

*The Official Newsletter of
NJ Merged Branch 38, NALC*



THE SENTINEL

July 2018

Together We Will Win



President

by Mike O'Neill

As representatives of city letter carriers, the NALC has many responsibilities. Among those responsibilities, we represent members in the grievance procedure, enforce the contract, provide assistance to injured members, and so much more. One of the most important responsibilities is to keep the membership informed. Within the pages that follow, you will find information about OWCP, PS Form 3996, the Thrift Savings Plan, safety, the Mutual Benefit Association, and preparing for retirement.

All of these topics are important, and are worthy of our time and your attention. They will be of little importance, however, if proposals being put forward by members of the government of the United States are adopted by Congress. These proposals are no longer a wish list of those who would dismantle the Postal Service. They are very real, and will be considered by our Representatives in Congress, who have the power to make them the law of the country.

Those proposals, some already recommended by the Office of Personnel Management, include increased employee contri-

butions to your retirement, the elimination of the annuity supplement and retiree COLA, and lower annuity benefits. If that is not enough to get your attention, the administration's Office of Management and Budget (OMB) has called for the privatization of the Postal Service. Imagine how that would affect the benefits of active and retired letter carriers. Our jobs and lives would no longer be the same.

We must convince our Representatives in Congress to reject these proposals and to protect the Postal Service and the universal service we provide to the American public. In order to win this very real battle, we need your help and your financial support. The Letter Carrier Political Fund (LCPF) enables the NALC to gain access to the members of Congress and to make our argument in defense of the Postal Service and letter carrier jobs. The LCPF relies solely on the voluntary contributions of our members. Without your financial support, the NALC will not have the resources necessary to protect our jobs.

Branch 38 is committed to do our share. It is our goal to ask each and every member to make a small contribution to the LCPF through payroll deductions or electronic fund transfers from your checking account. Please consider making this small investment to protect the financial future of you and your family. All of the information you need to sign-up on your own is on the NALC web site (nalc.org). If you need assistance, give us a call. We are happy to help.

We have invested so much already, as letter carriers and as a union, to let it slip away now. As an officer of this union, it is my responsibility to keep you informed. I believe this Branch continues to meet that obligation. The rest is up to you. The ball is in your court, and your future is in your hands. Let's get this done together.

NEW JERSEY MERGED BRANCH 38

National Association of Letter Carriers

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Branch Officers

Michael O'Neill	President
Dan Szucs	Executive Vice President
Joseph Rutkoski	Treasurer
Mark McGrady	Director of City Delivery
John Sheridan	Financial Secretary
Pete Bednarz	Sergeant-At-Arms
Ron Villegas	Director of Retirees

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Richard O'Connell Jr.	Christine Strasser
	Dominic Walton

PART TIME AREA REPRESENTATIVES

Pete Bednarz	Clint Colie
Jeff Fezza	Roy Jancio
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Christine Strasser	Dominic Walton

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MUTUAL BENEFIT REPRESENTATIVE

Christine Strasser 973-564-7244 (Ext.20)

DATES TO REMEMBER

BRANCH MEETINGS

September 5, 2018
October 3, 2018
November 7, 2018
December 5, 2018

SPECIAL EVENTS

National Convention - Detroit, MI
July 16-20, 2018

Tough Mudder Challenge for MDA
October 7, 2018

Charlie Connell Golf Outing
October 8, 2018

Retiree Breakfast - North
October 21, 2018

Retirement Training
October 28, 2018

Election Day
November 5, 2018

Beefsteak Dinner for MDA
November 10, 2018

**NJ Merged Branch 38
Web Site**

<http://www.branch38nalc.com/>

I'm Hurt - Now What?



