



# Tampa Letter Carrier

Volume 5 - Issue 4

A.R. "Tony" Huerta NALC Branch 599

Tampa, Florida

April 2006

## President's Report

### Protecting Your Rights Under OWCP

I have recently become involved in a number of cases representing Branch 599 letter carriers who have been injured on the job and are having difficulties dealing with the Office of Workers' Compensation Program (OWCP). One of my duties as branch president is to assist and represent branch members in the filing and appealing, if necessary, of the proper forms to ensure your rights designated by OWCP. These rights are granted and protected under the Federal Employee Compensation Act (FECA). In order for you to be protected, however, you must follow certain procedures, rules and time limits.

I know that I have written regarding this issue many times before but please take a minute to review the facts again because your supervisor is probably not going to give you the correct and complete information should you need it.

When you are injured on the job there are a number of things that you need to do to ensure that you will receive the care and compensation that you are entitled to under the Office of Workers' Compensation Program for Federal Employees. If you fail to do these things properly, or within the prescribed time limits, you may forfeit some of these entitlements.

First, it is your responsibility to notify

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your supervisor immediately when you are involved in any type of accident, whether it is a vehicle accident or an industrial accident. Then you must fill out a *Form CA-1, Notice of Traumatic Injury*. Your supervisor should give you this form to complete; if not then you must ask for it. After completion make sure that your supervisor gives you a receipt of filing that will show the date and location where the injury occurred, as well as the date the form was filed. Although the employee has up to three years to file this form, it should be filed immediately to ensure that you will receive Continuation of Pay(COP). The USPS will continue to pay the wages of an injured employee for up to 45 calendar days provided medical evidence is submitted within ten days of the filing of the CA-1.

When you are injured on-the-job you have the right to go to the doctor of your choice for treatment. If you can not be seen by your doctor immediately, you may go to a hospital emergency room for initial treatment, and then go to your choice of physicians for further treatment. Prior to going to either the emergency room or the doctor of your choice you will be given a *Form CA-16* signed by your supervisor. This form authorizes medical treatment for a period of 60 days. Management must give you this form if you file a CA-1 within seven days of the injury. Once you choose a physician, however, you must remain under his care unless referred by him to another doctor, or you must get approval from OWCP to switch doctors. If you file a claim for traumatic injury and the claim is subsequently denied, any COP that has been paid to you must be paid back in the form of sick leave, annual leave, or money.

These initial procedures are extremely important. I have recently been involved in cases where proper paperwork was not filled out in a timely manner and, as a result, the carrier forfeited his right to COP. When this happens the carrier may still qualify for compensation for lost work hours and paid medical bills, but may have to wait four to six weeks or longer to receive that compensation.

**Do not trust your supervisor to inform you of your rights and responsibilities. If you have any questions or concerns when you are injured on the job, ask your shop steward or call the union hall for advice. It is always better to play it safe and see a doctor or the emergency room immediately if you are injured.**

I have also received phone calls from carriers who are reluctant to submit medical documentation for sick leave or work restrictions to their supervisors. You do not have to submit any medical documentation to your supervisor. Medical documentation for sick leave should be submitted to the Medical Unit, USPS, P.O. Box 39451, Tampa, FL 33630-9451. Medical documentation for OWCP cases involving on the job injuries or industrial accidents should be submitted to Injury Compensation, P. O. Box 39443, Tampa, FL 33630. FMLA documentation should be submitted to the FMLA coordinator at the USPS, 5201 Spruce  
*(continued on page 4)*



by **Jim Good**

*President - Branch 599*

**Branch Meeting  
April 6, 2006 - 7:30 PM**

**Branch 599 Officers**

PRESIDENT	Jim Good	(813) 960-3759, cell 417-8877
EXECUTIVE VICE-PRESIDENT	Detlev Aeppel	(813) 907-9685, cell 505-7914
VICE-PRESIDENT	Gilbert Cabanas	(813) 855-0516, cell 597-7396
RECORDING SECRETARY	Cheryl Clothier	(727) 385-7337
FINANCIAL SECRETARY	Tony Diaz	(813) 598-9635
TREASURER	Michael Anderson	(813) 681-5688
TRUSTEE(Chairman)	Henry Dupree	(813) 621-6471
TRUSTEE	Jose Oliva	(813) 873-2747
TRUSTEE	Terry Franklin	(813) 657-9690
SERGEANT-AT-ARMS	J.C. Howard	(813) 621-1976
MBA / NSBA	Albert Guice	(813) 621-7931
HEALTH BENEFITS	Lance Jones	(813) 220-1292
DIRECTOR OF RETIREES	Jack Newman	(813) 805-2942
LABOR - MANAGEMENT	Eric Fleming	(813) 310-8274
LABOR - MANAGEMENT	Brian Obst	(727) 507-0135
MAPS COORDINATOR	Chris Albrecht	(727) 791-7162

