

Branch 599  
*servicing*  
Brandon  
Plant City  
Sun City  
Tampa

# Tampa Letter Carrier

## Official Notice

### of Nominations & Elections of Delegates to the 73rd Biennial NALC National Convention in 2024

Nominations for delegates to the 2024 NALC National Convention that will be held in Boston MA, August 5-9, will be accepted at regular branch meetings on October 5 and November 2, 2023, at our Branch hall located at 315 W Busch Boulevard, Suite C, Tampa FL 33612. The meeting is scheduled to begin at 7:30 PM.

Members must be present to accept nominations or have a written notice on file prior to the time and the presiding officer declares nominations closed.

Members must have attended 8 Branch meetings per year for the 2 years prior to the convention to be eligible as paid delegates; others nominated/elected will need to cover all of their own expenses.

Any member having applied for, or served as a supervisor within the last two years, including detail to an acting supervisory position, is ineligible for nomination.

In the event the number of nominations exceed the number of delegates allowed to our Branch, an election will be conducted with the results announced at the regular branch meeting on December 7, 2023.

## Branch 599 Meeting

Thursday  
October 5  
7:30 PM

**Our new Hall**  
315 W Busch Blvd  
Suite C  
Tampa FL 33612

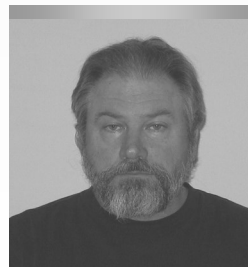
Additional parking is  
available in the lot  
before our building.

**Note**  
**Change of Location!**

## From the Desk of the President

It has been just over one year since I retired from work as an active letter carrier and after twenty-five years, I felt that the job was just as good then as it was when I started. Getting out on the street taking care of my customers was a task that I enjoyed performing daily. It always made me feel like I had a very large family who were always happy to see me when I arrived, and it helped me to get through the day to see a smiling face or to get a bottle of water on a hot day. The sign of appreciation for the job I was doing was the best reward for a job well done.

Unfortunately, times have changed and the letter carriers of today have issues that I never had to concern myself with, such as strong-armed robbery and armed robbery.



Brian Obst  
President  
Branch 599

*(Continued on page 3)*

## Branch 599 Office

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## Tampa Letter Carrier

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Publisher

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

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

## Officers

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<b>Treasurer</b>	Tony Diaz	813.598.9635	
<b>Sergeant-at-Arms</b>	Luis Cruz	813.431.3223	
<b>MBA/NSBA</b>			
<b>Health Benefit Rep</b>	Detlev Aepfel	813.505.7914	
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<b>Trustees</b>			
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<b>Labor Management</b>	J.D. Lewers	813.528.5519	
	Clement Cheung	813.758.5910	
<b>Presidents Emeritus</b>	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>
<b>Tampa Stations/Branches Chief Steward, Mike Smith</b>				
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	813.247.2416	813.778.4373
Forest Hills Annex	33613	Casey Lands	813.935.2954	773.849.6229
Hilldale	33614		813.935.2954	813.345.7053
Hilldale Annex	33634		813.879.4309	
Interbay/Port Tampa	33611/16	Mike Dennis	813.879.4309	
Interbay/Peninsula	33629	Marie Brown	813.831.2034	813.361.9103
Palm River Annex	33619	Dianna Todd	813.831.2034	727.331.9907
Plant City	33564	Todd Soulor	813.663.0048	813.505.5647
Produce	33610	Matt Rodkey	813.754.3590	508.615.6517
Ruskin/Sun City Ctr	33570		813.237.4084	813.562.8744
Seminole Heights	33603	Matt Fernandez	813.634.1642	
Sulphur Springs	33604	J.D. Lewers	813.237.4569	813.237.4569
TCA/Hyde Park	33606	Josh Villa	813.237.4569	813.528.5519
TCA/Peninsula	33609		813.873.7189	203.278.6485
TCA/West Tampa	33607		813.873.7189	
Temple Terrace	33617	Mike Cipriano	813.873.7189	
Town & Country	33615/35	Alma Hidalgo	813.988.0152	401-787-1510
Ybor City	33605	Maurice Rice	813.884.0973	718.930.7769
			813.247.2416	813.334.3189

## From the Desk of the President

*(Continued from page 1)*

Just a few years ago it would have been unthinkable to me that a letter carrier would have to be concerned about their health and well-being because of criminals who consider the letter carriers of the Postal Service as easy prey for their criminal enterprises. It was a job that people respected, and looked out for the carriers, but now we must worry about individuals who only see the letter carrier as a means to their criminal end and they don't care whether the individual carrier is hurt in the process.

In the past two weeks there have been three armed robberies of letter carriers in our branch, one in Brandon and two, on the same day, in Temple Terrace. The carriers were all unharmed, physically, but I don't believe anyone would desire to go through the incidents that the carriers went through. During these robberies, the carriers all did the right thing. Let us discuss the way to handle yourself in the event that you are confronted with this situation at some time in the future.

First, be vigilant in observing the areas surrounding you as you work. Keep your personal radar tuned in to anything that seems to be amiss, if things don't feel right then there is a good chance that they are not right.

Always keep your arrow keys attached to your person (belt or belt loop with the keys in your pocket to hide them from sight). Never leave the keys hanging in a lock on an open box or door. Report to management any condition or location of boxes that hides you from sight of the surrounding area or puts you in an unsafe area when you are servicing the box.

In the event that you are accosted for a robbery—**DO NOT RESIST**—comply and give up the keys; do not put yourself in danger by fighting with the assailant. Your life is more important than the keys. Try to make note of any identifying marks or conditions so you can provide information to the autho-

rities, but don't put yourself in any further danger. Once the incident has ended, seek help immediately, call 911 and then your supervisor to report the incident and wait for instructions, as the police and the Postal Inspection Service will respond immediately.

