



NORTH CAROLINA



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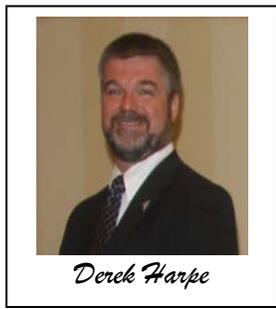
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May/June 2013

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State Convention
June 23-26, 2013
Cherokee, NC



Derek Harpe

President's Message "What A Ride!"

Dear Fellow Rural Carriers,

It has been my honor and privilege to have served you as state president for the last two years. I have met many new friends and cherished the support of many old friends. During my two years on the state board as president, I have strived to make the best decisions for the benefit of the rural craft. Many thanks to all the stewards for all the support you given me and for helping make the move to the National Steward System a smooth transition.

Special thanks to Sue Ligon (former carrier of the year) for her friendship and encouragement throughout the years and to Brenda White for her guidance and support when I was vice-president as well as when I was president.

This has been a very active legislative two years with many emails, phone calls, and letters to Congressman and Senators. So far we have helped our association by keeping six-day delivery. The next president and board will need your continued efforts with our Congressmen and Senators to keep this continuation of six day delivery. We cannot let our guard down. I am presently in Washington, DC and rumor has it that Congressman Darrell Issa's bill is forth coming soon. This is not positive news for neither rural letter carriers nor the US Postal Service. It is strongly recommended that you keep abreast of news on the NCRLCA and NRLCA websites.

It has been a pleasure to serve this great association whether I am in the smallest community in North Carolina or in Washington, DC. It has been a great ride! While I am here in Washington, DC, I will remind you again to be active in contacting your Congressman to get them on board to cosponsor HR-961 and HR630 along with House Resolution 30. Let our Senators know we want them to cosponsor S-316. Be supportive and email your Congressman and Senators today. Go to the National website to read the fact sheet about these bills.

Thanks again for the privilege of being your state president and for the prayers and support of life's challenges that my family has experienced the last several years. Special thanks to my wife and two sons for all their love and support. I could not have made it without them. May God bless you all.

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Peach Belt	5	Ashe	6	Smokey Mountain	11
Roanoke Chowan	7	Foothills	10	Caswell County	14
Durham County	12	Five County	28	Tri County	25
Cumberland Hoke	20	Guildford County	30	French Broad	31
Sea Level	23	Person	41	Roaknoke	44
Cleveland/Gaston	29	Rockingham County	46	Rutherford/Polk	47
Tidewater	52	Watauga/Avery	57	Piedmont	50
Union County	54				

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Alamance	1	Albemarle	2	These Assignments Subject to Change	
Wake County	24	Alleghany County	4	Brushy Mountain	3
Mecklenburg	38	Burke/Caldwell	9	Southeastern	8
Orange County	39	Harnett County	32	Catawba/Lincoln	15
Randolph County	42	McDowell/Mt. Mitchell	36	Central Carolina	16
Wayne County	56	Tar River	51	Yadkin River	26
				Johnston County	34

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**MAIL NEWS ITEMS BY 10TH OF MONTH
and Address Changes**

TO:

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Please notify the officer assigned to your district four weeks ahead of your meeting so as to eliminate any conflict of meeting dates as much as possible. District Representatives Conley and Suttles are unassigned and will attend as many district meetings as their schedule permits.

Obituaries

Donald R. Sellers, age 53, of Shallotte died May 15, 2013. Donald was an active member of First Baptist Church of Shallotte. He worked with young people many years as a baseball coach and an umpire. He also went on mission trips to Sri Lanka to serve the children in churches. Donald, Susie and their sons owned Sunset Slush of Holden Beach and Wilmington-Wrightsville Beach. He also worked for the USPS, Shallotte branch. In his spare time he loved hunting and spending time with his dog, Hunter.

Donald is survived by his wife, Susie of 31 years. They have two sons; Drew and Devin; and a very special friend who he loved like a son, Chris Bland; mother-in-law Bettie Hunter Ball and her husband Robert Ball; sister-in-law, Jane Buffkin and brother-in-law Johnny Caraway. He had 3 sisters; Gloria Foss, Patti Hughes and Kaye Long. He also had many nieces, nephews and special honorary sons. He was preceded in death by his mother and father, R.E. and Bobbie Sellers.

Henry Clifton Sink, age 95, of Lexington passed away April 12, at Forsyth Medical Center.

Henry was born in Davidson County October 17, 1917 to Clem W. and Edna Myers Sink. He graduated from Reeds High School in 1935 of a class of 6 girls and 6 boys. Henry joined the Army in 1941. After basic training he was promoted to Corporal and then Sergeant in the training company. In 1943 he attended the Engineer OCS at Fort Belvoir, VA and graduated in April 1943 and assigned to the 882nd Air Borne Aviation Engineer Battalion. He was assigned to overseas duty November of 1944. He was with the Engineer Supply Office of the 5th Air Force Headquarters on Leyete, Philippines as the Assistant Engineer Supply Officer. He served with the Headquarters unit throughout the Pacific Theater including, Mindoro, Clark Field, and Okinawa where he was promoted to Captain. He left Japan and the active Army in 1946. He remained in the Army Reserve serving as Company Commander in Lexington, Salisbury and Asheboro. He attended Engineer Advance Courses for 4 years and was promoted to Major. He attended the Command and General Staff School and earned the promotion of Lt. Colonel and remained in the Army Reserve and retired in 1977. He served the US Postal Service as city and rural carrier. The loves of his life were his family and farming. He loved farming, corn, soybeans, wheat and tobacco. He liked to feed the cows and ride around the farm on his tractor. As a result of his love of farming he served on various farm related committees both on the local and state level. He served on the Board of Directors of the NC Farm Bureau and the Davidson County Farm Bureau. He attended Shiloh United Methodist Church all of his life.