**Presidents Emeritus**

Michael Anderson	Orbe Andux
James Butler	Don Thomas
Garland Tickle	Lenin Perez

**A.R. "Tony" Huerta NALC Branch 599**

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**Branch 599 Shop Stewards**

Brandon	33510	Terry Franklin	(813) 657-9690
Brandon	33511	Phil Chirico	(813) 657-3180
Carrollwood	33618	Gilbert Cabanas	(813) 855-0516
Commerce	33602	Dook Ramotar Sr.	(813) 780-6254
Forest Hills	33612	Warren Sumlin	(813) 486-7612
Forest Hills Annex	33613	David Camuy	(813) 892-6553
Hilldale	33614	Gilbert Cabanas	(813) 855-0516
Hilldale Annex	33634	Lance Jones	(813) 220-1292
Hyde Park	33606	George McEndree	(813) 935-0244
Interbay	33611	Dean Minter	(813) 767-6538
Interbay	33629	Jim Knotz	(813) 832-6644
MacDill	33608	Jim Knotz	(813) 832-6644
Palm River	33619	J.C. Howard	(813) 621-1976
Plant City	33565	Misty Bauer	(813) 681-6890
Port Tampa	33616	Dean Minter	(813) 767-6538
Produce	33610	Eric Fleming	(813) 310-8274
Ruskin / Sun City Center	33570	Jack Hencoski	(813) 633-5422
Seminole Heights	33603	Tony Diaz	(813) 872-1542
Sulphur Springs	33604	Matt Kokich	(813) 431-3686
Tampa Carrier Annex	33607	Ken Lee	(940) 368-4771
Tampa Carrier Annex	33609	Brian Obst	(727) 458-0679
Temple Terrace	33617	Detlev Aeppel	(813) 505-7914
Town & Country	33615	Brian Obst	(727) 458-0679
Ybor City	33605	Detlev Aeppel	(813) 505-7914

**RETIREES BREAKFAST  
(In Tampa)**

**First Monday of Every Month**

**9:00 AM at**

**The Coffee Cup**

**4407 N. Hubert**

**in Drew Park**

**RETIREES BREAKFAST  
(In Brandon)**

**Second Tuesday of Every month**

**8:00 AM at**

**Buddy Freddy's**

**134 Gornto Lake Rd S.**

**in Brandon**

The National Association of Letter Carriers Branch 599, 3003 W. Cypress Street, Tampa, FL 33609-1617, 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. It is the policy of this publication that all articles submitted for publication must be signed by the writer. All articles are subject to editing and revision at the discretion of the publisher & editor. Please submit articles to the branch office no later than the tenth of the month. Submit articles as .txt, .doc or .wpd documents attached to email sent to: [newsletter@nalc599.com](mailto:newsletter@nalc599.com)

Jim Good - Publisher

Kit Kelley - Editor

## Executive Vice-President's Report

by Detlev Aepfel

Executive Vice-President - Branch 599



## COLA's - A Real Benefit

In March it was announced that letter carriers would be receiving a 23 cent per hour COLA increase. This will amount to an additional \$18.40 per pay period or \$478.00 per year. This is the seventh of eight COLA increases for the current 2001-2006 National Agreement. This brings the pay for top rate carriers (grade1 step0) to \$48,428.00 per year. This represents an increase of \$5,793.00 since 2001 or \$222.81 per pay period. Since 2001 COLA's have provided roughly 50% of our pay increase. This pay increase will take effect on March 18 and will be reflected in the checks for the April 7 pay date. These COLA's are just one of the real benefits our contract provides for letter carriers.

