



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

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**Due to a printing error, the address labels on our last issue had everyone's last name as Abdekqader Jr. Your actual information is correct in our system. Our printer sincerely apologizes for the error.**



*Mitchell Reece*

### President's Message

## Fall Booster Announced

I would like to begin this article by recognizing the people that represented the carriers of our state at the national convention in National Harbor, Maryland. This not only includes the delegates and alternates, but also the non-delegates. They present a positive image of our state on the national stage and I want to thank each and every one of them for doing that. The convention had a record number of delegates in attendance as our membership continues to grow. This issue is packed with

news from our National Convention.

While I write this, most people are focused on a hurricane located off the southwest coast of Florida. The uncertainty of the path this storm will ultimately follow mirrors the feelings of many of our fellow carriers regarding the future of our craft. This was apparent at the National Convention. No one can predict what the results of the engineered time study that is rapidly reaching its conclusion will be, but we certainly hope it will benefit our craft overall.

I am pleased to announce the site of our Fall Booster meeting. It will be held at the Embassy Suites Hotel in Greensboro on **Sunday, November 12<sup>th</sup>**. The hotel is located near Piedmont Triad International Airport. The room rate is \$109 per night plus tax. All reservation information is included on the back page of this issue.

We are once again planning an afternoon seminar for the RCAs. This will be conducted by our district representatives. This location will complete our goal of offering the opportunity for all of our RCAs across the state to attend. I encourage all relief carriers to come join us to have their questions answered and their concerns heard. Please make plans to attend.

The state board has appointed a committee to explore possible future district mergers and realignment. This committee is represented by carriers from all regions of the state to give insight from their respected areas. This is something that has not been addressed in many years. Any input that you may wish to share with the committee can be sent to any board member. They will see that it is passed on to the committee. More information regarding this will be shared at a later date. Bring your ideas to your district meetings.

Until next time, be safe out there.

# North Carolina Rural Letter Carriers' Association

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Southeastern	8
Foothills	10
Durham County	12
Catawba/Lincoln	15
Harnett	32
McDowell/Mt Mitchell	36
Rockingham	46

Albemarle	2
Alleghany County	4
Peach Belt	5
Caswell County	14
Tri-County	25
Cleveland/Gaston	29
Union County	54

Roanoke Chowan	7
Wake County	24
Five County	28
Orange County	39
Person	41
Randolph County	42
Watauga/Avery	57

## Executive Committee

### FEHB

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Alamance	1
Guilford County	30
Rutherford/Polk	47
Piedmont	50
Tar River	51
Tidewater	52
Wayne County	56

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Smoky Mountain	11
Sea Level	23
French Broad	31
Johnson County	34
Mecklenburg	38
Roanoke	44

### SAFETY

#### SCOTT DEAL

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Taylorsville, NC 28681-2538  
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Brushy Mountain	3
Ashe	6
Burke/Caldwell	9
Central Carolina	16
Cumberland/Hoke	20
Yadkin River	26

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## Appointed Officers

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#### DOUG BYRUM

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Phone 336-514-7406

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### WEB MASTER

#### JEFF ESSICK

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Please visit the website at [WWW.NCRLCA.com](http://WWW.NCRLCA.com) for the latest information

## Obituaries

**John W. Lowery, Sr.**, 91, passed away Saturday, June 17, 2017.

John was born in Union County, January 13, 1926 son to the late James M. and Mary May Lowery. He is also preceded in death by his wife Bette Anderson Lowery and siblings Edwin Lowery, Tom Lowery Sr, and Gladys Hinson.

He was a graduate of Wingate Junior College, and Appalachian State Teachers College. John was an avid sports fan, and he was a WWII Veteran, serving in Germany earning a Purple Heart.

He later retired from the US Postal Service as a rural letter carrier.

John is survived by a son, John (Emily) W. Lowery, Jr of Wingate, daughters, Karen (Ronnie) Baucom of Monroe, and Vicki (Russell) Singer of Harrisburg, five grandchildren and 12 great grandchildren.

**Priscilla Ann Everidge Church**, 52, passed away Wednesday, July 5, 2017, at Woltz Hospice Home.

She was born Feb. 17, 1965, in Surry County to John Earl Everidge and Linda Gregory Everidge.

She told people to call her Percy, and had a love for names from her career as a postal carrier. Percy had a love for clouds, food (especially chicken), and talking with strangers. She would do anything she could to make a person laugh, because making others happy made her happy.

She was preceded in death by her father, John Everidge; father-in-law, Henry Church.

Surviving are her husband, David Lee Church; mother, Linda Everidge; daughters, Elizabeth Ann Church, Rebecca Ann Church; brother, Johnathan (Lois) Everidge; mother-in-law, Dorothy Church and several other family members.

**Erin Lee Pompey**, of Clayton passed away on August 31, 2017.

Lee was born on April 7, 1962. She was a rural carrier in the Clayton Post Office. Lee was also an academy trainer in Raleigh.

## Open Season

**November 13-December 11, 2017**

Please call HRSSC at 1-877-477-3273

then option 5 or go to

<http://liteblue.usps.gov/benefits>

**RCAs this open season is  
for you also!**

## Chaplain's Message Doug Byrum, Chaplain

### Complain or Contribute?

**Read Philippians 2:12-18**

*Let us...make every effort to do what leads to peace  
and to mutual edification.*

~ Romans 14:19 (NIV)

One Sunday morning after worship I overheard a brief conversation between two parishioners. One of the men said, "I didn't get much out of the service. Did you?" "Not much" the other replied. It was disconcerting to hear, though I have to admit that I have made similar complaints. Often we go to church wondering, What am I going to get out of it? But do we ask ourselves, What can I put into it?

Perhaps our experience of church can be re-energized if we complain less and spend that energy encouraging one another. One Sunday a woman whose husband was hospitalized approached me as I was entering the sanctuary. She told me excitedly that her husband had spoken to one of his nurses about his faith in Jesus Christ. After he prayed with her, she accepted Jesus as her Savior. She then shared her experience with others. Her excitement was contagious. My own spirit was lifted and I responded, "Praise the Lord!"

Her story showed me that we can contribute to the community of faith in many ways. We can compliment others for their service, volunteer when opportunities arise, give generously, seek out and help to meet the needs of others, and give assurance of our prayers.

### Thought for the Day:

*How could  
less  
complaining  
and more  
caring  
change my  
faith  
community?*

### PRAYER FOCUS:

**SOMEONE WHO SHOWS ME THE LOVE OF  
CHRIST**

**Prayer:** Dear God, forgive us for our self-centered attitudes. Show us how we can encourage others.

Amen.



## SAFETY

*Scott Deal*

### Seasons Change Time To Get Ready!

Happy Fall Y'all and congratulations on grinding through another successful, steaming hot summer. With the temperatures dropping to a more enjoyable degree, it is still a necessity that we keep our guard up and stay focused on the hazards of the season.

A lot of our future rural letter carriers are making their way back to school and the buses have begun rolling. Please extend all courtesy to them and be aware. Also allow more time for making your way into work.

Plan for the afternoon as well, when this tends to delay us from making our timely, appointed rounds. Always drive like it's your child getting off the bus.

Below is an official US Postal Service stand-up bulletin. Many of you have already heard it but it is still reminds us of some great tips for the season.

