

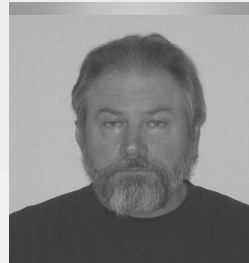
Tampa Letter Carrier

From the Desk of the President

Greetings to all reading this newsletter.

Breaks & Lunch are Required

Summer is here with a vengeance and the heat and humidity are as oppressive as always. Remember to take all the necessary precautions to protect yourself from the dangers associated with working in the heat. Always properly hydrate yourself so as not to suffer dehydration on the job. Take all required breaks and lunches as mandated by contract, never let anyone tell you not to take your breaks and/or lunches. The mail will still be there after your break/lunch, and you are required to take the break/lunch same as you are required to deliver the mail. If you are being affected by the heat and humidity and need to take additional comfort stops during the workday, remember, the contract allows for reasonable and necessary comfort stops during the workday. This does not mean that you can take a 30-minute break other than your lunch, it means that when you need a short break to get hydrated and out of the heat for a minute, you can do so. Remember, the language is **Reasonable and Necessary**, so let us not abuse the privilege.



Brian Obst
President
Branch 599

No Route Counts or Inspections during summer months!

The TIAREAP memorandum has expired and there will be no further inspections and/or adjustments associated with the TIAREAP process. If management attempts to make any changes based on TIAREAP, please contact our Branch office immediately so it can be addressed. Additionally, management is attempting to do 6-day route counts and inspections during the summer months, which is a violation, as no route inspections are to be conducted during the months of June, July, August, and December. The mail volumes are not reflective of normal route volumes in the summer months as there is generally less mail, and the volume of mail in December is not reflective of normal mail volumes based on the increased volume of mail for the Christmas season. If management attempts to do route counts and inspections, see your steward to file a grievance, as management is trying to improperly increase your route size based on the lower summer mail volumes.

Stamp Out Hunger – #1!

Some happy news, we were notified by National headquarters that this year's Stamp Out Hunger Food Drive collection for Branch 599 was not only the Number One for our size Branch, but we were also the Number One Branch in the entire country for the NALC. *Congratulations* to all who helped make this a reality. It says a great deal for not only our members and the volunteers who helped with this year's drive but it shows how much we can accomplish to help those in our local communities who are in need. Remember, the loss of two paychecks will place most people into a situation where they would need assistance of some form to get by. It says a great deal of the content

(Continued on page 3)

Branch 599

serving

Brandon

Plant City

Sun City

Tampa

Branch 599 Meeting

Thursday

August 1

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

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Monday – Friday
7:30 am – 4 pm

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Tampa Letter Carrier

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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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Sergeant-at-Arms	Luis Cruz	813.431.3223	
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	Clement Cheung	813.758.5910	
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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	Brian Jackson	813.961.2963	813.352.9481
Commerce	33602	Cynthia Williams	813.247.2416	813.778.4373
Forest Hills	33612	J.R. Sanchez	813.935.2954	773.849.6229
Forest Hills Annex	33613	Michelle Saneus	813.935.2954	954.991.2672
Hilldale	33614	Jose Gomez	813.879.4309	917.743.6948
Hilldale Annex	33634	Maria Afful	813.879.4309	347.457.7316
Interbay/Port Tampa	33611/16	Mike Dennis	813.831.2034	813.361.9103
Interbay/Peninsula	33629		813.831.2034	
Palm River Annex	33619		813.663.0048	
Plant City	33564	Roberto Torres	813.754.3590	609.521.6730
Produce	33610	Tyreke McGruder	813.237.4084	813.856.8469
Ruskin/Sun City Ctr	33570	Bert Fristad	813.634.1642	813.352.0864
Seminole Heights	33603	Paul Sardinas	813.237.4569	813.650.3504
Sulphur Springs	33604	J.D. Lewers	813.237.4569	813.528.5519
TCA/Hyde Park	33606	Josh Villa	813.873.7189	203.278.6485
TCA/Peninsula	33609	Brian Jackson	813.873.7189	813.352.9481
TCA/West Tampa	33607		813.873.7189	
Temple Terrace	33617	Miriam Rojas	813.988.0152	727.253.1309
Town & Country	33615/35		813.884.0973	
Ybor City	33605	Maurice Rice	813.247.2416	813.334.3189

Franklin Retired!



Brian Obst and Terry Franklin

President Obst presented **Terry Franklin** [Brandon] with his retirement pin and gratuity at our July meeting.

From the Desk of the President

(Continued from page 1)

of the character of the Letter Carriers who continue to amaze me with their support of those in need. We will be recognized at the National Convention in Boston this August, and I will be pleased to accept the accolades to bring home to our Branch. Again, **WELL DONE.**

National Convention

Our National Convention will be August 5 through 9, and it is our hope that we will have more information on the status of our contract negotiations by the time we return. Your delegates attending the convention have a great slate of training classes that they will be attending to assist in providing the best representation for the membership upon our return. Remember that any member in good standing can attend National Conventions, however, to be a paid delegate you must attend eight Branch Meetings annually for the two years preceding the convention. Paid delegates have their hotel accommodations per diem and a set fee for transportation costs paid by our Branch for attending the con-

vention. Get involved, come to meetings, become a steward or Branch officer, attend trainings and conventions, learn how to protect your job and how to do the job you were hired to do in the best manner possible. Remember, the job you have as a letter carrier is not just a job, it is a career and has numerous benefits that allow you to have a great life both during your career as well as after you reach retirement. Ask any retired carrier.

