

QUARTERLY NEWS DIGEST

Vol. 31, No. 3

Postal Workers Serving Postal Workers Since 1891

October-December, 2016

National Director**Wayne Maurer**

Outstanding Response Time Will Continue

Welcome everyone to the holiday issue of the APW-ABA *Quarterly News Digest*. As this is my first issue as your new National Director, please allow me the opportunity to introduce myself and share a few thoughts I have about the Accident Benefit Association. My name is Wayne Maurer and I am your former APW-ABA Eastern Region Director for the previous ten years. I come to the APW-ABA home office from Langhorne, PA. where I worked for thirty-one years. The Langhorne, PA Local has participated in the ABA 100% Value Plan since 1988. I was Local President in Langhorne for twenty-four years and as mentioned earlier, served the APW-ABA as Eastern Region Director for ten years before being elected National Director. I replace Dave Daniel as National Director and fully understand the outstanding job Dave has done over the last two terms as your National Director. I believe each and every person brings something a little different to the table. It would be hard to find someone with the contacts, experience and understanding of the APWU and APW-ABA as well as Dave Daniel. Dave will remain on our Board of Directors as a Regional Director and I wish Dave the best as he leaves the home office in New Hampshire. It is a challenge to pack up and leave your home and family to come to New Hampshire to oversee an operation the size of ours. Dave found the strength and stamina to accomplish many tasks in his time here and I hope

to continue in much the same way as Dave has done. Having said that, my transition to the home office has been made much easier by not only Dave but by the staff here. The five women who work here each and every day are really the nuts and bolts of the entire operation and are extremely important to the success of the APW-ABA. They have made me feel right at home and are eager in seeing the association continue to get stronger day by day. I can't

Northeastern Region are Scott Hoffman and Dave Daniel. In addition, Hank Greenberg has vacated his position as Western Region Director and has been replaced by Jim Alexander. Hank stepped up to fill the vacancy in the Western Region when Director Richard Makarewicz passed away last May. Hank offered to take on the remainder of Richard's term with the Board of Director's approval without salary. Hank was our first ever hon-

ing expenses and generating revenue, I believe much more can be done without hurting the operation. As Dave Daniel noted during the convention, we are still facing a deficit with regard to our pension fund. Dave had already frozen his pension accrual and I am the first National Director to not take a pension from the association. Hopefully these actions along with other measures will insure that the association can continue well into the future



say enough about the quality of work produced by the women in the office.

Our 2016 National ABA Convention was held on Monday evening during the APWU National Convention in Orlando. For the second straight convention we conducted our business at hand in just over two hours. This included a lengthy but important Constitution Committee report and an election in our Southern Region. I was impressed by the conduct and actions taken by the delegates in debating, discussing and voting on the proposed changes to our Constitution. In our only contested positions on the Board of Directors, Kenyon Beasley and Larry Sorrells were victorious in their bids for the two Southern Region Directors positions. Gene Nichols, who has served as Southern Region Director for the past ten years, was defeated. Leaving us as well are Northeastern Region Directors Pete Furguele and Bob Dempsey. As you may know Bob suffered a serious health problem last year. We all wish Bob a speedy and full recovery. Pete decided to not seek reelection this year. I want to thank Gene, Bob and Pete for their years of service and dedication to the APW-ABA and its membership. Replacing our two gentlemen in the

ored National Director Emeritus back in 2004. I look forward to working closely with our new Board of Directors over these next two years. I am blessed to have Richard Phillips back as our President. His years of experience show through with every meeting and convention he chairs on our behalf.

My main goals as National Director will be to continue our outstanding response time to the membership whether it be in providing information or processing claims. We currently have over 250 locals and 22 states participating in our discounted Value Plan. This group along with our cash pay members, both active and retirees, bring our membership level to 62,000 members. Thank you to everyone who participates in one of our benefit plans. I will make our team available to any local or state organization who wishes to join us or who simply want information about what it takes to join us. We are here to assist you in any way we can. In addition, I plan to monitor and control costs, without adversely affecting our members in any way. Expenses such as travel, printing and inventories will all be evaluated by me personally. Although we have made great strides in reduc-

serving the membership. Please take the time to inform your membership about the benefit of joining our association. If you are already one of those 250 plus organizations who participate at the discounted rates, please let your membership know that they have this benefit and that it is a perk of belonging to the APWU and the ABA. I appreciate your efforts in educating your membership about our benefit plans.

