

BRANCH 111 N.A.L.C.
"THE WASATCH BRANCH"

The
Pavement Pounder

April— May 2012

**What does the future of the Post office have
in store for you and your family?**



Perhaps we can find the answers together.

The Nelson News

Jeff Nelson, President.

One of the stories my children enjoy is from Dr. Seuss. It is titled, "Horton Hears a Who". I'm sure most of you are familiar with it. Horton the Elephant vows to protect the microscopic people of Whoville, which live on a tiny planet the size of a speck of dust. The other animals in the jungle scoff at this, as they are unable to hear the people of Whoville. So the Sour Kangaroo tries to destroy the speck with the help of her cohorts. The only thing that saves the people of Whoville is when every single Who raises their voice and lets everyone know that they are there.

Just like the situation in Whoville, it is of utmost importance now that with the situation the Postal Service, each one of us must raise our voices and let those around us (our senators) know that we are here and what needs to be done to save the Postal Service so it can be viable in the future for our customers, active carriers, and our retirees. But just as in the story of Whoville, we can't do it alone. We need to petition all of those around us that will help. We need to involve our family, friends, neighbors, and any others that will support us in this cause.

Just a few days ago, President Fredric Rolando conducted a town hall meeting over the phone. The subject of the call was for all carriers to raise our voices to our senators and urge them to vote no on S.1789. The discussion on this bill has been delayed, but we still need to be ready to raise our voices again at a moments notice if needed, be-

cause this bill **will** come up again. To get the most updated information, please sign up to be an E-activist if you haven't already. It only takes a few minutes to set up and it's relatively painless. Just go to www.nalc.org, click on "Sign up" where it says "NALC e-activist Network" in the lower right hand corner of the page, and fill out the form. You're also welcome to call me or talk to one of the other officers to help you with signing up as well. With everything that's going on, it's not uncommon to get 2-3 e-mails in a day concerning legislation, contract negotiations, and other pressing issues. I would encourage everyone to log on to the NALC website frequently, as they have updated information on the homepage from time to time. I would encourage you to visit the branch website as well, at www.branch111.com. More information will be provided at the union meeting, which is the second Thursday of each month. Plan on coming out and joining us on April 12 at 6:30 pm.

In Solidarity,

Jeff Nelson

**New FMLA processing
contact info**

**HRSSC—FMLA Western
Human Resources Shared Service**

Center

P.O. Box 970910

Greensboro, NC

27497-0910

Phone: 877-477-3273

**Select option 5,
then option 6.**

Fax: 651-456-3273

**You will need your E.I.N.
(employee identification number)**

**And your pending or
Approved FMLA case
number when calling**

HRSSC



The VP Speaks

Vice President Phil Rodriquez

M-39 on Covert Observation

134.21 The manager must maintain an objective attitude in conducting street supervision and discharge this duty in an open and above board manner.

134.22 The manager is not to spy or use other covert techniques. Any employee infractions are to be handled in accordance with the section in the current National Agreement that deal with these problems.

134.12 A positive attitude must be maintained by the manager at all time

I know many, if not all, have come back to your route at the end of the day and placed on your case is a PS Form 4584 (street observation), notifying you that a street observation was conducted. You don't remember seeing your Supervisor??? I thought a Supervisor's duty was to communicate with their employees?? What about the Supervisor positive attitude??? Hopefully, the observation was done that day, not 20 days prior where memories fade and circumstances of the observation might be in question. Ideally, a Supervisor will "maintain an objective attitude" and be open and forthcoming with the employee when observing driving hab-

its: looking for safer and better trained drivers. I realize asking some Supervisors to be "above board" is pointless, but contractually it is mandated. If you received a 4584 and your Supervisor failed to communicate before or after the observation than I would argue the observation was done covertly. I would also argue that open communication is a must and they, (Supervisor), failed to discharge their duties in and "open and above manner" as required by our Collective Bargaining Agreement. If you received a covert observation see your Steward!!

