



NORTH CAROLINA



RURAL CARRIER

Official News Publication of the North Carolina Rural Letter Carriers' Association

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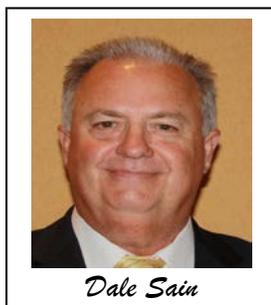
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Dale Sain

President's Message

Dear Fellow Rural Carriers,

Wow! This has really been a busy last month. We returned from St. Louis and the National Convention on Saturday, August 17th, worked on the route for three weeks, and left for Alexandria, VA and New Presidents training on September 8th.

First, let me give you a short list of the sessions I attended at the convention in St. Louis. On Monday: Legislative Seminar, State of the Union Update (which was open to all state officers, stewards and general members), Sergeant-at-Arms meeting, State Presidents Flag Ceremony rehearsal, and finishing off with the Legal Seminar from 6-8 p.m. This was Monday, and the convention hadn't officially started.

Tuesday was the first official day of business. We began with a Memorial Service at 8:30 a.m., followed by the Joint Session at 9:00 which began with reports of the Credentials Committee, the Mileage and per Diem Committee, the Provident Guild, an address by NRLCA Legal Counsel, addresses' by invited guests, nominations for officers, and committee reports from Constitution and Resolutions.

The third and fourth days continued with committee reports, again Constitution and Resolutions. Wednesday night was the banquet, and Thursday we had candidate caucuses from 6:00 p.m. until 10:00 p.m.

Friday began at 8:30 a.m. with Officer Elections, during which Jeanette Dwyer was re-elected as National President, and Dennis Conley was elected to the National Executive Committee. Congratulations to both of them! North Carolina should be very proud. This was followed by recognition of the following groups: past National Officers, retired and new carriers, delegates, non-delegates and first-timers. We heard and acted upon the Appeals Committee report, unfinished business, new business, and installation of National Officers. In upcoming NC Rural Carrier editions, I want to elaborate on specific actions taken in St. Louis at your convention.

(Continued on page 5)



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RONALD L. LINEBERGER

3668 Startown Rd.
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FAX 704-735-9094

Brushy Mountain	3	Alleghany County	4	Alamance	1
Ashe	6	Roanoke Chowan	7	Wake County	24
Smokey Mountain	11	Southeastern	8	Yadkin River	26
French Broad	31	Five County	28	Cleveland/Gaston	29
Person	41	McDowell/Mt. Mitchell	36	Randolph County	42
Piedmont	50	Orange County	39	Tidewater	52
Tar River	51	Rutherford Polk	47	Union County	54

Executive Committee

RETIREMENT

MITCH REECE

211 Wheel Crest Drive
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Phone 336-764-2747

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VICKI GRAY, CHAIRMAN

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BRENDA PREVATTE

13159 NC HWY 41 N.
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Albemarle	2	Peach Belt	5	Durham County	12
Caswell County	14	Burke/Caldwell	9	Catawba/Lincoln	15
Guilford County	30	Foothills	10	Central Carolina	16
Mecklenburg County	38	Tri-County	25	Cumberland/Hoke	20
Roanoke	44	Harnett County	32	Sea Level	23
Watauga/Avery	57	Johnston County	34	Rockingham County	46
		Wayne County	56		

Appointed Officers

CHAPLAIN

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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 Corriher and Suttles are unassigned and will attend as many district meetings as their schedule permits.

Obituaries

Beverly Lendell McLean, 60, Sanford, died July 30, 2013 at her residence.

The funeral service was conducted Sunday August 4, at Cameron Grove A.M.E. Zion Church in Broadway. She is survived by husband, Waymon Cubby McLean; four children, Waymon Cubby McLean Jr., Elder W. Lester "Mac" McKoy, Chavala "Cecie" McKoy Snipes and Gina Lashay Pope; 10 grandchildren; mother, Effie Ruth McDougald Lyles; sisters, Jesse Louise McEachin, Ellen Ruth Johnson, Wanda Beasley, Paula Denise McLean, Erma Williams, Stacy Lyles, Shirley Partidge and Camilla Lyles; brothers, David Jefferson McLean, Jeffrey Curtis McLean, Mark Patrick Lyles, Stanley Leonard McLean, Damien Mason, Miles Cox and Michael Lyles; and a host of other relatives and friends.