Beginning with this issue you may see a decrease in the automatic pre-set number of copies going out to the locals. If you desire additional copies of this issue or any future issues, please do not hesitate to ask and we will supply whatever your local needs from us. One of the most common concerns I heard was that some locals still receive too many copies. It may not seem like much but trust me, the printing and postage costs of this publication is a big ticket item. Again, if more copies are desired, we will adjust your locals amount upward if needed. Thank you for taking the time to read my first column as your National Director. I hope each and every member of the APWU and the APW-ABA has a happy, healthy and especially safe holiday season.

NON-PROFIT ORG
U.S. POSTAGE
PAID
PRESORT INC

American Postal Workers
Accident Benefit Association
P.O. Box 120
Rochester, NH 03866-0120



IN THE KNOW... Your ABA Breakdown

Ever wonder if being in a 100% Local is more cost efficient than not, or if remaining a full dues paying member of your local after retirement is worth it? SEE FOR YOURSELF!!!

Here is a complete break-down of the cost of ABA benefits for 100% DCO, Non-100% DCO, Full-Dues Cash Pay, and Standard Cash Pay members.

100% DCO Member Rates (Local provides ABA benefit to member)	
Value Plan	\$0.75 (per pay period)
Advantage Plan	\$3.00 (per pay period)
NON-100% DCO Member Rates (Member pays for ABA on their own)	
Value Plan	\$1.25 (per pay period)
Advantage Plan	\$3.50 (per pay period)

ABA Plus DCO Rates	
20K	\$0.35 (per pay period)
30K	\$0.45 (per pay period)
40K	\$0.60 (per pay period)
50K	\$0.75 (per pay period)
75K	\$1.13 (per pay period)
100K	\$1.50 (per pay period)
125K	\$1.90 (per pay period)
150K	\$2.25 (per pay period)

100% Full-Dues Cash Pay Rates (Retired member still paying Full Dues)	
Value Plan	\$19.50 (annually)
Advantage Plan	\$78.00 (annually)
Standard Member Cash Pay Rates (Retired member paying for ABA on their own)	
Value Plan	\$2.75 (monthly)
	\$33.00 (annually)
Advantage Plan	\$7.75 (monthly)
	\$93.00 (annually)
ABA Plus Cash Pay Rates	
20K	\$9.10 (annually)
30K	\$11.70 (annually)
40K	\$15.60 (annually)
50K	\$19.50 (annually)

AMERICAN
POSTAL
WORKERS

APW

ABA

Proudly Serving Members Since 1891

ACCIDENT
BENEFIT
ASSOCIATION

Board of Directors

Wayne Maurer	National Director/Editor	nationaldirector@apw-aba.org (603) 330-0282
Richard Phillips	President	tal259pr@yahoo.com (813) 438-9567
Jenny Lynn Gust	Vice President	jennylynn122851@roadrunner.com (567) 698-0120
Scott Hoffman	Northeastern Region Director	shapwu@gmail.com (617) 894-6472
David E. Daniel	Northeastern Region Director	davedaniel1488@aol.com (304) 638-4899
David Dunkle	Eastern Region Director	kyowva45@comcast.net (304) 633-7221
Vacant	Eastern Region Director	
Kenyon Beasley	Southern Region Director	kenyonbeasley@yahoo.com (770) 905-7889
Larry Sorrells	Southern Region Director	avlapwu@charter.net (828) 301-5921
Keith Richardson	Central Region Director	krich4ever@yahoo.com (312) 344-0039
Edward Brennan	Central Region Director	edbrennanapwu@aol.com (314) 749-7389
Marty Schneider	Western Region Director	schneidsothersis@yahoo.com (480) 202-6278
Jim Alexander	Western Region Director	jimsturn@charter.net (541) 941-9378

Visit us on the internet
24/7/365 at
www.apw-aba.org

or call us
Toll Free
at
(800) 526-2890

The Quarterly News Digest is the official publication of the
**American Postal Workers
Accident Benefit Association**
P.O. Box 120
Rochester, NH 03866-0120
and is published quarterly.
(603) 330-0282
www.apw-aba.org

The editors of the APW-ABA Quarterly News Digest reserve the exclusive right to edit, amend or delete any article considered to be destructive to its goals of unity and union spirit.

PPA

PROUD MEMBER

STACY PUBLISHING INC.

