National Association of Letter Carriers 599 Tampa Florida Inc.

April 2024 Volume 24, Issue 4

Tampa Letter Carrier

From the Desk of the President

Good day and welcome to spring, a time where the earth is born anew, and allergy season causes many to have difficulty breathing (LOL). This is the time of year when hope springs eternal as we move toward the summer months and the extreme heat it can bring.



Brian Obst President Branch 599

HIPP is Crucial

This brings me to the HIPP (Heat Illness Prevention Program)

training that the Postal Service is required to provide to all employees no later than April 1 every year. This training focuses on education as a means to prevent or mitigate heat illness. I mention this training because it is *required* and last year the Postal Service falsified documentation stating they had provided the training to everyone when they actually failed to do so. Please ensure that you are provided with the training and if it has not been accomplished by April 1 contact your steward or call our Branch office to report it to us so we can address the issue. Remember, this training is for your health and safety. I would also like to recommend that all members take the time to go to our national web site, nalc.org and click on the Workplace Issues tab, then click on Safety and Health to review associated information on heat illness training to help protect your health in periods of extreme heat.

Committee of Presidents meeting report

This past weekend our Branch's Vice President and I attended the spring Committee of Presidents (COP) meeting in Jacksonville FL. There were about 300 presidents of branches from around the country that were there to discuss issues from their areas in dealing with Postal Service management. This meeting is also a good opportunity for networking to assist with issues that we may be having that other areas have already been successful in addressing. On the whole, I found that many of the major issues affecting other areas of the country are not an issue here. Our stewards are doing a good job in representing carriers and this meeting only reinforced that in our minds.

National President Brian Renfroe was an invited guest, and he spent several hours addressing the members on issues at the national level, legislative updates on several key bills concerning letter carriers that we are trying to get passed in Congress, and of course updates on the negotiations for our new contract. While President Renfroe talked about the negotiation points, there were little details as the release of that information tends to find its way to management and can have a chilling effect on those negotiations. Suffice it to say that our National Officers are confident as we prepare to go into interest arbitration. Arbitrator Nolan was selected as the neutral third arbitrator and the parties, while still negotiating, are preparing for the start of the arbitration hearings.

(Continued on page 3)



Branch 599 serving Brandon Plant City Sun City Tampa

Branch 599 Meeting

> Thursday April 4 7:30 PM

Tampa Letter Carriers Hall 315 W Busch Blvd Suite C Tampa FL 33612

Additional parking is available in the lot before our building.

Branch 599 Office

Officers

e C	Position	Officer	Phone	Email	
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		Michael Andersor	n · James Good · Alar	n Peacock • Tony Diaz	

Shop Stewards

Station	ZIP	Steward	Station No.	Steward's No.		
Tampa Stations/Branches Chief Steward, Mike Smith813.						
Brandon	33510/11	David Rivadeneira	813.661.1636	656.215.2467		
Brandon	33510/11	Osceola Williams Sr.	813.661.1636	210.445.1369		
Carrollwood	33618	Brian Jackson	813.961.2963	813.352.9481		
Commerce	33602	Cynthia Williams	813.247.2416	813.778.4373		
Forest Hills	33612	J.R. Sanchez	813.935.2954	773.849.6229		
Forest Hills Annex	33613	Nick Cullaro	813.935.2954	813.541.8159		
Hilldale	33614	Jose Gomez	813.879.4309	917.743.6948		
Hilldale Annex	33634	Maria Afful	813.879.4309	347.457.7316		
Interbay/Port Tampa	33611/16	Mike Dennis	813.831.2034	813.361.9103		
Interbay/Peninsula	33629	Marie Brown	813.831.2034	727.331.9907		
Palm River Annex	33619		813.663.0048			
Plant City	33564	Roberto Torres	813.754.3590	609.521.6730		
Produce	33610		813.237.4084			
Ruskin/Sun City Ctr	33570	Bert Fristad	813.634.1642	813.352.0864		
Seminole Heights	33603	Paul Sardinas	813.237.4569	813.650.3504		
Sulphur Springs	33604	Morgan Kalish	813.237.4569	689.299.2936		
TCA/Hyde Park	33606	Josh Villa	813.873.7189	203.278.6485		
TCA/Peninsula	33609		813.873.7189			
TCA/West Tampa	33607		813.873.7189			
Temple Terrace	33617	Miriam Rojas	813.988.0152	727.253.1309		
Town & Country	33615/35		813.884.0973			
Ybor City	33605	Maurice Rice	813.247.2416	813.334.3189		

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Tampa Letter Carrier

Brian Obst Publisher

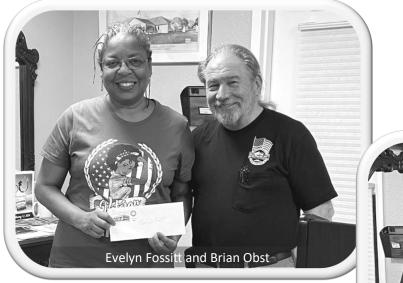
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National Association of Letter Carriers 599, 315 W Busch Boulevard, Suite C Tampa FL 33612, publishes the Tampa Letter Carrier monthly. The opinions expressed in this publication are those of the writers and do not necessarily reflect the opinions of Branch 599, NALC. It is the policy of this publication that all articles submitted for print must be signed by the writer.

Please submit any and all articles to be published in the Tampa Letter Carrier to the Editor via email at editor.nalc599@gmail.com and also to the Branch Office at nalc599@verizon.net no later than the 5th of each month in order for us to meet our time limits to the publisher.

Fossitt and Burgos Retired!



President Obst presented **Evelyn Fossitt** [Interbay] and **James Burgos** [Forest Hills] with their retirement pins and gratuity at our March meeting.