After the police and postal inspectors are through with you, return to the station with your supervisor and go to ECOMP to file a CA-1 on the incident, as this is considered a traumatic event. Even though you might feel fine right after the event, you do not know how you might react to things while delivering after an event of this nature; many times these can lead to post traumatic stress, and you will need the CA-1 submitted in the event that you need medical help. Also, a call to Employee Assistance Program (EAP) to speak with a counselor is in order. The first meeting is on the clock, and they will help you come to grips with what happened and how it might be affecting you.

These are just some of the basic steps one should take in the event that you should find yourself in this kind of situation. Remember, your Branch officers are always ready to assist you in any situation, so please feel free to call at any time.

### **FSALC Convention**

The Florida State Association of Letter Carriers biannual convention took place August 24-26, and your branch was well represented. Election of new state officers were held as well as training from both local, regional, and national officers. Numerous training classes were held covering topics as varied as: Just Cause, OWCP and Light Duty, Emergency Placement, Remedies, Community Service, Legislative and Retirement, and your branch had many stewards and officers in attendance for the betterment of representation of the membership. Among the issues addressed towards the membership of the convention, there

was an award presentation where Branch 599 received an award for being the Number One Branch in Florida for the 2023 NALC Food Drive collection and I was happy to receive the award for our branch. Remember, it is an award for the branch, as we all had a part in conducting such a great collection. *Congratulations* to all our members for a job well done!

### **Disaster Relief Foundation**

I would like to take a moment to speak on the NALC Disaster Relief Foundation. This program was established by former President Fred Rolando to provide direct assistance to NALC members in the event of specified natural disasters. The Foundation is operated by three appointed officers and a board of five appointed directors who review the grant applications for payment of the grants. These grants are just a grant of funding that does not need to be repaid. There are two types of grants: Emergency-up to \$1,000 for immediate relief needs in emergencies and Regular-up to \$5,000 for covered disaster relief. Information on the Foundation is available through our website at [nalc.org](http://nalc.org) under Member Benefits. I appeal to you directly, as we just went through the worry about a hurricane that thankfully missed our area, but it is obvious the damages caused by disasters such as this can and will drain the funds of the Foundation, which obtains all its funding through donations, so I ask you to consider donating to this Foundation as it is a fund by the NALC for all NALC members in need. Let's do our part to help those in need. Remember, the next disaster could be happening to us.

*Cooperation is the thorough conviction that nobody can get there unless everybody gets there.* —Virginia Burden

I leave you as always.....

**Knowledge is the Key.**

*Brian Obst*, President

## Calendar

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

### Shop Stewards

Tuesday

**October 3** 7:00 PM  
315 W Busch Blvd, Suite C

### Executive Board

Thursday

**October 5** 6:30 PM  
315 W Busch Blvd, Suite C

### Branch 599

Thursday

**October 5** 7:30 PM  
315 W Busch Blvd, Suite C

### Retirees' Breakfasts

#### Tampa

Monday

**October 2** 9:00 AM

#### Mama's Kitchen

9312 N Florida Avenue 33612

#### Temple Terrace

Tuesday

**October 10** 10:00 AM

Bob Evans Restaurant

off Fletcher near I-75

12272 Morris Bridge Road

### Gathering for a luncheon

for any available retirees and regular carriers in

Temple Terrace at

Gaspar's

8448 N 56th Street

Temple Terrace

October 6 at 11 AM.

Come out and have lunch with friends and former colleagues.

## The Financial Guy

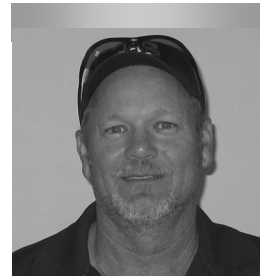
As per my article a few months ago, letters have been sent to carriers that have not had union dues deducted from their paycheck. The reason for union dues not being deducted is because a carrier is on OWCP, Leave Without Pay, or some other type of no pay status. Every two weeks a deposit is made to our account for our portion of your union dues, with National deducting their portion. So, when a carrier is in a no-deduction status, Branch 599 is still paying their national dues.

The letters that have been sent out are not any type of intimidation or threatening. They were sent out to inform carriers of their obligation to pay union dues per Branch 599 Bylaws. I have been in contact with National as to the best way to recoup these dues.

Most union members, including myself, are not aware of the procedure of how union dues are paid. I was not aware of

this issue until I took over the financial secretary position and began doing some research. If you receive a letter, I ask that you call the office and speak to me or make an appointment, and we can discuss this matter. If for any reason this reimbursement causes any type of financial hardship, a payment plan can be worked out. If there has been no contact with the office after 30 days, another reminder letter will be issued. It is imperative that these dues be paid to Branch 599, it is your responsibility. Not paying back dues could eventually lead to removal from the NALC. If this were to happen and you have the NALC health plan, it could affect your health insurance coverage.

Until next Time,  
*Alan*



Alan Robinson  
Financial Secretary  
Building Manager  
Branch 599

## Veterans Buzz



This month I would like to write about something that has become a normal

part of our everyday lives. As a veteran, I am quite familiar with the term posttraumatic stress disorder (PTSD), a mental health problem. PTSD can only develop after you go through or see a life-threatening event. PTSD affects the mind by rehashing the event mentally. PTSD doesn't just go away with time, but can be everlasting.

Military and civilian communities have taken a numerous amount of time to study the effects of PTSD and aid as needed. The problem of PTSD isn't just with military veterans but reaches far beyond military duty. PTSD has become a normal occurrence in our everyday lives. Children are

receiving PTSD treatments due to the number of shootings in the schools, everyday workers are being targeted by shootings in stores, or a simple auto accident can cause PTSD. There are currently about 12 million people in the United States with PTSD.

