



Tampa Letter Carrier

Official Notice

of Nominations & Elections of Officers of NALC Branch 599, Tampa FL

Nominations for the election of officers of Branch 599 will be held at regular Branch meetings on October 2 and November 6, 2025, 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.

Candidates must accept nominations at the time made or, if absent, in writing. Candidates may accept nomination for only one office. Self nominations are acceptable. Nominations will be held for the following Branch offices: President, Vice President, Recording Secretary, Financial Secretary, Treasurer, Sergeant-at-Arms, three (3) Trustees, MBA/NSBA Representative, Health Benefit Representative, Director of Retirees, and two (2) Labor Management Representatives. The term of office will be three (3) years beginning January 17, 2026.

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.

Election will be conducted by secret ballot on December 4, 2025, at our Branch hall, 315 W. Busch Boulevard, Suite C, Tampa FL 33612. **The polls will be open 2:00–7:30 PM. Any member who is in line at 7:30 PM will be allowed to vote.**

Any member who for any reason will be unable to vote on December 4, may vote by absentee ballot. Requests for absentee ballots should be made by telephoning the Branch office at 813.875.0599 [7:30 AM – 4 PM] beginning November 7 through November 21, 2025.

Branch 599

serving

Brandon

Plant City

Sun City

Tampa

Branch 599 Meeting

Thursday

September 4

7:30 PM

Tampa Letter Carriers Hall

315 W Busch Blvd

Suite C

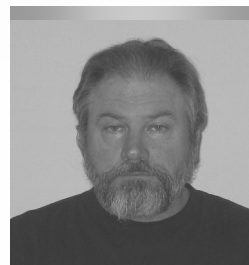
Tampa FL 33612

Additional parking is
available in the lot
before our building.

From the Desk of the President

Hello again to all the avid readers of this publication. I must start this month with the sad news that President Emeritus Jim Good passed away on July 25, after a brief illness. Those of you who knew Jim know how much of an asset he was to our Branch, and I must say he will be sorely missed.

Labor Day is nearly upon us and I'm sure that everyone can use the time off for the holiday, but let us not forget what this



Brian Obst
President
Branch 599

(Continued on page 3)

Branch 599 Office

315 W Busch Boulevard, Suite C
Tampa FL 33612

813.875.0599

www.nalc599.com

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President
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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

<i>Position</i>	<i>Officer</i>	<i>Phone</i>	<i>Email</i>
President	Brian Obst	813.875.0599 cell 727.458.0679	erif_lor@hotmail.com
Vice President	Michael Smith	813.326.0717	mosmith46@gmail.com
Recording Secretary	Maria Afful	347.457.7316	
Financial Secretary	Alan Robinson	813.843.9762	
Treasurer	Tony Diaz	813.598.9635	
Sergeant-at-Arms	Luis Cruz	813.431.3223	
MBA/NSBA	Bonita Lattimore	813.756.9676	
Health Benefit Rep	Detlev Aeppel	813.505.7914	
Director of Retirees	John Gebo	813.503.1256	
Trustees	Milly Minsal, Ch.	813.446.2572	
	Andre Hinton	931.980-5169	
	Cynthia Williams	813.392.8048	
Labor Management	J.D. Lewers	813.528.5519	
	Clement Cheung	813.758.5910	
Presidents Emeritus	Garland Tickle • Orbe Andux • Donald Thomas Michael Anderson • Alan Peacock • Tony Diaz		

Shop Stewards

<i>Station</i>	<i>ZIP</i>	<i>Steward</i>	<i>Station No.</i>	<i>Steward's No.</i>
Tampa Stations/Branches Chief Steward, Mike Smith				813.326.0717
Brandon	33510/11	David Rivadeneira	813.661.1636	656.215.2467
Brandon	33510/11	Osceola Williams Sr.	813.661.1636	210.445.1369
Carrollwood	33618	Edward Carrillo	813.961.2963	787.989.4481
Commerce	33602	Deontae Barron	813.247.2416	813.836.4128
Forest Hills	33612	Lord McWilliams	813.935.2954	347.475.7433
Forest Hills Annex	33613	Robert Rosenfeld	813.935.2954	813.857.5353
Hilldale	33614	Brian Obst	813.879.4309	727.458.0679
Hilldale Annex	33634	Maria Afful	813.879.4309	347.457.7316
Interbay/Port Tampa	33611/16	Mike Dennis	813.831.2034	813.361.9103
Interbay/Peninsula	33629	Brian Obst	813.831.2034	727.458.0679
Palm River Annex	33619	Sheryl Jones	813.663.0048	616.589.5283
Plant City	33563/64		813.754.3590	
Produce	33610		813.237.4084	
Ruskin/Sun City Ctr	33570		813.634.1642	
Seminole Heights	33603	Paul Sardinas	813.237.4569	813.650.3504
Sulphur Springs	33604	Sean O'Connell	813.237.4569	
TCA/Hyde Park	33606	Josh Villa	813.873.7189	203.278.6485
TCA/Peninsula	33609	Michael May	813.873.7189	813.981.4271
TCA/West Tampa	33607	Brian Obst	813.873.7189	727.458.0679
Temple Terrace	33617		813.988.0152	
Town & Country	33615/35	Brian Obst	813.884.0973	727.458.0679
Ybor City	33605	Leddyon Lewis	813.247.2416	813.247.2416

From the Desk of the President

(Continued from page 1)

holiday stands for:

Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers. The holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being. (U. S. Dept. of Labor)

Remember, as a Union Worker you are the backbone of the American Workforce and the advances made by Organized Labor have made America what it is today. We always move forward, never backwards, never forget how important we are to the country and ensure everyone knows and never forgets that fact. When you are having your barbecue, say thanks to those who came before us to pave the way and be prepared to continue the fight going into the future as there will always be those who wish to rise up on our backs without acknowledging our contributions to today's economy.

Congratulations to you all for the accomplishments we have all been a part of and enjoy your well-earned holiday!

Article 8

NALC and the Postal Service have released a jointly developed document with the national parties' mutual understanding on specific sections of Article 8 of the 2023-2026 USPS/NALC National Agreement. The document, M-02011 in NALC's Materials Reference System (MRS), answers commonly asked questions about recently implemented provisions of the contract. Please go to nalc.org and find this document and read it, as it is important for the understanding of Article 8 and its enforcement for the benefit of all carriers.