From the Desk of the President

(Continued from page 1)

President Renfroe did have some sad news to pass on to the presidents, a letter carrier was murdered in Warren, Ohio and there was some pretty intense discussion on violence against carriers throughout the country. One of our guest speakers was a Department of Justice District Attorney from the Central Florida District who gave us some insight on the court process being used to punish the perpetrators of this violence against carriers. He stated that the full force of the Justice Department is being brought to bear against these individuals when they are caught. With that message in mind, the assembled presidents, led by National President Renfroe, took to the streets of Jacksonville for a march and rally at City Hall proclaiming, Enough is Enough and Protect our Letter Carriers. Speeches were given after a one-mile

police escorted march to City Hall and various news media outlets were there to cover it all so that the members of the community at large got needed information on what they can do to help protect our carriers. The event was a great team building event and provided a small picture of what we can do when we get together to promote a cause. This is just one example of your Union in action and if an event comes to our area, I highly recommend all members taking part to help promote the cause and work with other Union members to help make things better for us all.

And in the end, it's not the years in your life that count. It is the life in your years. —Abraham Lincoln

Until next we meet, I shall leave you as always...Knowledge is the Key.

Brian Obst, President

Take Action!

Stop the Raid on our Postal Pension Fund

At nalc.org, choose the Government Affairs tab, then Legislative Action Center. Under Take Action, click Read More. Then follow the directions.

Calendar

Shop StewardsWednesdayApril 27:00 PM315 W Busch Blvd, Suite C

Executive Board Thursday April 4 6:30 PM 315 W Busch Blvd, Suite C

Branch 599 Thursday April 4 7:30 PM 315 W Busch Blvd, Suite C

Retirees' Breakfasts

TampaMondayApril 89:30 AMThe Cuban Sandwich Shop10434 N Florida Avenue33612

Temple TerraceTuesdayApril 910:00 AMBob Evans Restaurantoff Fletcher near I-7512272 Morris Bridge Road

Just for the Health of It

April is National Stress Awareness Month. This is an attempt to increase awareness of the negative impact of stress on our lives. You may have heard that **stress** is what happens when your mind overrides your body's urge to choke the heck out of some a##h#le that desperately needs it! But joking aside, too much stress can have a very negative effect on our wellbeing.

Stress is the physical or mental response to some external cause, such as relationship issues, illness, traumatic events, and work performance. A stressor may be a one-time or short-term event, or it can happen over a long time.

Anxiety is your body's reaction to stress. Anxiety can occur even if there is no immediate threat. If that anxiety doesn't go away it can begin to interfere with your life. You could experience problems with sleeping, your immune system, your digestive system, your cardiovascular system, and your reproductive system. Anxiety may even lead to mental illness such as anxiety disorder or depression.

But don't worry, the situation is not hope-

less. Learning what causes your stress can help reduce your anxiety. This can improve your daily life. The following activities may help when you start to feel overwhelmed:

1. Keep a journal.

- 2. Download a relaxation or mindfulness app.
- 3. Exercise and eat healthy meals.
- 4. Stick to a sleep routine and get enough sleep.
- 5. Avoid drinking excess caffeinated soft drinks or coffee.
- 6. Identify negative thoughts.
- 7. Reach out to family or friends to help you cope.

If you are still struggling to cope or if symptoms of stress and anxiety don't seem to go away, you may need to talk to a professional. Many people benefit from psychotherapy (talk therapy) and medication.

Here's to your health......

Detlev

The Financial Guy

I would like to take this time to acknowledge a few carriers that have reached a prestigious milestone as members of the National Association of Letter Carriers for 50 years. Carriers Alan Peacock, Frank Wengyn, Joseph Masturzo Jr., and William Rouzer have received their Gold Card and life membership status. On behalf of the members of Branch 599, congratulations on your 50 years of being a union member! You are the carriers that have paved the way for each and every one of us. When you reach this milestone you receive a Gold Card, a certificate, life membership in NALC, and no longer have dues deducted from your annuity check.

Last month, a list of carriers was published in our newsletter acknowledging members that were to receive their years of service pins. A large number of pins were ordered since we were behind on getting pins ordered. We received a few phone calls at the office about carriers' names that were

not on the list. This list was acknowledging only the carriers that pins were ordered for, not a general list of years of being a union member. If your name was not published, that just means no pins were ordered for you at this time. Pins are ordered in 5-year increments beginning at year 25. Going forward, when pins are ordered, a list will be published so each carrier will get the recognition they deserve.



Detlev Aeppel Health Benefit Rep. Branch 599

Alan Robinson

Alan Robinson Financial Secretary Branch 599

From the Vice President's Desk

HEAT Again!

This month I am going off the usual contract talk and am stealing a little thunder from the safety side. As we approach the summer heat, there's some very important information to pass along.

Transitioning from the cold to heat will surely make the body act in a certain way. As I look forward to spring and the hot summer, I am reminded of a very important part of the lives of letter carriers, your health. Yearly, there are numerous heat related incidents throughout the world. In my opinion, they are all preventable. Knowledge is without exception, the key to know when to stop and listen to your body.

On July 24, 2012, Brother John Walzlawick, a letter carrier from Independence MO lost his life as a direct result of heat illness. The Postal Service was fined \$70,000 in response to this tragedy. In the aftermath, the Service created the Heat Illness Prevention Program (HIPP) whose purpose is to equip employees with knowledge needed to recognize and abate heatrelated illnesses. This program is championed by the NALC Director of Safety and Health, Manuel Peralta.

The safety and health of all letter carriers is of the upmost importance. The information contained within the HIPP training is critical during the summer months when the heat index is well above 100 degrees with no end in sight. The relationship between a letter carrier and the heat is critical to the success of our well-being. Understanding heat stress and its effects can eliminate future deadly consequences.

Heat stress is the term associated with heat illnesses. There are several different types of heat stresses:

- Heat Cramps
- Heat Exhaustion
- Heat Rash

- Heat Stroke
- Heat Syncope

Symptoms of *heat illnesses* are common and sometimes overlooked as sweating or just being tired. Don't take anything for granted during the summer months. You may be close to having a heat illness and not know.

Some symptoms are:

- Chills
- Clammy skin
- Cramps
- Dizziness
- Elevated temperature
- Fatigue
- Headache
- Heavy sweating or hot, dry skin
- Nausea
- Pale complexion
- Slurred speech

The Postal Service has invested time and effort to ensure letter carriers are trained in the prevention of heat illnesses. Local management teams are not on board with the directions given (surprised). Our National headquarters has charged all Branches to be diligent in the administration of HIPP training. In return, National has held management accountable for not adhering to instructions on HIPP training previously.

