



NORTH CAROLINA RURAL CARRIER



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

Volume 31

Number 6

Circulation 5000

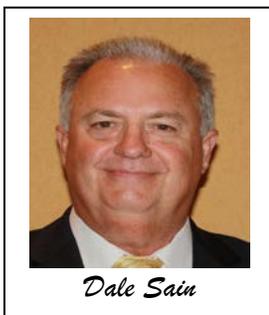
Edited Advance, NC

May-June 2015

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State Meeting
2015 State Convention.
June 14-17 2015
Hilton Wilmington Riverside
910-763-5900 - 888-324-8170



Dale Sain

President's Message

Hello to all my rural carrier friends across this great state. As I write this article we are in the middle of District meetings. Paula and I have been all over NC and parts of Virginia meeting with you. To say that we as rural carriers are facing huge issues would be an understatement. Starting times, leaving times, making time standards, making dispatch, casing (or not casing) DPS, and safety are all issues that we face daily. As I

have said for years, change is the only constant when you work for the Postal Service. But, more about these issues later in this article.

I don't know where these last two years have gone. I cannot express what an honor it has been to serve as your President, and four years before that as Executive Committeeman. By the time you receive this issue, district meetings will be over, delegates will be elected for our State Convention in Wilmington (June 14 - 17), the National Convention delegate ballots will be sent in, and we will soon be meeting in Wilmington. Danny Caudle and I will have been to Washington for the annual Legislative Conference. Please continue to email, write, and call your congressmen and senators about those issues important to us as rural carriers: six-day service, maintaining delivery standards and service, retiree prefunding, and other concerns.

Remember folks, we are in a battle with the USPS to maintain and improve these jobs and benefits that we enjoy. Let's do what we are supposed to do in our jobs. In a recent district meeting I heard someone say, "Don't just run your route, but serve your route." Please do not be discouraged by some of the managers whose supervisory style is manipulation and intimidation. We are in a battle for the very heart and soul of this great Postal Service that we love. The great British statesman Sir Winston Churchill said: "Success is not final, failure is not fatal. It is the courage to continue that counts...Never, never give up."

Once again, I want to thank you for the opportunity you've allowed me to serve this great organization. Thanks to Paula for her support and understanding. I don't know what I would have done without her. My thanks also go out to all of the State Board (past and present), and all the Union Stewards in our state. Be safe and God bless you.

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Peach Belt	5	Ashe	6	Albemarle	2
Roanoke Chowan	7	Smokey Mountain	11	Tri-County	25
Southeastern	8	Guilford County	30	Five County	28
Burke/Caldwell	9	French Broad	31	Cleveland/Gaston	29
Caswell County	14	Harnett County	32	McDowell/Mt. Mitchell	36
Randolph County	42	Tidewater	52	Rutherford/Polk	47
Rockingham County	46	Watauga/Avery	57	Wayne County	56

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Cumberland/Hoke	20	Alleghany County	4	Alamance	1
Sea Level	23	Durham County	12	Brushy Mountain	3
Wake County	24	Catawba/Lincoln	15	Foothills	10
Person	41	Central Carolina	16	Yadkin River	26
Piedmont	50	Mecklenburg	38	Johnston County	34
Union County	54	Orange County	39	Roanoke	44
				Tar River	51

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**MAIL NEWS ITEMS BY 10TH OF MONTH
AND ADDRESS CHANGES**

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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

Frankie Call Howard, 90, of Mooresville, passed away on Thursday, April 9, 2015. She was born on November 18, 1924 in Elloree, SC. She was the wife of past NC RLCA President, Robert Howard and a longtime member of the Auxiliary. She was a Registered Nurse who received her training at Davis Hospital School of Nursing. As her children grew older, she enjoyed many years of nursing at Lowrance Hospital in Mooresville. Mrs. Howard was a very active volunteer in her community as well as at Williamson's Chapel United Methodist Church, where she was a member for 50 years. Her church activities included teaching Sunday School, working at annual fundraisers, organizing donors for routine Red Cross Blood Drives and full participation in projects with the United Methodist Women where she was awarded a lifetime membership. Community volunteer activities Mrs. Howard enjoyed included managing the meal and volunteers for the Mooresville Soup Kitchen. Additionally, she assisted with many annual fundraising barbecue meals at the Lake Norman Volunteer Fire Department, where she always donated several wonderful pound cakes for which she was known.