Treatments work, but most don't get the help they need to combat PTSD. Don't let PTSD become a crutch in your life. The treatments offered by the VA and civilian communities are very effective and work only if you request help. PTSD isn't going away, but it doesn't have to be normalized either.

Semper Fi!



Mike Smith  
Vice President  
Branch 599

# From the Vice President's Desk

What's in a word? When dealing with unions, the word solidarity often comes to mind with vigor. As a union official, I have an open voice of solidarity among all carriers of the Branch. So, can you really say that you are in solidarity with our Branch?

Solidarity is defined as unity or agreement of feeling or action, especially among individuals with a common interest; mutual support within a group (Oxford Languages). Unions cannot stand strongly against any foe if solidarity is missing. The joining of brothers and sisters as one can and will be the catalyst that turns the blind eye to full view. America was built on the definition of solidarity and has been so since the beginning of the labor movement. Labor unions are known for the lasting fights with employers on issues that affect all workers, young and old.

Looking back in history reveals the gruesome story of children working long hours in the day and midnight hours for a penny or two to help their parents survive. Child labor has long been a black eye in the history of the United States. The actions of children helped shape the labor unions due to the actions of employers and how they were treated. Education was not on the top of the list when it came down to children working.

Parents worked long hours every day, just enough to get a few hours of sleep and start over the next day. Women weren't exempt. Women worked clothing factories or cooked throughout the day. The actions in factories brought about organizations bound to change the current working conditions, which were the beginning of what we are reaping in today's workplace.

In 1866 the National Labor Union was formed with the main purpose of securing an eight-hour workday. It took several years later to accept the eight-hour workday through the actions of Congress. Though a good

addition to labor, it wasn't completely equal for all workers. In 1909 a strike in the garment industry fought against low pay, long hours, working conditions and discrimination for union participation. This strike was primarily brought about by women. The end of the strike resulted in a shorter work week, no discrimination against union loyalists, and the negotiation of wages.

The Toledo Auto-Lite strike in 1934 again looked to improve working conditions and wage increases. The strike lasted two months with the loss of life and hundreds injured. The employer eventually gave in to the demands of the union and again, the union is victorious. As time passed on with the uprising of employees, governmental action came to the front.

In July 1935, President Franklin D. Roosevelt signed the National Labor Relations Act (NLRA) into law. The NLRA guaranteed the right of private-sector employees to organize unions, bargain collectively and strike. The Act additionally forbids discrimination against workers for engaging in union activity or filing charges against their employer. The NLRB also oversees elections for union representation and investigates charges of unfair labor practices.

The NLRB was seen as a way to continue the activities of unions and attempt to ensure all workers were being treated fairly concerning wages and working conditions. Employers soon came on board and began to embrace the NLRB Act. In 1937, U.S. Steel signed thousands of steel workers in order to organize the steel industry, resulting in an eight-hour workday, wage increases, seniority protection, and a grievance procedure.

Laws continued to expand the labor union movement. In 1938, the Fair Labor Standards Act (FLSA) was passed. The FLSA mandated the eight-hour workday and forty-hour workweek

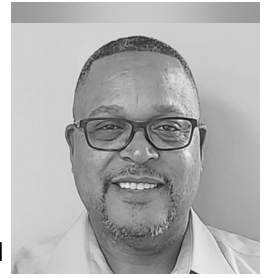
along with time-and-a-half for overtime, the abolition of child labor, and a national minimum wage for all workers. Some

may have seen this as a major change in the labor movement, but it was just the beginning. The FLSA has been expanded in the years since to include the raising of the federal minimum wage. But the labor movement still faced major hurdles yet to come.

The passing of the Taft-Hartley Act in 1947 set the labor movement back. The Act prohibited secondary strikes and boycotts, wildcat strikes, strikes by federal employees, and the *closed shop*, and allowed individual states to pass the *right-to-work* laws which banned the *union shop* (in which newly hired employees must become union members within a specific period of time) which wasn't always possible. One may think the Taft-Hartley Act would slow the progression of the labor movement, but with the change of working conditions and new leadership, the movement continued with landmark legislation.

President John F. Kennedy signed an executive order in 1962 that allowed unions the right to collectively bargain. This was just the beginning of several laws during the early '60s that set the stage for a strong union presence. In 1963, the President signed a vital amendment to the FLSA that was intended to end wage disparities between the sexes, prohibiting sex discrimination in the payment of wages known as the Equal Pay Act. A momentous step for women in the workplace. Yet, it was not until 1964 when complete discrimination was addressed. The Civil Rights Act of 1964 outlawed

(Continued on page 6)



Mike Smith  
Vice President  
Branch 599

## Sharing Our Members' Joys and Sorrows

Our deepest sympathy and prayerful support is extended to **Cheryl Clothier** [retiree] and family at the passing of her sister, Connie Clothier Batton, September 10; and her sister-in-law, Jill Clothier, September 14.

Well wishes and prayers are extended to President Emeritus **Don Thomas** [retiree] as he recovers from pacemaker surgery.

### Employee Assistance Program

info is at [nalc.org](http://nalc.org)

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

*It's confidential for you and your loved ones.*

President Brian Obst received on behalf of Branch 599, an award from FSALC President Al Friedman, for being the **Number One Branch in Florida for the 2023 NALC Stamp Out Hunger Food Drive**. Our Branch collected 1,335,975 pounds of food!



## From the Vice President's Desk

*(Continued from page 5)*

workplace discrimination on the basis of race, sex, religion, or national origin. Another major step in the labor movement.