Every year since the inception of HIPP, all letter carriers and management teams are to receive HIPP training by April 1. This training has not been completed in the past. Management has taken a step backwards in the safety and health of letter carriers. This determined effort by management to put our letter carriers in harm's way must and will stop in the Tampa installation.

Management has been directed to ensure that all letter carriers are given HIPP training as well as daily stand-up talks on heat during the summer months. Letter carriers and supervisors are to complete the HERO course *Heat Stress Recognition and Prevention* by the April 30 deadline. This has not been the case in the past. Management has altered the training records to reflect comple-



Mike Smith Vice President Chief Steward Branch 599

tion by letter carriers to get the day's mail delivered. This action by management will not be tolerated. Stewards are to monitor and report directly to the Branch if these sessions are not being conducted. **Any letter carrier** who has not received the training by **April 30 should immediately contact** their steward.

All letter carriers are instructed to review their HERO training transcripts to ensure the training has not been completed by a member of management. If so, contact your steward immediately to file a grievance. Stewards have received instructions on what actions to take if this is the case. Any shortcuts by management concerning the safety and health of letter carriers are not acceptable. The Branch will stand firmly behind any letter carrier who has not received HIPP training and ensure management is held accountable for their actions.

To get there, we must work together! *Mike*

Veterans Crisis Line

veteranscrisisline.net or dial 988 & press 1 24/7, confidential crisis support for Veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.

Sharing Our Members' Joys and Sorrows

Our deepest sympathy and prayerful support is extended to Donna and family at the passing of her husband, Robert Portugues [retiree], February 13; and to the family and friends of Franklin Hart [retiree], whose homegoing was February 20.



Bonita Lattimore MBA/NSBA Rep. Branch 599

CCA Retirement Savings Plan with the MBA

City Carrier Assistants have an opportunity to start their retirement savings now. The MBA offers a NALC City Carrier

Mail Call

Brothers & Sisters,

we still have an ad-

ministrative vacan-

cy we need to fill,

Letter Carrier Po-

litical Fund (LCPF)

Representative.

Assistant Retirement Savings Plan for all CCAs that are a part of the NALC. When starting off as a CCA, you don't have an opportunity to start your retirement plan through USPS, so it's a good opportunity to do so now through the NALC. When you join the plan, you can choose to put your contribution towards a Traditional IRA or Roth IRA and whenever you become a career employee, you can transfer the plan from the Retirement Savings Plan to the Thrift Savings Plan (this applies to the Traditional IRA, the Roth cannot be transferred at this time).

If there are any questions regarding the CCA Retirement Savings Plan, please contact me, our Branch office, or MBA Headquarters. You can find more information online at nalc.org/MBA for the CCA Retirement Savings Plan and other plans the MBA offers.

Bonita



Luis Cruz Sergeant-at-Arms Branch 599

Eh Sarge, what's that?

Unlike other jobs, management isn't the only party that can affect our employment. The United States Congress can pass and amend laws which have lasting effects on our employment. The Postal Accountability and Enhancement Act of 2006 and the Postal Service Reform Act of 2022 both have had, in the case of the former, negative and, in the case of the latter, positive effects on our jobs and industry.

The LCPF is a non-partisan political action committee (PAC) established for the purpose of electing qualified candidates, from all political parties, who support

letter carriers and who are committed to maintaining a strong and innovative U.S. Postal Service. The Fund also employs lobbyists who work to convince elected officials in Congress to push for legislation beneficial for letter carriers. That sounds great. Keep working hard.

Now wait a minute...our fund needs money; union dues can't be used to support candidates for political office. More importantly, we need a fund representative who can help members with information, registration, and donations. This is why we are looking for one of you to step up and take charge of these tasks on behalf of our local. If you are interested, call our Branch office...our President, Brian Obst, is desperate to hear from you.

Is there more information to help me decide?

Sure, check out the following sites: nalc.org/government-affairs/politicalactivity

nalc.org/government-affairs/politicalactivity/yes-i-want-to-become-a-pacmember

Sarge

It isn't enough to work hard, there are too



many who want to mess up our livelihood for their own machinations. Join and Donate to our LCPF, *Delivering NALC's Message* to Washington.

Employee Assistance Program info is at nalc.org

Choose Workplace Issues, hover over Safety & Health, and choose Employee Assistance Program.

It's confidential for you and your loved ones.

Matt Speaks: A History of Iraq through Postal Stamps, Labor, and Struggle

From The Fall of the Monarchy To the Rise of the Baathists

He was the oldest letter carrier in Iraq. *I love my job,* Ridha Mohammed Ali Qabbani says to Raheem Salman of the Los Angeles times. *And I will continue until I die.*

Per the Iraqi Post Office's homepage: The Iraqi Post was established in 1921. Iraq joined the Universal Postal Union on April 22, 1929. Iraq is considered one of the oldest Arab countries and the region organizing the Arab Postal Union. The Central Post Office building (Al-Qashla) in the Al-Midan area (currently Al-Aqsa Post Office) is considered the oldest building. Postal Office (Sin al-Dhiban) is considered the oldest post office. It was established in 1921 in the city of Habbaniyah.

The many stamps that have been produced throughout the history of Iraq seem to naturally flow with the times. The stamps themselves tell a story. Even during times of uncertainty, stamps were being produced to show the nation's people that their feelings, whether they were of dread or anxiety, was a feeling conveyed by all.

On April 4, 1939, King Ghazi, son of Faisal I of Iraq was killed in a car accident which left the then Hashemite monarchy with his son, also named Faisal, but at this time he was only three years old. The tragedy saw the Iraqi Post suspend depictions of the monarchy and instead produced scenes of nature in their stead.

In 1942, Iraq saw the first stamp of the monarchy after this interlude. It depicts Faisal. He is a strong boy now. He doesn't smile but isn't angry either. He seemed split in time, one part of his face suggests he is reflecting on a grey past.

