

Branch 2184 ... "Speaks"

Official Publication of Branch 2184, NALC, AFL-CIO

September/October 2008

**Branch 2184
National Association
of Letter Carriers
AFL - CIO**

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NALC2184@sbcglobal.net
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Office Hours:

9:00 a.m. - 5:00 p.m.
Monday through Friday

Calendar

Branch Meetings:

December 3, 2008
January 7, 2008
7:30 p.m. - Union Hall

Retirees Meetings:

December 10, 2008
January 14, 2008
12:30 p.m. - Union Hall

In this issue:

Presidents Report	1-3
EVP Report	4
Convention Report	6
2009 Calendar Insert	
Political Realities	8
COLCPE	10
Election Report	11

President's Report

Branch Scholarship Winners Selected

At the October 1, Branch membership meeting this year's Branch 2184 scholarship winners were announced. Congratulations go out to Danielle Miller whose mother Kim works at the Dearborn Annex. The other winner is Melissa Williams, daughter of long time Trenton steward and Branch activist Gwen Heffinger. The winners were selected at random at the September 29th Executive Board meeting. Both winners met all eligibility requirements. Once again this year, the response to our Branch Scholarship program was overwhelming. Each winner will receive \$500 from the Branch to use for their tuition and expenses. On behalf of the Branch we wish you much success in your chosen field of study.

NALC Health Benefit Plan

This year's NALC Health Benefit Plan includes over twenty changes from last year's plan. The Plan includes modest increase in prices for active carriers; self only increased by \$0.10 to \$32.71 with self and family prices increasing \$8.30 to \$62.84. For annuitants and survivor annuitants the self only premium went down (\$4.98) to \$122.42 and for self and family the increase was \$5.14 to \$252.14. Each member will be getting an informational mailing from the National office shortly. I encourage all our members to compare our wholly owned NALC union program to the rest being offered. At next month's membership meeting Health Benefit Rep Jim Powell and I will be going over some of the plan highlights and re-



(Continued on page 3)

Officers

President	Mark Judd
Executive Vice President	Jim Wolstencroft
Vice President	Carol Clark
Recording Secretary	Cindy Trzeciak
Financial Secretary Treasurer	Cathy Tondreau
Sergeant at Arms	Walt Gregory
Health Benefits Representative.....	Jim Powell
Retirees Officer	Leonard Zawisa
Trustee	Patricia Linna
Trustee	Gloria Warthen
Trustee	Casey Pennington
Editor	Leonard Zawisa
Branch Scribe	Joe Golonka
Web Site Design	Jim Hales
Injury Compensation	Joe Golonka

Stewards

Belleville	Cindy Trzeciak
.....	Bruce Prevost (alt)
Dearborn Main	Darryl Clay
.....	Jacqueline Wiggins
.....	Ed Williams (alt)
Dearborn Annex	Melvin MacDonald
.....	Roderick Lelental
.....	Cathy Tondreau (alt)
.....	Darrin Mifsud (alt)
.....	Tom Klecha (alt)
Teleford	John Czuchrak
Dearborn Heights	Jim Hales
.....	Tony Gretch
.....	Greg Silvestri (alt)
.....	Ian Mair (Alt)
Flat Rock	Gloria Warthen
Grosse Ile	313-295-1640
Inkster	Bryon Hendricks
Lincoln Park	Dave Reise
Monroe	Eric Venzke
.....	Chris Carmon
.....	Chad Zion (alt)
Northville	Bridgett Sams (alt)
Plymouth	Don Oziemski
.....	Bob Venning (alt)
.....	Patricia Linna (alt)
.....	Heather Smallwood (alt)
.....	Ricky Rosales (alt)
.....	Dan Marek (alt)
Rockwood	Gloria Warthen
Taylor	Carol Clark
.....	Andrea Smith
.....	Bob Parisi
Temperance	Kari Guthrie
Trenton	Gwen Heffinger
.....	Casey Pennington
Wayne	Walter Gregory
Westland	Ted Gagnon
.....	Joan Hicks
.....	Raymond Tobin
Canton	Dianne Daley
.....	Lois Fritz
.....	Kathy Hayes (alt)
Ypsilanti	Alan Grajczyk
.....	Rick Rider
.....	Jim Riddle (alt)



Branch 2184 Speaks is published 6 to 10 times a year by Branch 2184, National Association of Letter Carriers, AFL-CIO.