#### ***Don't Fall for Falling Leaves***

During the fall, trees covered with colorful leaves paint the landscape in vibrant shades of red, yellow and orange.

Leaves are beautiful when they are on the trees but can become a safety hazard when they fall to the ground. Add water and you have treacherous walking conditions. The combination of wet roads and leaves results in a slippery surface which is similar to and as dangerous as black ice. Remaining alert is a top priority for anyone walking or driving on leaves. If you are walking on wet leaves, exercise the same precautions as if you were walking on an icy surface:

1. Keep your weight evenly distributed on both feet and take small, shuffling steps.
2. Wear proper "SR/USA" approved footwear. Avoid wearing shoes with worn or smooth soles.
3. Use hand-rails where available.
4. Be mindful of fingering mail when walking across wet, leaf covered surfaces.
5. Protect your eyes if suddenly surrounded by wind-blown leaves.
6. Be aware of your surroundings. Piled leaves often obscure rocks and other debris.

If you lose your footing, try to relax. Tensing your body is more likely to cause injury. If you are holding an

object, drop it and do not try to break your fall. Taking the impact of your falling body on an outstretched hand, elbow, or knee may result in broken bones.

When driving on wet, leaf covered roads:

1. Match your speed to current conditions. Treat wet, leaf covered roads as if they were ice covered and match speeds accordingly.
2. Smoothness counts. Avoid making sudden stops, starts or directional changes on wet, leaf covered roads.
3. In dry, windy conditions, slow down and stay alert. Wind driven leaves often obscure vision. If visibility is severely diminished by blowing leaves, slow down or choose a safe spot to stop until visibility improves.
4. Traction depends upon the contact that the tire has with the ground, so check your tires to make sure that you have good tread depth and proper inflation pressures. Good tread and proper inflation are a must.
5. In a skid? Take your foot off of the gas and brake while turning into the direction of the skid. Once the vehicle begins to respond, apply brakes gently (if you do not have anti-lock brakes). Apply brake firmly and allow the anti-lock braking system to work if your vehicle has one.
6. Be mindful of kids playing in piles of leaves in or near the street.

Always Remember: Safety Depends on Me!

I hope you all have an enjoyable and safe fall. In my opinion, fall provides us the best office in the world—window down and the spectacle of the color in perfect focus as well as the cool, crisp air filling our POVs and LLVs. It is, however, never too early to start planning for the coming months when we all (if we haven't already) turn from letter carriers into "parcel professionals".

We truly deliver the season—one in which we are expecting the volume to double from that of last year. Yet another record to be surpassed.

Have your POVs and LLVs winterized. For those on POV routes, get those snow or studded tires out. Check the tread wear and for proper inflation. Don't forget about your spare! LLV carriers make sure you have cables on hand at your station.

Everyone check with management to make sure you have Yak Trax available. If not, go ahead and have them ordered so you will receive them in time for when you'll need them.

Be Safe, buckle up, and keep in mind the parcels we deliver this year will help us next year with the new rural route evaluated compensation system. So by all means take your scanner with you to the point of delivery.

Thanks for what you do and your "service with a smile!"





## RETIREMENT

*Renee Johnson*

### How Much Should You Put In Your TSP?

One of the best benefits to attending National Convention is the availability of issue-specific workshops.

On August 14, 2017, I attended the TSP (Thrift Savings Plan) Pre-Separation Workshop held by Chris Souweine, Training and Liaison Specialist at the Federal Retirement Thrift Investment Board.

The first thing Chris did was to update us on current legislation known as The Modernization Act, which will give the participants, (us), more flexibility. He then followed up with six topics: Preparation, Retirement Income, Withdrawal Rules, Planning Legacy and Death Benefits, Retirement Income Scenarios, and TSP Resources.

As you all know, TSP is our responsibility. We reap the rewards, and conversely, we take on the risk.

As an overview, we have learned that FERS retirement is based on the 3-Tiered System, or the 3-Legged Stool, as we like to refer to it. Two of these legs are pretty much fixed:

Social Security will be paid based on the age of the participant at retirement, and the contributions made over the course of their work life.

FERS is a calculation of the average of the employee's high 3 salary, number of years, and the factor which is currently either 1%, or 1.1% per year of full time employment.

We don't control the first two factors, however, the third, TSP, is completely within our control. According to Chris Souweine, we can anticipate our need by understanding the values of the two set amounts, and then solving for our TSP Goal.

**Refresher: See NCRLCA Newsletter Retirement Article from the January/February issue for calculations instructions and websites.**

To anticipate what you should have at retirement, the calculation looks like this:

$$\begin{aligned} &\text{Expected Need (*75% to 100% of current expenses)} \\ &- \text{Expected Fixed Income (Social Security and FERS)} \\ &= \text{TSP Savings Goal} \end{aligned}$$

\*The reasoning behind the 75% suggestion of lower cost expectancy in retirement is the lack of contributing to a retirement account, and lower daily costs. However, adjust as you are comfortable doing for higher medical costs, or additional expenses such as travel and/or hobbies you may wish to engage in post-retirement.

You don't have to take a stab at this alone. Thrift Savings Plan website: <https://www.tsp.gov> has an excellent calculator on their page.

If you are currently using this website, simply log in and go to the center of the page with the heading: Planning & Tools. Click on Calculator.

However, if you have never logged in at the TSP website, or have forgotten your log in information, click on "Help" just below the log in area for instructions.

Once you have successfully logged in, follow the Planning & Tools instructions to determine your goals through the calculator on the website.

Here's another tip: Before separating, ensure all personal data on file with TSP is correct. This is a good idea to do for yearly financial checkups, as well as major life changes. You may have moved since setting up your account, or forgotten who you designated as beneficiary.

You may need to call the TSP Thrift line to confirm beneficiary. That number is: (1-877-968-3778.)

$$\begin{aligned} &\text{TSP Savings Equation} \\ &\text{Expected Need (@ 75% of current expenses)} \\ &- \text{Expected Fixed Income (Social Security \& FERS)} \\ &= \text{TSP Savings Goal} \end{aligned}$$



Chris Souweine, Training & Liaison Specialist with the Federal Retirement Thrift Investment Board leads the TSP (Thrift Savings Plan) Seminar at the 113th NCRLCA National Convention in National Harbor, MD



**RCHBP**  
*Audrey Solomon*

**Open Season  
Don't Wait Until  
December!**

Open Season is fast approaching. Make sure you and your family have the correct insurance coverage for 2018.

This open season applies to RCAs and to regular carriers. Do not wait until the last minute to enroll or make changes.

Compare insurances on <http://liteblue.usps.gov/openseason> and find the best insurance fit for you and your family.

There are some new additions to the RCBP are as follows:

- New Member Portal  
My online services will be replaced by Aetna Navigator  
Coventry Mobile apps will be replaced by Aetna mobile apps
- EOB  
New for any new claims after 1/1/18
- New ID Cards  
New ID cards with new numbers will be issued late 2017 for use beginning 1/1/18
- New plan website  
New rcbphealth.com will be updated starting mid-September

A new program called **Pinnacle Care** will soon be available. This is a new advisory service that will help you make decisions when diagnosed with a serious medical condition. It will help you with professional advice and guidance.

When initially diagnosed, they can guide you to referral. They will review your plan benefits and do a case review using expert medical opinion.

During treatment, it can aid in scheduling and follow-up. It can also aid in changing treatment and facilitate access. It will be your advocate for treatment, insurance billing, and returning to work.