There was joy in it and yet it was only subtle, the other accepting as it was

and trying to turn away from things you are powerless to change. In May of 1953, Faisal, now 18 years old, finally ascended the throne as Faisal II. He would be the last king of Iraq.

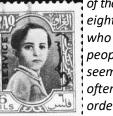
Marion Farouk-sluglett and Peter Slu write in their study...Labor and National Liberation: The Trade Union Movement in Iraq, 1920-1958: The Striking feature of Iraq in the [British] mandate and monarchy periods (respectively 1920-1932 and 1932-1958) was the extent to which the population as a whole became increasingly alienated from the central government.... As there was no means of reforming the system by legislation or through the ballot box, the only hope for change lay in forms of mass mobilization and other "extra parliamentary" activities, such as the formation and organization of the labor movement.

They write also: *Thus on the eve of the Revolution of 1958, the existing political conjuncture was generally opposed*

by all but a handful of members of the landowning and commercial classes.

Then on July 14, 1958, Abdal Karim Qassim, an Iraqi general along with his comrade Abdul Salam Arif, inspired by Gamal Abdel Nasser's 1952 Revolution

in Egypt, seized power in a coup d'etat that saw the end of the Hashemite Dynasty. It had been a swift operation, as the Guardian reported at the time: *Nearly all the members of the previous Government are under arrest, together with many miscellaneous appendages*



of the ancient regime. Sixtyeight men are listed as persons who are accused of embezzling people's property. Corruption seems to be the charge most often leveled against the old order.

It went on to quote a local newspaper in Iraq, Al Bilad: *The small ruling clique* simply executed the will of the imperialists to embezzle our wealth.

Not content



Matt Fernandez Recording Secretary Branch 599

however with the extinction of the monarchy as an institution, Qassim ordered Faisal and the lives of his family destroyed. Along with the prime minister of the previous government, they were executed within 24 hours of the takeover.

He was a crazy man, Sadaiah Kalid a Baghdad businessman said to the Arab News in an interview on the 60th anniversary of the coup: [Qassim] opened the gates of blood and released the killing, torturing and looting, since the dawn of that black July 14 until now.

Qassim utilized the Iraqi Post to propagate the change which would carry on for years. One stamp produced during this period shows Qassim's face along



with military tanks. Another, commemorating the third anniversary of the July 14 Revolution, Qassim is walking in military attire. Saluting the masses who have come to see him. The flag of the new Iraqi Republic on his left and on his right. This flag had as its middle an an-

cient symbol of Iraq's babylonian heritage, the star of Ishtar. The star itself was also the subject of a postage stamp during these years. The stamp also incorporated the rays of Shamash, the ancient mesopotamian sun god. These two symbols were what made up Iraq's official emblem during that time.

Qassim's July 14 Revolution, though brutal in its execution, nevertheless brought reforms to the country in all the time it was in power. He was surprisingly also an Idealist. Eric Davis

Matt Speaks: A History of Iraq through Postal Stamps, Labor, and Struggle

(Continued from page 7)

writing for the Foreign Policy Research Institute writes of Qassim: His refusal to exploit sectarian divisions for political ends, his focus on social justice, such as the need for land reform, and his own ascetic lifestyle made Qasim the only truly popular leader [of Iraq] since the founding of the modern state.

Mr. Davis also writes that Qassim: Had no personal wealth, having donated his military pension and his two government salaries as prime minister and defense minister to the poor.

The Labor Movement was in full swing and reached a peak under Qassim, David Macaray, a playwright and author writes for Counterpunch about Iraq's labor unions in this regard: *Beginning shortly after the end of WWI hostilities, Iraqi workers—led by longshoremen, petroleum and railway employees, and in defiance of their British masters [during the mandate period]—joined together to establish a formidable organizing network.*

Jumping ahead to 1959, there were already an estimated 250,000 union members in Iraq.

He also appointed the first female minister in a government cabinet in the Middle East—a feminist activist named Naziha al-Dulaimi as Minister of Municipalities.

The Iraqi post during this time suffered no instability like other ministries of the government where many Iraqis sought levers of power. Perhaps because the Post Office did not require a strong arm, its mission wasn't complex. It had to deliver the mail to the Iraqi people and at the same time merely keep alive the image of the new regime by many postage stamps that came out during those years.

Soon after the revolution triumphed, Qassim and his coconspirator, Abdel Salam Arif, had a fallout whose catalyst would come to haunt Iraq and the Middle East. Arif had aligned himself with the Pan Arab movement which saw a single Arab polity stretching across the region as the great hope of his people and so did Qassim or so Arif thought. Upon assuming power though, Qassim changed tactics, espousing more Iraqi nationalist beliefs focusing more on the concept of *Iraq First*. Qassim's turnaround also appealed to the Communists which slowly put him in the crosshairs of the United States government.

Meanwhile, Arif was dismissed from his office. His removal however did not stop the growing ideological divide in Baghdad and this was exacerbated with the growing Baathist movement, a kind of nationalism with socialist thought that was distinctly Arab and reflected his conditions. It wasn't too long in the future where the Iraqi Post along with the labor unions would be subjected to Baathist thought and writes in The role of workers in the realization of unity and socialism: When we linked unity to socialism we were acting neither recklessly nor at random, but we found this the only path to make unity in our life a living and dynamic reality, which every laborer demands when he claims his bread.... When every poor and oppressed peasant demands the restoration of his right to his produce and delivery from injustice and enslavement...

Marion Farouk-Sluglett and Peter Sluglett write again in their study: The labor and trade union movement in an underdeveloped and relatively undifferentiated society like Iraq came to play an important role in the struggle for national independence ...the movement enjoyed a broad spectrum of support from members of almost all political classes, largely because it readily identified its own aims and aspirations with those of the rest of the independence movement.

Upon being stripped of his office, Abdel Salam Arif came into contact with a recently purged general of the armed forces and arch Baathist, Ahmad Hassan al Bakr and together they agreed to join forces to destroy Qassim.

