

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

The  
**Pavement Pounder**

Magna - Millcreek -Murray - Northwest - Orem - Sandy - South Salt Lake - Sugarhouse - Tooele - West Jordan - West Valley

July - August 2011

# NALC Branch 111 Steak Fry 2011



**Cost: \$10.00 Per Person**

**Date: August 27, 2011**

**Time: 4:00pm until 11:00pm**

**Where: Murray Park Pavilion #5 (296 E. Murray Park Lane 5300 So.)**

### What's For Dinner?

BBQ Steaks -- Dutch Oven Potatoes -- Corn on the Cob -- Lettuce Salad -- Rolls -- Soda Pop Dispenser

**Desert will be Dutch Oven Cobblers topped with Ice Cream**

Cherry Chocolate -- Peach -- Apple

Their will be jars of candy on the tables please enter your guess on how much is in them.

We will be drawing tickets for lots of great prizes (Must be present to Win).

# The Wahlquist Report

Mike Wahlquist, President.

## The Wahlquist Final Report

My friends, I have been asked to take, and have agreed to accept, the position of Regional Administrative Assistant in the National Business Agent's office for Region 2 of the NALC. It is a bittersweet moment for me and for many here in Branch 111. Of course, I am very sad to leave the people to whom I owe everything. I have spent the last 10 years working with the finest branch officers with whom anyone could wish to serve. Most of my mentors and teachers came from this branch, and I thank them for the wealth of information they passed on to me and the rest of this branch. Truly we have been a branch that empowers everyone in order to become strong together.

To my knowledge, this is the first time that a member of our branch has been offered a position in the NBA's office. I will do my absolute best and will strive to serve well so that it will not be the last time. I consider this opportunity to serve to be a compliment to our branch, our training, and our ethics. When I was elected to be the president of this branch, I considered that I was an employee who had a thousand bosses. Now, I will be working for many additional thousands of Letter Carriers. Though I will move my family to Vancouver, Washington, I will look forward to returning many times in the coming years to attend Branch 111 functions, to provide training to Utah Shop Stewards, and to represent carriers at arbitration. I look forward to enjoying many meaningful reunions in the coming years.

Phil Rodriquez will be the new president of our branch, effective August 1st, 2011. This is according to our bylaws, and I trust that everyone will do all that they can to help him in his service to our branch. Phil is a tried and tested leader and I have every confidence that he will lead this branch as effectively and as well as he has led the State Organization during the remainder of the current term. I am grateful to have such a competent leader in whose hands to leave the branch.

At this time, the Postal Service is at a dire crossroads, the worst that we have ever faced. Postmaster Patrick R. Donahoe continues his blind pursuit to reduce the number of days on which we deliver, when in fact, if he wanted to save our service, he would start offering priority parcel delivery and express mail delivery 7-days a week. Once again, instead of solving the real problem (inordinate and ridiculous retirement pre-funding requirements) he seeks to put a metaphorical two-inch band-aid on a four-hundred foot crack in the Hoover Dam. By reducing delivery, which will inevitably make us less competitive, he could cause our collapse.

The economy continues to suffer, and our country is engaged to one degree or another in three major military conflicts (also known as wars). As I write this the government is days away from running out of money to pay its bills, and congress is debating whether to raise the debt ceiling, which will result eventually in the devaluation of the dollar. Things could be worse, but we are definitely facing

some trying times. I encourage every carrier to be a COLCPE contributor, because it is the only way that we will save our jobs. Call Jeff Asay today at (801) 597-2380 to sign up immediately. With a \$5.00 per payday donation, you are ensuring that you have a voice in the very scary political battlefield that seems to make less sense with each passing week.

I need to thank everyone with whom I have worked during the last 10 years, and space does not permit me to list all of their names, but you know who you are, and I can never repay what you have done for me and the branch. I also need to thank my wonderful and supportive wife and children who have graciously supported me in all my union work, have waited patiently during all of the trainings and trips, and who are now willing to uproot their lives so that I may work as a national officer.

I feel it is appropriate to echo the sentiments of my favorite hero, Abraham Lincoln, who at parting said "... [Trust] in Him who can go with me, and remain with you, and be everywhere for good, [and] let us confidently hope that all will yet be well." I bid you all a fond and temporary farewell.

-Michael Wahlquist



# The VP Speaks

## Vice President Phillip Rodriquez

Route adjustments are being conducted as I write this with a potential loss of significant amount of routes. Here we go again with unassigned regulars and vacant routes throughout our district due to the low mail volume. In Salt Lake, and most of our AO's, routes have been adjusted having a negative impact on existing routes. As I have stated previously, consistency in how we carry our routes is the key to having a successful JARAP adjustment. Consistency with our office times and street times will be a key to keeping your route rather than have it abolished.

