



**Report of the President**  
 William Piwowarski, MaRLCA President



**MA Spring State Meeting—May 1st, Marlborough**

The tentative contract, as I write this is not official and that it is in the hands of the voting members. I sincerely hope that all of you took the time to make your voice heard one way or the other. What I saw and read, it seemed to be a fair offer from both parties. There are always things that members will disagree with, but that is why we have the one member one vote.

The district meetings have been fairly well attended this winter/spring, I really doubt that it was to hear what I have had to say and more about having District Rep Art Courcy being there in person. Even with attendance being up there aren't that many members looking to be more active in the union. We

.....(continued pg 3)

**MA Rural Letter Carriers' Association Election Notice**

A secret ballot election for the Delegates of the MaRLCA to the 2022 NRLCA National Convention to be held in Orlando, FL on September 6-9, 2022 is being conducted by mail. Any eligible member who has not received a ballot or any member who spoils a ballot may request a new ballot by contacting Election Chairperson Camille Graves at 508-397-4541. If you request and return another ballot, only the replacement ballot will be counted.



Elections Committee Meeting

Friday, April 29th  
 Hampton Inn  
 735 Union St  
 Franklin, MA 02038

Any member running for State Office or National Delegate has the right to observe the counting of the ballots by the Elections Committee.  
 Please arrive by 9 a.m.

**Inside this issue:**

<b>Election Notice</b>	<b>1</b>
<b>Calendar of Events</b>	<b>2</b>
<b>Officer Reports</b>	<b>1-7</b>
<b>Election Candidate's Corner</b>	<b>6-7</b>
<b>From the DR's Desk</b>	<b>8-9</b>
<b>From Your ADRs</b>	<b>10-12</b>
<b>PAC Update</b>	<b>13</b>
<b>Accident Procedures</b>	<b>14</b>
<b>Steward Listings, EAP, and Officer Listing</b>	<b>15-16</b>

**Future Dates to Remember**

- **May 1** — State Spring Meeting, Best Western, Marlborough
- **May 8** — Mother's Day
- **May 21** — Armed Forces Day
- **May 30** — Memorial Day
- **Jun 14** — Flag Day
- **Jun 19** — Father's Day
- **Jul 4** — Independence Day
- **Aug 31** — Back Roads Journal Deadline
- **Sep 5** — Labor Day
- **Sept 6-9** — NRLCA National Convention, Orlando, FL

MARLCA EDITOR

*Kathy Makowski-Cote*  
*backroads.marlca@gmail.com*

**FALL EDITION  
 DEADLINE  
 WED AUG 31**

*Address Change:  
 You can log on to  
<http://liteblue.usps.gov>*

The Backroads Journal is a publication of the MARLCA. Opinions and views expressed in this newsletter are those of the writer and do not necessarily reflect or represent those of the Editor or the State Officers of the MARLCA.

# May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 State Mtg	2	3	4	5	6	7 PP-11
8 Mom Day	9	10	11	12	13 Pay Day	14
15	16	17	18	19	20	21 PP-12
22	23	24	25	26	27 Pay Day	28
29	30 Mem Day	31				

# June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 PP-13
5	6	7	8	9	10 Pay Day	11
12	13	14 Flag Day	15	16	17	18 PP-14
19 Dad Day	20	21	22	23	24 Pay Day	25
26	27	28	29	30		

# July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 PP-15
3	4 4th July	5	6	7	8 Pay Day	9
10	11	12	13	14	15	16 PP-16
17	18	19	20	21	22 Pay Day	23
24/31	25	26	27	28	29	30



## Report of the President

William Piwowarski



.....(continued from pg 1)

have been fortunate to fill the district positions and to those members I say thank you.

The state is still short an assistant secretary/treasurer, and possibly a state editor. If you feel that you could fill one of these positions, please contact me.

We have been doing the best that we can since last Fall by holding our meetings as best we were able to with what restrictions were placed on us by Covid and our National office. I won't say that things are 100% normal, but we are getting there. We did hold in person Fall District meetings and a Fall State meeting at which we had our National Officer and District Representative in attendance via Zoom.