So far, history has addressed working conditions, wages, and the right to bargain. Yet there was another important factor missing in the labor movement...safety. In 1970, the Occupational Safety and Health Act (OSHA) became law. OSHA shifted the government's attention to safety in the workplace due to the number of deaths, injuries, and disabilities throughout the workplace. OSHA's main objective is to enforce health and safety in the workplace.

The National Labor Union began as a group of workers aiming to get better working conditions and wages. Now, unions have acquired better working conditions, wages, and the right to bargain. Employers are held accountable to these and other measures in the workplace. All these benefits we have gained are the result of the sacrifices many workers in the past had to endure daily, weekly, monthly, and yearly until someone stepped up and said enough is enough.

The leaders entrusted in our care are continuously working to ensure all employees are being afforded the benefits of being a union member. I often hear members voice their displeasure with the Branch and want to *get out*. Don't be too quick to

make the decision that forms your future. The thought of allowing our employer to do whatever they want without repercussions is absurd.

Our Union is more than just stewards handling grievances when someone is written up for discipline. The National officers fight daily with Congress to ensure we are given a complete right to deliver mail without the fear of losing a day's pay. The Business Agent oversees the regions, making sure the individual Branches have the support they need to carry out the local business. And the local Branch interacts with the Service seeking the best values of all workers. So don't be the one that thinks the Union isn't working hard to secure your future. It is only a matter of time until someone has the idea of trying to rid all employees of union representation.

Stand up for your Branch and become the voice. Solidarity should be catching for everyone, not only the leaders of our union, but the last hired City Carrier Assistant. Look at yourself and ask the question: *What have I done to help my Branch be successful?* Your ideas may become the next vision to propel our Branch to the next step or better yet, into the next decade. Get involved with your future.

*Mike Smith*  
Vice President

# Matt Speaks: One Big Union?

## **A Hope from the Past.**

### **For the Conquest of Toil and Poverty.**

In 1911 the Industrial Workers of the World labor union published a pamphlet entitled *One Big Union: An outline of a possible industrial organization of the working class with chart*. It was written by William E. Trautman who had been the founding General-Secretary of the Industrial Workers of the World. In the opening pages of the pamphlet, he writes: *[Workers] begin to realize that in the constructive work for the future they have to learn the facts of past evolutions and revolutions. And from these facts expressed in theories they find the guide for the course that they have to pursue in their struggle for the possessions of the earth, and the goods that they alone have created. That growing portion of the working class are building on the rock-bed of historic facts, and the structure to be erected follows the plan...*

The abolitionist Frederick Douglass said at the National Convention of Colored Men, at Louisville, Kentucky, on September 24, 1883: *Experience demonstrates that there may be a wages of slavery only a little less galling and crushing in its effects than chattel slavery, and that this slavery of wages must go down with the other.*

Human cruelty in economic exploitation is not new, which is just as unfortunate as its timeless origins. Upton Sinclair writes in his famous novel *The Jungle*: *He has no wit to trace back the social crime to its far sources—he could not say that it is the thing men have called "the system" that is crushing him to the earth; that it is the packers, his masters, who have dealt their brutal will to him from the seat of justice.*

The Bible states that God perpetually remembers the evil that men do as we find in the Book of Hosea where the prophet writes: *And they consider not*

*in their hearts that I remember all their wickedness: now their own doings have beset them about; they are before my face.* (Hosea 7:2)

And in Amos 5:12 we read: *For I know your manifold transgressions and your mighty sins: they afflict the just, they take a bribe, and they turn aside the poor in the gate from their right.*

The late Secretary General of the United Nations Kofi Annan at a Lecture at the Lee Kuan Yew School of Public Policy in 2010 said: *Economic development must combat poverty and inequality in the long term and make tangible improvements in peoples' livelihoods in the short term.*

According to the 2022 Global Multidimensional Poverty Index report published by the United Nations, even before the Covid-19 pandemic in 111 developing countries, 1.2 billion people were living in acute multidimensional poverty. Every year we Letter Carriers conduct a food drive and feed the poor. Imagine what we must undertake to feed that many people!

According to Compassion International, a child sponsor and Christian humanitarian group: *The poverty threshold for a family of four in the United States is an income just over \$26,000 a year. For a family of four living in absolute poverty in a low-income country, that amount of money is more than 36 times what they are forced to survive on each year. Many families living in the world's poorest countries must meet their basic needs with an income of less than \$1.90 a day. Nearly 10 percent of the world's population live in this type of extreme poverty.*

In the *One Big Union* pamphlet, it states: *The workers, conscious of their mission, must recognize the fact that the industries are developing to the highest state of perfection, and will be ready for operation under a new arrangement of things...it is imperative to arrange*

*the human forces of production for the operation of the vast resources and implementations of production under a system wherein commodities will be made for use alone. To build and to arrange correctly, and for lasting purposes, the constructors of a further developed industrial structure must possess a thorough knowledge of the material, and of organizations destined to accomplish the task. The architects must know the proper grouping of each component part and cell in the composition of industrial combinations, so that, when harmony in the industrial relationship of mankind is established, it will be reflected in the harmonious social, political, judicial, and ethical institutions of a new age.*