The opinions expressed in this publication, September/October 2008, are not necessarily those of the editorial staff or the officers of the branch.

We invite all members to contribute articles for publication. Copy should be typed, double-spaced and signed by the contributor. The editorial staff reserves the right to edit, delete or reject the article for the good of the branch.

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



Address Correction Requested

When you move, change your name, leave the letter carrier craft, retire, or your phone number changes, we need to hear from you. Your member benefits, newsletter and other mailings may be affected if we don't have the new information. It only takes a phone call or drop us a note. We will do the rest.

Call 313-295-1640

(Continued from page 1)

President's Report

viewing a DVD provided by Health Benefit Plan. This year's open season is November 10 thru December 8, 2008.

National Elections

This November one of the most exciting National election campaigns will be coming to an end. The stakes could not be higher for working families and Union households. The choice could not be clearer. One candidate promises true change and reform while the other proposes recycled ideas and more of the same.

Senators Barack Obama and Joe Biden have laid out an exciting plan for change which will benefit working families and Union members. Senator Obama has been a consistent supporter of letter carrier issues and concerns while Senator McCain refused even to fill out a survey sent out by our National office. Senator Obama has been a consistent advocate for Union issues and proposals ranging from his opposition to privatization and contracting out for postal employees to his support for the Employee Free Choice Act, which would make it easier for employees to organize. Senator McCain and his national co-chairs (including Fred Smith, the founder and CEO of Federal Express) oppose the Employee Free Choice Act and have opposed attempts by Federal employees at Homeland Security to organize.

As our National President Bill Young has said countless times, we must restore our middle class and take back our government! This November you and your family will determine if we are successful. It will be up to the men and women of not only this organization but also working families from across the country to determine the outcome of this election. The power of the ballot box will ensure that the promises made during the elec-

tion cycle will be addressed and lead to change we can believe in. The time for change is now! Do not forget to get your friends and family to the polls so that we can begin restoring America's middle class and the promise that it holds.

Thank You!

At the last Branch meeting nominations were accepted for all Branch officers and stewards. It is with a great deal of pleasure and personal satisfaction that I report to you that all of your current officers were elected by acclamation. On behalf of my fellow officers and stewards, I would like to thank you for your vote of confidence and support. It is truly heart-warming and humbling to see that the membership is satisfied with the leadership team running the Branch. During the last three years we have accomplished many of the goals we set for ourselves and the Branch, but we still have unfinished projects and tasks that we want to complete. As we enter our next term of office I pledge to you that we will do so with the same level of enthusiasm, eagerness, and professionalism that our members have become accustomed to.

-- *Mark Judd*
President



Calendar of Events

Steward Meeting	November 3rd at 7:30pm
Branch Meeting	November 5th at 7:30pm
Veterans Day Holiday	November 11th
Steward Meeting	November 18th at 7:30pm
Executive Board	November 24th at 7:30pm
Thanksgiving Holiday	November 27th
Branch Meeting	December 3rd at 7:30pm
Steward Meeting	December 9th at 7:30pm
Executive Board	December 15th at 7:00pm
Steward Meeting	December 15th at 7:30pm
Christmas Holiday	December 25th

EVP's Report

As we come into the final days of the 2008 election, letter carriers all across the country are stepping up and doing their part to elect a labor-friendly Congress and President. The Carrier Corps was started by the NALC in an effort to organize letter carriers to volunteer 10 hours of their time to get active in the political process. After all, Congress and the President are the ultimate decision makers in what happens to the Postal Service. As a member you can be very proud that Branch 2184 is actively doing their part to attain this goal. There are 29 members of the Branch that have committed to the Carrier Corps. These are the individuals who are the true leadership of the Branch. They are:

Cynthia Trzeciak; Felicia Bryant; Carol Clark; Wenoia Clark; Darryl Clay; Dianne Daley; Lois Fritz; Joe Golonka; Jim Hales; Bryon Hendricks; Joan Hicks; Mark Judd; Roderick Lelental; Patricia Linna; Mel MacDonald; Walter McGregory; Darrin Mifsud; Robert Parisi; Casey Pennington; James Powell; David Reise; Richard

Rider; Andrea Smith; Catherine Tondreau; Gloria Warthen; Calvin Winbush; Leonard Zawisa and Tim Bailey.