MSP scans will be a priority with our Managers in the next coming months. MSP scans will be another item that Managers will monitor closely with Letter Carriers trying to further monitor our work on the street. There is no limit to how many scans they can place on our routes. MSP scans, like DOIS, is a managerial tool that cannot be used as a basis for discipline. Like DOIS, Management will use the scans to try to pin the Carriers down as a standard for work performance. Threats of discipline will be made and hopefully, we won't have to spend time grieving a subject that has already been settled at the National Level.

Class Action Settlement M-01458 March 13, 2002

*"MPS does not set performance standards, either in the office or on the street. With current technology, MSP records of scan times are not to be used as timecard data for pay purposes. MSP data may not constitute the sole basis for disciplinary action."*

Make sure you take the time to scan all the MSP scans on your route. If for some reason one of the points cannot be scanned, notify your supervisor that you didn't make the

scan detailing the reasons. Remember, we get paid by the hour.

Recently I had a Postmaster and a Supervisor request cell phone records from a Carrier. These Managers were convinced that a Carrier was using her cell phone while delivering her route and they wanted to prove it by having a copy of the calls she had made for a two week period. Of course, I refused to give her cell records (I didn't have her records) and I was extremely happy when she didn't volunteer her cell phone records to her Managers. The cell phone was not a phone issued by the postal service nor was she obligated to prove her innocence in the accusations made by her boss. The Postmaster made many threats, but the bottom line was Management did not have the right to a person's cell phone records and she did not provide them to the USPS. The law is specific on when and how a government entity can have access to cell phone records:

The Electronic Communications Privacy Act (ECPA)

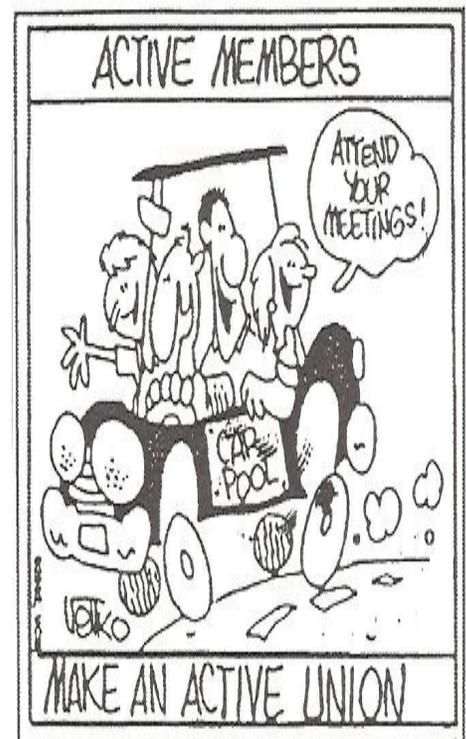
*"the law prevents government entities from requiring disclosure of electronic communications from a provider without proper procedure." Title 18 of the U.S. Code, which encompasses ECPA*

Proper procedure is a subpoena, usually required in criminal cases. In this case, the Managers, were incorrect in their assumption that they were privy to a citizen's cell phone records. Wrongly and incorrectly, even when the Managers tried to state the USPS is not a government entity, we still did not provide the records. Do not ever give your cell phone records to your Supervisor under any circumstance.

Whatever threat they make is usually an empty one based on a lack of the most simplest understanding of contractual knowledge.

Finally, as of August 1st, we will be losing our President Mike Wahlquist. Mike has accepted a job with our National Business Agent in Vancouver Washington. It has been a pleasure to work with Mike the last ten years and our Branch will have a huge void. I, along with the members or Branch 111, wish Mike and his family success in his future endeavors. The office of President has little benefits and large responsibilities and Mike has served our members proudly.

Vice President  
Phillip Rodriquez  
prodriq@msn.com





## Legislative

*Chad Mortensen*

Rep. Jason Chaffetz has hosted town hall meetings recently. I was able to attend one on June 10<sup>th</sup> as well as on June 30<sup>th</sup>. Five carriers attended and made a strong showing at the Hunter Library. Rep. Chaffetz commented about our presence there.

On June 15<sup>th</sup>, I went to a meet and greet with Thomas Wright; Utah State Republican Party chairman. Also attending were Dana Dickson; Party Secretary, and Christy Achziger; Vice Chair. I was able to talk with them about what a powerful tool Vote by mail is and, how can we get the State of Utah to go to a permanent Vote by mail.

