



NORTH CAROLINA



RURAL CARRIER

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

Volume 30

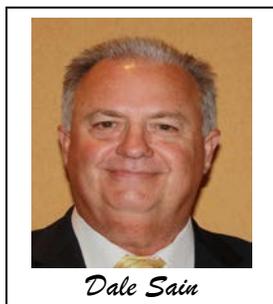
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Dale Sain

President's Message

Dear Fellow Rural Carriers,

By the time you receive this newsletter, spring will have arrived, and with it the hope that all of the bleak, nasty days of winter are behind us. But somehow the spring sunshine is not quite as bright as we recall. This company of friends has suffered a great loss with the unexpected passing of our Miss Harriet, Ronald Lineberger's dear wife and helpmate. Among her many contributions, Miss Harriet was a photographer, an historical leader and champion of our Juniors, and member of the Auxiliary. She and her smile will be dearly missed. Please keep the Lineberger family in your prayers.

On the postal front, our USPS management continues to amaze us with their wrong-headed decisions and directions. Take Senate bill 1486, supported by our PMG, which if passed, will cut delivery from six to five days, will cost the USPS 80,000 jobs, and will result in reduction of service to the American public. Why? If reason would take hold and Congress would remove their USPS only required prefunding requirements for future retiree health benefits, the USPS would have to announce an operating profit of \$765 million dollars for the first fiscal Quarter of 2014. Don't hold your breath to see this occur...because the appearance of financial crisis promotes our PMG's agenda to reduce delivery days. This is not the time to cut service and go backwards; this IS the time for each rural carrier member to contact their senators and congressmen to express our concerns and requests. Please help this effort by making a generous donation to our Political Action Committee (PAC) - see our outstanding chairmen Van Heath.

Your state board met at the High Point Plaza Hotel and Conference Center for two days for their annual spring meeting during March. Much of our time was required to finalize plans for our State Convention, which will be held at the same hotel June 22-25 (Sunday - Wednesday). Please consider coming to this very informative meeting. Dennis Conley will be our National Board Representative in attendance, and he is always a tremendous resource for timely and compelling information pertinent to our organization.

(Continued on Page 16)

North Carolina Rural Letter Carriers' Association Officers

PRESIDENT

DALE SAIN

PO Box 52
Vale, NC 28168-0052
Phone 828-461-5057

VICE PRESIDENT

DANIEL CAUDLE

5744 Seward Rd.
Pfafttown, NC 27040-9618
Phone 336-924-0966

SEC'Y.-TREAS.

RONALD L. LINEBERGER

3668 Startown Rd.
Maiden, NC 28650-8722
Phone 704-732-1604
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
Winston-Salem, NC 27127-9729
Phone 336-764-2747

SAFETY

VICKI GRAY, CHAIRMAN

424 Wapiti Drive
Spring Lake, NC 28390-1562
Phone 910/497-5306

FEHB

BRENDA PREVATTE

13159 NC HWY 41 N.
Lumberton, NC 28358-5188
Phone 910/738-8424

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

DOUG BYRUM

1016 Cuthbertson Road
Waxhaw, NC 28173-9751
Phone 704-843-3284

AUTO-HOME INS. REP.

Brenda Gibbs

5877 Turner Smith Road
Browns Summit, NC 27214-9523
Phone 336-656-0123

WEB MASTER

Jeff Essick

229 Essick Lane
Winston-Salem, NC 27127-9129
336-775-2519
jeffessick@bellsouth.net

HISTORIAN

RONALD L. LINEBERGER

3668 Startown Rd.
Maiden, NC 28650-8722
Phone 704-732-1604

PROVIDENT GUILD

HAROLD KNIGHT

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

P.A.C. CHAIRMAN

VAN HEATH

25722 US Hwy. 64
Jamesville, NC 27846-9272
Phone 252-792-6614

PAST PRESIDENT

DEREK HARPE

781 Baltimore Rd.
Advance, NC 27006-7817
Phone 336-998-5293

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

TO:

RONALD L. LINEBERGER

3668 Startown Rd.
Maiden, NC 28650-8722
Phone 704-732-1604
FAX 704-735-9094

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

Harriet Propst Lineberger, age 66, of 3668 Startown Road in Maiden, died on Wednesday, February 19, 2014.

Harriet was born September 16, 1947, in Lincoln County to Helen Smith Propst and the late Moton Woodrow Propst. She worked as an administrative assistant and was a graduate of Kings Business College. Harriet was the Junior Sponsor for the North Carolina Rural Letter Carriers Association Auxiliary, and co-editor of the *North Carolina Rural Carrier* newsletter. She taught the children's Sunday School Class at Salem Lutheran Church and delivered the Children's Sermon for many years. She also served as the organist for Salem United Church of Christ. She served on the Lincoln County Board for Thrivent Financial for Lutherans, and the Lincoln County Board of Health.

Harriet received many awards over the years, including the Order of the Long Leaf Pine presented by Governor James Martin, the highest award presented to a private citizen for outstanding contributions in the work place and community. But her most treasured award was the Outstanding Member of the year presented by the NCRLCA Auxiliary for her work with the Junior Auxiliary.

She is survived by her husband of 45 years, Ronald Lee Lineberger; a son, Ryan Lee Lineberger, Former Vice President of the NRLCA Junior Auxiliary and wife Kate; a daughter, Cheryl Lineberger Boyle and husband Michael; her mother, Helen Smith Propst; three sisters, Dianne Painter, Susan Harris, and Robin Nicholson; and one grandson, Caleb Daniel Lineberger.

Memorials may be made to the North Carolina Rural Letter Carriers' Association Auxiliary Scholarship Fund, 7661 Wilkins Drive, Fayetteville, NC 28311-9361.

Mr. Farrell Charles Johnson, age 87, of Vale, died on Sunday, March 16, 2014.

Mr. Johnson was born March 8, 1927 in Lincoln County to the late Charles and Annie Wood Keever Johnson. In addition to his parents he was preceded in death by his wife Lottie Prue Leatherman Johnson and two brothers, Ralph Johnson and Carl Johnson. He was a veteran of the United States Navy having served during World War II. Mr. Johnson was a retired rural letter carrier from the Vale PO. He was a lifelong farmer and retired charter member volunteer fireman with Union Fire Department. He was a mason in the Cooksville

Masonic Lodge, and a member of the Scottish Rites of Charlotte.

Survivors include his two sons Ronald Johnson and Steve Johnson; four grandchildren, Sherrie Davis, Brad Johnson, Allison Chapman and Chandler Johnson; one great grandchild, Shelby Ann Davis.