These individuals are giving their time to work phone banks, walk for labor, attending the Labor Day Parade, and helping get labor-friendly candidates in office. If you're doing these things and are not in the Carrier Corps, keep up the good work. If you would like to find out how to become a part of the Carrier Corps you can go to the NALC website at: NALC.org or call this office @ (313) 295-1640.

The Branch took nominations for all officers and stewards during the October meeting. I was nominated by President Judd and have accepted the office of Executive Vice President. No other nominations were taken for that office. I would like to thank all of those who have supported me in the past. I will serve the members of this branch to the best of my ability for the challenges that I'm sure are to come.

-- Jim Wolstencroft
Executive Vice President

Contract Corner:

Q: I am on the regular Overtime Desired List. Last Tuesday many Non-ODL carriers in my office worked overtime, but management held me to 8 hours. They told me this was allowable because they were giving me my "8 hour day." Was this right?

A: No, this was not right, and it is likely that a contract violation occurred under the circumstances you described. Management is not required to utilize a regular ODL employee in a *penalty overtime* status prior to assigning work to a non-ODL full time regular carrier on their own assignment (up to 10 hours). However, in this specific situation (on a Tuesday) you would NOT have been in a penalty overtime status if management assigned up to two hours of this work to you. You were available to

do this work in this situation and management was contractually obligated to assign it to you instead of **requiring one or more Non-ODL carriers to work the overtime**. An alleged need for a so-called "8 hour day" is not a contractually legitimate management claim *until the need for this actually occurs*. Such a need can only occur on the fifth regularly scheduled workday of a full time employee's service week, and then only if overtime work has been performed by the employee on the preceding four scheduled workdays. Thus, management can *never* legitimately make the claim that an "8 hour day" is necessary on a Tuesday for a regular ODL carrier when Non-ODL carriers are working overtime the same day. Of note, if there is no overtime work assigned to any Non-ODL full time employee on a given day, management may then legitimately hold any regular ODL carrier to an "8 hour day" on that same day.

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"I'm a labor guy, I believe in the labor movement. It's important to have a president who doesn't choke on the word union. I believe we need a Department of Labor that believes in labor."

Barack Obama

U.S. Senator

Detroit Labor Day Parade 9/1/2008

The Weingarten Declaration

"If the discussion I am being asked to enter could in any way lead to my discipline or termination or impact my personal working conditions, I ask that a union steward, representative or officer be present. Unless I have representation I respectfully choose not to participate in this discussion."

Keep in mind if you do not **REQUEST UNION REPRESENTATION**, then you are considered to have waived this valuable right.

(Clip and keep with you while working)



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Boston Convention Report

ARE YOU RETIREMENT READY?

A workshop was given at the recent NALC convention in Boston on the subject of retirement readiness. I myself am still somewhat far from it, but I attended this class out of curiosity as to what all was necessary to ensure a successful and comfortable retirement process. What I discovered was that you need to be planning for your retirement just about from Day 1 of your employment with the Postal Service. I cannot emphasize enough the importance of contributing to the Thrift Savings Plan (TSP). For those of us who are in the Federal Employees Retirement System (FERS), this is about one-third of our retirement income stream, with Social Security and our Postal Pension making up the other two pieces. Go to TSP.gov or check with the branch office for information on the program.

There is a lot of advance planning that you need to do before you actually retire. The NALC has a suggested order of events that you should complete leading up to your retirement day. I will outline them here.

