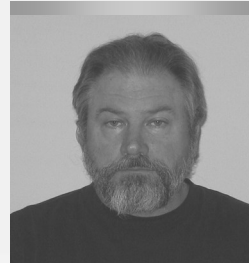


Tampa Letter Carrier

From the Desk of the President

Welcome back, faithful readers. We live in Florida and judging by the weather, summer is back with a vengeance. I have previously touched on Heat Safety, but additional reminders are not a bad thing. Please remember to properly hydrate so as to prevent incidents of dehydration on the job as this could lead to serious injuries from heat exhaustion and heat stroke which could also lead to death. It is the position of both the Postal Service and the Union that everyone comes to work and at the end of the day they go home in the same condition as they were when they came to work. The Agreement that we work under allows for **reasonable and necessary** comfort stops in the performance of our duties. This means if you need to use the restroom you can do so, if you are overheating on the route, you may take a comfort stop to rehydrate and cool off. This is what is meant by **reasonable and necessary**, it does not mean you can just stop working and take a break anytime you want; don't abuse this situation, use it for what it is designed for and be able to justify your usage of the comfort stops.



Brian Obst
President
Branch 599

Branch 599

serving

Brandon

Plant City

Sun City

Tampa

Region 9 State Training

Our Branch sent 7 representatives to the Region 9 State Training meetings in May where they were provided schooling on a variety of issues designed to assist in representing the membership here in Tampa. This training is available to Branch members to help grow and educate our membership moving into the future. If you are interested in attending any of these, contact your steward or our Branch office to see if it is available to you. I learned a long time ago to never turn down an opportunity to educate myself on any topic available to me, especially if it is going to help me with my job.

Stamp Out Hunger

The Stamp Out Hunger Food Drive went off with a minimum of difficulty here in Tampa and while our results were not the same as last year, we can be proud of the job we did and our ability to help those in need in our community. The local food banks received a great bounty that will help them care for those with food insecurity here in our local areas. Remember, our food drive provides a bridge for the food banks until the donations pick up again as the holidays approach later in the year. *Thanks to all* for their work and support for this important part of our job here in Tampa.

Local LMOU Negotiations

Local negotiations for the LMOU (Local Memorandum of Understanding) here in Tampa began on May 27 and will continue until we reach a negotiated settlement on the agreement or June 26, whichever comes first. If we are unable to reach a negotiated settlement, then any items unsettled will be impasse and go through the process up through binding arbitration to reach an agreement. Negotiations have been smooth

(Continued on page 3)

Branch 599 Meeting

Thursday

July 10

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

315 W Busch Boulevard, Suite C
Tampa FL 33612

813.875.0599

www.nalc599.com

Brian Obst
President
erif_lor@hotmail.com

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

Rodna Kimelman Kirk
Office Manager
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 cell 727.458.0679	erif_lor@hotmail.com
Vice President	Michael Smith	813.326.0717	mosmith46@gmail.com
Recording Secretary	Maria Afful	347.457.7316	
Financial Secretary	Alan Robinson	813.843.9762	
Treasurer	Tony Diaz	813.598.9635	
Sergeant-at-Arms	Luis Cruz	813.431.3223	
MBA/NSBA	Bonita Lattimore	813.756.9676	
Health Benefit Rep	Detlev Aeppel	813.505.7914	
Director of Retirees	John Gebo	813.503.1256	
Trustees	Milly Minsal, Ch.	813.446.2572	
	Andre Hinton	931.980-5169	
	Cynthia Williams	813.392.8048	
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				813.326.0717
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	Edward Carrillo	813.961.2963	787.989.4481
Commerce	33602	Deontae Barron	813.247.2416	813.836.4128
Forest Hills	33612	Lord McWilliams	813.935.2954	347.475.7433
Forest Hills Annex	33613	Robert Rosenfeld	813.935.2954	813.857.5353
Hilldale	33614	Brian Obst	813.879.4309	727.458.0679
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	Brian Obst	813.831.2034	727.458.0679
Palm River Annex	33619	Sheryl Jones	813.663.0048	616.589.5283
Plant City	33563/64		813.754.3590	
Produce	33610		813.237.4084	
Ruskin/Sun City Ctr	33570	Bert Fristad	813.634.1642	813.541.8540
Seminole Heights	33603	Paul Sardinas	813.237.4569	813.650.3504
Sulphur Springs	33604	Sean O'Connell	813.237.4569	
TCA/Hyde Park	33606	Josh Villa	813.873.7189	203.278.6485
TCA/Peninsula	33609	Brian Obst	813.873.7189	727.458.0679
TCA/West Tampa	33607	Brian Obst	813.873.7189	727.458.0679
Temple Terrace	33617		813.988.0152	
Town & Country	33615/35	Brian Obst	813.884.0973	727.458.0679
Ybor City	33605	Leddyon Lewis	813.247.2416	813.247.2416

Branch 599 Centennial Challenge Coins



In honor of the 100th Anniversary of the establishment of Tampa Branch 599 and our continuing commitment to the representation of our members, the Branch has made a one-time purchase of 500 of these Challenge coins. This is a limited edition and there are only 500 coins for purchase at a cost of \$5 per coin. Any profits garnered from the sale of the coins will be donated to MDA. Get your coin now as they will go fast, and you don't want to miss out.