Volunteer needed for LCPF

The NALC's Legislative Carrier Political Fund (LCPF) is a non-partisan political action committee (PAC) that was established for the sole purpose of electing qualified candidates who support letter carriers and who are committed to maintaining a strong and innovative Postal Service. This means that the fund is used to support candidates (republican or democrat) who will help protect the Postal Service and the Letter Carriers. This fund is supported with donations from carriers (100% funded). Think of this as job insurance, as the candidates we support help protect our

jobs and the company we work for, the Postal Service. Our Branch needs a volunteer to help signup members to support this fund. Donations can be as small as \$5 a pay period...every little bit helps! Donations are voluntary, but it should be a priority for all of us, as the other shippers (UPS, FedEx, etc.) have exceptionally large funds available to work against our interests.

Remember, as a Union, if we all pull on the rope together, we can accomplish great things...if we stand on the sidelines watching others try to pull the rope, we will witness more failures than victories.

I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do.

—Leonardo da Vinci

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

Brian Obst
President

Calendar

Shop Stewards

Wednesday

July 30 7:00 PM
315 W Busch Blvd, Suite C

Executive Board

Thursday

August 1 6:30 PM
315 W Busch Blvd, Suite C

Branch 599

Thursday

August 1 7:30 PM
315 W Busch Blvd, Suite C

Retirees' Breakfasts

Tampa

Monday

August 5 9:30 AM
The Cuban Sandwich Shop
10434 N Florida Avenue 33612

Temple Terrace

Tuesday

August 13 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 pickup the tab for your breakfast; simply provide the receipt to the Branch office for processing.

Temple Terrace

Retirees Get-together

Friday

August 23 12:00 PM
Gaspar's Patio Bar & Grill
8448 N 56th Street 33617

Retired...but Not Tired

As we age it is very important to stay active. As we age it becomes more difficult to motivate ourselves to stay active. I found this was the case with myself, I just wasn't doing much, and I was not motivated. I did not like feeling like this, so I started looking for information on aquatic exercises. I began going to my community pool every day to try it out. I started very slow and have picked up my pace and increased the number of exercises. I will never be a Mark Spitz or more current, Michael Phelps, but splashing around in the pool has made me feel better. Some of my exercises are water walk, twisting, arm raises, squat jumps, calf raises and flutter kicks. The information I have found on the internet is eye opening. Water aerobics offer older adults a variety of benefits, cardiovascular health, improved mobility, and increased bone density. Seniors who began water aerobics twice a week and for 12 weeks gained upper-body strength, lost fat mass and lowered their blood pressure. Aquatic exercise is also helpful for anyone wanting to build muscle, increase strength, or even heal from injury. However, as seniors, we must be cautious while being more active, it must be done safely to avoid injury. As we age, it is normal to not have

the stamina and agility we enjoyed in our younger years. But getting older doesn't have to mean becoming a couch potato.

Remember, regular activity can positively impact our physical health as well as our mental and emotional wellbeing. It can help give us more energy and greater self-confidence, enabling us to embrace our later years with gusto. Like me!

—Centers for Disease Control & Prevention

The next quarterly Temple Terrace Retiree's Get-together will be held again at Gaspar's Patio Bar and Grill, 8448 N 56th Street, in Temple Terrace. The date will be Friday, August 23, for lunch at 12 noon.

Remember retirees, if it is your birthday month and you attend a retiree's breakfast, your breakfast is paid by Branch 599. One birthday per month, one birthday per year!

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

John



John Gebo
Director of Retirees
Branch 599

Mail Call

Brothers and Sisters, we are halfway through the summer of 2024. We have had several heat advisories asking citizens to stay indoors, and despite that we kept and will keep making our deliveries. I can't stress enough to continue to hydrate at night, before work, and throughout your workday. Take advantage of any shade for a respite from the scorching sun, and eat light meals. The heat will sap your strength and make you tired sooner than in cooler months.

With our country's elections this year, our stress and workload will be higher. Our Vote-by-Mail customers will once again rely on us to ensure their votes get count-

ed. No other election has been more important in my lifetime than this one.

Try to reduce your stress as much as you can, and if you need help, speak to someone or try USPS Employee Assistance Program (EAP) usps.ndbh.com/EAP or call 800-327-4968 (800-EAP-4YOU). Get the help you need; there is no shame in doing so.

Sarge



Luis Cruz
Sergeant-at-Arms
Branch 599

From the Vice President's Desk

Me and My Mail!

The security of mail is every letter carrier's main responsibility from the time they undertake the tray of Delivery Point Sequence (DPS) mail to the last possible delivery on the route. A carrier should never dispose of mail for any reason. Recently the Branch has been involved in a few cases that involve the disposal of mail. In light of the recent activities, it seems to be a good time to review and educate everyone again on the responsibilities of letter carriers with the security of mail.

