

Massachusetts Rural Letter Carriers' Association

BACKROADS JOURNAL



Brian Miskell is presented with The MARLCA 2026 Outstanding Member of the Year Award by State President Bob Richardson at the Spring State Convention. Thank you Brian for all you do!



Steve McCarthy accepts The Lifetime Achievement Award, presented by National Sec/Tres. Tommy Turner & State Sec/Tres. Lorraine Pacheco. Happy Retirement Steve! Thank you for your many years of service within our union.



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VOLUME 17, ISSUE 2
SUMMER 2026
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Future Dates to Remember

- July 1 National Postal Worker Day
- July 4 Independence Day
- July 19 National Ice Cream Day
- Aug. 3 National Grab Some Nuts Day
- Aug. 5 National Underwear Day
- Aug. 7 Purple Heart Day
- Aug. 18-21 NRLCA National Convention Grapevine TX
- Sept 1 District 1 Meeting 6pm
- Sept. 7 Labor Day
- Sept 10 District 2 Meeting 6pm
- Sept. 11 Patriot Day
- Sept. 22 District 3 Meeting 630pm

MARLCA EDITOR

Sue Carvalho
backroads.marlca@gmail.com

BRJ FALL DEADLINE
September 05, 2026

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.

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 \$	4
5	6	7	8	9	10	11 PP15
12	13	14	15	16	17 \$	18
19	20	21	22	23	24	25 PP16
26	27	28	29	30	31 \$	

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8 PP17
9	10	11	12	13	14 \$	15
16	17	18	19	20	21	22 PP18
NRLCA NATIONAL CONVENTION GRAPEVINE TEXAS 2026						
23	24	25	26	27	28 \$	29
30	31					

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 D1 Meeting	2	3	4	5 PP19
6	7 Labor Day	8	9	10 D2 Meeting	11 \$ Patriot Day	12
13	14	15	16	17	18	19 PP20
20	21	22 D3 Meeting	23	24	25 \$	26
27	28	29	30			



Report of the President

Robert "Bob" Richardson



Well, hello again fellow rural letter carriers! I will say time does fly by, it seems like it was yesterday that I was writing an article for the Backroads Journal, and that I just saw some of you at the State Meeting. I will try to keep this article short in order to accommodate room for some pictures from the state meeting. So, let's start right there with the State Meeting. For those of you who took time out of their busy schedule to attend this meeting, THANK YOU!! I along with the Executive Board made the decision to change the meeting date due to a conflict with the National Office. I sincerely apologize for any issues that this may have caused. I would also like to thank the National Officer, Secretary / Treasurer Tommy Turner for attending our meeting. It was nice talking with you, and having you participate in sending our former State Secretary / Treasurer Steve McCarthy on his new journey to Connecticut.

In this article I would like to touch on a few issues. Those being: National General Insurance, Legislative Issues in Washington D.C., and future District Meetings. As you have heard me talk about National General Insurance at any of the meetings, I am asking for ALL the members to call the special number for National General and get a "Free, No Obligation" quote on their auto Insurance. Please see the ad on the following pages. And remember, YOU will receive a \$10.00 E-gift card just for making the call.

Next is our Legislative Issues. The Representatives in Washington D.C. for the State of Massachusetts are doing well to support our 4 issues. If you have friends, family, former college roommate that live in another state, please give them a call and ask that they call their member in congress and ask that they support and co-sponsor these bills.

H.R. 1522 "The Federal Retirement Fairness Act". Current co-sponsors stand at 150.

H.R. 1065 "Protect Our Letter Carriers' Act". Current co-sponsors stand at 214.

And **S. 463** current co-sponsors stand at 14.

H.R. 3011 "The Shipping Equity Act". Current co-sponsors stand at 14.

H.R. 70 "Anti Privatization Act". Current co-sponsors stand at 237.

And **S. Res. 147** current co-sponsors stand at 7.

These numbers that I have here are from Congress.Gov as of Sunday June 7, 2026. We roughly have 6 (six) months left in the 119th congress to get these bills to the floor for a vote. If they don't make it to the floor, on January 3, 2027 we will have to start all over again. My brothers and sisters, we are close, together we can do this, but we need to act now! As many of you may have noticed, not only has membership dropped, so has the turnout at the 3 (three) District Meetings. I hate to think of it, but if the turnout continues to drop, we may be forced to do something different. What that is, I'm not sure. This is not just in our state, the other states are seeing the same thing. Some states have dissolved their districts or counties and gone to another route. We are closely monitoring these states to see how it turns out. The meetings are where the answers are. If you're an RCA looking for more hours, this is where you find out what offices are in need of help. Come, ask that question, see if management is doing something contractually wrong. I think you would be surprised to see what we are doing wrong right now, just because a manager gave you the wrong answer.