At least five years prior to retirement

*Make sure that you are enrolled in the Federal Employees Health Benefit Plan (FEHBP). You must be in this plan for at least five years prior to retirement in order to receive health insurance coverage as a retiree.

*Be sure that you are covered under the Federal Employees Group Life Insurance (FEGLI) plan. The same five year rule applies here.

* Make sure any non-contributory time has been repaid.

At least one year prior to retirement

*Determine when you are eligible to retire.

*Gather information about other benefits.

*Make contact with **Shared Services, Greensboro, NC** for retirement counseling, advance planning, and verification of service time, insurance issues, etc. at **1-877-477-3273 Option 5**.

Six months before retirement

***If applicable**, decide whether to waive military retired pay

*Clear up any USPS debts (Overpaid salary, advanced leave, Letters of Demand, etc.)

Three months before retirement

*Notify your supervisor, who **SHOULD** make plans to adjust to your absence.

*Obtain appropriate retirement application form from HRSSC 1-877-377-3273 option 5 SF Form 2801 for CSRS SF Form 3107 for FERS.

*Decide on financial institution and type of account to receive your direct deposit.

Six weeks before retirement

*Complete and submit the retirement application-read everything carefully before filling out the forms

* Do not wait until the last second or you may have to wait a month longer

*These forms are available online in PDF Fill versions at www.opm.gov, so you can fill them out on the computer with perfect accuracy.

This is just a basic outline of what should be done before retirement. Contact our branch retirees officer, Leonard Zawisa, for detailed help in this very important decision.

Deciding to retire is one of the most important life decisions we will all face one day. Let's all do it the right way with the help of those at our branch who have been there and who are trying to keep up with the changes that keep taking place regarding retirement. Most important, retire on your own terms and when you are ready and have made the necessary preparations. **DO NOT** let management harassment about your work performance, health, DOIS, MSP scans, and any other scare tactics force that decision on you! Let us all thank the people in our branch who stand ready to help all of us when we finally decide to walk our last relay of our Postal career.

-- *John Dainus*

Convention Delegate, Dearborn Annex Office

Thank You

The Branch 2184 Executive Board officers wish to convey a heartfelt thank you to our membership for their confidence and support upon our re-election by acclamation to a new three-year term of office. The next three years are sure to be a time of continued turmoil in the United States Postal Service and we are committed to diligently protecting your interests at all times.

Again, thank you!

Mark Judd	<i>President</i>
James Wolstencroft	<i>Executive VP</i>
Carol Clark	<i>Vice President</i>
Cindy Trzeciak	<i>Recording Secretary</i>
Cathy Tondreau	<i>Financial Sec Treasurer</i>
Walter McGregory	<i>Sergeant at Arms</i>
Jim Powell	<i>Health Benefits Rep</i>
Leonard Zawisa	<i>Retirees Officer</i>
Patricia Linna	<i>Trustee</i>
Gloria Warthen	<i>Trustee</i>
Casey Pennington	<i>Trustee</i>

Customer Connect

Congratulation also to the following Branch 2184 carriers who turned in customer connect leads which turned into sales:

- Beth Gillen (Plymouth) - \$11,000.
- Mike Arcuragi (Wayne) - \$4,500.
- Bridgett Sams (Northville) - \$25,000.
- Frank Ciaramitaro (Plymouth) - \$70,000.
- Barb Allen (Westland) - \$5,000.
- Catherine Johnson (Northville) - \$1200.
- Joseph Robinson (Plymouth) - \$4000.

-- *Walt McGregory*

COLCPE & Customer Connect Coordinator



Veteran's Day
Holiday

November 11th

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Robert Kreager

Branch 2184 Retired

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Political Realities of The NALC: One Perspective From a Veteran Unionist

The NALC's involvement in partisan politics is often the subject of concern by some letter carriers. Some think that the union should concern itself only with Contract enforcement; while others disagree with the union's support of certain candidates for partisan political office. While recognizing both concerns as having some validity, in fact the abandonment of political involvement by the NALC would be outright suicidal. The first rule of response when attacked by an entity or power that is dedicated to destroying your well-being and that of your family, is always, always, always hit back!

