

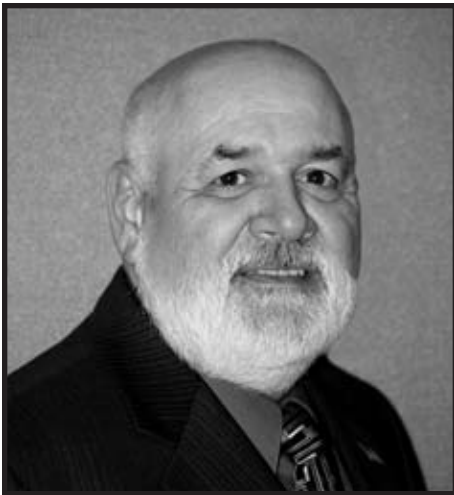
*The Official News Letter of
NJ Merged Branch 38, NALC*



THE SENTINEL

Volume XXXV, Issue 5, September 2009

The President's Message



Pete Maglio,
Branch President

When I took office in January of 2009, I made a commitment to the membership that I would personally visit all of the offices and stations within Branch 38. I have begun to carry out that pledge. During my visits I have had the great privilege and opportunity to meet with the rank and file membership of the branch. We have discussed the serious financial problems confronting the Postal Service, and some of the strategy being proposed to reduce that financial burden. Make no

mistake, the Postal Service as we know it is going to change. We can be part of that change or we can watch the Postal Service crumble and our jobs disappear.

Legislation is going to emerge as an even larger factor in the coming year than ever before. Remember, we are not immune from reduced benefits such as the elimination of COLA payments or the cutting of Federal Employee Health Benefits. We must not be deceived into believing that five day delivery is a tactic

***“Don’t stand on the
sidelines.
Get involved!!!”***

that will help save the Postal Service. In reality, this approach will cost the jobs of many of our fellow brother and sister carriers. Keep in mind, with five day delivery there is no need for TE carriers or PTF carriers. T-6 employees will become glorified PTF’s. To put it bluntly people will lose jobs. You can also count on the fact that other companies will be lined up to deliver the mail on Saturday, and that will be the beginning of the end.

What are our options? Become an E-activist, sign-up for COLCPE contributions, and make calls to your legislative representative when asked to do so. Don’t stand on the sidelines. Get involved. The survival of the postal service and the future of our jobs are in the balance.

On The Inside

Paul Biggs

“Protect Your Job”

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“MIRAP Update”

Ralph Silvestri

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John Sheridan

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“Family Medical Leave”

Tony Massa

“Don’t Forget To Vote”

NEW JERSEY MERGED BRANCH 38

National Association of Letter Carriers

**374 Morris Avenue
Springfield, NJ 07081**

**Phone
973-564-7244**

**e-mail
NALC38@VERIZON.NET**

**FAX
973-564-7673**

Branch Officers

Pete Maglio	President
James Stasse	Executive Vice President
Paul Biggs	First Vice President/Treasurer
Michael O'Neill	Second Vice President
Tony Massa	Third Vice President
Ralph Silvestri	Director of City Delivery
John Sheridan	Corresponding Secretary
Pat Flannery	Recording Secretary
Jim Eagen	Director of Retirees/HBR
Peter Bednarz	Sergeant-At-Arms

PART TIME AREA REPRESENTATIVES

Mark McGrady	Dan Szucs
Joe Rutkowski	John Dock

BRANCH 38 TRUSTEES

Keith Hemmings	Richard Mitchell
Richard O'Connell Jr.	William Trudell
Dominic Walton	

NATIONAL BUSINESS AGENT

Larry Cirelli 212-868-0284

BRANCH 38 ATTORNEY

Donald Millman, Esq. 973-669-9776

MUTUAL BENEFIT REPRESENTATIVE

Martin Spielman Jr.