My last topic is that of the next MMS, (mini mail survey). By the time you are reading this article, you still have a month, but you need to keep up with RRECS. I see issues in my own office and try to get the carriers on the correct path. Following the set schedule for the edit book submission, when the book should be back, when you should be doing your DPM & LTM. **DO NOT** let management do it for you.

(continued on page 4)

(continued from page 3) Report of the President...

Again, **DO NOT** let management do it for you. Do they know your route? If a manager or supervisor is not there to get you into the computer system, or your having trouble scheduling a time, contact your District Representative. LTM, are all your traffic control points in there? Remember, this is a computer system, things miraculously disappear. Finally, remember to get that printout at the end of the session. Then go to your case and make sure things match up. Number of houses, number of CBUs, vacant houses, etc... All of these little things add up to a big number, **YOUR PAYCHECK!!** And not only your paycheck, but the relief carrier who fills in for you.

Carriers, I hope you have a great summer! Please stay hydrated, please stay healthy, and don't let management push you. If you need to take **MULTIPLE** breaks because it is too hot in that LLV, please do so. Get to a shady area and cool down. Heat stroke and heat exhaustion is no joke. It can and will sneak up on you. Don't wait until it's too late. I look forward to seeing everyone in September at your district meeting.

Sincerely,

Robert G. Richardson

State President

Massachusetts Rural Letter Carriers' Association



- ☐ OPEN 7 DAYS A WEEK FROM 7AM TO 11PM CENTRAL TIME.
- ☐ MUST CALL 888-325-7727 TO RECEIVE THE "RURAL CARRIER PREFERRED RATES".
- ☐ IF IT HAS BEEN SIX (6) MONTHS SINCE YOU RECEIVED A QUOTE,
YOU CAN CALL AND ASK FOR A REQUOTE.
- ☐ ACTIVE AND RETIRED RURAL CARRIERS ARE WELCOME!!
- ☐ IF YOU CALL FOR A QUOTE AND GIVE THE AGENT YOUR EMAIL ADDRESS, YOU WILL
RECEIVE A \$10.00 E-GIFT CARD EVEN IF YOU DO NOT SIGN ON.
- ☐ CALL AND ASK FOR A FREE, NO OBLIGATION, NO STRINGS ATTACHED QUOTE!!
- ☐ NOTE: IN MASSACHUSETTS NATIONAL GENERAL IS ONLY QUOTING AUTOMOBILE INS.



Sec-Treasurer's Two Cents

Lorraine Pacheco



4:03 PM
06/18/26
Cash Basis

MaRLCA Statement of Financial Position As of June 18, 2026

	Jun 18, 26	Jun 18, 25
ASSETS		
Current Assets		
Checking/Savings		
1100000 · APCU Savings Account	136,290.08	165,769.89
1100500 · APCU Checking Account	12,760.78	6,940.82
1200000 · APCU CD's		
1200080 - CD #80	13,538.69	13,136.45
1200070 · CD #70	33,451.79	32,523.02
1200075 · CD #75	27,399.96	26,628.62
1200077 · CD #77	27,203.43	26,418.14
1200079 · CD #79	34,857.78	33,857.81
Total 1200000 · APCU CD's	136,451.65	132,564.04
Total Checking/Savings	285,502.51	305,274.75
Total Current Assets	285,502.51	305,274.75
TOTAL ASSETS	285,502.51	305,274.75
LIABILITIES & EQUITY		
Liabilities		
Current Liabilities		
Other Current Liabilities		
2100000 · Payroll Liabilities	626.22	810.71
Total Other Current Liabilities	626.22	810.71
Total Current Liabilities	626.22	810.71
Total Liabilities	626.22	810.71
Equity		
3900 · Net Assets	303,059.32	329,764.58
Net Income	-18,183.03	-25,300.54
Total Equity	284,876.29	304,464.04
TOTAL LIABILITIES & EQUITY	285,502.51	305,274.75



Art Courcy
NRLCA District Representative
MA-RI District



Edit Books and Reviewing Mapping (DPM/LTM) Monthly

Since the inception of the Rural Route Evaluated Compensation System (RRECS), I have been stressing the major importance on the part of all rural carriers to ensure that their edit books are kept up to date and that they are reviewing the REQUIRED monthly review of DPM and LTM. This monthly review must be done WITH THE CARRIER PRESENT! Still too often we hear of managers going into the mapping program on their own, without the carrier present to complete the monthly review. If you are not reviewing DPM and LTM monthly, you could have errors that are costing you time in your route's evaluation and you are also losing out on end of shift time.