Robert Glenn Austin, Jr. of Charlotte, NC passed away, January 12, 2014. He was a 1949 graduate of Harding High School, served during the Korean War in the US Army. He retired from the United States Postal Service as a rural letter carrier from Pineville, NC in 1986.

He was preceded in death by his parents. Mr. Austin is survived by his wife, Constance Austin; one son Robert G. Austin, III; two daughters, Mary Ellen Frizzell and Martha Austin Blake; and three grandsons, Austin and Carter Blake and Trent Austin; his sister, Barbara Durham; and several nieces and nephews.

Oliver Max Horne, 82, of Clarkton, passed away, Feb. 21, 2014.

He was preceded in death by his parents, Simon and Thelma Horne; and a sister, Sarah Horne. Max is survived by his wife of 61 years, Daphne Horne; son, Tim Horne; daughter, Jane Horne Miles; two brothers, Charles Horne and Doug Horne; sister, Doris Bordeaux; four grandsons, Nathan Horne, Travis Horne, Daniel Horne and Keith Miles; three granddaughters, Sandi Miles Hanley, Robin Miles and Traci Miles; and a great-grandson, Gabriel Hanley.

Max was a native of Columbus County, born Sept. 29, 1931. He graduated from Evergreen High School in 1950 served in the US Navy, attending boot camp at Naval Station Great Lakes, Ill., serving at Ship Repair Facility Guam, attending Damage Control School at Naval Station Treasure Island, San Francisco, and serving at Naval Base Pearl Harbor, respectively, from October 1950 to 1954, attaining the rank of Damage Controlman Petty Officer Second Class.

He retired from the Clarkton Post Office in 1990, and delivered the mail on Route 2 for 30 years. He was a member of First Baptist Church of Clarkton, where he served recurring terms as a deacon and 27 years as church treasurer. He served his community as a volunteer fireman, charter member of the Clarkton Rescue Squad and a member of the Lion's Club. Additionally, he was a 32nd Degree Mason and a Shriner.

Colon Hubert Jordan, 78, passed away on his farm on Sunday, March 2, 2014, with his family by his side. Colon was born on December 15, 1935, to the late Hubert H. Jordan and Opal Westmoreland Jordan. Colon married Carol Butler on December 17, 1955. He was a self-employed dairy farmer and worked as a rural letter carrier for 30 years. Colon is preceded in death by a grandson Kenny Colon Jordan and wife Heather Dawn Jordan and great step granddaughter Nikki Dawn Simpkins.

Colon is survived by his wife Carol B. Jordan of the home, daughter Kathy Jordan, son Troy Colon Jordan, one grandchild Niki Jordan, five great grandchildren Kayla Jordan, Bryron Nesbitt, Noah Jordan, Joshua Jordan Tinsbloom, Seth Colon Tinsbloom, two step great grandchildren Krista Ivey Simpkins, Edward Dee Holyfield, and two brothers Benny Jordan and Larry Jordan, two nieces and two nephews.

Chaplain's Message

Doug Byrum, Chaplain

A Life of Seeking

Read Romans 8:26 - 30

Seek first (God's Kingdom and His righteousness, and all these things will be given to you as well.

Matthew 6:33 (NRSV)

I frequently find myself scrambling to find my car keys. This can be frustrating because without the keys I can't get to where I want to go.

Just as I frequently search for my car keys, I have often found myself searching for the spiritual keys that will lead me to where God wants me to be. Life in Christ involves constantly seeking God's purpose for our lives. As much as we may desire to fully control our own lives – we know that only by seeking God's will do we arrive at the place God wants us to be.

The assurance we as believers have during times of searching is that God is always working for our good (Romans 8:28). We don't need to scramble. Jesus' words recorded in Matthew 6:33 comfort me, assuring me that if we seek God's kingdom first, the rest will follow. While our world is full of the temptation to seek after this and that, as believers we are to be confident, knowing what we should truly seek – God's kingdom. Having this perspective makes our searching fruitful rather than frustrating.

Thought for the Day: Where is God active in my life today?

Prayer: Dear God, we are often tempted to seek things of this world when we should be seeking your kingdom. Help us to be confident in your love and grace and seek your guidance. Amen.

Prayer Focus: For minds and hearts that seek God's guidance.

Personal Note

Thanks' to everyone that sent cards, telephone calls and prayers for Linda during her eye surgery. She continues to improve and we pray that she will be back to normal very soon. May God Bless you all. We are proud to be a part of such a great family.

In His love, Doug and Linda Byrum.

A Message from the Editor-Sec/Treas.

Ronald L. Linberger

I begin the message with an apology first for being so late with this newsletter and second for some blank spaces in several areas of the paper.

This has been the most difficult newsletter that I have ever had to complete. On February 19 my life changed in ways that I never expected or prepared for. Harriet, the love of my life and my companion, died unexpectedly. At the time I was just beginning this newsletter and I put this on hold for several days. When I was able to get back to completing this project I failed to notify a couple of article writers in a timely manner to submit material. This caused a couple of articles to be late arriving. I must confess that this was my fault and I place the blame on no one else.

As many of you know, I have announced my plans to retire and give someone else the opportunity to fulfill the obligations of the Secretary/Treasurer's position. Many have asked if I this is still my plans. Those plans have not changed; I will not seek reelection to this position at the convention in High Point. I have informed the State Board that I will be available to assist the new person in learning the position and get the many items completed that are necessary immediately after the State Convention and before the National Convention. Anyone interested in placing their name into the hat for this position, just give me a call and I will be glad to answer your questions.

I would also like to thank everyone that sent cards, letters, phone calls, flowers and prayers during this very difficult time in my life. I have felt the love of so many and I cannot express my appreciation enough for the support I have received.



Welcome Spring!

Spring is finally here. The sun is shining. The weather is warming up. The grass is turning green again. I couldn't be happier. I am so tired of winter. Tired of the cold. Tired of driving on ice in sleet, snow or freezing rain. Most of you probably feel the same way I do. I hope you read my earlier article and were prepared for this strange winter. Well enough about winter, spring is here. Welcome Spring!

Spring brings new issues to deal with. We are not the only ones happy to see this nice weather. Many creatures come out of hiding when the temperatures start to rise. Bugs and spiders become very busy preparing new homes now. Be sure to be on the lookout for hornets and wasps trying to build new nests in or near the mailbox. Spiders like the deep, dark mailbox. I have also seen mailboxes crawling with a whole colony of ants. Be on the lookout for these intruders and avoid getting bit or stung. Do not reach into a box without checking it first. These little industrious builders can do a lot in just one day. A mailbox that was clear when you serviced it yesterday could have something in it today. Notify your customer that these invaders need to be removed from the mailbox.