She is survived by her husband of 69 years, Robert Henry Howard; daughters, Janice Simpson, Nell Weddington, Faye Freeze, Patty Van Horn; sons, Franklin Howard, David Howard; fourteen grandchildren and eleven great grandchildren.

Zadie Vernon Hall, 57, of Kelly died unexpectedly on Friday, May 1, 2015 at her home. She was born July 11, 1957 in Duplin County.

Surviving in addition to her cherished mother, is her beloved family, her husband, Calvin V. "Junior" Hall, Jr.; sister, Martha Ann Robinson; brothers, David Earl Vernon, Jr. and Jesse R. "JR" Vernon; and many nieces and nephews.

For many years Zadie was a rural letter carrier in Wilmington NC.

Zadie was a loving and devoted wife to Calvin for 40 years and she dearly loved her mother, sister and brothers. She had a heart filled with kindness and was always thoughtful of others. Memories of Zadie are cherished and will not be forgotten. Zadie's last gift in this world was the gift of sight to another person by the donation of her eyes to Miracles in Sight.

Virginia L. Simmons, 92 of Lillington passed away Sunday, April 19, 2015 at her home. Virginia was born June 11, 1922 in Hoke Co. Virginia was preceded in death by her husband William Tory "W.T." Simmons, Jr. Past President of the NC RLCA.

Until she began to decline in health she was an active member in the Lillington United Methodist Church and the Lillington Garden Club. She enjoyed gardening, ceramic crafts, knitting, and trips to the beach.

Virginia is survived by a daughter, Marsha Bethune; a son, Jeffrey Simmons; 3 grandchildren, and 1 great grandson.

Chaplain's Message Doug Byrum, Chaplain

"A Blessing in Disguise"

Read Acts 20:32-36

Remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive.

Acts 20:35 (KJV)

My last errand for the day was at the grocery store, where I needed to buy only a few items. While I was waiting in the check-out line, I began to chat with the older woman in front of me. She was carefully observing the price of each item as it was scanned. Hearing her total -\$3.48- she handed the young cashier a few crumpled bills. The cashier counted only \$3.00; she needed one more.

The woman, confused about the missing bill, insisted there was another dollar in her billfold. But she found none. She then reluctantly removed the eggs from her grocery sack as I slipped the cashier one extra dollar. Surprised, the woman glanced at me and said, "What did you do?" I answered her question with a smile and, with tears in her eyes, she said, "I really needed those eggs. You will be blessed."

What my new friend didn't realize was that at that moment, I was being blessed. I often think of that woman and wish she could know that although I helped her only momentarily, she permanently blessed me. She gave me the satisfaction of knowing that, even if only for a while, my giving can make a difference for others just as Christ has made a difference for me.

Thought for the Day: God, who gives generously to us, wants us to give to others.

Prayer: Dear Lord, teach us to listen to you. Guide us to extend to others the gifts you have given us. Amen.

Prayer Focus: ELDERLY PERSONS ON FIXED INCOMES

Happy Mother's Day and Happy Father's Day to all!
Love, Doug and Linda Byrum



Be safety conscious. Safety rules are for your benefit!

I want everyone to go home at night in the same shape that they came to work that morning.

Oftentimes rural letter carriers are so focused on getting the mail delivered that we shift our focus from safety to speed. Our job is to **safely deliver the mail**. Our focus must be on **safety**, not on the speed of delivery. We are obliged to drive safely and defensively at all times. Rushing to get the job done is not the goal. The goal is to deliver all mail and parcels accurately and in a safe manner.

We must have our seatbelts fastened at all times if we are sitting behind the wheel. If you are in your own left hand drive POV, driving from the passenger side, you are not required to wear the seatbelt from this position. However, I urge you to get a seat belt extender for your own safety. Seatbelts really do save lives. An extender could save yours!

I am going to talk about those amber lights on your POVs again. I have driven all over the state this past month going to District meetings. I still see to many rural carriers delivering mail without a **“working”** amber light! I know a good light does cost a good bit of money. Divide that cost into a daily fee. It does not seem like much then. Think of that as an investment in your safety. Isn't your life worth it?

Oh and **It is a law in NC!** I looked it up for you. **Here it is:**

NC GS § 20-134. Lights on parked vehicles.

