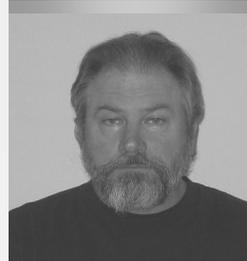




Tampa Letter Carrier

From the Desk of the President

I come to you this month with a heavy heart as we have lost two longtime members of our branch. Retired members Al Guice and Joe Oliva have shaken off this mortal coil and moved on, and while they no longer suffer the illnesses and infirmity that affected them, they have left a large hole in the hearts and lives of those left behind. It has been said that *the true measure of a man is evidenced by the company he keeps*. I am here to dispute that thought, as I believe *the true measure of a man is evidenced by the effect he has on those people he knew and associated with*. This being the case, I can state that these two were great men of character and substance who will be missed greatly by those left behind by their passing. I, as a Navy veteran, wish them *fair winds and following seas* on the rest of their journey.



Brian Obst
President
Branch 599

Branch 599
serving
Brandon
Plant City
Sun City
Tampa

Heat Illness Prevention training

I am in receipt of a memorandum from Director of Safety and Health addressing USPS Heat Illness Prevention Program training that was to be completed no later than April 1 of this year. All stewards will receive a copy of this memo at the April training meeting and if the training has not been conducted, investigations should begin immediately. Failure to comply with this training is a violation of OSHA requirements and will be grieved and potential charges could be filed with OSHA and the Labor Board. This is important training for all carriers so let us ensure that we get it.

NALC Retirement Program

April 2 was the date of the District Training seminar for the NALC Retirement Program which was held at the St. Petersburg Union Hall. Instructor Gerry Lonergan spent about 4 hours going over all the ins and outs of preparation for and application to retire from the USPS. Any and all questions were answered to help clear up any concerns or misconceptions one might have about the process. If you were unable to make the training, your stewards will be provided a copy of the class materials so you can access the information. When your time comes near, please call our Branch office and make arrangements with me for a personal counselling session so I can help you with your paperwork.

Steward Training

The Bradenton Training session for shop stewards was held on March 26 in the Bradenton Union Hall. Our branch was well represented and there was a wealth of knowledge imparted to all attendees. Information about the food drive, political action, Alternate Dispute Resolution Process, and future upcoming training were discussed. Business Agent Eddie Davidson joined the meeting by Zoom (his flight was cancelled) and he talked about Customer Connect and the importance of using it properly to help ensure our jobs by building the deliveries. He recommends becoming more involved in

(Continued on page 3)

Branch 599 Meeting

Wednesday
May 10
7:30 PM

*Until further notice, all
meetings will be held
at
American Legion Hall
3204 W Cypress Street
Tampa 33607*

Branch 599 Office

315 W Busch Boulevard, Suite C
Tampa FL 33612

813.875.0599

Fax 813.870.0599

www.nalc599.com

Brian Obst
President
erif_lor@hotmail.com

Office Hours
Monday – Friday
7:30 am – 4 pm

Rodna Kimelman Kirk
Office Secretary
nalc599@verizon.net

Tampa Letter Carrier

Brian Obst
Publisher

Phyllis R. Thomas
Editor
editor.nalc599@gmail.com

Branch 599 Office
813.875.0599

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.

Officers

<i>Position</i>	<i>Officer</i>	<i>Phone</i>	<i>Email</i>
President	Brian Obst	813.875.0599 <i>cell</i> 727.458.0679	erif_lor@hotmail.com
Vice President	Michael Smith	813.326.0717	
Recording Secretary	Matt Fernandez	786.247.4185	
Financial Secretary	Alan Robinson	813.843.9762	
Treasurer	Tony Diaz	813.598.9635	
Sergeant-at-Arms	Luis Cruz	813.431.3223	
MBA/NSBA	Michael Anderson	813.681.5688	
Health Benefit Rep	Detlev Aeppel	813.505.7914	
Director of Retirees	John Gebo	813.503.1256	
Trustees	Lori McMillion, Ch.	813.263.7101	
	Alan Peacock	813.892.9378	
	Milly Minsal	813.446.2572	
Labor Management	J.D. Lewers	813.528.5519	
	Clement Cheung	813.758.5910	
Presidents Emeritus	Garland Tickle · Orbe Andux · Donald Thomas Michael Anderson · James Good · Alan Peacock · Tony Diaz		