Article 9.2.C.10

I have also been stressing that carriers need to enforce the provisions of Article 9.2.C.10 of our National Agreement. Article 9.2.C.10 references **Service Changes**. When service changes occur, the Employer shall promptly adjust the route evaluation as determined by the formula below, and the compensation will be adjusted, as appropriate. Such interim adjustment shall be made by application of a formula based upon (1) the appropriate box factor for the route, added to the volume factor for the route, multiplied by the boxes added to or subtracted from the route since the last evaluation, and (2) the change in miles, utilizing the appropriate factors of the drive speed matrix to determine the time to be added or subtracted from the route evaluation. Simply stated, when you add or subtract boxes or mileage, the route should be adjusted accordingly. Under our former evaluated system, this was a simple process. With the establishment of RRECS, management did not have a program to make these adjustments, and we would need to file grievances for the violation of 9.2.C.10. and have a base hour change implemented.

It is finally here! The RRECS Maintenance program has been implemented so now, management can adjust the evaluations when we are adding or subtracting boxes to our routes without a grievance having to be filed. Unless of course they fail to implement the changes through the RRECS Management Program, a grievance would be needed.

What is RRECS Maintenance?

RRECS Maintenance is the ongoing process of updating (recertifying) a route across DPM and LTM. Carriers should make updates based on any qualifying changes to the route to ensure that RRECS properly credits and compensates the carrier for the route activities performed once it is effective. Managers/facilitators and carriers must update and align all information on route changes across the RRECS systems (AMS (edit book), DPM, and LTM) to ensure that RRECS properly credits and compensates the carrier for the route activities.



**MAP YOUR ROUTE!
IT'S YOUR PAYCHECK!**

Differentiating Between Non-MOU vs. MOU Routes

Non-MOU Routes:

Non-MOU routes are all routes that have not been involved in a territory route adjustment, or previously adjusted routes that no longer meet the criteria of the territorial route adjustment MOU.

Non-MOU Routes do not use the Maintenance Worksheet or create a manual 4003 in RMSS

MOU Routes:

MOU Routes are routes that have been involved in a territory route adjustment (moving boxes from one route to another). Adjusted routes are frozen beginning on the adjustment effective date. They remain frozen until the implementation of the RRECS Evaluation results that occur at least 52 weeks after the effective adjustment date.

Only routes which currently meet the criteria of the territorial route adjustment MOU will be required to utilize a manual maintenance worksheet once DPM and LTM mapping have been updated.

Maintenance Process: Non-MOU vs. MOU (Adjustment) Routes

For **Non-MOU Routes**, all RRECS maintenance will be processed in LTM.

For **MOU Routes**, all RRECS maintenance will begin in LTM with route certification, require the completion of the Manual Maintenance Worksheet, and creating a Manual Form 4003 transaction in RMSS. 4003 **Adjustment [BASE] Other** transaction must be created in RMSS by the unit manager.

Changes requiring RRECS Maintenance (not exhaustive):

- Updating box statuses from active to inactive or vice versa
- Adding new delivery locations on a route
- Changes to the line of travel
- Additions or changes to Traffic Control Points (TCP)
- Addition or subtraction of dismounts and distance
- Change of vehicle type (POV to Government Owned Vehicle)
- Changes to Inter-Unit Service Points or Collection Points

Please keep in mind that as you add or activate boxes on your route, the time should be added promptly in accordance with Article 9.2.C.10. When you are subtracting boxes or changing them to inactive, the language in Handbook PO 603 section 414 (vacant boxes are deleted after 90 days) still applies. Your manager should not be changing boxes to inactive prior to 90 days. As always please contact me or your assigned steward if you have any issues with evaluations not being adjusted promptly.