He was preceded in death by his parents; sisters, Blanch Lanning, Mildred Lanning; brothers, Alvin, Lacy, Earl and Lloyd Sink. He married Donese Hunt, October 29, 1943 and they shared 69 wonderful years together. Surviving in addition to his wife; son, Henry C. Sink, Jr. (Nancy); daughter, Harriet Hege; grandsons, Chris Hege, Henry C. Sink, III, Patrick Hege and Jonathan Sink; great-grandchildren, Andrew Sink, Coral Beck, Connor, Sophie and Hudson Hege; sisters, Nellie Phillips, Joan Phillips, Mary Alice Berrier; brother, Claude Sink.

Vickie Link Sides, age 69, of Lincolnton, died on Monday, April 15, 2013.

Vickie was born September 9, 1943 in Lincoln County to the late Kenneth Kee and Pauline Sigmon Link. In addition to her parents, she was also preceded in death by her husband, Roney Leroy Sides, a sister, Robin Link, and grandparents Hugh and Jessie Sherrill Link and George and Kate Goodman Sigmon. She was a graduate of Lincolnton High School and was the first female rural letter carrier at the Vale post office where she worked for 19 years. She also was the author of the book "Vickie's Story, My Cancer Journey."

She is survived by a daughter, Rhonda Sides Rumble; a son, Gregory Link Sides; four grandchildren, Julianna Sides, Madeline Sides, Natalie Sides, and Landon Rumble; one sister, Wanda Dellinger; two brothers, Ken Link and Scott Link; numerous cousins, nieces, nephews, and Sides' relatives.

Vickie enjoyed vacation time at the beach with family, gardening, writing, and singing in her choir.

Susan Franks Cruse, age 48, of Granite Falls, died Monday, April 29, 2013. Born Jan. 18, 1965, in Davidson County, she was the daughter of Roy and Sue Franks. Even though she moved away from Lexington, she never moved her membership from Victory Baptist Church. There she played bass guitar and worked with young people. She was an avid Minnesota Vikings fan. Susie's greatest joys were her children and grandchildren. She worked for the U.S. Postal Service in Hickory, as a rural letter carrier.

She was preceded in death by a son, John Mark Williams. Survivors include her husband, Billy Cruse, of Catawba; children, Mandi Chapman and Lt. Brandon Williams of Fort Hood, Texas; parents, Roy and Sue Franks; brother, Jimmy Franks; niece, Emily Adkins; nephew, Josh Franks; grandchildren, Bailee Chapman, Kenzlee Chapman, Brayden Chapman, Maddox Williams, Benton Williams, Mason Heard, Hannah Heard and Trinity Vega; and stepdaughters, Michelle Heard and Jessica Vega.

Charles Lee Marston, age 84, of Old Fort died on March 10, 2013. The eldest son of Kermit Miller

Marston and Jennie Stirewalt Marston, Mr. Marston was born in Old Fort, spent the early years of his childhood in Middlesboro, Kentucky, then returned to Old Fort in 1943. He attended Asheville Farm School (now the campus of Warren Wilson College), then graduated from Old Fort High School. During the Korean Conflict Mr. Marston served in the U.S. Army's 28th Infantry Division in Fort Benning, Georgia.

He spent the first part of his career in the textile industry, rising to management positions at Old Fort Finishing Plant and Cohama. He then launched a new career as a rural carrier with the U.S. Postal Service in Old Fort and Fairview. He retired from the Postal Service in 2004 after 21 years of service. A devoted member of First Baptist Church of Old Fort, Mr. Marston taught Sunday School to children and adults for more than 20 years, rarely missing a class. Mr. Marston was a fan of Tar Heel basketball and football and the Washington Redskins. He enjoyed vacations on the Carolina coast, eating out, walking and spoiling his pets. He is remembered by family, friends and neighbors for his unfailing kindness, generosity and selflessness.

He is survived by his wife of 60 years, Betty McCraw Marston of the home and their daughter, Susan Leigh Marston; his sister, Betty Marston Zolly; Kermit Miller Marston, Jr.; and Janet Marston Abplanalp. His younger brother, Jack Marston, died in 1991.

Mrs. Hazel Ann Wright Buckner, age 62, of Hickory, died Friday, Nov. 23, 2012. Hazel was born Feb. 10, 1950, in Burke County, a daughter of the late Everette B. and Tessie Brittain Wright. She was a 1968 graduate and co-valedictorian of the George Hildebran High School. Mrs. Buckner retired as a rural letter carrier in Burke County after 20 years of service. She enjoyed raising Boar Goats and beef and dairy cattle.

In addition to her parents, she was preceded in death by a brother, Edwin Wright; and a sister, Joyce Moss. Surviving are her husband, Bill Buckner; a son, Matthew Johnson; two daughters, Tracy Stilwell Springs and Sara Johnson; a brother, Kenneth Wright; and a sister, Peggy Crotts. Also surviving are three grandchildren, Riley and Holden Stilwell and Gavin Johnson.

Mavis (Sis) Johnson Godwin, age 62, of Clayton, NC died on Friday, April 12, 2013.

A lifelong resident of Clayton, NC, Sis was an active member of Bethesda Baptist Church where she worked with small children and sang in the choir. She was married to Lehman E Godwin, for 43 years. Sis worked for Nationwide Insurance Company in Raleigh for 18 years and then worked four years helping her dear friends, Mac and Vickie Beasley, on their farm. She worked in Clayton for 21 years as rural carrier relief and later as a regular rural carrier on route 14 until her death.

Sis enjoyed music, traveling and she was happiest when she was outside. She is survived by her husband, Lehman Godwin; two brothers, Sam Johnson and Pete Johnson; two sisters, Jeanette Lee and Gloria Thornton; and many nieces and nephews as well as many close friends at church and at work.