Executive Vice President

by Dan Szucs

Today's letter carriers are working harder than ever. DPS, FSS, GPS, scanning packages & MSP's and the continued growth of our package business has added to the physical demands of our job. Carriers are spending much more time on the street than ever before. When you are working longer hours in the elements everyday carrying mail, the risk of getting hurt on the job increases. The Postal Service has several manuals that explain how we should do our jobs, and every one requires us to work safe. Accidents do happen, even when you are doing everything in your power to work safe. So what do you do when you get hurt doing your job?

The first responsibility that you have is to notify management as soon as possible when you have an accident, even if you feel that your injury does not need medical treatment. Some injuries do not show signs of hurting until hours or days later, but it will be easier to have your claim accepted if you can prove that you notified management of your accident as soon as possible.

The Federal Employees' Compensation Act (FECA), is a federal law that provides you with medical care, continuation of pay (COP), wage loss compensation, schedule awards, vocational rehabilitation and death benefits. If you suffer a traumatic injury (injury caused by work factors that occurred over the course of one workday) you should request and submit OWCP Form CA-1. Although the law allows you to submit a CA-1 within three years of the injury, the longer you wait, the more difficult it will be to have the claim accepted. In order to be able to collect continuation of pay, you must report the injury within thirty days of the accident. You should always report an injury, or a potential injury, in writing as soon as possible.

If your injury is caused by work factors that occur over the course of more than one day, this is known as a Notice of Occupational Disease and a CA-2 is required to be filed. Those reporting an occupational disease are not eligible for continuation of pay. If you feel that you are suffering from an

occupational injury, contact your shop steward or the branch officers so we can guide you through this process.

When you report a traumatic injury management is required to offer you a CA-1. If you submit the CA-1, management is required to provide you with an OWCP Form CA-16 (Authorization for Medical Treatment). This accomplishes 3 things; 1) Authorizes medical treatment, 2) provides an initial medical report and 3) guarantees payment by OWCP to the medical provider. The only time management does not have to provide you with a CA-16 is if you first seek medical treatment more than one week after the injury. The language of the ELM 545.21 addresses the requirement of the CA-16.

When you do get injured you have the right to choose your own physician. The ELM Section 543.3 states: "FECA guarantees the employee the right to an initial choice of physician." ELM Section 544.122 states: "in case of a traumatic injury the supervisor must advise the employee of the following: the right to choose a physician." The ELM Section 544.111 requires management to immediately ensure that care is given and the proper forms (CA-1 or CA-2) is provided. ELM Sections 544.11c and 544.12, requires management to complete the CA forms, and to give you your copy of the completed receipt and the front and back of the completed forms.

When you file a CA-1, you are eligible to receive 45 calendar days of continuation of pay. Initially, you will have to use your own leave for the first three days. If you remain out of work due to the injury for fourteen days or more, that leave will be replaced by COP. After the 45 days is up, if your claim is approved you will be in a leave without pay status with the postal service and the Department of Labor will be paying you until you are healthy enough to report to work.

It is very important that you notify the union as soon as you get hurt and file a claim, so that you can be guided through every step of this process. Be sure to get your copies of all documentation that you fill out or send in to OWCP. Remember to work safe. But accidents happen every day, and if you are injured be sure to know your rights.

Charlie Connell
Columbus Day Golf Outing
October 8, 2018
Save the Date

I'm Gonna Need Some Help



Director of City Delivery

by Mark McGrady

The PS Form 3996 should be filled out every time a carrier feels he or she will not be able to complete their assignment within 8 hours. The form has to be filled out if overtime or auxiliary assistance is needed for a carrier to complete their assignment. The PS Form 3996 should also be filled out to accompany any pivots given to carriers, whether they are the so called "down time pivot" or an overtime pivot. Carriers should make sure the Form 3996 is filled out in its entirety: delivery unit, date, carrier name, route #, reason for OT or auxiliary assistance, estimated work and whether overtime or assistance was approved or denied. Upon request, a duplicate copy of the completed Form 3996 will be provided to the carrier. If a carrier does not receive a copy of the Form 3996 upon request, contact your Shop Steward for assistance. This information is also essential if an overtime grievance is filed.