Over the years I have been perhaps more vocal than anyone about our National Union's neglect of workfloor issues, a neglect which is both real in some ways and perceived in others. For many years I oversaw our Branch's Contract enforcement function, and I still believe, ten years later, that our Union surrendered the workfloor once and for all with the adoption of the alternative Dispute Resolution Process in 1998. It was, in my own opinion, an utterly naive decision to engage in "interest-based" bargaining with an employer whose only management interest is self-interest, not the interest of the company and certainly not the interest of those who actually do the work of the USPS, meaning letter carriers. I was impressed with the solid economic package that our NALC National leaders negotiated during the last round of negotiations, especially in light of the current economic climate. However, none of those accompanying Memorandums of Understanding are worth the paper they are written on.

While recognizing the precedence of Contract enforcement, I also recognize the essential political realities that necessitate the NALC's forays into the political arena. The NALC as well as all of Organized Labor, and also the United States Postal Service, which is still the most visible and re-

spected delivery service in the United States, have taken a serious political beating for more than 25 years. Organized Labor's inexcusable failure to stay relevant in the political arena is at least partly to blame for that. NALC President Emeritus Vince Sombrotto somewhat belatedly realized this failure, and current National President Bill Young fully "gets it" in that regard. Politics is a dirty and ugly business (and this election cycle is the dirtiest and ugliest of them all), but we must survive in the midst of it all and there is only one way to accomplish that. If that means "buying" a Congressional Representative, then so be it. We simply MUST have a labor-friendly Congress and a labor-friendly United States President.

Are the politics of labor allied with other politically progressive causes? That is certainly so, simply because like other causes in the progressive movement, the NALC represents the interests of people - letter carriers and their families. Thus, we work to elect politicians who also work for people. That is not ideological; rather it is a matter of survival. Theodore Roosevelt, Republican United States President from 1901 to 1909, put it succinctly: "Do what you can, with what you have, where you are." That is how the game is played, and losing the game means losing the USPS - and the NALC - forever.

-- Joe Golonka

*NALC Congressional District Liaison, MI - 11
Retired Branch 2184 member*

**Attend Your
Branch Meetings**

**November 5th 2008
7:30 p.m. at the Branch Hall**

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Contract Corner:

Q: Can USPS employees be excused from work to vote in a local or Federal election?

A: The Employee and Labor Relations Manual (ELM), Section 519.32, sets forth USPS policy concerning voting. Employees are encouraged to exercise their voting rights and can be excused with pay (administrative leave) for a reasonable time *when necessary* to vote in Federal, State, and local elections on days they are scheduled to work. However, this is a manner of administrative determination. Such determination and the procedures to be followed should be made known to employees in order for them to obtain advance approval for the absence. A general rule is known as the "3-hour rule" which provides that if the polls are not open at least 3 hours before OR after an employee's scheduled hours of work, he or she may be excused for a reasonable time in order to vote.

For most letter carriers in Michigan the polls are not open three hours before the beginning of our scheduled tour, since the polls open at 7:00 a.m. and most letter carrier assignments have a



7:00 a.m. to 8:00 a.m. start time. However, all letter carriers whose tour ends by 5:00 p.m. still have three hours during the evening to vote. If you expect that your schedule on Election Day will preclude you from being able to vote between 7:00 a.m. and 8:00 p.m., notify your supervisor as soon as possible. Of note, employees whose work schedules would interfere with voting during regular poll hours are also allowed to vote by absentee ballot, and are strongly encouraged to do so.