DATES TO REMEMBER

BRANCH MEETINGS

October 7, 2009
November 4, 2009
December 2, 2009

SPECIAL EVENTS

October 12, 2009
Columbus Day Golf Outing

October 18, 2009
Retiree Breakfast

November 11, 2009
Veterans Day

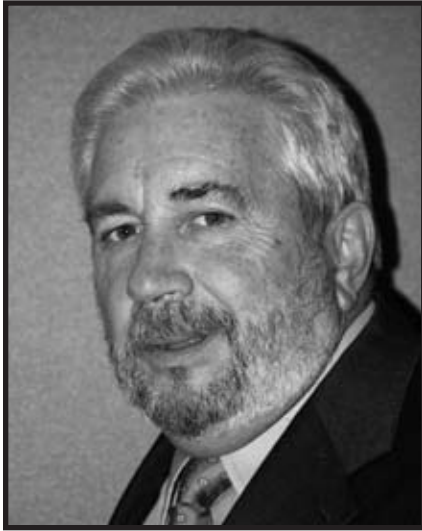
December 19, 2009
Branch 38 Christmas Party

January 10-12, 2010
Shop Steward Training

**NJ Merged Branch 38
Web Site**

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

PROTECT YOUR JOB AND YOUR BENEFITS



Paul Biggs

First Vice President/Treasurer

NJ Merged Branch 38 has recently initiated a COLCPE campaign urging all Stewards, Alternate Stewards, members and retirees to become actively involved in protecting their jobs and benefits. The Committee On Letter Carrier Political Education is a fund used to assist candidates of any political party who support the NALC and our legislative priorities.

In the near future, Congress will probably attempt to “fix” the financial problems of the United States Postal Service. When that time does come the NALC will need the financial resources necessary to protect our jobs and benefits using this COLCPE fund. It is imperative that there are enough funds available now and in the future to make an impact with those who support our interests and needs.

***“We must do our part
and accept this
challenge!”***

Branch 38 has consistently been one of the top branches throughout the country when asked to get involved in any endeavor. In the long haul, this could be our most important challenge! It is time for all our members, active and retired, to step up and participate. We all need to pull together in order to ensure that we retain our jobs and the benefits we have earned through past negotiations. We need

to concentrate on becoming the number one branch in the nation in COLCPE contributions. We must do our part and accept this challenge!

Signing up for COLCPE takes only a few minutes. It can be done by a payroll deduction, an electronic fund transfer from your checking account, or directly out of your monthly annuity check. It is better to pay a little now rather than pay a lot at a later date in the form of lost jobs and reduced benefits. Contact your Area Representative or the Branch 38 office for information and assistance! SIGN UP NOW!



In Memorium

W.C. Wilson
Retired Engwood Carrier

Michael T. Brown
Retired Howell Carrier

John P. Montesano
Retired North Bergen Carrier

Ernest E. Street
Retired Nutley Carrier

NJ Merged Branch 38 **Does it Again!!!**

Branch 38 has again raised over \$126,000 for MDA! At the annual MDA, Jerry Lewis Labor Day Telethon, Branch 38 pledged \$126,000 from our MDA fund raising efforts over the past year. We are expecting additional money as returns from our mailings and canisters continue to come in. Thanks go out to all of the Shop Stewards who monitor the PO Boxes for our mailing and all of the members who support our fund raising events. Special thanks to John Sheridan who coordinates the Night at the Races, Mike O'Neill and Charlie Connell who run our Columbus Day Golf Outing, and Paul Biggs who works with John on the Night at the Races and coordinates the mailing. Nice job by one and all!

MIRAP Update



Michael O'Neill
Second Vice President

It's often very difficult to stay focused on the big picture. In many cases, management makes it nearly impossible. We hear the stories every day. The manager who thinks the MIRAP consultation is nothing more than a floor talk. The management DEAT member who wants to use either the carrier's average street time or the base street time, which ever is lower. The two route office where they want to make one route 8:10 and leave the other as an auxiliary route at 7:40. Although these horror stories seem to be the exceptions, they often distract us all from keeping our eye on the ball. The ball, of course, is the protection of our jobs and benefits; which in turn requires the survival of the Postal Service.

There are indications that the economy is approaching an end to the free fall it has been in since last September. The gross national product (GNP) declined by only one percent last quarter; a big improvement over the four to five percent decline we experienced in the two previous quarters. The auto makers, one of the nation's key industries, received a shot in the arm from the "Cash for Clunkers" program. Even the unemployment figures slowed last quarter

increasing by only one tenth of a percentage point to 9.6%. That still means that nearly one of every ten people in the work force does not have a job. That number does not include those still out of work after exhausting their unemployment benefits, and it does not include recent graduates attempting to enter the work force but are unable to find jobs. Still, the unemployment numbers are growing at a slower rate.

