say that the only overtime that needs to be cut are the carriers, and not make it across the board! Please do not tell me you cannot find someone to fill in for these people, because that would be a lie! Another issue that has been addressed, finally, is the uniform allowances for our new CCA's. After 90 days, all CCA's will be eligible for uniforms. All former TE's who are now CCA's are eligible immediately and should talk to their local managers to fill out the proper paperwork to get their uniform allowances. I will go in more detail at the regular meeting. If any of you need me to explain it to you please feel free to contact me. One thing all CCA's should be aware of if management loans you to another installation. You can put in for travel expenses since you are being sent to a different installation than the one you are assigned to. They acknowledge this in their own F-15 manual, which states you can be reimbursed for your mileage. I suggest all CCA's to keep track of their mileage and submit form 1164, which you can obtain from your local managers. They are not telling the CCA's this, and it is unfair to ask a CCA to travel 30 miles with no compensation. If management does not cooperate, please see your steward to file a grievance. Another issue that has been resolved deals with FMLA. We can now once again use the NALC- FMLA forms for all of our FMLA needs. They can be found on the NALC website if you need a copy. If anyone has, a problem with this please let me know. That is all I have for now and will update everyone at the regular meeting on all of the latest developments at that time. Hope to see you at the meeting. Please have a safe and healthy summer and hopefully we will have some good news to report on the legislative front when we meet in September.

Gary DiGiacomo- President

### Phone Numbers to Remember

President- Gary DiGiacomo - 856-906-2838

Vice- President- Steve Rutkowski- 856-906-2026

### Next Meeting

The next regular monthly meeting of the Branch will be held on **Wednesday, June 19 @ 8 p.m.**, at the American Legion Hall, 502 Colonial Ave., North Woodbury. The regular monthly meetings of the Branch are held on the Third Wednesday of each month @ 8 p.m., The Branch Board of Officers and Executive Board meetings are held on the 2nd Wednesday of the month. The Board of Officers meet @ **7:30 p.m.**, and the Executive Board @ **8 p.m.** The next meeting of the Board of Officers and Executive Board will be on **Wednesday, June 12<sup>th</sup> @7:30 and 8pm** respectively.

### Attendance Prize We had a Winner

Greg Geier, a member from our Marlton Office, won the Attendance Prize at the regular monthly meeting of the Branch on **Wednesday, May 15<sup>th</sup>**. The prize now stands at **\$25** and will increase **\$25** per meeting, up to a maximum of **\$250**, until a member in attendance has their name drawn.

### Trustee Report

Brothers and Sisters, the trustees and I would like to wish all of you a Safe and Happy Summer Vacation. The Branch has a good assortment of free uniforms at the Union Hall for all members in good standing and that includes all the new CCA's. Please contact me at 609-932-9913. Optical Fund Chairman George Greenwood now has the ability to send checks directly to the member shorting the time it takes to get a check to you. Mike DiGiacomo deals with the sick and welfare fund besides flowers to the deceased members family we also provide to those of you who are sick more than 5 days a 10.00 a week for up to 5 weeks a year with proper documentation. The Branch Picnic will be held at Clementon Lake Park on September 8 th, Kids Xmas Party will be held on December, 8 th at the Union Hall. The Branch Social and Awards Banquet will be held on March 29 th 2014. These events are all done to give back to you the member and your families, its union dues at work please try to attend them. Have a great summer

James Comuso, Chairman Board of Trustees

### Health Benefits

Summer is here. With that come travel, vacations, as well as extreme heat conditions. The NALC Health Benefit Plan is with you when you travel all over the country, as well as to other countries. Do not leave home without your ID cards. In addition, the summer in many cases brings much overtime wanted, and unwanted. Do not let it get to you. Utilize the NALC HBP 24 hour hotline for mental, and substance abuse. Once again, please remember to hydrate daily. Heat illness and injury is commonplace with us all if we do not. Come to the meeting Wednesday June 19 at 8PM to stay up to date on all matters of your career. Hope to see you there. For optical claims over the summer send to my address, or NALC HBP questions contact me at 856-346-1177  
1083 Chews Landing Rd.  
Laurel Springs, NJ 08021  
Have a safe, enjoyable summer.

George Greenwood, HBO

## **Notice of Nominations and Election of Branch Officers, Shop Stewards and Convention**

### **Delegates**

This is to provide official notice that nominations for the election of Branch Officers, Shop Stewards, and Convention Delegates for the term 2014 thru 2015 shall take place at the regular monthly meeting of the Branch on **Wednesday, October 16, 2013**. Elections shall be by secret mail ballot of the eligible Branch membership held as soon as possible after nominations at the October regular monthly meeting. Nominations shall be made from the meeting room floor or in writing to the Branch Recording Secretary, mailed, or presented to him/her prior to or at the October regular Branch meeting. Each eligible member of the Branch nominated for office shall accept or reject nomination in writing prior to the adjournment of the October regular monthly Branch meeting. Failure to accept nomination for Branch office prior to adjournment of the October regular Branch meeting will invalidate the nomination. Shop Stewards shall be nominated by an eligible Branch member from the office at which the nominee is employed to represent the Branch membership. Installation of Branch Officers, Shop Stewards, and Convention Delegates shall take place at the regular monthly meeting of the Branch in January. Offices up for election include that of the Branch President, Vice President, Recording Secretary, Treasurer, Financial Secretary, Assistant Recording Secretary, Trustees' Chairman, Trustees (4), Health Benefits Representative, Housing Chairperson, Sgt. at Arms, Shop Stewards (25) and approximately (36) Convention Delegates. The number of Convention Delegates to be compensated for their attendance at a State or National Convention, provided they meet the eligibility requirements for such compensation, shall not exceed two and one half (2.5) percent of the total Branch membership, (which is approximately 18).