Karol R. Sorby of the Institute of Oriental Studies, Slovak Academy of Sciences writes: *The Batthists had impressed the public with their courage; they entered into violent battles with the Communists at the height of the ideological warfare to the great satisfaction of many [non Qassim aligned nationalists]. They proved to be the only possible group which could incite a rebellion in the army, for they were determined to act without hesitation and were able to carry the country with them.*

They acted on October 7, 1959, with an assassination attempt. As a Baathist goon squad waited on Al Rashid Street in Baghdad for Qassim's motorcade; a man with a *distinct mustache* prematurely opened fire with only Qassim's driver being killed. Qassim's security detail fired back at the assassin, wounding him, but he fled before being captured.

As instability increased in the country, there was one last hurrah for the government and its supporters in labor. Christopher Solomon writing for the Gulf International Forum, an independent Washington-based institute for the Middle East, writes of Qassim: *Economically, Qassim was famous for nationalizing the oil sector, significantly scaling back the power of the Anglo-American Iraqi Petroleum Company and creating the Iraq National Oil Company. His government also laid the groundwork for the establishment of OPEC in Baghdad in September 1960.*

Preparations were finalized to launch the overthrow of the Qassim Regime by 1963. Again Mr. Solomon: *The Baathist coup plotters recalled staying up drinking whiskey late into the night before they set off for their mission in the morning.*

Down the Building Manager's Rhoad

We would like to call on all the Regular Carriers to step up and help our CCAs. If each one of you would donate one uniform in good condition, we could help them until they get their own uniform allowance. Please assist us, so all of them can look professional.



Walt Rhoads Building Manager Branch 599

Matt Speaks: A History of Iraq through Postal Stamps, Labor, and Struggle

(Continued from page 8) As the story goes, one of the member's mothers held up a Quran [the Islamic holy book], each conspirator walking under it as he departed.

Karol R. Sorby writes of what would become the Ramadan Revolution: *The* signal for action was given when three planes left al-Habbānīya air base, situated to the west of the Euphrates, and attacked the ar-Rashid Camp. At 9:05 a.m. on 8 February a Hawker-Hunter jet fighter-bomber of the Sixth Squadron from al-HabbānTya accompanied by two MiG-17 fighters appeared over ar-Rashid military airfield to the southeast of Baghdad, and attacked the runway with bombs neutralizing the airfield there and destroying many planes of the Ninth Squadron on the ground.

Upon the capture of the Central Radio station, ...Staff Colonel Khälid Makkī al-Hāshimī no sooner than at 11:30 a.m. [was appointed] commander of the armed forces in Baghdad and he immediately returned to Abu Ghurayb, [and] When the cumbersome column of the Fourth Tank Battalion rolling through Baghdad had reached its target areas, the revolution was ablaze.

The Baathists announced the dissolution of the Qassim Regime and the establishment of a Revolutionary Command Council (RCC). Abdel Salam Arif, was formally declared President of the Republic. With Ahmad Hassan Al Bakr as Prime Minister and head of the government.

Trade unionists who had supported

Qassim's reforms in labor, along with the communists (they were at this point Qassim's only supporters in the government) issued a communiqué: Destroy the treacherous conspirators and imperialist agents without mercy! Get hold of arms from police stations or any other place and attack them!

Together, they waged battle with Ali Salih al-Sa'di, Secretary General of the Baath Party and commander of the National Guard Militia. The RCC to deceive its enemies announced Qassim's death and many loyalists, not knowing he was still alive, surrendered their weapons, only to be betrayed shortly after by the Baathists and killed.

Qassim was actually barricaded in the Ministry of Defense building and fighting the forces of his former friend

Arif while urging his supporters to keep fighting until even his shooting was not constant, Qassim was tired and he sighed as his strength was depleting and not for a lack of bullets. His mind

stretched back to that time when he was just a young man in the academy. An idealist who wanted to be like Nasser, his hero. *This was not how the story was supposed to end*, he thought to himself, as the wrath that fueled his courage dissipated while his soul was filled with sorrow.

The coup succeeded on February 10, 1963. Following the capture of the Ministry of Defense building and Qassim himself. After a speedy trial, Qassim was executed by firing squad. Plans were made to consolidate the revolution. *Citizens* The Baathists had announced earlier at the beginning of the coup from Baghdad Radio: *Citizens, our striving for the security of our homeland, the unity of our people, the future of coming generations, and our belief in the Revolution of July 14th has made us assume the responsibility of destroying the corrupt group who took over the revolution of the people and the army and stopped it from moving forward. We have put an end to corruption with the help of the armed forces and the support of the people.*

Anything bearing reference to the former regime was destroyed and in a celebration of the triumph of the Baathists, an image was produced that showed the epitome of the new powers. It was an image of a new flag for



the Republic, red, white, and black stripes and three green stars were at its center. The image depicted a jet fighter flying over crowds of people as they cheered on soldiers

waging war. The great battle of the Baathists against its enemy Qassim. It was a postage stamp.

Meanwhile in Egypt, news of Qassims overthrow reaches the ears of the man with the mustache. An exile ever since that fateful October day. But now Qassim was dead and Saddam Hussein smiled as he eagerly made plans to return home.

Matt

Retired...but not Tired

On Friday, March 1, the Temple Terrace retired carriers assembled at Gaspar's Patio Bar and Grille for their quarterly lunch. It was really good to see the group and catch up with them; we had a good crowd for this event.

The Temple Terrace retirees seem to have more get-togethers than any other office in Tampa that I can think of. When these retirees were active letter carriers, they were the same way...meeting as a group and always having great spreads of food in their break room celebrating different events. Food drive day was always a big event, they would have food donated by local businesses and bring their collected food back to the office and all meet for lunch. After work, many carriers would hang out and help each other unload trucks and have an after-work party. I have stayed in touch with many of these retirees having spent many years myself carrying mail out of the Temple Terrace office.