Ralph Henry Little, age 88, of Oakboro, passed away on Tuesday, March 26, 2013.

Mr. Little was born on July 20, 1924 in Oakboro, to the late Henry Little and the late Martha Ann Little. In addition to his parents he is preceded in death by an infant daughter, Henrietta Marie Little; great granddaughter, Brandi Nicole Boone; four brothers; Charlie, Howard, Dan and Ephraim Little, and four sisters; Naomi Huneycutt, Regina Carpenter, Menty Morgan, and Villi Ann Williams.

Ralph is survived by his wife of 67 years, Madie Little; two daughters, Bonnie Treece and Beverly Hyatt; a son, Alan Little; two brothers, Bill Little, and Richard Little; nine grandchildren, Jeff Boone, Shari Dunn, Mike Boone, Dina Pace, Danna Patrick, Matt Boone, Dustin Boone, Sabrina Smith, and David Hyatt; 13 great grandchildren; and one great great granddaughter. He was a member of Mission Baptist Church where he had served as Sunday School Teacher, Sunday School Superintendent, Deacon and Trustee. Ralph served as a Stanly County Commissioner in the early 1950's. He helped organize the Oakboro Rural VFD, where he was also a volunteer. He was a member of the VFW, and retired rural letter carrier, builder and farmer. Mr. Little served as a gunner on a B17 Flying Fortress in the Army/Air Force in World War II. His plane was shot down in Belgium, and he was captured by Germans and held Prisoner of War for a year.

William Lewis Ingold, age 90, of Mount Gilead passed away, Monday evening, February 4, 2013 at Northeast Medical Center in Concord. Mr. Ingold was born February 24, 1922 in Richmond County to the late Lacy Eugene Ingold and Ila Mae Thomas Ingold.

He was a U S Army veteran having served his country in WWII. He was a member of First Baptist Church, Blackmer Lodge 127 and VFW Post 10940. He retired from the U S Postal Service as a mail carrier. He will be remembered as an avid gardener. In addition to his parents, he was preceded in death by his wife, Bernice McPherson Ingold and brother, Lawrence Ingold.

He is survived by his son, Jim Ingold; daughter, Jane Ingold Smith; sister, Joann Harris; four grandchildren, Jimmy Ingold, Tyler Ingold, Greg Smith and Jenna Smith; special cousin, Cheryl Thomas Hall and special caregiver, Carrie Mae Armstrong.

Chaplain's Message
Doug Byrum, Chaplain

The Other Nine
Read Luke 17:11-19

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:16-18 (NRSV)

We are taught from childhood to say thank you when we are given something or helped in some way. Yet having thanked someone once for a kindness shown us does not release us from responsibility to express our gratitude again for future kind acts. Even so, we often forget to thank family and friends for their help, concern, affection, and attention, or for a tasty meal and a tender embrace.

We sometimes behave in a similar way toward God. In the Bible story about the ten lepers healed by Jesus, only one thanks his Healer. The other nine healings go unacknowledged. Perhaps that percentage applies to us. Maybe we forget nine times out of ten to notice and give thanks for the gifts of love in our lives. I can imagine Jesus standing before me, saying, "You have thanked me for one miracle, for one answer to your prayers. But what about the other times?"

I don't want to take my blessings for granted. I want to have a sensitive and grateful heart; I want the people around me to know and hear that I value their part in my life, each small kindness that they show me. And I want to remember to thank God, too, for each good gift in my life. Each day we can pray to live with gratitude.

Prayer: Lord Jesus, forgive us when we do not thank you for answering our prayers. Open our eyes to see your gifts when they come to us. Amen.

Thought for the Day: For what do I thank God today?

2013 State Convention
Cherokee, NC
Harrah's Cherokee Hotel
and
Casino
June 23-26, 2013



Preventing Medical Mistakes

An influential report from the Institute of Medicine estimates that up to 98,000 Americans die every year from medical mistakes in hospitals alone. That's about 3,230 preventable deaths in the FEHB Program a year. While death is the most tragic outcome, medical mistakes cause other problems such as permanent disabilities, extended hospital stays, longer recoveries, and even additional treatments. By asking questions, learning more and understanding your risks, you can improve the safety of your own health care, and that of your family members. Take these simple steps:

- 1. Ask questions if you have doubts or concerns.**
 - Ask questions and make sure you understand the answers.
 - Choose a doctor with whom you feel comfortable talking.
 - Take a relative or friend with you to help you ask questions and understand answers.
- 2. Keep and bring a list of all the medicines you take.**
 - Bring the actual medicines or give your doctor and pharmacist a list of all the medicines that you take, including nonprescription (over-the-counter) medicines.
 - Tell them about any drug allergies you have.
 - Ask about any risks or side effects of the medication and what to avoid while taking it. Be sure to write down what your doctor or pharmacist says.
 - Make sure your medicine is what the doctor ordered. Ask the pharmacist about your medicine if it looks different than you expected.
 - Read the label and patient package insert when you get your medicine, including all warnings and instructions.
 - Know how to use your medicine. Especially note the times and conditions when your medicine should and should not be taken.
 - Contact your doctor or pharmacist if you have any questions.
- 3. Get the results of any test or procedure.**
 - Ask when and how you will get the results of tests or procedures.
 - Don't assume the results are fine if you do not get them when expected, be it in person, by phone, or by mail.
 - Call your doctor and ask for your results.
 - Ask what the results mean for your care.

4. **Talk to your doctor about which hospital is best for your health needs.**

- Ask your doctor about which hospital has the best care and results for your condition if you have more than one hospital to choose from to get the health care you need.
- Be sure you understand the instructions you get about follow-up care when you leave the hospital.

