FROM THE PRESIDENTS DESK:

NATIONAL CONVENTION:
Although the NALC convention is over, the work now begins in electing a new president and win a larger majority in the Congress in order to get laws passed that will secure the letter carriers job now and long into the future. Many keynote speakers addressed the issue of “outsourcing” letter carriers work and it is obvious we must get laws passed which will ban delivery outsourcing in our craft forever. We must also not forget the lingering threat of “Do Not Mail” which if enacted, would be the demise of the Postal Service. These are the issues WE must face now and into the future and WE must decide our positions NOW! YOU must take the time to decide who the candidates are who you believe will serve your best interests. This is a decision YOU will make. The NALC along with this branch will give you the issues and the positions of the candidates and then YOU will make your selections. If you like the present state of the economy with high inflation and the stock market taking a dump, I would suggest you vote for Senator McCain. He has a voting record of 98% in favor of Bush’s policies and if elected, you can enjoy another 4 years of high inflation and corporate greed. If you have concerns about your job and the security of your family now and into the future, then Senator Barack Obama is your candidate of choice. Senator Obama has committed to support carriers issues 100% while Mr. McCain has committed to nothing as it relates to the future of our jobs and the Postal Service. The choice is yours! I along with the delegates from Branch 43 were also pleasantly surprised to receive both an award and recognition in several categories during the convention. Branch 43 was announced the winner of the 2008 E-Activist awards in the 1501-2500 branch members category. Branch 43 also received recognition for finishing second for funds raised for MDA. Neither award could have been possible without the help and support of the members of Branch 43.

Since we are limited to space, a complete overview of the convention highlights will be discussed at the August Branch meeting.

BRANCH 43 PICNIC:
Branch 43 will be hosting our annual picnic on Labor Day, September 1, 2008 at Coney Island. Per a motion adopted at the July Branch meeting, the cost for each member and guest will be $5.00 per person with children under 5 free. Included in this price will be your admission to the park, food, drink, rides, and admission to sun light pool. We are asking everyone to bring a side dish-salad, vegetable, or desert to share. The food will be served from 12:30 to 2:00 leaving you plenty of time to enjoy the day with family and friends. Deadline for reservations is August 22, 2008 so don’t delay and make your reservations today. Hope to see you there!

MDA BENEFITS:
Branch 43 is currently running a raffle to benefit MDA. Prizes include a NALC “corn-hole” set, 2 Bengal prints (Palmer and Houshmandzadeh), Tumbleweed Restaurant, Movie passes, Comedy Club passes to mention a few. The prizes can be viewed at www.branch43.com. The tickets are $1.00 a piece or 6 for $5.00. See your steward or call the office for tickets. The drawing will take place at the August Branch meeting and the winner need not be present. In addition, Hamilton Branch 426 is sponsoring another MDA Corn Hole tournament August 24, 2008. See their add in this edition and make plans to attend. The last tournament was a huge success and I along with other members from Branch 43 who attended had a wonderful time. We will also be having another Texas Hold-em Poker Tournament in the fall so watch for information on this fund raiser in the near future.

Sincerely,
Jerry Giesting,
President NALC Branch 43
From the VEEP

Electronic Files

There are recent changes that now allow letter carriers to access selected electronic files from their personal computers. These services make information readily available from agencies that may have been difficult or inconvenient to contact in the past. The following user friendly formats will benefit members as well as NALC in representation.

The first is from the USPS. The Postal Service recently converted employee’s Official Personnel Folders (OPF) to an electronic format. They’ve created a self service system that affords employees the opportunity to view or print documents from their electronic OPF via the Postal Service Liteblue website (www.liteblue.usps.gov). The information can only be accessed from Liteblue on a Non-Postal computer using your eight digit Employee Identification Number (EIN) and Personal Identification Number (PIN). Once on the Liteblue homepage, the link for eOPF is located in the middle of the right column. You will again be prompted to enter your EIN and PIN to view your restricted information. The file contains pages of forms beginning chronologically with your employment application up to your most recent COLA increase.