The PS Form 3996 should be filled out at the time of final receipt of mail. If your parcels are not ready at the time of last pull, and you later realize that they will cause you to work beyond eight hours, you can amend your Form 3996 at that time. If you filled out a Form 3996 for overtime or auxiliary assistance prior to leaving to the street, you must find out whether your overtime or auxiliary assistance was approved or denied. If your time was denied on the Form 3996 when you leave for the street and you still feel you will not make it back to the office on time you must call your supervisor and inform him or her that you will not be back on time. Let them make a decision whether they want to send you auxiliary assistance, work the overtime or bring the mail back to avoid unauthorized overtime. This is extremely important, if you do not inform your supervisor that you will not be back to the office on time and take the unauthorized overtime, you will be disciplined for unauthorized overtime.

Carriers, for a number of reasons, are either afraid or complacent in filling out the PS Form 3996 in the morning. The issues vary from office to office. "We never had to fill them out before." "The supervisor is going to come out and check up on me or walk

with me on my route if I fill out the 3996." "I would rather skip my lunch, breaks or just run."

The PS Form 3996 is not an option. It is the carrier's responsibility, and it is outlined in the M-41 Handbook in Sections 131.11 and 131.4., which states in part, "It is your responsibility to verbally inform management when you are of the opinion that you will be unable to case and deliver on schedule, immediately following final receipt of mail, management will instruct you what to do. Last and certainly not least, complete all applicable items on PS Form 3996.

This form is your proof that you followed proper procedures to avoid adverse disciplinary action (unauthorized overtime). At the same time you are doing your part to help your local steward file and win overtime grievances. Article 41.3.G requires the employer to advise a carrier who has properly submitted a Carrier Control form 3996 of the disposition of the request promptly after review of circumstances at the time. Fill out the form and request a copy. It is your responsibility and your right. For more specifics on the proper use of the PS Form 3996, or reasons for having to fill out the Form, take a minute to go to the Branch web site, www.BRANCH38NALC.com, scroll to "A to Z," and then to "Branch 3996 Policy."

Sign Up for the Letter Carrier Political Fund Now!!!

Go to: <http://nalc.org/>

By making a contribution to the Letter Carrier Political fund, you are doing so voluntarily with the understanding that your contribution is not a condition of membership in the National Association of Letter Carriers or of employment by the Postal Service, nor is it part of union dues. You have a right to refuse to contribute without any reprisal. The Letter Carrier Political Fund 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. Contributions to the Letter Carrier Political Fund are not deductible for federal income tax purposes. Federal law prohibits the Letter Carrier Political Fund from soliciting contributions from individuals who are not NALC members, executive and administrative staff or their families. Any contribution received from such an individual will be refunded to that contributor. Federal law requires us to use our best efforts to collect and report the name, mailing address, occupation and name of employer of individuals whose contributions exceed \$200 in a calendar year.

It's Your Money



by Joseph Rutkoski

Treasurer

If you are covered by FERS, The Federal Employees' Retirement System, and do not contribute at least 5% of your basic salary to the Thrift Savings Plan, you are turning down thousands of dollars every year! All carriers hired after January 1, 1984 are covered by FERS, as are a number of carriers who switched over from CSRS.

The Thrift Savings Plan (TSP) is a tax-deferred retirement savings and investment plan that offers Federal employees the same type of savings and tax benefits that many private corporations offer their employees under 401(k) plans. By participating in the TSP, Federal employees have the opportunity to save part of their income for retirement, receive matching agency contributions, and reduce their current taxes.

The TSP was created to supplement the Social Security and annuity benefits provided under FERS. All employees of the USPS are permitted in 2018 to contribute up to \$18,500 per year to TSP. Not many letter carriers can afford to put aside such a large chunk of their pay check, but FERS covered employees can ill afford not to participate at some level.

