



# NAPS Branch 61 NEWS



Volume 8 Issue 1 Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment. ~Benjamin Franklin (1706 - 1790) January 2008

## Executive Board

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*Recording Secretary*

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**Mary Mitchell**

## President's Corner



In my last article I wrote concerning all of the stressors affecting us on a daily basis. These stressors are not going to go away so how do we deal with stress? Some of us do a good job of dealing with stress and some of us don't! Some of us are naturally laid back and then there are those of us who go the extreme and react in a negative manner. No matter what, the consequences of not managing our stress could be detrimental to our health. We cannot function properly in our jobs, with our families and friends when we are overly stressed. So how do you manage stress? There are many ways you can manage stress. They include: relaxation techniques (such as yoga), healthy eating, support through friends, a counselor, and/or exercise. Easier said than done, but we must make time for ourselves. We need to work together (there's that teamwork again) despite what others may think. Most of us are good in different areas of our jobs. You need to assist those who are weak in an area you are strong in, such as PEG. If you know someone who is experienced with PEG and you are struggling, call them for assistance. I know several Postmasters who are willing to loan out their Supervisors to other offices that need help. We need to ask for the help we need.

We know the Postal Service has never been quick to say thank you for a job well done. The Postal Service concentrates on the negative aspects of our jobs. When things do not go right, management is quick to criticize you, tell you what a crappy job you did and then threaten you with removal. Look at the e-mails we receive most are negative. Most of the phone calls that we receive are negative. What does this do to us? It makes us negative, it makes us unresponsive, unwilling to perform, and we lack concern. It's up to us to change this behavior. We need to start saying, "Thank you, you did a good job!" I'm not saying to ignore correcting something that was done wrong, but let's focus on what was done right. You will get a lot more respect from your subordinates when you praise both the good and recognize the bad.

What's going to happen when we start doing this? Your

Continued on Page 2

## **Inside this issue:**

President's Corner (continued)	2
Next Meeting Notice	2
NAPS Announces LTS Agenda By Bruce Moyer	2
November 2007 Meeting Minutes By Tena Ivory	3
What is Toastmasters? By Mary Mitchell	3
Branch 61 Financial Statement - by Anne Kush	4
Toastmasters (continued) Postal History - from USPS Web Pg	4

## **Who Are You?** - by Sylvester Black, VP, Western Area Operations

Sometimes it's difficult to differentiate our work from the rest of our lives. After all, we spend most of our waking hours at work. Our livelihood and basic daily needs depend on our employment. Our jobs fund our leisure. They pay for our vacations and fund our purchases. Our future and our retirement are largely dependent on our present employment. In many ways, work is woven into our every activity.

But what you *do* does not define who you *are*. Your title may change a half dozen times or more throughout your career, but you should remain the same person. Don't let your position define the unique person that you are.

We don't really need just another customer service manager or maintenance supervisor or Postmaster or retail clerk or carrier. But we do need you. We need your vision and inspiration and energy. We need your commitment and engagement. We need your unique set of skills to round us out.

Don't get so wrapped up in your work that you forget who you are.

**President's Corner**—from front page

stress level will go down. If you're having a particularly bad day, get out of the office and go for a walk. Take your lunch and think of something positive in your life, or call a friend. How many of us actually take a lunch? We have so much to do, most of just keep working. Is anything going to change by staying and working through your lunch? I don't think so! A mentor of mine told me long ago whatever you do, you will benefit (as well as others around you) from getting out of the office everyday and taking your lunch. I went to a seminar several years ago and one thing that was said sticks out in my mind. If you really are angry with someone, write their name on a piece of paper, put it in your shoe and you can walk all over that person, all day long. Trust me it works. You will feel better!

Stress brings about anxiety, worrying, forgetfulness, mood swings, confusion and insecurity. Those under a lot of stress only see the negativity (does this sound like your boss?) I do understand that our bosses are under a lot of stress, but it is how you handle the stress that will bring either productivity or a lack of caring and self-loathing. which way would you like to handle stress?

When your employees are on you for whatever reason, don't take it personal. They are not necessarily angry with you it's the system they're unhappy with. Quit taking it personal. This will relieve a lot of stress.

When you go home at night, leave the Post Office behind. It will be there

**Next Branch Meeting**

**The Branch 61 Meeting will be held on Tuesday, January 29, 2008, at The Fraternal Order of Eagles Club, 6205 S Corson Ave Seattle, WA at 7:00 p.m.**

tomorrow! Trust me on this one! Remember whenever you are feeling stressed where ever you are take a stress break, your health depends on it!

I hope to see you at our General Membership Meeting on Tuesday, January 29 at 7:00 p.m. Let's make it a good month.