Vice President

The end of the year Executive Board

Branch elections is almost upon us and in keeping with my previous articles I will write about one of the positions on the Board up for election this December. This month I will be writing about the position of Vice-President. The duties of the Vice-President are as follows:

- A. *The Vice-President shall assume the duties of the President whenever the President is out of the office two (2) or more workdays.*
- B. *The Vice-President shall be in charge of all EEO cases at the Informal levels, redress and/or mediation for the members of NALC Branch 599. This excludes Formal hearings.*
- C. *The Vice-President shall be expected to remain current in the ongoing operations of the Branch. The Vice-President shall be tasked with development and maintenance of the branch training program to ensure the Stewards and Officers of the branch maintain the level of excellence needed to properly represent our members into the future. The Vice-President shall be the designation outside steward for the Installations of Brandon, Plant City and Sun City Center. Any additional needs for outside steward representation may be addressed through Presidential appointment if necessary.*

The person filling the position of Vice-President needs to be a person of good character. He/she needs to possess extensive knowledge of the National Agreement and have extensive experience representing carriers through the grievance process, as it is an integral part of the job, representing carriers. An understanding of the history of the Branch and knowing where we have been and where we are going is important as events happen each day that shape how the branch operates with the Postal Service and our own membership.

It is recommended that individuals looking to fill this position have served

as stewards and Formal A representatives for the Branch, as a complete knowledge of the grievance process is important for us to continue to be successful representing the membership. Some time serving on the executive board in other positions is also important, even though it is not a requirement, as the Vice-President is a member of the board and is required to work with the board for the betterment of the Branch.

The individual seeking this position needs to understand that this is not a 9-5 position, there may be times where you need to work beyond normal work hours, but these are the exception rather than the norm. Remember everything we do in representing the Branch is for the membership and that should be our complete focus in performance of this job.

I served in the position of Vice-President for six (6) years for President Tony Diaz and I must point out that the president relies upon the support of the Vice-President in the performance of his duties as the workload can be exceedingly large based on how the installation/postmaster are working with the Union.

In closing, you must be secure in the knowledge that the individual you elect for this position has the requisite knowledge and experience to perform the duties of the position in support of the President and the membership of the Branch to maintain the level of representation our Branch is known for over the years. Next month we will address the position of Branch President.

Leadership is not about being in charge. It is about taking care of those in your charge. — Simon Sinek

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

Brian Obst, President

Calendar

Shop Stewards

Tuesday

September 2 7:00 PM

315 W Busch Blvd, Suite C

Executive Board

Thursday

September 4 6:30 PM

315 W Busch Blvd, Suite C

Branch 599

Thursday

September 4 7:30 PM

315 W Busch Blvd, Suite C

Retirees' Breakfasts

Tampa

Monday

September 8 9:30 AM

The Cuban Sandwich Shop

10434 N Florida Avenue 33612

Temple Terrace

Tuesday

September 9 10:00 AM

Bob Evans Restaurant

off Fletcher near I-75

12272 Morris Bridge Road

Note:

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

Wait a Minute

It Only Takes One Call to Change a Situation or Save a Life

If you know someone or even yourself, that has been suffering or is just in need of any assistance, please reach out and utilize the Employee Assistance Program (EAP) that is for all employees of the Postal Service.

EAP is designed to assist fellow employees, no matter your job title, EAP is for You. EAP aids us with everyday assistance, such as counseling, and tools to help with everyday issues and lifestyle changes. Please don't wait to pick up the phone and reach out if you are in need of assistance. All calls and appointments are private and free. **These services are for employees and/or their family members.**

Some of the services EAP can provide are: health and mental health, suicide prevention, preparing for retirement, elder and childcare. Don't wait to be heard. Pick up the phone, what are you waiting for? 800-EAP-4YOU or 800-327-4968. No phone? Get online at eap4you.com and send an email.

Maria



Maria Afful
Recording Secretary
Shop Steward
Branch 599

Mail Call

Brothers and Sisters, this has been an interesting year so far. We have celebrated both the 250th anniversary of the United States Postal Service and the 100th anniversary of our Branch.

It is important to remember one of the first acts of World War II in Europe, as part of the September Campaign, *The Defense of the Polish Post Office in Danzig (Gdańsk)* occurred.

But Sarge, we are in 'merica not Poland.

True, but as carriers we share solidarity with carriers from other post offices and nations. *On 1 September 1939 the Invasion of Poland was initiated by Germany when the battleship Schleswig-Holstein opened fire on the Polish-controlled harbor of Danzig, around 04:45. Danzig paramilitaries and police, supported by Germany, immediately joined the offensive to take full control of the city, by capturing the Polish post office. Polish personnel defended the building for some 15 hours against assaults by the SS Heimwehr Danzig (SS*

Danzig Home Defence), local SA formations and special units of Danzig police. All but four of the defenders, who were able to escape from the building during the surrender, were sentenced to death by a German court martial as illegal combatants on 5 October 1939 and executed (the judgement was later acknowledged as judicial murder).

—en.wikipedia.org/wiki/Defence_of_the_Polish_Post_Office_in_Danzig

If you'd rather not read about the battle, check out *43 Mailmen Fight The Germans - The first battle of WWII* on youtube.com to watch an entertaining video about it.

Cool Sarge, maybe I'll watch...

Enjoy!

Sarge



Luis Cruz
Sergeant-at-Arms
Branch 599

From the Vice President's Desk

Discipline

It seems that management has amped up investigation interviews. The usual result is discipline. So, what does that mean? A letter of discipline that will be a part of your personnel file for a period of time. How long depends on the reason for the discipline and your steward.

Article 15 of the National Agreement sets the guidelines for the grievance process. Once a carrier receives discipline, the contract is quite clear in what the next steps involve. **Any carrier who has received discipline must notify their steward immediately.** The steward only has 14 days to file and initiate the first step, Informal A meeting.

Over the past few months, our Branch office has been informed of discipline not being grieved. This only creates situations that may be the cornerstone for later disciplinary actions. When a carrier receives discipline and the discipline is not grieved, the carrier suffers in the long run. The minimum amount of time the discipline remains in their file is 2 years. That's why it's important to notify a steward immediately. It is worth mentioning that even though discipline doesn't result in a loss of time, it is the first step toward removal.

Any subsequent discipline progresses and eventually a notice of removal will be issued. At that point, it's too late to argue any prior discipline. The Union now has their hands tied and can only concentrate on the removal action. Again, it is very important that our Branch or steward is notified immediately after any discipline has been issued. On a side note, your steward does not need to be present for discipline to be issued. As always, sign and date the discipline letter. This one action begins the 14-day period for filing and meeting at the Informal A step.