How it works:

1. Connect with Pinnacle Care
2. Let Pinnacle Care take it from there. You get:
  - a. Expert medical opinion/confirmation of diagnosis
  - b. Research on patient diagnosis and treatment options
  - c. Customized report identifying top local, regional

- d. or national specialist
  - d. Facilitated appointments with top specialist or Centers of Excellence
  - e. Gathering, organizing and forwarding of key medical records
  - f. Virtual consultation for second medical opinion
- Customer Service at 1-800-638-8432 the same staff will be there to help you and process claims.

These are two of the changes for the upcoming 2018 season. However, don't forget to read your 2018 brochure to update yourself on the old and new changes that I may have not mentioned

**REMINDER:**

**RCAs this open season will be  
opened to you also.  
Please call HRSSC at 1-877-4773273  
then option 5 or  
go to <http://liteblue.usps.gov/benefits>**



Brenda White presents her uncle Earl White with a Membership Longevity Award for 55 years of membership with the North Carolina Rural Letter Carriers' Association. Mr. White is 90 years old and lives in Elizabeth City. He is also a WWII veteran. His daughter Pam White and daughter in law Bobbi White are also rural carriers. He is very proud of his service as a rural carrier .



## Auto-Homeowners' Insurance Rep

*Brian Hamlett*

### How Insurance Companies Use Points

In NC drivers are subject to a points system with various infractions assigned a point value. Points accumulate upon conviction and at seven points you may be assigned to a driver improvement clinic at your expense. After 12 points in a three year period your license can be suspended for a period of 60 days to 12 months depending upon prior suspensions.

The top infraction on the list in the NC Drivers Handbook is passing a stopped school bus, getting you 5 points.

Now that school is back in session please be safe and pay attention to stopped school buses. Besides the safety issues posed by passing stopped buses, it can hurt your wallet as well.

The NC DMV point system is different from the insurance points that affect your premium. The NC Department of Insurance has its own point system called the Safe Driver Incentive Plan (SDIP). These points stay with you for what's called the "Experience Period" which is the 3 year period just prior to buying a new policy or renewal of an existing one.

Below are a few of the insurance point values and how they could affect your auto insurance premium. For a complete list just search "NCDOI SDIP" in Google and click the link.

As always if ever I can be of assistance do not hesitate to contact me. Driving safely is each of our responsibility, every day.

## INSURANCE POINTS

### Moving Violations

#### **1 point      Premium Increase 20%**

- All other moving violations not listed.
- Speeding 10 mph or less over a speed limit under 55 mph.

#### **2 points      Premium Increase 40%**

- Illegal Passing.
- Following too closely.
- Driving on wrong side of road.
- Speeding more than 10 mph over the speed limit at a total speed of more than 55 mph and less than 76 mph.
- Speeding 10 mph or less over the speed limit in a speed zone of 55 mph or higher.

#### **4 points      Premium Increase 80%**

- Reckless driving.
- Hit-and-run resulting in property damage only.
- Passing a stopped school bus.
- Speeding in excess of 75 mph when the speed limit is less than 70 mph.
- Speeding in excess of 80 mph when the speed limit is 70 mph or higher.
- Driving by a person less than age 21 after consuming alcohol or drugs.

#### **8 points      Premium Increase 195%**

- Driving during revocation or suspension of license or registration.
- Aggressive driving.

#### **10 points      Premium Increase 260%**

- Speeding to elude arrest.

#### **12 points      Premium Increase 360%**

- Manslaughter or negligent homicide
- Hit-and-run resulting in bodily injury or death.
- Driving with a blood-alcohol level of .08 or more.
- Driving commercial vehicle with a blood-alcohol level Of .04 or more.
- Driving while impaired.
- Transporting illegal intoxicating liquor for sale.





**Provident Guild Representative**  
*Dale Sain*

**Did You Know?**

1) The PROVIDENT GUILD is a Non-Profit, Fraternal organization, created and operated by Rural Carriers, for our membership and Auxiliary Members to give their survivors an amount of READY CASH for those days when routine procedures of the courts and legal action tie up our estates after death.

2) The GUILD is NOT an insurance. Rather, it is a Fraternal Death Benefit Fund which guarantees you at least 30 times your annual dues and, depending on the number of claims in any given year, can pay you up to 100 times your annual dues.

3) There are no physical examinations - No assessments - No commissions - No high salaries.

4) This low cost protection does not decrease, nor can it be cancelled when you reach age 65.

5) You can become a GUILD member until you reach age 56. After that age, you cannot enter the program BUT you do remain in it as long as you pay your GUILD dues annually.

6) Claims are to be filed within 30 days after death. The claim form together with a copy of the death certificate are to be mailed directly to the Secretary-Treasurer. If death certificate is not available within this time please advise the current Secretary-Treasurer.

**IT NEED NOT BE HANDLED BY A LAWYER**

7) Upon receipt of forms listed in item #6, an IMMEDIATE RELIEF CHECK for 30% of the maximum payment is mailed to the beneficiary. The balance of settlement is mailed in August, following our Board meeting which is held during the NRLCA Convention.

8) Your GUILD dues are payable in advance. The Provident Guild Secretary-Treasurer will mail you a dues notice during the month of May for the following year. These are then payable by June 30th.

9) Members joining later in the year pay only a portion of the full year's dues. The fiscal year runs from July 1st to the next June 30th. Those who become members during July, August and September pay full dues. During October, November and December, you pay 75%; January, February and March, 50%; and those joining in April, May and June pay only 25%.

10) The entrance fee of \$2.00 is payable when joining during any part of the year.

**“Fraternalism at Its Best”**



*“Are you preparing your family in the event of your death?”*

The Provident Guild is a nonprofit, Fraternal Organization created and operated by Rural Carriers, for our membership, to give your survivors an amount of READY CASH for those days when routine procedures of the courts and legal action tie up your estate at death.

If you are age 56 or under, clip & mail this coupon to me for further details on how you can help your survivors.

Please send me the facts on the benefits available to us for our age and class.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip code + 4 \_\_\_\_\_

My Date of Birth \_\_\_\_\_

Spouse Date of Birth \_\_\_\_\_

Mail to: **DALE SAIN**  
**6289 Nobby Lail Rd**  
**Connelly Springs, NC 28612-7425**

ANNUAL  
DUES  
CLASSES  
\$10 To \$50

# IT'S A FACT

MAXIMUM  
BENEFITS  
  
\$5,000

## THE NATIONAL RURAL CARRIERS' PROVIDENT GUILD

WHAT.... The Guild is a Fraternal NON-PROFIT Death Benefit Department.

WHO..... Open to all Regular, Substitute 73, PTF, RCA and RCR Rural Carriers and their spouses, who are under 56 years of age.

DUES..... Your choice of benefit classes, ranging from \$10 to \$50. The available classes depend on your age at time of application.

Available if you are.	Annual Dues Class	Maximum Benefit	Minimum Benefit 30% Max.	Immediate Relief Payment 30% Max.
Have not reached age 56	\$10	\$1,000	\$300	\$300
Under 50	15	1,500	450	450
Under 45	20	2,000	600	600
Under 40	30	3,000	900	900
Under 35	40 or 50	4,000  5,000	1,200  1,500	1,200  1,500

Your benefits **DO NOT** decrease, as you grow older. The class you chose remains in effect as long as you pay annual dues.