Gary Warren Moore, Sr. 64 died on Monday, September 9, 2013. Gary was a Vietnam Veteran having served in Vietnam with the Air Force and retired from the U. S. Postal Service after 25 years as a rural letter carrier. An avid NASCAR fan he also enjoyed fishing and worked tirelessly each summer caring for the lawns of family and friends. He is survived by his wife Florence; three children Traci Moore Berrier, Gary Warren Moore, Jr. and Krista Moore. He was 'Poppy' to four wonderful grandchildren Baylen, Ashley, Amanda and Abigail; his mother Ruth Wheeler; four sisters, Gloria Moore, Cheryl Williamson, Connie Jones, Cathy Parker; one brother Glenn Moore; and several nieces and nephews. Gary received full military honors presented by the Military Burial Honor Guard.

Fall Booster

It is time to make those plans for the Fall Booster. This year we will be in Hickory, NC at the Crowne Plaza located at 1385 Lenoir-Rhyne Blvd, SE, Hickory NC, 28602. The telephone number for reservations is 828-323-1000. Due to the fact that we could not guarantee a large number of rooms we did not get a special rate for this meeting. There are several hotels in this area if you think this one is too expensive.

We are making plans for a great one day meeting to provide you with the latest information on a variety of issues that affect rural carriers. We will have Alie Sherrill from Coventry Health Care to update you on changes to the Rural Carrier Benefit Plan for the upcoming open season; this should help you decide which plan is best for you.

Chaplain's Message Doug Byrum, Chaplain

All in Perspective Read Thessalonians 5:1-18

Whatever is true...noble,...right,... pure, whatever is lovely, whatever is admirable --- if anything is excellent or praiseworthy --- think about such things.

Philippians 4:8 (NIV)

One morning while eating breakfast outside, I noticed something unusual about the day. As I looked to my left the sky was dark, very cloudy, and threatening rain. To my right the sun was shining, and a few fluffy white clouds were passing by --- the promise of a gorgeous summer day. I started to think about the choices we have every day. We can look at the gloomy side of life, or we can focus on a positive attitude as much as possible.

Heartache, sadness, and circumstances beyond our control are going to happen sometimes. We can face the challenge, do what we can to help, pray about it, and then with God's help work to change our focus to positive, uplifting thoughts and actions.

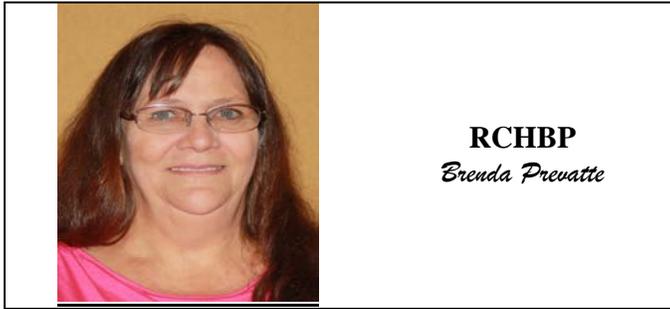
Much pain and unhappiness exist throughout today's world. If we let ourselves dwell too long on this, we will become sad and bitter people. However, God created us to enjoy this life. We can thank God in return for this most wonderful gift by making the most of each and every day. Let's begin today by expressing our love for our wonderful Creator and by loving one another!

Prayer: Thank you, dear Lord, for giving us life and for all your blessings we enjoy each and every day. Instill in us a good attitude and loving spirit so that others will see your love and grace at work in our lives. Amen.

Thought for the Day: "Rejoice always, pray continually, give thanks in all circumstances" 1 Thess. 5:16-18

Prayer Focus: Those who worry excessively.





Open Season!

It's that time of year! Open season is just around the corner. No I don't mean it's time to get the guns out, clean them, get the stands up and dusted to start looking for that Big Buck out in the woods. I'm talking about Health Care!

We have some new carriers and some not so new they do not have health insurance yet. Now it is time to start thinking about it. You should be receiving your Guide to Benefits soon. This guide will have all the different health plans in it so you can compare prices and plans that will best fit your needs.

What is Open Season?

Open Season is when you may enroll, cancel an enrollment, change plans or options and waive or begin participation in premium conversion.

When is Open Season?

Monday Nov. 11, 2013 12:00am until Tuesday Dec. 10, 2013 at 5:00pm.