Dogs like this time of year too. Many have been cooped up inside the house for most of the winter. Now Fido is outside and he just wants to run and play in the yard. He has Spring Fever too. This can be a hazard for you as a mail carrier. In 2011 there were 5,605 letter carriers attacked by dogs. In 2012 there were 5,879. These numbers are for both rural and city letter carriers. I was unable to get a breakdown between the two. The statistics on 2013 are not available as of this time. Letter carriers rank #3 on the list for dog attacks. Children are #1 and the elderly are #2.

As letter carriers we inadvertently teach dogs to not trust us. We arrive at the house/mailbox, usually at about the same time every day. Fido hears us or sees us (I think they even wait for us) and decides he needs to warn his family and protect his territory. He barks at us. We stop, just long enough to put the

mail in the mailbox and then we leave. In his mind he has just scared the bad intruder away. We did exactly what he wanted us to do. We reinforce in his mind that we are a trespasser that must be driven off. Plus if his owner goes right out to the mailbox to see what we just did out there, then Fido thinks he alerted them to that also and has a double reward in his mind.

Here is a short dog safety quiz for letter carriers compiled from USPS sources. There are safety tips included with the answers. Test your knowledge. All answers are True or False.

1. Dogs always bark or growl before they attack?
T F
2. If the dog is sleeping you should quietly slip up to the door and make your delivery?
T F
3. Turning away and running from a dog will probably prevent an attack?
T F
4. Most bites occur because the dog is protecting his territory?
T F
5. Dogs only attack if you threaten or challenge them?
T F
6. A storm door will keep the dog inside and prevent him from attacking you?
T F
7. You should make friends with the dog by giving him dog biscuits or treats?
T F
8. You should look the dog straight in the eyes?
T F
9. You should secure your dog repellent to your vehicles dashboard so that you have it?
T F
10. A dog that is afraid of you will run away therefore you do not have to worry about it biting you.
T F

Answers

1. **False.** Many bites occur without warning. The best way to protect your self is to stay alert.
2. **False.** Dogs have keen senses. You would probably startle the dog and increase the possibility of attack if you attempted to do this. **What should you do?** Make a soft noise, like a low whistle, so that the dog realizes you are there.
3. **False.** Turning and running often increases the dog's excitement and allows the dog to bite

while your back is turned. **What should you do?** Stand your ground; face the dog; use a shield if available (such as a package); back away slowly and carefully to safety.

4. **True.** Before entering a customer's property take a quick glance at all the areas that a dog could be—under a parked car, porch, in the bushes, etc.
5. **False.** Dogs attack under many various circumstances. Always be aware of the presence of any and all dogs.
6. **False.** Dogs have been known to break through storm doors. On outward opening doors you could put your foot against the bottom of the door to help prevent it opening.
7. **False.** Dogs may accept a treat from you and still not accept you. **What should you do?** Speak to the dog in a friendly tone. Call it by name if you know it. Always keep your distance.
8. **False.** Looking the dog in the eye may be interpreted by the dog as a challenge. **What should you do?** Look directly at the dogs face but avoid eye contact. Do not smile. Your teeth may be interpreted as a challenge also.
9. **False.** Most attacks occur away from the vehicle. **What should you do?** Keep your spray with you and carry it so that you can use it quickly if attacked.
10. **False.** A fearful dog is just as dangerous as an aggressive dog and may lash out in self - preservation.

I hope you enjoyed this little quiz.

I would like to ask you to please take a little bit of your time and vote for your delegates to the National Convention. Vote for the people you would like to represent you when you receive your ballot. Remember they are your voice.

I hope you to make plans to attend our State Convention in Highpoint. I want to wish all of you a Happy Easter.

Stay Safe!



What Is Causing Me to Sneeze

Spring and fall is the time of year the trees, grass and weed pollens become airborne and can result in sneezing, runny nose, itchiness in nose, throat and eyes.

Pollens are usually the blame for these allergies or as some call it hay fever that may or may not have anything to do with hay. There is no escaping pollen it can even be found as far out as 400 miles at sea.

So what do we do as rural carriers, we are out there working in this air all day long.

In researching this, I found a few things we can do that will help while we are on the road and at home. While we are on the road we need to wear a long sleeve shirt, this helps to keep the pollen from absorbing through our skin; wearing sunglasses will help keep the pollen out of your eyes. You're going to laugh at this but keep your windows up! Yes I know but as much as possible and run your air conditioner on "recirculate" option to help keep pollen from coming in your vehicle. Keep vehicle interior as clean as possible and wipe it down and vacuum it frequently.

When you get home take your shoes off at the door, this helps from spreading pollen and dirt through your home. If you have an animal brush them down before you let them in. If you normally shampoo your hair in the morning consider switching to night time this will help keep pollen from getting into your bedding and on your face during the night.

If you end up with sinus pressure there are several things you can do – a salt water nasal rinse, moisture, eat spicy, peppery foods, drink lots of water, avoid things that trigger allergies, OTC Saline nose spray, antihistamine/decongestant, see a doctor.



RETIREMENT

Mitch Reece

This month, I am going to discuss Social Security retirement benefits. There are many factors to consider. Social Security has created several different retirement planners to help you decide what would be best for you and your family. There is an online calculator that can provide immediate and accurate retirement benefit estimates to help you plan for your retirement. You also receive an annual statement from Social Security in the mail if you are still working.

The online Retirement Estimator is a convenient, secure and quick financial planning tool. It uses your own earnings record information, thus eliminating any need to manually enter years of earnings information. The estimator will also let you create "what if" scenarios. You can, for example, change your "stop work" date or expected future earnings to create and compare different retirement options. To use the Retirement Estimator, go to www.socialsecurity.gov/estimator.

There is one more thing you should remember as you crunch the numbers for your retirement. You may need your income to be sufficient for a long time, because people are living longer than ever before. Generally, women tend to live longer than men. For example:

- The typical 65-year-old will live to age 83
- One in four 65-year-olds will live to age 90
- One in ten 65-year-olds will live to age 95

Once you decide on the best age for you to actually retire, remember to complete your application three months before the month in which you want retirement benefits to begin.

Don't Forget Medicare; even if you don't plan to receive monthly benefits, you should sign up for Medicare three months before reaching age 65. Otherwise, your Medicare medical insurance, as well as prescription drug coverage, could be delayed and you could be charged higher premiums. For more information about eligibility and costs, visit www.medicare.gov.