The President and Secretary-Treasurer are bonded in sufficient amount to cover the funds in their hands at any one time

Contact any PROVIDENT GUILD OFFICER; State Association or Auxiliary Officer for details.

You can secure an application from them, or write to:

NC Representative  
**DALE SAIN**  
6289 Nobby Lail Rd  
Connelly Springs, NC 28612-7425  
Phone 828-461-5057

## Donate to the Postal Employees' Relief Fund (PERF)

From hurricanes to floods and other storms, many parts of our country are in need.

The USPS is reminding employees they can turn to the *Postal Employees Relief Fund (PERF)*. This fund helps postal employees & retirees whose homes are significantly damaged by natural disasters or house fires.

### To make an immediate donation:

Go to [postalrelief.com](http://postalrelief.com) with your credit card

or send a check to:

PERF

P.O. Box 7630

Woodbridge, VA 22195-7630

PERF is not an emergency relief or immediate needs replacement agency, such as the *Federal Emergency Management Agency (FEMA)* or the *Red Cross*. PERF (part of the Combined Federal Campaign) provides relief grants to help qualifying individuals get re-established after a loss, based on an application process.

Since shipping and distributing goods in the affected area is nearly impossible, we are asking that you donate money to allow agencies on the ground to spend it as needed as this is the best immediate thing you can do to help those in need.

Any donation, no matter the amount, is needed for our postal families. Please give today!

## Mocksville Rural Letter Carriers Earn Million Mile Safe Driving Awards

Three rural carriers in the Mocksville Post Office were presented with the National Safety Council Million Mile Award.

To qualify for the award, recipients must drive one million miles or 25,000 hours with no preventable accidents.

The group was joined by Davie County Sheriff J.D. Hartman and Congressman Ted Budd's Chief of Staff Curtis Preston to celebrate the trio's achievement. "We thank you for serving our community and keeping the safety of

our residents in mind each day," said Hartman.

Postmaster Shane Johnston commended the three employees for their years of effort and commitment. "This is a rare achievement," he said. "It takes a certain level of dedication to make this possible.

Derek Harpe is a 35-year postal veteran. Barbara Koontz is a 34-year postal veteran and David Harris, a 35-year postal veteran. All three are also union members.



Front row, from left: Postmaster Shane Johnston, Million Mile Award recipients Derek Harpe, Barbara Koontz and David Harris with (back row) District Manager Russell Gardner, Davie County Sheriff J.D. Hartman and Congressman Ted Budd's Chief of Staff Curtis Preston



## PAC CHAIR

*Steve Rogers*

# It's Our Jobs, Our Future!

My name is Steve Rogers and I am your new PAC Chair. I am replacing Van Heath, who is retiring after 20 years of dedicated service. Good luck to Van in his retirement! I look forward to serving you as your "PACman".

I have been a rural carrier and a union member for over 30 years. I am a devoted husband, father and grandfather. I have been married to my high school sweetheart for 32 years. Her name is Tina and she is going to be my assistant with basically everything I do. My daughter is now a 22-year-old young lady. She is attending college to attain degrees in sociology and criminal justice, in hopes that she may help domestic violence victims. She has the most beautiful daughter, my granddaughter, Baylin. She starts Kindergarten this year.

Thank you for the opportunity to serve as the State PAC Chair and placing your trust in my ability to perform this job. It is a true honor to receive this opportunity to serve our Union and its members. I hope to carry on the legacy that Van Heath established.

As my family and I return home I can honestly say I understand why there have been 113 NRLCA Conventions after this experience in National Harbor, Maryland. From the exquisite dinners and luncheons, the beautiful hotel and its surroundings, to the fellowship shared between rural carriers from around the country. This convention had it all. I learned so many wonderful and interesting things. One of the interesting things I learned is that rural carriers are a lot alike; we share the same problems and desires.

Some of these problems include our elected officials in congress that are discussing elimination of our rightfully earned benefits. The following are just a few of the examples:

Elimination of Retirees Cost of Living adjustments (current and future).

Supplemental Retirement (working an additional 5-10 years just to retire).

Postal Reform Act (restoring mail operations to pre-2012 standards).

There are North Carolina Congressmen that are on the Ways and Means Committee that hold our futures in THEIR hands. If they are successful, and you retire in 2018 with a pension of \$1,800.00 a month, in 20 years (2038) you will still get \$1,800.00 a month. I don't know about you, but I'm sure the cost of living is going

to continue to grow. Under this act we will not receive cost of living increases to our retirement. Instead, we will stay at a retirement amount that is fixed. If you are like me, you are not going to sit back and let this happen.

It is more important than ever to get these funds to our Governmental Affairs people working on Capitol Hill. By donating to PAC you will give our board the tools needed to arrange meetings with our elected officials and bring forward the wants and desires of NC Rural Carriers.

I strongly encourage each of you to consider giving as little as \$5.00 per pay period. If each of us gives a little, that small amount multiplied by 5,000 rural carriers will end up being a substantial amount. Did you know that only 3.13% or 160 PAC donors contribute towards our future? If the other 96% of rural carriers would contribute just \$5.00 per pay period just imagine the power our organization would have. Which in turn would allow our elected officials to take notice of the NC Rural Carriers as a force to be respected. I would personally like to challenge all rural carriers to give your part, and let's make a difference.

Our Fall Booster is just around the corner. We will have the drawing for the \$500.00 cash prize. This is the contest from the National Convention for all that donated towards PAC.

**Keep your eyes open for additional cash prizes throughout the year, just for donating to PAC.**

Don't forget the State Convention coming up in Atlantic Beach in June. Again this year, for every \$25.00 you have donated to PAC, your name will be entered in a drawing. First prize will be \$250.00, second prize will be \$150.00, and third prize will be \$100.00. (The PAC year is August 1<sup>st</sup> until the end of the State Convention)

In closing, I would like to extend a heartfelt thank you to everyone that contributed during the National Convention. Because of your generous donations we were able to finish in second place for total contributions. [Congratulations North Carolina, you really stepped up this year!](#)

Thanks for supporting your Political Action Committee. PAC *does* work for you.

**Please send PAC Donations to:**  
**Steve Rogers**  
**PO Box 11372**  
**Winston-Salem NC 27116-1372**  
**(336) 414-7642 \*new contact number**

## Why become a Sustaining Donor?

Automatic PAC contributions give NRLCA PAC a predictable income. A predictable income helps the Legislative Department strategize in advance for upcoming postal legislation.

## Support NRLCA-PAC

### Sign up for Electronic Fund Transfer

A monthly deduction from your checking account on the 5<sup>th</sup> of each month



Questions? Please contact Chana Ryan, Assistant to the Director of Governmental Affairs

[crvan@nrlca.org](mailto:crvan@nrlca.org)

-or-

(703) 797-8415

I hereby authorize my bank to deduct from my checking account the monthly sum of:

\$45 \$25 \$20 \$15 \$10 Other: \$\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name (print): \_\_\_\_\_

Employee ID Number: \_\_\_\_\_

State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

### Please attach a voided check

### **Send to NRLCA-PAC**

1630 Duke St, Floor 2  
Alexandria, VA 22314

By making a NRLCA-PAC Electronic Fund Transfer Authorization, you are doing so voluntarily with the understanding that your monthly contribution is not a condition of membership in the National Rural Letter Carriers' Association or employment by the Postal Service nor part of union dues and that NRLCA-PAC will use the money it receives to contribute to candidates for federal office as permitted by the law.