Handbook AS-353 (Guide to Privacy, the Freedom of Information Act, and Records Management) addresses the security of information contained on and within a mail piece.

2-2 Mail Protections. The privacy and security of the mail are core values of the Postal Service. Information from the contents or cover of any customer's mail may not be recorded or otherwise collected or disclosed within or outside the Postal Service, except for Postal Service operations and law enforcement purposes as specified in Title 39 of the Code of Federal Regulations (CFR) 233.3 and chapter 2 of the Administrative Support Manual.

Handbook M-41 (City Delivery Carriers Duties and Responsibilities) provides directions to all carriers on the security of mail. Take the time to read and understand that it is your duty to ensure the mail is always secure and delivered as addressed.

131 Delivery on Letter Routes

131.1 Security of Mails

131.11 Keep the mail in your possession or locked in a relay box or vehicle. All equipment and undeliverable mail must be returned to the Post Office at the end of each trip.

131.12 If the use of a satchel cart is

authorized, exercise reasonable care to prevent any attempted theft from the cart while delivering your route.

131.13 When leaving the route for lunch, lock undelivered registered and COD mail in a designated relay box or vehicle in accordance with existing practices.

131.37 Make a simple record of registered, COD, and other more-than-ordinary value items which are left. On return from lunch, check to ensure that no pieces are missing.

131.14 Do not remove stamps from mail or throw away or improperly dispose of mail. Line through uncanceled stamps (except on philatelic mail) to prevent re-use. Delivery Point Sequence mail may contain uncanceled stamps that will not be identified until the mail is being readied while performing street duties. These stamps should also be lined through (except on philatelic mail) to prevent re-use.

131.2 General Precautions

131.21 Do not deliver mail that has not passed through a proper delivery unit.

131.22 Do not place letters, large flats, and other mail within the pages of magazines, catalogs, etc., at any time. Whenever letters and flats are cased together, care must be exercised to avoid having letters fall between pages of magazines, etc.

131.23 When you find in a mail receptacle mailable matter on which postage has not been paid, addressed to, or intended for the person in whose receptacle it is deposited, take the matter to the Post Office™ for treatment as provided in 146.2, Postal Operations Manual. If general distribution of the same bill, circular, or other matter has been made on the route, return only 2 with a statement of the number of similar pieces without postage.

Understanding your responsibilities is

important to your tenure with the Service. The disposal of mail will surely limit your time. Handbook M-41 does not say it is ok to dispose of mail, yet just the opposite.

Carriers, this is serious business.

When mail is disposed of in the view of the public, the Service gets a black eye regarding the action(s) of a few.

Currently, National is working hard with the Service to ensure our carriers are safe while delivering the mail. Protect Our Letter Carriers Act – H.R. 7629 is currently moving through the House with bipartisan support. This bill will help with the attacks on letter carriers by providing updated equipment to deter attacks, and prosecution of those who choose to attack letter carriers. The support is there, but we must also do our part.

In return, how can we get the support we need if we are not performing our duties as we should? Bad news travels fast, and will eventually end up in Washington DC. The support we have in the House may be questioned by some who are not on board. So don't give them anything to talk about except our safety. The disposal of mail does not give encouragement to support this bill.

The Branch is here to support carriers as needed and provide guidance as well. This is guidance that must be adhered to without fail. If you decide to dispose of mail, you will eventually need to find another job outside the Service. You are charged with the security of mail and it is not negotiable. Don't give management a valid reason to let you go. Management will use every tactic possible to get you to run

(Continued on page 6)



Mike Smith
Vice President
Chief Steward
Branch 599

Sharing Our Members' Joys and Sorrows

Healing prayers and get well wishes are extended to **Maged Abdelsayed** [Town & Country] as he recovers from a recent illness and hospitalization.

Employee Assistance Program
info is at nalc.org

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

It's confidential for you and your loved ones.

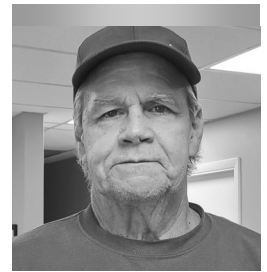
Down the Building Manager's Rhoad

For the past few weeks, I have been working on upgrading and fixing the sprinkler system with the help of our previous building manager, Alan Robinson. The sprinkler system will be up and running by the July 4th weekend.

Still, as always, we are collecting gently used uniforms. We go through them as

quickly as they are donated, so *thanks* to all who have contributed...they are very much appreciated by the new hires.

Walt



Walt Rhoads
Building Manager
Branch 599

What is eOPF?

eOPF is your electronic Office of Personnel Management File. You can find all of your USPS employment forms under eOPF. You can access your eOPF from liteblue.usps.gov and under the employee applications section.