- There are some special provisions if you are still working at age 65: You still want to enroll in Medicare Part A, since it's free (for most people)
- Once you retire, you have 8 months to sign up for Part B without a penalty. Note** If you do not enroll in Part B during the 8 months after the employment ends, you may have to pay a penalty for as long as you have Part B. You won't be able to enroll until

January 1-March 30, and you'll have to wait until July 1 of that year before your coverage begins.

- If you do take Medicare Part B, they will be your secondary insurance and your FEHB plan will be your primary insurance until you retire. Once you retire, Medicare Part B will become the primary payer. Here is a link for more information: <http://www.medicare.gov/sign-up-change-plans/get-parts-a-and-b/should-you-get-part-b/should-i-get-part-b.html#collapse-3156>

You can find answers to frequently asked questions about Social Security, learn about factors that could affect your benefits and much more by visiting www.socialsecurity.gov or by calling 1-800-772-1213 (1-800-325-0778 for the hearing impaired) or by visiting a local Social Security office.



State Convention High Point 2014

Danny Caudle

One of my biggest regrets as a Rural Carrier is not taking time to visit area attractions when attending The National Conventions. I missed seeing a lot of great places when I didn't take a few more annual days during The National Convention in Spokane, Washington. Hopefully, I have learned my lesson.

When I began searching for places for the delegates of The 2014 NCRLCA Convention to visit in and around High Point, I realized that I have not seen 10% of what this area offers. At that moment, the realization of being old and stuck in a rut overwhelmed me.

Can you imagine the excitement on your children's (or grandchildren's) faces as they see Emerald Pointe Wet and Wild Water Park? Just give them four hours at the park and they will not have any trouble sleeping that night! For more information, visit emeraldpointe.com.

If you are into pottery, then days could be spent in the Seagrove area. Hundreds of potters make their home in that area due to the clay found there. Ladies could get thousands of decorating ideas just by walking into the shops. This is a must see while attending The State Convention this year (discoverseagrove.com).

What could be more relaxing than walking around The Childress Vineyards owned by NASCAR legend, Richard Childress? If you are a wine connoisseur, then pick up a bottle of wine to take home with you. More information is available at childressvineyards.com.

Speaking of NASCAR, you do not want to miss the Winston Cup Museum in Winston-Salem. There are more than 30 authentic Winston Cup Cars on display at the museum. The address is 1355 N. Martin Luther King

Drive. The hours of operation - Tuesday - Saturday, 10AM - 5PM. Learn more at wcminfo@winstoncupmuseum.com.

If you just can't get enough of NASCAR, then be sure to see the Richard Petty Museum in Level Cross, located at 311 Branson Mill Road. Learn more at rpmuseum.com.

While in Winston-Salem, go visit the Reynolda House Museum of American Art, which is the Southeast's finest collection of American art. For more information visit reynoldahouse.org.

History buffs will enjoy Old Salem Museum and Gardens. Old Salem is one of the first Moravian Settlements in the US. Be sure to see God's Acre to learn more about the beliefs of The Moravians. More information is available at oldsalem.org.

Both The Children's Museum of Winston-Salem and the Greensboro Children's Museum are great places to take your children. There are many "hands on" things for the children to do which make learning fun. If interested, visit gcmuseum.com or childrensmuseumofwinston-salem.com.

If the children are "bored to death" with all the art, history and artifacts, then let them burn some energy at Airbound Trampoline located in both Greensboro and Winston-Salem. The Greensboro facility is located at 4215 High Point Road, and the Winston facility is located at 7840 North Point Blvd. Check it out at airboundtrampolinepark.com.

In the next article, more information will be given about more places to see in the Piedmont area.

Auto-Homeowners' Insurance Update

Brenda Gibbs

How much auto insurance do I need?

This is a question we all ask ourselves at some point. Here are a few guidelines to help you decide.

Bodily injury: the amount of liability for bodily injury should be sufficient to cover your assets. If you injure someone in an auto accident this coverage protects you in case of a lawsuit. This coverage may be as low as \$10 or 20,000 up to \$300,000 per accident. Most experts recommend that you carry at least \$100,000/300,000.

Property damage: liability for property damage will cover you in the event you hit someone else's vehicle. With new autos costing to \$50,000 or more this insurance should be sufficient to cover you in a serious accident.

Collision: will cover you when you wreck your own vehicle. There are deductibles available. The higher the deductible the lower your overall bill will be. If you could afford to pay the first \$1000 in repairs that is the option for you. If not, then you should go with a lower amount such as \$250 or \$500.

Comprehensive: covers the cost of miscellaneous damage not caused by a collision. There is also a deductible with comprehensive. The higher the deductible, the lower the insurance payment. But again, make sure the deductible is a reasonable amount that you can afford.

Medical expenses: is the next thing to consider. This is the amount you and each of your passengers are covered for medical claims.

Uninsured/underinsured: this insurance will cover you in the event of an accident with a driver that has too little or no insurance. Each state has a minimum amount, but you can select more coverage. If you drive a new vehicle or a more expensive model of an older vehicle you may want to choose a higher amount.

Personal injury or no-fault protection: required in some states and covers the medical expenses of yourself and your passengers no matter who is at fault.

If I can help with your insurance questions, feel free to call me.

2014 State Convention

The 2014 NCRLCA State Convention will be held at the High Point Plaza Hotel & Conference Center, located at 135 South Main Street, High Point, NC 27262. The dates are June 22 through June 25, 2014. We have a great room rate for this convention of \$63.90 plus 12.75% tax. There will also be a \$6 parking fee, the parking garage is owned by the city and is not a hotel charge and therefore could not be negotiated with the hotel.

Please mark your calendar and make plans to attend this very important meeting.

State Convention Retirement Seminar

We are excited to announce new plans for Retirement Counseling seminars at our State Convention. The facilitator will be Rosanne Jefferson, who formerly worked in the Human Resources in the Greensboro District.

Rosanne will provide postal specific information that may be critical in making your retirement plans. She will be conducting two sessions, one for Civil Service and one for FERS employees. While these will not be one on one counseling sessions, we are confident that you will find her presentations of great benefit. Issues that she will address will include life and health insurance, annuities and survivor benefits plus expected timelines.

Anyone who is within five years of retirement should take advantage of Rosanne's expertise.

In order to schedule the sessions, please let send a note or call to President Dale Sain no later than June 10, 2014 if you plan to attend either session. You can find his contact information on the second page of this newsletter.