While you wait for your guide to be delivered to you by your mail carrier you can go on to several different web sites and get a lot of good information to help with your choices. This will help you determine what you needs are ahead of time, along with help understanding the pretax and all the different types of health care benefits that are available.

Go to www.opm.gov/insure/health, this web site is full of all kinds of information. You can click on the FEHB plan, Brochures link, then on the map click on NC. This will bring up all of the different insurance plans available, so you can start looking to see what will work best for you and your family.

You can log onto LiteBlue, then under My HR, go to Health & Safety and then Benefits to find a lot of information about what can be done during open season and after open season.

Then of course we all know that NRLCA.org under *Department, insurance*, there is information about all the rural carriers insurances and benefit plans.

We know those dates are getting into the busy time of year so if you have questions go ahead and start now finding answers, don't wait until it's too late! Because at 5:01pm on the 10th of Dec. it will be too late.



What to do in case of a Heat-related Illness.

Heat Stroke

- Call 911
- While waiting for help place person in shady, cool area
- Loosen clothing, remove outer clothing
- Fan air on person
- Cool packs in armpits
- Wet with cool water, apply ice packs, cool compress or ice if available

Be Prepared! It's time to get ready for cooler weather. The temperature has already started to dip down into the lower degrees. It is Fall and that means more rain, sleet and perhaps (dare I say it) ...snow in the coming months. Now I know most of us don't get regular snowstorms but we can get a rare storm at any time. Is your automobile ready for the upcoming seasons? Are you? There are some things you should do to make sure your vehicle is ready for the road during the fall and winter seasons. A properly maintained vehicle will help you be a safer driver.

First of all **check your tires**. And check them often. Cooler weather can affect your tire pressure. Make sure your tires are properly inflated. Make sure there is a good tread on your tires. Check also for uneven wear. Good tires provide good contact with the road making driving in adverse conditions safer.

Next **maintain visibility**. Check your **wiper blades**. Are they in good condition? Do they make a clean swipe across your windshield? You will be using them quite often in the upcoming months. Check your **washer fluid**. Is the tank full? Do you need to add deicer? **Clean your windshield**, the inside and the outside. A grimy film can build up on

the inside and make it hard to see during the low light conditions of fall and winter. **Clean your headlights.** Clean headlights will throw light further down the road and make it easier to see what is in front of you.

Now **check your battery.** Is it clean? Are your wires in good condition? Do you have good contacts? Most auto parts stores will do a test on you battery for free. We turn engines off and on a lot more than the average driver. It is an awful feeling when you turn that switch and all you get is a click because your battery has died. A simple test can help prevent you from being stranded on your route.

Now let's go over some driving tips. Whatever your vehicle is, how you drive can help prevent accidents.

Slow Down. When it rains, the oil and grime in the road lift up and make a slick film on the surface. This creates the perfect conditions for a skid. Driving at a slower speed allows more of the tires tread to make contact with the road, which leads to better traction.

Drive smoothly. Smooth operation is the key to control in slippery situations. Avoid abrupt acceleration, braking and unnecessary lane changes. These moves can cause your vehicle to lose traction and can launch you into a skid.

Maintain a Safe Distance. It takes about three times longer to brake on wet roads than on dry ones. Since more distance is required to stop make sure you have allowed enough space to stop. Remember even if the road is dry the grass by that mailbox could still be wet and slick.

Know how to **recover from a skid.** Skids can happen to even the most cautious of drivers. When braking on a slippery road, it's all too easy to "lock up" your wheels by stepping on the brakes a little too hard. If your car does skid, remember *do not* slam on the brakes, and do not pump the brakes if you have an anti-lock braking system (ABS). Instead, simply take your foot off the gas, steer the vehicle gently in the direction you want the front of your vehicle to go and lightly apply your brakes.

I know we all have to drive in these adverse conditions to deliver the mail to our customers. My hope is that we all stay safe while doing so. Be patient and accept the fact that it is going to take a little longer to deliver that mail on a cold, wet, rainy day. Remember it is best to go slow and stay safe so that we can go to our warm, dry homes at the end of

the day.

SAC

The South Atlantic Conference will be held at the Crowne Plaza Atlanta Airport, Atlanta, GA. Telephone # 1-404-768-6660. The room rate will be \$94 with free parking for guests of the hotel. If you stay elsewhere and drive in the parking will be \$9 per day. The dates are, January 25-27, 2014. Please plan to attend the Atlanta Postal Service Annual Meeting also on Saturday, January 25. Information will be available in a later issue or at registration table at SAC.

