



Tampa Letter Carrier

VOLUME 18, ISSUE 4

APRIL 2019

Around The Horn from The President's Desk

Brothers and Sisters, many veteran letter carriers begin feeling the effects of the carrier job and the repetitive motion years into their career, some sooner than others. The timeline could be in the area of 15 years to 25, 30 plus years, or to the fortunate ones, no effects. When carriers call the office many are asking about a CA-1.

Filing a CA-1 for a Traumatic Injury

A traumatic injury is defined as: "A wound or other condition of the body caused by external force, including stress or strain, **which is identifiable as to the time and place of occurrence and member or function of the body affected.** The injury must be caused by a specific event or incident or series of events or incidents within a *single work day or work shift.*"

The majority of injury related calls I receive can be directed to a CA-2, unless it is a Claim for Recurrence of a previous injury, CA-2A.

Filing a CA-2 for an occupational disease

Occupational diseases are defined as injuries that occur over a period longer than

one day or one work shift.

To file a claim for an occupational disease, letter carriers need to fill out a CA-2 and provide a description of their work duties along with a medical narrative from a doctor that makes a causal connection between specific work factors and your diagnosed condition(s).

Step 1: Employee narrative

Prior to filing the CA-2, you need to explain your day-to-day duties as a letter carrier to your doctor. A written explanation of your job duties as a letter carrier provides your doctor with the information to write a medical opinion connecting specific work factors to your diagnosed conditions. Most doctors are very busy, so you need to **keep your** explanation to one page.

Describe an average day on your route. Mail volume and deliveries fluctuate every day so avoid exact numbers. Describe how long you sort and deliver mail. Estimate mail volumes, weights, distances and repetitions. Never exaggerate. Use action words that describe your work factors like walking, carrying, reaching, pushing, pulling, etc. To

fully explain the range of letter carrier duties, your doctor should

be provided with *Letter Carrier Duties* with thorough explanations and if possible photos. **Letter carrier job duties and information are available at the union hall.**

Step 2: The doctor's narrative

Once you have your job description completed, take a copy of it to your doctor. OWCP requires a *rationalized* medical narrative that describes the causal relationship between specific work factors and the diagnosed injury. A rationalized narrative is one based on objective medical evidence such as tests, x-rays, or MRIs that describe the physiological mechanism by which specific work factors caused, aggravated or accelerated the diagnosed condition. Your doctor must state his or her opinion with *reasonable medical certainty*. Reasonable medical certainty is a bureaucratic term required by OWCP.



Tony Diaz
President

Branch 599
serving
Brandon
Plant City
Sun City
Tampa

Branch 599 Meeting

Thursday
April 4
7:30 PM

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National Association of Letter Carriers, Branch 599, 3003 W Cypress Street, Tampa FL 33609-1698, 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.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

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Shop Stewards

Station	ZIP	Steward	Station No.	Steward's No.
Tampa Stations/Branches		Chief Steward, Brian Obst		727.458.0679
Brandon	33510/11	David Rivadeneira	813.661.1636	813.403.9525
Carrollwood	33618	Eddie Berroth	813.961.2962	813.493.5224
Commerce	33602	Cynthia Williams	813.242.4507	813.778.4373
Forest Hills	33612	JR Sanchez	813.935.2954	773.849.6229
Forest Hills Annex	33613	Nick Cullaro	813.935.2954	813.541.8159
Hilldale	33614	Sam Wantje	813.879.4309	941.979.6485
Hilldale Annex	33634	Robert Doval	813.879.4309	813.727.9241
Interbay/Port Tampa	33611/16	Jonathan Jones	813.831.2034	813.293.2208
Interbay/Peninsula	33629	Clement Cheung	813.831.2034	813.758.5910
Palm River Annex	33619	Pam Benton	813.663.0048	813.475.0753
Plant City	33564	Varick Reeder	813.719.6793	315.491.6234
Produce	33610	Frank Webb	813.239.4084	813.210.7940
Ruskin/Sun City Ctr	33570	Bert Fristad	813.634.1403	813.352.0864
Seminole Heights	33603	Walt Rhoads	813.237.4569	813.389.1708
Sulphur Springs	33604	Steve Hall	813.237.4569	813.494.4669
TCA/Hyde Park	33606	Michael Smith	813.873.7189	813.326.0717
TCA/Peninsula	33609	Michael Williams	813.873.7189	813.541.3092
TCA/West Tampa	33607	Michael Williams	813.873.7189	813.541.3092
Temple Terrace	33617	Michael Cipriano	813.988.0152	
Town 'N Country	33615/35	Brian Obst	813.884.0973	727.458.0679
Ybor City	33605	Maurice Rice	813.242.4507	813.334.3189