Home Office Staff *

Executive Assistant	Melissa Potter
Accounts Receivable/Customer Service Coordinator (Associate Editor, Quarterly News Digest)	Lisa Bado
Accounting Technician	Kelly O'Neil
Claims Administrator	Jennifer Coelho
Membership Coordinator	Brandi Law

*Proud members of: OPEIU Local 6 and the NH Seacoast/ABA Chapter APWU Auxiliary

Honorariums

Hank Greenberg
National Director
Emeritus (2004)

Michael B. Ganino, Jr.
National Director
Emeritus (2012)

David E. Daniel
National Director
Emeritus (2016)

Thank You For A Productive Convention



For the second convention in a row the delegates at the APW-ABA Convention passed several needed Resolutions that will streamline our organizational structure, while still allowing us to provide outstanding benefits and service to our membership. As reported at the convention, changes to our Constitution & Bylaws in 2014 had helped us overcome the decrease in the overall number of members in the APWU throughout the country due to the overall decrease in hiring by the USPS. However, we still needed to address possible ways for the organization to make further cuts in expenses. These changes included the scheduled elimination of the organization's Vice President position in 2018, as well as providing the National Director with discretion when assigning Regional Directors to attend APWU functions.

However, even with these changes in place, and in light of a well-managed operation to keep expenses down, we found that we were not financially secure. Along with our normal monthly and yearly operating expenses there are legally mandated expenses, especially regarding the funding of our retirement funds that must be met. As a result, the members at the convention approved necessary, but limited, dues increases.

THE ORDERLY TRANSFER OF POSITIONS
Chief among the issues we ad-

ressed during our convention was the election of officers, followed by the orderly transfer of newly elected officers into their positions.

- **Wayne Maurer**, our newly elected National Director, has completed the transition period and has relocated near our headquarters in Rochester, NH, as required by our Constitution & Bylaws. Outgoing National Director, **David Daniel** was elected into the position as NE Region Director, which was vacated by **Pete Furgiuele**. We offer Pete a heartfelt Thank You for his past service and wish him great success in his retirement years.
- **Scott Hoffman** has filled the second NE Region Director position, which was vacated by **Bob Dempsey**, who was unfortunately unable to continue in this position due to health issues.
- **Larry Sorrells** and **Kenyon Beasley** were elected as our two Southern Region Directors, replacing **Gene Nichols**, who served in this position for several years. We offer Gene a heartfelt Thank You for his service to the ABA during those years.
- Following the convention, **Jim Alexander** was appointed into the vacancy as Western Region Director, following **Hank Greenberg** stepping down. Hank had volunteered to fill in to assist **Marty Schneider** as Western Region Director following the untimely death of **Richard Makerewicz**, and will once again enter the enviable realm of retirement. We thank him and wish him well.
- Uncontested positions during the elections were:
President – Richard Phillips
Vice President – Jenny Lynn Gust
Eastern Region Director – Dave Dunkle
Central Region Directors – Keith Richardson and Ed Brennan

Western Region Director – Marty Schneider

DEAR DOCTOR LETTER FOR OWCP CLAIMS

One of the great benefits of being a member of the ABA is that claims can be submitted and paid for regarding accidents that might occur either on-the-job or off-the job. And, when an accident is the result of an on-the-job injury, ABA benefits can be paid in addition to those supplied by OWCP.

In my experience as a local APWU president for many years I had the opportunity to assist members with their claims to OWCP. With these appeals, two words always came to mind: involved and confusing. To simplify the submission process, I developed the following “Dear Doctor” letter to focus on the issues that OWCP requires. It’s been used with great success, and hopefully can be passed along to other local officers to be signed and placed on their letterhead.

TO: All Doctors & Hospitals
RE: Medical Reports for On-the-Job Injuries and Occupational Illness

When treating patients for On-the-Job Injuries and Occupational Illness, the Medical Report is an extremely important document for the patient to submit to OWCP. This report must be well documented. To avoid having to file additional reports, other than up-dates, the following information should be included into your Medical Narrative:

1. **HISTORY** - Must be accurate and detailed
2. **OBJECTIVE FINDINGS** from Physical Examination or other Medical Tests
3. **SUBJECTIVE COMPLAINTS** given by the Patient
4. **RESULTS OF ANY TESTS**
5. **IDENTIFICATION** of Pre-existing Conditions(s) or underlying Degenerative Processes.
6. **DIAGNOSIS**
7. **PROGNOSIS**
8. **CAUSAL RELATIONSHIP** – Your reasoned opinion as to the Causal Relationship or Nexus between the diagnosed condition and the employment incident or other work factors.
9. **COURSE OF TREATMENT** that needs to be followed, including Referrals to other Physicians.
10. **CLINICAL ESTIMATE OR RECOVERY** – Partial or Full Recovery? Has the Patient reached Maximum Medical Improvement (MMI)?
11. **WORK RESTRICTIONS** – Please be specific and list the medically warranted restrictions.