Shop Stewards

<i>Station</i>	<i>ZIP</i>	<i>Steward</i>	<i>Station No.</i>	<i>Steward's No.</i>
Tampa Stations/Branches Chief Steward, Mike Smith				
Brandon	33510/11	David Rivadeneira	813.661.1636	813.326.0717
Brandon	33510/11	Osceola Williams Sr.	813.661.1636	813.403.9525
Carrollwood	33618	Tina Bausch	813.961.2963	210.445.1369
Commerce	33602	Cynthia Williams	813.247.2416	813.892.2282
Forest Hills	33612	J.R. Sanchez	813.935.2954	813.778.4373
Forest Hills Annex	33613		813.935.2954	773.849.6229
Hilldale	33614		813.879.4309	
Hilldale Annex	33634		813.879.4309	
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	Dianna Todd	813.663.0048	813.505.5647
Plant City	33564	Todd Soulor	813.754.3590	508.615.6517
Produce	33610	Matt Rodkey	813.237.4084	813.562.8744
Ruskin/Sun City Ctr	33570	Bert Fristad	813.634.1642	813.541.8514
Seminole Heights	33603	Matt Fernandez	813.237.4569	786.247.4185
Sulphur Springs	33604	J.D. Lewers	813.237.4569	813.528.5519
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		813.988.0152	
Town & Country	33615/35	Vic Figueroa	813.884.0973	845.380.6386
Ybor City	33605	Maurice Rice	813.247.2416	813.334.3189

From the Desk of the President

(Continued from page 1)

generating leads and using the new program in the scanners to enter the information directly into the system, thereby bypassing some of the problems we have had with people not getting back to our customers when leads were submitted.

Carrier training was also an important subject broached in discussions. There is a severe lack of properly trained individuals as On the Job Instructors (OJIs) to train new CCAs coming on-board. It is important that the CCAs receive the proper training by qualified Instructors to help them get acclimated to the way the Postal Service expects them to perform their duties. All stewards will be checking with carriers in their offices to determine who is currently a trained OJI and we will be looking for volunteers to attend training to become an OJI for the future. All you need is a positive attitude, a desire to help new employees learn their job, and experience in all phases of delivery (Mounted, Dismount, Apartments, NDCBUs, Businesses, and Park and Loop). Remember the CCA who starts today will be the carrier delivering mail long after you have retired, so they need to be trained correctly.

Stamp Out Hunger

The NALC Food Drive is coming on May 13, and each station will be receiving postcards and bags that need to be delivered beforehand to the customers. The tentative date for delivery of these items is May 10 and 11. It is vitally important that these cards and bags get delivered so the customers will be aware of the drive and have a bag to put food in, to leave out for us to pick up on May 13.

Volunteers are needed in all stations to help unload the LLVs when they come in at the end of the day. We will have outside volunteers and our stewards, but if you can help, it is always appreciated. Let's make this the best drive yet and do some good

for the neighborhood!

CCA Conversions!

Congratulations to the 10 CCAs who were converted to regular status on February 11 and March 11! It took a while, but you have finally made it and now you are a career Postal Employee. You now have bidding rights and can sign the ODL if you wish. If you have any questions about your new status, don't hesitate to call our office if your steward cannot provide you with the answers you are seeking. As a new regular employee, I again wish to point out that there are various positions as stewards and Executive Board members that I am still looking to fill, so don't be shy or afraid to step up. You can start your development now and who knows how far you can go; remember I was once in the same position as you are today.

You Need to Understand how Congress Affects Your Livelihood

Political action of the NALC begins with each one of us. We have members above us at the regional and national levels that help direct our political actions. These members speak to members of Congress and try to make them see the needs of the Postal Service. This is great, but the political action committee starts at the individual level; donations are voluntary and cannot by law be taken from your dues. We donate to the political action committee to assist in our dealings in Washington DC, but only a small percentage of our membership is donating, and we really need more to chip in to help. I want to point out the language in Article 43 of our contract which states:

43.1 Section 1. Separability – *Should any part of this Agreement or any provision contained herein be rendered or declared invalid by reason of any existing or subsequently enacted legislation or by a court of competent jurisdiction, such invalidation of such part or provision of this Agreement shall not invalidate the remaining*

portions of this Agreement, and they shall remain in full force and effect.