You are also making this Electronic Fund Transfer authorization understanding that the NRLCA-PAC contributions are not tax deductible and your selection shall remain in full force and effect until you cancel by notifying the NRLCA-PAC in writing.

# News from the 2017 National Convention

## National Rural Letter Carriers' Association Lays Wreath at Arlington National Cemetery



In a ceremony on the Saturday preceding the opening of the 113th National Rural Letter Carriers' Association convention, the NRLCA participated in a wreath laying ceremony at the Tomb of the Unknown Soldier at Arlington National Cemetery. Many rural carriers along with the other visitors to Arlington National Cemetery witnessed the changing of the guard along with the wreath laying.

NRLCA National Officers Joey Johnson & David Heather along with rural carriers Kelly and Donna Bagwell laid a wreath at the Tomb of the Unknown Soldier in honor of America's Gold Star families. The Tomb Guard escorted them forward during the ceremony as they placed the wreath at the Tomb.

Gold Star families are those families that have lost a loved one while in service to our country. The term traces its origins back to World War I. During that conflict, Americans would fly a flag bearing a blue star for every immediate family member serving in the armed forces. The star would be changed to gold if the family lost a loved one in the war.

"The Army recognizes that no one has given more for the nation than the families of the fallen," the Army's website says in its official description of a Gold Star Family.

Kelly and Donna Bagwell are Gold Star parents.



On Saturday, August 12, 2017 rural carriers Kelly and Donna Bagwell and the NRLCA had the honor of laying a wreath at the Tomb of the Unknown Soldier at Arlington National Cemetery. The NRLCA wreath was placed there in honor of rural carrier Gold Star families.

### Veterans' Day History

Originally Armistice Day, commemorating the signing of the agreement that ended World War I at 11:00 A.M., November 11, 1918, this federal holiday was changed to Veterans' Day in 1954. At that time, it became a day to honor all the men and women who have served in the armed forces of the United States.

# News from the 2017 National Convention

## View of The National Convention

from a  
First Time Attendee

by Scott Deal

### One, not done, only just begun...

Wow, a word that only begins to describe the events of our 113th National Convention of the NRLCA held at National Harbor, MD. There's simply not enough space in our newsletter to cover all the events of our convention, but I do want to share some of my highlights as a first-timer and first time delegate.

Monday morning I, my wife Brandi, and fellow Board Member Renee Johnson took a tour of our National Office at 1630 Duke St., Alexandria, VA. Special thanks to Keisha for the behind the scenes tour of the facility. It was neat to pull back the curtain and see the offices and board rooms where a lot of the business of our association actually takes place.

Venturing back across the water from Alexandria, we had a very enlightening State of the Union update with topics such as the new ruling on SPM events, parcels, vehicle size, MOU on violence in the workplace/workplace environment, and the Finance Committee update. I could feel myself swelling with knowledge as we had the privilege of listening to Dr. Mericle explain the current status of our engineered study—mind blowing to say the least.

A very informative first timers orientation seminar followed that was so well attended they may have to start charging admission (just kidding). Refreshments were served and thanks to our association for the free gifts—a great book on the history of the NRLCA and more importantly a copy of our contract—the spiral bound version. Gus Baffa, past National President, did a terrific job cover numerous topics like the difference in binding vs. non-binding resolutions. Be sure to check out our National newsletter for photo.

Tuesday morning was quite a spectacle seeing things like our President Mitch Reece in the Parade

of States and hearing the heartwarming reception and thunderous applause our fellow members from Puerto Rico received.

A very moving Memorial Service preceded this that left many emotionally drained. Our PMG Megan Brennan, as well as the Presidents from the three other postal unions addressed the body. This was a first and truly shows how much President Jeanette Dwyer has done to solidify all of our unions and the respect they have for her and our association.

Tuesday afternoon, when the true business begins, started with a frantic mad dash to stake our claim as a state and set up our chair backs—you simply have to be there to understand. The Finance Report was a very revealing part of this day.

Wednesday began with another moving presentation with the Hero of the Year Awards, displaying how our special carriers rise under extraordinary circumstances—truly a tear jerker. Favorite quote of the morning session belongs to President Dwyer “...if you can't make them see the light, make them feel the burn...”. And then begins the committee reports, parliamentary procedure (Roberts Rules) personified, mixed in with just a few yellow cards. This is a must see for all new comers. A great night rounded out the day with the Golden Oldies night and one of the best \$10 dinners I've ever had in the DC area!

Thursday the continuation of the committee reports led us up to the caucuses. Again, one word comes to mind...WOW!

Friday brought the election of new officers, recognition of past national officers, retired carriers, non-delegates (the troopers who pay their own way,) and first timers' (yours truly) as well as second timers to the convention.

I want to take a moment of personal privilege and give a very special thanks to Jeanette Dwyer and Dennis Conley and their families for joining all of us from NC for dinner Friday evening. Both Jeanette and Dennis deserve an endless amount of gratitude and recognition for the class and integrity they displayed all week, hosting us

*(Continued on page 15)*

“...if you can't make them see the light, make them feel the burn...”



All four postal unions presidents addressed the body at our National Convention. Pictured here from left to right are NALC President Fredric Rolando, NRLCA President Jeanette Dwyer and NPMHU President Paul Hogrogian. Missing from photo is APWU President Mark Dimondstein.

# News from the 2017 National Convention

## NRLCA State of the Union Update

by Renee Johnson

At 1:00 on Monday, August 14, 2017, the National Rural Letter Carriers' Association held our State of the Union Update in the Potomac Ballroom at the Gaylord National Harbor, Maryland. National President, Jeanette Dwyer opened the address with the national settlement on SPM (Service Performance Management) Scans.

Beginning September 2, 2017, carriers are to be paid 35 seconds for every SPM scan completed, 18 seconds for each alert, and 7 seconds for collections. Full time regular carriers are to be paid on 8127, and RCAs on 1314-A. This will be recorded on the PS-4240, and any previously unpaid SPM scans should be retroactively paid at this time. (See Provisions of Article 34.) If you have any questions regarding this please contact your steward.

**“The System may never be perfect, but it must be good enough,”**

Dr. Ken Mericle

President Dwyer assured us that our representatives are working with management to seek parcel assistance, as we have no contractual right to count routes until 2018. At the same time, vehicle sizes and availabilities are also being addressed.

The Finance Committee gave their preliminary report and passed out supporting documents for their recommendations to be addressed later in the convention. They also presented data concerning the properties owned by our association in the Arlington and D.C. area.

Dr. Ken Mericle, the NRLCA engineering panel member, presented an update on the Engineered Time Standards Study. He explained the calculations standards, RRECS (Rural Rate Evaluated Compensation System), RSD (Rural Street Database) mapping software, 10.2 million driving measurements collected to calculate drive speed matrix, the 72 separate calculations measured to evaluate daily functions, and then the process undertaken to revise and validate the findings. He also spoke about the algorithms used to help spot inconsistent scanning or other anomalies.

His assurance was heartening. Each level of milestones was covered. Exceptions were addressed.

Data capture and improved training is being monitored. End-to-end system business logic is being confirmed, and dates for final documentation have been set.