If any other offices wish to begin a retirees' get-together, please let me know and I will include the date and time in an upcoming article. However, if any of you would like to join the Temple Terrace gang, I will post the date and time of their next scheduled lunch party. Hopefully, this will draw interest from our retirees and any active members that have the day off. I invited the Temple Terrace carriers to the retirees' open house at our new office on Friday, March 15. I will have



John Gebo Director of Retirees Branch 599

article. We restarted our first Monday of the month retirees' breakfast on March 4, at Mama's Kitchen at 9312 N Florida Avenue. Five retirees attended; hopefully, we can build on that

an update on the number of attendees in next month's

nue. Five retirees attended; hopefully, we can build on that total on April 8, at 9:30 AM. **We will change our location in April to** *The Cuban Sandwich Shop* at 10434 N Florida Avenue. **Please come out and join us!**

So as Roy Rogers and Dale Evans said, *Happy trails to you, until we meet again.*

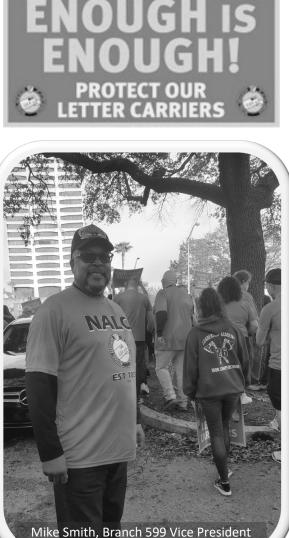
John



If retirees from your station gather, please let us know when and where so that we can post it. Contact John Gebo if you want to start a gathering for your station!

Committee of Presidents Assembled in Jacksonville Rally





The assembled presidents, led by National President Renfroe, took to the streets of Jacksonville for a march and rally at City Hall proclaiming, *Enough is Enough* and *Protect our Letter Carriers*. This is just one example of your Union in action and if an event comes to our area, I highly recommend all members taking part to help promote the cause, and work with other Union members to help make things better for us all.

Brian Obst, Branch 599 President



Let's Talk about Safety and the use of Sunscreen

Summer is coming and with it many people enjoying the sun while jogging, trips to the beach, or even delivering the mail. We Letter Carriers know how harsh the sun can be during the summertime, so one of the things that we need to remember is to protect ourselves from not only sunburn but basal cell or squamous skin cancer.

First off, there are many different types and kinds of sunscreen. Typically, the structure of sunscreen usually falls into two categories which are mineral and chemical.

Mineral sunscreens will sit on top of the skin acting as a physical barrier for UVA and UVB rays. They are fast acting since there is no absorption time, but because mineral sunscreens sit right on top of the skin they can be easily washed away with water or sweat, thus requiring more frequent application. When mineral sunscreens are applied, they can also look white while sitting right on top of the skin.

Chemical sunscreens take time to absorb after application because they sit at a deeper layer of the skin. The way chemical sunscreens work is that they take UVB rays and turn them into heat which is then sent back to the top layer of the skin. One thing to remember is that absorption can take up to 20 minutes before protection, so usually they are applied well in advance of activities out in the sun. Chemical sunscreens do not protect against UV rays as well as mineral sunscreens, they can exacerbate acne or rosacea.

Next let's talk about the Sun Protection Factor or otherwise known as SPF.

Now SPF can be a little confusing, but one thing to keep in mind is that SPF 50 is only marginally better than SPF 30. SPF 30 protects against 96.7 percent of UV rays while SPF 50

protects against J.D. Lewers 98 percent, so Labor Management Rep. SPF 30 and above Branch 599 is perfectly fine NALC Safety Task Force Representative for blocking out most UV rays. SPF can also be misleading; if the sunscreen is not applied every two hours the sun protection is diminished, also it is typically recommended to use lotions over sprays or powders for more even and thicker protection.

Finally, just keep in mind that any sunscreen is better than no sunscreen and it is up to us carriers to protect ourselves for not only ourselves, but for our families.

J.D.

Peacock is 50-yr Member!



During our March meeting, President Obst presented **President Emeritus Alan Peacock** with a 50-year pin and Gold Card, signifying 50 years of membership and service in the NALC. *Congratulations, Alan*!

Price – 40-yrs at USPS!



Marty Price received a 40-years' of service pin from the USPS on his retirement at the Sun City Center Office. *Congratulations, Marty!*



"Mary Lou Jackman - William Corbeau" 2024 Florida State Association of Letter Carriers Scholarship Application Al Friedman, President							
PLEASE DO NOT CUT OR REDUCE THE SIZE OF THIS APPLICATION, AND PRINT LEGIBLY							
Name of Student:							
Male Female (You must select only ONE use a separate/additional f	box. If more than one child is eligible, please forms.)						
City State	Zip						
NALC Branch Name and/or Number: Branch Contact Phone Number: NALC Branch Member's Name: Applicant/Member Phone number: By signing below, I certify the above named member of the FSALC is in good standing.							
Signature of Local Branch President or Secretary	Date						
(DO NOT CUT THE APPLICATION, MAIL ENTIRE FORM. PLEASE PRINT LEGIBLY)							
********* TO QUALIFY, THE FOLLOWING REQUIREMENTS MUST BE MET: **********							
1) The student must have graduated from an accredited High School or have a GED.							
 The Student must be a dependent of a member or the spouse of a deceased member of the FSALC who has not remarried. 							
3) Applicant must enroll as a full-time student in an accredited college or university and submit proof of enrollment to receive the funds if awarded. Winners will be notified by mail. <u>DO NOT</u> SUBMIT PROOF OF ENROLLMENT AT THIS TIME.							
 Applications must be postmarked on or by July 1, 2024. Entries received with a postmark after July 1, 2024 will not be open or returned. Only one application per applicant will be accepted. 							
This scholarship award is based on a random drawing, not on academic records or qualifications. There will be a total of four (4) scholarships awarded - two for female applicants and two for male applicants - each in the amount of \$2000.00. This drawing will be held during the NALC 73rd Biennial Convention, August 5 -9, 2024 in Boston, MA. Winners will be notified via mail.							
RETURN ALL APPLICATION John W. Mitchell FSALC Director of Educati 1440 7th Street Southeas Winter Haven, FL 33880	on, st						

Donating To the Children for Paulie Falica

On Thursday, February 15, our Branch Vice President, Mike Smith, and I visited with the director of G3 Life Applications, Carla Soto, at Idea Victory K-8 school. Mrs. Soto provided us with a tour of the facility and discussed the varying services and skills provided to the children. Some of the services provided are social trips, assisting with career development and contacts, tutoring, mentoring, and a variety of sports to engage in.