What this means is that Congress, who controls the purse, can invalidate any part of the agreement by simply agreeing to do so. That is what is meant by the phrase *We could lose all we have gained in negotiations with the stroke of a pen*. We must be prepared to fight to keep all we have negotiated through the years and the way to do that is to have support in Congress. When I say support, I mean bipartisan support, which means we will support those who support what affects us. Party lines mean nothing if a republican supports us, we will support them, same for a democrat or independent, all that matters is: are they supportive of what we need? Our last COLA was \$208 and if you are donating the price of a cup of coffee each pay period, you still wouldn't reach that number. You wouldn't even miss it, so I ask all of you to consider getting involved by contributing to assist protection of your job.

Until next month, I leave you as always.....**Knowledge is the Key!**

Brian Obst
President



The Letter Carrier Political Fund is a non-partisan political action committee (PAC) established for the purpose of electing qualified candidates who support letter carriers and who are committed to maintaining a strong and innovative U.S. Postal Service. Learn more at nalc.org.

Calendar

Meetings are subject to change due to any upsurges of COVID.

**Until further notice,
Branch Meetings
will be held at
American Legion Hall
3204 W Cypress Street
Tampa 33607**

Note

Meeting Changes:

Shop Stewards

Tuesday

May 2 7:00 PM
315 W Busch Blvd, Suite C

Executive Board

Wednesday

May 3 6:30 PM
315 W Busch Blvd, Suite C

Branch 599

Wednesday

May 10 7:30 PM

American Legion Hall
3204 W Cypress Street
Tampa 33607

Retirees' Breakfasts

Tampa

Monday

May 1 9:00 AM

June 5 9:00 AM

Denny's Restaurant
at Dale Mabry & Spruce
2004 N Dale Mabry Highway

Temple Terrace

Tuesday

May 9 10:00 AM

June 13 10:00 AM

Bob Evans Restaurant
off Fletcher near I-75
12272 Morris Bridge Road

The Maintenance Guy

As we move from one building to another, it has been a chore to say the least. After being at the union hall on Cypress for over 60 years, you can imagine the stuff that was accumulated. After countless hours of packing, cleaning, and shredding, it is finally done. Over the course of the last few months, we have been able to sell over \$6,000 worth of items that we were unable to move with us into our new office.

As with any move, we are now trying to learn the new building. Now that we're in the building, we have been contacting vendors from a list that we were given at the closing that the previous owners used. It is not set in stone that we will use all of them.

As we prepare for the next phase of the building transformation, we have been packing, storing, and moving things to try and utilize the space that we have. The utility sheds are being organized as are the cabinets and shelving inside the building. We have relocated some cabinets from an area that is going to be remodeled to utilize them. As in every move, it will take a while to get settled in and unpack. This will be an ongoing process even after the remodel is done.

Until next time, I will try to keep everyone up to date.



Alan Robinson
Financial Secretary
Building Manager
Branch 599

***Please keep our Branch Office updated
with your contact information.***

Mail Call

Brothers and Sisters, knowledge is power. To gain more knowledge, members need to attend our monthly Branch meetings. Get informed about the monthly operations of our Branch, about medical, political, retirement, and work issues. In addition, important votes are conducted on any number of issues regarding how our Branch operates, and about how our union will address work-related issues, etc.

Unfortunately, many members do not attend meetings. These meetings are normally scheduled for the first Thursday of every month unless otherwise posted.

So what Sarge, what do I get for going to these meetings? I mean, I can get all I need from the NALC website.

Each local provides an incentive to attend these meetings. Any member who attends a minimum of eight of our meetings a year for two consecutive years, may be granted **Paid Delegate** status for the following

State/National Convention. This year, 2023, our State Convention will be held in Naples FL. Next year, 2024, our National Convention will be held in Boston MA.

If you are regularly looking at the NALC website, that's great, **but** you should also view our local website: www.nalc599.com.

Coming to our meetings will provide you with information you can't get from the National website, or the sandwiches and beverages provided after our meetings.

So, I hope to see you soon—come participate and help lead our union to where you want it to go. Remember, we are the union!