The Democratic Jubilee will be on July 15<sup>th</sup>; we will be sending about ten letter carriers. At this Jubilee I hope we will be able to talk about Vote by mail and how important the mail service is to the community and to the economy. I also hope to find out which candidates are labor friendly, and will help support our issues. Here in Utah, we will be gaining a fourth representative seat, we need to get out and get to know the candidates and to vote for ones that will support us.

Phil Rodriguez and I were able to meet with one of Senator Mike Lee's aide on July 13, 2011

His aide said they have received calls about the closing of a few of the Post Offices here locally. We explained to him if not for the mandate to pre-fund for future retirees health care the Postal Service would have posted a profit of 100 million dollars over the last four years. We also talked about how important it is to stay at a six day deliver week.

The national office is redoing the e-Activist list and needs to update everyone's e-mail address, make sure to send in your current contact info. You can also update your info on the NALC website. With the contract talks going on and with all the legislative issues that are coming up it is the best way to get out the needed info to all our brother and sisters.

On the National level, The Postal Service wants to gain control from Congress, the ability to determine the frequency of delivery. We need to take control of our own futures. We need to contact our State Representatives and Senators and ask them to support H.R. 1351 (Pension recalculation and restoration act) and to co-sponsor H. Res 137(ensure a six day delivery week). I have enclosed a sample letter you can use to help in your effort to write your congressmen and your senators.

It is important that every letter carrier give to COLCPE. This is the biggest tool we have to get our message heard. It is sad to say, but the politicians first hear money/ fundraising for the campaign. Then they listen to who gave to their campaign. Our next tool is to get all letter carriers to enroll in Carrier Corps. That is when you pledge to get involved, attend town hall meetings, to write, and to call. In order to survive, we need everyone to become Legislative liaisons for our cause. During the Postal strike of the 1970's we had the general public in our corner, we will need that again in order to survive.

If you do Facebook go to NALC Utah State Association and like us. On this page you can find out where and when town hall meetings are, you can leave us a message informing us if a local candidate is doing a meet and greet. You can also get some updates from the National office that we post on the site.

Make the phone calls to your State Representatives and Senators; write letters attend town hall meetings. Make your voices heard.

Chad Mortensen

[Mrmorty69@aol.com](mailto:Mrmorty69@aol.com)

**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**



### NALC Health Benefit Plan

Jimmy Kerekes

If Medicare is your Primary Coverage you don't need to do anything about the new change.

In the last issue (MAY-JUNE), I mentioned that the change from PPO network to OAP network would not affect your doctors or hospitals. That statement is wrong. I received additional information after the publishing of that issue. SORRY, the following information is more correct.

I received a letter from the Health Plan dated MAY 25, 2011. Many of you, if not all, should have received the same letter. It was for the State of Utah. It mentions the change from a Preferred Provider Network (PPO) to OAP (Open Access Plus) network beginning July 1, 2011. Since Utah is a Medically Underserved State, we are allowed to continue in the PPO network until Dec. 31, 2011.

We have lost some hospitals and maybe some of your participating doctors, etc. Since we have another 6 months before OAP starts for Utah in Jan.1, 2012, I'm urging you to use the following

methods to see if your doctor, hospitals, etc. are in the OAP network.

You can call 1-877-220 NALC (6252); tell them you want to know if your doctor is in the OAP network.

#### ON-LINE

Go to [nalc.org/depart/hbp](http://nalc.org/depart/hbp)  
Click on "Network Providers" tab

Click on "CIGNA" tab

Click on OAP Network Provider Directory (effective 07-1-11).

After you are online you can use the following:

When searching for a physician, the type will always default to "Family Doctor / Primary Care Physician. If you don't find your doctor type "Specialist" and search the doctors name again.

If your doctors, or other facilities (Hospital, Labs, etc.) are not in OAP network use the Nomination Form in this issue of the Pavement Pounder. (See Separate Page). Make copies for each doctor, hospital, etc. Send them directly to the health plan or get them to me. I can send them in a group.

\*\*Please do this as soon as you get this information in this issue of the Pavement Pounder. The reason is it may take 6 months to get an approval. *We only have 6 months left in this year. So act Quickly!!* If your doctor is not in the OAP network in 2012, you will have to pay more out of pocket expenses. (You earn the money you worked for, keep as much of it as you can.)

If you have questions on locating OAP network providers, filling out the nomination form, about this new change, or even if you haven't received your new card – Give me a call!

If you have your new card it is *ok* to use it now.