NRLCA CONSTITUTION CHANGE

SAVE FILE AS: {ST-#-C-ART#}

The following Constitution change was adopted as a resolution at the 2014 Annual Convention of the North Carolina Rural Letter Carriers' Association. It is hereby submitted to the Constitution Committee of the 2014 National Convention in Grapevine, Texas for consideration and appropriate action.

The following procedures are suggested for effectively presenting state-adopted Constitution Changes:

- 1) Place only one Constitution per sheet.
- 2) Present in Word document format.
- 3) Formatting instructions:
 - (a) Font - Times New Roman; Font Size – 11
 - (b) New Language **BOLD**; Omitted Language ~~Strike Through~~
 - (c) Article _____ Section _____ Paragraph _____

Explanatory paragraphs should be headed as follows: (If spaces below are inadequate, use additional sheets with appropriate heading)

PRESENT LANGUAGE:

PROPOSED LANGUAGE:

INTENT OF/REASON FOR CHANGE:

Signature _____
State Secretary

Date _____

Staple resolution to this form

STATE SEAL



YOU'RE FIRED

Have I still not gotten your attention?

My last few articles have been about Senate Bill 1486. Since my last article was written the bill passed out of committee and is now awaiting action on the Senate Floor. There were no NC Senators on this committee and it passed with bipartisan support. It is not too late for you to call or write your Senators. When and if this bill passes in the Senate, then it will be of the utmost importance that every one of us calls and writes to our member of the House of Representatives. This bill must not be allowed to become the law of the land.

Now to explain the article title: If this bill passes we will lose Saturday delivery. That means the Postal Service will no longer have need of most RCAs. If that happens, the only time an RCA will be needed will be when a regular carrier is on vacation or is sick. To us regular carriers it means that we will no longer be able to get a day off any time we want it. Leave may be issued on a first come, first served basis or in some cases it may be granted based on seniority. I realize that there are many offices that are already short on subs, but it can and will get worse and my guess would be maybe one RCA for each five routes. Does that sound like a plan to you? Even in a little two route office like mine, I don't like the prospect of having to share a sub.

Write those letters, make those phone calls and send in a donation to support your lobbying effort on Capitol Hill and do all of those things this week. Don't wait any longer. Our future depends on all of us doing our part.

Among the very worst ideas for reforming the United States Postal Service are proposals to end Saturday delivery and to shift from at-the-door delivery of mail to a scheme that would force Americans to go and collect letters and packages from central delivery spots.

Both approaches would diminish the scope and character of the postal service while increasing the

likelihood that private firms will move in to fill the void.

These are the sort of ideas that are peddled by House Oversight and Government Reform Committee chair Darrell Issa, R-CA, and others who target the USPS for deep cuts. Unfortunately, they've turned up in the Obama administration's budget.

As "The Hill" newspaper reports: Obama's budget would allow the USPS to scrap all Saturday delivery – even packages, one of the fastest growing parts of the Postal Service's business. USPS in recent months has shown more interest in expanding when it delivers packages, with Sunday delivery now in limited areas.

The White House budget would also allow USPS to move away from door-to-door delivery to more centralized delivery areas, an idea panned by Democrats. Plus, USPS could keep the recent temporary increase in the price of stamps – which large mailers loathe - beyond the scheduled two years.

According to the Obama administration, these reforms – along with a proposal to tinker with some of the immediate requirements for pre-funding retiree healthcare benefits seventy-five years into the future – “would set USPS on a sustainable business path, providing it with over \$20 billion in cash relief, operational savings and revenue through 2016.

But that is not how the people who deliver the mail, and who have battled to preserve the postal service, see it.

APWU president Mark Dimondstein says the administration budget echoes “misguided policies...for severe cutbacks that will harm service, drive away business, and eliminate jobs.”

“The budget fails to eliminate the pre-funding requirement of the Postal Accountability and Enhancement Act, which is the fundamental cause of the Postal Service's manufactured financial crisis,” says Dimondstein, who adds that “with the Postal Service posting operating profits in mail and package delivery, there is absolutely no justification to continue a strategy of austerity. Rather than damaging the infrastructure and network that is essential for

providing service, the Postal Service must expand service.”

That’s the message that a new alliance of postal unions – the APWU, the NALC, Mail Handlers and the NRLCA – wants to communicate to the President and his budget team. The Unions offered to meet with the White House to discuss strategies for strengthening the postal service – from changes in shipping rules to the development of a postal-banking system along lines proposed by Senator Elizabeth Warren, D-MA.

But the first reform has to involve a realistic restructuring of that requirement to prefund retiree health benefits decades into the future.

“Our Postal Service is in need of true reform, not ill-advised, counter-productive attempts to slash service,” says NRLCA president Jeanette Dwyer. “By reworking the Postal Service’s funding of its retiree health benefits, an obligation which accounts for 80 percent of USPS losses over recent years and is forced on no other public or private entity, lawmakers could take the easiest and most sensible step toward getting this venerable institution back on the right page. Allowing the Postal Service to continue to innovate with same-day parcel delivery and other services will provide a great opportunity to generate needed revenue and allow the USPS to remain a competitive player in the shipping and delivery industry. We need to grow our Postal Service not shrink it.”

Instead of borrowing ideas from members of Congress who want to downsize and dismantle the postal service, White House aides would be well to take the counsel of members who recognize the immense potential of the postal service.

Senator Bernie Sander, I-VT, and Congressman Peter DeFazio, D-OR, have introduced a smart fix, the Postal Service Protection Act, which 174 cosponsors in the House and 27 in the senate.

Sanders begins with the basic premise that, “First, prefunding must end. The future retiree health fund now has some \$50 billion in it. That is enough. This step alone will restore the Postal Service to profitability.”

But Sanders does not stop there. The senator and his allies argue the “Postal Service should have the flexibility to provide new consumer products and services – a flexibility that was banned by Congress in 2006. It is now against the law for workers in the post offices to notarize or make copies of documents; to cash checks; to deliver wine or beer; or to engage in e-commerce activities [like scanning physical mail into a PDF and sending it through email, selling

postal products on the Internet or offering a non-commercial version of Gmail].”

And, along with Senator Warren, Sanders is making the case for postal banking:

A recent report from the Postal Service Inspector General suggests that almost \$9 billion a year could be generated by providing financial services. At a time when more than 80 million Americans have no bank accounts or are forced to rely on rip-off check cashing storefronts and payday lenders, these kinds of financial services would be of huge social benefit.

That’s the right reform. The White House should rewrite sections of its budget proposal relating to the postal service, reject austerity and embrace an agenda that is good for the USPS and the communities it serves.