Sarge



Luis Cruz
Sergeant-at-Arms
Branch 599

From the Vice President's Desk – The HEAT is ON!

The line of work for a postal worker is hard, dirty, and at times tedious. Knowing basics can help reduce unwanted injuries. The heat is on in our area for the next 8 months or so. Now is the time to become familiar with the signs and treatment of heat disorders. The following article is reproduced from www.osha.gov:

What kind of heat disorders and health effects are possible and how should they be treated?

Heat Stroke is the most serious heat related disorder and occurs when the body's temperature regulation fails and body temperature rises to critical levels. The condition is caused by a combination of highly variable factors, and its occurrence is difficult to predict. Heat stroke is a medical emergency that may result in death. The primary signs and symptoms of heat stroke are confusion; irrational behavior; loss of consciousness; convulsions; a lack of sweating (usually); hot, dry skin; and an abnormally high body temperature, e.g., a rectal temperature of 105.8°F (41°C). The elevated metabolic temperatures caused by a combination of workload and environmental heat, both of which contribute to heat stroke, are also highly variable and difficult to predict.

If a worker shows signs of possible heat stroke, professional medical treatment should be obtained immediately. The worker should be placed in a shady, cool area and the outer clothing should be removed. The worker's skin should be wetted and air movement around the worker should be increased to improve evaporative cooling until professional methods of cooling are initiated and the seriousness of the condition can be assessed. Fluids should be replaced as soon as possible. The medical outcome of an episode of heat stroke depends on the victim's physical fitness and the timing and

effectiveness of first aid treatment.

Regardless of the worker's protests, no employee suspected of being ill from heat stroke should be sent home or left unattended unless a physician has specifically approved such an order (emphasis added).

Heat Exhaustion signs and symptoms are headache, nausea, vertigo, weakness, thirst, and giddiness. Fortunately, this condition responds readily to prompt treatment. Heat exhaustion should not be dismissed lightly. Fainting or heat collapse is often associated with heat exhaustion. In heat collapse, the brain does not receive enough oxygen because blood pools in the extremities. As a result, the exposed individual may lose consciousness. This reaction is similar to that of heat exhaustion and does not affect the body's heat balance. However, the onset of heat collapse is rapid and unpredictable and can be dangerous especially if workers are operating machinery or controlling an operation that should not be left unattended; moreover, the victim may be injured when he or she faints. Also, the signs and symptoms seen in heat exhaustion are similar to those of heat stroke, a medical emergency. Workers suffering from heat exhaustion should be removed from the hot environment and given fluid replacement. They should also be encouraged to get adequate rest and when possible, ice packs should be applied.

Heat Cramps are usually caused by performing hard physical labor in a hot environment. These cramps have been attributed to an electrolyte imbalance caused by sweating. Cramps appear to be caused by the lack of water replenishment. Because sweat is a hypotonic solution ($\pm 0.3\%$ NaCl), excess salt can build up in the body if the water lost through sweating is not replaced. Thirst cannot be relied on as a guide to



Mike Smith
Vice President
Branch 599

the need for water; instead, water must be taken every 15 to 20 minutes in hot environ-

ments. Under extreme conditions, such as working for 6 to 8 hours in heavy protective gear, a loss of sodium may occur. Recent studies have shown that drinking commercially available carbohydrate-electrolyte replacement liquids is effective in minimizing physiological disturbances during recovery.

Heat Rashes are the most common problem in hot work environments where the skin is persistently wetted by unevaporated sweat. Prickly heat is manifested as red papules and usually appears in areas where the clothing is restrictive. As sweating increases, these papules give rise to a prickling sensation. Heat rash papules may become infected if they are not treated. In most cases, heat rashes will disappear when the affected individual returns to a cool environment.

Heat Fatigue is often caused by a lack of acclimatization. A program of acclimatization and training for work in hot environments is advisable. The signs and symptoms of heat fatigue include impaired performance of skilled manual, mental, or vigilance jobs. There is no treatment for heat fatigue except to remove the heat stress before a more serious heat-related condition develops.

Fluids are important when dealing with any type of heat disorder. Clothing and shade are just as important. Don't become a casualty of the environment we all work in each day.