## THE PAVEMENT POUNDER POLICY AND NOTICES

### Change of address:

Please send your new address to the branch office if you have moved recently or are planning to move in the near future.

The Pavement Pounder newsletter is published six times a year. The Pavement Pounder is a publication of Branch 111. The articles printed in the newsletter are submitted by the senior union officers, members and Auxiliary of the branch to inform the members of events, news, educational matters and other material deemed for the good of the association. The appropriateness of articles published is determined by the editor. The Editor reserves the right to edit or reject articles submitted based on appropriateness. Articles attacking or criticizing others will not be published. The Pavement Pounder will not be allowed to be used as a weapon against anyone or group of people. The Pavement Pounder is to be used to educate and edify the membership of the branch. The opinions expressed in the newsletter are not necessarily the opinions of the NALC or of Branch 111 or of its officers or members.

### Pavement Pounder Staff

Editor - Jeff Asay

Associate Editor - Amie Gallo

Graphic Artist - Brian "Junior"  
Gonzales

NALC Branch #111  
2261 S Redwood Rd #14  
Salt Lake City UT 84119

#### **Business Hours:**

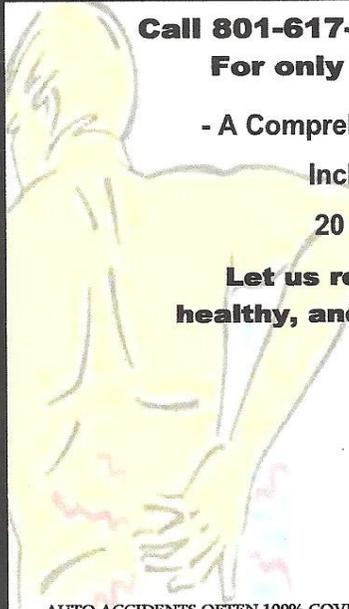
Mon, Wed, Friday  
7:30 AM – 6:00 PM  
Tues, Thursday  
9:00 AM – 6:00 PM

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



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# SKAGGS POSTAL UNIFORMS

**New Timberland Pro Series  
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**Charleston Low Soft Toe Shoe  
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**Jamestown 6" Soft Toe Boot  
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**Jamestown 6" GTX Waterproof  
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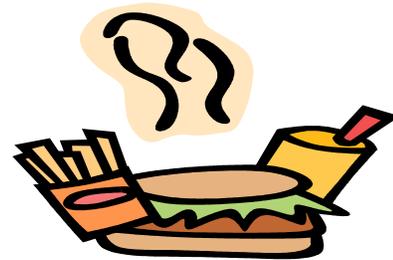
**3828 Main Steet, SLC  
Call Toll Free 800-825-3339  
or @ www.skaggspostal.com**

## Scaddy's Diner Coupon

*Buy any one item and receive one  
item of equal or lesser value free!*

Coupon good at all Scaddy's locations:

- 1846 S. 300 W. SLC
- 5430 S. 900 E. Murray
- 1750 W. Main St. Lehi



**Must present coupon at time of order.**



Active letter carriers:  
Contribute  
to **COLCPE**  
using PostalEASE

online.....

Carriers can also go online to use PostalEASE. With PostalEASE, carriers can contribute directly from their paychecks every pay period. Through PostalEASE you can designate COLCPE as one of your three payroll "allotments."

1

Be sure you know your 8-digit Employee ID Number (on your paystub) and your 4-digit USPS Personal Identification Number (PIN).

If you cannot remember your PIN, call PostalEASE at 1-877-4PS-EASE (1-877-477-3273), select "1", enter your Employee ID Number, and select "2" to have your PIN mailed to you.

2

Create your own *Account Number* by inserting in the spaces at right the first seven digits of the ID number that appears above your name on the back cover of your *Postal Record*.

3

Now you are ready to go online to [liteblue.usps.gov](http://liteblue.usps.gov)

- Enter Employee ID and PIN and click "log on"
- Click on "Postal Ease"
- Click on "I agree"
- Enter Employee ID and PIN again and log in
- Click on "Allotments/Payroll NTB"
- Click on "Continue"
- Click on "Allotments"
- Enter the 9-digit Financial Institution Routing Number: **0 6 4 0 0 0 1 7**
- Enter your 17-digit Account Number from above
- Enter Account type as "checking"
- Enter amount of your contribution
- Click on "validate"
- Click on "submit"
- Click "print page" to see and print your confirmation number for your records