5. **Make sure you understand what will happen if you need surgery.**

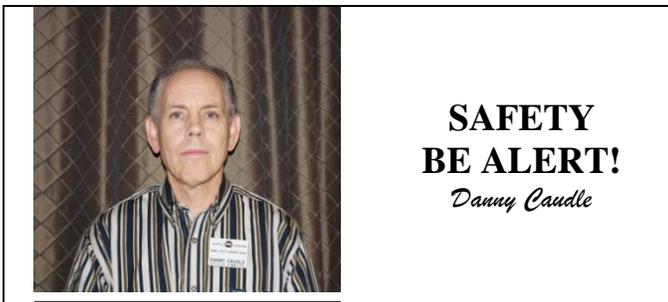
- Make sure you, your doctor, and your surgeon all agree on exactly what will be done during the operation.
- Ask your doctor, "Who will manage my care when I am in the hospital?"
- Ask your surgeon:
 - Exactly what will you be doing?
 - About how long will it take?
 - What will happen after surgery?
 - How can I expect to feel during recovery?
 - Tell the surgeon, anesthesiologist, and nurses about any allergies, bad reaction to anesthesia, and any medications you are taking.

force of hitting the window frame, and they all landed in my lap! Let me say again that I am NOT afraid of ants but the sight of all of them crawling all over me, created some concern about their eventual destination.

This story does have a happy ending. I was able to dismount the vehicle and brush all the ants off me. But what if the insects had been spiders, or wasps, or yellow jackets? Could I have remained calm enough to be able to get out of the vehicle without knocking over a mailbox or hitting another vehicle? Whether we like it or not, our job brings us into constant contact with stinging and biting insects. I have personally known of three carriers who have been bitten by a Brown Recluse Spider and I have known many who have been stung by wasps and yellow jackets.

The part of all this that should be remembered is to remain calm and do not press the accelerator and cause an accident. Try to have the presence of mind to not jump out without making sure the vehicle will not roll off. Keep medicine with you if you are sensitive to bites and stings. If you do get bitten or stung, contact your Manger. Ask the manager to contact the customer who has the mailbox with bees or other insects so that they can handle the problem.

I would like to hear from any Rural Carriers who have been in similar situations in regards to any hazard with insects or reptiles. You can e-mail me at: loscaudle@windstream.net in the subject line write "Safety"



Once Bitten, Twice Shy

I'll bet most of you have noticed an increase in the amount of insects hanging around inside of the mailboxes that you serve. It seems that the latest round of wet weather has sent them scurrying out of the ground and into the nominal dryness of the mailbox. Several times in the last few weeks I have opened a mailbox to find thousands of ants milling around and they do not seem to appreciate me disturbing their work. And they really get upset when I place the mail on top of them. Now I am not afraid of ants but I do not want them riding with me in my vehicle. But no matter how much I shake off the outgoing mail, I still seem to get a few along for the ride. One particular day was really bad with many boxes infested with the busy ants. I pulled up to a certain box and opened the lid. The lid fell open and rested on the open window frame. As I thumbed through the mail I noticed that the lid was covered in ants and that several hundred had bounced off the lid with the



The Office of Personnel Management announced Monday April 29, 2013, it has suspended all overtime for its employees working on processing federal retirees' pensions.

In a blog post, Associate Director of Retirement Services Ken Zawodny said the steep budget cuts known as the sequester forced OPM to suspend overtime for employees in his division. Zawodny also said OPM will reduce its call center hours by

nearly three hours each weekday to save money. The overtime suspension took effect (May 2013), and OPM did not say when overtime might be resumed.

The move will throw a wrench into OPM's recent successful effort to speed up its processing of new retirees' pensions and whittle down its backlog of unresolved cases. In January 2012, former OPM Director John Berry unveiled a plan to fix the decades-old problem by hiring more people to process pensions, overhauling how the agency processes claims and answers calls from the public, and authorizing more overtime to specialists who have proven they can accurately and swiftly adjudicate claims.

Since then, OPM has cut its backlog of unprocessed claims by 40 percent, from 61,108 in January 2012 to 36,603 in March 2013. Once OPM got its new pension processors hired and trained last summer, their productivity surpassed the agency's expectations, and helped it weather a massive buyout-driven spike in retirements earlier this year.

Zawodny said the cancellation of overtime and shortening of call center hours will make it harder for OPM to respond as quickly as it would like.

"While it is our hope that process improvements developed over the past year will ameliorate some of the adverse effects of these necessary actions, retirees should expect an increase in the time required to process their claims or respond to inquiries," Zawodny said.

Until Monday, OPM's call center was open between 7:30 a.m. and 7:45 p.m. Eastern time, Monday through Friday. Call center hours are now 7:40 a.m. to 5 p.m. Eastern Time, Monday through Friday.

Treasury Taps Federal Retirement Coffers Again

The Treasury Department once again is tapping federal retirement programs to buy the government more time to increase the nation's debt ceiling.

Treasury Secretary Jack Lew announced Friday, May 24, 2013, the extraordinary measures the government will use to avoid a default through the summer, including tapping into and suspending investments into the Civil Service Retirement and Disability Fund and halting the daily reinvestment of the government securities (G) fund, the most stable offering in the Thrift Savings Plan's portfolio.

Lew could not provide a specific timeframe for the debt issuance suspension period. "The effective duration of the extraordinary measures is subject to considerable uncertainty due to a variety of factors, including the unpredictability of tax receipts, changes in expenditure flows under the sequester, and the normal challenges of forecasting the payments and receipts of the U.S. government months in the future," Lew wrote in a May 17 letter to House Speaker John Boehner, R-Ohio, and other congressional leaders.