Brian Obst, President

From the Desk of the President

(Continued from page 1)

thus far and I will provide an update next month as to their outcome.

Treasurer and Financial Secretary

In keeping with my previous articles, I will be providing a short description of elected Executive Board Positions for this year's elections, I apologize for not listing one last month so I will double up this month.

The **Treasurer** position shall receive, receipt for, and disburse all monies of the Branch and he/she is required to keep a regular account thereof. The Treasurer shall keep a proper accounting of all properties, investments and funds of the Branch which at all times shall be available for inspection. The Treasurer shall pay all warrants drawn on him/her by the Branch which are assigned by the President and all accounts receipted upon payment of same. The treasurer shall, whenever requested by the President, and at the end of his/her term, make a report showing his/her receipts, disbursements and amount of money on hand. He/she shall deliver his/her books, papers and money to his/her successor in office, when qualified. The Treasurer is also required, at the President's direction, to perform additional duties as outlined or mentioned in other Articles or Sections contained in the Bylaws of the Branch.

The **Financial Secretary** shall keep a record book showing the names of all members, when admitted and place of residence, collect dues and all other monies due to the Branch, keep a regular account thereof, and at each meeting (or prior thereto whenever the prompt payment of National Per Capita Tax or other necessity may require same) pay same to the Treasurer, take his/her receipts and retain them as vouchers in settlement. He/she shall personally, or through duly authorized deputies, appointed when necessary to each station, and who shall whenever practicable be the station delegate or representative selected or appointed to represent the station, solicit payment from all members in arrears, and on the day of an election and before a ballot is taken, furnish the President with a list of members not entitled to vote. He/she shall semi-annually furnish the National Secretary Treasurer with a list of names of all members of the Branch in good standing and shall notify the National Secretary Treasurer monthly of the election of new members, also those suspended, expelled, deceased or resigned. He/she shall keep an account of all properties, investments and funds of the Branch which at all times shall be open for inspection, and at the end of his/her term make a report, and deliver to his/her successor in office, when

qualified, all the books, papers and property in his/her possession belonging to the Branch. To ensure the faithful performance of their duties, the Financial Secretary and his/her deputies shall be bonded in such amount and in such manner as the Branch may direct.

As you can see, these two positions on the Executive Board are responsible for the financial well-being and record keeping of the Branch. These positions are required to work in cooperation as they both deal with the finances of the Branch and the ability to work well with others is an important part of the positions. Hopefully, the information provided will help you, the reader, to have a greater understanding of the positions described on your Executive Board in preparation for the upcoming elections in December of this year.

Change is the law of life, and those who look only to the past and present are certain to miss the future.

—John F. Kennedy

As always, I shall leave you until next time we meet....

Knowledge is the Key.

Brian Obst
President

Calendar

Shop Stewards

Tuesday

July 1 7:00 PM
315 W Busch Blvd, Suite C

Executive Board

Thursday

July 10 6:30 PM
315 W Busch Blvd, Suite C

Branch 599

Thursday

July 10 7:30 PM
315 W Busch Blvd, Suite C

Retirees' Breakfasts

Tampa

Monday

July 7 9:30 AM
The Cuban Sandwich Shop
10434 N Florida Avenue 33612

Temple Terrace

Tuesday

July 8 10:00 AM
Bob Evans Restaurant
off Fletcher near I-75
12272 Morris Bridge Road

Note:

Any carrier, active or retired, is welcome to attend the retirees' breakfasts, and on your birthday, the Branch will pick up the tab for your breakfast; simply provide the receipt to the Branch office for processing.

Wait a Minute

Metro Ministries is a sponsor for our yearly food drive in all post offices throughout the states. For those who don't know, Metro Ministries doesn't just feed the homeless, but also assists with GED, employment, childcare, and housing, as well as rental assistance programs to help those in need. If you know anyone who may need help besides food, please contact: metromin.org and look for the *Get Help* tab.

I believe this is a wonderful opportunity for those who have lost all hope.