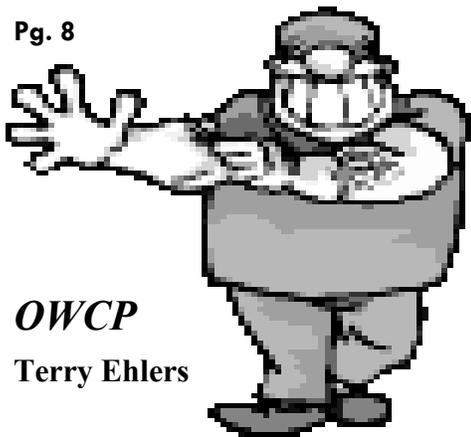
YOUR 17-DIGIT ACCOUNT NUMBER:

----- 0 0 3 4 9 5 2 5 3 5  
(First 7 digits of ID number on Postal Record label)

\*\*\*\*\*AUTO\*\* 5-DIGIT 54321  
XXXXXXXXXX89 LC 9876 W13 08  
JOHN CARRIER  
1234 MAIN STREET  
ANYWHERE, US 54321-9999

Contribute on the web at  
[liteblue.usps.gov](http://liteblue.usps.gov)

By making a COLCPE allotment through PostalEASE, you are doing so voluntarily with the understanding that your monthly contribution is not a condition of membership in the National Association of Letter Carriers or of employment by the Postal Service, nor is it a part of union dues. You may refuse to contribute without any reprisal. COLCPE will use the money it receives to contribute to candidates for federal office and undertake other political spending as permitted by law. Your selection shall remain in full force and effect until cancelled through the PostalEASE system. Only NALC members, NALC executive and administrative staff, and their immediate household family members may contribute to COLCPE. Contributions to COLCPE are not deductible for federal income tax purposes.



## OWCP

Terry Ehlers

Hello, I hope you have your tickets for the Steak Fry, if not please see your Steward or contact the Branch Office at (801) 973-6705, they are \$10 per person and are going fast. We are hoping that the new Region 2 RAA (Regional Administrative Assistant) Mike Wahlquist will be attending the festivities.

I have been informed that my Articles are rather confusing, but to me they make perfect sense. So I have decided to write about injuries that are common to Letter Carriers and how to recognize the symptoms so you can seek out medical advice. When you have symptoms of pain, you should always seek medical attention from a physician that you have the upmost faith in and then give me a call to see if your condition can be claimed as an on the job injury with OWCP.

Plantar fasciitis, also known as heel spur syndrome, is a disabling problem affecting many individuals at one or more points in their lives. Heel spur syndrome can be very difficult to cure and will often get worse if not treated. Many people feel that this pain is "just normal" and will go away on its own. However, the condition may become disabling if it is not properly treated.

Heel pain from plantar fasciitis can flare up when the plantar fascia, the band of connective tissue that stretches from the heel to the ball of the foot – which also supports the arch – becomes inflamed.. Calcium deposits may eventually form

on the heel bone, resulting in mild to serious heel pain when applying pressure on the foot.

Plantar fasciitis is caused by inflammation of the plantar fascia, a thick band of tissue found on the underside of the foot. The plantar fascia spans the arch of the foot, from the base of the toes to the heel bone. When too much stress is applied to the plantar fascia, it creates tension around the heel bone. When this happens repeatedly, the area becomes inflamed, which can cause pain in the heel.

A heel spur is a hook-shaped piece of bone that forms on the heel bone. It is common to see heel spurs in people with heel spur syndrome. Heel spurs are considered a symptom of heel spur syndrome. They are generally not the cause of the condition.

Plantar fasciitis occurs when too much stress is put on the plantar fascia and results in inflammation of the tissue. This inflammation can be very painful.

Stress on the foot and plantar fascia can be caused by:

Poor arch support. This is often the main culprit leading to heel spur syndrome. Poor arch support can be caused by flat-footedness, shoes with improper shoes arch support and walking barefoot.

- Sustained increase in physical activity.
- Short-term, unusual physical activity.
- Being overweight or experiencing a sudden weight increase.
- Tight calf muscles.
- Arthritis.

Symptoms of plantar fasciitis include:

- Heel and/or arch pain with the first few steps after getting out of bed in the morning or after sitting for a long period of time.

- Heel and/or arch pain when standing or walking for a long period of time.
- Heel and/or arch pain when climbing stairs or on tip-toes.
- Pain that goes away after walking for 10 to 15 minutes, but may get worse and last longer over the course of the day. The pain from plantar fasciitis can be dull or sharp, can occur in one or both feet, and may worsen with time.