President's Message

(Continued from page 1)

Here is a list of some topics that were covered at the training for new Presidents at NRLCA Headquarters:

- Fiduciary Responsibility
- Presidential Duties and Responsibilities
- Government Affairs
- Governing Documents
- Officers Resource Manual
- Legal Overview
- Leading State Conventions
- Official Communications and State Publications
- Grassroots/Grasstops
- National Steward System
- PAC/VOCUS (Legislative Info)
- Public Relations
- Capitol Hill Visits (how to be most effective)

Please plan on attending our Fall Booster in Hickory on November 9th. Ronald has additional information such as time and place of the meetings elsewhere in this issue. District Presidents and Secretary-Treasurers; please help me and your State Board with something. Before you set the dates for your District meetings, please call your assigned officer to coordinate that process.

Thanks for your support and your commitment to your jobs. See you in November, and remember – United We Bargain, Divided We Beg.

P.S. Thought for this issue by Mark Twain: "Do the right thing. It will gratify some people and astonish the rest."



RETIREMENT

Mitch Reece

Retirement Q&A

Q. How many retirement systems are there?

A. The most common answer would be two, but that would be incorrect. There are actually four systems that are in use. They are:

- 1) CSRS
- 2) CSRS w/offset
- 3) FERS
- 4) FERS w/frozen CSRS

The system you are enrolled in can be found on your pay stub. The code is in the box labeled retire. The codes are as follows:

- ✓ CSRS code is 1;
- ✓ CSRS w/offset code is 5;
- ✓ FERS code is 8;
- ✓ FERS w/frozen CSRS is A.

It is important to know which retirement system you are covered by when you start the retirement process.

Q. Will my health insurance premium increase when I retire?

A. For most federal employees, the answer is no. However, USPS employees have lower contribution rates than other agencies due to collective bargaining agreements. The additional contribution by the employer ceases when you retire. Also, the premiums are taken out after taxes. The premiums are taken out monthly instead of bi-weekly.

Q. How long do I have to be enrolled in a FEHB plan before I retire?

A. The employee must be covered under FEHB for five years immediately preceding retirement (or under spouse's FEHB plan). If you ever drop this coverage in retirement, you cannot re-enroll. You must elect a survivor annuity and be enrolled in the plan for your spouse to continue FEHB upon the annuitant's death.

Q. How is my life insurance affected by retirement?

A. Your basic life insurance was free while you were employed. Basic insurance is based on your salary rounded up to the nearest thousand + \$2000. If you had optional insurance, you must have been enrolled five years before retirement to continue this coverage. You have three choices available to you upon retirement regarding basic retirement. They are:

- 1) 75% Reduction: This reduces the benefit by 2% per month until the 75% reduction is reached. The monthly premium before age 65 is \$0.325/ \$1000 per month. After age 65, this option is free.
- 2) 50% Reduction: This reduces the benefit by 1% per month until the 50% reduction is reached. The monthly premium for this choice before age 65 is \$0.965/\$1000 per month. After age 65, the premium is \$0.64/\$1000 per month.
- 3) No Reduction- The premium before age 65 for this choice is \$2.265/\$1000 per month. After age 65, the premium is \$1.94/\$1000 per month.

If you choose to continue the optional coverage after retirement, you will pay the full premium based on your coverage.

These are just a few of the many questions that people have regarding retirement. In the future, I will cover many other topics.

There is also a link to retirement issues on the *What's New* page (Postal Retirement Q&A May 2013) on our state website. If you have any questions, I look forward to hearing from you.

Don't forget the Fall Booster in Hickory, NC.

The date is November 9, 2013.

The Location is: The Crowne Plaza at 1385 Lenoir-Rhyne Blvd. SE

Hickory, NC 28602

Telephone: 828-323-1000



40,000 Layoffs

Have I gotten your attention yet?

For those of you that have been around awhile, read this newsletter, the National Rural Letter Carrier, the contract, attended district meetings or just generally paid attention; you know that we have a **NO LAYOFF CLAUSE** in our contract. So why is the PAC man talking about layoffs?

Those of us that recently returned from our 109th National Convention heard talk of as many as 40,000 RCAs being laid off when and if we go to 5-day delivery. RCAs are not protected by the No Layoff Clause.

I hope that bit of information will inspire many of you RCAs to get involved, make a PAC donation, write and call your member of Congress and both of your Senators and do it regularly. It's your job that is on the line.