These are a few *common* forms you should see in your eOPF:

PS 50 – Notification of Personnel Action

RTR – Employee Detail Report

SF 2809 – Health Benefits Registration form

W4 – Employee's Withholding Allowance

I 9 – Employment Eligibility Verifications

PS 61 – Appointment Affidavit

USPS 10 – Compensation & Benefits

SF 2817 – Life Insurance Election

DG 4 – Certification of Investigation Notice, Advance Fingerprint Report and Investigation-Related Documents

PS 1216 – Employee Current Mailing Address when you signed during employment

PS 2181A – Authorization and Release of Employment

PS 2591 – Application of Employment

These are some *uncommon* forms:

DISP – Disciplinary Action (If you see this in your record, please review it carefully and it may be able to be removed from your record after 2 years. Please contact your Steward for further action.)

USPS 18 – Official Letter and/or Certificates of Commendation or Appreciation

Those are the most common and uncommon files in your eOPF.

Important: if you are going to retire soon, please download all of your eOPF before retiring because once you retire you are no longer able to access eOPF.

If you have any questions regarding your eOPF, please contact HR.

Clement



Clement Cheung
Labor Management Rep.
Branch 599

From the Vice President's Desk

(Continued from page 5)

the route and get off the street. The key here is to always deliver all mail in your possession. If it takes longer, oh well.

Your job is to deliver mail, not run a race!

To get there, we must work together!

Mike

Matt Speaks: WHAT IF? Part 2

The Turning of the World and The Post-Apocalyptic Post Office.

The world was now in thrall of the High-Tech Revolution. Hovercrafts were speeding through metropolitan skylines. Entire military forces had been dismantled (at least of human beings) with wars being waged by app. Phones were discarded in favor of tele-micro chips which were implanted in brains and were now the standard method of communication. It had been a long time since anyone saw the movement of human lips.

With the rise of AI (Artificial Intelligence), an American administration decided that a high degree of financial cuts to fundamental structures were crucial for prosperity and gave more and more responsibilities to machines. In a power struggle between technocrats who wished for the revolution to press forward and anti AI rebels on the other, the fighting was costly. The Postal Service, which had been the last agency under civilian control due to the high level of respect the general public had with its human letter carriers, finally gave way as they first considered the idea of using androids to deliver the mail before putting away the craft altogether.

This last put many civilian workers over the edge as they finally realized that their country had been completely taken over. The police also, were now weaponized hovercrafts that shot

and bombed demonstrations in support for the rebels to its bloody endings. With numbers dwindling for the rebellion, labor strikes were taken up in solidarity for a reorganized armed force that would destroy the machines once and for all.

With civilization *above* ground in the thralls of a hyper-tech dictatorship, others of the human race decided to move *underground* to find some alternate form of existence away from all the fear. They cast away their tele-microchips, having secured a rare reversible device whose blueprints were readily written down to construct more of them till all human exiles were cured of them. Cave homes were built, deeper into the dirt and rock depending on the size of families. A strange flammable substance that was harmless to the touch was used for light. These lights were placed above the cave homes. As more and more homes were built, whole communities were established. A guard to protect law and order, a school, a large kitchen/hall where everyone came together and ate. A church even to keep alive the gospel, and then at last came the final touch: A Post Office.

It began with ten routes, then over time, many more. Each route, a typical route, took several hours, with one lunch. No one ran their routes for fear of falling into weak foundation which opened chasms big enough to swallow whole human beings. It was still an on-

going process to fill these weak points. The Council governed the underground which comprised the heads of the guard, school, the kitchen/hall, and the Postmaster as its head since through the mail, the Post was how the community spoke to the people.

One night the Letter Carriers decided to meet in the kitchen hall. Some were young, but there were a few of the old guards who remembered their former routes. *Was this just before the High-Tech?* one of the young ones asked.

Yes sir, said the old letter carrier, *it was nice, and right by the ocean. It was blue then, too, just before it faded forever and that ghastly pale purple took its place. All those poor children who got sick and died from the water,* he shuddered. *The families,* he continued, *that I came to know while delivering their mail for years up and left never to return....* The old man stopped and sobbed. The other letter carriers padded him in sympathy and a terrible sadness took the rest as each of the veteran letter carriers told of their old routes to the young ones and they each recalled the winds of autumn. The beauty of spring minus the pollen and the golden summers where Man was free.

Matt



Matt Fernandez
Recording Secretary
Branch 599

Book Bag Giveaway for MDA—Cancelled

Due to lack of response, showing no interest in the event, we cancelled the Book Bag Giveaway that was to have taken place on July 28.




**MEMORANDUM OF UNDERSTANDING
BETWEEN THE
UNITED STATES POSTAL SERVICE
AND THE
NATIONAL ASSOCIATION of LETTER CARRIERS, AFL-CIO**


Re: Annual Leave Carryover for Leave Year 2025

The parties agree that for leave year 2025, regular work force career employees covered by the USPS-NALC Agreement may carry over 520 hours of accumulated annual leave from leave year 2024 to leave year 2025.

In all other respects, the Employee and Labor Relations Manual (ELM) provisions for payment of accumulated leave are not changed because of this Memorandum.

This MOU will expire with the conclusion of the 2025 Leave Year.