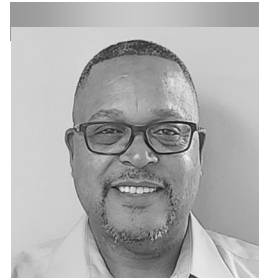
Safety

I would like to address safety again. Throughout this entire year, District has had a Safety Representative out observing carriers. Several carriers have been taken off the street for safety reasons and/or suspected of violations. Safety does not stop. It is the responsibility of all carriers to ensure they are safe each day at all times. A simple lapse in judgement can result in a horrific outcome.

Management is again focusing on seat-belt usage for the Metris and Pro-Master vehicles. Telematics reports are being used to annotate the number of instances while the vehicle is moving without a fastened seatbelt over 5 mph and calculate the distance. These reports also give the total percentage of the routes driven without the use of a seatbelt. If a carrier appears on this report, an investigative interview is likely the next step.

The Telematics report doesn't excuse the use of the seatbelt in the LLV. According to EL-801 (Supervisor's Safety Handbook), *Postal Service drivers must wear seat belts when their vehicles are in motion. When driving a long-life vehicle, they must wear the lap belt and shoulder belt whenever their vehicles are in motion. Exception: When shoulder belts prevent drivers from reaching to deliver to or collect from curbside mailboxes, they may unfasten the shoulder belt, but never the lap belt.*

Please understand that safety is number one. Your vehicle, Metris, ProMaster or LLV should never move without the seatbelt fastened. Management and District Safety are looking for a reason to remove carriers off the street. The Union is attempting to get this word out through stewards or personal interactions. Your vehicle is your responsibility. Be safe today and every day afterwards.

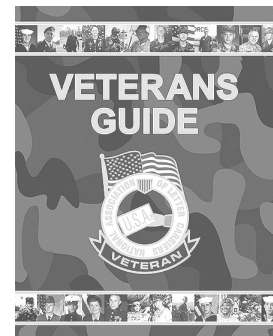


Mike Smith
Vice President
Chief Steward
Branch 599

I personally would like to send my condolences to the family of President Emeritus Jim Good. I worked with Jim for several years on the Executive Board. His knowledge of the inner workings of the Branch was instrumental to my development. In Solidarity!

To get there we must work together!

Mike



NALC's Veterans Group developed this *Veterans Guide* as a quick reference for valuable information relating to military service and the Postal Service. The online version of the *Veterans Guide* contains links throughout that connect you to relevant information. Find the Veterans Group at nalc.org under Community Service.

Sharing Our Members' Joys and Sorrows

Our deepest sympathy and prayerful support is extended to Marilyn and family at the passing of her husband, **President Emeritus James Good**, July 25; to Maria & family at the passing of her husband, **Ron Welles** [retiree], July 31; to Lois & **Bill Mandikas** [retiree] at the passing of their niece, Brittney Weslocky, August 5; and to Bonnie & **President Brian Obst** at the passing of his mother, Margaret, August 14.

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

Employee Assistance Program

info is at nalc.org

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

It's confidential for you and your loved ones.

Retired...but Not Tired

I hope everyone has a safe Labor Day holiday! I found this definition of Labor Day in *Wikipedia*: Labor Day is a federal holiday in the United States celebrated on the first Monday of September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements in the United States.

The NALC is a big part of the labor movement and the delivery of mail through rain, snow, heat, cold, and hurricanes keeps our country moving. I believe the correct creed is, *Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds.*

As I wind down my final term as an officer of NALC Branch 599, I reflect on all the officers I served with. Many of those officers have passed and many are no longer able to attend Branch meetings, I miss many of them. We used to pack our former Letter Carriers Hall at one time with 150 members at our Branch meetings. I wish we had that many interested members today. It was a time to see fellow carriers and catch up on all the things hap-

pening from office to office and within the postal service, I miss those packed meetings. I love to see new members stepping up, but we don't have enough, and I worry about our future.

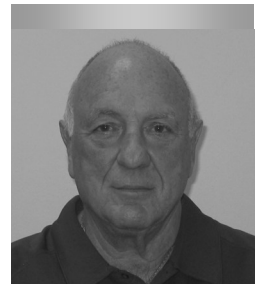
The next retiree's breakfast will be on September 8, at 9:30 AM. Location: The Cuban Sandwich Shop at 10434 N Florida Avenue. This group meets on the first Monday of the month.

We have another retiree group that meets on the second Tuesday of the month, September 9, at 10 AM. Location: Bob Evans, 12272 Morris Bridge Road, in Temple Terrace.

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

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

John



John Gebo
Director of Retirees
Branch 599

Branch 599's 11th Annual Golf Tournament to benefit the Muscular Dystrophy Association

November 16

Northdale Golf & Tennis Club

4417 Northdale Boulevard, Tampa 33624

President Brian Obst, Tournament Coordinator

From the Treasurer's Desk – 32nd Edition

Brothers and Sisters,
I was saddened when I received a phone call notifying me of the passing of Branch 599 President Emeritus, Jim Good. Jim passed away on July 25, he was 75 years old. Jim served as President for 3 terms (9 years) and was very active in union activities for many years. I appreciate the opportunities Jim provided me to grow as a Branch 599 leader. I took advantage of the opportunities to better prepare myself to later become Branch President. Jim and I each served as Branch President for 9 years, the longest tenure of any Branch 599 President Emeritus, we stand side by side with that record. My condolences go out to Jim's wife, Marilyn, and the Good family.

JCAM Article 41

This month I will continue from last month's article with contractual language to assist you to better understand your rights. I want to discuss posting of routes, explained in Article 41 of the JCAM (Joint Contract Administration Manual). Article 41 is known as the *letter carrier craft* article, negotiated specifically to cover letter carriers. It is the *catch all* article. Article 41 establishes a regular carrier's right to accumulate seniority and the right to bid on, obtain, and hold specific duty assignments based on seniority.

Remember these numbers:

14 – 5 – 10 – 15.

Posting for Bid

Article 41.1.A.1. provides for the posting of a vacant duty assignment for bid within 14 days after it becomes vacant, or in the case of a newly established assignment, within **14 days** of its creation (unless a longer term is locally negotiated).

41.1.B.3. the notice shall remain posted for 10 days, unless a different length for the posting period is established by local negotiations. Local Implementation—requires that our notices be posted for **5 days**.

Article 41.1.C.2. Within **10 days** after the closing date of the posting, the Employer shall post a notice indicating the successful bidder, seniority date and number.