At the time of writing we all received a call from our National President requesting that we mobilize and call our Senators against the passage of Senate Bill 1789. I am happy to report that our mobilization and our vigilance have worked, temporarily. Your effort to save your job was recognized when S 1789 failed to pass and was put on hold!! It cannot be argued that legislation has been the sole factor in saving our jobs the last three years. And, Utah Letter Carriers lead the way in COLCPE and Carrier Corps with high participation in both. Since our brilliant Postmaster decided to crush an institution with his lame brain ideas, we Letter Carriers have united and stopped many of his destructive proposals. For Example, in the last year Letter Carriers have done the following:

500 rallies in every Congressional District for

1351

**1 Million signatures collected to save 6-day National TV ads
Print advertisements in DC papers
Tele-town hall to kill 2309 Thousands of phone calls to MoCs
Letter carriers published across the country
We Are One Rally at the Utah Capitol
Op-Eds by President Rolando
COLCPE has made 347 separate contributions to Incumbent Democrats and Republicans
New SAPS Event in April!**

April 12th, yet again we will have a Save the Post Office Rally.

This rally will be at held at the federal building on 3rd south and State Street. Please plan on attending and ask your Steward for information. If you called your Senator or participated in a legislative activity, please go to the following link and enter your name to recognize your activity:

http://nalc.org/depart/legpol/carrier_corps.html

Again, it's important that you contribute to COLCPE. Call or email me if you need help signing up for COLCPE.

Phillip Rodriquez
Vice President
prodriq@msn.com





I just returned from our lobby trip in DC. Aaron Potter, Phil Rodríguez, and I were able to visit with Utah's three Congressmen and both Senators. I feel it was a positive effort. I noticed this time that the Congressmen's and Senator's aids were more informed and had more knowledge about our issues. The meeting that stands out most was the one with Senator Mike Lee, it lasted about 30 minutes. At times it felt like a debate, but in the end we were able to get out some good hard truth about the Postal Service and our issues. I think they started to see what is going on and what will happen if action is not taken. What we need now is to get people to write and call Senator Lee. Tell him you want him to support the Postal Service and tell him you want your mail. Put in a personal message. Tell him if you get your medications in the mail. Tell him the mail is how you communicate with your loved ones that are on a military deployment or on a mission. Tell him how you use the mail to receive goods you pursued online. By doing this the Senator will be able to put a story with all the facts we provided in our meeting with him.

This is the time we all need to unite in one common cause, OUR JOBS! The job as we know it now is in Congress' hands. Right now we have Senators up on the hill asking a lot of questions about Post Masters Donahoe's plan for the Postal Service future. We need our voices heard and we can do this through letters and phone calls. The Postal Regulatory Commission is another place that is listening to what is going on, send them a letter.

I hope you were able to take advantage of the chance to go to your caucus meetings. It sounds like it was a great turnout state wide. If you are a delegate for your party please let me or Jeff Nelson at the Union hall know. I am going to try and get as many candidates to come and talk to us at our next union meeting. That would give us a chance to ask them where they stand on our issues and with other local issues. The more

information we have the better informed we will be in the next elections. If you are aware of a candidate holding a town hall meeting or holding a fund raiser call Jeff Nelson or me with the information so we can get letter carriers there and make our presence felt. If you have called or written your Congressman and Senator already don't be shy do it again. And don't forget to fill out a carrier corp. sheet. You can do it online at www.Nalc.org.

Chad Mortensen
Mrmorty69@aol.com

Good Bills

HR 3591

S. 1853

Bad Bills

HR2309

S. 1989

Contact Info for Congressmen

Rob Bishop

1017 Federal Building
324 25th St.
Ogden, UT 84401
(801)625-0107

Orrin Hatch

Federal Building
125 south State Street
Salt Lake City UT 84138
(801) 524-4380

Mike Lee

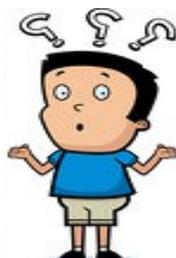
8402 Federal Building
125 South State, Suite 4225
Salt Lake City, UT 84138
801-524-8933

Jim Matheson

240 east Morris Avenue #235
South Salt Lake, UT 84115
(801)486-1236

Jason Chaffetz

51 s. University Ave #318
Provo, UT. 84601
(801)851-2500



NALC Branch #111
2261 S Redwood Rd #14
Salt Lake City UT 84119
Business Hours:
Mon, Wed, Friday
7:30 AM – 6:00 PM
Tues, Thursday
9:00 AM – 6:00 PM

Please call before visiting the Branch office to insure someone is there.