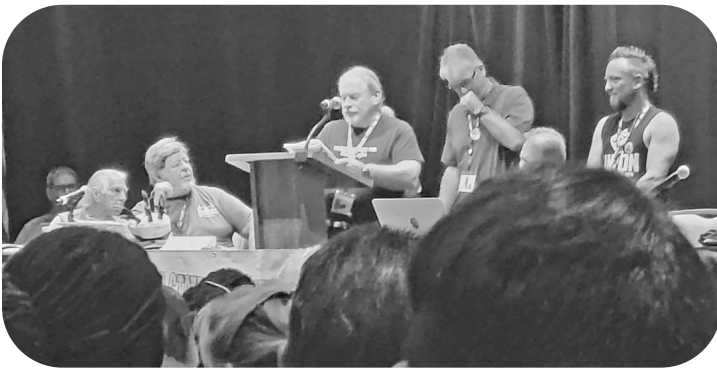
The *One Big Union* concept envisions all crafts uniting in a common front. In essence, a great army of labor. Again from the pamphlet: *Good will, revolutionary will-power, determination, courage are valuable assets in the struggle for the change. But they are like the water on millwheels, unconscious of the great service that they are rendering. To convert force and power into useful operation requires intelligence. And that intelligence must guide us to use the accumulated force for a defined purpose. That purpose, as it seems to be agreed, is to form a new social, or rather industrial structure within the shell of the old. To accomplish this the advocates, the militants for the new, must know to what extent the present factors in industrial development have organized and systematized industrial production. When this is fully understood, this may also explain the subsequent domination of industrial possession over the political,*

*(Continued on page 8)*

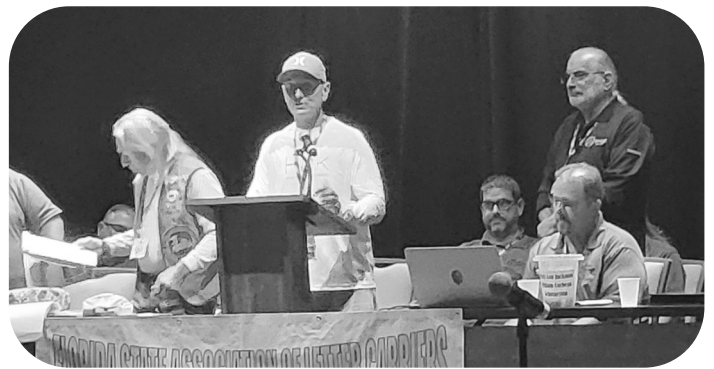


Matt Fernandez  
Recording Secretary  
Branch 599

## Florida State Association of Letter Carriers Biannual Convention



President Brian Obst with the Rules Committee.



President Emeritus Tony Diaz addressing the Convention.

### Matt Speaks: What If?

*(Continued from page 7)*

*social and other agencies in present day and previously existing societies.*

In a speech to the American Federation of Labor in New York City on September 17, 1952, then President Dwight D. Eisenhower said: *I have no use for those – regardless of their political party – who hold some foolish dream of spinning the clock back to days when unorganized labor was a huddled, almost helpless mass.*

Thus, our destiny, brothers and sisters, is Forward. Just imagine the Letter Carrier, the farmer, the mechanic and the carpenter, the soldier, the teacher, the food, and commercial workers. The teeming masses yearning to be free, all united with no divisions. Nothing required of us to play a part in the struggle except to: *Learn to do well; seek judgment, relieve the oppressed, judge the fatherless, plead for the widow* (Isaiah 1:17)

*This is the One Big Union.* We have a visible working class and an invisible working class. The visible are the mixed-up bunch. Where we don't really know who is a scab or a conscious worker except with what we can tell through their actions. And then there is the Invisible Working Class which live through the spirit. Which work and toil and yearn for better days and who work the sweat of their brow and are always united in their endurance and struggle.

The 16th century reformer Martin Luther says in his *Table Talk: Everything that is done in the world is done by Hope.*

This is very true. Let us have hope when we strive to help our brother and sister laborers and Letter carriers. This should be our task every day, to think of our neighbor in our hearts. The Labor Movement in the United States no, rather the world need not be shirts and ties. Labor started in the clay and since then Man has toiled and been dirty. We must remember when in the scripture Jesus Christ says: *Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.* (Luke 17:21)

In an article for our June newsletter entitled *The Coming Kingdom or, an Eschatology for Workers*, I mentioned a *trinity* of labor demands: Wages, Hours, and Conditions. These are noble goals to take up and fight for. To win a just existence in society which can serve the cause of universal human emancipation can actually begin to be materialized in the One Big Union concept. Gustavo Guterrez in his book *A Theology of Liberation* writes: *If there is no friendship with them [the poor] and no sharing of the life of the poor, then there is no authentic commitment to liberation, because love exists only among equals.*

And let us not forget the words of that great illustrious poet and Apostle of Democracy José Martí:

Con los pobres de la tierra,  
Quiero yo mi suerte echar.  
El arroyo de la sierra  
Me complace más que el mar.

(With the poor people of this earth,  
I wish to share my fate.  
The streams of the mountain  
pleases me more than the sea.)

My friends, we must strive to ask the tough questions to the powers that be and ORGANIZE. We must be conscious of our condition, brothers and sisters, and where we stand or at the very least where *will* we stand? We must learn from those that came before us and spread this knowledge amongst all of us at every postal station.

Any action, however small, is regardless a part of the fruition of a better future. This new world to come is without exploitation of labor for in that world there is no labor, for when we *want* to work it is no more labor.

*Then saith he unto his disciples, The harvest truly is plenteous, but the labourers are few; Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest.* (Matthew 9:37-39)

Matt



# From the Treasurer's Desk – 9th Edition

Brothers and Sisters,  
The Florida State Association of Letter Carriers (FSALC) State Convention was held August 24-26 in Naples. It was the 77<sup>th</sup> Biennial Convention and the agenda was full from beginning to end. FSALC President Al Friedman did a masterful job throughout the convention, keeping the business moving to ensure all agenda items were covered over the 2 days.

The Convention convened with heavy hearts, as District 2 Chair, Joanne Cannon passed away just weeks before the convention. Joanne was a friend to all and well respected for her work over the years. Joanne will be missed and a special tribute was part of the agenda in her honor.