A. Whenever a vehicle is parked or stopped upon a highway, whether attended or unattended during the times mentioned in G.S. 20-129, there shall be displayed upon such vehicle one or more lamps projecting a white or amber light visible under normal atmospheric conditions from a distance of 500 feet to the front of such vehicle, and projecting a red light visible under like conditions from a distance of 500 feet to the rear, except that local authorities may provide by ordinance that no lights need be displayed upon any such vehicle when parked in accordance with local ordinances upon a highway where there is sufficient light to reveal

any person within a distance of 200 feet upon such highway.

B. A motor vehicle operated on a highway by a rural letter carrier or by a newspaper delivery person shall be equipped and operated with flashing amber lights at any time the vehicle is being used in the delivery of mail or newspapers, regardless of whether the vehicle is attended or unattended. (1937, c. 407, s. 97; 1959, c. 1264, s. 9; 1995 (Reg. Sess., 1996), c. 715, s. 1.)

When we abide by the laws and safety rules, fewer of us become injured. We don't wear out as fast. We have fewer accidents and we receive less unwarranted discipline.

On the street you need to practice safe and defensive driving, proper parking, safe lifting & walking. Only you can watch out for you own safety when you are alone on the route. You need to pay careful attention to your surroundings to ensure that your vehicle doesn't come in contact with anything!

It is also important to observe and report route hazards, both for your safety, and the safety of your fellow carriers.

You could simply notify your supervisor of the hazard. Sometimes that is enough and the condition is corrected. Sometimes this simple notification is insufficient. Management says, “I'll take care of it” but doesn't follow through. If nothing gets corrected then don't just forget about it, **Fill out a PS 1767, Report of Hazardous Condition**. A properly filled out 1767 must be addressed by management.

Management must keep a supply of 1767s available where anyone can get one without having to ask for it.

The language in Section 824.6 of the ELM provides a written notification option where an employee uses the form 1767 for a “Report of Hazardous Condition.” There is a need for a written paper trail to document the hazard that has been reported, who it was reported to, and what has been done to correct the situation.

Once an employee submits a 1767 to management, the immediate supervisor must promptly (within the tour of duty):

- A. Investigate the alleged condition.
- B. Initiate immediate corrective action or make appropriate recommendations.
- C. Record actions or recommendations on PS Form 1767.

- D. Forward the original PS Form 1767 and one copy to the next appropriate level of management (approving official).
- E. Give the employee a copy signed by the supervisor as a receipt.
- F. Immediately forward the third copy to the safety office.

It is the supervisor's responsibility to monitor the status of the report at all times until the hazard is abated. If the hazard remains unabated longer than 7 calendar days, the supervisor must verbally inform the employee as to abatement status at the end of each 7-day interval.

Don't accept **"no hazard exists"** for an answer. File a grievance if you think that a problem still exists.

If the 'approving official' says that there isn't a problem, file a grievance and discuss it in the grievance procedure.

Regardless of what they do or they don't do about the problem, management's response must be in writing. It must be provided in writing within fifteen days of submission. If it isn't, file a grievance!

Let's help make sure we all have a safe work environment. Safety Rules are for Your Benefit!
Be safety conscious.

wonder off away from home and or into bad situations that could be fatal.

Most people with Alzheimer are at age 65 or older, but there is about 5% that get it in their 30's, 40's, 50's, this is called Early-onset Alzheimer. Younger people with early-onset go a long time before getting accurate diagnoses. Part of the reason for this is some think it is just simple memory loss from stress and some doctors don't consider that it is a possibility during midlife. Early-onset Alzheimer can be genetic.

10 Early signs of Alzheimer's:

1. Memory Loss
2. Trouble with planning and problem solving
3. Daily task are a challenge
4. Times and places are confusing
5. Change in vision
6. Words and conversations are frustrating
7. You lose things
8. Lapse in judgment
9. Social withdraw
10. Mood changes

If you notice any of these signs make an appointment and talk with your doctor. They can evaluate your physical and mental health. After looking at your history they will be able to talk **with about what is next. They may even do a mental status test, blood and brain imaging test.** After all these testing your doctor may refer you to someone who specializes in Alzheimer treatment. The one thing you have to remember there is no cure for Alzheimer they have treatments to help but no cure!