Life goes on for us and you, our members. Next up is Eastern States Convention in Harrisburg-Hershey Pennsylvania. This year makes it three years ago that this conference was last held. We maintain connections through email, phone calls, etc. but there is nothing quite like being there in person to connect with other people. I hope that if you took the time to attend that you brought back information that you didn't previously know and maybe some new friendships.

At this writing I'm still not sure if the State President and Vice President will be going to Washington for Legislative Seminar, we can only hope so as it is a very informative session. I believe we have more impact on the Hill when we can meet with our Senators and Congressmen. It does help to contact them via email or calling their local office and letting them know our positions on all things Postal. When we look at postal reform and see that things seem to be moving on that front, you like to believe we have been heard.

This leads me to our Spring State meeting in May. You will be receiving ballots to vote on a slate of state officers and delegates to the National Convention, which it appears we will be having this year. I implore you take the time to vote. As members of the union, it is a right and a privilege to be able to cast a ballot and elect those members who choose to represent you. If you think it doesn't matter as no one runs against them, then just maybe you need to be more of an active participant. This union is all of its members.

I appreciate all your time and dedication to being the best rural carrier that you can be. Spring and summer are just around the corner, smile with the sun.

Respectfully,

*William J Piwowarski*, MaRLCA President



## Report of the Vice-President

Robert "Bob" Richardson



Fellow members of the Massachusetts Rural Letter Carriers' Association; this is my semi-annual report as required by our constitution.

Shortly after the State Meeting in the spring of 2021, I was appointed to this position due to the resignation of the State Secretary Treasurer and the realignment of the executive board. In May, my first duty was to attend the Legislative Seminar along with the State President. Due to Covid restrictions, this was handled as a "zoom" meeting from our homes, conducted by Paul Swartz, Director of Governmental Affairs. Again, due to covid restrictions we were not allowed to travel to Washington D.C. and go to the Capitol building to meet with the Senators, State Reps, Aides, etc. in person. Meetings were going to be either by "zoom" or just a phone call conversation.

This brings us into July where I, along with the 2 other State Officers and the three District Presidents completed the necessary financial forms, i.e. (LM 4, & I990N). During this time I also attended and assisted with the annual budget meeting to set the next years (2022) budget, and audited the states' finances along with the District Presidents.

The National Convention was once again cancelled due to Covid restrictions for the second year in a row. This brings us to September & October where I attended all 3 District meetings. During these months I researched and scheduled the venue for the annual fall meeting to be held in November and scheduled meeting venues for the upcoming Executive Board Meetings and the Elections Committee meeting.

During the months of January & February I once again researched and scheduled the venue for the annual spring meeting to be held in May. I attended all 3 District meetings and sat in on the "ratification" meeting that was conducted via "zoom" run by our National President Ronnie Stutts. In March, I will conclude my duties as State Vice-President by attending the Eastern States Convention representing the state of Massachusetts.

This has been a crazy year, but with the covid numbers finally heading in the down direction, hopefully we can get back to doing things the "old" or "original" way. It has been a pleasure acting as your State Vice-President. All my actions have been in your best interest.