This was the first convention with our new Region 9 National Business Agent, Eddie Davidson. Eddie and his staff made their presence known throughout the weekend. Eddie spoke to the delegation and addressed issues and concerns. Special guest was NALC Secretary Treasurer, Nicole Rhine. Nicole spoke to the delegates and provided the latest updated information from Washington.

Training classes were all very good and well received by the delegates. The subject matter covered a number of

topics and delegates had their choice to choose classes which best fit their needs.

Branch 599 was well represented throughout the convention. President Brian Obst was a part of the Rules Committee, and he gave a report on stage. I was appointed Chair of the Election Committee and was involved with several reports on stage as well. I was also able to speak to the delegates along with Matty Rose and Fred Rolando as NALCREST Trustees. The NALCREST presentation was well received, and it was an honor to be introduced for the first time as a Trustee with these 2 legends.

We should all be proud of the number of times Branch 599 was mentioned throughout the convention; we are well respected throughout the state. This included being recognized as #1 in the state with our food drive collections. I urge our members to attend our Branch meetings and become a paid delegate, get involved, stay updated and educated with all parts of being a letter carrier.

### **Quick Hits: Information you should know**

\* USPS Benefits:

Annual (vacation) – 13 days of annual leave per year for the first 3 years,

13x8 = 104 hours, increasing to 20 days per year after 3 years of service, 20x8 = 160 hours, and to 26 days per year after 15 years of service, 26x8 = 208 hours.

In addition, we get 11 official holidays per year.

### **ELM - 518.2 Holidays on Nonscheduled Workdays**

#### **518.21 Saturday**

When a holiday falls on a Saturday, the preceding Friday is observed as the holiday.

#### **518.22 Sunday**

When a holiday falls on Sunday, the following Monday is observed as the holiday.

#### **518.23 Nonscheduled Workday**

When an employee's nonscheduled workday falls on a day observed as a holiday, the employee's scheduled workday preceding the holiday is designated as that employee's holiday.

### **518.3 Holidays on Scheduled Workdays**

Holidays falling on an employee's scheduled workday are observed on those days.

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



Tony Diaz  
Treasurer  
President Emeritus  
Branch 599  
Nalcrest Trustee

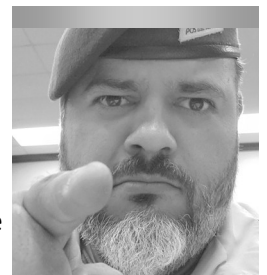
## Mail Call

Brothers and Sisters, to me nothing is more essential than your safety. I had another topic planned for this month, but I decided to follow up President Obst's article instead. Year to date, we have had four, on-the-job, carrier robberies. These incidents, and the trend they represent, have raised our concern for your safety.

*Yeah, we know about the robberies Sarge, so what's this about?*

First, always be alert. We do that as we drive around making our deliveries. But when we stop and park, our risk increases. Routes with NCBUs may be at higher risk. You are stationary, with possibly multiple NCBU doors open; not an easy place to prevent being robbed. Limit how many NCBU doors you have open, don't unload everything at once and make multiple trips to your vehicle. It is harder for criminals to engage you if you are regularly moving.

They need to control your movement to be effective. If the NCBUs are for apartments, ask their management team if they are willing to install surveillance



Luis Cruz  
Sergeant-at-Arms  
Branch 599

*(Continued on page 13)*

# Florida State Assn of Letter Carriers Biannual Convention



Branch 599's Delegates, except Detlev Aepfel who missed being in this photo.



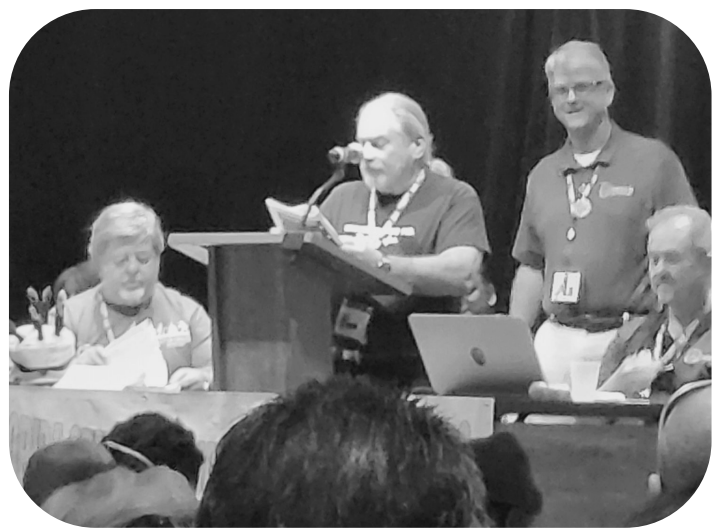
Some of us won drawings!



Others danced the night away.



Of course we stayed fit!



Our President, Brian Obst, addressed the convention.

# TSP – Thrift Saving Plan

First of all, you must decide how to invest your money in your TSP account. You can manage your account or put money in one of the Lifecycle (L) funds that are invested according to a professionally determined mix of the G, F, C, S, and I Funds based on various time horizons. Or you can choose your investment mix from the G, F, C, S, and I Funds. You can reduce your overall risk by diversifying your account. Remember that the amount you contribute and your investment allocation are the most important factors affecting the growth of your TSP account. We can invest our money into either a Traditional account which is pretax, or Roth account which is after tax, or both.

## L Funds – Lifecycle Funds

Each of the ten L Funds is a diversified mix of the five individual funds (G, F, C, S, and I). The year in the name of the L fund is its target date, and the exact mix of individual funds in each L fund is called the target allocation or you can call it your retirement year. Every quarter, the target allocations of all the L funds except L income are automatically adjusted.