Around The Horn from The President's Desk

(Continued from page 1)

The medical opinion of a board-certified specialist with expertise in your particular injury will have more weight with OWCP than a general practitioner.

Again, it is imperative your doctor fully understands your everyday work activities. From my experiences, the lack of a causal relationship defined between your actual letter carrier job duties and your related injury are the number one contributor for denied claims.

Step 3: Submitting the CA-2

Once you have the medical narrative describing the causal relationship between your work and your medical condition, ask your supervisor for a CA-2, Notice of Occupational Disease and a CA-17, Duty Status Report.

As you fill out the CA-2, you will come to question 11; Date you first became aware of the disease or illness. Answer question 11 as best as you can; OWCP needs to have a rough idea of when you had an initial diagnosis. Question 12 asks the date you first realized the disease or illness was caused or aggravated by your employment. The date your doctor signs his or her medical report will be the date you enter in question 12. You should file the CA-2 as soon as possible, preferably within the 30 days from the date listed in question 12. However, the CA-2 will meet the statutory time requirement if filed no later than 3 years after the date of your last exposure to the work factors that caused the injury.

Complete your portion of the CA-2, make a copy of it and hand the original along with your narrative to your supervisor, do not place it on their desk or in their inbox. The supervisors' instructions for the CA-2 requires them to give you the signed receipt, on page 4, immediately. Request a copy of the completed CA-2 for your file.

The Postal Service is required to send your CA-2 to OWCP within 10 working days of receiving it from you. If

OWCP has not received your CA-2 after 10 working days, contact your shop steward or National Business Agent's office.

Once OWCP gets your CA-2 they will assign you a claim number and send you a letter. If you do not receive a letter from OWCP, call your OWCP district office and ask for your file number.

Medical reports should be sent directly to OWCP, not the Postal Service. Once you have the file number, you can mail the medical information – test results, medical narratives etc. directly to: Office of Workers' Compensation Programs
PO Box 8300
London KY 40742

Please follow these steps should the years of being a letter carrier begin to cause you pains and limitations. I am available to answer any of your questions. The questions I cannot answer will be forwarded to our OWCP specialist at our Region 9 National Business Agent's Office.

Quick Hits:

Information you should know *USPS posts \$1.5B loss, despite boost from holiday, midterm election mail

Despite the surge in mail and packages from the holiday season and a bump in market mail leading up from last year's midterm elections, the Postal Service ended the first quarter of fiscal 2019 worse off than the year before. USPS reported a \$1.5 billion loss for the first quarter of fiscal 2019, nearly \$1 billion greater than the same period the previous year. The agency also reported slower growth in its package business, where it continues to compete with private-sector shippers. The Postal Service saw its package business grow by 5.4% this quarter, equivalent to nearly 100 million packages. First-class mail, one of USPS's most profitable products, declined by \$81 million, or 1.2%.