Respectfully Submitted,

*Robert Richardson*, MaRLCA Vice-President



# Sec-Treasurer's Two Cents

Lorraine Pacheco



**A LOOK**  
*at the*  
**BUDGET**

5:15 PM  
03/09/22  
Cash Basis

## MaRLCA Statement of Financial Position As of March 9, 2022

	Mar 9, 22	Mar 9, 21	\$ Change
<b>ASSETS</b>			
<b>Current Assets</b>			
<b>Checking/Savings</b>			
1000000 · TD Bank	11,703.10	32,640.08	-20,936.98
1100000 · APCU Savings Account	206,507.52	125,205.54	81,301.98
1100500 · APCU Checking Account	5,004.35	0.00	5,004.35
<b>1200000 · APCU CD's</b>			
1200080 - CD #80	11,630.76	11,308.51	322.25
1200070 · CD #70	29,150.78	28,861.04	289.74
1200075 · CD #75	23,802.89	23,568.33	234.56
1200077 · CD #77	23,645.19	23,410.83	234.36
1200079 · CD #79	30,300.35	30,042.31	258.04
<b>Total 1200000 · APCU CD's</b>	<u>118,529.97</u>	<u>117,191.02</u>	<u>1,338.95</u>
<b>Total Checking/Savings</b>	<u>341,744.94</u>	<u>275,036.64</u>	<u>66,708.30</u>
<b>Total Current Assets</b>	<u>341,744.94</u>	<u>275,036.64</u>	<u>66,708.30</u>
<b>TOTAL ASSETS</b>	<u><b>341,744.94</b></u>	<u><b>275,036.64</b></u>	<u><b>66,708.30</b></u>
<b>LIABILITIES &amp; EQUITY</b>			
<b>Liabilities</b>	413.39	233.83	179.56
<b>Equity</b>			
3900 · Net Assets	279,959.74	204,771.71	75,188.03
Net Income	61,371.81	70,031.10	-8,659.29
<b>Total Equity</b>	<u>341,331.55</u>	<u>274,802.81</u>	<u>66,528.74</u>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<u><b>341,744.94</b></u>	<u><b>275,036.64</b></u>	<u><b>66,708.30</b></u>

---

## 2022 State Elections

### Candidate's Corner (in order of receipt)

---

I am running for Delegate to the 2022 National Convention in Orlando, FL. I have been a union member for 19 yrs, an Academy Instructor and the current District 2 President. I appreciate your prior support and I will fulfill the duties of a delegate by attending the appropriate meetings, reviewing & voting on the resolutions states have brought forward (resolutions that members have penned to improve our work environment and benefits) as well as voting for our National Board members. Please check off the box for Dianne Daley on your ballot when you vote for your delegates... and DO



Greetings,  
I am asking for your vote to be a delegate at the National Convention. As a former teacher and lifelong learner. I love taking classes and seminars to learn more about things that are of interest to me and how they work. My goal in attending the convention is to learn more about my role as PAC Chair and how to better serve the members of the MARLCA. I also hope to learn more about the union in general. This opportunity would be amazing and I hope to be one of your 13 delegates. Thank You! Chrissy, PAC Chair



Fellow members, it's that time again to vote for Delegates to the National Convention. My experience with the USPS and the NRLCA is as follows: District President, Academy Instructor, OJI Trainor, Chairman of the Constitution and Resolution Committee, State VP, past delegate and over 21 years in the postal service. I enjoy doing work to contribute to **our** union. I take all votes on resolutions and National Board positions seriously because they impact **all of us** as rural carriers. **Let me be your voice!** I ask you for your support. Please vote for Robert "Bob" Richardson as a Delegate.



Fellow members, I am Robert "Bob" Richardson and I'm running for the position of State Vice President. Last year I was a District President and was appointed to the State VP position due to restructuring of the executive board. This year, I look for your vote to be elected to the position of State VP. My work qualifications are as follows: assisted district presidents with podium books and financial reports; collaborated with executive board; arranged meeting venues for state and committee meetings; participated in "zoom" meeting for the legislative committee; and have attended all union meetings, both District and State.