The OSHA-NIOSH Heat Safety Tool is

(Continued on page 7)

Sharing Our Members' Joys and Sorrows

Our deepest sympathy and prayerful support is extended to Thelma and family at the passing of her husband, **Al Guice** [retiree], March 19; to Sandra and family at the passing of her husband, **José Joe Oliva** [retiree], March 26; and to **Toni Llauger** [Town & Country] at the passing of her sister, Bettye Cox, April 16.

Well wishes and prayers to **Sonja Arjona** [Town & Country] as she recovers after hospitalization.

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.

Proposed Bylaw Change

ARTICLE VI

Duties of Officers

Duties of Labor Management Representative

Section 12

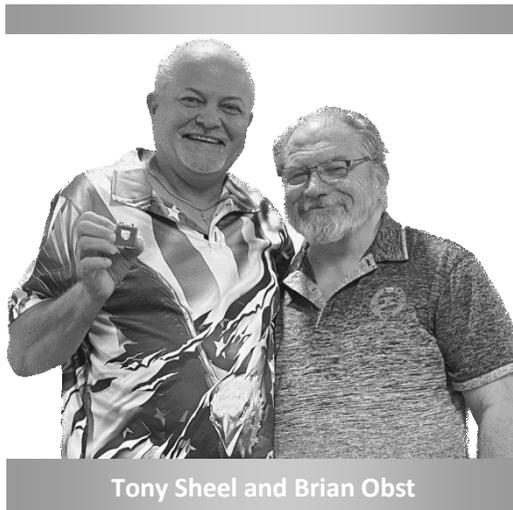
Currently reads as follows:

For the faithful fulfilling of his/her duties, the two (2) Labor Management Representatives shall each receive \$25.00 per month for allowed expenses.

Proposed to read as follows:

For the faithful fulfilling of his/her duties, the two (2) Labor Management Representatives shall each receive **\$50.00** per month for allowed expenses.

*Submitted by Clement Cheung at the branch meeting on 4/12/23.
Proposal is signed by Michael Smith, Lori McMillion, Jerry D. Lewers, Tony Diaz, Milly Minsal, and Clement Cheung – all members in good standing with the branch.*



Tony Sheel and Brian Obst

Sheel Retired!

President Obst presented **Tony Sheel** [Hilldale], with his retirement pin and gratuity at our April meeting.

Retired...but not Tired

As your Director of Retirees, I am asking for your assistance with any suggestions and/or ideas to help assemble Branch 599 retirees together. It could be a get-together once a month, once a quarter, or twice a year. It could be re-energizing the former breakfast gatherings, lunch, or just a beer or a soda. The venue can be anywhere in Tampa, and the locations can be rotated, maybe by north and south. Anyone with any ideas please contact me and we can discuss a plan. A scheduled date, time, and place could be placed in the Branch newsletter. It would be great to see retirees together!

On a personal note, my condolences go out to the families of retirees Al Guice and my longtime, good friend, Joe Oliva. Both brothers passed away in March. They served our Branch for many years, and will always be part of our history. Rest in Peace, my brothers!

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



John Gebo
Director of Retirees
Branch 599

Matt Speaks – Revolution at the Post Office!

A Story of the Easter Rising Dublin, Ireland 1916

At O'Connell Street, Dublin 1, stands the rebuilt General Post Office. At first glance a building not much like any other to foreigners, but to the Irish people, a symbol of a turning point in their history.

On April 24, 1916, Irish nationalists, determined to achieve independence for their country seized several locations in Dublin, finally marching to the General Post Office which would become their headquarters for the next week.

It was on the Post Office steps that Patrick Pearse, Commander in Chief of the rebels, read the following:
We declare the right of the people of Ireland to the ownership of Ireland and to the unfettered control of Irish destinies, to be sovereign and indefeasible... We place the cause of the Irish Republic under the protection of the Most High God, Whose blessing we invoke upon our arms... In this supreme hour the Irish nation must, by its valour and discipline, and by the readiness of its children to sacrifice themselves for the common good, prove itself worthy of the august destiny to which it is called.

With the Post Office's size, there were advantages in defense because of its thick walls. From its rooftop, it provided a grand view of the city center and also had state-of-the-art telegraph and telephone lines for its time, which meant that the rebels could send messages to sympathetic audiences. In fact, so crucial was the General Post Office that if not for its occupation by the rebels, the world would have barely taken notice of the events.