41.1.C.3. the successful bidder must be placed in the new assignment within **15 days** except in the month of December. The 15-day period begins on the date the notice of the successful bidder is posted.

Article 41, Section 1.A.2. Letter carriers who are temporarily detailed to a supervisory position (204-b) may not bid on vacant assignments during the detail. However, the 204-b may voluntarily terminate the detail and then exercise their right to bid when they return to the craft.

Quick Hits:

Information you should know

Anti-privatization resolution reaches bipartisan majority in House Resolution 70 reached a bipartisan majority in the House with 218 representatives—202 Democrats and 16 Republicans—co-sponsoring. The resolution calls on Congress to take all appropriate measures to ensure the Postal Service remains an independent agency of the federal government and not subject to privatization.

Reaching a House majority sends a clear message that any privatization proposal would be dead on arrival in Congress, NALC President Brian L. Renfro said. This milestone comes at a critical time, only a few days after the new postmaster general started his tenure.

This majority threshold should remind the administration, private shippers, and members of Congress who have not yet signed on that Americans have no appetite for privatization. They trust the Postal Service and their letter carriers. They want the agency to succeed. That starts with ensuring USPS remains an independent, non-taxpayer-funded,

nonpartisan agency.

While we celebrate this achievement, there is still work to do to increase House cosponsors and reach majority support for the Senate companion resolution, S. Res. 147. Take Action on nalc.org!

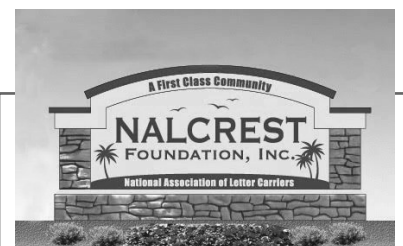
Letter carriers should be proud of their hard work to reach majority support in the House, President Renfro said. Let's work together to continue that effort in the Senate and keep fighting like hell to reach a majority in both chambers.
—nalc.org

Please follow me, I will be reporting on Nalcrest in the September Postal Record.

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



Tony Diaz
Treasurer
President Emeritus
Branch 599
NALCREST Trustee



NALCREST – your NALC Retirement Community in Central Florida. Check it out at NALC.org under the Member Benefits tab.

Jim Good, President Emeritus

December 6, 1949 – July 25, 2025

Served as President of Branch 599

2002 – 2010



Tampa Letter Carrier, January 2011 issue

The last paragraph of Jim's final article as president read:
I want to thank all the members of Branch 599 for allowing me to be your president for the last nine years. It really has been an honor. I will present my *End of Term Report* at the January Branch Meeting. I also want to wish *Good Luck* to all the newly elected officers. They're going to need it.
The best advice I could offer is: Educate yourselves!

I first met Jim when I was a new steward prior to his election as president of our Branch. He provided me with guidance as a steward and always pointed me in the right direction when we discussed representation issues, helping me get a strong foothold in grievance handling. When Jim became Branch President, I became involved in the Executive Board as an appointed Trustee. Jim continued to help me become a better representative and pushed me to do more to assist the membership. I requested to be sent to training as well as Leadership Academy and he was helpful in getting me the training which in turn helped our Branch membership. Jim didn't have to do all these things for me; he did so because he was a strong advocate for the membership of our Branch. In truth he realized that a strong Branch is one with a wealth of knowledge and experience and he pushed not only me but many other members of the Branch to train and do things to benefit the Branch and membership as a whole.

When Jim left office in 2010, he did not just go away, he kept involved in the Executive Board and helped see the Branch through many tough times. The sale of our old hall and the purchase of our new offices/hall were accomplished in no small part by the work of Jim along with the other Trustees of Branch 599, Lori Mcmillion, and Alan Peacock. Jim was through and through a Union man and advocate for our membership. I, for one, can tell you that if not for the help and guidance Jim provided me, I would not be your President today. I have lost a dear friend and fellow Union member, and I thank him for all that he has done for this Branch and myself through the years. We owe him a debt of gratitude and he will be sorely missed.

As a Navy veteran I salute you, Jim, and wish you *Fair Winds and Following Seas* until we meet again, my friend.

Brian Obst
President

Member of the NALC for over 46 Years

Retired from the USPS after 34 Years

Jim Good Eulogy

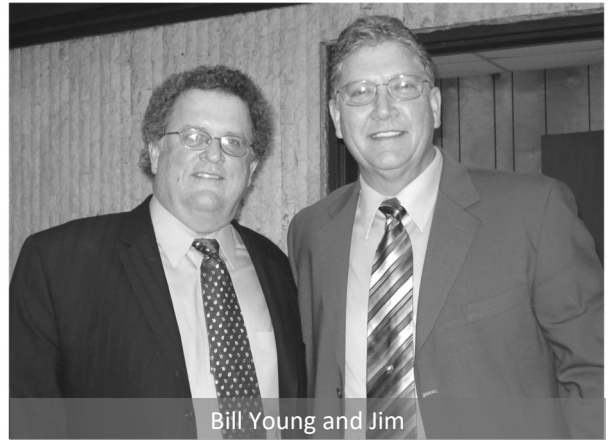
As President of NALC Branch 599, Jim Good exuded leadership and courage. Jim was a staunch defender of Branch 599 members! We became closer over my years serving as Branch 599 Recording Secretary.

As my friend, Jim was a stalwart proponent, serving as my personal representative, in my battle with the USPS, (Brink vs USPS). I remember traveling to Largo from Brandon to help Jim move a very large Jacuzzi through their pool cage door! We were amazed that it fit!

I will miss his presence, his smile, his ability to articulate and impart wisdom as he shared his Union leadership experiences!

I will miss him and pray that Marilyn, his wife, and the family find comfort in Jesus!

Mike Brink



Bill Young and Jim



Jim Good, Michael Anderson, Orbe Andux, Alan Peacock, and Tony Diaz



Steve Halkias, Michael Anderson, Jim Good, Mattie Rose, Ernie Kirkland, and Al Friedman

Honoring Jim Good

Jim Good was a carrier delivering Dana Shores when I was assigned to Hilldale as supervisor in the early 1990s. Jim was elected Shop Steward when I was promoted to Station Manager, and Jim was elected Branch President when I was promoted to MCSO. Through each step of our careers, we both understood that our mutual goal was to make improvements to a workplace environment that seemed impossible to improve. Jim was sincere in his union efforts, and I always respected his passion. And there were many times when we were able to make a difference together.