PAC Raffle

We will have a PAC Raffle again this year. Thanks to the donations made by our members at the National Convention in St Louis last year we were able to bring home \$400 in prize money. Your State Board is adding in another \$100 to make up our normal \$500 Raffle. Prizes are as follows:

First Prize \$250
Second Prize \$150
Third Prize \$100

You cannot buy a chance in this raffle and you do not have to be present to win (but it is always more fun if you are). The winners will be drawn just before the PAC Auction at our State Convention in June. Your name will be entered into the raffle once for each multiple of \$25 you have donated to our PAC since August 1, 2013. So, if you donated \$25 you get one chance, if you donated \$100 you will get four chances. It makes no difference if you mailed (or handed) your donation to me, the National Office or if you are on Withholding or EFT. I will get a report from the National Office in early June and I will fill out the chances for EVERYBODY that qualifies with that minimum \$25 donation. That is just our way of showing you that your support is appreciated.

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 (1/24/2014) 4,641
NC PAC Donors (3/23/2014) 120 (2.58%)
Members missing (3/23/2014) 4,521 (97.42%)

2.58% 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 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"

North Carolina District Representatives

Mid-Carolinas

Sally Corriher
PO Box 460
China Grove, NC 28023-0460
704-855-2629
Sally.Corriher@nrlca.org

Greensboro

Frank Suttles
PO Box 745
Carrboro, NC 27510-0745
919-932-7835
James.Suttles@nrlca.org

Assistant District Representatives

Mid-Carolinas

Barbara Smith
PO Box 14985
Raleigh, N C 27620-4985
919-212-1564
Barbara.Smith@nrlca.org

Greensboro

Barbara Smith
PO Box 14985
Raleigh, N C 27620-4985
919-212-1564
Barbara.Smith@nrlca.org

Tracy Davidson

PO Box 277
Matthews, NC 28106-0277
704-821-8016
Tracy.Davidson@nrlca.org

Bryan W. Hudgins

PO Box 26
Eure, NC 27935-0021
252-357-2406
Bryan.Hudgins@nrlca.org

Bethany Small

Assistant District Representative (ADR) Part Time
PO Box 11001
Southport, NC 28461-1001
910-477-2429
Bethany.Small@nrlca.org

Jeff Essick

Assistant District Representative (ADR) Part Time
PO Box 12001
Winston Salem, NC 27117-2001
336-618-5095
Jeff.Essick@nrlca.org

Area Stewards

Mid-Carolinas

Kelly Kenny-Futch
910-270-4986

Brenda Prevatte
910-738-8424

Stacey Harris
704-805-0722

Greensboro

Daniel Caudle
336-692-0147

Gail Nailon
336-504-3519

Brenda White
252-339-7792

Mid-Carolinas
Assistant District Representative

Tracy Davidson

It's time to stop being afraid.

For as long as I can remember, rural carriers have been afraid to file a grievance or make waves. Rural carriers just go along to get along. We're afraid if we file a 30 day review, bad things will happen. We are afraid that if we file 120 day letters to get a sub, bad things will happen. We are afraid if we put in 120 day letters our subs will quit. We are afraid that if we put in 120 day letters we will lose our overtime. We are afraid of losing our Saturdays off. I have a secret, bad things are already beginning to happen.

We have fewer and fewer subs every day. Few if any regulars get their day off. The post office is not trying to do anything more than the bare minimum to hire. The post office is running our RCA's into the ground. Regular carriers cannot get ANY time off.

In the past the USPS has shied away from creating the formula. The formula is where the USPS can change your days off. If we file a grievance against the formula the USPS will not put PTF's in these offices. A PTF is a senior RCA who is converted to a career employee with all benefits and they will be assigned to at least two primary routes and utilized whenever needed.

When the USPS has utilized the formula in the past, no extra effort has been put forward to hire. With a grievance they do not have to convert RCA's to PTF's.

So what's the good news and why not be afraid? Because, if we file 120 day letters, the USPS will be forced to convert RCA's or hire RCA's. This should be encouragement to hire RCA's.

Friends, it is time to stand up and force the Post Office to hire or convert. They are going to change to the formula with or without 120 day letters. You are going to lose your overtime with or without 120 day letters.

This article is a call to arms. The next article will explain more about PTF's and the formula. Today is the time to get those letters in to force PTF's or hire.

Greensboro
Assistant District Representative

Frank Suttles

News from the Greensboro District

Changes in the Steward Assignments

Below we have a listing of assignments for the area stewards along with the Assistant Districts Representatives (ADR) and the District Representative (DR) within the District. We made the changes to cut down on steward travel time going to meet with USPS management and carriers on any issues and to allow the Area Stewards to gain more experience. With this new listing, I WANT to remind all rural carriers that you must contact the local steward in the office if you are having issues and you want to file a grievance. They were elected in the office and must be utilized before contacting an Assistant District Representative or the District Representative. The local stewards should handle any contractual grievances and discipline grievances concerning Letters of Warning. All 7 day & 14 day suspensions, emergency placements along with any removals should be handled by the Area Stewards, Assistant District Representatives or the District Representative.

The ADRs and the DR are always willing to help a local steward with any issues or questions that may need help with.

These listings are also on the North Carolina website (ncrlca.com) for future reference. If there are changes in the steward assignments they will be on the website first. I urge all carriers to visit the website when looking for any information on what's going on in our state.

Relief Day Work List (RDWL)

Don't forget, the time will soon be here when you can sign up for the Relief Day Work List. Per Article 8.5 of the National Agreement says: "The second opportunity to sign the relief day work list will be three weeks prior to the beginning of the first full pay period in May and will be effective the first full pay period in May." This should be posted in all offices for any rural carrier to sign from April 12 - May 2. This list would be utilized

on May 3rd. Remember, you must sign up each time the list is posted to remain on the RDWL.

Mail Count

The mail count is over and by the time you see this you will know what your new evaluation is going to be. I have not seen any actual numbers yet but I hear that across the District there was a gain of about 60 hours for the rural carriers. That's not a lot but it shows that as a whole the routes pretty much stayed the same. I have heard of some routes that lost 4-5 hours. This leads me to talk about mail count training. We held trainings across the state with sparse attendance. I know that we had some weather issues and had to postpone one of the trainings but I think that we managed to make sure that everyone was aware of those changes. Carriers need to be aware of changes that have occurred.

Carriers need to be reminded of simple things that we can sometime forget. That's what the trainings are for. When the next mail count gets near, help yourself and attend.