There is research going on for Alzheimer!

I would like to remind everyone that this is the Auxiliary project this year so please go by their table at the State Convention and support the cause. Alzheimer doesn't know rich or poor, middle age or old, it doesn't affect one person it affects the whole family, the next family could be yours!

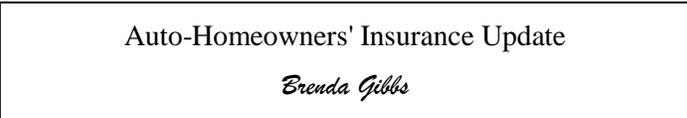


What Is Alzheimer?

We often joke about it, when we forget something, but it is not joking matter!

Alzheimer is a disease that takes a growing toll on the brain, as it gets worse it takes your ability to think, eat, talk and more away. It's not a matter of forgetting where your keys are or where you put something, but it's forgetting how to drive somewhere you have been or knowing what season it is, or who someone is that you have known your life.

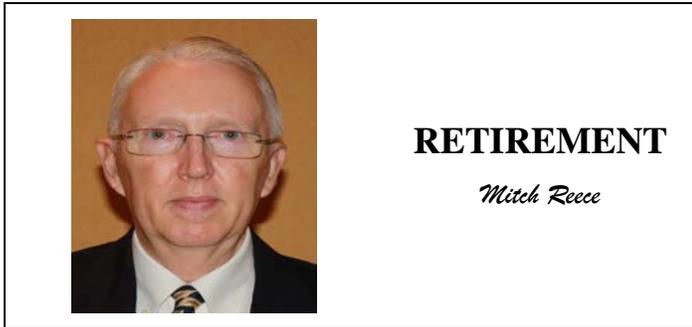
One of the worst things, it is the sixth leading cause of death. Why folks with Alzheimer can forget to eat and drink or they may even have trouble swallowing which means they will not get enough of the nutrients the need. They may also have breathing problems which can lead to pneumonia. They could



I want to remind everyone that with the warmer weather comes more traffic and more potential for accidents. Children will be outside playing. Be sure to keep an eye on them **and what they're doing.** People will be riding their bikes or out for a walk. Give them room. More people will be driving. Be aware of this additional traffic. Take your time when you are behind the wheel and **be aware of what is going on around you.** Being involved in an accident is a very costly thing, mentally, physically and financially.

The NC RLCA is announcing the **NC rural carrier auto-homeowners insurance contest!** We

will be drawing a name each month from those that have received an auto insurance quote. This person will receive **\$25**. We will also be drawing a name quarterly from those carriers that have purchased a new policy. This carrier will receive **\$50**. **To be eligible**, first call 1-888-325-7727 and give code R-44. Receive your quote and/or policy. **Then call me** at 336-656-0123 **or email me** at femailcarrier@netzero.net and leave your name and phone number. I will return your call/message to confirm. That's it! GOOD LUCK!!!



This month, I am giving you a list of some frequently asked questions. The source of the questions is the OPM.gov website under the retirement section.

How do I begin planning for retirement?

You should begin planning several years before the date you have set for retirement so that you will know what is required to continue certain benefits into retirement. There are many factors related to retirement planning, and it is literally never too early to begin. The federal annuity is only one element to consider in today's complex financial scene. You may need to start a Thrift Savings Plan or IRA schedule many years before considering actual retirement. Other considerations, such as Social Security may affect your benefits. However, the best place to begin is with your local personnel service center. They can provide personalized assistance and they have your employment records. Your health and life insurance coverages are of immediate concern now because you must carry coverage continuously for at least five years before your retirement or you may be ineligible to continue them.

When should I begin planning for retirement?

The five-year period before retirement is important because you must have insurance coverage for five years immediately before retirement to keep it after retirement. You may also need some preliminary information to make decisions about when you can afford to retire and whether to make any necessary payments to receive credit for military or non-contributory service or repay any retirement contribution refunds.

What will my employer do to help me plan for retirement?

Your agency will guide you through the retirement process, supplying all of the information you need about retirement and insurance. They provide the information you need to plan for retirement, but should not advise you on what to do. You should contact your local personnel service center for assistance because they have your employment records.

When can I keep my health insurance benefits after I retire?