Most private sector workers and many Federal workers do not receive scheduled COLA increases. In fact the picture is pretty grim for many workers. Take the case of air traffic controllers. Air traffic controllers keep the airways safe for millions of travelers every year. For years there has been a growing shortage of air traffic controllers. Today there are 1,000 fewer controllers than two years ago. Now the Bush Administration wants to impose a contract on air traffic controllers that would cut their pay by 20%. This will create the situation where one in four controllers will be better off retiring than continuing working. More than 4000 controllers could retire immediately. This would create a staffing crisis in which fewer and fewer controllers are guiding more and more planes.

Congress is currently considering bipartisan legislation (S.2201/H.R.4755) to restore good faith bargaining and maintain safety in the air.

The situation is even worse in the private sector. A recent report issued by the AFL/CIO reveals that Wal-Mart not only fails to pay decent wages but Wal-Mart is also refusing to provide affordable health insurance. It must be remembered that Wal-Mart is the nation's largest employer. The company has squeezed at least \$1 billion in economic development assistance from state and local businesses in the last 20 years. In 2005 there were 1.39 million workers employed by Wal-Mart. This means that state taxpayers (that's you) are paying million and millions of dollars to provide health care to Wal-Mart employees. The state of Maryland has already enacted the Fair Share Health Act which makes sure that large profitable companies such as Wal-Mart pay their fair share of the cost to cover their own employees health care cost. Over 30 other states are following suit.

Our current contract will expire on November 20, 2006. In August negotiations will begin on our next contract. Given the current anti-union climate in Washington, these will be tough negotiations and the NALC will have to fight hard to hold the line against give backs and attacks on our benefits. The most

likely attacks will be on our COLA's and our health benefits. But you can help. If you know of, or are buddies with, a letter carrier that is currently not in the union then invite them to join now. Explain to them what is at stake for all letter carriers. Next become an e-activist. Finally sign up for automatic COLCPE contributions. Let's stop talking solidarity and start demonstrating solidarity.

In Solidarity...



**President's Report** (from page 1)

St., Tampa, FL 33630.

If you follow these procedures from the date of your injury it will make the entire process of dealing with OWCP go much more smoothly and ensure that you are covered for any future medical bills that may arise resulting from your approved case.

**April Meetings:**

- Tues 4-4-06 - Shop Stewards Meeting  
Union Hall, 7:00 PM
- Thur 4-6-06 - Branch Meeting  
Union Hall, 7:30 PM
- Tues 4-25-06 - TLC Board Of Directors Meeting  
Union Hall, 7:00 PM
- Thur 4-27-06 - Executive Board Meeting  
Union Hall, 7:00 PM

**President's Station Visits**

Forest Hills 33612	Wednesday, March 29 <sup>th</sup>
Forest Hills Annex 33613	Friday, March 31 <sup>st</sup>
Hilldale 33614	Wednesday, April 5 <sup>th</sup>
Town & Country 33615	Thursday, April 13 <sup>th</sup>
Temple Terrace Annex 33617	Friday, April 14 <sup>th</sup>
Carrollwood 33618	Wednesday, April 19 <sup>th</sup>
Palm River Annex 33619	Friday, April 21 <sup>st</sup>
Hilldale Annex 33634	Wednesday, April 26 <sup>th</sup>
Sun City Center 33570	Friday, April 28 <sup>th</sup>
Plant City 33564	Wednesday, May 3 <sup>rd</sup>
Brandon 33510	Wednesday, May 10 <sup>th</sup>
Brandon 33511	Thursday, May 11 <sup>th</sup>

***ARSLAN UNIFORMS***

*Bill & Shirley Moran*

*Retired Letter Carrier Branch 1477 St. Petersburg*

*Honorary Member Branch 599 Tampa*

***NEED UNIFORMS IN A HURRY?***

***SHOP BY PHONE FROM HOME***

320 PATLIN CIRCLE EAST PHONE: 727-584-4307

LARGO, FL 33770-3063 CELL: 727-543-0705 FAX: 727-585-9367

*bilmor@tampabay.rr.com*

Unionism

by Brian Obst

Chief Steward - Branch 599

## Scheduled Day Off and Holiday Scheduling

Article 8 of the National Agreement covers *hours of work* and goes into great detail on many work related issues dealing with work hours. Overtime issues are discussed at length and all carriers and especially stewards should familiarize themselves with all the different provisions in this article.

This month I would like to address *scheduled days off* (SDO) and holiday scheduling when in conjunction with annual leave. There have been a great many questions on this issue lately and I would like to clarify the proper ways to protect your SDO and holiday for all carriers.