**NAPS Announces Its 2008 Legislative Training Agenda** - From Bruce Moyer NAPS Legislative Counsel

As planning continues for the NAPS 2008 Legislative Training Seminar, here are the issues and bills that NAPS delegates will take to Capitol Hill to discuss with their House and Senate lawmakers during the NAPS 2008 Legislative Training Seminar in Washington (April 1-2):

**1. Expand the Use of Voting by Mail in Federal Elections**

NAPS supports mail-in voting and the expansion of assistance to ensure that voting by mail is carried out responsibly. The Universal Right to Vote by Mail Act (H.R. 281) guarantees the right of any eligible voter to vote by mail in a federal election. The Vote by Mail Act (H.R. 1667 and S. 979) provides for federal grants to participating states for the implementation of procedures for the conduct of all elections by mail at the state or local government level. The Mail-In Ballot Tracking Act (H.R. 1646) requires states to implement procedures for tracking ballots which are transmitted by mail.

**2. Expand Health Care Access through Premium Conversion for Postal and Other Retirees**

NAPS supports the expansion of health care access through a change in the tax laws to permit federal retirees to pay their health insurance premiums with pre-tax earnings. Senate and House bills (S. 773 and H.R. 1110) allow federal civilian and military retirees to participate in "premium conversion" through payment of their health insurance premiums with pre-tax earnings.

**3. Protect the Federal Employment Rights of Military Veterans**

The nation's appreciation to nation's veterans for their sacrifice is embodied in veterans employment laws. NAPS supports the Veterans Reassignment Protection Act (H.R. 728) which prohibits the U.S. Postal Service and federal departments and agencies from implementing personnel policies that deny the application of veteran preference protections. The measure also guarantees to veterans the right to appeal involuntary geographic reassignments during downsizing actions carried out by their federal or postal employer.

**4. Provide Sick Leave Credit for FERS-Covered Employees**

NAPS supports providing FERS employees with some form of credit for accumulated sick leave at retirement to deter the abuse of sick leave by employees during the time leading up to retirement. Legislation may be introduced on this issue by the time of the LTS.

## November 2007 - Branch 61 Meeting Minutes - By Tena Ivory, Recording Secretary

7:09 p.m. President Cindy McCracken called the General Membership Meeting to order.

- Yolanda Grayson led the Pledge of Allegiance.
- Cindy reported: at the November NW Area President's meeting in Boise she attended, Service Workload Credits (SWCS) were discussed. If SWCS says your station is entitled to 2 supervisors it that means 2 supervisors and a manager. The manager is not included as a supervisor.
- Mary Taylor the Spokane NAPS Auxiliary representative presented forms to sign up for an auxiliary. Any relative can join the auxiliary and must be 16 years of age.
- The NAPS National Convention will be held in Louisville, KY is Sept 8-12.
- Ben Clapp asked us to send 15 members to the NW Area Convention in to be held in Boise Idaho in May.
- SPAC contributions can be made online at the NAPS Web Page.
- The NW Area is selling raffle tickets for \$20.00 each. The drawing will be held at LTS in March. All donations in excess of prizes listed below will be donated to SPAC. First Prize is \$1250.00, Second Prize is \$500.00 and Third Prize is \$250.00. Only 500 tickets will be sold.
- The 2009 NW Area State Convention will be held in Bend, Oregon, most likely in the April/May timeframe.
- A list of Seattle Branch EAS-17 Supervisors who are not NAPS members was reviewed. There are 192 non-members. The call to Branch 61 membership is recruit a new member. NAPS HQ still will provide a new member recruiter with a \$50.00 Series EE US Savings Bond.
- Bjoern waived the reading of the minutes, Janet Doyle seconded the motion, all were in favor.
- The Treasurer Report was given by Rich Wilson. Rich Wilson motioned the report be approved as read, Bjoern seconded the motion, and all were in favor.
- Bjoern Gruetzmacher gave the Legislative Report. A Bill is being introduced for FERS employees to get credit for accumulated sick leave. Congressman Norms Dicks (D-6<sup>th</sup> WA) has signed on as a co-sponsor of Premium Conversion.
- Submit any Resolutions for the National Convention
- Ted Keating, Louis Atkins, will run for re-election. John Aceves has announced he will run for National Secretary/Treasurer against incumbent Jay Killackey

### New Business:

- Mary Mitchell suggested that we have guest speakers at our General Membership Meetings.
- Suggestions for topics, Stress, David Picard as the speaker, Dress for Success, Toastmasters, Finance. Finance is still having problems with the new rate pricing.
- Mary Mitchell would like to see a Thank You card sent new members i.e., NetPost post card.
- Nick Chick made a motion to remove Lou Kush as a credit card holder (Community 1stCredit Union) for Branch 61 as he is no longer a member of Branch 61 and have one issued in the name of Eugene H. Williams, Branch 61 2nd Vice President. Rich Wilson seconded the motion. There was no discussion. The motion passed unanimously
- An Executive Board meeting will be held after the General Membership Meeting.
- Ron Hanson won the \$25.00 door prize.
- 7:59 p.m. The meeting was adjourned.

## What is Toastmasters? - By Mary Mitchell, Branch 61 Trustee

### **No, we don't make toasters**

From their humble beginning in 1924 at the YMCA in Santa Ana, California, Toastmasters International has grown to become a world leader in helping people become more competent and comfortable in front of an audience. The nonprofit organization now has nearly 220,000 members in 11,300 clubs in 90 countries, offering a proven – and enjoyable! – way to practice and hone communication and leadership skills.