As you can see from the chart below, The Postal Service automatically contributes an amount equal to one percent of your pay to your TSP account. They will also match your contributions (dollar for dollar on the first three percent of pay and 50 cents on the dollar on the next two percent contributed). This represents an additional 4% pay increase or approximately \$2,500 for a carrier at the top step of the pay scale and \$1,500 for a carrier at the bottom step of the pay scale. In addition to that raise, all contributions are tax deferred representing additional savings of hundreds of dollars, depending on your family's tax bracket. You will eventually pay tax on those monies, but not until after you retire and your income is much lower. You will, therefore, be taxed at a much lower rate. The tax benefit increases as you increase the amount of your contributions.

If you are covered by FERS and do not contribute at least 5% of your pay to TSP, you should do so immediately. Otherwise, the Postal Service gets to keep the money instead of you. What is even more crucial, and perhaps less obvious and immediate, is the importance of the Thrift Savings Plan to your retirement. Employees under FERS, without income from TSP, can expect an annuity 33% less than those under CSRS. It is clear that, with very few exceptions, a FERS annuity without additional income from TSP will not provide for a comfortable retirement for you and your family.

Additional and more thorough information can be found in a number of places: TSP's web site at www.tsp.gov; the publication Summary of the Thrift Savings Plan available from Shared Services; The NALC's publication Questions and Answers on FERS: The Federal Employees' Retirement System which is available through the Branch or at the NALC web site www.nalc.org. You can always contact your Branch 38 officers with any questions.

You work hard every day for your pay. Make sure you get all that is coming to you! Even more importantly, do everything you can to ensure a comfortable retirement for you and your family. If you do not contribute at least 5% of your pay to your Thrift Savings Plan account, make the change now. You won't be sorry you did.

TSP CONTRIBUTIONS

<u>You Put In</u>	<u>Agency Puts In</u>	<u>Total</u>
0%	1%	1%
1%	2%	3%
2%	3%	5%
3%	4%	7%
4%	4.5%	8.5%
5%	5%	10%

Register to Vote

Every election is important. The Congressional election in 2018 is critical to the Postal Service and our jobs. Please register to vote now. Voter registration forms are available at our web site, www.branch38nalc.com. If you have moved, or if you have not voted in the past couple of years, you may not be registered. We need all of our members to have their voices heard.

NALC 2018 Food Drive



Scholarship Winners



Congratulations to the 2018 NJ Merged Branch 38 Scholarships winners! The scholarships are presented in honor of four men who served the membership of Branch 38 with dedication and selflessness: Michael J. McTigue, Gil Hampton, Richard P. O'Connell, and Tony Massa. The 2018 Scholarship Winners are:

Ikechi Anyanaso is the son of Kieran Anyanaso, a letter carrier at the South Station of the Newark Post Office.

Tejshree Borkhetaria, is the daughter of Rahway letter carrier Mahendra Borkhetaria.

Nicole Iannaci, is the daughter of Rutherford letter carrier Louis Iannaci.

Roger Yeung, is the son of Fairlawn letter carrier Hung Yeung.

Special thanks to NALC Director of City Delivery, Chris Jackson, Region 15 RAA, Bruce Didriksen, NJSALC President, Rich O'Connell, and Branch 38 Attorney, Don Millman for joining us and helping us to congratulate the scholarship winners and their families.



Mutal Benefit Association



***Trustee
& MBA Rep***

by Christine Strasser

Being a National Association of Letter Carrier union member offers letter carriers many benefits. We are protected contractually to enable letter carriers to enjoy vacations, holidays, pay increases, and much more. We have trained representatives to assist in filing and obtaining, workers compensation claims from start to finish. We have representatives to guide letter carriers through the process of retirement.