Thomas J. Blum
Vice President, Labor Relations
United States Postal Service


Paul Barner
Executive Vice President
National Association of Letter Carriers, AFL-CIO

Date: June 21, 2024

The Financial Guy

Letters and invoices have been sent out for Quarter 2 of 2024, for back dues that are owed to our Branch. These letters and invoices will be sent out at the end of each quarter. As I have stated before in recent articles, the reasons for having to pay back dues to the Branch are:

- If you are on Worker's Comp, your union dues are not deducted from your pay because you are being paid through Worker's Comp, but your dues are still being deducted from our Branch by National. Therefore, your dues must be paid directly to the Branch according to Article VII of Branch 599's bylaws.
- If you are on LWOP, your dues are not being deducted, and you are not required to reimburse dues until you return back to a pay status. At that point you are required to repay all back dues.

large bill is to pay your dues each pay period. When you go on Worker's Comp, please contact our Branch office immediately to discuss this matter. Nonpayment of your dues could eventually result in being removed from the union and if you have NALC insurance you could also lose your insurance. This is not what we want to do, but we have to protect the Branch's assets.

Last quarter, 9 members were removed from the union. Please do not put us in this situation. If you have any questions, please contact me at the Branch office, 813-875-0599.

Until next time,
Alan



Alan Robinson
Financial Secretary
Branch 599

The best way to
avoid receiving a

From the Treasurer's Desk – 19th Edition

Brothers and Sisters,
What can we expect?

An anticipated forecast...

As the NALC National Convention delegates prepare to attend the 73rd Biennial Convention, August 5-9, in Boston MA, one can only imagine what to expect. I am concerned delegates from around the country will experience a contentious and somewhat chaotic convention, unlike what any of us has experienced. I have attended many conventions over the years, led by leaders that the delegation respected and trusted. Conventions have been unified, business is conducted, and the NALC has welcomed big name guests who support the letter carrier. The past presidents who led conventions that I attended were Vincent Sombrotto, William Young, and most recently, Fred Rolando. They all commanded the stage, were well prepared and adjusted smoothly to unplanned circumstances. With the charges issued against our current National

President, Brian Renfroe, there seems to be discontent within the ranks of our national officers. If you are keeping up with social media platforms, there is a lot of chatter. Potential national officer candidates are already throwing their names in for elections that are over 2 years away. National nominations are not till the 2026 Convention. I am hopeful for the best, and hopeful that I, along with the 6,000 to 7,000 delegates can include Brian Renfroe's name with the other past presidents who controlled the convention floor and conducted business efficiently. But a cautious warning, we may see in-house arguing like we have never experienced before. I will report next month, after the convention.

Quick Hits:

Information you should know

Next Generation Delivery Vehicle (NGDV) update

On Friday, May 31, the first production-model NGDVs were delivered to the

Postal Service by Oshkosh Defense.

These vehicles, which are the culmination of more than a decade of planning, designing, building, and testing of the NGDV, were deployed to the Athens GA Sorting and Delivery Center and will be used to replace the current fleet of right-hand drive Long Life Vehicles. The final design of the NGDV was influenced by the feedback of NALC representatives and city letter carriers from around the country who reviewed the initial design of the vehicle in Oshkosh WI, in July 2021. The initial production of NGDVs are gas-powered variants, with the battery-electric models scheduled for deployment in August 2024. *—Nalc.org*

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



Tony Diaz
Treasurer
President Emeritus
Branch 599
NALCREST Trustee

Just for the Health of It

According to the CDC (Centers for Disease Control and Prevention), antibiotic resistance is one of the most urgent threats to the public's health. Antibiotic resistance does not mean that the body is becoming resistant to antibiotics. Rather, it means bacteria are developing the ability to defeat the antibiotics designed to kill them. When bacteria become resistant, antibiotics cannot fight them and the bacteria multiply. This results in some bacteria becoming harder to treat and can spread to other people.

If you need antibiotics, take them exactly as prescribed. Never save your antibiotics for another time or share them with family or friends. Antibiotics

are powerful medicines, but they cannot cure everything. Antibiotics do not work against illnesses caused by a virus. For example, they *do not* help illnesses such as:

1. Common colds
2. Influenza or flu
3. Most cases of acute bronchitis
4. Most sore throats not caused by strep
5. Runny noses
6. Most ear infections

These illnesses usually go away by themselves. Your doctor can advise you as to what you can do to feel better.

Taking antibiotics *only when needed* helps keep us all healthy now, helps

fight antibiotic resistance, and ensures that these lifesaving drugs will be available for future generations.

Talk to your health-care provider if you have any questions about your antibiotics, including how they could interact with other medications you are taking, or if you develop any side effects.

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



Detlev Aeppel
Health Benefit Rep.
Branch 599



WEST CENTRAL FLORIDA LABOR COUNCIL

2024 Election Endorsements as of June 23, 2024

STATEWIDE

Stanley Campbell

US Senate, Democratic Primary
5944 Coral Ridge Dr. 601
Coral Springs, FL - 33076

**Constitutional Amendment 1:
Partisan School Board Elections**
Oppose

Constitutional Amendments 2-6
No Action ¹

HILLSBOROUGH

Fentrice Driskell (incumbent)

State House, Dist. 67
701 S. Howard Avenue #106-813
Tampa, FL - 33606

Karen Gonzalez-Pittman (incumbent)

State House, Dist. 65
1099 Shipwatch Cir
Tampa, FL - 33602

Susan Valdes (incumbent)