Starting with your SDO. The Jcam 2005 edition states on page 8-12, under Overtime and Annual Leave, "Normally, Employees, including Employees on the Overtime Desired List, who have scheduled annual leave, including incidental annual leave, immediately preceding and/or following non scheduled days will not be required to work overtime on the non scheduled days. The intent of the parties is to allow employees to make advance plans for non scheduled days. It is not the intent of the parties to create a means to circumvent the scheduling provisions of Article 8." Simply put this provision states that if you have annual leave in conjunction with your SDO, either be-

fore or after then your SDO is protected and you may not be forced to work overtime on your SDO. The second part of the provision states that it is not for use to circumvent the scheduling provisions of Article 8 meaning that one may not schedule for 1 hour of annual leave to protect one's SDO.

Let's move on to the Designated Holiday as this seems to be an area where many are unsure of the rules. If your SDO falls on an observed Holiday (IE. Labor Day Monday for example) you Designated Holiday would be moved to Saturday before. Seeing that this will provide you with a long weekend (Sat, Sun + Mon) you wish to protect this time off. The only way to do this is to have annual leave on both the Friday before as well as the Tuesday after. Remember that Monday in this example is actually your SDO and Saturday is actually your holiday so if you only have annual leave on one side or the other of the weekend you would be protecting your SDO which you already have off due to it falling on the holiday. Protection of a designated holiday is not addressed in this article so the only way to protect the designated holiday is to have annual leave on both sides of it so that you are actually on annual leave for the entire period. Since it is your designated holiday you will not be charged annual for the day but you will have protected your long weekend.

The information for this article has been taken from the New 2005 edition of the Joint Contract Administration Manual, which is the agreed upon interpretation of the National Agreement for both postal management and the National Association of Letter Carriers and is the grievance bible for all stewards and union officers. If you have any questions on this topic or any other issue confronting you, please seek out your steward of contact your branch officers through the Branch 599 offices at (813) 875-0599.



Remember, knowledge is the *key*.

In brotherhood,

Brian Obst  
Shop Steward - Town and Country

### Health and Welfare

Father of David Richie, Forest Hills Ax carrier, passed away.

Dean Minter, recovering from knee surgery

The brother of Dee Brockman, Interbay passed away.

John R. Brown, retiree, passed away.

Plant City Carrier, Ray Chesser's step-grandson passed away.



## A Point of Personal Privilege

## Nothing But The Facts

On many occasions the media have insinuated that former President Bill Clinton was the primary reason for the existence of al Qaeda, Osama bin Laden and Saddam Hussein because of his “*weakness*” on terrorism. Yet most of the spin-masters continually fail to explain how Osama bin Laden and Saddam Hussein became leaders, what countries funded them, what administration supported them and who trained the terrorists.

Clear historical evidence starts with the Republican administration of President Ronald Reagan and the support of the arms deal with Iranian sponsors of Hezbollah and Islamic Jihad which later became known as the Iran-Contra scandal. This scandal involved the selling of high-tech missiles to the theocratic dictatorship ruling Iran in exchange for Iran’s assistance in obtaining the release of American hostages by Iranian-controlled Hezbollah terrorists in Lebanon. The trading of arms for hostages was approved by President Ronald Reagan and his national security staff, one member whom was Vice President George H. W. Bush. In his 1991 memoir, former U.S. Marine Lieutenant Colonel Oliver North confessed that everyone knew Reagan had ordered the arms deal. Of course this is contradicts North’s statement under oath before the Congressional committee investigating the arms for hostages deal. During his testimony before congress he mentioned that former he and John Poindexter met with Kuwaiti officials to free 17 convicted Shiite terrorists known as *Dawa’s Prisoners* who were members of the Hezbollah movement and were imprisoned in Kuwait City. This release was intended to facilitate better relations with Iran. The terrorist group demanding their release included perpetrators of the October 1983 bombing of the U. S. Marine barracks in Beirut, Lebanon that killed 241 Marines. Reagan, the *Great Com-*

*municator*, cut and ran by withdrawing all military personnel from Beirut without any military response to the Marine murders. To prove his strength on terror, the island of Granada was attacked instead. Another fact that the spin-masters fail to address is the policy of Reagan to encourage allies in the Gulf (Saudi Arabia) to finance Saddam Hussein’s war against Iran while American and Israel shipped weapons to Iran. This led to thousands of deaths and horrific atrocities while the Reagan administration pretended to seek peace agreements between Iraq and Iran.