Another benefit to NALC members and their families is the Mutual Benefit Association (MBA), which was founded in 1891, and is the life insurance division of the NALC. Currently, the MBA covers over two hundred twenty four million dollars of life insurance for its members. The products offered by the MBA do not end with life insurance. The association offers hospitalization plans, retirement savings plans, and immediate annuities for retired members. The MBA products are often overlooked or can seem less important to letter carriers. If you are newly converted or a veteran letter carrier, you could be missing an opportunity to invest in valuable retirement savings plans, which could provide a life time of financial security when you retire.

The MBA offers two retirement savings plans for their members and their families. The first, the MBA Retirement Savings Plan, is for NALC members. The second is the MBA Family Retirement Savings Plan. The MBA Family Retirement Savings Plan is available to children, grand-children, great-grandchildren, step-children, step-grandchildren, or step-great-grandchildren of NALC members. The child must be at least eighteen years old.

Both plans supplement your income when retirement age is reached. The plans are dependable, affordable, and simple to enroll in. The NALC backs both policies written by the MBA. The MBA operates with no fees, no commissions, and no salespeople. After completing an application, for either plan, you will receive a written policy to review. If you are not fully satisfied within thirty days, for any reason, return the policy for a full refund of any premium paid.

The two retirement savings plans are funded by contributions made by the annuitant, and both earn a guaranteed minimum interest rate. The MBA Retirement Savings Plan contributions can be made from payroll deductions, monthly billed payments, or annually billed payments. The contributions can be for as little as fifteen dollars. The MBA Family Retirement Savings Plan contributions require a one thousand dollar deposit at the time of the application, a minimum contribution of twenty five dollars, which can be made monthly, annually or by lump sum deposits. The allocation of contributions to both plans can be changed by written request to the MBA throughout the life of the policy.

The annuitant in both plans decides on how their money will grow. The plans offer a Traditional IRA, Roth IRA, or a Non-qualified Annuity. The traditional IRA contributions may be tax-deductible, offer tax-deferred growth, the earnings and deductible contributions are subject to tax, and the plan is subject to income limits and annual contributions limits. The Roth IRA does not have tax-deductible contributions, offers tax free growth, the distributions are tax-free (if the annuitant is 59 ½ and the account is at least five years old), and the Roth is subject to income limits and annual contribution limits. The Non-qualified annuity is a bit different. The annuity plan does not have tax-deductible contributions, does offer tax-deferred growth, the earnings are subject to be tax, but there are no income limits or annual contribution limits.

The annuitant has three options when the time comes to withdraw the savings. The options are monthly payments for as long as the annuitant lives, a joint annuity payable during the joint lifetimes of two people, and a lifetime annuity with a guaranteed minimum of five, ten, fifteen, or twenty years. An early cash withdrawal can also be made after one year, but will be subject to certain minimums and limitations. Surrender of each plan can be made through written request. Depending on how long the policy was in effect, the surrendering of a policy could be subject to penalties.

The above information may be confusing if not completely overwhelming. Fortunately, I am a qualified representative to assist and guide you through the Mutual Benefit Association plans. I cannot give any member tax advice, and I suggest you consult a tax advisor after contacting me for plan brochures. The NALC strives to protect its members day in and day out. The MBA Retirement Savings Plan and MBA Family Retirement Savings Plan are designed to assist letter carriers and their families to plan for a secure financial future when they retire. Please do not hesitate to contact me. A little spent today can go a long way during your golden years.

Summer's Here And The Heat is On



Sergeant at Arms

by **Pete Bednarz**

The first heat wave arrived in May, and we can count on another three months of excessive heat. It's great when we are relaxing at the beach or pool while having a cold drink. It is, however, demanding and dangerous when our job requires us to walk for miles in the hot sun and drive in a hot vehicle for hours, with a small fan blowing warm air on us.