A foot and ankle specialist (podiatrist) can diagnose plantar fasciitis. When a foot and ankle specialist is seen for evaluation, they will test for pain by putting direct pressure on the center of the bottom of the heel and along the plantar fascia. People who have had the condition for a long time, side to side squeezing of the heel will also be painful. X-rays will often show a bone spur, a small hook-shaped bone growth, on the underside of the heel bone. Many people think bone spurs are the reason for the pain, however, they are actually a symptom of the problem.

Non-surgical treatments for heel spur syndrome include:

- Wearing shoes with stable arch support, a wide shock absorbing heel base, and cushioning in the front part of the foot.
- Shoes with cushioning insoles.
- Use of heel cups.
- Arch binders and straps for increased arch support.
- Wearing ankle braces to add support to the foot.
- Stretching.
- Wearing night splints.
- Use of over-the counter or custom shoe inserts (orthotics).
- Steroid injections.

*Stretching* the foot can be a very successful way to relieve tension on the plantar fascia.

It can be done either by hand or by using specific stretching devices. One study found that stretching improved symptoms of heel spur syndrome after eight weeks and at a two-year follow-up.

Night splints provide a consistent, automatic stretching of the plantar fascia over the course of the night. Using a splint can make those first steps in the morning much less painful.

In cases where over-the-counter, flexible insoles do not help relieve pain, rigid, custom inserts (orthotics) are recommended. Rigid orthotics can realign the foot and provide long-term arch support.

If the above treatments do not sufficiently stop heel pain, a foot and ankle specialist can administer steroid injections. These injections help the healing process by reducing overall inflammation of the area.

Actual surgical treatment of heel spur syndrome is meant to reduce the tension on the plantar fascia by lengthening the tissue. During the surgery, the plantar fascia is cut close to its attachment at the heel bone. The tissue is then stretched so that a small gap is created. Over time, this area fills with scar tissue, ultimately lengthen the plantar fascia. Heel spurs are not usually removed during surgery, unless they are in a place that directly affects how a person can walk and stand.

After surgery, recovery time varies from patient to patient. Most patients need at least 6 weeks to make a full recovery. Patients will sometimes need casting or splinting, which will lengthen the time it takes until they are back to their normal activities.

*Please consult your health care provider on all matters relating to this or any other condition that may affect your health. Then contact your Steward, Branch Office or myself in possibly filing a claim with OWCP.*

## Official Notice

Branch 111 N.A.L.C.

# *Union Meetings*

All meetings held at:

2261 S Redwood Road  
Salt Lake City, Ut. 84119

Thursday, August 11, 2011

6:30 P.M.

Thursday, September 8, 2011

6:30 P.M.



You can e-mail us at.....