Regulars, this will affect you as well. If we lose many of our Relief Carriers, who is going to be there to work when you are sick or want to take some time off?

I am well aware that there is an RCA shortage in many offices and what a problem that causes. If we go to 5-day delivery, that could and most likely would become the rule. There might only be one RCA per office or even less. There might be only one shared between several small offices.

Our last PAC year was a good one. We had a total of 5.44% of our membership make a donation to our PAC. Is there any reason to think that a larger percentage ever bothered to call or write Capitol Hill? I certainly doubt it.

Now is the time to get involved. Send in a PAC donation today. Do not wait. Call and write your member of Congress as well as both Senators. L'enfant Plaza is determined to go to 5-day delivery. Only Congress can stop them and only if we lobby hard to save our jobs and the service we provide to our friends and neighbors. The future of this craft is in your hands. We may not win this

battle; but if you do nothing, we have already lost.

We desperately need your financial support to keep our lobbyists working on Capitol Hill and ---- if you have not called your member of Congress and both Senators to voice your support of six day delivery; WHY THE HECK NOT? Next year IS an election year and Senator Hagan's seat is up for our vote as well as every member of the House. Call them. Write letters to their in-state offices. Make your voice heard and protect your job and benefits and the future of the United State Postal Service.

NC Membership (7/31/2013)	4,672	
NC PAC Donors (2013)	254	(5.44%)
Members missing (7/31/2013)	4,418	(94.56%)

5.44% of our members are carrying a lot for the rest of us. Please send in your PAC donation today.

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 more by the end of the next 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"**

2013-2014 PAC

Donor List

PLATINUM Level (\$1500+)

Danny Caudle

DIAMOND Level (\$1000+)

RUBY Level (\$500-999)

Robin Hoyle

ELITE Level (\$250-499)

Van Carter

James Comer

Dennis Conley

Derek Harpe

Van Heath

Bryan Hudgins

Ronald Lineberger

Brenda Prevatte

Dale Sain

Barbara Smith

EXECUTIVE Level (\$100-249)

Lynn Adams

Doug Byrum

Kerry Carawan

Louise Fulwood

Phillip Fulwood

Vicki Gray

Robert Gurganus

Debra Hines

Frank Hines

Kelly Kenny Futch

Harold Knight

James Simmons

Charles Stewart

Clyde Sweezy

Linda Sweezy

Doretha Wagoner

Brenda White

Pete Williford

LEADERSHIP Level (\$50-99)

Robert Black

Ken Frazier

Cathy Hogan

Terry Huffines

Judith Jones

Sue Ligon

Connie Lindsay

Mitch Reece

Arles Taylor

Sandy Wilson

SUPPORTER Level (\$5-49)

Marlene Cantler

Mack Caudell

Sally Corriher

Chris Derrick

Judy DiBacco (Friend)

Jerry Huffines

Bonnie Johnson

Mary Josewitz

Janet Kight

Christine Laney

Melissa Liverman

Jadwiga McClelland

Norbert Mildner

James Morrison

Reggie Neal

Kim Ranker

Laurie Ross

Laura Ruiz

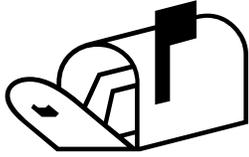
Mike Shue

Dianna Valente

Peggy Vance

Betty Westbrook

Joseph Whitley



Your delegation at the National Convention turned out quite well for our PAC this year. North Carolina raised **\$7,230** to place **2nd** overall averaging **\$150.63 per delegate**. The Convention overall raised \$105,235 for our PAC.

SUSTAINING MEMBERS

- Marlene Cantler
- Mack Caudell
- Sally Corriher
- Chris Derrick
- Jeanette Dwyer
- Ken Frazier
- Van Heath
- Bonnie Johnson
- Mary Josewitz
- Janet Kight
- Christine Laney
- Sue Ligon
- Melissa Liverman
- Jadwiga McClelland
- Norbert Mildner
- Jim Morrison
- Reggie Neal
- Kim Ranker
- Mitch Reece
- Laurie Ross
- Laura Ruiz
- Mike Shue
- Dianna Valente
- Betty Westbrook
- Joseph Whitley

Convention Aggregate Totals

- 1. Iowa \$7,820
- 2. North Carolina \$7,230
- 3. Missouri \$6,630
- 4. Kansas \$5,050
- 5. Texas \$4,510

Convention Per Capita Totals

- 1. Rhode Island \$513.33
- 2. Massachusetts \$453.57
- 3. Oklahoma \$326.00
- 4. Wyoming \$250.00
- 5. Idaho \$242.44

While these numbers are impressive, there were many other fundraisers going on at the convention. The Hat was passed almost everyday, sometimes more than once and very impressive amounts of money were raised from your very generous brothers and sisters present at the convention.