*Postal Service Prepares to Splash Out Big Bucks for Mail Trucks

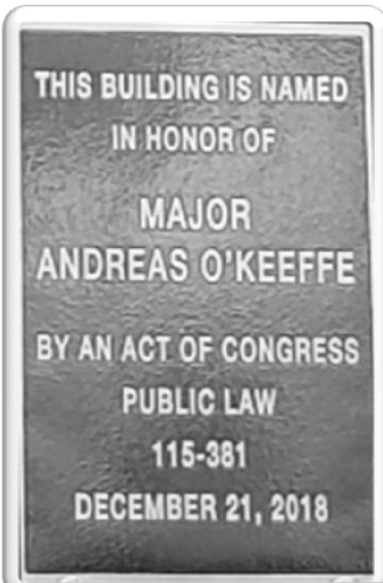
The Postal Service will pay for the new trucks out of its revenues from package deliveries and postage stamp sales. By today's standards, the Postal Service submits, the current trucks are unsafe, too small, and burn too much fuel. On the surface, the new trucks look somewhat similar to the current boxy white models, with their eagle logos and blue-and-red stripes remaining. Inside, they'll be significantly different. The Next Generation vehicle – expected to have an 18-to-20-year life cycle – will include airbags, anti-lock brakes and air conditioning; features car buyers have long taken for granted. They'll also be longer and taller than the current model, with a minimum 1,500-pound payload capacity, 100 pounds more than the current trucks. The Postal Service also is open to a new truck that uses alternative fuels and energy sources, to save money and be better environmental stewards. If the agency picks its lone all-electric choice – the VT Hackney/Workhorse bid – the agency is potentially looking at saving hundreds of millions of dollars in gas alone. In 2014, the agency reportedly spent almost \$540 million on fuel. At the same time, the agency is pursuing autonomous technology, which also promises to reduce fuel costs. *The U.S. Postal Service's goal is to obtain and operate vehicles that will help us provide reliable and efficient delivery services for customers and honor our commitment to reduce the environmental impact of our fleet, while meeting needs of our employees to best do their jobs safely,* Postal Service spokesman David Partenheimer told Bloomberg Government in a written statement.

*Lightning Facts: With summer weather around the corner

✍ An average of **10 people** in Florida are killed by lightning strikes annually and **40** are seriously injured. Many of

(Continued on page 4)

Major Andreas O'Keeffe PO



On Monday, March 18, the Town 'N Country Post Office building's name was changed and dedicated with a wonderful ceremony for Major Andreas (Andy) O'Keeffe. Andy grew up in the Town 'N Country area, and attended local Incarnation Catholic School, Tampa Bay Tech, and USF. Major O'Keeffe died on March 15, 2018, at the age of 37, while serving during Operation Inherent Resolve, when his helicopter crashed in western Iraq.

U.S. Representative Kathy Castor spoke about the dedication and the hero Major Andreas O'Keeffe was. It was a very moving ceremony.



Around The Horn from The President's Desk

the survivors suffer severe lifelong disabilities. Direct Strike: A bolt of lightning strikes you directly, carrying 30,000 amps, 100-million volts, and temperature potential of 50,000° F. ⚡ Florida it is the **lightning capital** of the United States. And Central Florida—from Tampa to Titusville—has the added distinction of being

called **Lightning Alley**. Because of the frequency of electrical storms, our state leads the nation in fatalities and injuries caused by lightning.

✓ Here are the U.S.'s top lightning cities with more than a half-million people: Tampa FL
Cape Coral FL
Norman OK

Houston TX
Oklahoma City OK
Hialeah FL
West Palm Beach FL
Miramar FL

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

Unionism — Things are not always what they seem...

I am a City Letter Carrier for the USPS. I am responsible for the preparation (casing and pulling down and placing in trays) of the mail assigned for delivery on my assignment. I also have the responsibility of delivering the mail to residents of the addresses contained within my route assignment (mail defined as letters, flats and parcels of various sizes).

This description generally applies to all city letter carriers and city carrier assistants. I know this based on my training as well as 21 years of service to the community as an employee of the USPS. As a new employee of the USPS, the question of how does one learn this information, about the job requirements, is at the forefront of the needs for proper performance of the job.