HERE'S THE NEWS

As many of you know, I am a rural academy instructor. I enjoy teaching new RCA's and love their enthusiasm. On the first day of academy during introductions, I ask them about their shadow day experience. I like to see what each RCA has retained while working with the carrier during the day. This information helps me keep them engaged when reviewing different modules. I have to say there are some very good carriers that take the time and explain everything about carrying mail.

Unfortunately, there are also many carriers that take this time to discourage the RCA from accepting the position. I can't speak for the other academy instructors, but I can tell you firsthand that I'm hearing more negativity from RCAs than in the past. Instead of welcoming the RCA, some decide to spend the time with them bashing the postal service and their coworkers. Many carriers blame management for not retaining RCAs but after listening to new hires, it's not just management.

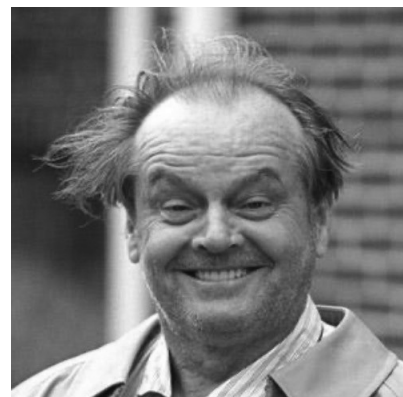
I think we all need to take a step back and think about our first day and what it was like. How excited we were to start a new career. I was fortunate to have a carrier that believed in me and trained me to succeed. Believe me, I'm right there with you. Times have changed and there are many days I just shake my head at work and wonder why I am still doing this. Working for the USPS has allowed me to do many things in my life and provided me with a good income. Becoming involved in the NRLCA has also helped me. Going to meetings and networking with other carriers has always been helpful. I still learn something at every meeting. Take the time and attend a meeting and get involved.

If you attended the spring meeting, you already know Steve has stepped down as my assistant. Steve has been involved in this union for many years and has been a mentor and good friend to many. I will miss him dearly. Sue Carvalho is stepping up and will be my new assistant. Sue wears many hats, she's the secretary/treasurer for district 2 and the backroads journal editor. She's been a great asset to the state, and I know she'll do a great job helping me.

I'm always here to answer your questions.

Lorraine Pacheco

MARLCA Secretary/Treasurer



**ACADEMY INSTRUCTORS AFTER
THE MOCK DRIVING COURSE**

Greetings fellow union members,

This is my first article in the Backroads Journal, so I'll take a moment to briefly introduce myself for those of you who don't know me. My name is Travis, and I'm a regular rural carrier in the Amherst office (01002), where I've worked since 2017. I've also served as the local union steward in my office for about four and a half years.

I'm writing to you today as your new District 1 President, representing all of Western Mass and a sizable portion of Central Mass. After spending the previous year as District 1 Vice President, it is my honor to serve in this role as part of a new generation of leadership for our union. I want to thank everyone who attended our last District 1 meeting, as well as all of the many individuals who have served the MARLCA before me who have helped me understand my new responsibilities and privileges. Their diligent work behind the scenes keeps things running smoothly, and I'm grateful for their example.

I intend to bring a sense of financial responsibility to my position, and one of my first goals was to find a venue for our next District 1 meeting that is relatively central to our membership (no small feat, as we have folks living in five different states!). With this in mind, we will be meeting at the Palmer Historical and Cultural Center in Three Rivers, MA on September 1st. While official meeting notices are still forthcoming, I hope to see many of you there, especially if you have not had a chance to attend a meeting in the past. It is a valuable opportunity to meet your leadership and fellow carriers face to face in a welcoming setting.

If I may switch gears for a moment, I wanted to bring something to my article that was a little bit more than the usual pleasantries and pleas for meeting attendance. As a local steward and a frequent attendee of union trainings and meetings, one of the issues we face as carriers that disturbs me the most is that of toxic work environments and harassment from management (or even from fellow carriers).

If you are reading this and you do not feel that you are treated with dignity and respect in your office, or you are made to feel uncomfortable at work, I want you to know that you have resources available to you. The phone numbers and emails at the back of this issue will get you in touch with people who will help you (whether it be through a grievance filing, an Equal Employment Opportunity complaint, contacting Labor Relations, etc.). A number of postal policies make it clear that our workplaces must be professional and respectful in their conduct. No one needs to accept being bullied, and you deserve better.