State House, Dist. 64
6622 N Clarke Ave
Tampa, FL - 33614

Dianne "Ms Dee" Hart (incumbent)

State House, Dist. 63
2912 North 26th Street
Tampa, FL - 33605

Nancy Millan (incumbent)

Hillsborough Tax Collector
701 S. Howard Ave. #106-900
Tampa, FL - 33606

Craig Latimer (incumbent)

Hillsborough Supervisor of Elections
P.O. Box 2303
Lutz, FL - 33548

Bob "Coach" Henriquez (incumbent)

Hillsborough Property Appraiser
1802 West Erna Drive
Tampa, FL - 33603

Cindy Stuart (incumbent)

Hillsborough Clerk of the Court
503 E. Jackson Street #217
Tampa, FL - 33602

Chad Chronister (incumbent)

Hillsborough County Sheriff
610 S. Boulevard
Tampa, FL - 33606

Nadia Combs (incumbent)

Hillsborough School Board, Dist. 1
19133 Gunn Highway
Odessa, FL - 33556

Jessica Vaughn (incumbent)

Hillsborough School Board, Dist. 3
15924 Wyndover Rd
Tampa, FL - 33647

Henry "Shake" Washington (incumbent)

Hillsborough School Board, Dist. 5
P.O. Box 5014
Tampa, FL - 33675

Johnny Bush

Hillsborough School Board, Dist. 7
4206 W. Leona Street
Tampa, FL - 33629

Lynn Gray (incumbent)

Hillsborough School Board, Dist. 7
13611 Circa Crossing Dr.
Lithia, FL - 33547

Sean Shaw (Democratic Primary)

Hillsborough County Commission, Dist. 6
P.O. Box 4846
Tampa, FL - 33677

Jim Davison (Republican Primary)

Hillsborough County Commission, Dist. 6
17823 Hickory Moss Pl.
Tampa, FL - 33642

(Continued on page 11)

¹ "No Action," or, "No Endorsement," means that the Florida AFL-CIO has no position on this ballot item. Affiliates are free to endorse as they wish. However, WCFLC has the past practice of encouraging affiliates to refrain from endorsing or financially supporting in races marked "No Endorsement."

(Continued from page 10)

Rocky Brancato

Public Defender, 13th Judicial Circuit
13014 N. Dale Mabry Hwy # 335
Tampa, FL - 33618

Andrew Warren

State Attorney, 13th Judicial Circuit
701 S. Howard Ave #106-939
Tampa, FL 33606

PINELLAS

No Action¹

FL Congressional Dist. 13 Primary

Ed Hooper (incumbent)

State Senate, Dist. 21
133 Harbor Drive South
Venice, FL 34285

Lindsay Cross (incumbent)

State House, Dist. 60
PO Box 7815
St. Petersburg, FL 33734

Michele Rayner (incumbent)

State House, Dist. 62
PO Box 35218
St. Petersburg, FL 33705

Laura Hine (incumbent)

Pinellas School Board, Dist. 1
525 16th Ave. NE
St. Petersburg, FL - 33704

Eileen Long (incumbent)

Pinellas School Board, Dist. 4
2019 Southpointe Dr.
Dunedin, FL – 34698

Brad DeCorte

Pinellas School Board, Dist. 5
30725 US Highway 19 N. #209
Palm Harbor, FL - 34684

Joanne “Cookie” Kennedy

Pinellas County Commission, Dist. 1
408 2nd St.
Indian Rocks Beach, FL - 33785

Charlie Justice (incumbent)

Pinellas County Commission, Dist. 3
P.O. Box 40234
St. Petersburg, FL - 33743

Rene Flowers (incumbent)

Pinellas County Commission, Dist. 7
P.O. Box 17056
St. Petersburg, FL - 33733

Copley Gerdes (incumbent)

St. Petersburg City Council, Dist. 1
PO Box 48204
St. Petersburg, FL – 33743

Nick Carey

St. Petersburg City Council, Dist. 3
5320 10th St N
St. Petersburg, FL - 33703

Deborah Figgs-Sanders (incumbent)

St. Petersburg City Council, Dist. 5
PO Box 35468
St. Petersburg, FL - 33705

No Endorsement ¹

St. Petersburg City Council, Dist. 7

POLK COUNTY

No Endorsement ¹

Polk County School Board, Dist. 1

Marcus Wright

Polk School Board, Dist. 2
PO Box 4472
Haines City, FL – 33845

Sara Beth Reynolds Wyatt

Polk School Board, Dist. 4
222 Ave D NE
Winter Haven, FL - 33881

HERNANDO COUNTY

Kayce Hawkins

Hernando County School Board, Dist. 2
10155 Hoover St
Spring Hill, FL - 34608

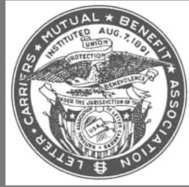
Gregg Laskoski

Hernando County School Board, Dist. 4
13465 Newcastle Ave
Spring Hill, FL – 34609

AFL-CIO Central Labor Council representing Organized Labor in
Citrus, DeSoto, Hardee, Hernando, Highlands, Hillsborough, Manatee, Pasco, Pinellas, Polk, Sarasota, and Sumpter Counties

PO Box 76108, Tampa, Florida 33675-1108

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BRANCH 599

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SUITE C
TAMPA, FL 33612**

For more information:

800-424-5184

Tue/Thur 8-3:30 ET

202-638-4318

Weekdays 8-3:30 ET

www.nalc.org/mba

Greetings from the MBA Desk!