Maria



Maria Afful
Recording Secretary
Shop Steward
Branch 599

Let's Talk about Safety and Heat

We have just entered into the first days of summer and we carriers are already feeling the heat. This summer is going to be brutal for most carriers and especially for the CCAs that have not experienced the summer yet. We have a lot of new employees, and we have already seen some of the them saying they cannot take it, so let's talk about safety and heat in order to make the best of it, if possible.

First off, one of the most important things that you cannot have enough of in this heat is frozen bottles of water. I usually keep at least 4 frozen bottles to make sure I have cold water when I need it. Not only does it come in handy for drinking, but it also keeps my chill towel cold, and I have a water spritzer as well to give me a little spray of chilled water on my arms and legs. Also make sure to keep a few unfrozen as well, I would say at least 3.

Secondly, electrolytes are extremely important. There are many companies now that make pour-in electrolytes, right into your water bottles to give you that boost throughout the day. I like Liquid IV myself, the pina colada and cucumber flavors are pretty good. Another one I enjoy is the watermelon flavored ones as from Great Value. Definitely a must for anyone dealing

with the extreme sweating that occurs during the heat.

Lastly, I recommend battery operated fans. I have a Ryobi which I make sure to always have battery backups available.

Not only can the fan be used in the LLV, but it can also be taken with you to set up in front of the CBU areas to keep a breeze on you when the air is just sitting with next to no breeze at all. Also, whoever designed the fan in the LLV to be right under the windshield might want to look for another job because all that fan does is blow hot air heated by the sun. I don't think engineering was that guy's strong suit.

In closing, do whatever you can to keep cool in this heat. Year after year it seems to keep getting hotter and hotter with no end in sight. I imagine one day we will walk out our front door and immediately just burst into flames! Just kidding, at least I hope that won't happen. Keep cool my brothers and sisters.

J.D.



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

Stay Safe Out There!

And Hydrate—Hydrate—Hydrate!

From the Vice President's Desk

Overtime Renewed!

Article 8 of the National Agreement provides information on overtime. The newly adopted National Agreement has changed a few overtime rules. Rather than relying on another carrier's explanation of how overtime is handled, it is advisable to take the time to educate yourself. The sections below are straight out of the National Agreement and should be reviewed:

Section 2. Work Schedules

- A. The employee's service week shall be a calendar week beginning at 12:01 a.m. Saturday and ending at 12 midnight the following Friday.
- B. The employee's service day is the calendar day on which the majority of work is scheduled. Where the work schedule is distributed evenly over two calendar days, the service day is the calendar day on which such work schedule begins.
- C. The employee's normal work week is five (5) service days, each consisting of eight (8) hours, within ten (10) consecutive hours, except as provided in Section 1 of this Article. As far as practicable the five days shall be consecutive days within the service week.
- D. Full time employees who are not on an "Overtime Desired" list or on the Work Assignment list, shall not be required to work beyond eleven and a half (11.5) hours of work in a day or sixty (60) hours of work in a service week, and shall not be subject to disciplinary action for terminating their tour of duty when these limits on hours of work are reached.

Section 3. Exceptions

The above shall not apply to part-time employees.

Part-time employees will be scheduled

in accordance with the above rules, except they may be scheduled for less than eight (8) hours per service day and less than forty (40) hours per normal work week. All PTFs will be guaranteed a minimum of one (1) non-scheduled day each service week, except during the penalty overtime exclusion period. Management will notify PTF employees of their assigned nonscheduled day by the Wednesday preceding the service week.

CCA employees will be scheduled in accordance with Section 2, A and B, of this Article. All CCAs will be guaranteed a minimum of one (1) nonscheduled day each service week, except during the penalty overtime exclusion period. Management will notify CCAs of their assigned nonscheduled day by the Wednesday preceding the service week.

Section 5. Overtime Assignments

When needed, overtime work for full-time employees shall be scheduled among qualified employees doing similar work in the work location where the employees regularly work in accordance with the following:

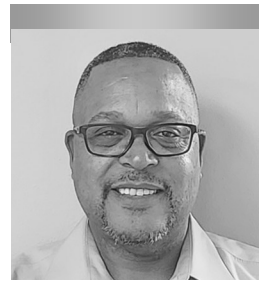
- A. Employees desiring to work overtime shall place their names on either one or both of the "Overtime Desired" lists defined below or the "Work Assignment" list during the two weeks prior to the start of the calendar quarter, and their names shall remain on the list until such time as they remove their names from the list. Employees may switch lists during the two weeks prior to the start of the calendar quarter, and the change will be effective beginning that new calendar quarter.
 - 1. Full-time letter carriers, including those on limited or light duty, may sign up for either one or both of the following regular

Overtime Desired Lists:

- Employees desiring to work up to twelve (12) hours per day on their regularly scheduled day(s). Employees signing only this list are not on the Overtime Desired List on their non-scheduled day(s). However, employees signing both regular Overtime Desired Lists are eligible to work up to twelve (12) hours per day on their regularly scheduled day(s) and their non-scheduled day(s).
- Employees desiring to work eight (8) hours per day on their non-scheduled days. Employees signing only this list are not on the Overtime Desired List on their regularly scheduled days or beyond eight (8) hours on their non-scheduled days. However, employees signing both regular Overtime Desired Lists are eligible to work up to twelve (12) hours per day on their regularly scheduled day(s) and their non-scheduled day(s).
- B. "Overtime Desired" lists will be established by craft, section or tour in accordance with Article 30, Local Implementation.

If you have any questions, please don't hesitate to contact your steward or our Branch office. Your steward has been trained in the new additions and will be able to answer any additional questions. We're sure this will take a little time to get used to, but assistance is available, ask.

Mike



Mike Smith
Vice President
Chief Steward
Branch 599

Sharing Our Members' Joys and Sorrows

Our deepest sympathy and prayerful support is extended to the family and friends of **Norris Ivory** [Hilldale], whose sudden passing was June 2.

Healing prayers and get well wishes are extended to Director of Retirees **John Gebo**, as he recuperates from a recent hospitalization; to Financial Secretary Alan's wife **Annette Robinson** as she continues to recover from a serious automobile accident; and to **Bill Mandikas** [retiree] as he continues with cardio rehab.

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.

Retired...but Not Tired

I recently read the article below on nalc.org and thought to myself, the United States Postal Service just refuses to make good business decisions. This is very troubling and could be the death of the USPS. The selection of David Steiner is wrong in so many ways. He comes from one of the top Postal Service competitors. A competitor that has, over the years, attempted to acquire certain parts of the Postal Service. He is also in big opposition to unions. So, is this a conflict of interest? Yes, it is, and this move could destroy the Postal Service as we know it. Please read this article, and stay tuned, it could be a rough road ahead:

May 06, 2025

NALC statement on the reported selection of David P. Steiner to lead USPS...

NALC President Brian L. Renfroe released the following statement:

As the union representing 295,000 active and retired letter carriers, the National Association of Letter Carriers (NALC) strongly condemns the reported selection of David P. Steiner to lead the Postal Service. Steiner comes directly from service on Fed-Ex's board of directors, presenting a clear conflict of interest. Steiner didn't just stroll in from the private sector—he comes straight from one of the Postal Service's top competitors.

His selection isn't just a conflict of interest—it's an aggressive step toward handing America's mail system over to corporate interests. Private shippers have been waiting to get USPS out of parcel delivery for years. Steiner's selection is an open invitation to do just that.

During his tenure as Waste Management, Inc.'s CEO, **Steiner took a stand against unions**. He built his brand on union-busting, slashing jobs, and replacing workers with machines. He has publicly bragged about shrinking the union footprint. Now he's being handed the keys to one of the nation's largest unionized employers. At a

time when collaboration with workers helped USPS turn a \$144 million profit in the last quarter of 2024, this decision flies in the face of everything that's working.

This isn't just bad policy—it's a direct assault on the workers who keep the mail moving and the public connected. The damage will hit rural communities hardest, where the Postal Service isn't just a convenience—it's a lifeline. And make no mistake: if this appointment stands, it threatens 7.9 million jobs tied to the postal industry and service to over 300 million Americans.

The nation's letter carriers are outraged that the Postal Service Board of Governors has chosen an anti-union postmaster general with a major conflict of interest. The board has the responsibility to do what is best for USPS. This decision is not only a failure in that responsibility but shows open contempt for the work of America's letter carriers and the public good.

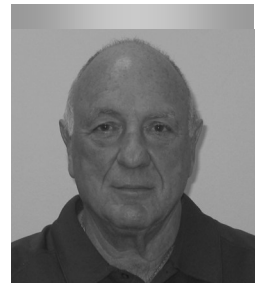
The next Retirees Breakfast will be on July 7 at 9:30 AM. Location: The Cuban Sandwich Shop at 10434 N Florida Avenue. This group meets on the first Monday of the month.

We have another retirees' group that meets on the second Tuesday of the month, July 8 at 10 AM. Location: Bob Evans, 12272 Morris Bridge Road, in Temple Terrace.

Remember retirees, if it is your birthday month and you attend a monthly breakfast, your breakfast is paid by Branch 599.

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

John



John Gebo
Director of Retirees
Branch 599

Please keep our Branch Office updated with your contact information.