There are two parts to the next update. This system is relevant for carriers who have work related injuries and are processing their claims through the Department of Labor’s (DOL) Office of Workers Compensation Programs (OWCP). A new feature called Provider Search will generate a custom list of OWCP providers by entering criteria including provider type, specialty, provider name, city, state, and zip code. This search will offer carriers with injuries a list of providers who are familiar with the rules and procedures associated with OWCP. For those who have approved compensation claims, an additional resource is now available. A few years ago Affiliated Computer Services (ACS) was contracted by (OWCP) to handle bill processing and medical authorizations. That information is now accessible in the ACS portal by entering the case file number, the employee’s date of birth, and date of injury. Once in the system you will be able to view the accepted condition(s) for a claim, if medical authorization has been given, and determine the status of submitted medical bills. This system is NOT OWCP and WILL NOT provide information regarding case status or compensation claims. Both the Provider search and the ACS bill-pay portal are linked through the Compensation page on the NALC website (www.nalc.org).

Finally, Branch 43 has numerous electronic files that are constantly being updated. Electronic files enable our office to access many different sources with a few clicks. What used to be kept as hard copies in file cabinets are now searchable in a matter of minutes via our computer network.

(Continued)

Steward’s Corner

Close out your grievances!

Some stewards are better than others in closing their grievances, but we need all grievance settlements. Letters went out to some stewards with outstanding grievances. If you have a settlement, please send it to the Union Office. If the grievance was filed, but was withdrawn, please send the office an 8190 or buck slip or call us to let us know that the grievance is no longer open. ALL grievances will be closed out at the end of the year. It’s easier to answer the questions as to where the grievance is after you’ve settled it than it would be in either January or February of next year. Thank you for your cooperation. A special thanks to the stewards to whom this part of the article is NOT for.

Can I drive with my door open and seatbelt off?

Yes, and no! EL-814, Employees Guide to Safety on page 35 & 36; “You must wear safety belts at all times the vehicle is in motion. When driving a long life vehicle (LLV) or the carrier route vehicle (CRV), you must wear the lap belt and shoulder belt whenever the vehicle is in motion.”

“When you are operating a vehicle on delivery routes and traveling in intervals of 500 feet (1/10 mile) or less and speeds no greater than 15 miles per hour between delivery stops, you may leave the door on the driver’s side open. You must still close the door when traveling through intersections”.

These are the rules, please follow them. Do not be intimidated by an over zealous supervisor and please don’t get caught violating these rules.

NOTICE:

DELEGATE ELECTION FOR 2009-2010

The nomination of Delegates for the 2009 State Convention in Akron, Ohio and the 2010 National Convention in Anaheim, California, will be held at the October branch meeting. If an election is needed it will be held at the November Meeting.

Electronic files afford branch officers the ability to research grievance settlements quickly. The move to electronic files by many agencies as well as Branch 43 is an efficient use of current technology.

In Solidarity,
Dave Kennedy

(Continued)
Come Join Your Friends at the
Branch 43 Annual

**PICNIC**

at

Coney Island

Labor Day Weekend
Monday Sept. 1st, 2008

$5.00 per person age 5 & older

This Includes:
- **Park Admission**
  ($2.00 Parking fee NOT included)
- **Sandwiches** (2 Tickets per person)
- **Soft Drinks** (3 Tickets per person)
- **Rides & Swimming Pool!**

Please bring a dish to share—salad, vegetable, dessert.

Food will be served from 12:30 ~ 2:00

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**Picnic Registration Form**

*Forms MUST be returned to Branch 43 by August 22nd*

- #of Adults: _____  #of children: _____
- Name: ________________________
- Address: ________________________

Make Checks Payable to: NALC Branch 43
4100 Colerain Avenue
Cincinnati, Ohio 45223

*Volunteers needed for the gate.*
July YOPC Attendees
John “Corkey” Corcoran
Steve “Skippy” Hendren
Dick “Stick” Keller
Judy Kirchgessner
Mike Nagel
Charlie Ott
Ray Phillips
Paul Wilbers
Ed Wesseling

Please join the above next month for sharing old times, playing some cards and a little food. Your Union appreciates it.

Level II CCW Class
If you have a CCW and would like to take a Level II CCW class dealing with Defensive Shooting call the Union Office between 8:00 and 1:00 at 542-6400 and speak with Fred. The class will be given by the members of the Butler County Sheriff’s Office SWAT team. We can pick the Sunday of our choice for the class, provided they are available.