I am running for MaRLCA Secretary/Treasurer and as a Delegate for our National Convention in Orlando Florida. I have been secretary/treasurer for the past year and have fulfilled all my duties and responsibilities. I have attended all the district meetings and have listened to your concerns and continue to have your best interest when voting on issues during conventions in the past. I would appreciate your support once again in the upcoming spring election

Lorraine Pacheco

MARLCA Union Members, I again humbly request your vote to elect me as a delegate to the 2022 National Convention. Hopefully I continue to have your confidence to vote for me to represent you and all rural carriers in our state. We have more changes coming this year than ever in our history. Some will be very challenging. I bring experience and support for all rural carriers, Regulars, PTFs, RCAs and ARCs alike. We are embarking on a new evaluated pay system and need strong leadership to guide us through. Thank you for your consideration. In solidarity, Art Courcy

---

## 2022 State Elections Candidate's Corner (in order of receipt)

---

My name is William Piwowarski and I am running for delegate to the National Convention. I have represented you as a delegate and as your State President these last few years and I would like the opportunity to continue to do so. It is a privilege to be sent to the National Convention and represent the members of Massachusetts on the convention floor. As always, I will do my best to be your representative at National Convention.

Thank you,  
William Piwowarski



### Sec-Treasurer's Two Cents

Lorraine Pacheco



Spring is almost here, and you know what that means...it's time for another state election. Ballots will be mailed the first week of April for state officers and delegates for our national convention. There will be two ballots in the envelope. One for state officers' and the other for delegates. Please read the voting instructions. Do not vote for more delegates than the maximum number listed on the top of the ballot. Your ballot will be deemed null and void. The cost of running a state election is very costly when you factor in postage, printing, room rental, & election committee salaries. Please take a few minutes and vote. All ballots need to be received by Thursday April 28<sup>th</sup>. The election committee will report the results at our spring state meeting on Sunday May 1, 2022.

The spring state meeting will be held at the Best Western Royal Plaza Hotel in Marlborough. This is an all-day meeting. Lunch will be provided at no cost. As of now we are planning on having a national officer attend along with our district representative Art Courcy. I will be sending the meeting notice out in April. With all the changes happening in our craft right now I would hope that attendance would be great at this meeting.

Respectfully,

*Lorraine Pacheco*, MaRLCA Secretary / Treasurer



## From The District Rep's Desk

Art Courcy, MA-RI and CT DR



With the implementation of the Rural Route Evaluated Compensation System (RRECS), there are many questions and rural carriers more than ever need to educate themselves regarding how the system will affect their route evaluations. The best advice I can give to you is to refer to the NRLCA national website often (NRLCA.org). On the website you will find the NRLCA Comprehensive Guide to RRECS which is a 99-page slide show depicting many aspects and explanations of the details of this new evaluated system. There you will also find route mapping guidance and comparison of our current PS 4241-M worksheet, commonly called the Mail Count Calculator, and the corresponding new standards from the RRECS. Along with the comprehensive guide, there are also other tutorials that you can download and print for your use. There is an NRLCA RRECS MDD Activity Scan Entry Training and RRECS MDD Scan Entry Quick Guide. There is also a RRECS Question and Answer Link which currently has over 200

**'No routes should be mapped without the assigned carrier present. The assigned carrier should be involved during the entire mapping process and certify at the end of the mapping of their route that they were involved in the mapping process throughout.'**

questions that have been answered. The Q and A is broken down by RRECS topics such as Coverage Factor/Box Count, Data Collection and Verification, Driving Time, Mapping, MDD Scanner, Mini Mail Counts, New evaluations and RRECS Standards, Training and Work Rules. If you have a question that you would like to submit that has not already been posted, you may submit that question via email to: [RRECS@nrlca.org](mailto:RRECS@nrlca.org). Please be sure that the question has not already been posted and answered prior to submitting your question. Again, I highly recommend that you spend some time reviewing some of this extremely important information.

At the recent MARLCA district meetings that took place, I was extremely pleased that we were once again able to have meetings in person and very pleased with the turnout and membership participation. All three district meetings had very good questions asked and if you attended your district meeting, I hope that it was very informative for you. We need more of this! While meeting attendance had been declining (even prior to the Covid-19 pandemic) we must do more and all of us need to get more involved. Now is not the time for us to be complacent and just "go with the flow". I am astonished to



## From The District Rep's Desk

Art Courcy, MA-RI and CT DR



hear how many of our carriers are unaware of the development and implementation of the RRECS system which has taken many years to complete. Also, we need to be sure that our RCAs and PTFs are aware of, and are as knowledgeable as possible of, the scanning features and overall aspects of RRECS. This will be affecting every rural route's evaluation and we need to all be in this together and try to get everything that all routes are entitled to so that we obtain accurate route evaluations.