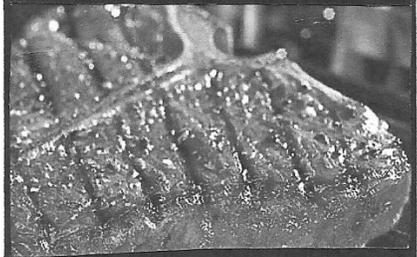
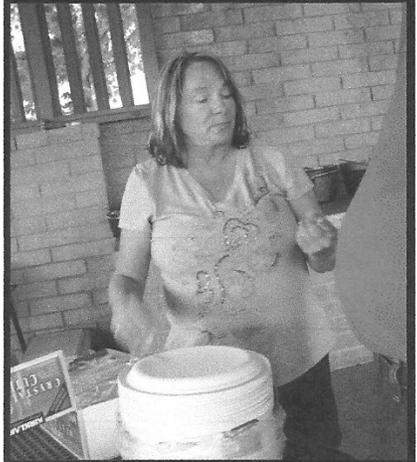
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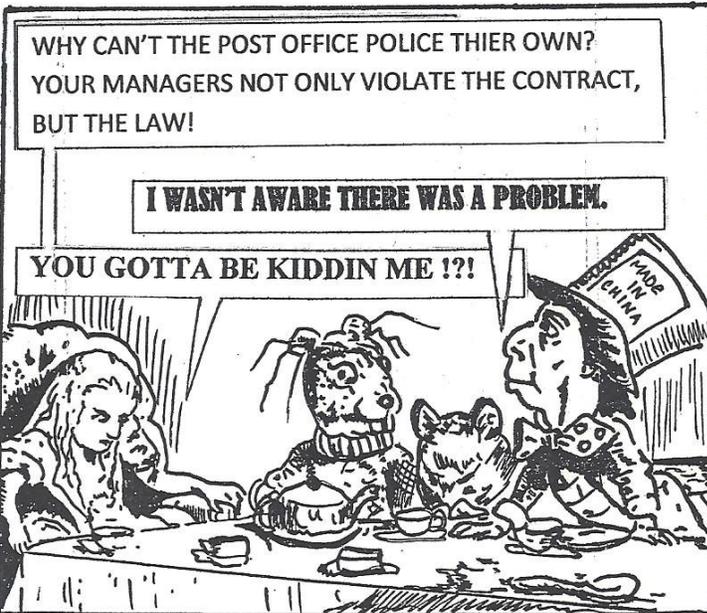
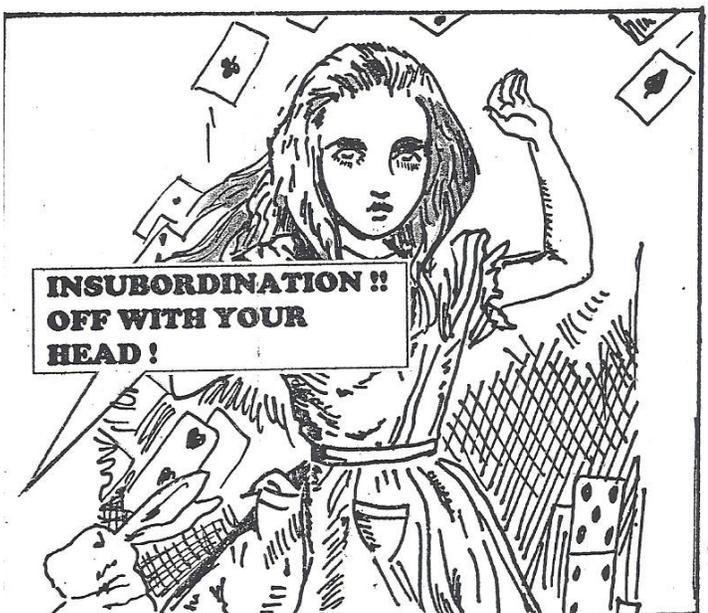
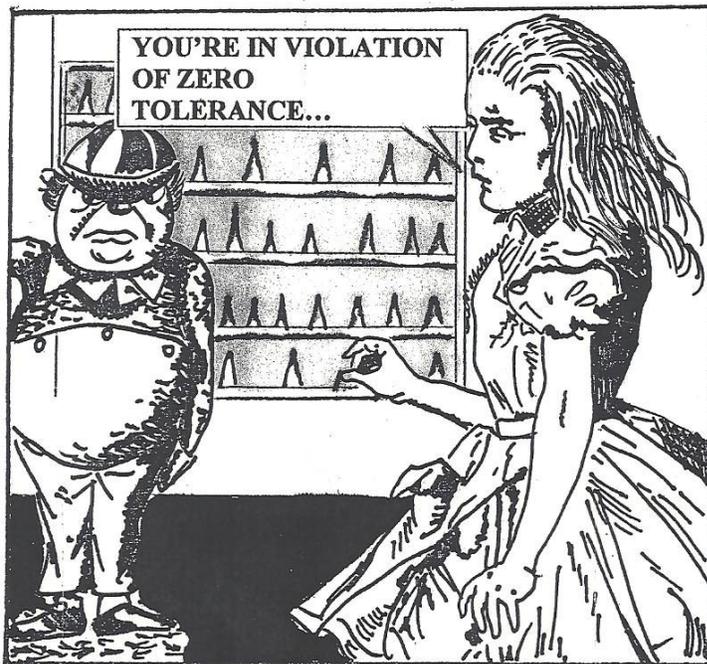
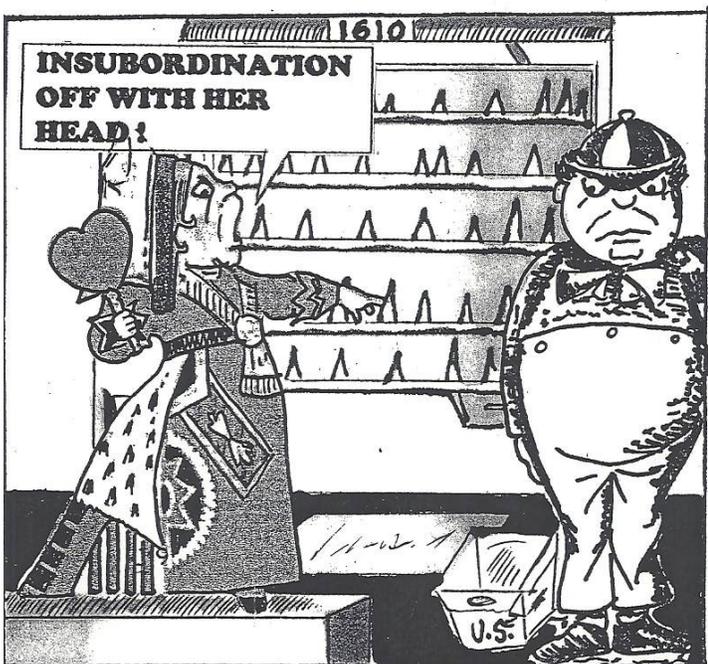