You will need your gun, a holster, at least 2 mags and 250-300 rounds of ammunition. The class runs from 8:00AM to about 6:00PM with about 6 hours of range time and 1 hour lunch break. The class will be held at the Butler County Sheriff/Westchester Police firing range in Butler County. The cost of the class is $125.00.

The first time you renew your CCW you do not need a refresher course. The next time you renew you WILL need one. This qualifies as the renewal course.

I took the class once and because it was so helpful (and fun), I’m taking it a second time. Space is limited, call NOW!

Tentative Date
Sunday September 21st

Why do my feet hurt?
Dr. Paul G. Bauer
There can be different reasons why our feet can hurt. The most common reason that I want to discuss today is a condition called Plantar Fasciitis (Pronounced “plantar fash-eee-eye-tiss”)

**Plantar Fasciitis** is the most common condition of heel pain. The condition occurs when the long fibrous plantar fascia ligament along the bottom of the foot develops tears in the tissue resulting in pain, inflammation, and scar tissue.

The most common complaint we hear is patients with a burning, stabbing, or aching pain in the heel of the foot. Most sufferers feel it in the morning because the fascia ligament tightens up during the night while we sleep, causing pain to diminish. However, when we climb out of bed and place pressure on the ligament, it becomes taut and pain is particularly acute.

How can we help? In many instances by the Doctor stretching the fascia ligament and doing therapy can cause the pain to decrease and go away all together. To see if we can help you with your foot pain please call Julie at Anderson Hills Family Chiropractic to schedule an appointment at (513) 232-5999.

---

ON THE MORE HUMOROUS SIDE:
*(From the Angel City Carrier)*

Management came to me and tried to tell me how to do my job. I turned to them and told them that Jerry Bush came to me and asked me to coach the LA Kings. I told them that I couldn’t coach a sport that I never played. That’s what I think about an individual who has never done my job before trying to tell me how to do my job.

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Official Notification
At the September branch meeting we will be voting to have Branch 3948, Cleves, Ohio merge with Branch 43. Cleves has three city carriers.

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Scott Schafer, Dedicated Collections Carrier, Mid City 45203
As he was collecting the mail from the Mt. Washington boxes, Scott noticed a customer, who is handicapped, attempting to get out of her vehicle. He helped her get out of her car and took her stamped mail to deposit it for her. By taking the time to make the extra effort to assist a customer in need, Scott went above and beyond the call of duty.

Scott was recommended for the Shining Star by Jay Schild, Manager Mount Washington Station.

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William Nolan
Troy Williams
Jason Broyles
Heather Cundiff
Andrea Childs
James Locke
Kevin Grabel
John Carter

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HEALTH TIP
Know stroke

Each year in the United States, more than 700,000 people suffer a stroke. It's the third leading cause of death in this country and it leads to more serious long-term disabilities than any other disease.

Knowing the symptoms of stroke, calling 911 right away and getting to a hospital are critical to limiting the damage caused by a stroke. Because strokes injure the brain, people often don’t realize they’re suffering from the disease. Nor, in some cases, are they able to call 911 on their own. That’s why everyone should know the signs of stroke — and know how to act fast.

Join the Carrier Corps

The following have joined the fight to help send worker-friendly candidates to Washington. By joining the Carrier Corps, you are committing to volunteer 10 hours of political activism during the election year. Please add your name to the list below.

Join Now by calling 542-6400

Mike Blair  Jim Metz
Steve Dashley  Pat Mulvaney
Jesse DeHaven  Don Powell
Mark Dill  Karon Remillard
Jerry Giesting  Randy Utz
Connie Griffieh  Ed Wesseling
Ed Groen
Fritz Holl
Judy Kirchgessner
Dave Kennedy
Paul Lovelace
Joe McGowan

When I need religion I go to a priest, or I cut out the middle man and speak directly to the Man upstairs. When I want to pop some holes, I go to Target World. When I worry about the future of this country I look for the one with the best voting record for labor. Obama is at 98% while McCain is at 16%. Problem over. End of story.

Fraternally,
Jim Meale, Editor
ENERGY TIP
Fuel-ish savings
Improve a car’s gas mileage by making changes in driving habits and keeping up with regular maintenance. Here’s how:
- Observe the speed limit. Each 5 mph you drive over 60 mph costs an additional 30 cents per gallon for gas.
- Avoid aggressive driving.
- Remove extra weight. Mileage is reduced about two percent for every 100 pounds.
- Avoid excessive idling.
- Keep up with car maintenance. Clean air filters can improve gas mileage by as much as 10 percent.
- Keep tires properly inflated and aligned. It improves gas mileage by three percent.