The regional policy tilted sharply toward the support of Saddam Hussein in Baghdad when George H. W. Bush became President. It seems that the Central Intelligence Agency under the administration of President Bush I (former head of the CIA) gave billions of dollars in aid to the Afghan mujahadeen. The leader of the “*freedom fighters*” against the Russian military invaders of Afghanistan, trained by the CIA of Bush I, was Osama bin Laden. The money was controlled by Islamist generals who ran Pakistan’s Inter-Service Intelligence Agency which eventually built the militant jihadist movements that later formed the Taliban and al-Qaeda. George W. H. Bush allowed the financing for the Islamic terrorists under Pakistani control with U.S. taxpayer money. In 1986 and 1990 the United States government under the Bush I administration licensed companies to export \$600 million worth of advanced technology and materials used by Iraq, under control of Saddam Hussein, to make WMDs such as mustard gas, VX nerve agents, anthrax and other biological and chemical weapons. Papa Bush continued to allow these shipments even after it was learned Saddam used this technology and materials to wipe out the Kurdish town of Halabja in 1988.

The spin-masters of news attacked President Clinton for not allowing the Sudan government to hand over Osama

bin Laden to the U.S. government. What was left out by the news media was that the Sudanese only offered to arrest Osama and place him in Saudi custody. The Saudi authorities in Riyadh adamantly refused to take bin Laden into custody but the “*liberal media*” neglected to inform the U.S. public of this fact. Clinton critics dismissed any of his efforts to kill bin Laden as firing missiles at an empty tent, even though there was a signed National Security Decision Directive that authorized an intensive campaign to destroy al-Qaeda and seize or assassinate Osama. Republicans denounced this as an attempt by Clinton to deflect the Lewinsky scandal (or “*wag the dog*” as they called it.) Continual political media attacks occurred even though Clinton ordered the CIA and the National Security Council to institute a special al-Qaeda unit that thwarted schemes to blow up the L. A. International Airport, the Holland and Lincoln tunnels, the neo-conhated United Nations building in New York, and the Israeli embassy in Washington, DC. Additionally, under Clinton the U.S. State Department and the CIA thwarted dozens of terrorist cells through quiet prosecutions, extraditions and executions by allies from Albania to the Philippines.

Following the 1993 attack on the World Trade Center, President Clinton sent stringent anti-terrorism legislation to Congress. Despite these efforts to expand those protections after the 1995 Oklahoma City bombing, a coalition of civil libertarians and conservatives argued that Clinton was over reacting and his efforts were a threat to constitutional rights. The provisions of Clinton’s bill allowed the government to turn away suspect immigrants, allowed swifter deportation procedures and authorized a new deportation court that could view secret evidence.

George W. Bush, during the 2000 presidential campaign, denounced this  
(*continued on page 10*)



And The Beat Goes On

by Ray Wallace

National Conventions

My March article had an item about health insurance and in reading it, I myself asked, "What the hell am I saying and why?" Well, it sure was not printed the way I was thinking. What I was trying to ask was, wouldn't it be nice if, when you're working and making the big money and tons of overtime, you paid into your health insurance every month what the retiree pays instead of having to pay the higher premiums when you're on a reduced income? The active carrier while at full pay pays \$120 a month whereas the retiree pays \$251 with only about half the pay and no overtime.

I left out of that same article some of the names of people who were at the January Brandon Retiree Luncheon. In attendance at the luncheon but missed in the article were Jose Hernandez, John Matta, Jean Myers ( widow of John), Jack Davis, Karen Pasco Morlock and Kathy Nelson Eldridge.

Our national convention is in August in Las Vegas. You have to have attended eight meetings per year for the two years prior to the convention in order to be eligible to be paid by Branch 599 to go to the convention as a paid delegate. I've heard carriers say, "...the only reason I come to the meetings is so I'm eligible to attend the national convention." What would the attendance be at the meetings

if they didn't have to do that? I feel like the odd person as I go to every union meeting and I don't plan on going anywhere.