Recently, the children had the opportunity to go on a fishing trip via boat. They also met a career contact, an African American female US Air Force pilot who supplies gas for planes by aerial refueling. One could only imagine the level of engagement presented by the children who were in awe of this woman and her career choice. For G3 Life Applications, being able to engage children at a young and impressionable age allows for the expanding of the minds to prepare them for their ability to grow into successful adults.

After our discussion with Mrs. Soto and hearing all they offer, we got a chance to meet staff and a few children. At that time, we presented them with the \$1,500 donation in remembrance of Paulie Falica. They were extremely appreciative. They recorded and photographed our presenting the



Milly Minsal Trustee Chair Branch 599

donation check and posted it to their social media site. Additionally, they invited us to discuss our careers with the children. If anyone is interested in discussing their past or present career with the children, please contact me.

Thank you, Milly





Please keep our Branch Office updated with your contact information.



Department of Legislative and Political Affairs — National Association of Letter Carriers, AFL-CIO 100 Indiana Ave. NW — Washington, DC 20001-2144 — 202-393-4695 — www.nalc.org © NALC

Protect Our Letter Carriers Act (H.R. 7629)

Since the inception of the Postal Service nearly 250 years ago, letter carriers have delivered to every community on every street in the United States rarely being the targets of violence. In recent years, that has changed.

Since 2020, there have been more than 2,000 crimes committed against letter carriers on the job. Many of these attacks involve a gun or another weapon. Letter carrier robberies climbed to 643 last year, an increase of nearly 30%, and the number of robberies resulting in injuries doubled, according to the United States Postal Inspection Service (USPIS). Unfortunately, nearly every day we learn of other instances of letter carriers being assaulted, robbed, and even murdered while delivering mail and essentials.

The Protect Our Letter Carriers Act (POLCA) would devalue key infrastructure, deter these crimes through increased prosecution and sentencing guidelines, and keep letter carriers safe on the job. The nation's over 200,000 city letter carriers deliver medications, checks, ballots, packages and other essential mail that Americans depend on. It is imperative that America's mail is protected and, most importantly, that the letter carriers who deliver it are, too.

Secure and devalue postal infrastructure

POLCA would provide \$7 billion in funding for the Postal Service to secure its infrastructure, including the installation of high-security collection boxes as well as the replacement of items carried by letter carriers with more secure electronic versions. The funding would be appropriated over five years, \$1.4 billion annually in fiscal years 2025-2029.

A recent audit of USPIS data found that 52 percent of robberies of a letter carrier involved the theft of postal infrastructure items that have become highly sought after on the black market in recent years. Similarly, the Postal Service has reported an increase in high-volume mail theft incidents from mail receptacles, including blue collection boxes. In response, the Postal Service has begun to reinforce its infrastructure, which includes items carried by letter carriers on the job. The bill would provide the necessary funding to implement this updated technology nationwide. When key infrastructure is devalued and more secure, letter carriers will be safer on their routes.

Increase prosecution rates

Alarmingly, while crimes against letter carriers have persisted, arrests and prosecution against the alleged perpetrators have not. Though the number of assaults and robberies against letter carriers has doubled in recent years, the number of arrests and convictions for these crimes has markedly decreased, according to USPIS. Due to workload and other priorities, these cases often sit on district attorneys' desks, are not federally prosecuted, and the alleged assailants are not held accountable.

POLCA would require the Attorney General to appoint an assistant U.S. attorney in each judicial district to prioritize any case that involves an assault or crime against a letter carrier. Their principal responsibility in the district would be to coordinate and supervise the investigation and prosecution of these alleged crimes.

Harsher sentencing for robbery and assault of a letter carrier

Even though letter carriers who are victims of these crimes are federal employees in uniform on the job, under current law, the sentencing guidelines for those found guilty of these crimes are overly weak and permissive. In 2024, a San Francisco defendant was found guilty of robbing a letter carrier at gunpoint and sentenced to only 30 days imprisonment, while in Mississippi a defendant was sentenced to eight years.

This bill would strengthen sentencing guidelines for these crimes, ensuring that they are treated in the same manner as assaults on federal law enforcement officers.

NALC supports the Protect Our Letter Carriers Act, (H.R. 7629) which would devalue key infrastructure, deter these crimes through increased prosecution and sentencing guidelines, and keep letter carriers safe as they deliver essential mail and packages to every community in the country. Sponsored by Reps. Brian Fitzpatrick (R-PA) and Greg Landsman (D-OH)

From the Treasurer's Desk – 15th Edition

Brothers and Sisters,

Thank you for the responses I received from last month's article on *The Great Strike of 1970.* It was a historical and very captivating event. Hearing the different stories of what the strikers actually experienced was very telling. The involvement by the National Guard and other military personnel as they tried to fill in for the striking letter carriers showed the national impact the strike caused. By the way, the involvement of these many agencies failed terribly.

Joint Contract Administration Manual (JCAM)

The JCAM is a great source of contractual information readily available at nalc.org and at your local office. Here are a few things to know about the JCAM:

- 1. There are 43 articles.
- One copy has been provided for each delivery unit for both NALC and management. It should be accessible to both parties at all times.
- 3. Article 41 is the largest article in the JCAM with 64 pages. It is referred to as the *catch all* article.
- 4. Article 12 is second largest with 54 pages.
- 5. Here are a few articles that might interest you:

Overtime, Article 8

Holidays, Article 11 Seniority, Posting, Article 12 Safety and Health Article, 14 Discipline, Article 16 Reading the JCAM will help you to answer many questions you may have regarding your job. The do's and don'ts, the can and cannot.

Should you have any questions regarding the JCAM, ask your steward or call our Branch office.