Branch 43 Supports the Men and Women Fighting for OUR Freedom
*May God Bless America!!!*

---

**Branch 43**
1905 Dalton Avenue
Cincinnati, Ohio 45214
(513) 621-4787

**Serving YOU Since 1958**
Just two blocks from the Main Post Office

- We have a complete line of Postal Approved & Authorized Uniforms
- Package Plans ~ Fast Delivery
- Union Made with Pride
- *Service is the Key to Our Success*

Our Hamilton County Representatives are Retired Members of Branch 43
- **Pat Mulvany and Gerry Mees**
  Call Pat at 513-284-1504 or Gerry at 859-491-2008

Northern Kentucky Representative
- **Terry Metz**
  Call 289-9372

**Store Hours:**
M-F 8:00 AM ~ 5:00 PM, Sat 8:30 AM ~ Noon
Closed on Saturday from July 4th through Labor Day

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**Become an e-Activist.**
Sign up at www.branch43.com
Click on the: NALC COLCPE/E-Activist Sign Up link on the main page.

**Unsigned Letters**
If you write a letter to the Union and don’t sign it, it’s like a grievance settlement without signatures. It means nothing. If you have an opinion and want to express it, sign the letter otherwise it it’s read to see the content then thrown in the trash.

_There's no point in being grown up if you can't be childish sometimes._

_Doctor Who_

---

Do not confuse systems of a stroke with the daily actions of some supervisors because they have “Trouble Seeing” that you are late and cannot pivot. They have “Trouble Speaking” because their communication skills do not exist. They have “Trouble Walking” away from their desk if you ask for something. The “Weakness On One Side” is usually the side above the shoulders.
August Retiree Birthdays

Joe Allen
Leroy Angel
James Baldwin
James Borcher
Troy Brock
James Burns
Celeste Clooney
Robert Copenhaver
Wm. Cottrell
Peter Damico
Elmer Gray III
Ronald Haynes
Wm. Hemmerle
Charles Iles
Richard Jamison
John Karch
Paul Kolb
Steve Kruse
Al Laker
Gregory Lee
Richard Lillis
Albert Martini, Jr.
Robert Mealy
Wm. Moore
Dennis Murphy
George Murphy
Wm. Murphy
Paul Noe
Francis Osterholz
Roger Paulinelli
Lloyd Redmon, Jr.
Patrick Regan
Albert Roundtree
Ronald Stacy
Joseph Steuer
James Stuewing
Harry Thuny
Robert Verkamp
Sherman Williamson
Thomas Woeste
Andrew Zeiser

Gold Carriers

Carl Obermeyer
Donald Hoskins
Donald Kleier
Thomas Staud

Branch 43 MDA Raffle

$1.00 each or 6 for $5.00
See your Union Steward for tickets, or call the office at 542-6400

NALC Corn Hole Set
2 Bengal Prints
Club @ Harpers Point
Tumbleweed Restaurant
Danbarry Cinemas
Go Bananas Comedy Club

Regulation quality with bags
(Palmer & Houshmandzadeh)
10 Passes
Gift Card
4 Passes
2 Passes

Each year Branch 43 leads all of Ohio in money raised for MDA
This year should be no different
Please Help and Buy Tickets

For actual Photos of Corn Hole Boards and Bengal Prints
go to www.branch43.com

Raffle drawing will be on August 14th, 2008
at the Branch Meeting

All proceeds go to Muscular Dystrophy

“A man cannot be comfortable without his own approval”.  Mark Twain

DON'T BE TAKEN ADVANTAGE OF!
DON'T WORK OFF THE CLOCK!