2008 COLCPE Contributors

Belleville

- ✓ Cindy Trzeciak
- ✓ Bruce Prevost

Dearborn Main

- ✓ Kim Baker
- Dana Brownlee
- ✓ Darryl Clay
- Wanda Ellison
- Lisa Franklin
- Norm Gagnon
- Don Hunt
- Anita Jones
- Robert Kraus
- Larry Nagy
- ✓ Daniel Smith
- ✓ Henry Strange
- Kuruvilla Thomas
- Rayfield Washington
- Jackie Wiggins
- ✓ Ed Williams

Dearborn Annex

- Nancy Altman
- ✓ Timothy Bailey
- Hubert Brown
- Tony Calamita
- Joseph Caruana
- ✓ John Dainus
- Rhona Diamond
- David Gilbert*
- ✓ Mark Judd
- Thomas Klecha
- ✓ Roderick Lelental
- ✓ Melvin MacDonald
- Carol Macieczni
- Darrin Mifsud
- Rosemary Miller
- Karen Regentik*
- Jerry Taylor
- ✓ Cathy Tondreau
- Scott Wandyg

Dearborn Teleford

- ✓ Michael Bergin
- John Czuchrak
- James Likeric

- ✓ Alan Swintek

Dearborn Heights

- ✓ Roger Corpolongo
- Anthony Gretch
- Frank Grosso
- ✓ Jim Hales
- Linda Pollock
- James Powell
- ✓ James Wolstencroft

Flat Rock

Grosse Isle

- ✓ Kimberly Bumbul
- ✓ John Nellis

Inkster

- Thad Dillard
- ✓ Bryon Hendricks
- ✓ Roy McMahan

Lincoln Park

- Dave Reise
- Gayle Rohde
- ✓ Paula Hall

Monroe

- ✓ Chris Carmon
- ✓ Kenneth Masserant
- ✓ Erik Venzke
- Chad Zion

Northville

- Elizabeth Karsten

Plymouth

- ✓ Heather Childers
- ✓ James Crossey
- ✓ Patricia Linna
- ✓ Gary Macioce
- ✓ Dan Marek
- Don Oziemski
- Robert Venning
- Felecia Wallace

Rockwood

- ✓ Gloria Warthen

Taylor

- ✓ Carol Clark
- Jeff Connole
- Kuldip Gill
- Roger Gilliam
- Victoria Hebda
- John Hundley
- ✓ Bob Parisi
- Anthony Santy
- Irene Sly
- Andrea Smith
- Terri Theeck

Temperance

- ✓ Kari Guthrie

Trenton

- ✓ Benita Gilcrest
- ✓ Dennis Lucas
- ✓ Casey Pennington

Wayne

- ✓ Walter Gregory
- ✓ Edward Sikora
- Krystal White

Westland

- ✓ Wenoia Clark
- ✓ Ted Gagnon
- ✓ Joan Hicks
- Aaronette Howell

- ✓ Katrina Jones
- ✓ Raymond Tobin
- Calvin Winbush

Canton

- ✓ Felicia Bryant
- Dianne Daley
- ✓ Lois Fritz
- Gilbert Pruiett

Ypsilanti

- ✓ Alan Grajczyk
- ✓ Richard Rider
- ✓ Michael Miller

Retired

- ✓ Mary Abbott
- Rito Bela*
- Carl Belvees*
- Cary Black
- John Bostek*
- Patricia Davis
- James Garrell
- ✓ Joe Golonka
- James Kelly
- Joanne Kuzala
- William Lowe
- William Mason*
- William Mather
- Brian Rodden
- Clarence Schukofsky*
- ✓ Gino Stellabuto
- Margaret Zawicki
- ✓ Leonard Zawisa

✓ Check mark indicates you are signed up for automatic COLCPE contributions.

*Asterisk indicates that your yearly check contribution has or is about to expire. Renew your commitment to COLCPE.



Steward Elections To Take Place In Two Branch 2184 Offices. All Current Branch Officers Reelected By Acclamation.

At the October 1, 2008 Branch membership meeting, nominations for Branch officers, stewards, and convention delegates took place for a new three-year term of office from 2009 through 2011. During November 2008 our members in two offices in the Branch will have the opportunity to vote for contested steward positions. These offices are Dearborn Heights (1 position) Jim Hales or Tony Gretch, and Westland (2 positions) Ted Gagnon - Joan Hicks - Raymond Tobin.

Branch 2184 President Mark Judd has appointed an election committee to oversee these elections. The committee consists of Chairperson David Reise, along with Joe Golonka, Cindy Trzeciak, Cathy Tondreau, John Dainus and alternates Tim Bailey and Casey Pennington.