WITH HOSPITAL PLUS
You'll Be Visited by Presidents Every Day!



There are some instances where we could end up hospitalized, whether it is on the job or off. We have an insurance plan to help you get paid for the days you are in the hospital. Introducing Hospital Plus, a form of short-term disability insurance where you are

paid for each day you are hospitalized for an illness or injury.

For this plan, you can choose to get \$75, \$50, or \$30 a day for the time you are in the hospital. If you have any children, the amounts per day are \$45, \$30, and \$18 per day. The premium is taken out bi-weekly and you are locked in at the age you sign-up. The coverage lasts for all year.

Note: This plan does not cover pre-existing conditions.

For any questions regarding Hospital Plus or any other insurances through the MBA, please contact the MBA office, our Branch office, or me. You can also go online at nalc.com/MBA for more information about the Hospital Plus Plan.

Bonita



Bonita Lattimore
MBA/NSBA Rep.
Branch 599

Biweekly Payroll Deduction Premiums

\$75 perday benefit (\$45 for children*)					\$50 perday benefit (\$30 for children*)					\$30 perday benefit (\$18 for children*)				
Member Age at Purchase	Member Only	Member and Spouse	Member and Children	Member, Spouse and Children	Member Age at Purchase	Member Only	Member and Spouse	Member and Children	Member, Spouse and Children	Member Age at Purchase	Member Only	Member and Spouse	Member and Children	Member, Spouse and Children
18-24	\$2.90	\$5.85	\$6.00	\$8.95	18-24	\$2.10	\$4.00	\$4.15	\$6.05	18-24	\$1.60	\$3.20	\$3.20	\$4.80
25-29	3.20	6.40	6.30	9.50	25-29	2.25	4.40	4.30	6.45	25-29	1.60	3.20	3.20	4.80
30-34	3.60	7.10	6.70	10.20	30-34	2.50	4.80	4.55	6.85	30-34	1.60	3.20	3.20	4.80
35-39	4.00	8.00	7.10	11.10	35-39	2.80	5.35	4.85	7.40	35-39	2.40	4.00	4.00	5.60
40-44	4.55	8.95	7.65	12.05	40-44	3.20	6.00	5.25	8.05	40-44	2.40	4.00	4.00	5.60
45-49	5.30	10.10	8.40	13.20	45-49	3.60	6.80	5.65	8.85	45-49	2.40	4.80	4.00	6.40
50-54	6.10	11.55	9.20	14.65	50-54	4.15	7.75	6.20	9.80	50-54	3.20	5.60	4.80	7.20
55-59	7.20	13.35	10.30	16.45	55-59	4.95	9.05	7.00	11.10	55-59	4.00	7.20	5.60	8.80
60-64	9.45	17.10	12.55	20.20	60-64	6.70	12.00	8.75	14.05	60-64	4.80	8.00	6.40	9.60
65-69	11.45	20.35	14.55	23.45	65-69	8.15	14.40	10.20	16.45	65-69	5.60	9.60	7.20	11.20
70-74	13.75	24.25	16.85	27.35	70-74	9.90	17.30	11.95	19.35	70-74	6.40	11.20	8.00	12.80
75-over	16.15	28.55	19.25	31.65	75-over	11.75	20.55	13.80	22.60	75-over	8.00	13.60	9.60	15.20



**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!

The NALC Disaster Relief Foundation was established in 2018, to alleviate the suffering of **NALC members** affected by natural disasters, including earthquakes, tornadoes, hurricanes and wildfires. The foundation has been set up to function in two ways: by providing hands-on relief and by receiving donations as a means to offer financial grants.

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NALC Branch 599

**10TH Annual MDA
Charity Golf Tournament**

@

Northdale Golf Club

4417 Northdale Blvd.

Tampa, Fl. 33624



\$100.00 per person

Optional Putting Contest \$5.00

Round of Golf / Catered Lunch

Long Drive Contest

Closest to the Pin

November 10th, 2024

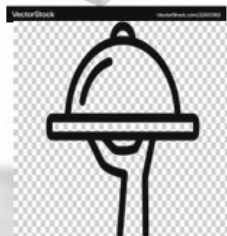
Registration: 7:00am

Shotgun Start: 8:00 am



\$4000
Gold Sponsor

(2) Foursomes
(2) Flag Sticks
(8) Hats w/ Tournament Logos
(8) Golf Shirts



\$2000
Reception

(2) Foursomes
Hole Sign
(8) Hats
Flag Stick



\$1000
Silver Sponsor

Foursome
Hole Sign
(4) Hats w/ Logo



\$600
Team Sponsor

Foursome
Signage on Cart
Signage on Hole



\$500
Hole In One

Sign at Tee Box
Grand Prize TBD



\$250
Flag Stick

Name or Logo on Flag
Hole Sign



\$200
**Long Drive / Closest to the Pin/
Putting Contest**

Signage at Designated Hole



\$125

Signage on Tee Box

***Sponsorships can be customized to your liking**



Deliver
the Cure
with **MDA**

Sponsorship

Application Form Due By 10/25/2024

BUSINESS NAME _____

INDIVIDUAL NAME _____

ADDRESS _____

PHONE _____

EMAIL _____

MESSAGE ON SIGN _____

SELECT YOUR SPONSORSHIP PACKAGE:

____ \$125 Hole Sponsor

____ \$500 Hole in One

____ \$200 Long Drive

____ \$600 Team Sponsor

____ \$200 Closest to Pin

____ \$1000 Silver Sponsor

____ \$200 Putting Contest

____ \$2000 Reception

____ \$250 Flag Stick

____ \$5000 Gold Sponsor

Contact : Alan Robinson 813-842-9762 (C) / Office 813-875-0599

nalc599@verizon.net

Players Registration Form Due by 10/25/2024

GOLFER 1 _____ GOLFER 2 _____

GOLFER 3 _____ GOLFER 4 _____

MDA Federal ID # 13-1665552

Make checks payable to: **NALC Branch 599 / MDA**

315 W. Busch Blvd. Suite C, Tampa, FL 33612



Ardin Fisher was diagnosed with Duchenne Muscular Dystrophy at the age of 4 years old. Ardin is now 16 years old and has now become more dependent on mobile devices while out of our home. At home he can still get around, but falls are becoming more frequent



as the muscles on his legs are becoming weaker. Ardin has two siblings that are nothing short of a miracle to help make his ever-changing life as normal as possible for a 16-year old with muscular dystrophy. Every six months we travel to Massachusetts to see a team of specialists to help us make the best decisions for him and the family. Our home is slowly changing to meet the needs of all the mobile devices. Many weekends are spent constructing ramps and meeting contractors to change our home to best fit his needs. We are in the process of trying to get the resources together for a modified van to help transport Ardin and our family.

For the past 6 years our family has been a guest at the NALC Branch 599 MDA Golf Tournament. Ardin looks forward to this each year as we can drive around the golf course and see everyone that participates in this event. He always receives hats, mugs, towels and flags all personalized with his name on them. To this day, his favorite cup is one from the tournament with his name on it. Ardin is a smart and happy teen with dreams of entering college. His challenges don't change his outlook but give him perspective on how to overcome them with grace and kindness. We are faithful that all his needs will come to be. Please support this charity event for a great cause.

God bless,

Randy and Erin Fisher

Who Am I?

Who am I?

Neither snow nor rain nor heat nor gloom of night
stays these couriers from the swift completion
of their appointed rounds.

Who am I?

I am the young man/woman looking to start a job
where I can build for my future.

I am the military veteran who was looking to return
to the non-military life and was looking for a job
willing to give me a chance to continue to serve.

Who am I?

I am the extra set of eyes in your neighborhood keeping
an eye on things while I perform my assigned duties.

I am the helping hand needed by someone
in some way on my route.

I am the person who brings that special letter
from a relative that makes your day brighter.

I am the most trusted federal employee on a yearly basis.

Who am I?

I am the person who picks up your donation of food
to help the less fortunate in our communities.

I am the one who is out working every day to bring you
the vital correspondence and packages to help your
daily lives, even during times when it might be
dangerous to my health and well-being.

I am the first sign of recovery in an area of disaster,
natural or man-made. It is always the best sign
to see me delivering mail to your homes and businesses.

I am a father/mother, son/daughter, or
grandfather/grandmother. I do my job with one thing
in mind and that is to provide an essential service to all
people living in my assigned area to the best of my ability.

I am always happy to see you and look forward to the
happiness and joy I provide by doing my job.

Who am I?

**I am your Letter Carrier from the
National Association of Letter Carriers and the USPS.**

—Brian Obst, President

Letter Carrier Political Fund

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



Each year, NALC fights to fend off attacks in Congress that threaten letter carriers' collective-bargaining rights, retirement benefits and livelihood. We've been successful so far, and we want to continue helping to elect House and Senate candidates who will protect us, promote our issues and deliver our message to Washington.

Since **union dues cannot be used to support candidates for political office**, NALC relies **100% on member contributions to the LCPF**, which in turn helps us support those on Capitol Hill who defend the issues that matter most to us. Our PAC brings together in Washington strong letter carrier advocates—from all political parties—who are dedicated to helping to defend a strong USPS that provides universal, innovative and affordable service.

LCPF contributions are voluntary and can stop at any time. There is no open season. The easiest way to become a member of the Letter Carrier Political Fund is to contribute through automatic payroll deduction. Contact our Branch office with questions about how you can contribute.

—nalc.org under Government Affairs

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 Fax 813.870.0599
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Tampa Letter Carrier
Volume 24 • Issue 8 • August 2024

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*This program does not apply to existing loans financed with Tampa Postal FCU. First payment is due 60 days from loan closing and no interest for 30 days. Valid for new auto purchases financed directly with the credit union and auto loans refinanced directly with the credit union between June 1, 2024 - August 31, 2024. Some restrictions apply. Contact the credit union for complete details.