DID YOU KNOW?
Letter Carriers average nearly 19,000 steps on a typical workday—more than 7 miles*.  
*American Council on Exercise
CORNHOLE TOURNAMENT
FOR

Sunday August 24th at 2 PM
Sponsored by Hamilton Branch 426

√ $20.00 per team
√ Double Elimination
√ 1st - 2nd - 3rd Place Payout
√ A.C.A. Rules
√ No Skunk Rule

Prize Money Depends on Number of Entrees

Good Food and Beverage Available

Great Music Provided by D.J. Mr. E

Carl Dozier Memorial Park
*4 miles past Hamilton Meijers ~ 3727 Hamilton-Richmond Rd. (Rt. 177)

Bring your boards & bags (we may need them)

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USPS GETS VERA APPROVAL FOR EARLY RETIREMENT
Postal Service authorized to offer voluntary early retirement

It’s official.
The Postal Service has received approval from the Office of Personnel Management (OPM) to offer voluntary early retirement to employees in clerk, mail handler, supervisor of distribution operations and supervisor of customer services positions nationwide.

Automation and technological advances coupled with mail volume reductions has the Postal Service continuing to look for ways to voluntarily reduce its workforce while maintaining excellent customer service.

Details of the program are still being developed and will be announced later. No incentive package will be offered for employees who choose early retirement.

As of now there is NOTHING about letter carriers being offered voluntary early retirement.

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My Father taught me how to be a man – and not by instilling in me a sense of machismo or an agenda of dominance. He taught me that a real man doesn’t take, he gives; he doesn’t use force, he uses logic; doesn’t play the role of trouble-maker, but rather, trouble-shooter; and most importantly, a real man is defined by what’s in his heart, not his pants.

Kevin Smith, My Boring Ass Life, 06-01-05
Auto Loans

Do you need a new ride?
Get miles ahead with our financing.

CONVENIENT FINANCING FOR CAR SHOPPING:

• Loan Applications at the Dealer
• In person: 1243 West Eighth Street
• By phone: During regular hours—
  513-381-8600 or 800-265-4527
  After hours telephone loan center—
  513-243-5626 (LOAN) or 888-670-5626 (LOAN)
• By phone through PAL (Telephone Banking):
  513-632-5693 or 800 621-9722
• By fax: 513-345-8726
• By internet: www.cpecu.com—
  home banking, click on Web Pal II

CINCINNATI POSTAL EMPLOYEES CREDIT UNION, INC.
Injury Compensation Questions?

You can call the Union Office on most Wednesdays between 11 - 4. Former Compensation Officer, Tom Roos will be available to answer your questions.

Branch 43 Attorney

Attorney Scott Knox will provide free telephone advice to members of Branch 43. Scott Knox's phone number is 241-3800. Members who call should ask for the attorney by name at these phone numbers and identify themselves as members of Branch 43, Nat'l Assoc. of Letter Carriers.

Arslan Uniforms

4119 Spring Grove Ave.
Cincinnati, OH 45223
Phone (513) 621-2111/Fax (513) 961-9211

Union Made/American Made
Our sales Rep. will be visiting your station soon
Retired From Branch 43
Ed Groen, Butch Barrett & Ed Wesseling
Call them at home
Ed G. (513) 367-2642 ~ Butch (859) 781-3266
Ed W (513) 300-6119
or stop by the store
Monday - Friday 8:00 am - 5:00 pm
Saturday 8:00 am - noon

NALC Health Benefit Plan
Customer Service Lines

Whether your needs are for general information or specific medical and claim questions, the NALC Plan is here for you!

For us to service your call better, please have your social security number and claim information readily available when you place your call.

· Health Benefit Plan 1-888-636-6252
· Claim Forms 1-888-636-6252
· Caremark Specialty Pharmacy 1-800-237-2767
· Durable Medical Equipment 1-888-636-6252
· Fraud Hot line 1-888-636-6252
· PPO Locator Service 1-877-220-6252
· Precertification 1-877-220-6252
· Claim Forms 1-888-636-6252
· Prescription Drug Program 1-800-933-6252
· Mental Health/Substance Abuse 1-877-468-1016

NALC/First Health 24-Hour Nurse, Telephonic Provider Directory and Hospital Precertification
1-800-622-6252 24 hours-a-day

NALC/United Behavioral Health, Mental Health and Substance Abuse Helpline, provider information and precertification referral
1-877-468-1016 24 hours-a-day
EDITOR'S NOTES

Branch 43 members are encouraged to send articles to the News & Views. Items of interest about your station, current events, etc. are welcome. The following guidelines apply:

1. We may edit your article for grammar, punctuation, spelling, etc.
2. If it should prove necessary to edit an article for space or coherence, every effort will be made to preserve the substance and intent of the article.
3. Unsigned articles will not be printed. Letters, criticism and suggestions for improving the News & Views are also welcome. If your letter is not intended for publication, please so state. Letters held to 150 words are less likely to be edited.
4. Articles must arrive at the Branch office by the 15th in order to make the next month’s issue. Send items to:

Editor, News & Views
4100 Colerain Avenue
Cincinnati, Ohio 45223

To Protect Your F.E.C.A. Rights When Injured on Duty Call The Branch 43 Office Immediately

513-542-6400

REQUEST FOR ANNUAL LEAVE DONATIONS U. S. POSTAL SERVICE ANNUAL LEAVE SHARING PROGRAM

The Post Office has received a request for annual leave donations from RICHARD L. IMSIKE a CITY CARRIER at the MURRAY BRANCH (CINCINNATI, OH) who is incapacitated for available Postal Service duties due to ATHEROSCLEROTIC HEART DESEASE, STRESS AND CHRONIC BACK PAIN.

Any CINCINNATI Performance Cluster career or transitional employee who is interested in donating earned annual leave may access PS Form 3970-D, Request to Donate Leave at http://blue.usps.gov. An employee may also contact (a) the immediate supervisor, (b) the HR Shared Service Center at (877) 477-3273, option 5; or (c) a union representative to request this form. A donor may not donate leave to his or her supervisor.

PS Form 3970-D with Parts 1 and 11 completed should be mailed to: Shared Services Compensation & Benefits Greensboro NC 27497-0400

Cincinnati Tentative Bid Sheet Schedule

September . . . . . . . . 1-15
October . . . . . . . . . . 15-30
December . . . . . . . . 1-15

Familiarity breeds contempt - and children.

Mark Twain (1835 - 1910)

QUOTABLE QUOTES

“I went from sick leave abuser to sick leave saver. I thought about my family. Who would take care of them if I didn’t have a paycheck because I didn’t have any sick leave? You might think that you don’t need it, but you never know what’s around the corner.” — Salt Lake City Letter Carrier Benny Cordova

“I’m grateful my sick leave was there when I needed it. No one can predict what will happen in life, but we can all protect our livelihood by banking our sick leave.” — Hawkeye District Business Mail Entry Analyst Jim Eginoire

GIMME 5 for COLCPE

FAMILIARITY BREEDS CONTEMPT - AND CHILDREN

Mark Twain (1835 - 1910)

Delivering For America

DELIVERING FOR AMERICA

QUCR CITY LETTER CARRIERS 43

WHEN

WHEN

INJURED ON DUTY

INJURED ON DUTY

CALL THE BRANCH 43 OFFICE IMMEDIATELY

CALL THE BRANCH 43 OFFICE IMMEDIATELY

513-542-6400

MAKING OUR REPUTATION

MAKE AN ACTIVE UNION

ACTIVE MEMBERS

FOR AMERICA
"ADDRESS SERVICE REQUESTED"

**Monday**  
**September 1st**

*Picnic*

---

**August Calendar**

**Y.O.P.C.** 9:30 A.M. ~ August 6th  
**Officer's Meeting** 7:00 P.M. ~ August 14th  
**Branch Meeting** 7:30 P.M. ~ August 14th  
**Corn Hole Tournament** ~ August 24th  
**Labor Day Picnic** ~ September 1st

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**Board of Officers**

**President:** Jerry Giesting  
**Vice President:** David Kennedy  
**Secretary:** Joe McGowan  
**Recording Secretary:** Jim Meale  
**Asst. Secretary:** Alesha Chappell  
**Treasurer:** Connie Griffis  
**H.B.R./M.B.A.:** Al Reed  
**Sgt.-At-Arms:** Mike Mize  
**Comp. Officer:** Barb Martin  
**Dir. Retirees:** John "Corky" Corcoran  
**President Emeritus:** Gary Gabbard

**Trustees:**  
Steve Dashley, Dave Durbin, Gary Griffis, Ernest Larkin, Don Mueller

**A.F.L. ~ C.I.O. Delegates**  
Brian Bailey, Mark Dill, Kevin Hensley, Shawn O'Brien, Randy Seale

**Editor:** Jim Meale