Other items of significance:

- ☞ North Carolina placed 3rd for the 2012-2013 PAC Year raising \$35,581.57.
- ☞ Brenda White was recognized as the NC Member of the Year, and
- ☞ Barry Corriher was recognized as the NC Auxiliary Member of the Year.

How Can I Contribute?

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



**How is it Decided?
Who do we Support?**

- Legislators who have supported NRLCA friendly legislation
- Candidate Questionnaire
- Meet & Greet's
- Committee Assignments
- Positions of Leadership within Congress

North Carolina District Representatives

Mid-Carolinas

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Mid-Carolinas District Representative

Sally Corriher

As you read this month's state paper you will note some changes in the Mid Carolinas steward system. Dennis Conley was elected to the position of Executive Committeeman of the NRLCA at the National Convention in St. Louis. I hope all of the carrier's across North Carolina and South Carolina are proud of Dennis and his accomplishment while serving as Assistant State Steward, State Steward and District Representative. We are so lucky to have Dennis elected to National Office where he will continue to serve and use his wisdom and knowledge for all of us. I have been appointed to the position of District Representative for Mid Carolina. Barbara Smith and Tracy Davidson are still the full time assistant district representatives for Mid Carolina. In the next issue of the North Carolina Rural Carrier magazine there will be list of the new assignments for all the stewards. Mid Carolina will have a part time assistant district representative and a new area steward. We are all looking forward to a great new year.

The new guarantee year begins on Saturday,

October 19. The Relief Day Work List should be posted three weeks before on September 28, 2013, for a two week period. The last day to sign the RDWL will be by close of business Friday, October 11. The new RDWL will go into effect on Saturday, October 19, giving management a week to make their schedules using the correct information. With the beginning of the new guarantee period through the end of the designated Christmas period, a regular carrier who works the relief day and is entitled to an X day must be given the X day within the same pay period in which the relief day was worked or they will be compensated at 100% of the carrier's daily rate of pay in lieu of an X day. Any X days previously earned before the guarantee period began cannot be used until after the Christmas overtime period ends. Remember we are not entitled to Christmas overtime and management has the right NOT to allow you any Christmas overtime by giving you assistance and letting you off early one day. Under no circumstances should a regular rural carrier be required to take LWOP, this will eliminate any chance of overtime for the week. If management wants you to take off, tell them you will be glad to come into work and work for a limited time and go home or you can take annual leave. Auxiliary routes are paid actual time worked and not evaluation during the Christmas overtime period. Christmas overtime begins the first Saturday in December and ends when the Post Office wants it to end.

**Greensboro Assistant
District Representative**

Bryan Hudgins

Relief Day Work List

With the new guarantee beginning on October 19, 2013, carriers should note you must sign up for relief day work list, if you so desire, once again. The opportunity to sign up will begin on September 28, 2013, three weeks prior to the beginning of the new guarantee year with an effective date of October 19, 2013. Even if you are currently on list you must sign up again. Dates to sign up are September 28, 2013 through October 11, 2013.

Keep in mind, regardless of route classification, all regular carriers desiring to work their relief days can place their names on the relief day work list.

High/Low Option

The new guarantee year provides an opportunity to choose the higher route classification if your route can be classified in more than one evaluated classification. Keep in mind you can go from high option to low option any time during the year but the new guarantee year provides an opportunity to elect high option. Other opportunities would come at a mail count or route adjustment.

In order to qualify for high option, you must agree in writing to use sufficient annual leave not to exceed 2080 hours actually worked. It should be noted some managers may try to take this option from the carrier if carrier has been a 2080 "problem" in the past, meaning being on the 2080 list for several months or less. If you have a problem contact the steward assigned to your office.

The carrier must have a minimum of 10 years from their retirement computation date in order to elect the high option. In most cases this would be 10 years from the date the carrier made regular. This date is found on your PS Form 50, line 17.