Daniel Caudle – Area Representative	
Zip Code	Office
27009	Belews Creek
27011	Boonville
27018	East Bend/Siloam
27024	Lowgap
27030	Mount Airy
27040	Pfafftown
27041	Pilot Mountain/Ararat
27043	Pinnacle
27046	Lawsonville/Sandy Ridge
27045	Rural Hall
27051	Walkertown
27052	Walnut Cove/Danbury
27106	Winston Salem
27284	Kernersville
Daniel Caudle – Area Representative	
Zip Code	Office
27310	Stokesdale/Oak Ridge
27320	Reidsville
27358	Summerfield

Barbara Smith – Area District Representative	
Zip Code	Office
27501	Angier
27502	Apex
27504	Benson/Coats
27508	Bunn
27510	Carrboro
27511	Cary
27514	Chapel Hill
27520	Clayton
27524	Four Oaks
27526	Fuquay Varina/Holly Springs
27529	Garner
27545	Knightdale
27546	Lillington
27560	Morrisville
27569	Princeton
27576	Selma
27591	Wendel/Zebulon
27592	Willow Springs
27610	Raleigh
	Hilburn
	Brentwood
	Avent Ferry
	Sunny Brook
	North Ridge
27702	Durham
27703	East Durham
27705	West Durham
27707	Shannon Plaza
27709	Research Triangle Park (RTP)
27712	Eno Valley
27807	Bailey/Sims

Greensboro District Assignments	
*Contact the local steward first if one is in your office.	
Brenda White – Area Representative	
Zip Code	Office
27283	Enfield/Whitakers
27837	Grimesland
27909	Elizabeth City/Camden
27910	Ahoskie/Colerain
27944	Hertford/Tyner/Hobbsville/Belvidere
27957	Merry Hill
27958	Moyock/Shawboro
27962	Plymouth
27976	South Mills
27983	Windsor

Gail Naillon – Area Representative	
Zip Code	Office
27231	Cedar Grove
27243	Efland
27248	Franklinville
27278	Hillsborough
27298	Liberty/Staley/Julian
27301	McLeansville
27314	Prospect Hill
27329	Yanceyville/Leasburg/Semora/Milton
27536	Henderson
27541	Timberlake/Hurdle Mills
27544	Kittrell
27563	Norlina/Manson
27565	Oxford
27573	Roxboro

Jeff Essick – Area District Representative	
Zip Code	Office
27006	Advance
27009	Belews Creek/Pine Hall
27012	Clemmons
27013	Cleveland
27017	Dobson
27019	Germanton
27020	Hamptonville
27021	King
27023	Lewisville
27025	Madison
27027	Mayodan
27028	Mocksville
27048	Stoneville
27054	Woodleaf
27055	Yadkinville
27239	Denton
27260	High Point/Archdale
27282	Jamestown
27292	Lexington
27313	Pleasant Garden
27317	Randleman/Sophia
27360	Thomasville
27370	Trinity
27371	Troy/Biscoe
27401	Greensboro/Main
27405	Greensboro/Summit
27406	Greensboro/Spring Valley
27407	Greensboro/Westside
27617	Crumpler
27677	Statesville
28603	Hickory
28604	Banner Elk
28605	Blowing Rock
28606	Boomer
28607	Boone/Todd
28609	Catawba
28610	Claremont
28618	Deep Gap
28621	Elkin
28622	Elk Park
28626	Fleetwood
28630	Granite Falls
28631	Grassy Creek
28634	Harmony/Olin
28635	Hays/Traphill
28636	Hiddenite/Stoney Point
28637	Hildebran
28640	Jefferson/Creston
28642	Jonesville
28643	Lansing/Warrens ville/Grassy Creek
28645	Lenoir/Hudson
28650	Maiden
28651	Millers Creek
28655	Morganton
28657	Newland
28658	Newton/Conover
28659	North Wilkesboro/Moravian Falls/Boomer
28663	Piney Creek

28665	Purlear
28670	Ronda/Roaring River
28673	Sherrills Ford/Terrell
28675	Sparta/Glade Valley/Ennice/Laurel Springs
28676	State Road/Thurmond
28679	Sugar Grove
28681	Taylorsville
28683	Thurmond
28684	Todd
28685	Traphill
28689	Union Grove
28690	Valdese/Connelly Springs
28692	Vilas
28694	West Jefferson
28698	Wilkesboro/Ferguson
28698	Zionville

Frank Suttles – District Representative	
27203	Asheboro/Ramseur
20207	Bear Creek/Goldston
27208	Bennett
27214	Browns Summit
27215	Burlington
27229	Candor
27233	Climax
27235	Colfax
27244	Elon
27253	Graham
27288	Eden
27299	Linwood
27302	Mebane/Haw River
27305	Milton
27306	Mount Gilead
27311	Pelham/Ruffin/Providence
27312	Pittsboro
27325	Robbins/Seagrove
27330	Sanford
27344	Siler City
27349	Snow Camp
27356	Star
27376	West End/Jackson Springs/Eagle Springs
27505	Broadway
27559	Moncure
27562	New Hill

Bryan Hudgins – Assistant District Representative	
Zip Code	Office
27507	Bullok
27522	Creedmoor
27525	Franklinton
27530	Goldsboro
27542	Kenly
27549	Louisburg
27572	Rougemont/Bahama
27581	Stem
27583	Timberlake/Hurdle Mills
27587	Wake Forest/Rolesville
27589	Warrenton/Macon
27596	Youngsville
27801	Rocky Mount
27805	Aulander
27806	Auroa/Edward

Bryan Hudgins – Assistant District Representative	
Zip Code	Office
27807	Bailey/Sims
27808	Bath
27809	Battleboro
27810	Belhaven/Pantego
27812	Bethel
27814	Blounts Creek
27816	Castalia
27823	Enfield/Whitakers
27824	Engelhard/Fairfield/Scranton
27828	Farmville/Fountain
27830	Freemont
27831	Garysburg
27834	Greenville
27839	Halifax
27844	Hollister
27845	Jackson/Margarettesville/Pleasant Hill
27846	Jamesville
27847	Kelford
27850	Littleton
27851	Lucama
27852	Macclesfield
27855	Murfreesboro/Conway/Como
27856	Nashville
27863	Pikeville
27864	Pinetops
27865	Pinetown
27869	Rich Square/Woodland
27870	Roanoke Rapids/Gaston/Weldon
27871	Robersonville/Hamilton/Oak City
27874	Scotland Neck/Hobgood
27882	Springhope
27884	Stokes
27886	Tarboro
27888	Walstonburg
27889	Washington/Chocowinity
27892	Williamston
27893	Wilson/Elm City
27897	Woodland
27925	Columbia
27926	Corapeake
27928	Creswell/Roper
27932	Edenton
27935	Eure
27937	Gates
27938	Gatesville
27942	Harrelsville
27948	Kitty Hawk/Kill Devil Hills/Harbinger
27959	Nags Head
27979	Sunbury
27986	Winton/Cofield

President's Message

(Continued from page 1)

Retirement expert Roseanne Jefferson will be with us on Monday. She will be on our program during the day and will hold two seminars (one each for CSRS & FERS) on Monday evening. If you are considering retirement, or simply need direction in beginning your retirement plans, then Roseanne can help. The seminars will be in a group setting, and does not include individual counseling. Many of you know that my wife Paula recently retired, and she strongly advocates individual counseling, whomever you may choose as your counselor. While we cannot endorse one counselor over another, we were so impressed with Roseanne that we asked her to meet with our group.