The recovery is, however, going to take a long time and the turn around in the Postal Service will take even longer. The numbers in the Postal Service during the current fiscal year are staggering. Volume has dropped by 13% while the number of deliveries has continued to increase. In other words, we deliver less mail to more destinations, which means less revenue and more expense. As a result, the Postal Service expects to have lost seven billion dollars during the 2009 fiscal year. These are big numbers that are real and cannot be ignored.

"We expect that our cooperation and best efforts be respected and that our rights be honored."

The Modified Interim Route Adjustment Process is an agreement entered into by the NALC in an attempt to address the economic crisis confronting the Postal Service. Despite some of the abuses by local and District managers in the field, the process is achieving what the parties set out to do. There is no question that the letter carriers and the NALC are doing their parts to secure the future of the Postal Service. As of August 6, over 85,000 of the 152,000 routes scheduled to be evaluated nationally had been

completed. Over 4,400 routes have been eliminated. This represents an incredible savings for the Postal Service. Our representatives at the National level can go before Congress while debating the future of the Postal Service and declare proudly and without hesitation that we have done our part by responding quickly and effectively to the crisis at hand.

We will not, however, ignore the isolated incidents where routes have been adjusted improperly. These routes must be reviewed again and adjusted accordingly. If necessary, special route inspections should be requested and performed. Letter carriers have never hesitated to do the right thing in the best interest of the Postal Service. We expect that our cooperation and best efforts be respected and that our rights be honored. We expect it and we will demand it.

Special Route Inspections

The M-39 provides a means by which carriers with over burdened routes can request special route inspections. In order for a route to qualify for a special route inspection, that route must show one half hour of overtime or auxiliary assistance on three days a week for six consecutive weeks. Other dramatic changes on the route may also be justification for a special route inspection.

If, as a result of the recent MIRAP adjustments, your route is significantly overburdened, contact your shop steward or area representative for assistance to obtain a special route inspection.

The Next MIRAP

Adjustment is Coming

Get Ready Now

What To Do Now

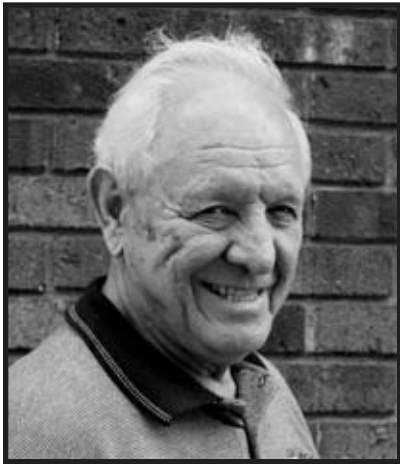
1. Case and deliver your route in a professional manner. Take your lunch and your breaks. Work efficiently yet at a comfortable pace. Be where you are supposed to be at all times.
2. Make certain that you are making all of the correct swipes on the badge reader.
3. Be sure you are swiped to the correct function while you are casing or delivering.
4. If you suspect that you have been put on an incorrect function, contact your shop steward and we will investigate your situation and file a grievance where appropriate.
5. Keep track of your street times, office times, and volume. You will be better prepared for your next consultation if you have that information handy.
6. Make note of any fixed office duties that you perform on a daily basis other than casing or pulling down that may take longer than the minimum time allotted.
7. If you have not already been walked after your latest adjustment, you will be shortly. Request and keep a copy of the 3999 from that one day walk. Make notes on any irregularity that may have taken place on that day. Again, you will be better prepared for your next consultation if you have that information handy.

During the Consultation

1. Bring your copy of your latest 3999 along with your notes regarding that day to the consultation.
2. Have your notes regarding your street times, office times, and fixed office times with you at the consultation.
3. Be prepared to discuss any changes or irregularities on your route that may have occurred since the last adjustment.
4. Be sure that you fully understand all of the information provided during the consultation. Ask questions. If you have any questions that have not been answered, let the NALC Local Contact know and include it in your comments on the form.
5. Provide suggestions as to how your route can be better arranged or adjusted. Include those in the comments section as well. Make sure you get a copy of the script including your comments on the day of the initial consultation,
6. Be sure you have a copy of the 1840 with all of the adjustments to your route on the day prior to the second consultation.
7. During the second consultation, make certain that you understand all of the information on the 1840. Ask questions. If you have any concerns about the adjustment, include those on the 1840 as well. Request a second copy of the 1840 with your comments included.