## G Fund – Government Securities Investment Fund

The G Fund offers the opportunity to earn rates of interest similar to those of U.S. government notes and bonds but without any risk of loss of principal and very little volatility of earnings.

## F Funds – Fixed Income Index Investment Fund (Bond Index)

The F fund offers the opportunity to

earn rates of return that exceed those of money funds over the long term, with relatively low risk. The objective of the F Fund is to match the performance of the Bloomberg U.S. Aggregate Bond Index, a broad index representing the U.S. bond market.

## C Fund – Common Stock Index Investment Fund

The objective of the C Fund is to match the performance of the Standard & Poor's 500 Stock Index (S&P 500), a broad market index made up of stock of 500 large U.S. companies. S&P 500 top 10 holdings companies as of December 31, 2022: Apple, Microsoft, Amazon, Berkshire Hathaway Class B, Alphabet Class A, United Health Group, Alphabet Class C, Johnson & Johnson, Exxon Mobile Corp, and JPMorgan Chase.

## S Fund – Small Capitalization Stock Index Investment Fund

The objective of the S Fund is to match the performance of the Dow Jones U.S. Completion Total Stock Market (TSM) Index, an abroad market index made up of stocks of U.S. companies not included in the S&P 500 Index. Dow Jones U.S. Completion TSM Index Top 10 Holdings companies as of December 31, 2022: Blackstone Group Class A, Uber Technologies, Palo Alto Networks, Snowflake Class A, Cheniere Energy, Lululemon Athletica, Airbnb Class A, Workday Class A, Block Class A, and Marvell Technology.

## I Fund – International Stock Index Investment Fund

The objective of the I Fund is to match the performance of the MSCI EAFE (Europe, Australasia, Far East) Index. MSCI EAFE top 10 Holdings companies as of December 31, 2022:

Nestle, Novo Nordisk Class B, Roche Holding Par AG, ASML Holding NV, AstraZeneca PLC, Shell PLC, LVMH, Novartis AG, BHP Group Ltd, and TotalEnergies.

Those are the basics for the TSP Funds. The keyword for TSP investment is: **diversifying your account**. The post office will match 5% of our annual income from our TSP account. But every year we get our general increase from our contract, and we should increase our TSP contribution to achieve our own investment goal. The 2023 IRS annual limit for regular TSP contributions is \$22,500 and the TSP Catch-up annual contributions limit is \$7,500. The Catch-up contributions may be made in addition to regular TSP contributions, if you are age 50 or older (or will be turning age 50 in 2023). Wish everyone will be a millionaire when you are retired!

—The above information can be searched from TSP.gov and invest at your own risk.—

*Clement*



Clement Cheung  
Labor Management Rep.  
Branch 599



Installation of Officers, Florida State Association of Letter Carriers.

## Just for the Health of It

Whether you believe in science or not, there is no denying that natural disasters seem to be occurring with greater frequency these days. When we switch on the news, we are treated to the latest disaster story be it hurricane, wildfire, or earthquake, just to name a few. These stories can be very touching and move us to want to reach out to our fellow Letter Carriers that find themselves trapped in a natural disaster. It is easy to realize that this could be us losing everything we have to a similar disaster and trying to rebuild our lives.

At the 2018 NALC National Convention, then President Fred Rolando announced the establishment of the NALC Disaster Relief Foundation (NALCDRF) with the express purpose of providing a means for NALC branches and members to reach out to fellow branches and members in need. The NALCDRF is not to be confused with the Postal Relief Fund. The Postal Relief Fund is available to everyone in the USPS family. And that is a good thing which can still be donated to via the Combined Federal Campaign (CFC). But sometimes members feel the desire to help NALC members specifically in their time of need. The Postal Relief Fund does not allow contributors to earmark their donations to be limited to NALC Letter Carriers in need. That is why the NALCDRF was created.

## Retired...but not Tired

I hope all of you survived Hurricane Idalia with little to no damage to your homes. You can never take hurricanes lightly and this one packed a punch. While the winds may not have reached the devastating levels in our area, the water surge brought serious property damage. Better to be prepared than not.

How many retirees have taken up cooking as a hobby? How many of you have always cooked, but now have more time to cook? How many retirees find themselves preparing dinner for a working spouse? Well, I would like to know what you are cooking up. In an effort to hopefully stir up a little gossip, I am asking any and all retirees who have a favorite recipe to email those recipes to the Branch 599 offices at [nalc599@verizon.net](mailto:nalc599@verizon.net). I will review the recipes and select a few to publish in the newsletter. If enough recipes are submitted, this could be the start of a Branch 599 Cookbook. This is your chance to be recognized by all our members in

the newsletter as a true chef. Here are the rules:



Detlev Aeppel  
Health Benefit Rep.  
Branch 599

The concept of a disaster relief foundation came from branches desiring to help sisters and brothers by creating response teams, providing desperately needed supplies, and in some cases offering financial assistance. Unfortunately, there was no structure in place to facilitate that assistance until the creation of the NALCDRF.

Branches and NALC members who wish to donate supplies and/or uniforms should contact the NALCDRF by email or telephone. The NALCDRF will contact the affected branch and provide an address for donations. The NALCDRF is a 501 (c)(3) organization so monetary donations made by check or money order may be tax deductible. Here is the NALCDRF contact information:

100 Indiana Ave. NW  
Washington, DC 20001-2144  
[DisasterReliefFoundation@nalc.org](mailto:DisasterReliefFoundation@nalc.org)  
[www.nalc.org/disaster](http://www.nalc.org/disaster)  
202-423-2443

Here's to your health.....

*Detlev*



John Gebo  
Director of Retirees  
Branch 599

please email that favorite recipe, include your name and a good contact number. The emails will be forwarded to me for review and I will also contact. Let's make this happen!