In the event you need any additional information regarding available work assignments at the US Postal Service, and the type of physical activity such work involves, you may contact this office.

On behalf of your patient, I would like to thank you in advance for your time in preparing a well- documented Medical Report.

Sincerely,




SCHOLARSHIP Winner Update

By Wayne Maurer, National Director

In 2013, I had the pleasure of presenting a check to one of the APW-ABA Tosches-Hartos-Johnson Scholarship award winners. Melanie Synol is the daughter of Doreen Synol. Doreen is an APWU and ABA member out of the Langhorne, PA Local #4285. Melanie is carrying a 4.0 GPA while attending West Chester University. Melanie plans on graduating in the spring of 2018 and is pursuing a bachelor's degree in nutrition. Melanie has made the dean's list while studying at WCU and has a goal of working as a registered dietitian. With Melanie's grades and work habits we see no reason to believe she can't achieve anything she puts her mind to. Congratulations Melanie!

Vice President

Jenny Gust



Staying Healthy This Season

How do you stay healthy? This time of year with the weather changing, it can be hard. Fall is here and winter is right around the corner. One day it's warm, the next it's cool, then it's darn right cold. But there are things you can do to up your odds of staying well through the coming months

I am not a fan of getting shots (yes I am a weenie) but I get a flu shot every year. The flu vaccine doesn't guarantee 100% you won't get the flu. But it does reduce the risk. Did you know that it is better to get your shot in the morning? They say the shot may be more effective when given in the morning. Who knew? Also if someone tells you they got the flu from getting the shot – NO, it doesn't work that way. Yes your arm may get sore, red and perhaps swell. Some people even have a slight fever and muscle aches. But it is not the flu. Also there is no such thing as stomach flu. The flu is a respiratory disease. If you have stomach issues it is probably caused by another virus, bacteria or parasite.

One of the best things you can do to stay healthy is wash your hands. That is **properly** wash your hands! How do you do that? Use soap and whatever temperature water you have access to. Then take your time – at least 20 seconds – sing the Happy Birthday song twice. Sing it to yourself if in public, or if you don't care, belt it out! Just take the time to get your hands very clean and do this often during your day. It's a simple thing but most people skip it or hurry through it. It really can make a difference when it comes to germs! A disinfecting spray or wipe can also help with doorknobs, phones, bathroom faucet, toilet handle, remote controls, etc.

If you end up with a cold don't call the doctor for an antibiotic. Remember, colds are caused by viruses. Antibiotics fight bacteria. There are lots of products to help with the effects of a cold. Check with your pharmacist to get something to match your issues. Another simple thing to help stay healthy – get your required sleep. Try for seven or more hours a night.

I have shared these tips in the hope that you do not come down with the flu or a cold. I also hope you don't have to use your ABA benefits. But know that we are here to help you in case of an accident. You can get paid daily benefits whether hurt on or off the job. We also have other benefits available. Go to our web site at apw-aba.org to learn more. I wish you a safe and healthy winter!


Northeastern Region Director

Scott Hoffman

The View From The Easy Chair

Hello Sisters and Brothers. Since this is my first article as a member of the Board of Directors (representing the Northeast Area), I would like to introduce myself. My name is Scott Hoffman and I have been a clerk for 29 years in Boston. I am currently the General President of the Boston Metro Area Local 100, and have worn just about every hat there is in that Local from steward on up.

I ran and accepted this position in the ABA for a number of reasons, including protecting the interests of my Local's 2,000 plus members who are also all members of the ABA as we are a 100% Local. We always have been. From our inception, we have been a 100% Local due the foresight and



competence of our original and subsequent Presidents and officers. They knew, and the Boston Local continues when they have been incapacitated because of an accident. Who doesn't need an extra stipend when you are injured? It helps offset costs like the lack of overtime, co-pays, or the gallons of ice cream you eat in the easy chair because of your lack of mobility. I speak from experience, as I have had to collect a few times during my career. I did not notice the paltry amount per pay period taken out. I did notice and needed that which came in. It was a Godsend!

The members of Boston rely upon this benefit. They expect it to be there. There would be hell to pay if anyone from this Local ever decided to drop this benefit. It would be a "penny-wise, pound foolish" proposition.

