



# ***WAKE UP!***

President/ Editor  
Daniel P. Wheeler

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Acton , Amesbury , Andover , Bedford , Beverly, Billerica , Burlington , Chelmsford , Concord , Danvers, Dracut , Gloucester, Haverhill, Holliston, Ipswich, Lawrence, Lowell, Lynnfield, Manchester, Marblehead, Maynard, Merrimac, Newburyport, North Chelmsford, North Reading , Peabody, Reading, Rockport, Salem , South Hamilton, Sudbury , Tewksbury , Topsfield, Wakefield , Wayland , Wilmington , Winchester

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Branch 25 Treasurer Jim Nutter, pictured here with former Branch Officer Mike Kavanagh, announced that the December 2023 branch meeting would be his last as Treasurer. Jim has held this position since 1988! Thank you Jim for all your years of dedication to Branch 25!

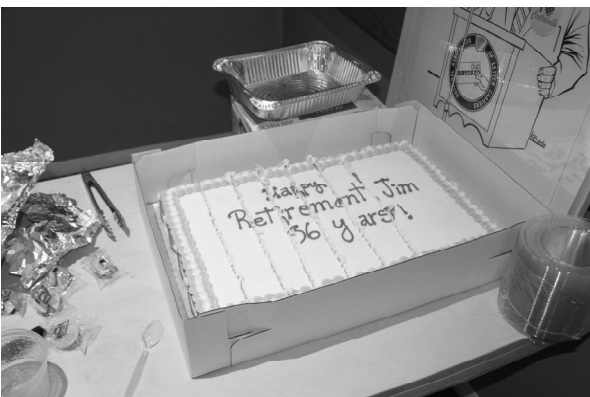
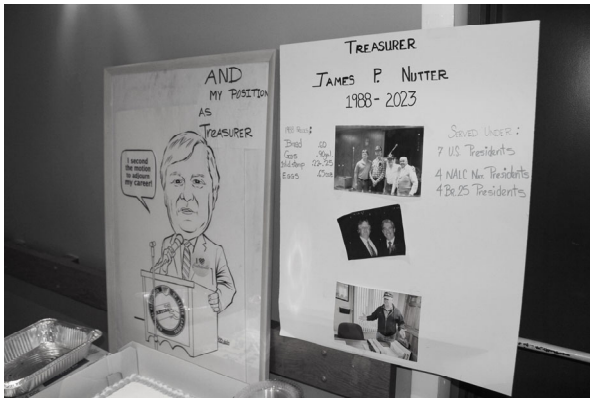
## President's Message

Starting this month, Branch 25 will have a new treasurer for the first time in thirty-five years! Thirty-five years is a long time to do anything. Many of the retirees we honor at branch meetings don't even have that many years with the Postal Service! To put Jim's career as Branch 25 officer into perspective, there have been four NALC national presidents and seven United States presidents during Jim's tenure as treasurer.

I want to personally extend my thanks and gratitude on behalf of Branch 25 to Jim for all his hard work and dedication through the years. The branch is in capable hands as Assistant-Treasurer James Metilinos will be assuming the treasurer role but, Jim will be missed! Thanks for everything Jim!

2023 was a busy year here in Branch 25. As of the (almost) end of the year there have been 508 total grievances in the branch. The breakdown of those grievances is as follows:

<u>INSTALLATION</u>	<u>GRIEVANCES</u>
LAWRENCE	168
BEVERLY	96
LOWELL	40
WOBURN S & DC	37
GLOUCESTER	28
PEABODY	19
BILLERICA	18
SALEM	16
HAVERHILL	12
WAYLAND	11
AMESBURY	10
NEWBURYPORT	10
MARBLEHEAD	10
SUDBURY	9
DRACUT	8
HOLLISTON	4
ANDOVER	3
ACTON	3
CHELMSFORD	2
DANVERS	2
CONCORD	1
MANCHESTER	1
<b>TOTAL</b>	<b>508</b>



In Solidarity,

Dan Wheeler

# Executive Vice-President's Report

I hope everyone had a safe and healthy Christmas season. I know it was busy. We are now at the point when the daylight will increase a couple minutes per day, not much but enough to make a difference in a few weeks. Most carriers will still be finishing their assignments in the dark, so be careful. There is no need to rush what you are doing to hopefully finish before dark, safety is far more important. Please don't skip any breaks or lunch, this is part of your day and included in your pay.