**Branch 111's**  
**Annual Steak Fry**  
**AUGUST 27**  
**4 PM TIL 11 PM**  
**MURRAY PARK**  
**( 296 East Murray**  
**Park Lane)**  
**Pavillion 5**





In this day and age, ignorance is not only inexcusable, it is criminal and perhaps fatal. The Pavement Pounder is not unionized in itself, just as a car cannot drive itself, but I have a sincere hope that Sack of Oranges may stir some stagnant brain cells into action. If an employee of the USPS does not protect themselves against the fascist, capitalists, and sadists, they will not be around too long. Do I sound like an alarmist? Our economy is ripe for taking our benefits and jobs. Seem a bit strong? It would be worse not to teach a man not to defend himself when he is the constant victim of brutal attacks...



# August 2011

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4E Board 6:30 pm	5 	6
7	8	9	10	11 Branch Mtg.	12	13
14	15	16	17 Steward Trg.	18	19 	20
21	22	23	24	25	26	27 Steak Fry
28	29	30	31			

# September 2011

SUN	MON	TUE	WED	THU	FRI	SAT
				1E Board 6:30 pm	2 	3
4	5	6	7	8 Branch Mtg	9	10
11	12	13	14 Steward Trg.	15	16 	17
18	19	20	21	22	23	24
25	26	27	28	29	30 	

# Branch 11's

## Annual *RETIREE'S* *DINNER*



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**Thursday, Sept 15<sup>th</sup>, 2011**  
**4:30 PM**

**Place:**        **Golden Corral Buffet and Grill**  
3399 W 3500 So, West Valley City, UT

**Cost:**        **Retiree & Spouse (or Guest) - *Free***  
(Active Carriers *must* pay)

**RSVP:**      **Joe Zabriskie by September 11<sup>th</sup>**  
801-968-4208 or 801-973-6705

**Need a ride? Call Joe by September 9<sup>th</sup>.**



## N.A.L.C. AUXILIARY 8

### August dinner:

Hoagie Sandwich, baked beans, chips, corn-on-the-cob, drink. Yummy!!

### September dinner:

Spaghetti, Salad, and drink.  
Come Hungry!!

Hope to see you there.

**\$4.00**

## IN MEMORIAM

**GARY CHATWIN**

**ACTIVE CARRIER AND  
DEDICATED BRANCH  
111 STEWARD**

**WE EXPRESS OUR  
CONDOLENCES TO  
THE FAMILIES**



How can I  
falsify these  
numbers...?





Dear NALC Health Benefit Plan Member:

CIGNA is committed to superior customer satisfaction. They are interested in receiving referrals from our members regarding provider(s) you are interested in and/or have a good relationship with and who deliver excellent care.

If you are aware of a provider you think might be interested in joining the network who is not currently contracted with CIGNA, please fill in the provider's name, address and telephone number on the lower half of this page and return the form to us here at the NALC Health Benefit Plan.

Upon receiving the information we will then submit it to CIGNA for possible consideration to the network. Please keep in mind the submission of the provider nomination form in no way guarantees they will be added to the network\*. We will do our best to work with CIGNA to continue to expand their extensive network utilizing your suggestions as appropriate.

NALC Health Benefit Plan  
ATTENTION: Provider Nominations  
20547 Waverly Court  
Ashburn, VA 20149

PROVIDER OR CLINIC NAME: \_\_\_\_\_

PROVIDER SPECIALTY: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

Your Name (optional): \_\_\_\_\_  
Last Name First Name

NALC Branch Number \_\_\_\_\_

\* Please note that CIGNA cannot approach or contract with all nominated providers. The following are a few examples of provider recruitment limitations:

- *Providers must meet all credentialing and quality guidelines*
- *They may not be able to contract with a provider due to exclusivity provisions in another agreement or promises that they would not contract with every provider in their specialty in the service area.*
- *Providers need to accept their standard fee schedule offered to other providers in their area.*

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