You may continue your health insurance coverage only if you meet the following conditions:

Your annuity must begin within 30 days or, if you are retiring under the Minimum Retirement Age (MRA) plus 10 provision of the Federal Employees Retirement System (FERS), health and life insurance coverages are suspended until your annuity begins, even if it is postponed.

I hope these questions were helpful. It is never too early to start planning for your retirement. If you have any questions about retiring, please feel free to call me. If I do not have the answer, I will try to find out for you or refer you to someone else that may be more knowledgeable. Remember that each individual has unique conditions regarding their pensions. Do not be afraid to ask the questions that you may have. It could make a significant difference in your pension amount and when you can retire.

Candidate Announcement

Nancy Odham
Candidate for NCRLCA Executive Committeeman

Nancy has been employed by the US Postal Service since 1988. She has carried mail in Castle Hayne as the Rural Route 9 carrier since 1996. She served as local steward. She has facilitated "orientation for New Employees" and "Rural Academy" since 2004 as an Ad hoc Trainer.

Nancy successfully completed the Presentation class sponsored by the USPS and is accustomed to speaking to an audience. She understands the importance of good work ethics both while under the direction of others and while self-directed. Her skill set, work history and personality are the perfect match for this position.

Nancy is eager to participate in and experience all aspects of this great union. She would be honored and privileged to serve as Executive Committeeman for the North Carolina Rural Letters Carriers Association. Please support her and cast your vote for Nancy Odham.



PAC Raffle & Auction

Hi folks, it's almost time for our convention and that includes our PAC Raffle and Auction. As I've told those of you whose district meetings I was able to attend; you cannot buy a chance for the raffle, but for every \$25 or multiple you have donated since August 1, 2014, you already have an entry into the raffle. With the help of our State Board the raffle amount this year is the same as past years - \$500.

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

The Raffle Drawing will be held between the PAC Dinner and the PAC Auction. You **DO NOT HAVE TO BE PRESENT TO WIN** but it has always been a lot more fun if you are. If your name is drawn and you are not present, I will mail your prize to you as soon as I return home from the Convention.

Another reminder about the auction; the items that we auction off are all donated by our members. So, please bring some nice items for our auction. Items donated for the auction are credited as a PAC Gift Donation at Fair Market Value (FMV). When you buy something during the auction, the amount you spend is also a PAC Donation. The Auction is a Win-Win for your PAC and is our biggest night for fundraising of the whole year.

The PAC Dinner is a catered affair by 'Southern Smoke BBQ' of Garland NC. Because NC is such a diverse state (in reference to BBQ) our caterer has promised to provide several sauces so everyone will be able to enjoy BBQ the way they like it. The dinner price is a donation and it is a fund raiser. I would ask that everyone make a fair donation for their dinner. We are trying to raise funds for our PAC.

Come on out and join us. Everyone always has a fun time at our dinner and auction, and this year the

location for this event is within easy walking distance from our hotel and convention center.

Financially our PAC has had a good year. Unfortunately, lobbying becomes a more expensive proposition every year. This year is not an election year, but next year is. It takes two years of hard fund raising to prepare us financially for each election cycle. Come on out for the convention, attend the dinner and auction and support YOUR PAC.

We are still looking for members to step us and become Sustaining Members through Withholding or EFT. Contact me today.

NC Membership (3/31/2015)	4,668
NC PAC Donors (5/02/2015)	168 (3.60%)
Members missing (5/02/2015)	4,500 (96.4%)

3.60% 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:

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For internet security; when emailing,

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Mid-Carolinas

Assistant District Representative

Sally Corriher

District Meetings are finishing across Mid Carolinas. These meetings are a great source of information for the district representatives for each area. We appreciate all the questions that you ask and inquiries about the happenings in our district. These meetings give each of us a chance to learn what some of the most pressing issues are for all rural carriers. I want to encourage all rural carriers to attend their district meeting. It is a time to ask questions and learn. Thank you to everyone who attended their meeting. If you did not attend a district meeting this year, I hope you can make time when the meeting rolls around again—we need you there.