“The System may never be perfect, but it must be good enough,” he stated.

On October 31, 2017, the Panel Chair will deliver a final report. On November 30, 2017, parties will evaluate and comment, and on February 28, 2018, the Chair will issue final determinations.

Our RRECS rollout will be going from 1,700, to 75,000, and will fully implement the system.

**“Business logic is in place, and operating as intended,”** Dr. Ken Mericle.

This project has been in process for five years, and is ongoing.



*(Continued from page 14)*

*First Time Attendee View*

all—delegates, non-delegates and guests from North Carolina. They have set the bar high and created a standard I hope to emulate over my career and are the definition of the term “Role Models.”

In closing, Deal, delegate, North Carolina, makes a motion and votes in favor of all those that have never attended a national convention to join us next year in Grand Rapids, MI. I understand this is indeed a great deal of time and expense to invest. If it's not an option next year, I encourage you to start by attending your local district meetings. Next thing you know you will be at our state convention and then before you realize it you'll catch the “fever”. Perhaps you will make delegate and have the honor of attending what some call a state convention on steroids...your national convention. At this point your investment will pay off and be worthwhile, for it is true, the statement I saw on some shirts various delegates from various states were wearing...“...united we bargain, divided we beg...”

# News from the 2017 National Convention

## Doug Byrum receives Presidents Distinguished Service Award from NRLCA President Jeanette Dwyer



Our own Doug Byrum was one of the few honored this year by our President. He received the Presidents Distinguished Service Award for his many years of service to the National Rural Letter Carriers' Association.

Doug has been our National Chaplain for over five years and as such touched many lives all across the country.

He also shares his wonderful voice with us when he sings the National Anthem and other beautiful patriotic songs during our National Convention.

Congratulations Doug! North Carolina is very proud of you.

Awards says:  
"Presidents  
Distinguished Service  
Award  
Doug Byrum  
For Dedication and  
Commitment to the  
Rural Carrier Craft"  
It also has  
a cross and  
the NRLCA logo.



## National Convention By The Numbers

There were 15 Constitution changes presented to the delegates with four of them adopted.

There were 16 binding and 279 non-binding resolutions presented. Four of the binding were adopted, with another two were moved to non-binding and also adopted.

From the 279 non-binding, 81 of them, pertaining to RCAs rights and benefits, were bundled together by the body as one and passed. Of the remaining resolutions 128 were passed.

Elections took place on Friday.

President Jeanette Dwyer, Vice President Ronnie Stutts, Secretary-Treasurer Clifford Dailing, and Director of Labor Relations Joey Johnson all ran unopposed.

The Director of Steward Operations position was a contest

between incumbent David Heather and Delbert Hutchisson of Ohio. David Heather won the election.

The four year Executive Committeeman contest was between incumbent Dennis Conley of NC, Johnny Miller of AL and Nicky Phillips of GA. After three rounds of voting Johnny Miller was declared the winner.

There was only one Appeal presented to the body. The delegates supported the Committee and declared the appeal without merit.

Our Member of the Year Brenda Johnson was presented her award on Tuesday.

For a more complete rundown of the proceedings please read your September issue of *The National Rural letter Carrier* magazine.

You may also request a copy of the complete verbatim of the 113th National Rural Letter Carriers' Convention from the National Office.

# News from the 2017 National Convention



**Vice President**

*Brenda Gibbs*

## **Legislative Seminar Report**

Thanks to **ALL** the delegates for your dedication to the members of this union.

I also want to thank the following people who were not delegates but **paid their own way** to the National Convention. Jayne Athey, Debbie Bennett, Tracy Brantley, Selena and Brenda Burr (first timers), Vanessa Castillo, Heather Cook, Casey Hedrick, Steve Rogers, Jay and Shari Schreiber, Christina Snipes, Angie Tussey, and Art Young. They have shown great interest in the decisions made by the delegation. **Thank you!** I hope to see you at National again next year.



I attended the Legislative Seminar again this year. The political activity in Washington is of vital importance to all rural carriers, active and retired. There are several proposed resolutions currently concerning us as postal employees. The national budget also directly affects us. These are the latest resolutions introduced and a brief description of them.

**HR 756 the Postal Service Reform Act of 2017** was voted out of committee in March. HR 756 has many arms. It addresses full Medicare integration, pension reform, the USPS pre-funding liability, postal rate increases, conversion of door and curb delivery and service standards.

HR 756 requires all postal retirees and annuitants to have part A-Hospital, part B-Medical and part D-Drug to continue FEHB coverage. There is a penalty waiver along with transition support for current retirees and annuitants not currently enrolled in part B. This will allow them time to enroll penalty free. The potential impact of Medicare integration is the coordination of benefits such as the incentive to have Medicare parts A & B along with FEHB coverage, reduced paperwork and billing since FEHB plans 'coordinate benefits' with Medicare and many out of pocket expenses will be covered or waived. Currently 93% of RCBP retirees and annuitants have Medicare part A & B and RCBP coverage.

HR 756 would require the USPS to make actuarially-based prefunding payments and would require OPM to calculate liabilities using postal specific assumptions. Any surplus would be amortized over 30 years. It would require the PRC to complete a review of the market dominant rate and allows for a 2.15% rate increase (\$0.01). The postal service estimates that they can save \$26 billion over the next five years if HR 756 passes.

HR 756 would require mandatory conversions of business addresses to centralized, curbside, or sidewalk delivery at a different % thru 2022. It would also require **voluntary conversion of residential addresses** identified by the USPS when **40%** of those residences consent. It would address post office closings by considering the distance, weather and terrain along with the availability for at least 80% of the households to have an available fixed broadband internet. The Board of Governors would be reduced to 5 members serving a 7-year term.

Because of its Medicare integration HR 756 has been referred to the subcommittee on Health. We have two members of



this committee in North Carolina. **District 1 G.K. Butterfield** can be reached at (919) 908-0164 in Durham or (252) 237-9816 in Wilson and **District 8 Richard Hudson** can be reached at (704) 786-1612 in Concord, (910) 997 -2070 in Fayetteville or (910) 246-5374 in Pinehurst.

**HR 760** has been introduced with a goal to authorize the Secretary of the Treasury to invest a limited amount of the Retiree Health Benefits Fund in market-based index funds that would generally offer a higher rate of return.

**HR 15, HR 28 and HR 31** express the sense of the House that the USPS should: take measures to ensure 6-day delivery, to ensure the continuation of door delivery for all business and residential customers and to restore service standards to those in effect July 1, 2012.

Anti-union legislation including the **PAGE act, HR 396**-tax delinquency, **HR 1364 and HR 1461**-official time, mail box monopoly and privatization and finally Civil Service reform have been introduced. The **STOP Act HR 1057 and S372** were introduced to ensure

*(Continued on page 18)*

# News from the 2017 National Convention



North Carolina Delegates and Guests  
2017 NRLCA National Convention  
National Harbor, Maryland

*(Continued from page 17)*  
*Legislative Seminar Report*

that merchandise arriving through the mail will be subject for review by US Customs and Border Protection. It would require advance electronic information on mail shipments to the US.

**The US Government 2018 Budget Proposal** allows the USPS to 1) reduce mail delivery frequency, 2) shift to centralized and curbside boxes, 3) have greater price flexibility and 4) use postal specific assumptions when calculating liabilities.