Official Notice
Branch 111 N.A.L.C.
Union Meetings
All meetings held at:
2261 S Redwood Road
Salt Lake City, Ut. 84119



Pavement Pounder Staff
Editor - Monte Jones
jones255@comcast.net

	Have something to say or want to make others aware.....?	
	Send in your ideas or articles to	
	Jones255@xmission.net	



OWCP

Terry Ehlers

Medical Narrative Reports;

Your claim won't be accepted without a proper narrative. Physician's who don't regularly write reports for OWCP have little or no idea what OWCP requires in a narrative report.

The requirement of a proper narrative report is time consuming. Everything that goes to OWCP must have Your Name, Claim Number(s) and Date(s) of Injury, including anything submitted from your physician. You will need to supply your claim number to your physician so it can be included in their report.

The FECA Manual part 2 at 2-812-6(a) Content of Medical Reports requires the following:

1. The date of most recent examination.
2. Results of recent objective testing.
3. Physical examination findings.
4. The diagnosis of any conditions present.
5. A well reasoned medical opinion supported by the physical findings and objective testing as to whether the current condition(s) is related to your employment.
6. The claimants work restrictions, including a completed Form OWCP-5 if applicable.
7. The type and frequency of medical treatment being provided or recommended.

Listed below will be a break in more detail;

1. The date of most recent examination.

This is self-explanatory, it's the most recent date your doctor examined you;

2. Results of recent medical objective testing.

This includes MRI-s, X-Rays, EMG's, EKG's, EEG's, Blood tests, etc... These are any diagnostic test that confirms your diagnosis. Objective testing is any test you can't fake. Your doctor also needs to state what abnormal findings came from the results of your test. For example, your MRI shows a herniated disc at C4-5; your X-Ray showed your Right thumb was broken in two places, one break being a compound fracture. Your physician should be specific about the test results. If the test results show multiple issues, your physician can state that the test showed multiple abnormalities and they have attached a copy of the test results with their report. If your physician is going to attach the test results it must be mentioned in your physician's report that a copy is attached.

If the test results confirm the reason the physician sent you for the test, this should also be stated. For example, the abnormal result of the MRI of the Right knee confirms the diagnosis of Lateral Meniscus tear and ACL tear of the Right knee. If it applies to your condition(s), your physician should be specific about the LEFT, RIGHT or BILATERAL body part **EVERY** time that body part is mentioned in their reports.

If you've had multiple tests, you can make it easier and help your physician by listing the dates and facilities you had your test(s) and provide a copy of the test results for easy reference or to attach to your report. You should list them in dated order beginning with the most recent test results;

3. Physical examination findings.

This is Range of Motion, (ROM), Reflexes, Grip/Pinch strength, Straight Leg Raises, Gait derangement, Palpitations, Limb length discrepancy, Swelling, Bruising, Muscle Atrophy, etc...The type of tests your physician performs depends on the type of physician you're seeing and your specific condition (s). Your physician should list out their findings in specific detail. For example, if the test is negative or positive. If the physician finds spasms, tenderness, firmness, weakness, etc...These results should be listed.

If measurements are taken, the measurement results should be recorded in their report.

Test performed on your upper (arms) or lower (legs) extremities, ears or eyes should be identified by either, Right, Left or Bilateral. If Range of Motion is diminished, your physician should list those findings as specifically as possible.

4. The diagnosis of any conditions present.

The physician should in their diagnosis list the corresponding ICD-9 code. The ICD-9 code is the medical diagnosis code (a number) that identifies your medical condition.

Once your claim is accepted by OWCP, your accepted condition(s) will be identified by ICD-9 codes.