Most Toastmasters meetings are comprised of approximately 20 people who meet weekly for an hour or two. Participants practice and learn skills by filling a meeting role, ranging from giving a prepared speech or an impromptu one to serving as timer, evaluator or grammarian.

There is no instructor; instead, each speech and meeting is critiqued by a member in a positive manner, focusing on what was done right and what could be improved.

Good communicators tend to be good leaders. Some well-known Toastmasters alumni include: **Peter Coors** of Coors Brewing Company **Debbi Fields**, founder of Mrs. Fields Cookies, **Tom Peters**, management expert and author, and **Linda Lingle**, Governor of Hawaii

### **How to Become a Member! Start by visiting a local Toastmasters club!**

Each group has a different personality – you may wish to visit more than one group. Visit the Toastmasters International web site to find a club near you. Call or email in advance (if possible) to confirm meeting time and location. After you

**Return Service Requested**

**FIRST-CLASS MAIL**

<p align="center"><b>NAPS Seattle Branch 61 Financial Statement November &amp; December 2007</b></p>	<p><b>Postal History</b> - from USPS Web Page</p>	<p>parallel track in a race at Ellicott's Mills, Maryland. Later, however, a steam locomotive reached the unheard-of speed of 30 miles per hour in an 1831 competition in Baltimore.</p>																								
<table border="0"> <tr> <td><i>Opening Bank Balance</i></td> <td align="right">\$ 21,509.35</td> </tr> <tr> <td align="center"><b><u>Income</u></b></td> <td></td> </tr> <tr> <td>Member Dues</td> <td align="right">\$ 3,697.50</td> </tr> <tr> <td>Interest</td> <td align="right">10.44</td> </tr> <tr> <td><b>Total Income</b></td> <td align="right">\$ 3,707.94</td> </tr> <tr> <td align="center"><b><u>Expenses</u></b></td> <td></td> </tr> <tr> <td>Legal Retainer</td> <td align="right">\$ 621.00</td> </tr> <tr> <td>Newsletter</td> <td align="right">261.82</td> </tr> <tr> <td>NW Area President's Mtg.</td> <td align="right">200.80</td> </tr> <tr> <td><b>Total Expenses</b></td> <td align="right">\$ 1,083.62</td> </tr> <tr> <td>Income/Expenses</td> <td align="right">\$ 7,876.61</td> </tr> <tr> <td><i>Closing Bank Balance</i></td> <td align="right">\$24,133..67</td> </tr> </table>	<i>Opening Bank Balance</i>	\$ 21,509.35	<b><u>Income</u></b>		Member Dues	\$ 3,697.50	Interest	10.44	<b>Total Income</b>	\$ 3,707.94	<b><u>Expenses</u></b>		Legal Retainer	\$ 621.00	Newsletter	261.82	NW Area President's Mtg.	200.80	<b>Total Expenses</b>	\$ 1,083.62	Income/Expenses	\$ 7,876.61	<i>Closing Bank Balance</i>	\$24,133..67	<p>Some three decades before the Pony Express galloped into postal history, the "iron horse" made its formal appearance. In August 1829, an English-built locomotive, the <i>Stourbridge Lion</i>, completed the first locomotive run in the United States on the Delaware and Hudson Canal Company Road in Honesdale, Pennsylvania. In 1830, the Baltimore &amp; Ohio's <i>Tom Thumb</i>, America's first steam locomotive, successfully carried more than 40 people at over ten miles per hour. This beginning was considered less than auspicious when, in late August 1830, a stage driver's horse outran the <i>Tom Thumb</i> on a</p>	<p>The Post Office Department recognized the value of rail to move mail as early as November 30, 1832, when stagecoach contractors on a route from Philadelphia to Lancaster, Pennsylvania, were granted an allowance of \$400 per year for carrying the mail on the railroad as far as West Chester from December 5, 1832. Although the Department apparently awarded several contracts for rail transportation as a part of stagecoach routes in succeeding years, the Postmaster General listed only one railroad company as a contractor during the first six months of 1836, for Route 1036 from Philadelphia to Mauch Chunk, Pennsylvania. The Department appointed the first route agent, John Kendall, nephew of Postmaster General Amos Kendall, to accompany the mails between Albany and Utica, New York, in 1837. An act of July 7, 1838, designed all United States railroads as post routes, and railroad mail service increased rapidly.</p>
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<p><b>What is Toastmasters?</b> - (continued)</p>	<p>attend a meeting, you can apply for membership. It is affordable at about \$40 every 6 months. Being a Toastmasters member has been very rewarding for me. The most rewarding moment was when I placed 1st in the District's Humorous Speech Contest in 2002. This was my first year as a Toastmasters member and never in a million year would I have imagined standing before a crowded room of people delivering a speech. Toastmasters is more than just giving a speech. You learn how to prepare an effective speech, how to present impromptu talks and skills on how to be a presenter or (MC) Master of Ceremony. The knowledge, experience and confidence that I have gained by being a member of toastmaster is priceless. If you would like to know more about Toastmasters visit:<a href="http://www.toastmasters.org">http://www.toastmasters.org</a>.</p>																									