It would require Federal and Postal employees to 1) contribute an additional 1% to FERS for the next 6 years with no additional benefit, 2) use a high-5 average for the postal retirement base, 3) eliminate COLAs for current and future retirees under FERS, 4) cut CSRC retirees COLAs by .5%, and 5) eliminate supplemental payments for FERS employees that retire before they become eligible for social security.

Beginning the 5<sup>th</sup> of September there are only 48

days left in the Congressional calendar this year and much left to be done.

We all should do our part and contact our members of Congress. Let them know our views and concerns regarding this legislation.

### **Facts to know when you contact your congressman.**



The US mailing industry consists of 7.5 million mailing industry jobs and provides 6% of the nations jobs.

The US mailing industry contributes \$1.4 trillion in sales revenue and is 4.6% of the US total output.

In 2014 North Carolina had 74546 federal retirees.\* and 17515 postal employees \*\*

\*Source: Office of Personnel Management, Federal Employment Statistics, September 2014.

\*\*Source: U.S. Department of Labor, Bureau of Labor Statistics, Quarterly Census of Employment, March 2014.

# News from the 2017 National Convention



Brenda Johnson was recognized as the North Carolina Member Of The Year by President Dwyer on Tuesday.



## Convention Candids



# North Carolina District Representatives

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**Scarlett Hall**  
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**Adam Campbell**  
910-554-6574

### Greensboro

**Art Young**  
919-868-9524



# National Rural Letter Carrier Steward Appreciation Week is October 16-22, 2017

Please take this opportunity to say, **“Thank You!”** to the stewards that work for you. Use this week to show your appreciation and recognize the stewards who serve us and this Union. Being a steward is a tough job. Please remember that your steward listens to many, many complaints on a daily basis. Know that they work conscientiously to try to resolve the issues in your favor. Our stewards work diligently to help ensure that we have the best working environment possible. Not an easy task in today's workplace. They receive very few accolades for what they do. As we all know, an “Atta boy” or a “pat on the back” can mean the world sometimes. This is the week to address that.

The stewards across North Carolina deserve our gratitude for the commitment they have made to all of us.

Whether it is the steward in your local office, your area steward, the Assistant District Representative or the District Representative, let them know that you are grateful for all that they do.

*Thank them for giving us their time!*



## Mid- Carolinas District

### Assistant District Representative

#### Bethany Small

As the summer comes to an end and the days start to get shorter, we are sending the kids back to school and looking forward to some cooler temperatures. Along with the personal changes the new season ushers in, comes the end of the guarantee year and the beginning of the holiday season for the Postal Service. As Rural Carriers, we try to stay positive, but it seems that come late December, we are too tired to enjoy the holiday season. As we approach the onslaught of flats and packages, there are some things to keep in mind.

#### X days and the Guarantee Period

The 2018 guarantee period begins on October 14, 2017 and with it, we will stop hearing about 2080 issues for a few months. There are a few things to keep in mind as we begin the new guarantee period, most notably the earning and use of X days in the coming months. In accordance with Article 9.2.C.5.k of the National Agreement, “during the period that starts with the beginning of the guarantee period (October 14, 2017) through the end of the designated Christmas period, a regular rural carrier who works the relief day and is entitled to an X day, must be given the X day as scheduled by the Employer within the same period in which the relief day was worked. Regular rural carriers shall be prohibited from scheduling a previously earned X day from the beginning of the guarantee period through the end of the designated Christmas period. If the X day is not received within the same pay period, the Employer will compensate the regular rural carrier 100% of the carrier’s daily rate of pay in lieu of the X day.”

Furthermore, Article 9.2.C.5.l tells us that “if, for any reason, an X day is not received within the twelve week

period in accordance with Subsections f.(2) and g, the Employer will compensate the Regular rural carrier 100% of the carrier’s daily rate of pay in lieu of an X day. The period from the beginning of the guarantee period through the end of the designated Christmas period is not included when counting the twelve weeks in which an X day must be received.”

#### Scanning

Scanning is an enormous part of our job and it is more important than ever to make sure that we are doing our absolute best job in making sure that we don’t miss any scans. I completely understand that there are, on occasion technology issues that can create or contribute to an issue, but we still must do our best to ensure everything with a barcode is properly scanned.

We should **never** be scanning packages in the office and taking them to the street for delivery. The current District and National directive is that all barcodes are scanned at the point of delivery. This means if you deliver the item to the mailbox, you scan it at the mailbox at the time of delivery. If you deliver a package to the front door, you scan the item at the front door at the time of delivery. Our customers are getting accustomed to knowing exactly when and where their items were delivered, and we need to continue to give the best customer service possible even as the parcel volume and scans increase in the coming months.

This scanning policy, in addition to the policy that we don’t work off the clock also tells us that we should NEVER be delivering items “on our way home.” Should you do this, you would not be on the clock at the time should anything happen. This is a safety issue and it violates our delivery policies.

Lastly, I would like to remind us all that while we may feel pressured to hurry, hurry, hurry, that very haste could be

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Mid Carolina District Representative

what causes you to get injured. Our motor vehicle accidents and our industrial accidents have been increasing. We are doing more work than ever and meeting expectations that are quite often unrealistic.

Please be aware that your safety is the most important aspect of the job, and once we start making unsafe decisions, we are opening the door to accidents. Be careful and be realistic.

As we move forward, just remember that we are coming into the most stressful, busiest time of the year. Take care of yourself, get enough sleep, eat well, drink enough water and remember that January will be here before we know it.

Try to enjoy the beautiful weather the falls brings to North Carolina before the chaos of the Holidays start. As always, if you have questions or concerns, please reach out to your steward, we are here to help.

# Greensboro District

## District Representative

### Frank Suttles

I must take time to make a point of personal interest. My Dad, Ralph Suttles, passed away on August 20<sup>th</sup>. As a family, we were always close. I worked with him for over 25 years before beginning my postal career. I want to thank all my postal family and friends for the cards, support, and prayers that were sent our way. He will be missed.

By the time you get this the September mail count will be over. It starts September 18 and goes through September 30. This was a special count where routes had to meet certain criteria to qualify for the count. There were 34 routes in the district to be counted. Most are being counted because of a potential for savings by the USPS due to being changed from a non-L route to a L route or the fact that there had been no prior count.

September 23 thru October 6 is the time that carriers must sign up for the RDWL (Relief Day Work List) and the Sunday/Holiday Parcel Delivery Work List. These must be posted in each office.

On October 14, the new Guarantee Period begins. The new RDWL and the Sunday/Holiday Parcel Delivery Work list become effective. Also, any carrier wishing to change their HI/LO option, if they qualify, must do so before the start of the new guarantee period. Remember, to qualify, you must have 10 years of service from line 17 on you Form 50. This must be signed for on a PS Form 4015-A.

Parcel delivery is at an all-time high. Remember, when delivering your mail, you are required to deliver parcels that will not fit in the mailbox to the door if within 1/2 mile of the mailbox. That's 1/2 mile in and 1/2 mile out for a total of one mile.

Sunday/Holiday delivery has different guidelines. Parcels are to be delivered to the house. RCAs are being paid by the hour and should not be putting these parcels into mailboxes, regardless of the size of the parcels.

Most of the parcels are from Amazon and seem to be getting larger and heavier. They should be held to the same size and weight limits as mandated by USPS rules and regulations.