The G Fund is invested in interest-bearing Treasury securities -- bonds -- that make up the public debt. The Civil Service Retirement Fund finances benefit payments under the Civil Service Retirement System and the basic retirement annuity of the Federal Employees' Retirement System, and those investments are made up of securities also considered part of the public debt.

Federal law requires the Treasury secretary to refill the coffers of the G Fund and the CSRDF once the issue of the debt ceiling is resolved and to make up, in addition, for any interest lost on those investments during the suspension.

Because of this, employees and retirees are not affected.

The last time Treasury tapped feds' pensions was on Dec. 31, 2012, as the government hit its debt ceiling of \$16.4 trillion. The government made whole the retirement coffers and reinvested \$28 billion back into the G Fund in late February.

2013 NATIONAL CONVENTION INFORMATION NOW AVAILABLE!

The 2013 Special Pre-Convention edition of the National Rural Letter Carrier Magazine was published today. This year's National Convention will be held in St. Louis, MO at America's Center Convention Complex from August 13-16, 2013. The pre-convention copy of the magazine includes all of the information you will need, from registration forms to making the most of your trip to St. Louis! You may also access this information on our National Convention website page, where you can now download and print content. You may contact registration@nrlca.org with any registration questions. We look forward to seeing you in St. Louis!



We Won A Battle!

The War is Not Over

Back on February 15th when President Obama signed H.R. 933 into law and thus protecting 6-day delivery. I, and most everyone I know was happy. And now for the rest of the story. H.R. 933 is a Continuing Resolution. Congress passes a Continuing Resolution (CR) when they are not able to pass a Budget. This CR budget expires at the end of September. That means our 6-day mandate will also expire. While none of us expect 6-day delivery to end on October 1st, PMG DonaHOe has made it clear that 5-day delivery is his goal. He has a great deal of support on Capitol Hill and the budget that President Obama presented to Congress included 5-day delivery. Fortunately for all of us, Congress never accepts the President's budgets.

Right now I do not know when the battle will resume but I can say without reservation that we will be fighting this battle again in the not so distant future.

With the last paragraph still fresh in our minds, I want to thank everyone that has made a PAC donation this year. I recently received a report from the National Office of all the donations that were mailed to them in response to the National PAC Letter. At the end of April, 61 North Carolina members mailed their donations. Those donations ranged from \$10 to \$100. I made it to nine District meetings this spring and the State Board members were collecting donations at meetings that were too far for me to attend. As a result, at the end of April, we members of the North Carolina Rural Letter Carriers' Association had raised **\$21,840.72**. As good as this is, we need to step up the pace to be ready and able to fight the war when it resumes. Next year every member of the House will be up for reelection and one-third of the members of the Senate will be up, including Senator Kay Hagan.

After sending in your donation to PAC, the next thing you need to do is sign up for the **E-Activist Network**. You can take care of this at www.NRLCA.org. The link is at the bottom left of

the Homepage. Once you sign up you will be kept in the loop when we need to take action. Depending on the lead time that we have, you may be asked to write a letter, send an email or make a phone call. Our Legislative Team will always provide you with talking points, letters and phone scripts that only need to be personalized.

If we are going to protect 6-day delivery we all need to step up and take these easy steps. How important is your future to you?

CONVENTION RAFFLE AND AUCTION

As in previous years we are having a PAC Raffle again this year. We have a total of \$500 in prizes. You cannot buy a chance in the raffle; but, you will automatically be entered once for each multiple of \$25 you have donated to PAC since last July. No matter where you made your donation, you will be included. The three prizes are \$250, \$150 and \$100. You do not have to be present to win but it is sure a lot more fun if you are. I will mail the prize immediately after the convention to any winners that are not present for all the fun.

The winners will be chosen on Tuesday evening just before the PAC Auction. We will be having a PAC Dinner followed by our PAC Auction. If you have never had the chance to attend one of our auctions, you need to "come on down," donate items for the auction, bid on items, have a lot of fun and help raise money for your PAC.

NC Membership 4766
NC PAC Donors 216 (4.53%)
Members missing 4550 (95.47%)

4.53% of our members are carrying a lot for the rest of us. Please send in your PAC donation today.

As good as we have done, we still have less than 5% of our members donating. That means if you work in a twenty route office, odds are that you are the only one in your office that has made a donation.

Just imagine the power this organization would have if the numbers above could be reversed. UPS would no longer be the largest lobbying organization, it would be **US**.

You don't have to break your bank account to support PAC. We have members that have donated \$5 this year and we will have members that will hit \$500 or \$1000 or \$1500 by the end of the State Convention. Every donation helps. Make your donation today.

Thank you.

Send PAC Donations to:

Van Heath
25722 US HWY 64
Jamesville NC 27846-9272

Phone: 252-792-6614
Cell: 252-809-2144

Email: vheath@embarqmail.com
For internet security; when emailing,
Subject line should read "PAC"

2012-2013 PAC

Donor List

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SUPPORTER Level

(\$5-49)(continued)

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Allie McKeithan
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(\$5-49)(continued)

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Betty Williams
Patricia Williams
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Ernest Young

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Sally Corriher
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Jeanette Dwyer
Ken Frazier
Van Heath
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Bonnie Johnson
Mary Josewitz
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Christine Laney
Sara Leonhardt
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Melissa Liverman
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Reggie Neal
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Kim Ranker
Mitch Reece
Laurie Ross
Laura Ruiz
Mike Shue
Dianna Valente
Betty Westbrook
Joseph Whitley
Ernest Young

Donor list is current
through 1 May 2013

How Can I Contribute?