To local leaders out there, I suggest you look into 100% membership. There is no better way to spend a small portion of dues collected from your members. It goes directly back to your members. It can uplift your members during difficult times. They will thank you for it.

For those rank and file members, if you are unable to convince your leadership to participate in this member benefit, you may do so as an individual. An individual would pay 50¢ more per pay period than the rate given to Locals with 100% membership; but let's be real – you can find that 50¢ in the cushion of that aforementioned easy chair.

I look forward to hearing from you, or seeing you out in the field. I wish you and your families much happiness during the upcoming holiday season. Be Safe!

Northeastern Region Director

David E. Daniel

Bright Star Future For APWU And APW-ABA Members

Congratulations APWU and APW-ABA members! The new APWU contract is in place. We have a fresh term of office to work with and the membership is growing again. The APW-ABA and new National Director Wayne Maurer are poised to continue that growth and to continue providing the highest quality benefits at the unbelievably low costs.


From my earliest involvement with the ABA in 1976, I have been amazed that the ABA could give the benefits and services they do for those microscopic dues. It has never been more true. The ABA legacy plans cost less today with more coverage than they

did in 1950. Your local can provide you and your fellow members 100% coverage for 40% off the already low individual dues. There is no better bargain anywhere. 100% membership is also your greatest tool to help bring new members into your local and the APWU family.

The American Postal Workers Union and the APW-ABA have been working together since the APWU's inception in 1971, (the ABA had worked with predecessor unions since 1891), to provide a complete protection shield. The APWU protects your working conditions, wages and rights. The APW-ABA works to protect you and your family in the event of injury, disability and death. We provide our legacy, Value, Advantage, and Plus programs as well as providing, through partnerships, whole life, term life, extended accident, wage replacement, coverage for your spouse, your children, and grandchildren and many more options.

After the 2016 national convention, the APW-ABA is in the best position in decades to serve you and provide great benefits to you. The future is full of bright stars for the APWU, the APW-ABA and you, as members of both. Please call the home office today for more information on how you can become a part of this great organization and how your local can serve the membership with this must have program as a 100% local.

I will be contacting all the locals in the Northeast Region, in the near future to see how the ABA can best serve your local.



Increase Your Local's Membership By Being A 100% APW-ABA National, Local Or State Organization

Dear Brothers and Sisters.

In addition to being your APW-ABA Eastern Region Director and serving ABA members in New Jersey, Washington D.C., Maryland, Pennsylvania, Virginia, West Virginia and Delaware, I am also the President of the KYOWVA Area Local which serves APWU members living in Kentucky, Ohio and West Virginia.

While the Value Plan coverage is the ABA's cheapest accidental injury plan, my 30 plus years' experience as a Union Officer has taught me that more members sign up in the APWU when they find out our local is a 100% ABA local with Advantage Plan coverage. This Plan gives us a reduced rate on premiums and costs only \$3.00 per member, per pay period. The **Advantage Plan** pays \$24 dollars a day for disability due to an accident and also provides dismemberment benefits and a \$10,000 accidental death benefit. The Value Plan pays \$12 dollars a day and includes a \$6,000 accidental death benefit.

To become a 100% ABA Local, a motion at your local meeting must be made and passed to elect either the Value Plan or Advantage Plan coverage. Once that is done, give the ABA Home Office a call at 1-800-526-2890 and they will guide you the rest of the way.

The best thing about being a 100% APW-ABA local is using it as a tool to sign up new members. Here are some of the selling points:

1. The coverage begins when the first premium payment is made.
2. PSEs who have no right to GOVERNMENT health care coverage until one year after their hiring get ABA coverage as soon as they sign with a 100% APW-ABA union and first premium payment is made.
3. The very best news for any PSEs or PTFs who are not guaranteed but 2 hours a pay period, is their 100% APW-ABA local will pay their bi-weekly premiums if such employee is in a non-pay status or do not make enough money a pay period to cover such premiums. Of course, any 100% local can advise the ABA national office they will no longer pay for their members in non-pay status, but my local never has because we usually only have 2 to 3 non-pay members a pay period and the ability to sign up new members outweighs the minor cost to the local.

STAYING AHEAD OF THE SKULLDUGGERY WHEN INJURED ON THE JOB

4. When an employee is injured on the job it can be a nightmare in paperwork and battling two different agencies, { USPS and Office of Workers Compensation, (OWCP) } who use language in the Federal Employees Compensation Act, FECA to their advantage to confuse and delay your claim, unless you do everything ex-

actly right.