Health Benefits

Open Season



Jim Eagen

Health Benefit Plan
Representative

The 2008 Health Benefit Open Season was a great success. The NALC Health Benefit Plan saw its rolls grow by over 26,000 members. The savings in premiums for many of our members who enrolled in the NALC Health Benefit Plan rather than a similar plan was like receiving a COLA adjustment of over \$1,200. In addition to the savings, those in the NALC Plan enjoyed many improved benefits.

We are hoping for even better results this year. The NALC has already put the wheels in motion to ensure that our Plan is an even better option for our members in 2009. The NALC Plan has already received approval for this year's benefit package by the Office of Personnel Management. The next step is to negotiate the premium rates for that package.

“The NALC Health Benefit Plan is your plan. Only you, the member, can make it greater than it already is.”

Open Season this year is from November 9, 2009 through December 14, 2009. I realize we are still a couple of months away, but it is never too early to start thinking about improving your benefits and saving some money. Those two reasons alone should be enough to persuade anyone into at least looking at the NALC Health Benefit Plan. The national debate over health insurance reform is yet another reason to consider the NALC Plan. This is the perfect time to be covered by a well funded plan with a great history of service and provider options.

Perhaps the best argument for joining the NALC Plan is the fact that it is operated entirely by your union. Unlike many of the competing plans, the NALC Plan is a non-profit plan. All of the premiums paid by the members are reinvested with an eye towards improving benefits. The more members who join our Plan, the more premiums we have to operate with, and the better benefits we will be able to offer.

The NALC Health Benefit Plan is your plan. Only you, the member, can make it greater than it already is. I strongly urge each and every member to enroll in the NALC Plan this Open Season. Join in solidarity with your union sisters and brothers who are already enrolled, and let's make the NALC Health Benefit Plan the best it can be.

Great Plan!

Great Service!

Great Premiums!

That is your NALC Health Benefit Plan.

BE PROUD TO BE UNION!!!

Enroll this Open Season!!!

Branch 38 Holiday Party

When: Saturday, December 19, 2009 - 7:00-11:30 PM

Where: The Chandelier Restaurant - Belleville, NJ

Tickets: \$25.00 Each - Each Member May Purchase 1 Guest Ticket

Includes: Dinner, Beer, Wine, Soda, Dancing, & Door Prizes

For Tickets Call the Branch Office - (973)564-7244

Don't Forget to Vote!!!



Tony Massa

Third Vice President

I'd like everyone to take out your calendars and put a big red circle around November 3. Election Day falls on November 3 this year, and it's as important as ever that we all get out and vote.

This year's election may not have the excitement that 2008 had, but is crucial that the momentum created in 2008 be maintained into the future. Labor organizations around the country, especially NALC, had a major impact on the outcome of the 2008 contests, and we must build upon that success in order to have our voices heard in future elections.

Like it or not, political activism is a critical component to the future of the Postal Service and letter carrier jobs. There are forces out there that would love to see the Postal Service privatized and manned by cheap, non-union workers. These people are constantly working for candidates that support their position, and we must do the same. If we don't take our place at the table, someone else most certainly will. The enemies of organized labor would like nothing more than an apathetic work force.

You've been reminded time and time again of the importance of becoming an e-Activist and signing up as an automatic contributor to COLCPE. It is no exaggeration when we say that the future of our jobs depends on your support of these important NALC programs. I personally ask you to become an active participant by joining your fellow carriers in these efforts. Most importantly, however, you must register to vote and have your voices heard at the polls on Election Day.

In this age of computers and daily opinion polls, every candidate knows who votes and what issues are important to those voters. As more union workers exercise their right to vote, candidates become more interested in our issues. The right to vote is more than just a right, it is an obligation. You owe it to your families and fellow workers to be there on 11/3/09.

Retiree Breakfast - October 18, 2009

Branch 38's Annual Retiree Breakfast will be held at the Chandelier Restaurant, 340 Franklin Ave., Bellville, NJ on Sunday, October 18, 2009. This important legislative event will commence promptly at 9:00 AM.