### **Shrimp and Wings**

As is the custom for our last meeting before breaking for summer, there will be shrimp and wings after the regular meeting on Wednesday, June 19.

### **Branch Scholarship**

The winner of this year's Branch Scholarship is Jeffrey Breyer. The alternate is Marcy Powell. The winner of the Scholarship will receive a fund of \$ 2000.00 (\$500.00 a year for four years). If you have any questions, Trustee Shawn McBride can be contacted by phone at **856-649-9317** or email [shawnmcb1@comcast.net](mailto:shawnmcb1@comcast.net)

**Shawn McBride**

### **Branch Picnic**

The date for the Branch Picnic is September 8, 2013, at Clementon Lake Park. The cost is \$15, which will include both the water and amusement parks, food and drinks. There will be a charge of \$5 to park. It's a great time so bring the kids and grand kids.

### **Tips and Snippets** **Heat Stress Fact Sheet**

#### **What is heat stress?**

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat cramps, heat exhaustion and the more severe heat stroke can occur.

#### **What kind of heat disorders can occur?**

**Heat stroke** is the most serious disorder associated with heat stress. It occurs when the body's temperature regulation fails and body temperature rises to critical levels. It is a medical emergency that can lead to death.

**Heat exhaustion** is a result of the combination of excessive heat and dehydration. Untreated, heat exhaustion can lead to heat stroke.

**Heat cramps** are usually the result of hard physical labor in a hot environment, often resulting from an imbalance of electrolytes in the body.

**Heat rashes** are a common problem resulting from persistent wetting of clothing by unevaporated sweat.

#### **How am I exposed?**

Any process or job site that is likely to raise the worker's deep core temperature raises the risk of heat stress. Operations involving high air temperatures, radiant heat sources, high humidity, direct physical contact with hot objects, or strenuous physical activities have a high potential for inducing heat stress in employees. In addition, age, weight, degree of

physical fitness and acclimatization, dehydration, metabolism, use of alcohol or medications, and a variety of medical conditions all affect a person's sensitivity to heat.

#### **What can I do to prevent heat-related conditions?**

Heat-related conditions can be prevented or its effects minimized:

- Acclimatization (Short work exposure early in the hot season, followed by gradual increases in intensity and duration.)
- Frequent work breaks in an area that is cooler than the work environment.
- Drink plenty of water or non-caffeinated beverages.
- Wear light-colored, loose-fitting clothing.
- Avoid all alcohol and caffeine.

The projected accumulation toward the next cost-of-living adjustment (COLA) for letter carriers under the 2011-2016 National Agreement is **\$374**, based on the May 16 release of the April Consumer Price Index (CPI).

The April 2013 Consumer Price Index (CPI) released May 16 showed a slight increase, so the accumulation toward the 2014 retiree cost-of-living adjustment (COLA) now stands at **0.9 percent**.

NALC members have access to five scholarship funds to assist them financially in pursuing higher education for themselves or their children:

1. The [William C. Doherty Scholarship Fund](#), which awards five renewable grants of \$4,000 each to children of NALC members. The fund is supported by contributions, which may be sent to Doherty Scholarship Fund, c/o NALC, 100 Indiana Ave. NW, Washington, DC 20001-2144. Deadline: December 31.
2. The [John T. Donelon Scholarship Fund](#), which each year awards one \$1,000 scholarship, renewable for three consecutive years. Deadline: December 31.
3. The [Costas G. Lemonopoulos Scholarship Trust](#), which awards scholarships to children of NALC members attending Florida state-supported four-year colleges and universities or St. Petersburg Junior College. Deadline: June 1.
4. The [Union Plus Scholarship Program](#), available to members, spouses and children of NALC and other unions that participate in the AFL-CIO's Union Privilege program.
5. The [Union Plus National Labor College Scholarship](#), available to local union leaders to pursue a college degree while continuing to work.

In addition, Union Plus has partnered with Sallie Mae to help parents and students prepare for the world of continuing education. The [Union Plus Wired Scholar site](#) can answer everything from "How do I get to college?" to "How do I pay for college?" See also: [www.unionscholarships.com](http://www.unionscholarships.com).

## **THE BRANCH OFFICERS AND SHOP STEWARDS WISH ALL OF OUR MEMBERS A SAFE AND HAPPY SUMMER!**

### **\*Attention\***

Please remember to give any changes of address to your **Steward** so that you can continue to receive the Branch Newsletter and other important information. Alternatively, send changes to Mike Powell, Recording Secretary at P.O. Box 375, Gloucester City, NJ 08030 or [908recordingsec@comcast.net](mailto:908recordingsec@comcast.net)

<b>Name:</b> _____
<b>Current Address:</b> _____
<b>New Address:</b> _____
<b>Phone Number:</b> _____
<b>E-mail:</b> _____
<b>Post Office:</b> _____