When RRECS mapping is to be done on your route, you, the assigned carrier of the route, must be present the entire time. There should be a mapping facilitator with you that has attended the training of the process. The facilitator may be a carrier or a manager that should be assisting you with the mapping of the route. No routes should be mapped without the assigned carrier present. The assigned carrier should be involved during the entire mapping process and certify at the end of the mapping of their route that they were involved in the mapping process throughout. If this is not followed in this manner, please contact me immediately so that I can notify the district to have the mapping accomplished in accordance with the implementation process as agreed to by the parties.

On the pandemic front...Our Covid-19 positive case numbers have declined drastically over the past few weeks. All of us, are of course, very hopeful that this trend continues, and that the pandemic finally comes to an end. Total reported rural carrier positive cases in Massachusetts as of this writing is 392 cases. Again, this is only our rural carriers. The district totals are obviously much higher as it includes total from all crafts. Thank you all for trying to do your best throughout the pandemic to protect yourself as well as your co-workers.

Thank you also for a great job in delivering the mail to our customers. This was at times a very difficult winter with ice storms and a major blizzard throughout much of our state. I am happy to report that we had very few incidents and you worked as safely as possible throughout. Job well done by all!! Until we see each other again, please stay safe!

---

## From The Assistant District Rep's Desk

Joan Tenerella, MA-RI and CT ADR

---

### **RRECS**

As we all know by now the RRECS system is finally being implemented. As I continue to hear from carriers, I realize that some are not happy with the system, some are confused by it, and some think it's too complicated. As with every other new process, we as carriers have become set in our ways, we don't like change. I believe that as we all become more and more familiar with the process it will become second nature. The biggest area to focus on with this new system is that you the carrier are more in control of your evaluations than ever before. You control a majority of the scans that will project what you do every day. The best way to make sure you get everything you have coming to you is to be well informed. Download the NRLCA APP for up-to-date information, call your local, or area steward, contact your ADR or DR... ask questions, attend meetings whether virtual or in person.

### ***What data is being collected for route evaluations?***

#### **Route boxes and mileage**

- GPS Breadcrumbs inform proposed delivery point locations and route travel paths for the carrier to review and confirm
- Delivery Point Manger (DPM) is used to plot a route's Mailstops, Mailbox, Park Points and Door delivery locations
- Line of Travel Manager (LTM) is used to review and confirm a route's delivery stops, travel paths and plot traffic control points

#### **Mail Volume and Office Data**

The following information is collected each day to capture a route's mail volume and other office activity

- End of Run (EOR) and Informed Visibility (IV) automatically collect daily mail volumes
- PTR scans provide daily parcel volumes

Offices conduct a mini mail survey to collect office walk data to account for other office work

#### **Daily Activity & GPS Breadcrumbs**

- Mobile Deliver Device (MDD) scanners collect carrier activity data like clock-in and time loading vehicle. They also provide the GPS breadcrumbs used in RRECS Mapping and data on daily boxes served.

### **Results of RRECS from the test routes as written in reply to the question asked and answered to [RRECS@NRLCA.org](mailto:RRECS@NRLCA.org)**

The best analysis of mapped routes, done by our engineer, Dr. Ken Mericle, indicated that approximately 45% of routes would gain 120 minutes or more per week, 23% would go down by 120 minutes or more per week, and the remaining 32% of the routes would end up within 120 minutes, plus or minus, of their current evaluated hours. Please understand that this analysis was done using a combination of data from the latest mail counts and RRECS information. We do not have complete data on RRECS Activity Scans for these routes. Mail volume increases or decreases since the last mail count will affect the evaluations under RRECS.