Since 2012, the USPS has received over a dozen citations from OSHA for not honoring the Heat Abatement Program. This year, the USPS has mailed postcards reminding carriers about heat illnesses. We have seen constant Rims messages on our scanners telling us to drink plenty of water and work in the shade. It is encouraging that USPS is taking an active role. Safety, however should be a top priority recognized by all levels of management. We have seen too many examples over the years in which local management worries more about their budget and meeting their numbers instead of complying with the heat safety campaign.

If the heat is getting to a carrier and they feel the need to take an additional break, they should call their supervisor and inform him/her that they are taking an additional break to recover from the heat. They should take this break in the shade. When they are done and sufficiently cooled down, they should contact their supervisors to inform them that they are resuming their duties.

Carriers should drink the recommended amount of water to maintain their hydration level. If this in turn causes additional comfort stops, management should be informed.

If a supervisor pushes back and does not comply with the heat safety program, the carrier should contact their steward to determine if a grievance or a complaint with OSHA should be filed. Carriers should not let management pressure or intimidate them into sacrificing their safety.

Here are some quick tips for battling the heat:

1. Hydrate before, during, and after work. Prevention is important, so make sure to maintain good hydration by drinking at least eight ounces of water every 20 minutes. During prolonged sweating, drink sports drinks containing balanced electrolytes.
2. Dress appropriately for the weather. On warm days, make sure to wear light colored, loose-fitting, breathable clothing to keep body temperatures down.
3. Utilize shade to stay cool. When possible, use shaded areas to stay out of direct sunlight.
4. Know the signs of heat stress. You should understand what heat stress is, and how it can affect your health and safety.

Here are some things to look out for: Hot, dry skin or profuse sweating; headache; confusion or dizziness; nausea; muscle cramps; weakness or fatigue; rash.

Finally, it's important to notify your supervisor or call 911 if you're experiencing signs of heat-related illness. This will not only ensure your safety, but can also save your life.

NALC recommends that all letter carriers download OSHA's Heat Safety Tool (an app for Android devices and iPhones) to their smart phones. The app includes a quick way to calculate the heat index and see appropriate protective measures that should be taken before someone gets hurt. Letter carriers who are exposed to hot and humid conditions can use the app to check the heat index and learn about the relevant protective measures. The app displays the heat index in the user's location and shows the current risk level.

Extreme heat causes more deaths than any other weather-related hazard. Each year more than 65,000 people seek medical treatment for extreme heat exposure. Don't put yourself in danger this summer. Stay cool and hydrated.

Start Planning Early



Director of Retirees

by Ron Villegas

The first two things you should consider when planning your retirement are Health Benefits and Life Insurance. The reasons you should think of these things first is because in order to carry medical or life insurance into retirement, an employee must have retained any of the Federal Employees Health Benefits Plans (FEBHP) or Federal Employees Group Life Insurance (FEGLI) for five (5) years immediately preceding retirement.

Retired carriers, unlike active employees, are unable to re-enroll in the Health Benefit Plan once they have retired. If you are not currently enrolled in any of the Federal Employees Health Benefits Plans (FEBHP) you may want to minimally carry self only coverage for your last five years. You then would be eligible to add your spouse when you retire if the need arises.

Retirees are entitled to the same benefits as active employees, including open season changes and other opportunities to change enrollment. Your survivors may also continue health benefits, if they are covered under your enrollment as a retiree, and a survivor annuity has been established.

If you are a member of NALC Health Benefit Plan when you retire, you need to maintain your membership by rejoining the union. Regulations require that you fill out Form 1189, Request and Authorization for Voluntary Allotment from Annuity for Payment of Organization Dues to the NALC. This form is normally mailed to you by the NALC when you retire and is available by calling the branch office. The annual union dues for a retiree are \$0.84 a month. You will need your Civil Service Annuity (CSA) number in order to complete the form. This CSA number will be assigned to you when you retire.

In order to carry life insurance into retirement, you must have been enrolled in the Federal Employee's Group Life In-

surance (FEGLI) for 5 years immediately preceding the effective date of your retirement. These provisions apply to both Basic Life Insurance and any optional insurance (Option A — Standard, Option B — Additional, or Option C — Family) you may have. Accidental Death and Dismemberment Insurance does not continue into retirement.