Quick Hits:

Information you should know

As many of you may have heard this past summer, UPS's union negotiated a historic contract. By the end of the new contract, full-time UPS delivery drivers will make an average of \$49 per hour, which works out to nearly \$102,000 per year, assuming a 40-hour workweek, 52 weeks a year. Those employees are guaranteed an 8-hour workday, drivers also receive \$50,000 in benefits that include health, welfare and pension contributions, UPS says that by the end of the new contract, the average UPS full-time driver will make about \$170,000 annually in pay and benefits.

In addition, as part of the agreement, the delivery company also agreed to make Martin Luther King Jr. Day a full holiday, end forced overtime on drivers' days off and stop using driverfacing cameras in cabs, plus a host of other issues. It eliminated a two-tier wage system for drivers and tentative deals on safety issues were also reached, including equipping more trucks with air conditioning. Fur breakdown, existing full a UPS Teamsters will get \$2 hour in 2023. Over the left contract, wage increases \$7.50 per hour. Existing p workers will receive a 489



Tony Diaz Treasurer President Emeritus Branch 599 NALCREST Trustee

with air conditioning. Further breakdown, existing full and part-time UPS Teamsters will get \$2.75 more per hour in 2023. Over the length of the contract, wage increases will total \$7.50 per hour. Existing part-time workers will receive a 48% average total wage increase over the next five years.

However, all the news is not encouraging according to reports. UPS fell short of Wall Street revenue estimates, reporting drops in shipping volume, both internationally and domestically, in its fourth-quarter earnings report. The company also announced 12,000 layoffs as part of an effort to align resources in 2024. The workforce reductions will save the company about \$1 billion in costs. The company reported a 7.4% drop in average daily volume domestically and an 8.3% decrease internationally.

-Information from CNBC online

Look forward to talking to you again on the next *Around The Horn*



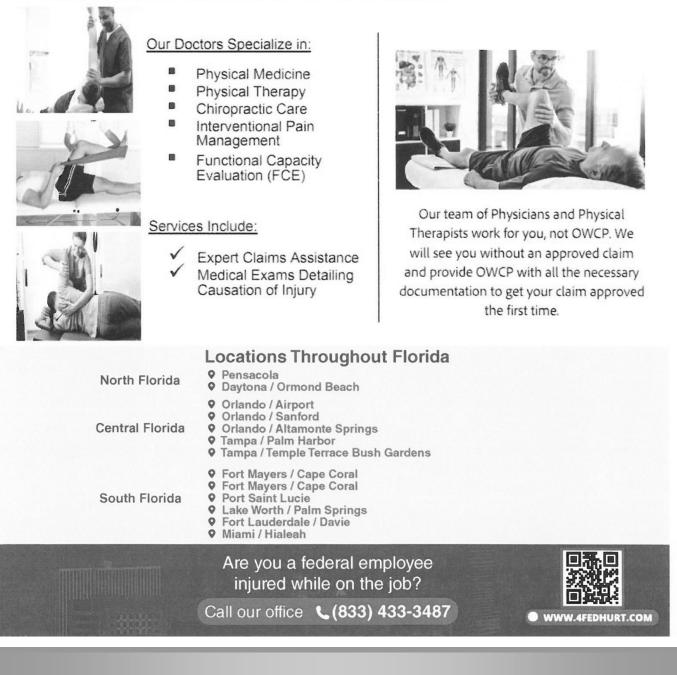
Matty Rose at COP

NALCREST Trustee Matty Rose addressed the Committee of Presidents in Jacksonville. He spoke on the history of NALCREST, day-to-day issues, as well as the recent 60th Anniversary celebration of the establishment of the community. He pointed out that no other union has this benefit for their retired members. All carriers should look into this great union benefit.



What Do I Do If I Get Hurt On The Job? If you are injured, here are some very simple steps to follow.

- 1. Notify Your Supervisor Immediately. (The Supervisor has up to 10 days to file your claim with OWCP).
- 2. File a CA-1 and CA-16 for a Traumatic Injury.
- 3. File a CA-2 for an Occupational Disease.
- 4. Write your Personal Statement describing the injury. Be specific.
- 5. Call 833-433-3487 to speak with a FED-HURT OWCP Specialist.



Addressing OWCP issues...let's get it right

There have been many articles in our newsletter over the years regarding on-the-job injuries. These are regularly asked questions you need to know:

- 1. What do I do first?
- 2. Who do I notify?
- 3. What paperwork do I need?
- 4. Who will help me through this?

Correcting OWCP issues are time consuming, frustrating, and if not corrected can delay medical treatment that could cause more severe prolonged injuries. So how do you avoid these issues? How do you get it right?

The **answers** to the above questions should help the process.

- 1. Report the accident immediately, explain exactly what happened, with a time and place (address).
- 2. Your supervisor or manager, and if you cannot reach anyone, your steward or our Branch office. It is important to notify someone.
- 3. Register an account on ECOMP at ecomp.dol.gov. The forms needed are, CA-1, CA-16, and CA-17, know your forms, ask questions, and do not rely on management to submit your forms without verification.
- 4. Your supervisor and/or manager should assist you, however, this is not always the case. Do not allow management to delay you going to ecomp.dol.gov; this is critical to your case.

Other tips:

- 1. Your online account at ecomp.dol.gov will be available to download should you need a paper copy of any of your forms.
- 2. Write a detailed, thorough, complete, and legible statement. Some important information to consider, if applicable: the time, the place, the conditions, the surface(s), any contributing factors, possible witnesses, and any hazards.

On the Job Injury – Forms needed, simple math,

CA-1 + CA-16 = CA-17

CA-16 must be signed by management,

Authorization for Examination and/or treatment.

Any questions...call the Branch office; ask for Brian Obst, 813.875.0599.



National Association of Letter Carriers 599 Tampa Florida Inc. **315 W Busch Boulevard, Suite C Tampa FL 33612** 813.875.0599 Fax 813.870.0599

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* This program does not apply to existing loans financed with Tampa Postal FCU. First payment is due 60 days from loan closing and no interest for 30 days. Valid for vehicles refinanced directly with the credit union between March 1, 2024 – May 30, 2024. Some restrictions apply. Contact the credit union for complete details.