All of New Jersey's Congressmen, Senators and Members of the House have been invited to attend and share their views regarding legislation important to letter carriers and retirees. National Business Agent Larry Cirelli and Tim O'Malley, NALC Director, Health Benefit Plan will be present and will bring us up to date on Postal Service issues at the national level.

Please join us for breakfast and an opportunity to meet with your Congressional Representatives. There is no charge for this event, however we do ask that you contact us in advance so that we are able to make arrangements with the restaurant. Please detach the form below and return it to us no later than October 1, 2009.

If you have any further questions, please contact Jim Eagan at 973-564-7244 (Ext. 21). We look forward to seeing you at the breakfast!

NJ Merged Branch 38 - Retiree Breakfast 2009

Name _____

Mail To: **Jim Eagan, Director of Retirees
NJ Merged Branch 38, NALC
374 Morris Avenue
Springfield, NJ 07081**

Office _____

Phone # _____

Number Attending _____

Safety First

Fall & Winter Delivery



Ralph Silvestri

Director of City Delivery

First, I hope that you and your families have had a safe and enjoyable summer. As we now head towards the latter part of the year, safety on the job demands even more of our attention.

I want to take this opportunity to express to all letter carriers the need to use extreme caution while delivering mail during the

upcoming months. Children will soon be returning to school and their presence will be seen on almost every street each day. As you drive your vehicle from street to street, expect the unexpected from children, especially now when we are losing minutes of daylight each day.

The later part of the fall will be here before we know it. There are two important reasons why we should be

***There are no winners when
a letter carrier is
injured on the job.***

careful to always avoid driving through or parking over leaves. First, there is always the chance that the hot vehicle parts will ignite the dry leaves and start a fire. Even more importantly, children enjoy hiding and playing in piles of leaves in the street. When you see a pile of leaves, assume there is a young child underneath and hidden from view.

As you deliver your routes during the upcoming months, make sure you become familiar with your surroundings. Whether driving or walking, take time to notice potential safety hazards along your route. Remember, with the loss of daylight each day, the conditions may vary in each area of your route from day to day. Adverse weather conditions may also impact how you go about delivering your route.

As winter sets in, make sure you are prepared to dress appropriately according to the weather conditions. The proper footwear is especially important. Always use caution and common sense when either walking or driving under inclement conditions. There are no winners when a letter carrier is injured on the job. Everyone pays; you, your family, your co-workers, and the Postal Service.

Remember, SAFETY is always your call and your responsibility while you are performing your duties as a letter carrier. Your safety, and the safety of others, should always be your top PRIORITY.

NJ MERGED BRANCH 38 – COLUMBUS DAY GOLF OUTING

MONDAY, OCTOBER 12, 2009

BUNKER HILL GOLF COURSE - GRIGGSTOWN, NJ

FEE - \$95 per Golfer

Price Includes: Golf, Cart, Steak Dinner, Beer, Soda, Hot Dogs & Prizes

To reserve a spot for your foursome call:

Mike O'Neill 973-564-7244 (Ext. 18) or Charlie Connell 732-634-6104

All Proceeds Go To MDA

Six Day Delivery *Adds Up To Survival*



John Sheridan

Corresponding Secretary

The Postal Service has recently notified NALC that they intend to conduct a study on the probable impact of switching from six to five day delivery. Their ultimate goal is to eliminate Saturday delivery by October of 2010. If this plan is allowed to become reality, it would have a disastrous effect on our jobs, benefits, and the service we provide to 145 million businesses and households in America.

The problems with this toxic and destructive plan are many. Reducing service will drive mailers away from the Postal Service. Further reductions in volume will eventually lead to additional service cut backs and declining revenue. The Postal Service will be thrust into a certain death spiral. Delivery service competitors like UPS or Fed Ex would step in and fill the Saturday delivery vacuum. The lost business will be difficult, if not impossible, to recoup when the economy finally recovers.

Rough estimates are that about 25,000 city delivery carrier positions would be lost nationwide. As the number of letter

carriers is reduced, so too is our political influence. Our ability to protect the wages and benefits of both our active and retired members would be dramatically diminished.