Questions are being asked about the use of the new scanners. If your office has the new scanners, you must take the scanner to the door with you and scan the item at the door. If the mail piece requires a signature, you will have the MDD scanner with you because the customer will sign on the scanner. Soon the 3849 notice will not be used when we deliver the mail piece, only when we leave a notice. Because of the speed that the scanners can download the customer will be able to access the information and know you have delivered their packages before you return to your vehicle. How many of us have performed a stop the clock scan prior to delivering the parcel a little late. The customer will have access to that information as well as management. Management will be able to see that we are not at the delivery location when the scan is made and also our location when we make the scan. If you are in your vehicle and it is moving, management will be able tell that as well. We must do our jobs with the scanners as directed

and it will not matter that the data is being transmitted every second.

If you are in an office that is part of the engineered study and have the XGPS device along with the MDD scanner, you must be paid one minute per day for this additional duty. Regular rural carriers should be paid in the 8127 block on the pay card. RCAS should be paid on the 1314A as an additional duty similar to payment for express. If you are not being compensated for this time, please ask your manager to retroactively pay you the time on the 8127 from November 8, 2014. Then you should be paid each pay period. If management refuses to pay you or you do not see payment on your pay check within two pay periods, please call the District or Assistant District Representative assigned to your office. We will help you get compensated for handling the XGPS device. One minute a day does not seem like much, but DR Janet Thomas did some calculations. For a regular carrier that carries the XGPS device for six months on a K route the additional compensation would result in more than two hours of pay. Make sure you are being compensated.

We still have rural carriers who are reporting to work before the assigned reporting and failing to record the actual time. If your reporting time is 7:30 and you come to work at 7:00, but record 7:30 on the 4240, you are working off the clock. If you deliver late arriving parcels on your way home from work after signing out for the day on the 4240, you are working off the clock. Any work hours that are not recorded on the 4240 are considered working off the clock. Working off the clock does not show the actual time we are using to perform our daily jobs. Working off the clock makes us look like we are working under our evaluations when that is not always the case. All rural carrier, regulars and RCAs are required to accurately record our work hours per the PO 603. Do not work off the clock and talk to the carriers in your office and encourage them to record their work hours honestly and accurately.

Greensboro

District Representative

Frank Suttles

News from the Greensboro District
Safety

We cannot put enough emphasis on safety. We preach this wherever we go and we still have carriers that will not protect themselves, when doing things the right way would keep them out of trouble and actually help keep them on the job. We constantly have carriers who are being sent home for safety infractions. Please do your job in a safe manner and as directed by management. Carriers continue not following the proper parking procedure. This is a must. There are safety teams out from the district on a daily basis that are looking for any carrier not doing their job in a safe manner. The safety teams are not out there to harass you; they are doing their job just as I hope you are doing yours.

Lean Mail Delivery

If you are a rural carrier of the in the Greensboro District and have not heard of this you will soon enough. When this team shows up in your office and you look back at the PO -603 you will find that these ideas and concepts have been with the Postal Service as long as there have been rural carriers working for the USPS. This is an attempt at making the already standing rules looked like something new. Many of you will feel that these rules are new because management has been so lax in performing their own duties, which in part is making sure we are doing what we are supposed to do. To help you understand this Lean Mail Delivery, I want to try to break it down.

#1. Have management issue you a locker.

Keep your personal items there. Items kept in the case and under the case are fair game for management to look through. Keep a few of your needed items, (pens, pencils, rulers, markers, etc.) in your case drawer. Your snacks, extra clothing and similar items should be in your locker.

#2. Keep your case uncluttered.

We all have certain items that we use every day such as 3849's, 3821's, color bars, postage due envelopes, parcel markers, etc., but we don't need enough to last for months at a time. Most carriers have their own parcel markers so to keep them from being "borrowed" they could be put back in the locker for safekeeping. Clutter up the USPS supply cabinet instead of your case.

#3. Maintain your edit books, submit and expect management to update and give you a clean book within two weeks of submission.

As stewards, we get a lot of calls from carriers because management wants to reduce their equipment cell sizes. Why? Because the mail volume has dropped in the last 10 years we have

cases that have all the same cell size for each address no matter how much mail this particular address receives. It is our duty to be constantly changing and updating the cells as situations change. All changes should be submitted as the changes happen. If you are constantly changing the cell sizes based on what you need in the edit book you showing management that you're doing what you're supposed to do and therefore strengthening our argument that the cells are based on the volume of mail. You shouldn't have to change your labels monthly but they should be updated as needed. If all deliveries are in your edit book and are in the correct order it makes it easier for anyone, especially your subs to correctly deliver your mail.