Jim was more than someone we worked with—he was a part of our daily lives. He maintained his steady leadership presence during labor management meetings. He was a voice of reason under pressure, and I’m sure that he was a source of warmth in moments spent with him one on one. Jim brought integrity and reliability to the workplace, and he was a great example of work ethics. Jim rarely sought personal credit for his accomplishments; he went beyond what was expected. Jim always delivered.

Jim was the one that an employee would turn to when things went wrong—and he was diligent in attempting to resolve every issue in their best interests. I most appreciated that he was consistent and dependable. Whether he was fixing minor workplace issues or leading negotiations for the LMOU, Jim made sure to always keep the best interests of the craft at the forefront. His determination, unwavering support to the craft, and his steady leadership ability were some of his greatest assets.

Together, we honor Jim’s memory not just with our words, but with the lasting respect that he earned. He leaves behind a postal legacy that encouraged teamwork and tenacious leadership. His impact is lasting, and we will miss him not just as a colleague, but as a friend. I am blessed by God to have known and to have worked with him.

Tim Dose



New Members

As I wrote last month regarding our membership, it is apparent that our total membership has dropped. There are times when you think the union is not doing anything for you. Let me start by saying the union represents everyone. If some decisions are made that you don't agree with, I'm sure the decisions were made with everyone in mind.

Remember, all our holidays, salary, insurance, TSP, retirement, and other benefits are all negotiated by the union.

When I used to train carriers, I always told each and every one that this is a career, not just a job. There are not many places where you can have a career and a retirement. We all like to complain about how we are treated by the USPS, just imagine how much worse it would be without the union. Our only recourse is the grievance procedure to make sure our contract is being followed. There is power in numbers and that is what the union is all about. I ask each and every one of you, if someone in your office is not a

union member, please invite them to join, or have them call our Branch office, 813-875-0599 for more information.

Enjoy Labor Day! Union members fought for it.

Until next time,
Alan



Alan Robinson
Financial Secretary
Branch 599

Just for the Health of It

September is Suicide Awareness Month. We all have our ups and downs. Many of us become depressed from time to time. Some of us become so depressed that we consider ending our own lives. If truth be told, most of us have had suicidal thoughts at least once in our life. If you or someone you know becomes so depressed that you consider ending your own life, there are warning signs to be aware of.

According to the Suicide Prevention Resource Center, common warning signs are:

- Feelings of unbearable pain
- Death or a recent fascination with death
- Feeling hopeless, worthless, or trapped
- Feeling guilt, shame, or anger

- Feeling like they are a burden to others

Changes in mood or behavior can also be a warning sign:

- Recent suicide attempt
- Increased alcohol or drug use
- Losing interest in personal appearance or hygiene
- Withdrawing from family, friends, or community
- Saying goodbye to family and friends
- Giving away prized possessions
- A recent episode of depression, emotional distress, and/or anxiety
- Changes in eating and/or sleeping patterns
- Becoming violent or has been a victim of violence
- Expressing rage

You should immediately connect the

person with professional help if you observe the following behaviors:

- Talking about immediate harm to oneself or others
- Planning to attempt suicide, including searching online for information about how to attempt suicide
- Acting in such an erratic manner that you are concerned for their safety

Professional help is available by calling 988 (Suicide & Crisis Lifeline), emergency medical services, or a mental health professional.

Here's to your health.....

Detlev



Detlev Aeppel
Health Benefit Rep.
Branch 599

Helpers for Golf Coordinator Needed

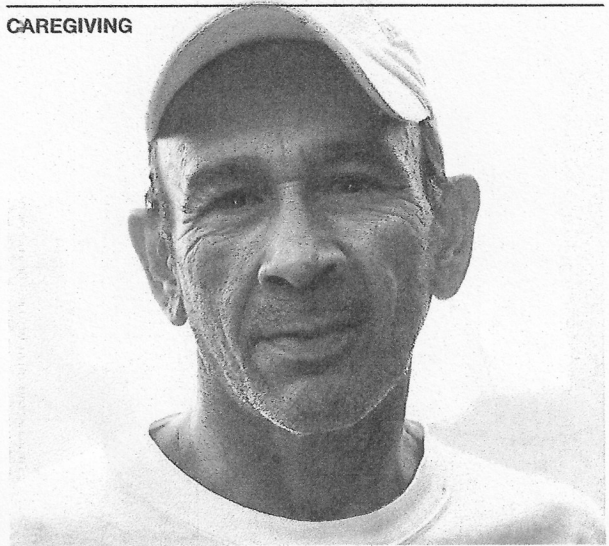


**Deliver
the Cure**
with **MDA**

President Obst is presently acting as our Coordinator and would appreciate your help with our 11th Annual Golf Tournament to benefit the Muscular Dystrophy Association.

Contact President Brian Obst for more info, 813-875-0599.

Caring for a loved one can be deeply rewarding—but also demanding. Many caregivers face a unique set of challenges that can affect their well-being and daily life.



Common Challenges Caregivers Face

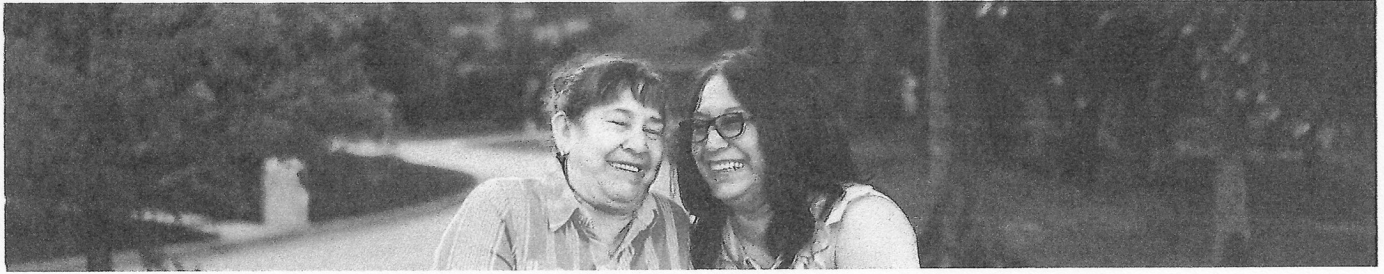
- **Emotional Stress and Burnout:** Caregiving can bring intense emotions such as grief, guilt, frustration, and anxiety. Prolonged stress may lead to burnout, impacting your mood, energy, motivation, and relationships.
- **Time Management and Role Strain:** Many caregivers balance work, family, and caregiving responsibilities all at once. Feeling overwhelmed or like there's never enough time in the day is a common experience.
- **Financial Pressure:** Out-of-pocket costs for medications, medical supplies, and transportation add up. Some caregivers reduce work hours or leave their jobs, affecting income, benefits, and retirement plans.
- **Physical Health Challenges:** Tasks like lifting, bathing, or assisting with mobility can cause injuries or chronic fatigue. Caregivers often put their own health on hold, skipping appointments or exercise.
- **Isolation and Loneliness:** Social activities often take a back seat, and others may not fully understand your situation. This lack of connection can lead to feelings of loneliness, sadness, or depression.
- **Navigating Complex Systems:** Understanding healthcare plans, insurance, long-term care options, and legal documents can be overwhelming. Caregivers are often left to figure out care coordination on their own.
- **Lack of Respite or Personal Time:** Without regular breaks, exhaustion can quickly set in. Even finding time for a walk, a nap, or a quiet moment can be a challenge.