Thank you sincerely,
Travis Roy
District 1 President



Well fellow carriers, it does seem as though we are working in a whole new postal service. Clearly the powers that be are putting a lot of pressure on our managers to reduce work hours. Weekly mail volume is the lowest I've ever seen... yet we have no control over that. This is a benefit of the evaluated system in the short term. Our pay will stay... at least thru the next MMS. Watch for any opportunities to increase package pickups that could help your routes. Watch for any change in customer status (active/inactive) or mileage change (if you got new construction... it may increase your mileage + box count). Those folks coming north for the summer can add active boxes for your route. Get them in your edit book & mapping as soon as possible. Do watch out for the effects of the summer sun. While you may love that right side sun tan, you may want to apply a bit of sunscreen before you hit the road. I try to get my left arm out the window on the way home from work...but then I lose the cooling from the a/c in my car... cool air wins out! I also take 2 frozen water bottles, wrapped in paper towels (to slow down the melt) and stuff one in a stainless steel cup. This gives me cold water thru my route... remember, I'm old & slow so I need cold water longer thru the day. I do wish you a nice summertime outside of work! Hope you have been able to schedule family fun ... Do get your leave slips in early! We are already making plans for our fall District meeting. I hope to see you there!

Dianne Daley,

District 2 President



More News from our Members

Hello Rural Carriers,

It's the most wonderful time of year, Summertime! That time of year where a lot of carriers take time off and go on vacation. Hopefully you all get some time off to do something fun with family and friends. I believe this is the last journal before District Meetings in September, so I wanted to remind those of you in District 3, that the meeting is scheduled for September 22, 2026 at the VFW 55 Leighton St Pepperell Ma. We have a great display of different foods and desserts to enjoy at 6 pm and the meeting starts at 6 30 pm. I hope we see more people attend these meetings, not only do you get to meet other carriers and enjoy great food but you take all those questions and concerns you have about your jobs and learn something new that you probably didn't know.

The post office is forever changing and it seems as soon as you think you know how things are , they change it! So the only way you can keep up is come to your Union's District and State meetings where your voice can be heard and questions answered by the Representatives who know all the answers. If you don't attend, then you are probably clueless and getting misinformed by coworkers and some management! Always remember, We are the Union, every Union member and it starts with you for getting the correct answers and being apart of the Union instead of expecting someone else to do the work for you. I also would like to mention if anyone knows of a place like a church or hall that is closer to 495 in our district and allows us to bring food and drinks, don't hesitate to let me know at meeting. I have no problem changing the venue for future dates if we find something reasonable. The VFW works out well because price and they allow your own food and drinks whereas a lot of venues do not. Thank you. Hope you all have a relaxing Summer!

Debra Freitas

District 3 President



First, let me say that its been an honor representing the membership of Massachusetts. Thank you to the members who voted, I look forward to serving my third year as Vice-president. The members who made our State Meeting in May, had a great time going over our resolutions learning how the process goes, our Parliamentarian, kept our President (Bob Richardson) in check on the resolutions, and the members who at had the opportunity to see what goes on at the National Convention. I look forward to representing the members in Texas, in August this year.

Sincerely,

Clifford Morris

Vice-president MaRLCA



From Surviving to Thriving

Crafting A Personal Wellness Plan

A personal wellness plan is a **flexible, supportive guide** designed to help you care for your overall well being. It's not a strict set of rules to follow perfectly. Your plan should grow and change with you—adapting as your needs shift and your goals evolve.

Thriving starts with intention. If you'd like extra support, fresh ideas, or help putting your plan into action, the EAP is here for you. Reach out anytime—no matter where you are in your wellness journey.



Step 1: Assess Where You Are

Start by taking a snapshot of how you're doing today. Rate each area from 1 (low) to 5 (strong):

- Physical energy: _____
- Mental focus: _____
- Emotional well being: _____
- Work life balance: _____
- Sense of purpose or direction: _____
- Which area needs the most attention right now?

Step 2: Define "Thriving" For You

Thriving is personal—there's no one definition. Reflect on what it looks and feels like in your life:

- When I'm thriving, I feel: _____
- I have more: _____
- I have less: _____

Step 3: Choose 2–3 Focus Areas

Select the areas that will most support your well being over the next month. Examples include:

- Physical health
- Sleep or rest
- Mindfulness
- Relationships
- Stress management
- Personal boundaries
- Time for hobbies

Step 4: Select Simple Actions

For each focus area, choose one small, doable action you can practice regularly.