5. A well reasoned medical opinion supported by physical findings and objective testing as to whether the current condition(s) is related to the employment.

Your physician must state how they came to their medical opinion regarding your medical conditions. Your physician must be as specific as possible.

A well reasoned medical opinion is crucial to your narrative report. The physician needs to state what Agency you work for, what your start date was, what position you held on the date of your injury and the physical requirements of your job. You should provide a description of the physical requirements of your job so your physician can refer to it in their report. Your physician should attach a copy of the job description and needs to state they are attaching a copy of the job description.

You should bring your physician a copy of your job description. If you don't have an official job description, your Agency may be able to provide one to you. If not, you can get your official job description and physical requirements from searches on the internet.

If you filed a **traumatic injury** claim, your physician must be specific how you were injured. S/he must state you were in performance of your regularly or specially assigned duties and what Agency you were working for when the injury occurred.

For example, On 00/00/0000 Ms. Doe was in performance of her regularly assigned duties as a clerk with the U.S. Postal Service during an 8 hour shift while having no medical problems when she fell off a ladder onto a concrete floor. Ms. Doe fell approximately 4 feet landing on her Right side, breaking her Right femur, shattering her Right knee cap and bruising her Right shoulder. The 4 foot fall and resulting impact of landing on the concrete floor is what caused the Right femur to break, shattered the Right knee cap and bruised the Right shoulder. Prior to the 4 foot fall off the ladder, Ms. Doe's Right femur,

Pg. 6 Right knee cap and Right shoulder were not injured, broken or fractured and she was not seeking medical treatment or taking any medication for any of these conditions. It is reasonable the 4 foot fall off the ladder landing on the concrete floor is what caused the diagnosed injuries to Ms. Doe's Right femur, Right knee cap and Right shoulder.

Your physician cannot be too specific in narrative reports to OWCP.

It seems obvious to all of us that falling 4 feet off a ladder will injure you, but if your physician isn't extremely specific about whom you were working for and exactly how your injuries occurred, OWCP will more than likely reject the report and your claim forcing you to go back to your physician to try again.

If you've filed an occupational injury claim (CA-2), then your doctor needs to specifically state how the injury occurred. For example, your job requires you to repetitiously use the injured body part throughout the day and you've been performing the job tasks for 15 years. The 15 years of repetitively using the specific body part contributed to the acceleration of a degenerative condition. Just as with a traumatic injury, your physician must be specific how the injury was worsened by your employment.

When your physician writes a medical narrative for OWCP it's about the WHO, WHAT, WHEN, WHERE, WHY and HOW in specific detail. Your physician must report with certainty. OWCP will reject any reports stating your condition(s) "Might be" "Could be" "Maybe" related to your employment. Your doctor can use terms such as "More probable than not" "More likely than not" "With a reasonable medical certainty" "It's reasonable to conclude", etc...

Your physician should sign and date the report. OWCP will not give any weight to a report that is not signed by a physician. A physician's assistant is not a doctor under the Act and will be given no weight whatsoever no matter how detailed the report is.

Once you have a narrative report from your physician, you should send a copy of the report, test results, job description, any forms such as a completed and signed OWCP-5 with a letter to your Claims Examiner. I recommend you send this delivery confirmation; certified mail or other track able delivery system so that you have proof OWCP received the report and the documents that go with it. Your letter should state each item you're sending and the date of the item. This

way you can be sure OWCP received the narrative and all the documents that were attached to the report.

6. The claimant's work restrictions, including a completed Form OWCP-5 if applicable.

OWCP sends every second opinion or IME physician a Form OWCP-5, but very rarely sends your physician an OWCP-5 to complete. However, there is no 'ruling' that says your physician cannot complete an OWCP-5. You can print out an OWCP-5 and bring it with you for your physician to complete and attach to their report. If your physician is attaching an OWCP-5 to their report, they should state it in the report. For example, your physician should state, they've attached a completed OWCP-5 which indicates your physical restrictions.