So if management comes to you and they say we are implementing the lean mail delivery unit have an idea of how this will affect you as a rural carrier. The rest of the process is mainly directed at local managers to get organized and clean up their offices and parking lots. To better organize the facility, the smoother things should run and the less apt we are of losing track of important things, the customer's mail and the service we provide to these customers.

Remember, the last page of your edit book tells how many deliveries you have on the route. I am telling each of you to compare that total delivery number to the total box count on your PS – 4003 line of travel. They should match. If not, you are not being paid correctly. If there is a difference, discuss it with your local manager and if you are unable to get it corrected, contact your steward for assistance. The edit book feeds the 4003 and the 4003 is what your pay evaluation is based on. Protect yourself and be watchful of those numbers; they can make a big difference in your pay.

Mail Count

Mail Count is over and the new evaluations took effect on April 18th. At the time of this writing we have not gotten through the mail count disputes. This should be soon. Throughout the Greensboro District the Rural Craft gained almost 324.59 standard hours. Average route gained 23 minutes. With this mail count we now have 82 routes which are overburdened.

AGREEMENT

Between the United States Postal Service and the National Rural Letter Carriers' Association

2010–2015

Article 9.2.C.6

- Route Classification

Rural routes shall be classified as follows:

1. TABLE OF EVALUATED HOURS FOR REGULAR RURAL ROUTES

** Normally, these categories should only be used as interim classifications pending route adjustments.*

Total Hours and Minutes Per

Week (Standard Hours) Evaluated

Hours H Routes (No Relief Days)

40:30 to 41:29	41 Hours
41:30 to 42:29	42 Hours
42:30 to 43:29	43 Hours
43:30 to 44:29	44 Hours
44:30 to 45:29	45 Hours
45:30 to 46:29	46 Hours

J Routes (Relief Day Every Other Week)

44:11 to 45:15	41 Hours
45:16 to 46:21	42 Hours
46:22 to 47:27	43 Hours
47:28 to 48:32	44 Hours
48:33 to 49:37	45 Hours
49:38 to 50:43	46 Hours

K Routes (Relief Day Each Week)

47:24 to 48:35	40 Hours
48:36 to 49:47	41 Hours
49:48 to 50:59	42 Hours
51:00 to 52:11	43 Hours
52:12 to 53:23	44 Hours
53:24 to 54:35	45 Hours
54:36 to 55:47	46 Hours
55:48 to 56:59	47 Hours*
57:00 to 57:36	48 Hours*

Visit the NC RLCA web site for rural carrier info:
www.ncrlca.com

GUIDELINES FOR THE SELECTION OF THE OUTSTANDING MEMBER OF THE YEAR

- Method of Selection
 1. Nomination of candidates for the award should be made in one of several ways prior to the State Convention. Nominations may be made directly from the membership upon proper notice to the members inviting such nominations. Also, candidates for the award may be selected by Local District Units.
 2. In either event, the name of the candidate should be submitted, with a brief resume of accomplishments, to a Selection Committee, to be named by the State President, State Board or by any other means which may be the prevailing policy in the State Association.
- Eligibility for Award
 1. Any member of the Association may be nominated as a candidate for the Outstanding Member of the Year award.
 2. State Association Officers should not be arbitrarily selected for the award, nor should they be prohibited from consideration. Officers have been chosen to lead and serve, but it is frequently demonstrated that their services go far beyond the routine duties of the office and, thus, may be worthy of selection.
- Criteria for Selection
 1. The primary consideration of the Selection Committee shall be:
 - The service rendered by the candidate to the National Rural Letter Carriers' Association;
 - Attendance and participation in Local, State and National meetings;
 - Willingness to accept responsibilities and dedication in performing those duties;
 - Fraternal attitude to others in the Rural Carrier Craft.
 2. The Selection Committee should also consider, as a secondary matter, other service which the candidate may have rendered, such as civic or community activities, which reflect favorably upon the Rural Carrier Craft and the Postal Service.
 3. Consideration shall be given for service rendered in the immediately preceding 12-month period. Such period will encourage each carrier, even the newest ones, to seek to achieve the award during the current year.
- Presentation of Award
 - When each State Association has made its selection, the name of the candidate shall be reported to the National Office by the State Secretary in the regular Annual Report. An appropriate award will be presented by the National Rural Letter Carriers' Association at its National Convention.