### **My recipe:**

#### **Baked Chicken**

Get a few nice sized chicken breasts, if frozen, thaw completely.  
Next, you will need butter or olive oil, either will work.  
Add paprika, garlic salt, salt, and pepper.  
Mix together and brush onto the chicken.  
You are now ready to bake at 400°F, cook for 35-45 minutes, depending on the thickness.  
Serve with a starch or vegetable and you are set, very simple.

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

*John*

# Service Members Civil Relief Act

Good day, brothers and sisters, of Branch 599. Hope all is well with each and every one of you.

Let me start by saying I am not an attorney and cannot provide legal advice. However, I am the mother and Power of Attorney of a deployed Naval Hospital Corpsman. So, I am writing to share some recently acquired knowledge pertaining to the Service Members' Civil Relief Act (SCRA.)

The SCRA is a civil right that helps deployed service members to focus on their duties vs. civil obligations such as, outstanding debt, mortgage payments, taxes, termination of lease, evictions from housing, pending trials and life insurance protection. This act requires for decisions or hearings to be postponed a **minimum** of 90 days, for the service member to return from deployment. The SCRA protects the rights of all active-duty service members, reservists, and National Guardsmen. If you feel that a decision is being made by an employer, judge or any other

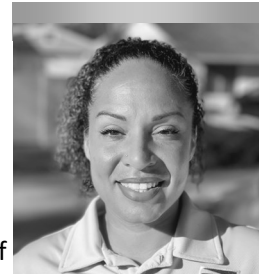
entity that is to the detriment of the deployed service member, I urge all involved to get in contact with the legal department of your nearest base. If there is not a base nearby, please go to your local recruiter's office and ask them to help you get in contact with the legal department. If you feel that a decision has already been made, you may also file a complaint with the US Department of Labor or Department of Justice. Please do not hesitate to get the help you or your family needs. The last thing we want is a deployed service member to not have their mind on their mission.

Also, all service members should have a Power of Attorney (POA) appointed for their personal matters and belongings. If there are children, there is a POA Family Care Plan that appoints someone, of the service member's choosing, to care for their children in their absence. If **you** are a service member, I urge you to handle this as soon as possible. You would not want

to leave these decisions to strangers, **make them yourself!** If you are married, have your spouse present because you want both signatures so as not to have any delay on what your wishes are in your absence. Do not wait until you are going on deployment. These POAs are of great importance and do not take effect until your absence. These federal POAs have jurisdiction across the entire country and all American military installations, and supersede state POAs. These are provided to all service members, free of cost, by the base legal department.

Last, I want to thank all you service members, veterans, and your families for your service and continued sacrifice. My prayers are with you all daily.

*Milly*



Milly Minsal  
Trustee  
Branch 599

## Mail Call

*(Continued from page 9)*

equipment around their NCBUs.

Second, the rule is to just give the robbers what they want and preserve your life. We can't stop these robberies from occurring, but we can help with the apprehension of the culprits. Use your senses to gather as much information as possible about the offenders. For example, height, weight, hair color and length, race, gender, distinguishing marks and/or tattoos, number of offenders, and any vehicle

information, for example, make, model, color, damage, and license plate. We tend to focus on how an incident occurs and not the details listed above. The thing is, those details will strongly help law enforcement with the apprehension of the assailants.

Lastly, anyone who has had the undesirable experience of being robbed will also experience some form of PTSD, even when they appear fine. It is key to be sensitive to those fellow coworkers dealing with the aftermath of such

an experience. I want all members to remember that EAP is there to help you deal with this issue and others. They are free and discreet. Please avail yourselves of their services.

Our customers depend on us to do our job and sadly our job has gotten a bit more hazardous. But we have mouths to feed, so we will adapt and overcome this current distasteful trend.

*Sarge*



**NALC  
Disaster  
Relief  
Foundation**



### Make a donation by

- credit card
- check
- money order
- cash

Full information is on [nalc.org](http://nalc.org). Choose the Member Benefits tab, then NALC Disaster Relief Foundation. You can make a donation on that page.



# FED-HURT

(833) 433-3487

Injury Care For ALL Federal Workers

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

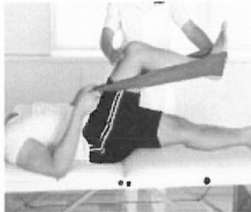
**If you are injured, here are some very simple steps to follow.**

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



### Our Doctors Specialize in:

- Physical Medicine
- Physical Therapy
- Chiropractic Care
- Interventional Pain Management
- Functional Capacity Evaluation (FCE)



### Services Include:

- ✓ Expert Claims Assistance
- ✓ Medical Exams Detailing Causation of Injury



Our team of Physicians and Physical Therapists 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.

## Locations Throughout Florida

### North Florida

- 📍 Pensacola
- 📍 Daytona / Ormond Beach

### Central Florida

- 📍 Orlando / Airport
- 📍 Orlando / Sanford
- 📍 Orlando / Altamonte Springs
- 📍 Tampa / Palm Harbor
- 📍 Tampa / Temple Terrace Bush Gardens

### South Florida

- 📍 Fort Meyers / Cape Coral
- 📍 Fort Meyers / Cape Coral
- 📍 Port Saint Lucie
- 📍 Lake Worth / Palm Springs
- 📍 Fort Lauderdale / Davie
- 📍 Miami / Hialeah

Are you a federal employee  
injured while on the job?

Call our office (833) 433-3487



WWW.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](http://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](http://ecomp.dol.gov); this is critical to your case.

## *Other tips:*

1. Your online account at [ecomp.dol.gov](http://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.



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**Tampa FL 33612**  
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 www.nalc599.com  
 Tampa Letter Carrier  
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- ✓ Mobile Check Deposit *& So Much More!*



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