An OWCP-5 lists your physical restrictions and are by type of condition. For example, an OWCP-5c is for musculoskeletal conditions, an OWCP-5a is for emotional/mental conditions. So, make sure you print out the proper form for your condition(s).

7. The type and frequency of the medical treatment being provided or recommended.

Treatment being provided is any treatment you've already received or are receiving, such as Physical Therapy, Medications, Braces, Nerve Blocks or other Injections, etc...

Your physician should not only list the treatment(s), but also the details of the treatment. For instance, the name of the physical therapy facility and the frequency you attend and why you're attending. If you're receiving medication, your physician should list every medication by name, the dosage, frequency and why it's prescribed. If there were outpatient procedures, your physician should state the name of the facility which performed the procedure, what the procedure was and the results of the procedure. If there is a report of the out patient procedure, a copy should be provided to your physician. If you've had multiple treatments, you can help your physician by providing them with a list of the treatment you've received to date to make it easy to incorporate into their report. A copy of the report should also be attached to your physician's report and again, your physician must state a copy is attached. If your physician is recommending treatment, then they should state not

just what treatment you require, but the name of the facility in which it will be performed (if known), how often they recommends the treatment and why the physician believes the treatment may help you.

I have modified this information to fit our situation; this information was something that was posted on line by Jesse Slade.

If you need assistance, please before you do anything give me a call.

In Solidarity;

Support the auxiliary since they support us.

The auxiliary is in dire need of members. Bring your spouse, enjoy the company, sign up for fun and enjoyment.

Remember as well to bring a little extra cash to the union meetings to get some great grub.

*April dinner
Sandwich
Salad and drink
4\$!! Woot what a steal*



Those of you that have access to a computer can go to CIGNA'S Open Access Plus Network Directory. During open season you should have received a computer disc that has the Provider Directory, Plan Brochure and Care Select Network listing. Choose the provider directory.

When you get to that point look for Urgent Care or enter page 96. There should be a Utah State list of Urgent Care locations with addresses and phone numbers. For example you should find Intermountain Holladay Instacare 3934 so. 2300e. SLC, UT 84124 (801) 408-1980.

If you have a non-life threatening accident out on your route, you can go to the urgent care location for treatment instead of the emergency room. It would be cheaper. For the family there are also some Intermountain Kids Care locations. You do have to pay a co-pay if applicable.



Upcoming
Retirement prep. Class
Location: lower room at the union hall
When: Thursday April 26, at 7:00 pm

Please bring pencil and paper

Dear fellow members:

Day after day we go to work and have to deal with many frustrations such as: Aggressive management, weather, the unknown future of the postal service.

Then day after day we end up taking out those very frustrations on our loved ones. Think when was the last time you had some quality time with your loved one. Perhaps I can assist you here. I'm here and possibly able to put that sparkle back into your relationship and leave the postal woes at work where they belong.

Call me to attend the next Slumber Party

LoEne Lookebill 801-712-5303

Next union meeting
April 12, 6:30 PM

Last meeting drawings
Union meeting drawing Progressive Retirees
Frank Davis + Sharla Groves Rick Gibbs

Next month 100\$

Progressive union B Progressive union A
Scott Marath Theodore Burns
Next month 350\$ next month 475\$

Visit the Branch 111 Website
<http://branch111.com/index.htm>

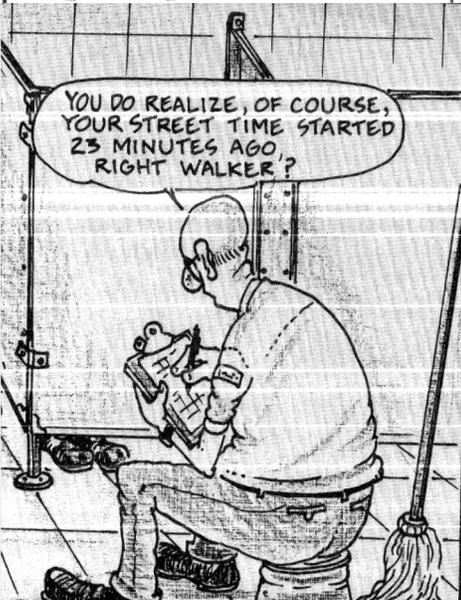


Hello my name is Ethel Taylor—
I am the widow of George S. Taylor

He was a carrier for 30 years in the branch 111 downtown post office he then retired and sold Brookfield uniforms for 30 years.