---

## From The Assistant District Rep's Desk

Joan Tenerella, MA-RI and CT ADR

---

### Scanning lunch breaks under RRECS

I have received notification from some offices that management is telling carriers that they need to scan every time they use the bathroom or wash their hands in the office. This is untrue. Carriers still receive 30 minutes of personal time each week for these purposes. Lunch or any other breaks that do not include this personal time should be scanned as they occur. You are allowed to have multiple lunch in-lunch out scans a day. For instance, you take a phone call for 5 minutes, you scan out lunch, take the call, and then scan return lunch. Later in the day when you might stop to eat you would do the same. If you take a smoke break again you would scan in and out.

*Question asked about lunch breaks was answered from [RRECS@NRLCA.org](mailto:RRECS@NRLCA.org) as follows:*

The entries are used to record your actual lunch time taken **exactly as it is recorded now**. When you take a lunch break you enter OUTLUNCH and when you return, you enter RETURNLUNCH. Just as now, you have 30 minutes to use (or not use) as you please and break up as you please. This time does NOT include restroom breaks in the office, vehicle breakdowns, reloading, flat tires, or any other activity that has never been considered as lunch time for rural carriers. There has been no change to the definition of or the recording of lunch time. We are just using the MDD as we go, instead of writing it all down on the 4240 at the end of the day.

### Load truck feature

The load truck feature is not the same as start load vehicle. I have had several offices giving carriers' directives to use the load truck feature when loading packages into the truck. We as rural carriers are not required to use this feature at this time. If your office has given you this directive please contact your local steward, ADR or DR immediately so we can get it stopped.

The load vehicle feature only encompasses times associated with the normal loading of mail and packages into your vehicle. Carriers can volunteer to use the load truck feature which will require you to scan each parcel when loading it into your truck. If you do volunteer the extra time it takes to scan these parcels will be included in loading time, the scans for these parcels will not.

### Route Posting

When a route goes up for bid in your office the posting **must** be posted in your office.

All qualified rural carriers within the office are eligible to bid. RCA's must have one year on the job before they can bid. When there are no qualified successful bidders within your office the posting will then go district wide. When this happens, this posting **must** be posted in every office within the district. If you learn of a posting that was not posted within your office for either of these scenarios, please contact your ADR or DR so that we can fix this issue before it's too late.

---

## From The Assistant District Rep's Desk

Joan Tenerella, MA-RI and CT ADR

---

### Leaving the office by 11:30 or your leave time

There has been a big push as of late by upper management to make carriers leave the office by a certain time, usually 11:30. There is no contractual basis for this directive. While there are certain situations where management can force a carrier to take FSS and DPS to the street and force leaving times, management must attempt other corrective actions first. In most cases this latest directive is simply because of a red flag on a report that shows a carrier is in the office longer than expected. The carrier is usually in the office due to filing FSS and DPS which is their right. If your office has been giving this directive contact your local steward DR or ADR so that we can address this issue and file a class action grievance if necessary.

### NRLCA.ORG

Hopefully you have noticed that I have referenced questions and answers from the NRLCA.org website. There are presently over 200 questions asked and answered and new questions are updated regularly. If you haven't already, visit [NRLCA.ORG](http://NRLCA.ORG) to find the RRECS comprehensive guide. Ask questions at [RRECS@NRLCA.org](mailto:RRECS@NRLCA.org). Read the question-and-answer section. Download the APP and push notifications so that you will be notified in real time of any news involving the USPS, the NRLCA, the RRECS system, legislation etc.... While it is managements responsibility to train you properly and answer any questions you may have, the information that is available to all members on [NRLCA.org](http://NRLCA.org) is an extremely valuable resource available for you.

I also would like to warn all of you that there is much misinformation on various internet sites regarding RRECS as well as many other areas that effect our employment and compensation. Please don't take information from these various groups at face value. Do your research and ask your questions to ensure that you receive the correct information.

As always please feel free to contact me at 401-536-8697 or email @ [Joan.Tenerella@nrlca.org](mailto:Joan.Tenerella@nrlca.org)



---

## Political Action Committee (PAC)

Chrissy Chamberland, PAC Chair

---

Greetings!