- Automatic Deduction
- Electronic Funds Transfer
- Direct contribution through state chair
- Participate in a state fundraiser



North Carolina District Representatives

Mid-Carolinas

Dennis Conley
PO Box 2136
Franklin, NC 28744-2136
828-369-3847

Greensboro

Frank Suttles
PO Box 745
Carrboro, NC 27510-0745
919-932-7835

Assistant District Representatives

Mid-Carolinas

Barbara Smith
PO Box 14985
Raleigh, N C 27620-4985
919-212-1564

Sally Corriher
PO Box 460
China Grove, NC 28023-0460
704-855-2629

Tracy Davidson
PO Box 277
Matthews, NC 28106-0277
704-821-8016

Greensboro

Barbara Smith
PO Box 14985
Raleigh, N C 27620-4985
919-212-1564

Sally Corriher
PO Box 460
China Grove, NC 28023-0460
704-855-2629

Bryan W. Hudgins
PO Box 21
Eure, NC 27935-0021
252-357-2406



Mid-Carolinas District Representative

Dennis Conley

2080/2240

We are receiving many calls concerning carriers being on the 2080/2240 list and needing to take leave. As usual the Postal Service is jumping the gun on requesting and in some areas requiring carriers to submit leave slips now, knowing we have not reached the prime leave period for all carriers. It is interesting the Postal Service loves to talk out of both sides of their mouth. We cannot get leave replacements hired, but we must take leave to make sure we stay under 2080/2240. Now we must admit there are some carriers having some major issues staying under the 2080/2240, but they should be addressed individually instead of this blanket policy that all carriers must do something now. They are now at an all-time low in their pursuit of 2080/2240 issues. In several instances carriers who are overburdened and have been for some time in offices without an appropriate number of leave replacements and being required to wait on mail are now being told they are adjusting their routes to 40K instead of the normal 43K status. If this happened to you or someone in the office, please contact the DR or ADR in your district. We will address each overburdened route adjustment on an individual basis when notified.

For those carriers who are being asked for leave slips, please provide them to management if you know what your summer leave schedule is and if management denies the leave because of “the needs of the service”, please document. We can then show local and district management the carrier attempted to take the leave, but was refused because of “the needs of the service”, but now they want you to take off for “the needs of the managers”. If you have any questions concerning 2080/2240, please contact your DR or ADR.

LLVs

Recently I was sitting at a restaurant eating breakfast and two UPS drivers were talking about their vehicles. They were concerned about the bad shape of the vehicles and the vehicles are only 5-6 years old and are worn out. I almost laughed out loud, realizing the USPS are currently in the process of assigning LLVs to rural routes that are at least 20 years old and most are 30 years old. I wondered what those UPS employees would think about our wonderful vehicles. Then after the conversation on vehicles they began talking about the heavy workload they were having. One said he was concerned with being overloaded one day last week when he had to run 110 miles and 52 parcels. I sure hope he never gets fired and tries to work for the USPS. I realize all UPS routes are not that easy, but it does concern me when UPS is one of the leading PAC contributors and wanting to take our jobs.

State Convention

I hope all of you are planning on attending the state convention and I look forward to seeing you there.

Official NCRLCA Convention Call

Greensboro District Representative

Frank Suttles

RCA

Do I want a RCA assigned to my route?

Well, it's getting to be the time of the year that everyone wants a substitute carrier assigned to their route. Throughout the year, rural carriers are their own worst enemy. We don't want or need rural carrier substitutes until we're ready for vacation or a holidays coming up. From Memorial Day weekend through Christmas, we want to be off on our relief day or around the holiday, but there's a problem. We've been working the relief day to make extra money and save those X days and now we don't have a substitute carrier. Now, we call a steward and tell them we can't get off for the holiday weekend or that I have to work my relief day and I want to be off. What should I do? If you're in that situation, you need to fill out the 120 day letter requesting a sub to be assigned to your route. Give a copy to your postmaster/supervisor, send a copy to your District representative and keep a copy for your records. At the end of the 120 days if you have no sub, you need to file a grievance. But then, there's the problem is that it takes a while for a RCA to be hired.

There are several issues in the process of hiring substitute carriers. The job itself is not attractive because it's a job that a lot people cannot do. It's hard work, you're working irregular hours, and you will work with people that don't really want you there. Some regular carriers only want a sub when there wanting off for vacation or a holiday. Some senior RCA's feel they really don't need any more RCAs the more there are the less money the senior ones make because they're taking some hours away.

The Greensboro District management has said that they are in the process of trying to hire more subs for the routes within the District. In conversations with District management they are saying that there will be a hiring binge in the near future.

The main thing is that each route, be it an "H", "J" or "K" route, is entitled to a sub. Take the time to send in the 120 day letter and follow up on it after the 120 days.

The 2013 Annual State Convention will be held in Cherokee, NC at the Harrah's Cherokee Hotel and Casino. The starting date of official business is Monday, June 24, 2013 and will end at 12:00 noon on Wednesday June 26, 2013. Below is an outline of events as planned at this time. A full program will be provided to each participant at registration. Please remember that hotel check in is 4:00 pm but you can park your car and store your bags with the Concierge until your room is available.

Please see page 14 for the official nomination and election process for officers for the upcoming fiscal year.

- Sunday, June 23, 2013, 1:00 pm: Registration will be in the pre-function area of the convention center (refer to hotel maps at hotel for directions).
- Sunday, June 23, 2013, 4:00 pm until 6:00 pm: Hickory/Oak Combination room. Meet and Greet with snacks provided. *Strawberry Fields Forever*, moist pound cake, sliced strawberries with whipped cream, chocolate dipped strawberries and iced strawberry yogurt smoothies and iced tea and water.
- Sunday, June 23, 2013, 7:00 pm: Memorial Service to be held in Locust/ Maple.
- Monday, June 24, 2013, 7:00 am until 5:00 pm: Registration in the pre-function area.
- Monday, June 24, 2013, 8:00 am until 5:00 pm: Official business of the Convention begins in Locust/ Maple.
- Tuesday, June 25, 2013, 7:00 am until 5:00 pm: Registration in the pre-function area.
- Tuesday, June 25, 2013, 8:00 am until 5:00 pm: Official business of the Convention will continue.
- Tuesday, June 25, 2013, 6:00 pm: Annual BBQ and Auction will be held at a location to be announced at the Convention.
- Wednesday, June 26, 2013, 7:00 am until 12:00 noon: Registration in the pre-function area.
- Wednesday, June 26, 2013, 8:00 am until 12:00 noon: Official business of the Convention will continue and complete at noon with the installation of Officers for the 2013-2014 fiscal year.