## Jack-o-Lanterns



Issued on September 29, 2016, the jack-o'-lantern stamps are the first official Halloween-themed stamps to be issued by the U.S. Postal Service.

In the spirit of Halloween, the U.S. Postal Service® issued these delightfully eerie stamps featuring photographs of four

different jack-o'-lanterns. These creatively carved pumpkins have been symbols of Halloween in the United States since the late 19th century.

It is believed that the custom of making jack-o'-lanterns at Halloween began in Ireland.

In the 19th century, turnips hollowed out to act as lanterns and often carved with grotesque faces," were used at Halloween in parts of Ireland and the Scottish Highlands. In these Celtic-speaking regions, Halloween was also the festival of Samhain and was seen as a time when supernatural beings (the Aos Si), and the souls of the dead, roamed the earth. The belief that the souls of the dead roamed the earth at Halloween was also found in other parts of Europe. Jack-o'-lanterns were also made at Halloween in Somerset during the 19th century.

The lanterns were variously said to represent the spirits or supernatural beings, or were used to ward off evil spirits. For example, sometimes they were used by Halloween guisers to frighten people, and sometimes they were set on windowsills to keep harmful spirits out of one's home. It has also been suggested that the jack-o'-lanterns originally represented Christian souls in purgatory, as Halloween is the eve of All Saints' Day (1 November)/All Souls' Day (2 November).

After World War II, widespread enthusiasm for trick-or-treating gave the holiday a youthful emphasis and Halloween became a distinctively American celebration. A 2014 survey showed that nearly 67 percent of the Americans celebrate Halloween in some way.

Halloween now inspires parades and revelry, corn mazes, haunted houses and neighborhood parties. jack-o'-lantern and pumpkin festivals. No matter how or where people observe this holiday, it remains a much-anticipated celebration of the macabre in the face of approaching winter.

# NORTH CAROLINA AUXILIARY OFFICERS

**PRESIDENT**  
**LEANNE ESSICK**  
229 Essick Lane  
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**VICE PRESIDENT**  
**JANICE FULWOOD**  
40 Mintz Cemetery Road  
Ocean Isle Beach, NC 28469  
Phone 910-443-2071

**SECRETARY/TREASURER**  
**SUE KELLY**  
7661 Wilkins Drive  
Fayetteville, NC 28311-9361  
910-488-5424

## EXECUTIVE COMMITTEE

**ROANOKE HEATH**  
25722 US Hwy 64  
Jamesville, NC 27846-9272  
252-792-6614

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445 Corriher Gravel Road  
China Grove, NC 28023-9497  
704-855-2629

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

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

**PROVIDENT GUILD**  
**We need a Volunteer!!**

**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

## JUNIOR OFFICERS

**PRESIDENT**  
**BOBBY DWYER**  
305 W Oak St  
Lake Waccamaw, NC 28450

**VICE PRESIDENT**  
**BLAYNE COPELAND**  
106 Dogwood Lane  
Camden, NC 27921-7668

**SECRETARY/TREASURER**  
**MADISON HALL**  
9028 Main Street  
Godwin, NC 28344-8387

**CHAPLAINS**  
Lily Gray  
&  
Issac Groves

## Auxiliary News

*from*  
*LeAnne Essick, President*

**“And all at once, summer  
collapsed into fall.”**

**~Oscar Wilde**

I hope that with the new fall season each and every auxiliary member and your family members are all well and blessed by each new day, as our year is slowly winding down. Autumn is such a wonderful and beautiful time of the year. Enjoy!!

The 91<sup>st</sup> National Auxiliary Convention was held at the Gaylord National Resort & Convention Center in National Harbor, Maryland, August 15-18, 2017.

On Monday August 14th at 9 am all delegates attended a Monday Morning Delegates' Workshop to allow them to receive their Committee Assignments. Monday evening at 6:30 pm the Juniors Talent Show was held and immediately after the Talent Show the Auction to Benefit the PNO Scholarship was held.

Tuesday the 15th at 8:30 am began in the Potomac Ballroom with a Memorial Service by Doug Byrum, Convention Chaplain. At 9 am the Joint Session of the Convention began. There were many speakers and much information to be learned. Sheila Reardon-Gilman presented the Auxiliary Outstanding Member Awards. Roanoke Heath received the award for North Carolina. Congratulations to Roanoke! Tuesday afternoon the Auxiliary Session was called to order. After a full day of activities, reports, speakers and announcements our first day of the convention ended.

Wednesday the 16th at 8:30 am our meeting was called to order with a Thought of the Day, Inspiration and Roll Call. With Special Recognition of Regular Carrier Spouses, Retirees' Spouses, Widows and Widowers, Past National Officers, First-Time Attendees, National Past & Present Association Spouses and Deceased Auxiliary Members. Our afternoon was free after lunch and Wednesday from 6 – 10 pm the Golden Oldies Night was held. It was great food and fun.

Thursday morning the 17th at 8:30 am Sheila Reardon-Gilman called the meeting to order. We had a Joint Session with the Juniors. Poster and Essay Awards and Scholarship Awards were presented. Nominations of officers and candidates were held before the session ended.

Friday the 18<sup>th</sup> our morning session began with the Final Committee Reports, followed by the Election of Officers. Julie Houston presented the new Auxiliary Program. The Convention ended with Unfinished Business, Installation of the 2017-2018 Auxiliary Officers, Presentation of 2017-2018 Junior Officers, Retirement of Colors and distribution of Delegate Checks.

It was a great and successful Convention held in a beautiful and fun place to visit. I appreciate all the North Carolina attendees and delegates for all your effort and time.

Many thanks to all and I wish each of you a wonderful Autumn !!!

**Psithurism (n.) the  
sound of wind in the  
trees and the rustling  
of leaves.**



## NCRLCA Dues for 2016-2017

Regular...Cash.....\$682.00  
 1187...Bi-Weekly.....\$26.23  
 Retired.....Cash.....\$111.00  
 1187R...Monthly.....\$9.25  
 73, RCA, RCR, ARC.....Cash..... \$228.00  
 1187.....Bi-Weekly..... \$8.77

The membership year begins July 1, ends June 30. Please make checks payable to NCRLCA. Checks or membership form should be mailed to Vicki Gray, NCRLCA Secretary/Treasurer, 424 Wapiti Dr., Spring Lake, NC 28390.

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

# FALL BOOSTER

## Sunday

### November 12, 2017

Embassy Suites by Hilton  
 Greensboro-Airport  
 204 Centreport Drive  
 Greensboro, NC  
 Phone 336-668-4535

**Rooms are \$109.00 +tax**  
**Reservations must be made**  
**by October 20th**

OCTOBER 2017							NOVEMBER 2017						
Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1	2	3	4	5	6 PAY DAY	7				1	2	3 PAY DAY	4
8	9 COLUMBUS DAY	10	11	12	13	14 PP-22	5	6	7	8	9	10	11 VETERANS DAY PP-24
14	16	17	18	19	20 PAY DAY	21	12 FALL BOOSTER	13	14	15	16	17 PAY DAY	18
22	23	24	25	26	27	28 PP-23	19	20	21	22	23 THANKS- GIVING	24	25 PP-25
29	30	31 HALLOWEEN					26	27	28	29	30		



**NCRLCA**  
**424 WAPITI DR**  
**SPRING LAKE NC 28390-1562**

**TIME SENSITIVE MATERIAL**

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