Please mail the name of the candidate, along with a resume to ALL members of the Selection Committee listed below, prior to the State Convention.

Van Heath
25722 US Hwy. 64
Jamesville, NC 27846-9272

Brenda White
1336 Schoolhouse Rd.
Elizabeth City, NC 27909-9596

Sally Corriher
445 Corriher Gravel Rd.
China Grove, NC 28023-0460

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

Thom Tillis (tillis.senate.gov)
G55 Dirkson 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:

Mark Walker (walker.house.gov)
312 Cannon House Office Bldg.
Washington, DC 20515 (202) 225-3065

Congressional District 7:

David Rouzer (rouzer.house.gov)
424 Cannon 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:

Alma Adams
222 Cannon 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**

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

MRS. EDITH KNIGHT

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

MRS. LEANN ESSICK

229 Essick Lane
Winston Salem, NC 27127-9129
336-816-0999

MR. BARRY CORRIHER

445 Corriher Gravel Rd
China Grove, NC 28023-0460
Phone 704-857-3103

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

MRS. LUANN SHUE

325 Ed Weaver Rd
Salisbury, NC 28146-8570
704-857-6926

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

JUNIOR BOARD

PRESIDENT

JUSTIN REAVIS

345 Harvey's Lane
Traphill, NC 28685-9133

VICE PRESIDENT

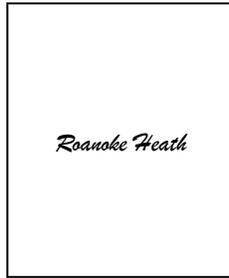
CODY COPELAND

106 Dogwood Lane
Camden, NC 27921-7668

SECRETARY/TREASURER

BLAYNE COPELAND

106 Dogwood Lane
Camden, NC 27921-7668



Auxiliary News

Hello Auxiliary and Junior Auxiliary Members:

It is now almost time for our 2015 state convention – we will be meeting in Wilmington June 14th to June 17th. It is also time for our Juniors to complete their Junior contest entries. The entries must be attached to letter-size manila folders. There are several age groups and one for special education. Special education (our mailbox) - ages 6-8 (opening my mailbox) – ages 9-11 (I can volunteer) - ages 12-14 (my favorite memory) – ages 15-17 (an essay on making memories) - ages 18-20 (an essay on why I volunteer). Please encourage your juniors to participate and I hope they win.

The Presidents project this year is Alzheimer's research. The disease has affected almost all of our families. Alzheimer's is the sixth leading cause of death in the United States. President Broome's project will help support the research to find the prevention for this disease. The Auxiliary members are selling project items and we will be making a 'Names Quilt' to help support the project.

I hope to see all our Auxiliary and Junior members in few weeks. I hope by then we will be having sunnier and warmer weather. Please come and join in the fun we have at the state convention.

Because I am married to the PAC man – I need to remind our members to help support PAC. The PAC auction and dinner will be held Tuesday night so please help Van raise money for our PAC.

Roanoke Heath , Auxiliary member and PAC man supporter

PAC MAN



2015 State Convention June 14-17

Special Guests

NRLCA President, Jeanette Dwyer

NRLCA Auxiliary Executive Committee, Sheila Reardon-Gilman

District Mangers:

Kevin McAdams, Mid-Carolinas

Russ Gardner, Greensboro

APCU:

Dianne Yost

Corey Widener

Retirement Specialist, Roseanne Jefferson

RCHP Supervisor, Ali Sherrill

State Highway Patrolman, Eric Mellott

Alzheimer Association, Amy Jilian

NCRLCA Dues for 2014-2015

- [] Regular...Cash.....\$611.00
- [] 1187...Bi-Weekly.....\$23.50
- [] Retired.....Cash.....\$109.00
- [] 1187R...Monthly.....\$9.08
- [] 73, RCA, RCR.....Cash.....\$208.00
- [] 1187.....Bi-Weekly.....\$8.00

The membership year begins July 1, ends June 30. Please make checks payable to **NCRLCA**. Checks or membership form should be mailed to Derek Harpe, 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.

June 2015

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

July 2015

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

NCRLCA
 3668 Startown Rd
 Maiden, NC 28650-8722



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 ORGANIZATION US
 POSTAGE PAID
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 28168
 PERMIT NUMBER
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