I wanted to introduce myself, as I have taken over the position as PAC Chair. I am Chrissy a regular carrier out of the Sturbridge office. I have been with the Post Office for the past 5 (almost 6) years. I am also an instructor for the Rural Academy. Prior to that I worked in Special Education at the high school level. I am taking over for Amy who has been our PAC chair for several years now. I have been pro-union for as long as I can remember. I served as the Vice President of the AFT local 142 for 3 years while in the school system, I was also a member of the union activities committee for 4 years.

For those unfamiliar with PAC let me explain what it is and what we do.

PAC (Political Action Committee) is a lobbying tool. It makes sure legislation brought forth benefits rural carriers and fights against legislation that may be detrimental to rural carriers. PAC evaluates voting records of incumbents and asks questions to challengers concerning our issues. How do we do this? We collect voluntary contributions from our members, distributes funds to candidates who support our initiatives and reports on our activities.

There are several ways to get involved with PAC.

One way is to contribute money to the cause. This can be done in 2 ways. First is by donating any amount of money at any district meeting or at the state meetings. For every \$5 donated at the district or State meetings you will be entered into a raffle. You can also donate any unwanted gift cards; for every \$5 the gift card has in value will get you 1 entry into the raffle as well. This year's prizes include a \$200, and \$100 gift cards from Amazon and \$50 cash. There are also other prizes to be won. Second is by having money withdrawn from your paycheck or checking account thus becoming a sustaining donor. Based on how much you donate yearly, there are awards and ranking pins given as recognition for your support. There is no minimum or maximum amount you can donate. It's up to you and your financial ability.

Another way is to send our congressional representatives' letters that address our initiatives. I will have copies at all the district and state meetings. They can also be found on the NRLCA website under the Legislative Grass Roots tab on the menu bar. Not sure who to send these letters to? That's ok, the NRLCA website does have a link so you can find your local Senators and Representatives. I will also have a list with me at all district and state meetings.

I look forward to seeing you at the next district meeting! If you see Amy, please wish her well and thank her for all she has done for PAC over the years! Big shoes to fill, most definitely, but I will try.

If you have not registered on the NRLCA website, I encourage you to do so. Lots of good information, not just for PAC but for all aspects of our job!

---

# Accident Procedures

## Chrissy Chamberland, Academy Instructor

---

I was in an accident recently, and one of the thoughts that crossed my mind was: If I was not a current academy instructor would I have remembered what to do? The answer, I'm not sure. So, what should you do when involved in an accident? Here is what we teach the RCA's going through academy.

First things first: Is there an accident kit in your truck?

The kit should be in a pouch on the left-hand side of the truck in a tan envelope.

What is included in your accident kit? Pencil, Chalk or Wax Crayon, SF 91 Motor Vehicle Accident Report, Accident Report Diagram.

Pencil won't explode or freeze like a pen

Chalk or Wax Crayon to mark your tires (can also take pictures)

Major Accidents:

All of the following is dependent upon your condition after the accident. If you are OK to do so, these are the next steps.

When in an Accident

DO NOT move the vehicle from the scene until instructed to do so by the Police

Leave everything the way it is: do not Curb it, Park it Brake it Take it. Leave the lights, flashers, heater, fan, etc. exactly as it was.

Turn the vehicle off and take the key with you.

Call 911 to report the accident, Call your PM or Supervisor and report the accident.

General accident procedures to be done to the best of your ability and condition at the time of the accident. Obviously, there may be circumstances that are beyond your control.

Secure the mail

Ensure the wellbeing of others

Help control the scene

Get names of witnesses

Remain at the scene of the accident

Take pictures of the scene, if you can, including the location of tires, any damage to any vehicles involved.