Five-day mail delivery is a toxic short term solution that will plague the Postal Service for years to come. It will also inhibit the economic recovery of the nation's businesses and financial institutions. The Postal Service and the economy are inextricably intertwined. As the Postal Service declines, so will other businesses that are dependent upon six day mail delivery. Mailers and advertisers cannot conduct business without a viable and cost effective Postal Service to deliver their goods and services. Ultimately, the only real way out of a recession is to restore consumer confidence by creating jobs, not eliminating them.

The Postal Service cannot arbitrarily eliminate Saturday delivery without a ninety (90) day review by the Postal Regulatory Commission. The Postal Service would then have to petition Congress to change the law mandating six (6) day mail delivery. The Postal Service has already set the wheels in motion in their quest for five day mail delivery. They have notified NALC at the national level that a Postal Regulatory review has been implemented. On July 7, 2009, NALC requested information and data relative to that study. To date no information has been provided.

On August 6, 2009, Postmaster General Jack Potter testified before a Congressional subcommittee and presented the Postal Service's grand plan for five day delivery. NALC President Fred Rolando also testified before that subcommittee. President Rolando countered the arguments put forth by

Mr. Potter and emphasized the dire consequences that five (5) day mail delivery would have on the ability of the Postal Service to survive. Fred also laid out a number of viable alternatives to Potter's plan including the passage of HR 22, the expansion of the Customer Connect program, and the success of the MIRAP process. All of these alternatives will continue to help generate savings and grow the business. The testimony of both Postmaster General Jack Potter and NALC President Fred Rolando can be accessed on the NALC web site at www.nalc.org.

President Rolando has notified our members that we will vigorously oppose five (5) day mail delivery and commit all our resources to that fight. Branch President Maglio has followed our national president's lead, urging every carrier, their families and friends, to contact their representatives in both houses and encourage them to vote against any legislation that eliminates six (6) day mail delivery.

The Branch is also conducting a drive to increase our donations to COLCPE via pay roll deductions. It is turbulent times like these when one can really see the important role that COCLPE donations play in protecting our jobs, wages and benefits. If you need help signing up for COLCPE deductions, you can contact your steward or area representative for assistance.

If you do not know what legislative district you live in or who your representatives are, you can find that information on our web site at branch38nalc.com. We need every carrier to get involved. The stakes are high and it is a fight that we cannot afford to lose. Make that phone call and sign up for COLCPE.

FMLA PROTECTION

SIMPLIFIED



Pat Flannery

Recording Secretary

The most common problem we see with FMLA is that carriers are not aware of their rights or are hesitant to exercise them. Every letter carrier should be aware of their rights under the Family Medical Leave Act. You may be subject to discipline for poor attendance in cases where the FMLA would prevent such action. The purpose of this article is to give you a basic working knowledge of the law in order to help determine if you qualify for FMLA and how to obtain its protection.

FMLA has nothing to do with money. You must use either sick leave or annual leave for pay purposes. You may also use leave without pay for FMLA protected absences, however you will not receive any pay. FMLA only prevents management from using covered absences against employees. Whether the pay status used under FMLA is sick leave, annual, or LWOP is irrelevant.

It would take this entire issue and more to cover every detail of FMLA. I have made available a document which covers the key points of FMLA on the Branch 38 website. It can be obtained on the branch web site Tools & Research page (FMLA Key Points) or by contacting your Area Representative. That document covers 99% of all questions related to FMLA.

If you or a family member has a qualifying condition you must request FMLA coverage. Although it is management's responsibility to inform you of your rights under FMLA in situations where it might reasonably apply, do not rely on management to fulfill that responsibility. If you suspect that your absence may qualify under FMLA, request and complete the proper WH-380 Form and submit it within the time limits to obtain protection. You can request the necessary forms when you call in through the automated system, from your local managers, or from your Area Representative. They are also available on the Branch 38 website.

Do not be discouraged if the USPS FMLA coordinator denies your application at first. That seems to be the standard practice. If you get a denial letter from the coordinator notify your Steward or Area Representative immediately as there are time limits involved. We will help you have any deficiencies corrected and will call the coordinator if necessary.