You're not alone—and you don't have to navigate caregiving challenges on your own. If you're feeling overwhelmed, know that support is available. Reaching out can make a real difference. Consider connecting with the EAP for counseling, stress management, and helpful resources. You might also ask trusted friends or family to share responsibilities, join a caregiver support group, or explore respite care or adult day programs to give yourself a much-needed break. Taking care of yourself is just as important as caring for others.



USPS
Employee
Assistance
Program

EAP4YOU.com
800-327-4968 (800-EAP-4YOU)
TTY: 877-492-7341



Supporting USPS Caregivers

Through the Employee Assistance Program (EAP)

Balancing work and caregiving responsibilities can be overwhelming—but you don't have to do it alone. Your EAP offers support tailored to the unique challenges caregivers face at no cost to you. Whether you're caring for an aging parent, a partner, or a loved one with special needs, EAP services are available to help you navigate each step of the journey.

Mental Health & Emotional Support

- Counseling with licensed professionals experienced in caregiver stress, grief, and compassion fatigue
- Support for managing challenges like anxiety, depression, sleep difficulties, and emotional exhaustion
- 24/7 crisis support line available anytime you need immediate assistance

Resource Navigation

- Personalized guidance to help you understand and access government or community benefits
- Referrals to local elder care services, in-home support, and respite care options
- Offering resources and support navigating tools such as findhelp.org

Work-Life Balance Tools

- Coaching on managing time and setting healthy boundaries
- Stress management techniques and mindfulness tools
- Strategies for effectively communicating caregiving responsibilities with supervisors and coworkers

You deserve support—every step of the way. Even small steps like taking a short break, talking to someone, or asking for help can significantly reduce stress and prevent caregiver burnout. Prioritizing your well-being is not just good for you—it's essential for those who rely on your care. The USPS EAP is here to make those small steps easier. Reach out today or visit EAP4YOU.com.



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TTY: 877-492-7341

Caregiving Is Meaningful— But It Can Also Be Overwhelming



Common Signs Caregivers Need Support

Caring for a loved one—whether a parent, partner, child, or friend—is a profound act of compassion. But even the most committed caregivers can feel stretched too thin. It's common to put your own needs aside until your health, relationships, or work begin to suffer.

Signs You May Need Support

Emotional and Mental Strain

- Feeling constantly overwhelmed or hopeless
- Increased anxiety, irritability, or sadness
- Losing interest in activities you once enjoyed

Physical Fatigue or Health Problems

- Difficulty sleeping—or sleeping too much
- Frequent headaches, body aches, or illness
- Delaying or skipping your own medical care

Social Withdrawal

- Avoiding friends, coworkers, or social events
- Feeling isolated or misunderstood
- Struggling to communicate your needs

Difficulty Managing Responsibilities

- Trouble keeping up with obligations
- Letting household chores or finances slide
- Always feeling like there's not enough time

Changes in Mood or Behavior

- Becoming more irritable or impatient
- Feeling guilty when taking time for yourself
- Using food or other substances to cope

Decline in Caregiving Quality

- Forgetting medications or important tasks
- Feeling resentful toward others
- Making more mistakes or losing your temper

What You Can Do

Caring for others shouldn't come at the cost of your own well-being. If you see yourself in any of these signs, now is a good time to take action.

Start with One Step:

- Talk to a healthcare provider or counselor
- Join a local or virtual caregiver support group
- Reach out to the EAP for support
- Ask family members or friends for help

Don't Wait for a Crisis to Seek Help

Recognizing the warning signs early can help you stay healthy—and continue providing the care your loved one needs.

Taking care of yourself isn't selfish—it's essential. When you prioritize your own health, you're better able to care for the people who depend on you.

Reach out to the EAP or visit EAP4YOU.com to learn more and find support.



USPS
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TTY: 877-492-7341



Caregiver Resources

for USPS Employees

Balancing responsibilities as a caregiver with the demands of your job at the Postal Service can be challenging. Whether you're caring for an aging parent, a spouse with health issues, or a child with special needs, the following resources are available to help you navigate caregiving while managing your work and well-being.

Trusted National Resources for Caregivers

- **MedlinePlus** – medlineplus.gov/caregivers.html
Provided by the National Library of Medicine, this site offers medically reviewed information for caregivers. Topics include managing caregiver stress, coordinating care, and understanding chronic illnesses—great for employees with limited time who need accurate, clear information quickly.
- **Medicare.gov** – medicare.gov/caregiving
Learn how to support a loved one with Medicare. This resource includes tips on medical care, benefits coordination, caregiver newsletters, and patient rights—especially helpful for federal employees navigating complex insurance and healthcare systems.
- **National Institute on Aging** – nia.nih.gov/health/caregiving
This site provides guidance on aging-related care, including home safety, communication tips, and managing memory loss. Great for those caring for elderly parents or relatives while balancing shift work.
- **Administration for Community Living** – acl.gov/programs/support-caregivers
You'll find practical tools and links to federal, state, and community resources—ideal for USPS employees who often need flexible and local support options.
- **Alzheimers.gov**
A one-stop federal resource for caregivers of people living with Alzheimer's or other dementias. Includes planning guides, support services, and 24/7 helplines—useful if you're juggling care before or after shifts.
- **Eldercare Locator** – eldercare.acl.gov
A free resource connecting you to local aging services—such as home-delivered meals, in-home support, respite care, and transportation. Enter your ZIP code for help near your delivery route, home, or post office.

You don't have to manage caregiving alone. These tools and services are here to support you—on and off the job. If you're unsure where to start, begin by visiting EAP4YOU.com or reaching out to the EAP for support including counseling, caregiver resources, and stress management—available 24/7.