- Action 1: _____
- Action 2: _____
- Action 3: _____

Step 5: Review and Adjust Monthly

Each month, ask yourself:

- What's working well?
- What feels unrealistic, or no longer helpful?
- What needs to shift, simplify, or be added?



USPS
Employee
Assistance
Program

EAP4YOU.com
800-327-4968 (800-EAP-4YOU)
TTY: 711

Pictures from our Spring State Meeting



Pictured here, Lorraine Pacheco State Secretary/Treasurer is presented with an award of Recognition and Appreciation from State President Bob Richardson & Vice President Cliff Morris at the Spring State Meeting in May for all she does for our union. Thank you, Lorraine!



State President Bob Richardson presents National Secretary Treasurer Tommy Turner with a pen in which the wood of the pen is from The USS CONSTITUTION (Old Ironside) to show our appreciation for attending our state meeting. Thank you, Tommy!

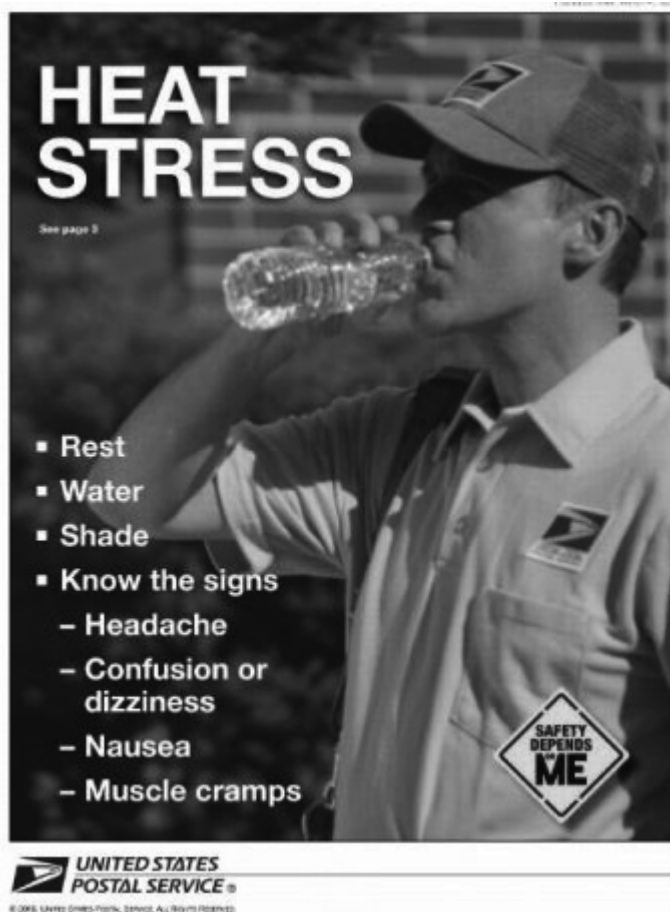


A great big WELCOME to our State Meeting First Timers.

From Left to Right:

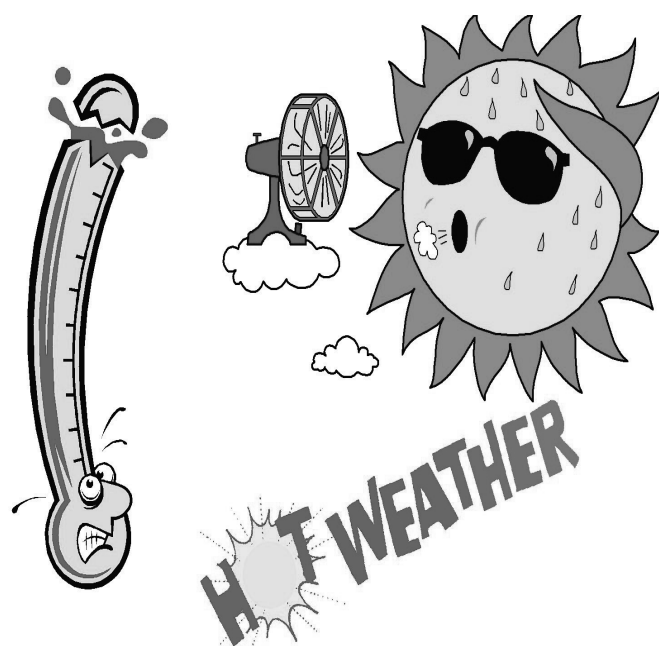
Carlos Tennyson, Douglas Tribble, Keith Harkins, William Harper, Kayla McLaughlin, Matt Freeling, Lance Koske

Each first timer received a NRLCA pin from National Secretary Treasurer Tommy Turner. We all look forward to seeing all of you at upcoming meetings and events.