The most common reasons for initial denial are that the medical certification is either incomplete or too vague. The best advice is to complete the proper WH-380 accurately and completely the first time. If you need assistance contact your Area Representative before submitting the request.

Applications are often initially denied when the doctor fails to specifically provide his estimate of the frequency and duration of absences anticipated as a result of the medical condition. Remind your doctor that the form is requesting only an estimate based upon his best medical judgment. Make sure your doctor completes that portion as fully as possible.

New forms were recently developed for requesting FMLA protection. They are the WH-380 E and WH-380 F. The first is for when the employee has a qualifying condition, and the second for when it involves a qualifying family member. The new forms are also available on the Branch 38 web site. If you do not have access to the internet just ask your Shop Steward or Area Representative for whatever you need.

It is critically important that you become educated about your FMLA rights and that you use them for your protection. The USPS is continually mandating the local managers to monitor employee attendance and encourages that they issue discipline to discourage further absences. If you are entitled to FMLA protection for covered conditions and related absences, it is foolish and dangerous not to protect yourself.

As mentioned earlier, FMLA is involved and complex. Do not let that fact deter you from exercising your rights. Be persistent in getting the FMLA protection you are rightfully entitled to when you have an illness or injury that is covered. Remember that your Shop Stewards and Branch Officers are here to help. Additional, more specific, information regarding FMLA is available on the branch web site: www.BRANCH38NALC.com

Your Right To *Medical Treatment*

This article will focus on inquiries from carriers concerning medical treatment due to on-the-job injuries. If an employee requires medical treatment because of a job related injury, the supervisor should promptly complete the front of Form CA-16 within four (4) hours of the request whenever possible. Remember, Form CA-16 can only be issued and authorized by management at your installation. Do not be misled that this form is no longer used.

In an emergency situation when there is no time to complete a Form CA-16, the supervisor may authorize medical treatment by telephone and then forward the completed form to the medical facility within 48 hours. If the employee has reported an injury several days after the fact or did not request medical treatment within 24 hours of the injury, the supervisor may still authorize medical care using Form CA-16. Be advised, that Postal Agencies will use discretion in issuing authorization for medical care under such circumstances, but employees should not be penalized for short delays in reporting injuries. The supervisor may, however, refuse to issue a CA-16 if the request is not made within 7 days from the date of injury.

The basis for that provision being that the need for immediate treatment would normally have become apparent within that period of time. An employee may not use Form CA-16 to authorize his/her own medical treatment.

The choice of physician is another issue that raises many questions with our members. The employee is entitled to select his choice of physician or facility to

“The employee is entitled to select his choice of physician.”

seek treatment. The provider must meet the definition of “physician” under the FECA and must not have been excluded from payment under the program. An agency may make its own facilities available for examination and treatment of injured employees, but may not mandate use of its facilities to the exclusion of the employee’s choice. Physicians employed by or under contract to the Postal Service may examine the employee at the

by Pete Maglio

agency’s facility in accordance with OWCP regulations, but the employee’s choice of physician must be honored, and treatment by the employee’s physician must not be delayed.

The original treating physician may wish to refer the employee for specialized treatment or for further testing. The treating physician may do so on the basis of the Form CA-16 already issued; it is not necessary to issue additional authorizations for treatment. Both the original physician and any physician to whom the employee is referred are guaranteed payment for 60 days from the date of the issue of CA-16 unless OWCP terminates this authority at an earlier date. Treatment may continue at OWCP expense if the claim is approved.

Should the employee wish to change physicians after the initial choice, he or she must contact OWCP in writing for approval and include the reasons for requesting the change.

Worried about the future of the USPS?

Worried about the future of your job?

Tired of listening to all of the rumors?

Want to know what’s really going on?

**Sign Up as an e-Acivist
Now!!!**

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

Want to keep your job?

Want to keep your health benefits?

Hoping to collect a pension some day?

Would you like someone looking out for your interests in Washington?

Sing Up for COLCPE Now!!!

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

THE SENTINEL

NJ Merged Branch 38, NALC
374 Morris Avenue
Springfield, NJ 07081

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U.S. POSTAGE
PAID
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TRENTON
NEW JERSEY

ADDRESS SERVICE REQUESTED



Branch Meeting Information & Directions

Meetings are held at 7:30 PM on the first Wednesday of each month.

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.