EAP4YOU.com
800-327-4968 (800-EAP-4YOU)
TTY: 877-492-7341

Veterans Buzz



For the remainder of the year, we'll be highlighting the veterans who are amongst us daily. Any member that would like to be in our newsletter, please contact me through the Branch's email:

nalc599@verizon.net. Include your name, (picture – optional), station, and biography while in the military.

Semper Fi, *Mike Smith*, Vice President

I am a retired RM-1 (Radioman - E-6) US Navy veteran (1963-84). A retired Tampa Letter Carrier (Hilldale & TCA Stations, 1988-2004), nature still life photographer, and actor (film/commercials, 2005-Present).

I was born and raised in Wanamaker IN. In the summer of 1960, my mother, father, and I moved to Tampa. I started my freshman year that fall at T.R. Robinson High School. I was on the safety patrol, ran track, and assistant manager for the track team.

I joined the Naval Reserves in March 1963 while I was a junior at Robinson. I went to Boot Camp for 9 weeks at NTC Great Lakes, between my junior and senior year. After Boot Camp I came back to Tampa and started my senior year. After graduating from Robinson in 1964, I went aboard the reserve ship USS Greenwood for 2 week cruises to Gitmo and back. Ten days later, Aug '64, I was sent to NTC Bainbridge MD for RM-A (Radioman - Radio Communication) School.

I graduated as Honor Man in March '65 and was then transferred to NAAS Whiting Field, Milton FL for 6 months before being transferred to NavCommSta Kodiak AK. I worked at the Transmitter Site & Communication Center. One year later I was transferred to NTC San Diego CA for TTY School and then on to the USS Piedmont AD-17, a destroyer repair ship. I was assigned to Radio Central and then to R-4 Div TTY & Crypto Repair repairing teletypes. I made 2 WestPac Cruises (1967 & 1968). The closest I got to the Vietnam war zone was Taiwan and the Philippines.

In July '69 I was transferred to AFSOUTH Naples IT Receiver Site (Radio) for 2 years. On my off time I traveled all over Italy and Europe on a motorcycle and camping out.

In Aug '71 I was transferred to RM-B School, NTC Bainbridge MD (Communication Advanced School), on to CommTech School (Radio Communication System Trouble Shoot School) in Washington DC.

While I was in Comm Tech School, I was able to get my Civilian Basic SCUBA Diving Cert in Arlington VA (Aug '72), Advance Open Water in Virginia Beach VA

(Mar '80) & SCUBA Diving Instructors Cert in Virginia Beach VA (Jun '83) where I was teaching the Virginia Beach 4-H *Scuba Explorers* (12-16 yr olds) how to scuba dive. I am not sure who was having more fun, me or the kids!

In Aug '72 after ComTech School, I reported aboard the USS Simon Lake AS-33 in Charleston SC. Then in Nov '72, the USS Simon Lake changed home port from Charleston to NavSta Rota Spain. She then tied up to the end of the pier and we sat there for the next 3 years. I worked in Radio Central and also TTY/Crypto Repair. Again, while in Spain, I had a motorcycle and traveled all over and camping out.

In Oct '75, I was transferred across the street to NavCommSta Rota Spain.

In Jan '78 I was transferred to the USS Barney DDG-6 out of Norfolk VA. I was the LPO (Senior Enlisted in Charge of all radio communication). One week after reporting aboard, I was back in Rota Spain inchoing to the Mediterranean, heading for the Persian Gulf for 6 months. When we got back from the Persian Gulf trip, the USS Barney DDG-6 went in the shipyards for a year. Then in Apr '79 we went back to the Persian Gulf for another 6 months.

In Oct '81 I was transferred to COSAL at CinCLantFlt Headquarters in Norfolk VA working in Radio Central as Communication Watch Officer. I retired from the Navy in March '84 as a RM-1 (Radioman E-6).

After I retired from the Navy, I worked at the Lynnhaven Dive Center in Virginia Beach for a year and then returned to Tampa. I did odd jobs and a lot of scuba diving and then in '88 I took the test for the Postal Service's City Letter Carrier and was hired.

My first station as a PTF was Hilldale. I was there for 2 years then I made Regular City Letter Carrier and transferred to TCA where I retired in March 2004.

While I was working as a Letter Carrier, I also had a small nature & underwater still life photography business that I was doing in my off time. I had an agent to whom I sent my photos and then she would market them for me. I have been published over 20 times in magazines, textbooks, children's books, and business reports.

While working for the Postal Service and into retirement, from 1990-2016, I was also photographing 5K, 10, and marathon races here in the Tampa area. I would then put the photos up on my website and the runners would order



John Shack Schakel

(Continued on page 17)

Let's Talk about Safety and Postal Vehicles

Tampa, as many of us have already guessed, has some of the worst traffic in the nation. There are many traffic jams, construction everywhere, and just inattentive drivers sometimes sitting there stopped at green lights or swerving into lanes. We carriers must always keep our attention to its highest level to watch out for what it seems like everyone else that is behind the steering wheel, so here are some tips we need to use to make sure we go home from work the way we came in.

First off, always make sure you are checking your vehicle properly. Whether it be an LLV, Promaster, or Metris, always make sure that you are writing up any issues with your vehicle. Always follow your vehicle check Form 76 to make sure everything is in order from looking for leaks under the vehicle, brakes are functioning properly, horn works, turn signals light up, and make sure windshield wipers are good. We have been getting a lot of thunderstorms in the evening and there is nothing worse than not being able to see out of your windshield.

Secondly, always make sure your

mirrors are adjusted properly. If you are out delivering, what good is a mirror if you can't see anything in it? Mirror stations are designed just to make sure that every mirror is properly adjusted in an LLV. If the mirrors are loose, then report it to management and write it up, especially the front pot lid mirror. I have seen so many LLVs when the vehicle stopped—the mirror would just spin! Also, always make sure the drain hole in the pot lid mirror is pointed down, for it is used to drain the water out of the housing of the mirror, hence the term *drain hole*. One more thing about mirrors: always make sure that when pulling out into the intersection, take the time to look around the mirror. Oncoming traffic can sometimes hide right behind the left side mirror—you might not see it coming until it is too late.

Lastly, when out on the road, ask yourself the question: **Can it wait?** We are always having something going on inside the vehicle. As we are traveling through our routes, sometimes things fall like mail, packages and basically everything we carry with us. We try to avoid the action of picking stuff up

while we are driving, so ask yourself the question: Can it wait? Don't try to pick something up from the floor or other areas when

what we should be concerned about is the road right in front of us. We have had so many unfortunate accidents over the years just from not paying attention to what is right in front of us. No one wants to live life with regrets that could have been avoided if only we just let it wait.