As of 12-16-23, we are in a new leave year and our annual leave maximum carryover is 520 hours for the year 2024. We don't know at this point if this figure will carryover into 2025, so please plan accordingly. I know it is early to discuss this, but you don't want to be close to the end of 2024 with an AL balance of over 520 hours. If you have no intention of using earned AL over the 520 hours there are options to donate the leave to someone that has requested a donation. Sometimes it is easier to simply use a few days of AL. If you are having trouble getting AL approved, contact the Union office. Management is required to make sure you do not lose AL. Sick leave can not be donated.

Anyone that is planning on retiring this year should contact Shared Services well ahead of the date they wish to retire. OPM suggests requesting the retirement application, known as the blue book, 6 months ahead of time. You must give a date that you wish to retire to get the application. Once you receive the blue book you should set up a consultation with Shared Services to help you fill out the application. Sometimes it is months before a consultation appointment is available. In general, the application is not difficult, but it is still suggested you set up a consultation in case you have any questions. If you have any questions about retirement, call the Union office or the Retirement Department at NALC headquarters.

Many carriers are not fully aware of the reason that they may receive FMLA paperwork in the mail, after certain absences. Management is required to designate your absence as pending FMLA if they have enough information to determine that the absence might be covered. This generates the paperwork to be sent to your last known address.

It is up to you to get it filled out by a medical provider and send it back within the timeframe allotted, usually

15 days. If you need more time, you can usually get an extension. Some carriers ignore this paperwork, but I suggest it should be filled out. The sole purpose of FMLA protection is that the Postal Service can't act against you because of the absence. In other words, the absence can't be cited on discipline. Please don't ignore FMLA paperwork if it arrives at home, call the Union office with any questions.

I just want to take a minute to recognize and thank Jim Nutter for his service to the branch. Jim has been the branch Treasurer for the past 36 years and stepped down from his position as of the end of December. Jim has been the only Treasurer I have known in the branch as I started my career in January of 1988, the same year he became the Treasurer. The branch financial records have been audited many times by the Department of Labor and we have always complied. Jim also made sure we were following the IRS rules, with the help of our accountant Jack Barry. Jim has left the branch financial records clean, and I wish him the best. Good luck to his successor James Metilinos.

At this point it looks like the negotiations for our national agreement will be going to arbitration, but anything can change. Any updates will be on the NALC website and app. Happy New Year to all I hope to see you at the branch meeting on January 9<sup>th</sup>.

Keep your head up!

Paul Desmond

## Calendar of Events

January 8	College Football National Championship Game
January 9	<b>Regular Branch Meeting K of C Wilmington 8:00PM Food served at 7:15 PM</b>
January 15	Martin Luther King Day
January 27	International Holocaust Remembrance Day
February 2	Groundhog Day

Daniel P. Wheeler	President
Paul G. Desmond	Executive V.P.
Anthony Bossi	Vice President
Joe Stearns	Secretary
James Metilinos	Treasurer
Kenneth Dusombre	Health Benefits Rep.
Jim Salvati	Safety Officer
Doug Murray	Sergeant At Arms
Dan Raske	Chairman of Trustees
Bruce Johnson	Trustee
Tony Porciello	Trustee
Bob Cronin	Trustee
Gilbert Paredes	Trustee
Andy Coan	Assistant Secretary
Jeremy Provost	Assistant Safety Officer
James Tuttle	Assistant Wake Up Publisher
Wesley Tugman	Assistant Health Ben. Rep.

***Your “Wake-Up!” is produced in-house at the Branch 25 Union office each and every month.***

Mental health, according to the CDC, includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Some people who struggle with mental health may have a mental illness.

Mental illnesses are among the most common illnesses in the United States. 1 in 5 teens (ages 13-18) currently or at some point have had a seriously debilitating mental illness. 1 in 25 U.S. adults live with a serious mental illness. There are over 200 types of mental illness, and while there is no one cause for mental illness, there are several risk factors. These include adverse childhood experiences, experiences related to chronic medical conditions, substance abuse, and feeling lonely or isolated.

If you live with a mental illness, or even if you don't, the holidays can be a challenging time for everyone's mental health. Especially for us letter carriers. Everyone experiences some stressors unique to the holiday season. Spoiling your kids can strain your finances. You may feel that once a year is too frequent to see *some family members*. *You may feel that you don't have time to get it all done before Christmas Day.* *On top of all that, we letter carriers are working 60 to 70 hours a week, or more, to get the holidays delivered.*

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## Branch Meeting Attendance Prize

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Congratulations to retired Tewksbury Letter Carrier Charlie Jones. Charlie won the final attendance prize under the old structure at the December meeting.

Fortunately, EAP is here to help. The EAP professionals offer counseling, consultation, and coaching services to help Postal employees manage the challenges we face. Whether you need to call and talk with someone, or just want to browse the website for self-improvement tips, EAP is an invaluable resource for letter carriers and their families. Call them at 800-EAP-4YOU (800-327-4968), or visit [eap4you.com](http://eap4you.com).