5. The FECA is designed in a way so the USPS or OWCP do not have to tell the injured or ill employee which OWCP form is the right one to use or specifically why your claim was denied. In some cases when your claim is denied OWCP might say "Claim is denied because you failed to provide



sufficient proof to substantiate your claim". This really doesn't tell the average Joe the specifics of why the claim was denied, so the average Joe could correct those deficiencies and Joe ends up having to hire an attorney, unless Joe is lucky enough to have a union rep equipped and trained to help Joe with the claim. In some cases a claim might be denied because the wrong form was filed or one question not fully answered, which leads me to the main reason I wrote this article.

6. In FECA law there is a thing called a **Recurrence**. This basically is a OWCP form you file after having an accepted on-the job injury which after so many days re-occurs. There is a CA-2a form that must be completed when filing a Recurrence, but it is difficult to tell when reading the law if you have a recurrence or not because the brainiac attorneys have written the law in such a way you have to have a brainiac in your corner to stop your claim from being denied.

7. It's a vicious circle of attorneys fashioning the law to cause the hiring of other attorneys. This keeps them all in a job while the employee suffers. When you get injured at work it is either due to a new injury caused by traumatic force over a period less than 24 hours and filed on CA-1 or a disease or illness which occurs during more than a 24 hour period and filed on a CA-2. The problems continue when you get better and after some time the medical problem(s) return

and you are faced with figuring out if your problem is a new injury or disease / illness or a recurrence of a pre-existing approved CA-1 or CA-2 type medical problem.

8. IN my opinion. the law is written to confuse most the people most the time. In my opinion, recurrence is a lot of double talk that gives OWCP

10. **Recurrence of medical condition** means a documented need for further medical treatment after release from treatment for the accepted condition or injury when there is no accompanying work stoppage. Continuous treatment for the original condition or injury is not considered a "need for further medical treatment after release from treatment," nor is an examination without treatment.

11. Before I get to the punch line, let me tell you what happens if you file a CA-2. In some cases, OWCP will send you a letter and tell you the claim is denied, but they won't specify in plain English why it was denied, while you try to figure out what you need to do to get the Recurrence approved reading through all the loop hole jump through the hoop language only to either give up or pay out money to one of their fellow attorneys.

12. So, what do you do ? Well, it's quite simple. When you have a problem that could be a Recurrence it could also be a new injury or disease or illness. My advice is to fill out both a **CA-1 or CA-2a if your problem is a injury or a CA-2 and CA-2a if your problem is a disease accompanied by a letter essentially stating you don't understand all the FECA language and you have completed both forms for OWCP's review, so they may determine which form is the appropriate form for your medical problem.**

At this point you have squarely placed the burden on their shoulders and they really have very little room to wiggle out of approving your claim, unless your form or forms are not completed in a way to prove your problem is related to your work for the USPS or they lie.

13. The end result in my experience, if you follow my advice and it is related to an injury, OWCP will approve the new injury CA-1 and not the recurrence because the OWCP payment burden shifts to the USPS in the form of COP if they decide it is a new injury. If OWCP decides it is a recurrence or a new disease / illness the payment burden shifts to OWCP in the form of compensation, but they have to decide against themselves since you have them in a catch 22 by filing more than one form simultaneously.

14. By writing the letter and joining the documents together you cannot be successfully charged with attempting fraud because you have explained in the letter you don't understand the law and you're asking them to decide which form is applicable in your particular situation.

15. As an ending note I would add, you should always certify letters to OWCP and USPS when they relate to a medical on the job problem. Start a file for the many papers you will receive during the process that may become important as you proceed through the process.

Southern Region Director

Kenyon Beasley

Go APW-ABA 100% For 2017

Greetings Sisters and Brothers,

2017 is fast approaching and with it comes a great opportunity for all non-100% locals to join and participate in not only providing their members with accidental injury coverage, but also increasing their membership outreach and current local organization rates.

As a member of a 100% local I've seen firsthand the advantages afforded by being an ABA member organization. The mere fact that you can approach a member on the work room floor and explain to them benefits that they didn't know were included in their dues, does wonders for the member, their families, and co-workers.

In addition to the basic benefits that are offered with your local becoming 100% ABA, the local ABA drives can be considered organizational drives as well. Every day that the drive is in your local, each one of your members, or soon to be members, has a chance at winning a gift card to one of your local restaurants (I'm not talking Mickey D's). In addition to the snacks and general conversation that goes on between members who hardly ever get a chance to interact with one another,



because of work times and locations, these drives generate a sense of camaraderie and solidarity.