Where do I find this information as a new employee? There are numerous ways to gain access to the required information to learn the job and it starts with simply asking questions. During the carrier academy training and the 3 days of on the job (OJT) training the instructors and trainers have a wealth of knowledge which they will try to impart to you to assist you in beginning to develop the skills to be a competent city letter carrier. Remember, these instructors and trainers are just like you and they all went through the same training that you will receive. It is their job to ensure that you understand the guidelines so you can properly perform your duty as a city letter carrier. They are not there to beat you up only to instruct and help ease the transition into this new job. If you don't ask questions they will be led to believe that you understand the instructions and they will move on with your training. Remember that you must have a strong foundation to start before you can build on it, so don't be afraid to ask questions. The teachers and trainers expect you to do so and they want to hear from you so they know they

are getting through to you with the information they are presenting.

After you have completed your training you will be subjected to input from many sources and I would be remiss if I didn't let you know that all the information you have presented to you may not be accurate. Many people that will tell you things sometimes have an agenda that differs from the agreement that we work under as city letter carriers. Always be prepared to question what you are being told if you believe it is contrary to what information you were provided in training. Your shop steward is your best source for information in the workplace, so again, don't be afraid to ask questions.

It is important that I point out at this time the following information:

Obey now, grieve later; this is the doctrine that we follow. When given instructions you know to be contrary to what you know to be proper the correct thing to do is follow the ***Obey now, grieve later*** doctrine.

The only exceptions to this doctrine would be in cases where your personal safety is jeopardized or the instruction is illegal or immoral. If any of these conditions were to apply, you should immediately request your steward to address the issue.

Now I'm sure you are wondering if the USPS has any printed documentation on what are the duties of the city letter carrier and the proper way to perform these duties; the answer is yes. The M-41 handbook is the City Delivery Carriers Duties and Responsibilities and it lists all the guidelines that city carriers should follow for the proper performance of their duties. This handbook is located in the slot in every route case, contained in the black binder with other pertinent route information. As a city carrier you get 5 minutes weekly to review handbooks and manuals, so don't forget to avail

yourself to take that time to read and learn the duties of your job.

Additionally, the NALC website (nalc.org) has links to this handbook as well as many various handbooks and manuals, including your National Agreement, JCAM and numerous articles written on topics dealing with your job duties. You should spend some time when you are off work to peruse the available information to better prepare yourself for issues that may arise during your time with the USPS.

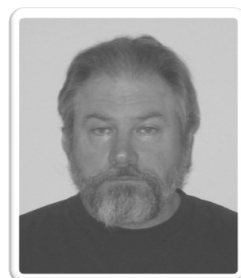
Finally, there is an app, the NALC Member app, available to download for your smartphone that will allow you to access material on the NALC website, in case you need to when you are not near a computer.

I am pleased to have been able to provide you with some information to assist your development as a carrier. The position you hold with the USPS is a rewarding one and it will provide you and your family with many benefits through the years if you can remember one important thing:

KNOWLEDGE IS THE KEY.