We will also hear from our District Managers (or their designee) on Monday morning. I'm sure that their presentations will be exceedingly interesting.

During those days, we will be conducting the normal yearly business of this union, including review of previous business, nominations/elections of state officers, reports from our stewards, our insurance programs, new business, resolutions & constitution, and other items too numerous to list here.

No convention would be complete without our State Auxiliary and Junior programs, which are crucial to our success. These groups make us a family organization, a well-rounded unit that gives us perspective and purpose. I cannot impress how thankful that I am for their support and contributions.

The board is excited about the convention, and we are pleased with the facilities and activities in and around the High Point Plaza Hotel and Convention Center. Please look for upcoming details about our Meet & Greet as well as our PAC BBQ/Auction.

Thanks to all of you for the great job that you do. Be safe out there!

Dale Sain

Quote from Will Smith (actor):

"Throughout life people will make you mad, disrespect you and treat you bad. Let God deal with all the things they do, cause hate in your heart will consume you too."

Grasstop Connections

Who do you know?

The NCRLCA is looking for anyone with contacts to political representatives, big business, or any other influential people in your community that could be helpful in contacting Washington's Senators and Representatives for support in our fight to retain 6-day delivery.

Perhaps your neighbor has a sister that works for **Amazon or Netflix**. Maybe your best friend has an uncle that is the mayor of a town with lots of constituents that will be voting in upcoming elections. If you think about it, I'll bet you know someone whose business could be seriously affected by the loss of 6-day delivery.

These are potential *Grasstop Connections* and we need your help in reaching out to these people.

What can I do?

In the upcoming months, the NCRLCA will be soliciting *Grasstop Connections* information from you. We want to make contact with anyone that has the potential to help us save our future. Please share those connections with us. Your *Grasstop Coordinator* is **Vicki Gray**. Vicki's Address is 424 Wapiti Drive, Spring Lake, NC 28390.

For further information or if you have questions, please contact **Vicki Gray at 910-497-5306**, your State's Committeeperson. She can assist you and will be providing *Grasstop Connections* information at your district meetings.

When should I start?

Start right now - Send Vicki your contact names ASAP!
NC needs all the help we can get. Most of our representatives DO NOT
Support our views on the Post Office.

Together, we can make a difference!

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:

This office is vacant until elections*
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.

*Congressman Watt resigned due to his appointment to the position of Director of the Federal Housing Finance Agency

**NORTH CAROLINA AUXILIARY
OFFICERS**

PRESIDENT

MRS. SUSANNE REAVIS
345 Harvey's Ln
Traphill, NC 28685-9133
336-957-2004

VICE PRESIDENT

MR. L. E. WHITE
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

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. 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

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

HISTORIAN

HARRIET P. LINEBERGER
Deceased
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

Writing is usually an easy task for me – something I enjoy doing. Yet this article is like a student's school assignment that he or she had trouble completing because they struggled with the very beginning. I cannot write this article without paying tribute to Miss Harriet and that in itself is difficult. Guess I will practice the advice I give students – I will "just start writing".

I didn't know Miss Harriet as long ago as some of you, but I think she had 3 great loves: her family; her church; and the Rural Letter Carriers including the Association and the Auxiliary, but most of all the Juniors. She truly loved working with the Juniors both on the state and the national levels. She was "Miss Harriet" to a few hundred kids through the years and probably part of the reason some carriers even attended the conventions! Almost from the time families arrived at convention sites, she took the Juniors under her wing and entertained, educated, fed, and loved them so their parent(s) could attend meetings and the business of the Association. In addition to taking care of the Juniors, she also supported and assisted her husband so he could fulfill his role as an officer on the Board and she found time to photograph much of convention! Only those who have served as Junior Sponsor realize the challenges of planning activities for an unknown number of children of unknown ages who may have health conditions that prohibit their participation. It is not always an easy feat to coordinate activities, food and transportation yet "Miss Harriet" accomplished it all many years with much success. I agreed to "help" when she developed some health issues, but still received her assistance and advice. "Miss Harriet" is and will be greatly missed and we will not be able to replace her.

This year's State Convention will be centrally located in High Point, N.C. the "Furniture Capital of the World" where one can also see the "World's Largest Chest of Drawers"! Our Junior Trip options are many including the following: tour a 19th century English Castle and go Gem Panning; tour Thomas Built Bus plant; a fun park – Celebration Station; the Greensboro Science Center (a science center, zoo, OmniSphere Theater, and aquarium all in one); and the NC Zoo. We will be able to do a combination of any two activities except the NC Zoo which is a full day long trip. I would like feedback from Juniors who plan to attend so the officers and I may make decisions that best serve the interest of most everyone. Convention dates are June 22 – June 25 and the Junior Day Trip will be on Tuesday (unless there is a change in the usual program schedule). Also, we would especially like your participation in the Memorial Service on Sunday evening this year. Lastly, those who are eligible for scholarships: Please complete the application for the state scholarship and submit as soon as possible – date and mailing address are on the scholarship.

Happy Spring (even though more winter is predicted for part of our state in the coming weeks). If we keep missing school days, I may be still teaching during the Convention!

God Bless us one and all.

NCRLCA Dues for 2013-2014

- Regular...Cash.....\$598.00
- 1187...Bi-Weekly.....\$23.00
- Retired.....Cash.....\$109.00
- 1187R...Monthly.....\$9.08
- 73, RCA, RCR.....Cash.....\$204.00
- 1187.....Bi-Weekly.....\$7.85

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.

May 2014

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1	2	3 <small>PP-07</small>
4	5	6	7	8	9 <small>Pay Day</small>	10
11	12	13	14	15	16 <small>PP-12</small>	17
18	19	20	21	22	23 <small>Pay Day</small>	24
25	26	27	28	29	30 <small>PP 13</small>	31

June 2014

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

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