The building also served the Nationalists for symbolic reasons. The building flew the British flag and was seen as a communication center to London. The Post office also served as a recruitment center for the British army.

To many locals, the General Post Office served as a constant reminder that in spite of Ireland's rich history, it was at the moment, not in control of its destiny. Taking account of all these factors, the rebels were determined to seize it at all costs.

After seizing the building and the reading of the *Proclamation of the Irish Republic*, the rebels took down the British flag and hoisted the Irish flag. The next several days saw the British retaliate with fury.

Arthur Hamilton Norway, Secretary of the Irish Post Office, after being pressured to somehow continue mail delivery during these unfolding events said: *I need hardly say that as soon as the Post Office is regained, the whole staff will unitedly work unsparingly to restore the services.*

And in an act of courage proclaimed emphatically:
I will not allow my staff to risk their lives merely to get public correspondence into England a day or so sooner...

The Rising was ultimately crushed with British forces far outnumbering the Nationalists in guns, ammunition, artillery, and men. By the end of the week, thousands of troops reasserted control over the situation and arrested the leaders of the rebellion. In the end, Patrick Pearse and many others were executed and many hundreds across the city lay dead.

The General Post Office itself quickly caught fire during the rising because of the ferocity of the artillery fire coming from the British, which the Nationalists had underestimated and believed the building could withstand.

All parcels and mail were lost during the rising, and despite the calls for compensation, the Irish Postal Service determined no compensation would be paid due to the circumstances. Mail delivery resumed on May 3.



Matt Fernandez
Recording Secretary
Branch 599

Following the rising, allegations and suspicions were made about whether any postal staff conspired with the rebels. Out of a total staff of 17,000 employees, only 46 came under any serious scrutiny. The Irish postal service (or *An Post* as it is known today) like its American brothers and sisters across the ocean, remained apolitical.

Restored in 1929, the General Post Office building, once seen as a symbol of imperialism, occupation, and oppression is seen today as a symbol of pride in a now independent Republic of Ireland.

A copy of the *Proclamation of the Irish Republic* is displayed at the post office and is read outside in public by a military officer on the anniversary of the rising with an Irish flag blowing in the wind on its rooftop.

From the Vice President's Desk – The HEAT is ON!

(Continued from page 5)

available at the following website, or it can be downloaded through Google Play or App Store:www.cdc.gov/niosh/topics/heatstress/heatapp.html
This tool provides real time data on temperature, heat index, as well as signs and symptoms, and first aid for heat-related illnesses.

To get there, we must work together!

Mike Smith
Vice President

Let's Talk about Morning Vehicle Safety Check

When we letter carriers start our day, one of the first things on our to-do list in the morning, is vehicle safety check. A lot of carriers go out to their vehicles with thoughts on how their day is going to go with all the mail and packages they must deliver, so we usually are in a rush to check our vehicles as fast as possible. Sometimes we neglect a lot of the items on Notice 76 Expanded Vehicle Safety Check. Let's face it, the LLVs aren't getting any younger and sometimes when we go to open a door, the handle might come off in your hand. Here is the Expanded Vehicle Safety Checklist when inspecting your vehicle:

1. Inspect under vehicle for fluid leaks.
2. Inspect front tires for uneven wear and under-inflation.
3. Check that hood can be latched securely.
4. Check front for body damage.
5. Check left side for body damage.
6. Check left door lock (check for complete accident report kit if stowed on inside left of vehicle).
7. Check for rear-end leaks.
8. Inspect rear tires for uneven wear or under-inflation.
9. Check rear for body damage.
10. Check rear door lock.
11. Check right side for body damage.
12. Check right-side door lock(s).
13. Open door and move into driving position.
14. Check for complete accident report kit.
15. Start engine.

16. With assistance, adjust pot-lid mirrors and rear-view mirrors.
17. With assistance, check headlights, taillights, brake lights, flashers, and directional signals (front and rear).
18. Adjust center rear-view mirror.
19. Check operation of windshield wipers and washer.
20. Check operation of horn.
21. Inspect gauges for proper operation.
22. Check foot brake.
23. Check emergency brake.
24. Check seat belt and fasten.