NRLCA Grassroots Initiative - Get Involved!

FIGHT FOR 6-DAY DELIVERY!

Contact your Senators and Representatives to urge the continuation of 6-Day Delivery.

To Contact Your NC Senators and Representatives:

NC Senators:

Richard M. Burr (burr.senate.gov)
217 Russell Senate Office Building
Washington, DC 20510
(202)224-3154

Kay Hagan (hagan.senate.gov)
521 Russell Senate Office Building
Washington, DC 20510
(202) 224-6342

National Legislative Representatives

Congressional District 1:

G.K. Butterfield (butterfield.house.gov) 2305
Rayburn House Office Building
Washington, DC 20515 (202) 225-3101

Congressional District 2:

Renee Ellmers (ellmers.house.gov)
1533 Longworth House Office Building
Washington, DC 20515 (202) 225-4531

Congressional District 3:

Walter B. Jones (jones.house.gov)
2333 Rayburn House Office Building
Washington, DC 20515 (202) 225-3415

Congressional District 4:

David E. Price (price.house.gov)
2162 Rayburn House Office Bldg.
Washington, DC 20515 (202) 225-1784

Congressional District 5:

Virginia Foxx (foxx.house.gov)
1230 Longworth House Office Bldg.
Washington, DC 20515 (202) 225-2071

Congressional District 6:

Howard Coble (coble.house.gov)
2188 Rayburn House Office Bldg.
Washington, DC 20515 (202) 225-3065

Congressional District 7:

Mike McIntyre (mcintyre.house.gov) 2133 Rayburn
House Office Building
Washington, DC 20515 (202) 225- 2731

Congressional District 8:

Richard Hudson (hudson.house.gov)
429 Cannon House Office Bldg
Washington, DC 20515 (202) 225-3715

Congressional District 9:

Robert Pittenger (pittenger.house.gov) 224 Cannon
House Office Bldg.
Washington, DC 20515 (202) 225-1976

Congressional District 10:

Patrick McHenry (mchenry.house.gov)
2334 Rayburn House Office Building
Washington, DC 20515 (202) 225-2576

Congressional District 11:

Mark Meadows (meadows.house.gov)
1516 Longworth House Office Bldg.
Washington, DC 20515 (202) 225-6401

Congressional District 12:

Melvin Watt (watt.house.gov)
2304 Rayburn House Office Bldg.
Washington, DC 20515 (202) 225-1510

Congressional District 13:

George Holding (holding.house.gov)
507 Cannon House Office Building
Washington, DC 20515 (202) 225-3032

NOTE: You may reach any of your legislators by calling the Capital Switchboard at (866) 220-0044 and ask for your Congressional Representative by name. You may also use the toll free hotline at (877) 217-8234.

Constitution

North Carolina Rural Letter Carriers' Association

The Election of Officers will be conducted as provided in the NCRLCA Constitution **ARTICLE V Officers and Appointees, Section 3. Election.**

Section 3. Election.

- A. The nomination and election of officers shall be held annually. The election of officers shall be by secret ballot of elected delegates, and a majority of the votes cast by the delegates present and voting shall constitute an election.
- B. The President, Vice-President and Secretary-treasurer of this association shall be elected at each annual meeting for a term of one year, or until their successors are elected and installed. The President and Vice-President may be elected to two successive one-year terms. The Secretary-Treasurer may be elected to an unlimited number of one-year terms.
- C. One member of the Executive Committee shall be elected for a term of three years; and Executive Committee member may be elected to succeed himself.
- D. At the time of election, if said member is not a delegate to the National Convention, then said elected member shall be paid at the rate for the elected delegates to National Convention beginning with this year's National Convention.
- E. The nominations of officers shall be made on the opening day of the convention with further nominations and the election to take place on the last day of the convention at the time provided for in the order of business. Only elected delegates may nominate.
- F. The election shall be by secret ballot of elected delegates and in no case by acclamation except by unanimous consent. When there are more than two candidates for the same office, after the second ballot, the one receiving the least number of votes shall be dropped until an election is determined. A majority vote of delegates present and voting shall constitute an election.
- G. The installation of officers shall take place immediately following the election. The outgoing President shall be the installing officer, or he may select a suitable person to perform this act, such an appointee to be an ex-President of this Association or a present officer of the National Rural Letter Carriers' Association.

Any member not satisfied with the election procedures followed at the State Convention may appeal to the State Executive Board. The State President shall select a member, the grievant shall select a member, and the two shall select a third to act as chairman. The three shall conduct a hearing and render a decision.

NORTH CAROLINA AUXILIARY OFFICERS

PRESIDENT

MR. L. E. WHITE
1336 Schoolhouse Road
Elizabeth City, NC 27909-9596
252-771-8180

VICE PRESIDENT

MR. BARRY CORRIHER
445 Corriher Gravel Road
China Grove, NC 28023-9497
704-855-2629

SEC./TREAS.