PREVENTION IS KEY- WHEN IT COMES TO HEAT STRESS

- **Stay Hydrated:** Drink plenty of water throughout the day, even if you don't feel thirsty.
- **Wear appropriate clothing:** Wear light, loose-fitting clothing, sunglasses, hat and sunscreen.
- **Take frequent breaks:** Take 5 and water up! Have a light snack, fruit is great for a cool snack in the heat.
- **Cooling towels:** Wrap a wet cloth around you neck or lay across your forehead.



**Prevent Heat Illnesses.
Know the signs and act.**

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body Temperature above 103° Red, hot, dry skin
Nausea or Vomiting		Nausea or Vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

CALL 9-1-1

- Get to a cooler, air-conditioned place.
- Drink water if fully conscious.
- Take a cool shower or use cold compresses.

CALL 9-1-1

- Take immediate action to cool the person until help arrives.

SAFETY DEPENDS ON ME!

**Seek Immediate Medical Assistance for Heat-Related Illnesses.
Call 9-1-1.**

See page 3.

Your Employee Assistance Program is here for you around the clock. Reach out to us 24 hours a day, 7 days a week. Our website offers a wealth of information, tools and resources that you can access any time and feel free to give us a call at 800-327-4968 (800-EAP-4YOU) or TTY: 877-492-7341.

POSTAL PROUD



**RUSH
TODAY...
REGRET
TOMORROW**

RUSHING CAN LEAD TO:

-  **INJURIES**
-  **VEHICLE ACCIDENTS**
-  **LOST WORK TIME**
-  **IMPACT ON FAMILY**



SAFETY FIRST



TAKE THE TIME TO WORK SAFELY


WATCH YOUR
FOOTING


DRIVE
DEFENSIVELY


USE PROPER
LIFTING TECHNIQUES


FOLLOW
PROCEDURES


STAY ALERT
STAY ALIVE

**NO DELIVERY IS MORE
IMPORTANT THAN
YOUR SAFETY**



UNITED STATES
POSTAL SERVICE®

SLOW DOWN. WORK SAFE. ★ GO HOME SAFE.

**MASSACHUSETTS-RHODE ISLAND DISTRICT
EVERY STOP. EVERY STEP. EVERY TIME.**

MA-RI District Safety Slogan: Rush Today...Regret Tomorrow!

Massachusetts/Rhode Island District

Your Employee Assistance Program is here for you around the clock. Reach out to us 24 hours a day, 7 days a week. Our website offers a wealth of information, tools and resources that you can access any time and feel free to give us a call at 800-327-4968 (800-EAP-4YOU) or TTY: 877-492-7341.

“WHEN AMAZON GETS A HEAVY WORKLOAD AND CAN’T HANDLE IT”



Who Ya Gonna Call? Stewards at a glance

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

Art Courcy

Arthur.Courcy@nrlca.org

508-761-6870

Part-Time District Representatives:

Dan Cote (Massachusetts)

Daniel.Cote@nrlca.org

978-237-2625

Matthew Barrett (Massachusetts)

Matthew.Barrett@nrlca.org

508-443-7383

**UNION PROUD
UNION STRONG**

Area Stewards:

Ed Knight

Edward.Knight@nrlca.org

413-896-2662

Thomas Gorman

Thomas.Gorman@nrlca.org

774-319-0788



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State Executive Officers:

President: Robert Richardson (978) 314-4449
robert.richardson@nrlca.org

Vice-President: Clifford Morris (978) 877-0157
cliffordatcheers@gmail.com

Sec-Treasurer: Lorraine Pacheco (774) 244-0837
Lorraine.pacheco@nrlca.org

District Presidents:

D1: Travis Roy

D2: Dianne Daley

D3: Debra Freitas



800-327-4968

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

Appointed Positions:

Assistant
Sec-Treasurer: Sue Carvalho

PAC Chair: Brian Miskell

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