In closing, the roads in Tampa are incredibly treacherous and confusing with ever changing areas, so make sure we look out for ourselves. If we make sure that everything is working properly and just ask ourselves: Can it wait? – we might be able to never feel like we wish we could turn back time just for that instant.

Keep yourselves safe, brothers and sisters.

JD



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

Veterans Buzz

(Continued from page 16)

their photos and/or other items that I would put their photo/race info on, like coffee cups, mouse pads, T-shirts, tote bags, and keepsake boxes. I had to terminate my race business due to cell phones. By 2016, runners coming across the finish line were stopping to take selfies or videos of themselves finishing while other runners were trying to finish. I only sold 2 photos out of 15 races that year.

A year after I retired from the Postal Service, I was working on some of my race photos when I heard an ad on the radio about *acting, no experience needed*. I said to myself, while I know what all goes on behind the camera,

why not see what I can do in front of the camera? I answered the ad and have been acting in films, commercials, and TV ever since. I have played lead/support lead in over 50 films, 50 commercials, and 4 TV programs. Two of the best films were *Charlie Wall: The Documentary* by Pete & Paul Guzzo, filmed here in Ybor City, and *Confessions of a Sailor* by Kurt Krauss, filmed in Door County WI.

Charlie Wall was a mafia Don in Ybor City during the 20's, 30's & 40's. I played the part of Charlie Wall. It was later available on DVD at Amazon.

In *Confession of a Sailor*, I was one of the lead characters in the film, playing

the part of Old Tobe. The film has played in different film festivals here in the US and Europe and has won over 6 awards at the different festivals. I also won Best Supporting Actor at the MLC Awards Festival in Door County WI in 2023.

I have played lead/support leads as Mafia Don, doctor, priest, judge, businessman, homeless man, fisherman, old man with Alzheimer's, grandfather, and father in films and commercials, and am still doing it. The TV programs that I have been in were *Burn Notice*, *Glades*, and the *Dr. G Skeleton* series.

John Shack Schakel Jr.

NALC



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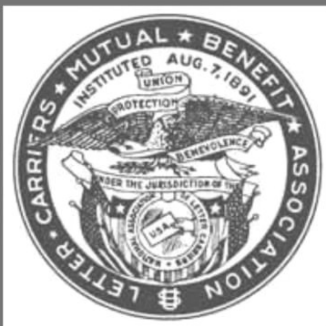
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www.nalc.org/mba



BRANCH 599

315 W Busch BLVD, Suite C
Tampa, FL 33612



BONITA LATTIMORE



MBA/NSBA
Representative

(813)-756-9676



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 in the hospital.

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. These benefits begin the first day of your

hospital stay and last up to one full 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.org/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

Branch 599 Centennial Challenge Coins



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

Brian Obst, President

More Important than Ever!

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.

The Letter Carrier Political Fund identifies and contributes to candidates who support issues important to letter carriers. **Joining the LCPF provides letter carriers with the opportunity to build electoral and legislative power required to ensure decisions that impact their lives are made with their best interests in mind.**

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



Attention Federal Workers!

**OWCP Work Related Injury?
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**YOUR OWCP/DOL
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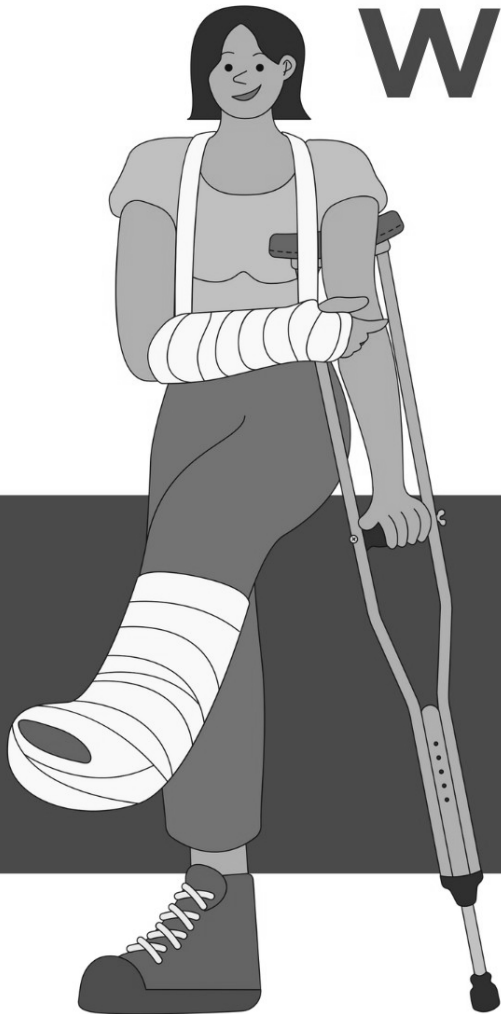
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AND YOUR CASE!**

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can lead to case denials, lack
of proper treatment for your
injury, and cause you to
lose your Benefits!

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

*"Same Great Service As Always,
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Federal Injury Group treats:
USPS, OWCP, DOD, TSA, VA, DHS, BOP, SSA, FAA, All Federal Agencies

federalinjurygroup.com

Addressing OWCP issues...let's get it right

There have been many articles in our newsletter over the years regarding on-the-job injuries. These are regularly asked questions you need to know:

1. What do I do first?
2. Who do I notify?
3. What paperwork do I need?
4. Who will help me through this?

Correcting OWCP issues are time consuming, frustrating, and if not corrected can delay medical treatment that could cause more severe prolonged injuries. So how do you avoid these issues? How do you get it right?

The **answers** to the above questions should help the process.

1. Report the accident immediately, explain exactly what happened, with a time and place (address).
2. Your supervisor or manager, and if you cannot reach anyone, your steward or our Branch office. It is important to notify someone.
3. Register an account on ECOMP at ecomp.dol.gov. The forms needed are, CA-1, CA-16, and CA-17, know your forms, ask questions, and do not rely on management to submit your forms without verification.
4. Your supervisor and/or manager should assist you, however, this is not always the case. Do not allow management to delay you going to ecomp.dol.gov; this is critical to your case.

Other tips:

1. Your online account at ecomp.dol.gov will be available to download should you need a paper copy of any of your forms.
2. Write a detailed, thorough, complete, and legible statement. Some important information to consider, if applicable: the time, the place, the conditions, the surface(s), any contributing factors, possible witnesses, and any hazards.

On the Job Injury – Forms needed, simple math,

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

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.



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