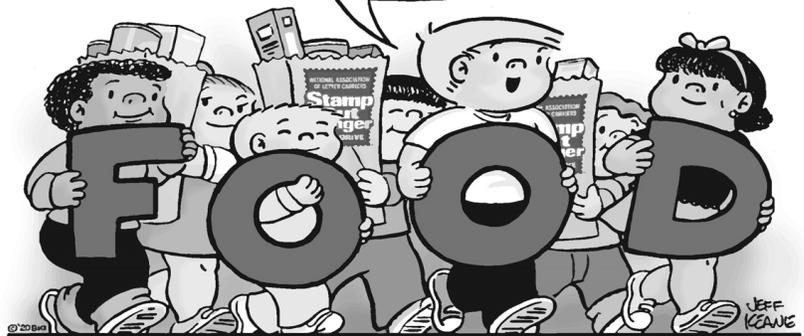


J.D. Lewers
Labor Management Rep.
Branch 599

Now I also understand the frustration that comes with writing up PS Form 4565 vehicle repair tag again and again for the same issue, but this is needed in order for Stewards to show that the issue is ongoing and is not being addressed by VMF. Just remember that you have coworkers, friends, people that are mothers and fathers to their own children, and that vehicle that you are checking, if it is a problem for you then it could be potentially hazardous for them if left unchecked.

J.D. Lewers
Labor Management Representative
NALC Safety Task Force Rep. Branch 599

THIS SPELLS
HELP FOR LOTS OF
FAMILIES THIS
YEAR!



LETTER CARRIERS' FOOD DRIVE MAY 13

PUT YOUR NON-PERISHABLE DONATION IN A BAG BY YOUR MAILBOX.
WE'LL DELIVER IT TO A LOCAL FOOD BANK.

National Partners



From the Treasurer's Desk – 4th Edition

Brothers and Sisters, as many of you may have heard, we lost two longtime Branch 599 members at the end of March. These two men, longtime retirees and officers, Al Guice and José Joe Oliva, served on the Executive Board for many, many years. They were involved in all of our events, dinners, state and national conventions, and volunteering for many nationally supported informational picket lines. I knew these men well, served this Branch with, and worked with both for many years. I have a great deal of respect for them; they were proud military veterans. My condolences to their families through this difficult time, and just know they will be missed. As our retirees become either inactive or unfortunately pass away, we look to those who can move into their place to keep the NALC strong moving forward.

NALC – working for you

Effective March 11, the final contractual cost of living adjustments (COLAs) of the 2019-2023 collective bargaining agreement went into effect. All regular carriers should have noticed the general wage increases and COLAs throughout this contract. CCAs were also included with 4 general wage increases. The NALC and the USPS will soon begin serious contract talks for a 16th collective bargaining agreement. Just to note, the efforts of the letter carriers during the pandemic period, gave America a sense of normal. These efforts, I am confident, will be a strong bargaining chip at the table. I went back to an article I wrote in 2021 to discuss the newly signed fifteenth collective bargaining agreement. **Going back in time**, the expiring contract was 44 months in length. It would be back dated to September 21, 2019 (remember the backpay) and would run through May 20, 2023.

Some of the highlights are/were:
7 COLAs and 4 general wage increases.

Beginning November 19, 2022, a new top Step P took effect, paying an additional \$444 annually for those carriers who have been at top pay Step O for 46 weeks. For CCAs, the days of working 30 to 36 months and beyond as non-career before being converted to a career status are over. CCAs now will automatically be converted to career status upon reaching 24 months of relative standing. All career letter carriers will receive 7 COLA increases based on the Consumer Price Index. Two COLA pay-outs were retroactive, #1, effective February 29, 2020, in the amount of \$166 annually. #2, effective August 29, 2020, in the amount of \$188 annually. That left 5 more to be paid every 6 months for the remainder of the contract. The 4 wage increases will include all regular career letter carriers as well as non-career. #1, 1.1% effective November 23, 2019; #2, 1.1% effective November 21, 2020; #3, 1.3% effective November 20, 2021; and #4, 1.3% effective November 19, 2022.

CCAs also received an additional 1.0% for the 4 dates. 2.1% effective November 23, 2019 (retroactive); 2.1% effective November 21, 2020 (retroactive); 2.3% effective November 20, 2021; and 2.3% effective November 19, 2022. The additional 1.0% for the CCAs is in place of the COLAs paid to only regular carriers.