From the Treasurer's Desk – 29th Edition

Addressing any rumors

Brothers and Sisters,
I make it a point to stay in touch with many of you who I either carried mail with or served as your Branch President for 9 years. I am honored, humbled, and appreciative to all of you for your support over the years. For those of you who have inquired directly with me or indirectly through someone else about the possibility of making another run as President of Branch 599, I believe flattered would be the appropriate word. With this being a Branch election year, I felt the need to address this before any positioning for officer positions begins, if there are any. I have in fact considered another run more than I thought I would, with the prospect of serving a fourth term as your President. However, after weighing all my options, and walking myself through every scenario, I want to report to you that I will not seek a record fourth term as President. I have settled into my busy semi-retired lifestyle as your Branch Treasurer and I really enjoy making big decisions and the responsibilities as a Standing Committee member/Trustee at Nalcrest, which is

considered a nationally recognized position. I also have responsibilities as a grandfather, to which my wife and I are very involved and we plan weekend getaways. As tempting as the idea is, and with the thought of having the opportunity to represent our membership once again, I realize it is best for new leaders to surface as we move forward. Retirees will not be around forever and we must prepare future leadership. I will, however, seek one more term as your Branch Treasurer and will continue to stay involved with our union. Thank you all once again, the friendships and relationships have been a highlight of the journey.

Quick Hits:

Information you should know

Very important to keep an eye on...

Update on anti-privatization

resolution and postal retirement

benefit cuts: The anti-privatization resolution (H.Res. 70) has reached 208 bipartisan co-sponsors. Only 10 more co-sponsors are needed to reach 218, the magic number for majority support in the House.

Oppose cuts to letter carrier retirement benefits.

On April 30, as part of the budget reconciliation process, the House Committee on Oversight and Accountability advanced a measure that would reduce benefits for federal employees, including letter carriers.

These proposals include:

- Increasing the Federal Employees Retirement System (FERS) contribution rate for existing employees up to 4.4 percent.
- Cutting retirement benefits by eliminating the FERS special annuity supplement.
- Reducing annuity payments by calculating a retiree's annuity based on their high-five salary average (instead of three).

Our benefits are not free. We earn them through hard work and contributions. —May 2025, nalc.org

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



Tony Diaz
Treasurer
President Emeritus
Branch 599
NALCREST Trustee



Carrier Patrick Bresnaham, Postmaster Gerald Bednarz, Million Mile Award Carrier Frank Alonso, Carrier Ruben Gonzalez, Carrier Juan Carlos Prado, President Brian Obst, Vice President Mike Smith

Several longevity awards were presented as well as a Million Mile Award at the Sun City Post Office
for the carriers listed in the above photo. *Congratulations to all on your achievements!*

27-Year Safe Driving Awardee Patrick Bresnaham
24-year Safe Driving Awardee Ruben Gonzalez

Million Mile Awardee Frank Alonso
18-year Safe Driving Awardee Juan Carlos Prado

Invoice Changes

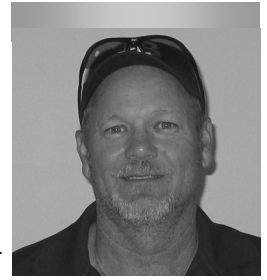
I am always trying to educate myself of the duties and responsibilities in my position as Financial Secretary of Branch 599, to try and do a better and more efficient job. As I have written numerous articles about dues while on LWOP or OWCP, I feel this subject still needs to be addressed. If you receive a letter and invoice from our Branch, it is imperative that you contact me at the office (813-875-0599) to discuss this matter. The reason being, there is a difference, according to Article VII of our bylaws whether you are on LWOP or OWCP. Each one of these situations is handled in a different way. I review our membership every two weeks from national. If you are on LWOP or OWCP, you are listed as **NO Deductions** with no specification of either.

In the past, I sent invoices at the end of each quarter. I will now be sending out invoices each month, so you do not

receive an invoice that is a large amount. Our Branch can no longer let members go for a long period of non-payment. As I dig into our Bylaws, Article VII, Section 3 addresses the time frame as to when you will forfeit your membership for nonpayment. We have always been very lenient about payments, but we also must protect the financial wellbeing of Branch 599. Our goal is to not remove anyone from being a member, but we can no longer carry someone that has a large amount due.

Until next time...

Alan



Alan Robinson
Financial Secretary
Branch 599

Just for the Health of It

The American Academy of Dermatology tells us that skin cancer is the most common form of cancer in the United States. In fact, one in five Americans get skin cancer during their lifetime. I learned recently that I am one of the one in five.

During a recent visit to my doctor's office, my Physician's Assistant was listening to my breathing when she noticed a small mole that looked a little suspect to her. It was on my back, so I had no chance of examining it myself. She suggested I have my dermatologist look at it. My dermatologist agreed that the mole looked a little suspicious, so he took a biopsy. The biopsy came back positive for melanoma, so he had me come in to have the mole removed.