Until next time,

Brian Obst
Vice President
Stations/Branches Chief Steward

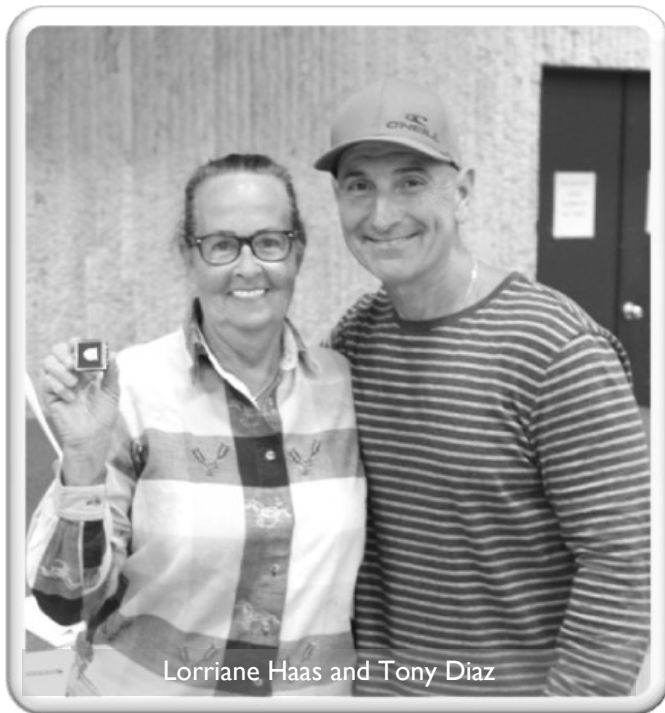


Brian Obst
Vice President
Branch 599

**Do You Have the
NALC Member App?**



Diane Krug Retired!



Lorriane Haas and Tony Diaz

*Congratulations to **Diane Krug** [Ybor City] who received her retirement pin and gratuity from President Tony Diaz during our March Branch meeting!*

10 days observed as Holidays by USPS

New Year's Day—January 1

Martin Luther King Jr.'s Birthday—3rd Monday in January

Presidents Day—3rd Monday in February

Memorial Day—Last Monday in May

Independence Day—July 4

Labor Day—1st Monday in September

Columbus Day—2nd Monday in October

Veterans Day—November 11

Thanksgiving Day—4th Thursday in November

Christmas Day—December 25

Slips, Trips, and Falls

Elderly Facts

- Each year, nearly 2 million senior citizens are taken to hospitals for fall injury treatment (1 out of every 3) and over 7,000 seniors die as a result of falls.
- Balance, sensory changes, and changes in reflexes can contribute to fall risk, especially in seniors who already have a fear of falling.
- Medical conditions and medications can increase the possibility of a fall injury.
- Falls are the #1 cause of accidental deaths in persons 55 and over. The majority of accidental falls occurs in homes during everyday activities.

How to Prevent Falls

- Install and use handrails on staircases.
- Secure carpet, rugs or stair runners that are not fastened down.
- Wear well-fitted shoes with non-slip soles.
- Take your time when walking, light the area, be attentive, keep the area clean. know your conditions (slippery, uneven, porous).
- Proper hydration, proper nutrition, proper rest.
- Lift your feet when walking in an unknown area, no jumping over objects.

—National Fire Safety Council

Sharing Our Members' Joys and Sorrows

Our deepest sympathy and prayerful support is extended **Alan Peacock** and family [Financial Secretary/ President Emeritus] at the homegoing of his mother, Cherie, February 22; to Gail & **Bob Gonet** [TCA West Tampa] and family at the passing his mother, Geraldine, February 17, and her father, Roy Williams, February 24; to the family of **Dale Chandler** [retiree] whose unexpected passing was March 17; and to the family of **Elmer Liles** [retiree] whose passing was March 18.

Speedy recovery to Tampa's #1 Senior Carrier, **Freddie Nimphius** [Carrollwood] as he recovers from a health ailment.

District 2 Steward Training

Florida State Association of Letter Carriers held a District 2 Steward Training on Sunday, February 24. State President Al Friedman and new Region 9 National Business Agent Lynne Pendleton conducted the training, hosted at the NALC retirement community, NALCREST. Branch 599 was well represented with 12 stewards attending, mostly our new stewards. Contract, legislation, and updates were on the agenda.



Mark your Calendar! Branch meetings will be...

April 4 • May 2 • June 6 • July 11 • August 1
September 5 • October 3 • November 7 • December 5

CCA Paid Holidays

New Year's Day • Memorial Day • Independence Day • Labor Day • Thanksgiving Day • Christmas Day



NALC
e-Activist
Network

at nalc.org

Get involved! Your future depends on it!