With the new influx of newly converted PSE's, 2017 will be the perfect time to reach out to these new members and remind some veteran members of who the ABA is and what we offer. With just a little cooperation from the local leadership, the ABA can coordinate the entire drive for your local or we can just assist where local leadership sees fit. In either case, the goals of the local leadership and the ABA are the same . . . Taking care of the membership. To all the local leaders who are sincere in making positive progress for your local, we encourage you to call (603) 330-0282 and get more information on scheduling an ABA drive and becoming a 100% ABA local.

Additionally, depending on which region your local is located, you're able to find contact information, within this newsletter, for the regional representatives corresponding with your region.

Lastly, before I sign off, please allow me to make mention of the holiday season now being upon us, I would like to wish everyone a happy and safe holiday season. This is the time of year when we all will enjoy the company of our families and old friends and reenergize ourselves for the upcoming year.

Southern Region Director

Larry Sorrells

A New Brother On The Board

Let me introduce myself to those of you that do not know me. My name is Larry Sorrells and I was elected to this Board at the last National Convention. I will be serving as one of the Southern Region Directors. Due to the fact that I was President of the Asheville, NC Area Local for 22 years and State President of the North Carolina Council APWU for 16 years, I know many of you already. I chose not to run for



reelection for State President in May 2016, so I am SOMEWHAT retired. I agreed to run for this ABA position and I plan on approaching it as I have my other Union positions, with commitment and effort. My Local and State have been 100 % involved in the ABA for many years. I think it is a great organizing tool and benefit and hope we can get other members in the fold. I look forward to meeting some of you and seeing others of you again. I have also been involved with NC AFL-CIO for many years

I am already impressed with the staff at the ABA and the other officers. I can see that things are being run efficiently and effectively and that everyone is very prompt. I pledge to answer or find an answer to your questions, return phone calls, and return e-mails. My contact info is in this publication.

Thank you very much.

Central Region Directors

Edward J. Brennan & Keith M. Richardson

Size Matters

Now that we have caught your attention, please read the following article.

People probably never realized it before, but everything related to membership in the APW Accident Benefit Association is related to size. When discussing the ABA with one of the dynamic duo in the Central Region, Size Matters.

On a State or Local level the officers of a specific Union organization who are considering membership in the ABA have a lot to consider; the size of their organization, the size

of their budget, the size of the cost of operations, etc., prior to considering the cost of protecting their members from accidents. Locals and State organizations have to consider all of the benefits they are going to give their members for the future. Is a picnic or a Christmas party really necessary as something that benefits ALL of their members and something that ALL of the members can or want to attend? What can really be a benefit for ALL of the members, is membership in the APW Accident Benefit Association.

You can protect your members 24 hours a day, seven days a week, 365 days a year from accidental injury at a size of protection that you and your members can afford. There is a Basic Plan that would cost less than what the Local or State organization receives back from the National APWU after the last pay raise and Cost of Living adjustment. The size of past budgets or treasuries wouldn't even be affected.

Should you or your delegates attend any meetings in the Central Region area, stop by the ABA table and ask for either Ed Brennan or Keith Richardson. We will be ready and able to answer your questions regarding individual member plans or how a Local or State organization can join the ABA 100%. Or, if you are a large Local or State Organization and would like to make arrangements for one of us to come to a meeting and talk with your members or officers, just ask. Let us explain just what you and your members are missing out on. And remember, when you discuss the Accident Benefit Association, SIZE MATTERS.



West Region Director

Marty Schneider

Autumn Safety And Health

Ahhhh Fall! The temperatures are lower. The days are shorter. The leaves are falling. The yard and house need attention before winter sets in. It's time to remember all the little safety tips we learned so long ago.

When the gutters need to be cleaned, get a spotter to watch and hold the ladder while you climb. And make sure it's on level ground before you climb.

Wear gloves when raking or pulling weeds. Who knows what nasty creatures are lurking in the debris. (In Arizona we have Black Widow spiders, Brown Recluse spiders and scorpions.) Those stings and bites can be problematic to say the least. And the gloves you wear also help eliminate blisters when raking.

Soggy leaves weigh more than dry ones so be mindful of how heavy the



plastic bag full of leaves and grass weighs before you hoist it.