The dermatologist said that I was lucky since the melanoma was very small and did not appear to have spread to my lymph system. My follow-up will consist of dermatological screening every 3 months for the next year and then every 6 months the following year and then once yearly. I was advised to have my dentist do an annual screening for oral cancer and to have my eye doctor do an annual retina screening. I was also told to advise my first-degree relatives (siblings, offspring, and parents) that I had melanoma and that they should inform their doctors as well, as there may be a genetic link.

When properly treated, melanoma is very survivable. Melanoma caught and treated early has a 99% average five-year survival. Let's debunk some myths about skin cancer.

Myth 1: **I have dark skin, so I cannot get skin cancer.**

While it is true that those with lighter skin have a higher incidence of skin cancer, patients with darker skin have a higher incidence of death due to skin cancer.

Myth 2: **I am too young to get skin cancer.**

Melanoma is the most diagnosed cancer among adults aged 25 to 29.

Myth 3: **Cloudy Days = No Skin Cancer.**

Although clouds have some UV blocking properties, UVA rays can still get through them and cause a burn. Remember that even a low UVA index can cause a burn.

Myth 4: **I shouldn't go outside if I burn easily.**

Research has shown that wellness benefits received from exercising outdoors can be far more significant than the same activity performed indoors.

Myth 5: **Skin cancer itches.**

Most skin cancers do not itch. Most skin cancers are detected during screening by a dermatologist.

The best way to avoid skin cancer: Wear a hat, sunglasses, and sunscreen, and schedule an annual screening with your dermatologist!

Here's to your health.....

Detlev



Detlev Aeppel
Health Benefit Rep.
Branch 599

Mutual Benefits Association Information

Hello everyone,
I want to provide better information for our membership. To start, I want to inform you of all the different whole life insurance policies that we offer.

MBA Whole Life Insurance

MBA Whole Life Insurance is a whole life plan that lets you choose from \$10,000, \$15,000, \$25,000, \$50,000, \$100,000 or \$150,000 worth of coverage. Premiums are based on the amount of the policy benefit and your age at the time of purchase. With this plan, premiums remain the same throughout the life of your policy. You may pay premiums once a year, 12 times a year, or biweekly under the payroll deduction plan. *

Premiums are payable for the insured's lifetime. You can borrow against your cash buildup and still keep your plan in force, or you may trade in your policy for the cash value (which you can take as a lump sum, or a regular income).

Should you decide to borrow against your policy, the interest rate will be 8%, or the rate determined by the state in which your policy is issued (whichever is lower).

* Retirees may choose to pay premiums monthly or annually. Sorry, retirees are not eligible to use payroll deductions.

Paid Up at Age 65

MBA Whole Life Insurance

Paid Up at Age 65 MBA Whole Life

Insurance is a limited payment whole-life insurance policy. It is ideal for all letter carriers and their family members. Paid Up at Age 65 offers lifelong insurance protection without lifelong payments. This plan allows the insured to reduce their financial obligations upon retirement while maintaining their insurance coverage. You can purchase life insurance coverage worth \$10,000, \$15,000, \$25,000, \$50,000, \$100,000 or \$150,000.

Premium payments are required up to the policy's anniversary date after the insured's 65th birthday. At that time, the policy is fully paid up, yet coverage stays in force throughout the insured's lifetime. This coverage continues in full, unless you decide to surrender the policy for its cash value. You may borrow against or surrender your plan at any time.

You may pay your premiums once a year, 12 times a year, or biweekly under MBA's automatic payroll deduction plan.

Paid Up in 20 Years

MBA Whole Life Insurance

Paid Up in 20 Years MBA Whole Life Insurance is a limited-payment life insurance policy specially suited to letter carriers who want to insure their young children. It lets you build up cash for your children's future. Whether you choose \$10,000, \$15,000, \$25,000, \$50,000, \$100,000 or \$150,000 worth of coverage, you pay premiums for 20 years. In the event of

the insured's death, MBA20 Pay Whole Life will pay survivors the full amount of the policy.

After the 20

years, you may keep the coverage at no cost or surrender your policy for its cash value. If you choose to keep the policy in force, your cash value will continue to build up at current dividend rates. You may borrow against or surrender your plan any time.

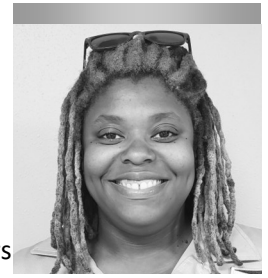
Premiums may be paid once a year, 12 times a year, or biweekly under the payroll deduction agreement. *

* Retirees may choose to pay premiums monthly or annually. Sorry, retirees are not eligible to use payroll deductions.