All of the Branch's current Executive Board officers were reelected by acclamation at the October membership meeting. They are Branch President Mark Judd, Executive Vice President Jim Wolstencroft, Vice President Carol Clark, Recording Secretary Cindy Trzeciak, Financial Secretary-Treasurer Cathy Tondreau, Sergeant-at-Arms Walt McGregory, Health Benefits Representative Jim Powell, Retiree Officer Leonard Zawisa, and Trustees Patty Linna, Gloria Warthen, and Casey Pennington.

Additionally, the following office stewards were elected by acclamation:

Dearborn Main	Darryl Clay Jacqueline Wiggins
Dearborn Annex	Melvin MacDonald Roderick Leletal
Inkster	Bryon Hendricks
Lincoln Park	Dave Reise
Monroe	Eric Venzke
Northville	Bridget Sams
Plymouth	Don Oziemski Dan Marek
Rockwood	Gloria Warthen
Taylor	Carol Clark

	Andrea Smith Bob Parisi
Temperance Trenton	Kari Guthrie Gwen Heffinger Casey Pennington
Wayne Canton	Walter McGregory Dianne Daley Lois Fritz
Ypsilanti	Rick Rider Michael Tredway

Finally, the following members were elected by acclamation as delegates to the Union's National and State conventions from 2009 through 2011:

Ed Sikora, John Dainus, Lois Fritz, Andrea Smith, Robert Venning, Dan Marek, Joan Hicks, Don Oziemski, Gwen Heffinger, Scott Wandyg, Carol Macieczni, Betty Karsten, Calvin Winbush, Dianne Daley, Chris Carmon, Erik Venzke, Melvin MacDonald, Joe Golonka, Rose Miller, Tony Gretch, Jim Hales, Jacqueline Wiggins, Sharee Mello, Tim Bailey, Tonya Robinson, Bryon Hendricks, Dave Reise, Darryl Clay, Roderick Leletal, Rick Rider, Ray Tobin, Mike Tredway, Scott Watts, Bob Parisi, Kari Guthrie, Bridgett Sams.

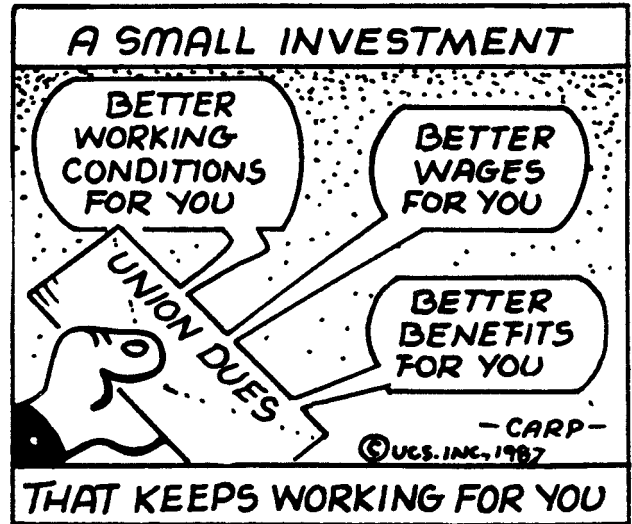
NALC HEALTH BENEFIT PLAN PHONE NUMBERS

Main Office NALC HBP	1-703-729-4677
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7 days a week, 24 hours a day	
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Substance Abuse	1-877-468-1016
PPO Locator Service.....	1-800-622-6252
Hospital Precertification	1-800-622-6252
Prescription Drug Program ..	1-800-933-6252

For additional information, visit the national website at www.nalc.org/depart/hbp

"As Americans, we can help make this country great again by voting our hopes, not our fears."

William Young
President N.A.L.C.
Postal Record October 2008



Help Sign Up That Non-Member

Branch 2184 Web Site

Visit our web site for:

USPS Provides details on "early out"

CSRS and FERS video segments

Carrier Pay Chart

Online NALC "FMLA" forms

www.nalc2184.org



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