I have now picked up where my husband left off and will continue to do my best to supply you with the BEST quality uniforms that I can and to answer all of your questions to the best of my knowledge. Thank you for your friendship and business.

-Ethel Taylor
801-355-0182



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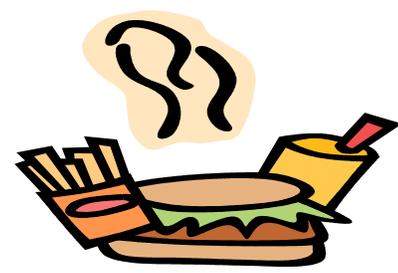
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April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 E-board	6	7
8 	9	10	11	12 Union meeting 6:30	13 	14
15	16	17	18 Steward training 6:30	19	20	21
22	23	24	25	26	27 	28
29	30					

May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 E-board	4	5
6	7	8	9	10 Union meeting 6:30	11 	12 
13	14	15	16 Steward training 6:30	17	18	19
20	21	22	23	24	25 	26
27	28 Memorial day	29	30	31		



My brothers and sisters-

Now is the time we must act now we are standing on a cliff where a simple breeze may cause us to stumble and what we lose we may never get back in the lifetime of our careers. We can no longer stand by idle as we hope others will do our part.

We are a union and need to act as one. It is time to take part in what is taking place right now. There are decisions being made by leaders in our government by men who we at times may not agree with. But right now we cannot afford to wait and accept the outcome that may come tomorrow.

You may be asking what can I do. What part can I as a member of branch 111 do.

The answer may surprise you.

If you make a simple short less than 5 minute phone call to your local representative you can make a difference. And by doing so unity with both our branch and our jobs.

Were you aware that Utah currently is showing up as one of the worst overall states in the U.S. for political activity. This is embarrassing. But we can use this to our advantage. Did you know that our government leaders have become so used to inactivity in our state that they currently consider every phone call to represent 50 different people's opinion. So if you a carrier make one phone call they will consider your opinion in line with 50 that live around and near you.

So think about it from this perspective I have a total of 4 people currently in my family (with one more on the way, woot me for lack of sleep and dirty diapers).



That means if I including my spouse and children were to call and spend less than 5 minutes on a phone call I can sway our representatives to believe there are 200 people out there with the same view and opinion about how to save the post office.

Now lets look at the Branch as a whole.

We have roughly 730 members. So if every member was to make a simple phone call we are going to represent 36,500 of our fellow citizens. Now imagine if you get your family, your neighbors, your close friends to make the simple phone call. The numbers are exponentially huge.

I know we don't want to think about these things on our day off. I know we don't understand all the issues but can we afford to stand by and not get involved at this point.

It's the 11th hour we can either stand united or be decimated by our own divisions.

I personally don't want to think about a future for my family and children without the benefits that I currently hold and enjoy. Its time to step up and prove your merit. I want you to show up to the next union meeting and tell Phil and Chad that you called that your represented and were counted.

Its also time to be willing to give a little for a lot. We all know that our government listens when they hear money. Its not the best way to run things but currently we don't have any choice. Well that money comes from COLCPE pure and simple.

The amount is honestly so small and simple there is no reason every member should

not be donating. Heck every non-member should be donating not to mention management. This is a fight we are all in and the forces against us are not interested in just taking a little they are interested in taking everything we currently look forward to from benefits to wages. I would prefer not retreating back to the old days when most carriers were on food stamps and I am sure you feel the same way.



I urge you to place that call stand up and be counted. don't just do it once do it many times get to the point where the representatives know your going to call and will be more confused and surprised if they don't hear from you. Its not my job we are saving its all our jobs.

Your editor and friend united

IN MEMORIAM
GLEN JEX ROBERTSON



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CONDOLENCES TO THE FAMILIES***

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