Brochures for the plans mentioned above can be found by going to nalc.org – choose the Member Benefits tab – then Mutual Benefits Association in the drop-down menu – scroll down to bottom of page and choose MBA Brochures, Applications and Forms.

If you have any questions regarding Whole Life Insurance or any other insurance policies, please contact me, Branch 599's office, or the MBA headquarters and we can provide you with all the information you need.

Bonita



Bonita Lattimore
MBA/NSBA Rep.
Branch 599



**NALC
Disaster
Relief
Foundation**



Make a donation by

- credit card
- check
- money order
- cash

Full information is on nalc.org. Choose the Member Benefits tab, then NALC Disaster Relief Foundation. You can make a donation on that page.

Mail Call

Brothers and Sisters, July marks the mid-point of summer. Your safety is paramount. Be sure to drink plenty of water before, during, and after work. You should have received stickers and cards detailing the symptoms of Heat Exhaustion and Heat Stroke; study those. Use the buddy system to check on each other; it is ok to ask a fellow carrier if they are well.

Sarge, am I my brothers' keeper?

Yes, and also your sisters' keeper. Take care of yourselves first, then others.

Speaking of safety, let's not have any accidents over the 4th of July. Drink responsibly, don't drive under the

influence, and take extra care around anything that could explode, from fireworks to barbeques.

Sarge, you are such a buzz kill.

Yes, I am.

This July also marks 250 years since the U.S. postal system was established by the Second Continental Congress, with Benjamin Franklin as its first postmaster general.

Wait Sarge, the post office is older than our country?

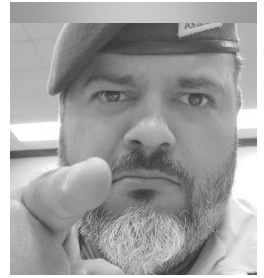
You know it. Getting information reliably around our country was instrumental in its formation.

Lastly, our Branch 599 was chartered on October 20, 1924. We are currently in our 100th year of operation. Contact our President, Brian Obst, if you would like to obtain a challenge coin commemorating our anniversary.

With all that to celebrate, you know we are going to party!

Sure, just do so responsibly. Until next month,

Sarge



Luis Cruz
Sergeant-at-Arms
Branch 599

Brandon Won the Challenge!

Carriers in Brandon enjoying their breakfast for being the top station in donations for the NALC Disaster Relief Challenge by our Branch.

Congratulations, Team Brandon!



Izquierdo Retired!



Tomas Izquierdo and Brian Obst

President Obst presented Tomas Izquierdo [TCA] his retirement pin and gratuity at our June meeting.

Congratulations, Thomas!

Golf Coordinator Needed

**Coordinator needed for our
11th Annual Golf Tournament
to benefit the MDA**

Contact President Brian Obst 813-875-0599 or
Alan Robinson 813-843-9762 for more info.



Attention Federal Workers!

**OWCP Work Related Injury?
Need help filing a OWCP claim?
Issues with Claim Acceptance?
Leave benefits going unpaid?**

**Call
Today**



**M&R Medical &
Therapy Center
Can Help you!**



**YOUR OWCP/DOL
TAMPA BAY MEDICAL CLINIC
FOR NEW INJURIES &
PRE-EXISTING CONDITIONS**



(813) 877- 6900



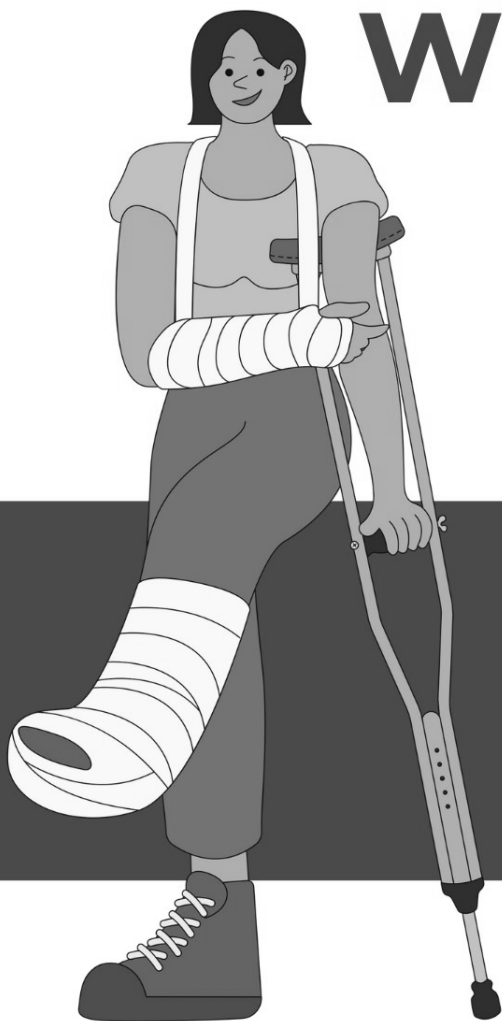
MRTherapycenter.com



4150 N. Armenia Ave #102
Tampa, FL 33607



INJURED FEDERAL WORKER?