Minor Accidents:

Report to your PM or Supervisor immediately

Document any damage

Injury Reports:

Even if you feel fine, get checked out by a doctor

If you are sent to the Emergency Room keep copies of all records and paperwork

Fill out a CA1: Notice of Traumatic Injury

Be sure to document and keep copies of everything for your records

CA1, Doctors note, Injury reports, Police records, Hospital records, Interactions with PM or Supervisor, etc.

Remember if you feel like something is out of place or are being treated unfairly by your supervisor or PM please reach out to your Union Steward. There are rules we must follow, and procedures they must to follow. Bottom line: don't try to hide it. There are cameras and people watching everywhere.

I hope this has helped. If you have any further questions or concerns, please reach out to your local Steward.

---

## Who Ya Gonna Call? Stewards at a glance

---

### **District Representative, MA-RI and CT (Full Time DR)**

Art Courcy, [Arthur.Courcy@nrlca.org](mailto:Arthur.Courcy@nrlca.org)  
508-761-6870

### **Full-Time Assistant District Representative**

Joan Tenerella, [Joan.Tenerella@nrlca.org](mailto:Joan.Tenerella@nrlca.org)  
401-536-8697

### **Assistant District Representatives:**

Don Ryle (Massachusetts)  
[Donald.Ryle@nrlca.org](mailto:Donald.Ryle@nrlca.org)  
508-997-1696

Dan Cote (Massachusetts)  
[Daniel.Cote@nrlca.org](mailto:Daniel.Cote@nrlca.org)  
978-237-2625

Michael Merola (Connecticut)  
[Michael.Merola@nrlca.org](mailto:Michael.Merola@nrlca.org)  
860-921-7643

Peter Allatin (Connecticut)  
[Peter.Allatin@nrlca.org](mailto:Peter.Allatin@nrlca.org)  
860-267-0033

### **Area Stewards:**

Ed Knight  
[Edward.Knight@nrlca.org](mailto:Edward.Knight@nrlca.org)  
413-323-7392

Theron Boudakian  
[Theron.Boudakian@nrlca.org](mailto:Theron.Boudakian@nrlca.org)  
774-266-7056

Thomas Gorman  
[Thomas.Gorman@nrlca.org](mailto:Thomas.Gorman@nrlca.org)  
774-319-0788

Matthew Barrett  
[Matthew.Barrett@nrlca.org](mailto:Matthew.Barrett@nrlca.org)  
508-525-9854

---

USPS EMPLOYEE ASSISTANCE PROGRAM  
**A Program You Can Trust**



# 800-327-4968

(800-EAP-4-YOU) TTY: 877-492-7341  
[www.EAP4YOU.com](http://www.EAP4YOU.com)

## Backroads Journal

Kathy Makowski-Cote, Editor  
290 Sutton St. Unit A  
North Andover, MA 01845

## First Class Mail

Presorted  
First Class Mail  
U.S. Postage Paid  
Holliston, MA  
Permit No. 72

### NEW EMAIL ADDRESS:

**backroads.marlca@gmail.com**

#### Inside This Issue:

Spring State Mtg Info—pg 1 + 7

Election Notice —pg 1

Candidate's Corner —pg 6-7

Officer Reports —pg 1-7

DR / ADR RRECS info —pg. 8-12

PAC Update — pg. 13

Accident Procedures— pg. 14

Steward Listing and EAP — pg. 15

### State Executive Officers:

**President:** Bill Piwowarski (508) 344-2475

william.piwowarski@nrlca.org

**Vice President:** Robert Richardson (978) 314-4449

rnrich84@comcast.net

**Sec-Treasurer:** Lorraine Pacheco (774) 244-0837

Lorraine.pacheco@nrlca.org

### District Presidents:

#1: Camille Graves

#2: Dianne Daley

#3: Clifford Morris

### Appointed Positions:

#### Assistant

**Sec-Treasurer:** Position Vacant

**PAC Chair:** Chrissy Chamberland

chrissydsm163@gmail.com

#### Editor:

Kathy Makowski –Cote

### **NEW EMAIL ADDRESS:**

**backroads.marlca@gmail.com**