



# THE SPRINGFIELD RIFLE

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## Our Goal as A Union

As I'm sure most of you know, one of our main objectives as a union is to take up the constant charge with management for better wages, work conditions, benefits etc. But another core function of a union lies in the word itself, UNION. Webster defines the word union as an act or instance of uniting or joining two or more things into one. When used as an adjective; of or relating to, dealing with, or constituting a union. I laid out the definition of the word to demonstrate what I envision for us as a body. Too often we find ourselves at odds with each other. It really is okay to have different beliefs, values, ideas, interests. That is what makes life interesting! But we must remind ourselves that we really are on the same side. We must remember to be kind to one another and embrace our differences instead of allowing them to drive a wedge between us.

I really would like to hear from you. Drop a line at [editor497dk@gmail.com](mailto:editor497dk@gmail.com). I'm interested in learning what it is that you think we can do as a Union to build a bond, or a bridge if you will. Let's bridge the gap that separates us and become union strong. To all of our members not only here at the Springfield BMC, but across Western Massachusetts reach out and let me know you're out there!

We have been discussing a possible Spring Fling. A meet and greet to get to know one another and grow as a union. I'd like to hear your ideas. Local 497, let's make this happen!

In solidarity,  
Diana Kirkland  
Editor



## A Note from The President

I just returned from a president's conference in Portland Maine where Mark Dimondstein reported on the current contract negotiations. Mark said management's proposal includes getting rid of the no layoff clause, not only during the life of the contract but also the 6-year language that is currently in the Collective Bargaining Agreement, eliminating COLA's, and implementing a new lower tier starting rate for regular employees. Basically, a new tier system for new hires. The proposal also includes increasing the percentages of non-career employees thus lowering the number of regular employees which reduces the percentages that the US Postal service has to pay for health care, thus reducing the amount of leave that can be accrued. They are also attempting to eliminate stewards time. The deadline for the contract was extended to Oct 20, 2018 and as of this writing contract negotiations have been extended until November 20, 2018. President Dimondstein did say he does expect this contract to go to interest arbitration due to the fact that the two sides are so far apart in their proposals. Interest arbitration is defined as: Submitting those disputes for arbitration that arise from disagreement over what terms or conditions should be included in an agreement. This would mean any article not signed off on in the contract by the two parties would be decided in front of an arbitrator. Mark did state that a pay package has not yet been brought up or discussed at the bargaining table. One other proposal that the national committee proposed that makes a lot of sense is postal banking which would mean more revenue for the postal service. Of course, management shot this idea down stating that there is a retail moratorium to not implement any new services. Our national officers are pushing back on all of managements ridiculous demands. Hence the reason for a delay in a ratification of the contract. I would be remiss if I did not tell you about the pay anomaly that occurred in PP 21. Management is working on getting your pay corrected for the Nov 2nd pay check for the larger discrepancies and Nov 19th for the other outstanding pay anomalies. If you do not see the adjustments in your pay you can request a pay advance for any mistake the postal service has not yet corrected. Mark also spoke on the upcoming mid-term elections. He said we all have to get involved. Now more than ever we have to regain power in the senate and in congress. The only way to do that is to get out and vote. On Oct 21st many of us went to downtown Springfield to show our support for Senator Elizabeth Warren during a rally prior to her debate with Republican state Rep. Geoff Diehl for the U.S. Senate race in front of WGBY – TV. It was a pleasure to see all the different unions out there in support of Senator Warren. We can make a difference united we must stand.

Russ





## Breast Cancer Facts

*This article originally appeared in the Maurer Foundation breast health education*

### Breast Cancer In General

- Breast cancer accounts for 16% of cancers in women worldwide. It is the worst common cancer in women, both globally and in The United States, with the exception of skin cancer. (2)
- The latest statistics show a 5-year survival rate of 77% for African American women and 90% for white women. (5)
- 1 in 8 women risk their being diagnosed with breast cancer in their lives, compared to a 1 in 11 likelihood in the 1970s. (5)
- There are currently more than 2.9 million breast cancer survivors (including women still being treated) in the United states. (1)
- There is a 1 in 36 chance that breast cancer will cause death in women. It is second only to lung cancer as the leading cause of death among women. (1)
- Men can get breast cancer too, although it is about 100 times less common in men than women (a 1 in 1,000 chance). Chances of survival are about the same for men and women diagnosed with breast cancer. (1)

### Breast Cancer Early Detection

- Many women diagnosed with breast cancer can go on to live healthy lives when the cancer is detected early. (3)
- Most lumps and masses that are found through examinations are benign – they are non-cancerous and not life threatening. (2)
- Early detection can be accomplished through a combination of monthly breast self-exams beginning at age 18, yearly clinical breast exams, and breast imaging (mammograms, ultrasounds, MRIs).
- Mammograms are the most successful tests in identifying breast cancer early. They can detect cases up to three years before they can be felt. (3)
- There are several stages of breast cancer. The more advanced the stage at diagnosis is, the lower the chance of survival. (5)

### Breast Cancer Risk Reduction

- There is no evidence that associates under wire bras, antiperspirants, or breast implants with breast cancers, despite some common myths. (5)
- There are many factors that contribute to the increased likelihood of breast cancer. They include life expectancy, changes in reproductive patterns, menopausal hormone use, increased rates of obesity, and increased detection through screening. (5)



- A familial history of breast cancer increases the risk by a factor of two or three. (2)
- Obese breast cancer patients have about a 30% higher risk of death compared to those who maintain a healthy weight.

## Breast Cancer & Healthy Lifestyles

- More than a third of breast cancer cases can be prevented by controlling factors such as weight, physical activity, alcohol use, and breastfeeding. Breastfeeding lowers the risk of developing breast cancer. (4)
- Most types of breast cancer are estrogen-related. Many of the recommended preventative measures involve keeping estrogen levels low.
- It is recommended to engage in 30 minutes of physical activity each day and follow a healthy diet rich in fruits, vegetables, whole grains, and beans. Restrict sugary drinks, red meat, processed meat, and fast food. (4) Limit how many saturated fats you eat and avoid trans fats.
- Limit alcoholic beverages – even just one drink per day increases your risk for breast cancer.
- Avoid smoking. Studies indicate that people who smoke during their teen years significantly increase their risk for breast cancer compared to people who don't.

## Sources

1. American Cancer Society
2. Center for Disease Control & Prevention United States Cancer Statistics (USCS) 1999-2009 Incidence and Mortality Data
3. Center for Disease Control and Prevention
4. American Institute for Cancer Research (AICR)
5. American Cancer Society Breast Cancer Facts & Figures 2011-2012



## What's your favorite Holiday and why?



Some may not consider Mother's Day as a holiday, but I do! It is my absolute favorite day. I say this because my son has brought me more love than one soul could ever imagine, more laughter than my cheeks can handle, and more pride than I deserve. This day just makes me so happy. I'm truly blessed to be his mom.

-Jessica Del Negro  
Clerk



Christmas is my favorite holiday because of family gatherings, food, and the enjoyment I get from seeing my son so happy and excited about Santa!

Scott Lussier  
Tour 3 Maintenance.





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