**MAKE SURE YOU PICK
THE RIGHT DOCTOR...
TO PROTECT YOURSELF...
AND YOUR CASE!**

Not picking the right doctor
can lead to case denials, lack
of proper treatment for your
injury, and cause you to
lose your Benefits!

POWERED BY

my
FEDERAL
doctor



MOMENTUM
MEDICAL

**Call An Integrated Medical Team
To Guide You Through The
Federal Work Comp Process!**

**(844) 664-7246
or learn more at
momentuminjury.com**

Locations | Brandon | Wesley Chapel | West Orlando | East Orlando | Kissimmee | Deltona

FEDERAL INJURY GROUP

Let our professional team of medical and administrative experts help you get physical therapy and treatment in-house while we resolve your case. If you have a work-related injury, recent or not, we will help you.

*"Same Great Service As Always,
Nothing Has Changed..."*



2323 Curlew Rd Ste. 2-A
Dunedin, FL 34698
(727) 600-8024



3520 W HWY 326
Ocala, FL 34475
(727) 600-8024



2861 34th Street S.
St. Petersburg, FL 33711
(727) 256-0020



5414 Town n Country Blvd.
Tampa, FL 33615
(727) 600-8024



6013 Wesley Grove Blvd # 105
Wesley Chapel, FL 33544
(727) 600-8024



2323 Curlew Rd Ste. 2-A
Dunedin, FL 34698
(727) 600-8024

Federal Injury Group treats:
USPS, OWCP, DOD, TSA, VA, DHS, BOP, SSA, FAA, All Federal Agencies

federalinjurygroup.com



Getting OWCP employees back to
WORK
as quickly and safely as possible!



OUR SERVICES

Dr. Tamea and Dr. Patel combine the precise methodology of orthopedics with ground-breaking physical therapy to treat:

- complex joint,
- spine,
- and all other work-related injuries.

EXPERT TEAM

- Dr. Tamea, is a Board-Certified, award-winning orthopedic surgeon, focusing on non-invasive procedures,
- Dr. Patel studied at the University of Florida, and then went on to receive a doctorate in physical therapy.



ORTHOPEDICS

Dr. Tamea's team will

- conduct an extensive physical examination,
- using state-of-the-art techniques and imaging,
- precisely diagnosing the cause of your injury.

He will then discuss your treatment options with you.



PHYSICAL THERAPY

Dr. Patel's team will provide

- the latest technology and therapies to treat your injury,
- work to repair and strengthen the injured area,
- train you how to prevent your injury from recurring.



CASE MANAGEMENT

Optimal care is meaningless if your case, or necessary therapies, are denied. We provide claims managers with the information needed to approve your case and cover the care you require to heal. We get you treated and back to work!

CONTACT FEDERAL ORTHOPEDIC SOLUTIONS :

☎ (844) 4FLOWCP (844-435-6927)

☎ (888) 477-2586

✉ info@federalorthopedicsolutions.com

🌐 www.federalorthopedicsolutions.com

The Villages, Tampa, Lady Lake, Wildwood & Ocala

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,

$$\text{CA-1} + \text{CA-16} = \text{CA-17}$$

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
www.nalc599.com
Tampa Letter Carrier
Volume 25 • Issue 7 • July 2025

NONPROFIT ORG
US POSTAGE
PAID
TAMPA FL
PERMIT NO. 1285



DISCOVER
All Access
CHECKING!

No tiers. No hoops.
No gimmicks.

All MEMBERS GET
ALL THE PERKS!

- ✓ **NO** Monthly Service Fees
- ✓ **NO** Minimum Balance
- ✓ **FREE** Digital Banking
- ✓ Apple Pay®, Google Pay™, & Samsung Pay®
- ✓ **FREE** Online Bill Pay
- ✓ **FREE** Remote Deposit
- ✓ Access to **5,000+** Branches*

& So Much More!

Unlock All the Perks.
Open Your Account Today!

 **TAMPA POSTAL**
FEDERAL CREDIT UNION
800.782.4899 • www.tpcu.org

 *Shared Branching is a network of credit unions across the country that allows you to conduct transactions at their branches as if you were in a TPCU branch. Text a zip code to 91989 to locate a Shared Branch.