To continue your Basic Life Insurance you must complete standard form SF 2818, Continuation of Life Insurance Coverage, at the time of retirement. Your decision will determine the level of coverage you take into retirement and the cost of that coverage. Continuation of any of the optional insurance is not possible unless an election is made to continue Basic Life Insurance.

The Postal Service offers retirement counseling for those carriers reaching retirement age. If you have any additional questions feel free to contact your Area Representative, or myself at 1-888-462-5238 extension 21.

Retirement Training Seminar

Sunday, October 28, 2018
10:00 AM

ELKS BPO LODGE #2116
665 RAHWAY AVENUE
WOODBIDGE, NJ 07095

All you need to know about preparing
for retirement:
Survivor Benefits
Health Benefits
Life Insurance
Social Security
Thrift Savings Plan

Contact Your Area Rep to Reserve a Spot

Congratulations

The members listed below have recently reached the milestone of sixty, fifty five, and fifty years as members of the NALC.

We congratulate them on their achievement, and thank them for their many years of service to the American public and to the NALC.

We owe so much to those who came before us, and we are eternally grateful.

Sixty Years

Morris L. Detore (Orange)
James Eagen (Westfield)
David s. MacDonald (Springfield)

Fifty Five Years

Charles F. Aho, Jr. (Paramus)
James E. Antoine (Waldwick)
Frank P. Biank (Berkeley Heights)
Domenico Carnevale (East Orange)
John M. Easdale (Wayne)
Stephen Gazdek (Piscataway)
Earl L. Hope, Jr. (Edison)
Joseph T. King (Morris Plains)
Michael J. Piero (Florham Park)

Fifty Years

Frank H. Bailey (North Bergen)
John J. Battaglino (Oradell)
John Chowanec (Rutherford)
Eugene A. Currie (Rahway)
Anthony N. DePietro (Red Bank)
William N. Dobos (Port Reading)
Ronald L. Downs (Englewood)
John M. Duffy (Middletown)
Charles J. Frank (Kearny)
Frank R. Garofalo (Fairlawn)
John Gebhardt (Rutherford)
William H. Goarcke (Sparta)
Glenn A. Keller (Cliffside Park)
David K. Lobdell (Piscataway)
David S. MacDonald (Springfield)
Salvatore J. Mangano (North Bergen)
Donato J. Meola (Newark)
Joseph R. Miller (Rutherford)
Leonard P. Neering (Clifton)
Sergio C. Prezioso (North Bergen)
William D. Ricker (Pequanick)
George J. Rokose (Rahway)
Richard A. Roth (River Edge)
James R. Stasse (East Brunswick)
Robert G. Stotzer (Union)
John S. Szewczyk (East Brunswick)
Nelson C. Ziegler (Succasuna)



THE SENTINEL
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Branch Meeting Information & Directions

Meetings are held at 7:30 PM on the first Wednesday of each month, except July & August.

The Branch Meetings are held at:

ELKS BPO LODGE #2116
665 RAHWAY AVENUE
WOODBIDGE, NJ 07095
732-634-2116

Directions:

SOUTH on Garden State Parkway. Take Exit #129 to Route 9 North to Woodbridge Exit (Just after the Forge Restaurant on your right). At the end of the Exit Ramp, turn right onto Main Street (Route 514) and proceed until you reach a monument at City Hall. Bear left onto Rahway Avenue. The Elks is @1/2 mile down the road on your left.

NORTH on Garden State Parkway. Take Exit #127 to Route 9 North and follow directions above.

NJ Turnpike. Take Exit 12 (Carteret). Bear right after toll booth and turn left at light after overpass. Proceed through industrial park to Rahway Avenue and turn left. The Elks is 1 mile ahead on your right.