Use protective lenses while operating the weed wacker and remember that those devices “throw” right. Don't allow others to work or stand in that right side path.

Sometimes it's easier to trim a tree that's bare. Don't overreach for the limb that has to be trimmed. Take the time to get down and re-position the ladder.

Wear a dust mask when raking. Those leaves harbor all manner of mold, mildew and allergens that can send your sinuses right around the bend!

Now that you've got the place tidied up you might want to decorate for Halloween, Thanksgiving or even start early for Christmas. Once again, be careful with that ladder.

West Region Director

Jim Alexander

The Union Has Made Me Who I Am Today

By way of introduction as one of your new members of the APW ABA Board of Directors, I believe it relevant and necessary to give you a brief

90-day probationary period and was bitten by the Union bug. I got bit hard. In the four decades hence I have had the fortune of serving my great union,

point of my prose thus far – I am a Union Organizer. I totally get that the work of a Union Organizer does not end when that non-member joins the Union – it really is only the beginning. When I was approached by the leaders of the ABA to consider filling the vacant Western Region Director position, I had to look at the possibility through my Union Organizer prism and whether the ABA work not only comports with those principles, but also whether I wanted to add more to an already full plate. This article obviously demonstrates my decision.

My Local has been a 100% ABA Local from early on when the concept was created. Over the years, I have found it to be an effective organizing tool. As a student of labor history, I know that before there were unions in America, workers pooled money and resources together to care for the families of fellow workers who were injured or killed on the job. Those mutual benefit associations were the precursors to the Unions of today. Names change, but the principle remains the same – looking out for one

another and doing what you can to make their life a little easier. Certainly we have come a long way, but safety on the job is NOT one of the boss's highest priorities. The USPS is a very unsafe place to work and you have to be just as safety-defensive at work as you are at home. But alas, accidents happen. It's nice to know however that your fellow workers have pitched in to help you and your family out if you do have the misfortune of having an accident.

In closing, I am excited about the ABA work ahead of me. It fits well with the Union passion that still burns within. I have worked with several of the other members of the ABA Board of Directors and hold them in the highest regard. I look forward to meeting and working with the rest of the Members of the Board. For a shy farm boy that couldn't get good grades at creative writing, failed public speaking in high school and refused to embrace my leadership abilities, the Union has made me what I am today. And I am truly grateful.

Onward!



background of, me. I am a worker, a postal worker by trade and a unionist by passion. I make no apologies for being a “worker” for I am good at what I do and what I do is important. And, the pride I have as a Postal Worker is unmatched by anyone who does not or has not worked for the United States Postal Service. After all, our institution, the USPS, finds itself as a literal component of the Constitution of the United States of America. I take my Oath of Office to the USPS just as serious today as I did when my Postmaster swore me in so many years ago. I am not retired by the way. I work at least 40 hours a week on the workroom floor. I began my postal experience in 1975 while in high school and college. In 1978, I took a career Clerk position and have worked in the same postal installation since – Medford, Oregon. I attended my first State Convention during my

the American Postal Workers Union, in many capacities. Most important is that I became a Shop Steward immediately and have never stopped. Currently, I serve as the 15-term General President of the Southern Oregon Area Local, APWU – a progressive, aggressive and militant Local – one that exacts justice in conventional and unconventional methods. Along the way, I had the privilege of being the longest serving President of the Oregon Postal Workers Union. And, one of the more humbling, but also most rewarding leadership positions I have held was being elected by my peer APWU Local and State Presidents as Chairman of the APWU National Presidents' Conference and serving several terms at their pleasure.

So, with that brief biography out of the way (take it and a couple bucks and I bet you could get a cup of coffee somewhere), brings me to the real

Find out all the

APW ABA

has to offer...

Contact us today!

Call 1-800-526-2890

or visit our website

APW-ABA.ORG

Did you know by enrolling your entire local, you can save your members money? 100% Local dues are just 75¢ per member per pay period. That is a 40% savings vs. the individual member pricing.

3 Simple Steps are all it takes:



1. Bring a motion in front of your membership.
2. Take a vote of the membership.
3. Once approved, forward a copy of that portion of your minutes to the APW-ABA along with a copy to the APWU National Secretary Treasurer's Office for processing.
(National will automatically forward 75¢ per member to the APW-ABA.)

Contact Us Today!

apw-aba.org
1-800-526-2890

A M E R I C A N P O S T A L W O R K E R S
APW ★ **ABA**
A C C I D E N T B E N E F I T A S S O C I A T I O N