Street MSP scans were eliminated

Managed Service Point (MSP) scans: This MOU states that no later than 60 days from the ratification date of the 2019 collective-bargaining agreement, MSPs will be removed from the street delivery portions of city letter carrier routes.

Annual leave in lieu of holiday pay

Fulltime and PTR letter carriers who work their holiday, at their option, may elect to have their annual leave balance credited with up to eight hours of annual leave in lieu of holiday leave pay. Such leave will be subject to all

applicable rules for requesting and scheduling annual leave and shall be combined with annual leave and counted as annual leave for purposes of annual leave carryover. Article 11, Sections 3 and 4 will be modified accordingly if the contract is ratified.



Tony Diaz
Treasurer
President Emeritus
Branch 599

–Postal Record

Hopefully, a sixteenth collective bargaining contract agreement and ratification will continue to provide letter carriers positive news moving into the future, both financially and contractually. Please follow for any negotiation updates on nalc.org.

Quick Hits:

Information you should know

I was invited back to my second NALCREST trustees meeting by Mattie Rose and Fred Rolando in April. With the packed agenda, a 2-day meeting was needed. Consisting of many tough decisions, while working within a budget. Prioritizing issues in need is difficult, when other important needs must be set aside. This was another great experience as we discussed issues and solutions. As I stated, it is a true honor to have this opportunity. I have been invited to the next trustee meeting in May.

Next month I will continue with my segment, the importance of knowing our National officers.

Look forward to talking to you again



What Do I Do If I Get Hurt On The Job?

Getting hurt on the job is a regular occurrence if you are a Federal Employee. The challenging nature of the duties and responsibilities places employees in difficult working conditions daily. Getting hurt on the job and receiving treatment should not require the same difficulty. When a Federal Employee gets injured on the job there are few options and even less qualified Physicians to help navigate those options. 4FED-HURT and D.O.L. Injury Centers along with our team of federal injury specialists are here to help navigate the claims process while the claimant receives treatment. **So, what does a Federal Employee do if they get hurt on the job?**

A **Traumatic Injury (CA-1)** is an injury that occurs on one day that presents as a singular event. An **Occupational Disease (CA-2)** is an injury that takes place over several days or months.

If you are Injured, here are some very simple steps to follow.

1. Notify Your Supervisor Immediately.
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 4FED-HURT Injury Specialist.

Our team of Physicians and injury care specialists work for you, not OWCP. We will see you without an approved claim and provide OWCP with all the necessary documentation to get your claim approved the first time. We have 12 locations throughout the state of Florida ready to start your case immediately.



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- Tallahassee
- 📍 2743 Capital Circle #106
Tallahassee, Florida 32308
- Jacksonville
- 📍 6216 Sauterne Dr.
Jacksonville, FL 32210
- Daytona / Ormond Beach
- 📍 305 Clyde Morris Blvd. Suite 220
Ormond Beach, Florida 32174

Central Florida

- Orlando / Altamonte Springs
- 📍 482 E Altamonte Dr. Suite 1006
Altamonte Springs, FL 32701
- Orlando / Sanford
- 📍 241 Bellagio Circle
Sanford, Florida 32771
- Orlando / Airport
- 📍 500 N Semoran Blvd Suite 101
Orlando, FL 32807
- Tampa / Palm Harbor
- 📍 33143 US Hwy 19 N
Palm Harbor, FL 34684
- Tampa / Temple Terrace
- 📍 Bush Gardens
9780 N 56th St Suite A.
Temple Terrace, FL 33617

South Florida

- Fort Myers / Cape Coral
- 📍 11621 S. Cleveland Ave #50
Cape Coral, Florida 33907
- Fort Myers / Cape Coral
- 📍 706 SW Pine Island Rd. Suite 105
Cape Coral, Florida 33991
- Lake Worth / Palm Springs
- 📍 3003 S Congress Ave # 2F
Lake Worth, FL 33461
- Fort Lauderdale / Davie
- 📍 2240 SW 70 Avenue Suite D.
Davie, FL 33317



Are you a federal employee
injured while on the job?
Call our office 📞 833-433-3487



4fedhurt.com

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
 www.nalc599.com
 Tampa Letter Carrier
 Volume 23 • Issue 5 • May 2023

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