MRS. SUE KELLY
7661 Wilkins Drive
Fayetteville, NC 28311-9361
910-488-5424

EXECUTIVE COMMITTEE

MR. LINWOOD SMITH
1008 Dowling Road
Raleigh, NC 27610-4419
919-212-1564

MR. CHARLES ADAMS
1940 Shawtown Road
Glade Valley, NC 28627-9161
336-657-8962

MRS. SUSANNE REAVIS
345 Harvey's Ln
Traphill, NC 28685-9133
919-212-1564

CHAPLAIN

MRS. CAROLYN WARD
3951 Virginia Rd
Tyner, NC 29780-9797
252-221-4683

PROVIDENT GUILD

MR. CHARLES ADAMS
1940 Shawtown Road
Glade Valley, NC 28627-9161
336-657-8962

HISTORIAN

HARRIET P. LINEBERGER
3668 Startown Road
Maiden, NC 28650-8722
704-732-1604

JUNIOR SPONSOR

MRS. SARAH STEWART
251 Cedar Drive
Stoneville, NC 27048-8412
336-427-3675

PAST PRESIDENT

MR. BARRY CORRIHER
445 Corriher Gravel Road
China Grove, NC 28023-9497
704-855-2629



Harriet P. Lineberger

Auxiliary News

Are your bags packed for the State Convention in Cherokee? I will be honest and say, nowhere near ready to pack but I'll get there.

Ronald has said many times that Kay chose a very good humanitarian cause for her project, EB. When you see the video or pictures of the children affected with EB/Debra, it pulls at your heart strings. This reminds me to be extra thankful that we did not experience this with our children as they

were growing up and now our precious little grandson, Caleb, (age four months).

As usual, this year, I traveled with Ronald from one side of our great state to the other. We did not quite make it to the beach, but we were close. The pleasures we get from seeing our great state are wonderful. Just seeing where some things are located gives me great joy. The months of April and May in particular are dedicated to Rural Carrier District meetings, but that is fine. It makes me feel that I am doing my part as I speak about and promote the Auxiliary and the National Project.

Speaking of our Juniors, Sarah Stewart, Junior Sponsor, has lined up activities for the Juniors. Any of the adults who want to participate in some of the activities, ("Unto These Hills" Drama on Monday night, and a train ride on Tuesday), should let her know. The Auxiliary does not meet on Tuesday, so you are free to go and be a Junior and have fun.

Don't forget to bring a basket of goodies from your area of the state for the Silent Auction which will be done during the convention. If you want to know what all is made in your area, just visit the Economic Development office, Chamber of Commerce, or Visitors Bureau, to find out. I had such an opportunity to do that one day and discovered that bottle caps for Heinz ketchup bottles and 8-hour Energy drinks are made in Lincoln County. I keep hoping a Rural Letter Carrier from the Mt. Olive area will bring some Mt. Olive bread and butter pickles, (my favorite), to the convention. Yes, Mt. Olive pickles are sold in the grocery stores; but, I hope you get my point.

If you have not made a donation to National President Kay's project, **Debra**, please do so by the State Convention. If you cannot make it to the convention, you will be missed, but please send your donations to Kay Carter or to Sue Kelly, marking your check for Debra. Your donation will be greatly appreciated as we want to show Kay that North Carolina supports her project and her office as National RLC Auxiliary President.

To wrap up this message, I want to include some Epidermolysis Bullosa, or EB, facts. EB is a rare, genetic, connective tissue disorder. Most children affected with EB will not live into their third decade of life. EB can cover 70% of a child's body as an open wound, never to heal. EB is pervasive affecting internal organs as well as the eyes, nose, mouth, throat, and anus. Complications are infection, anemia, growth retardation, inability to swallow, corneal abrasions, cancer, depression, anxiety, malnutrition. EB Children often don't live into the 20's.

NCRLCA Dues for 2010-2011

- Regular...Cash.....\$561.00
- 1187...Bi-Weekly.....\$21.58
- Retired.....Cash.....\$97.00
- 1187R...Monthly.....\$8.08
- 73, RCA, RCR.....Cash.....\$189.00
- 1187.....Bi-Weekly.....\$7.27

The membership year begins July 1, ends June 30. Please make checks payable to **NCRLCA**. Checks or membership form should be mailed to Ronald L Lineberger, Secretary/Treasurer. The address is listed on page two.

NOTE: "Dues, assessments, contributions or gifts to NCRLCA are not deductible as charitable contributions for federal income tax purposes."

POLITICAL ACTION FUND

Contributions are needed for the NCRLCA lobbying effort. The fund is used to maintain friendly relations with members of Congress, to preserve your fringe benefits and work practices, affecting the welfare of each rural letter carrier, substitute, PTF, RCA, RCR, retired carrier and their families.

Make checks payable to the NCRLCA PAC Fund and mail to:

Van Robert Heath
PAC Chairman

Address in on page two

Upon receipt of \$5.00 or more, you will receive a membership card.

Please return this form with your contribution.

NAME _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP _____
 DISTRICT _____ # _____

CIRCLE ONE

REGULAR RETIRED SUBSTITUTE

MEMBERSHIP

If you have forgotten to pay your membership dues for the next year, please do so immediately. If your dues are delinquent, it could affect your Rural Carrier Benefit Plan. The most convenient way to pay is to sign a "dues withholding" form (1187 or 1187R for retirees). If you need a form, please contact a board member. Regular and substitutes can sign a form NOW.

July 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Independence Day	5 Pay Day	6
7	8	9	10	11	12	13 PP-16
14	15	16	17	18	19 Pay Day	20
21	22	23	24	25	26	27 PP-17
28	29	30	31			

August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Pay Day	3
4	5	6	7	8	9	10 PP-18
11	12	13 Nt'l. Conv.	14 Nt'l. Conv.	15 Nt'l. Conv.	16 Nt'l. Conv. Pay Day	17
18	19	20	21	22	23	24 PP-19
25	26	27	28	29	30 Pay Day	31

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