LETTER CARRIERS'
FOOD DRIVE
SAT., MAY 11, 2019

Safety News, Suncoast District

The Suncoast District has experienced to date 5 reported roll away/run away instances. Lucky no one was injured. As much as we talk safety, these 5 serious safety violations must stop.

Here are 5 simple steps to avoid a roll away/run away.

After coming to a complete stop:

1. Place the vehicle in park
2. Secure your emergency brake
3. Curb wheels
4. Shut off engine
5. Remove Key

Safety depends on you!

Wanted — New and Used Uniforms

Retirees, please donate your new and used carrier uniforms to help newly hired CCAs.

Please donate only the used uniforms that still look decent.

Shirts, shorts, long pants, and jackets are needed.

Active carriers who have an abundance of uniforms, or if you have grown out of a size and purchased a larger size to feel more comfortable, please donate your old size.

You can drop them off at the union hall or give them to your steward...*Thank you!*

Tampa Letter Carriers Hall Rentals

When you're planning receptions, parties, dances, dinners, meetings, etc., remember that we have a beautiful large Hall, the Newman Room, and the Conference Room... and that Branch 599 members get special rates!

Contact our building manager for more info:
813.877.4785 or bldg.mgr@nalc599.com

Pricing Sheets are at nalc599.com/hallrent

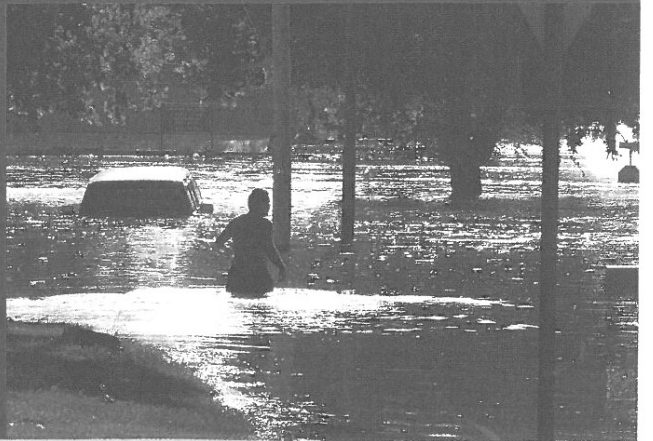
We're also in Facebook:
facebook.com/Tampa-Letter-Carriers-Hall-375211572973131

Help city letter carriers hurt by natural disasters

The **NALC Disaster Relief Foundation** provides hands-on relief for carriers affected by natural disasters, such as wildfires, hurricanes, floods and tornados. It receives donations as a means to offer financial grants.

NALC response teams throughout the country are activated to go to disaster locations and offer assistance to NALC members and their families who live in the same household who are overwhelmed by the aftermath. Additionally, basic supplies, including uniforms and food, are available for those who need them.

The foundation also provides financial support through grants. Any NALC city letter carrier member who has faced hardship as a result of a natural disaster will be able to apply for assistance.



Make a donation by sending a check or money order to:

**NALC Disaster Relief Foundation
100 Indiana Ave. NW
Washington, DC 20001-2144**

One hundred percent of all donations from letter carriers will solely be used to assist letter carriers.



**NALC
Disaster
Relief
Foundation**



Invest in Your Future
by
Payroll Deduction,
Direct Bank Withdrawal or Annuity Deduction

Shop Stewards will Meet

Tuesday 7 PM

April 2
April 30**Branch 599 Meeting**

Thursday 7:30 PM

April 4
May 2**Executive Board Meets**

Thursday 6:30 PM

April 4
May 2**Sunday Work Party**

at our Hall 9-11 AM

April 7
May 5**Retirees Breakfasts**

Monday April 1 9 AM

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

Tuesday April 9 8:30 AM

Bob Evans Restaurant off Fletcher
12272 Morris Bridge Road, Temple Terrace 33637

ARSLAN UNIFORMS

Bill & Shirley Moran

Gold Card Member Branch 1477 St. Petersburg

Honorary Member Branch 599 Tampa

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