"X" Days

With the new guarantee period starting on

October 19, 2013, it should be noted any accumulated X days cannot be used until after Christmas overtime period. Any X days used after October 18, 2013 must be earned in the same pay period. If your manager enters an X day and time card does not reflect a relief, day worked you may be charged annual leave or leave without pay.

Any accumulated X days before guarantee period will roll over to be used after Christmas overtime period. Christmas overtime dates will be posted at a later date but do not count on Christmas overtime to pay the bills.

Contract Edition of National Rural Letter Magazine

In August you received a GREEN NATIONAL MAGAZINE. This is the contractual issue. Please keep this magazine! It is your CONTRACT!

Read Article 9 in your contract to learn of your salary increase in November, learn of mail count dates in 2014, and when the next COLA will be effective. Read Article 12 so you will know when that route you always wanted should be posted if the "Old Man" ever retires! Read your contract so you know that once the auxiliary route reaches 42 hours it should be converted to regular status and posted.

Bryan W. Hudgins
Greensboro Assistant District Representative

Mary Tompkins Receives 40 Year Pin



Postmaster Terry Rockwell presents Mary Tompkins with her 40 year service award pin on behalf of the Postmaster General.

Mary has served her entire career in Rocky Point.

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.

**NORTH CAROLINA AUXILIARY
OFFICERS**

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345 Harvey's Ln
Traphill, NC 28685-9133
336-957-2004

VICE PRESIDENT

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1336 Schoolhouse Road
Elizabeth City, NC 27909-9596
252-771-8180

SEC./TREAS.

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

EXECUTIVE COMMITTEE

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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. EDITH KNIGHT

738 Stone Mountain Rd
Stoneville, NC 27048-7689
Phone 336-573-3274

CHAPLAIN

MRS. CAROLYN WARD

3951 Virginia Rd
Tyner, NC 29780-9797
252-221-4683

PROVIDENT GUILD

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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. L. E. WHITE

1336 Schoolhouse Road
Elizabeth City, NC 27909-9596
252-771-8180



Auxiliary News

Hello Auxiliary members,

I was elected President of the NCRLCA Auxiliary for the upcoming year at the state convention in Cherokee, NC this past June. We had 34 auxiliary members registered at the convention. I would like to invite all our auxiliary members to attend our next meeting. Since North Carolina is a family organization your spouse's NCRLCA dues automatically include you as an auxiliary member.

We are no longer just a Ladies Auxiliary. When the Auxiliary was started years ago, that was probably true. Today we live in a totally different world where a lot of the carriers are women. We would love to have those spouses join the auxiliary as we have had and still have men serving in various positions in the auxiliary. Charles Adams is currently on the auxiliary board and has served on the national level as treasurer for 5 years. L.E. White just finished two years as president and is currently serving as vice president. Barry Corriher has served as President and other positions also. Linwood Smith is currently serving on the auxiliary board. L.E. White and Linwood Smith also serve as chaperones for the Juniors at the National Convention.

A Juniors program is also offered for your children ages 5-21 years. Our junior sponsor, Sarah Stewart, does a great job of planning informative meetings and taking them to do fun things around the convention community.

We would like to revamp the Country Store at the next state convention. If you have new or slightly used items (crafts, pictures, books, etc.) to donate, please bring them and if you are unable to attend, please feel free to call me or another auxiliary member to bring the items for you. It's always fun to see what you can find in the Country Store.

For those of you that will have children going to college, please check the NCRLCA web site for the Auxiliary scholarship application. Please fill them out completely with all the necessary information. This year eleven (11) \$500 scholarships were awarded and will be announced at the Fall Booster meeting in Hickory in November. There are also National scholarships that can be applied for and have to be done so in a timely manner.

The new national president's program is "A Program of Finding A Cure" to support Juvenile Diabetes Research Foundation (JDRF) curing Type 1 diabetes. We will have several items for sell to support this humanitarian project. Please help us be #1 again this year. NC raised \$12,000, the most money of all states, for President Kay Carter's program this past year.

Again, I look forward to serving you this year and hope to meet more of our members at the Fall Booster meeting and our next State Convention. Watch this paper for all the details on the upcoming meetings!

NCRLCA Dues for 2013-2014

- [] 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.

October 2013

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

November 2013

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

NCRLCA
3668 Startown Rd
* Maiden, NC 28650-8722



TIME SENSITIVE MATERIAL

NON-PROFIT
ORGANIZATION US
POSTAGE PAID
VALE, NC
28168
PERMIT NUMBER
41