Have a Safe and Happy Holiday Season,

Jeremy Provost

## From the Secretary's Desk

Hopefully, everyone had a great Holiday season and New Year's celebrations. I am sure a lot of New Years resolutions have already been broken. I know I will soon. 2023 seemed to go by like a freight train and, at times, felt like being hit by one. But it is past us now and on to the new. This upcoming year will be a big one for the NALC. At some point, we should have a new contract, whether it is by agreement or arbitration. I know our national officers are doing their best to get us what we deserve. Once that is complete offices and the branch will work on any LMOU's that might need some updating or changes. The 2024 national convention will be held right here in Boston this August. During this week there will be workshops before and after the convention itself each day. On the convention floor each day there will be votes on resolutions, motions made, various guest speakers and much more.

As I am writing this article it has been one year now since I was appointed to the position of Branch Secretary. I want to thank Dan Wheeler for having faith in me to do the job. I want to thank Tony Bossi, Andy Coan my predecessors and Dave Barbuzzi for their guidance and training to set me up for success. I would be remiss if I did not also thank all of the council members as well as the membership for their support. I promise to do my best to meet and exceed what is expected of me as I move onto year two.

I have a few things I really want to concentrate on this year now that I have made through the year. Most of it involves the upkeep of our address database. I will need the help of some membership for this. Next month I will list some offices we do not have stewards in. Now I am not trying to enlist stewards unless you want to. What I will look for is someone I can email or text when I need to update someone's address. Then they can either get it for me or forward it to the person I need. Hopefully, I can get some volunteers for this. It only helps us all to have everyone informed of the information and what is going on in the branch. As I always end this if you have moved, please update your address with the branch. You can call, write, or email me at JESBR25@gmail.com. See you at the branch meeting January 9<sup>th</sup>.


Snapple Fact # 1012 The King of Hearts is the only King without a mustache.

Joe Stearns

## New Members

We would like to welcome the following new members to Branch 25. Please help us in welcoming them and help them out in your stations.

Francis Delaney	South Hamilton
Joseph Finnigan	Billerica
Fatu Jallah	Lowell
Ian Mckinnon	Haverhill
Paul Moore	Burlington
Jason Palan	Merrimac
Rosario Richardson	Lawrence
Anthony Rivera Gil	Lawrence
Carl Shambaugh	Peabody
Michael Abbatessa	South Hamilton
Nicholas Cameron	Peabody
Graham Gilpatric	Maynard
Francisco Ledesma	Lawrence
Hernane Lima	Sudbury
Eddie Lynch	Newburyport
Sheila Moscat	Peabody
Jennifer Politano	Manchester
Crystal Shagouy	Salem
Richard Sigmon	Haverhill
Michael Vigliotta	Concord

 **BRANCH 25 RETIREE GRATUITY VOUCHER**


Name: \_\_\_\_\_  
(as it will appear on plaque)

P.O. Retiring from: \_\_\_\_\_

Phone number: \_\_\_\_\_

Retirement date: \_\_\_\_\_

Please note: Retiree must be a member in good standing at date of retirement. Retiree has 4 months from retirement date to remit this voucher to the branch office. Please mail to: NALC Branch 25  
2500 Main St, Suite 201, Tewksbury Ma, 01876



# December Branch Meeting



(above) Carriers lining up to get some Chinese food at the December branch meeting.



Branch 25 Trustees Dan Raske and Bob Cronin (above)



Branch 25 President Dan Wheeler and Holliston Carrier Jeremy Boucher (above). Former Branch 25 Secretary Mark Gangi and Exec VP Paul Desmond (below)



Branch 25 Treasurer James Metilinos and Vice-President Tony Bossi. (above)



President Dan Wheeler and Maynard Retiree Jim Cavalieri.



Salem Letter Carrier Dave Moulton was recognized on NALC's social media platforms on their #MemberMonday recently. Dave was delivering mail on his route when he saw a three-year old run past him with no shoes or jacket on. The boy had wandered out of his daycare and was alone on the street. Dave was able to secure the boy's safety and call 911. Through Dave's heroic action, the boy was able to be safely returned to his parents without incident. Great job Dave!

Cartoon below courtesy of Ken Bonin



**WAKE UP**

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First Class Mail  
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*at the next meeting*  
**January 9**  
**K of C Wilmington**  
**8:00 PM**



Billerica and Chelmsford carriers joined in congratulating Billerica's Mark Babcock on his recent retirement at the December branch meeting.