I have gone to a few conventions in the past and they were very interesting. It is a thrilling experience to sit among thousands of carriers from throughout the U.S.A. If you transferred in from another state you can look for your former state's delegation and maybe see someone you know. My first convention was in San Francisco, right after I merged Brandon with Tampa. Jack Newman had arranged for all of Branch 599 to be in the same small motel which was a short walk from the convention center. It was great for this writer who knew no one to get to know all of the Tampa carriers in attendance. One thing I will always remember is when we were on a bus tour one night and the bus driver told us about some bad areas to watch out for. He warned us to stay away from so and so street and that was the street where our motel was! Ha Ha! I never saw anything wrong. Although the area was a little rundown, the motel was great. It was one of the best cities I have ever visited. I wonder why they don't go back to San Francisco. All I can figure is there must be a lot of gamblers in the NALC as 2006 is the third time for our convention to be held in Las Vegas in the last few years.

Why it happened I don't know but after the San Francisco convention, convention delegates from Tampa started staying in a

separate motels throughout the various convention cities. In our convention in New Orleans, one other Branch 599 member and I were in the same motel while everyone else was everywhere else. I think what President Good is saying about all delegates staying together in the same motel is a great idea.

Years ago in Brandon I (as the shop steward) went through holy hell with ex-carrier Bill Kizer, who became our floor supervisor. He really put all (or most) of the carriers through the same hell. I wrote about him all of the time, about how bad he treated craft employees. I think upper management, true to form, probably said, "This manager is treating people like dirt. Let's promote him." And they did promote him to postmaster somewhere.

The other day I met an active carrier who works in Brandon and he said "Ray, remember how rotten Bill Kizer was?" I replied, "Yes, how could I forget?" He answered, "Well, our new postmaster makes Bill look like a saint."

Well, Brandon, let's hope that upper management is reading this and realize what a great manager they have and promote him higher up the ladder. Otherwise, I really feel sorry for you.



## Around The Horn

by Tony Diaz

Financial Secretary - Branch 599

**COLCPE**

**B**rothers and Sisters, I write my article this month on COLCPE, a topic that is very important to me. After reading my latest *Postal Record*, I felt compelled to attempt to stir up some interest in COLCPE because it is making a difference. On February 9, the Senate passed S. 662, the *Postal Accountability and Enhancement Act*. This follows the passing of HR 22 by the House by a vote of 410-20 last July. If this sounds foreign to you, this legislation is the first comprehensive overhaul since the Postal Reorganization Act of 1970, which created the Postal Service. It is also the result of years of negotiations and compromises involving lawmakers and Postal service stakeholders and is vital to the future of the Postal Service, as we know it now.

COLCPE is the NALC's Political Action Fund and it helps elect and lobby friends of letter carriers, friends we need either in office or in "our pocket" to assist our fight in making Postal Reform successful. We can do our part in preserving the six-day delivery and universal service as well as postal employees' rights by contributing to

COLCPE, by signing up to be an e-Activist and by reading our monthly *Postal Record* and office bulletin boards for the latest information. Branch 599 has not been a huge contributor overall to the COLCPE campaign, however many of our members are big supporters.

National would like to receive contributions by payroll deductions or by direct bank account deductions so they can create a budget and allocate funds accordingly in order to lobbying critical legislators as needed. Do not let that stop you if all your allotted payroll deductions are maxed out or you do not wish to contribute through your bank accounts. I send a personal check to National in care of COLCPE every 6 months; I plan to increase my donations this year having already sent \$100.00 at the beginning of the year and will do so again this summer.

If our members would educate themselves and truly understand how important Postal Reform is and the fight we have every one would jump aboard. I am extremely impressed with the passion and determination President Bill Young exhibits towards this fight. His quote says it all "We must be diligent and stay vigilant to make sure that this legislation does the most it can to protect our jobs."

By joining the NALC e-Activist Network you can join together with thousands of other letter carriers to make your voice heard. The NALC will send you e-mail Alerts when it is time to act on issues affecting active and retired letter carriers and the future of the Postal Service. There are nearly 140,000 people strong and looking to grow. If you have not already joined you may do so by logging on to the NALC homepage and clicking on to e-Activist. President Young has laid out a "Field Plan" aimed at doubling the size of the COLCPE campaign. I thought the GIMMIE 5 slogan was brilliant! The Political Action Committee wants to double the number of letter carriers making contributions by urging just \$5 per pay period, that works out to .50 cents per work day. Make a difference, become active and let your voice be heard.

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

**WEINGARTEN RIGHTS**

There have been a number of carriers who have recently been called into the office to be interviewed by USPS Postal Inspectors and have not requested union representation. Any time that you are told you are going to be involved in an investigative interview which could lead to discipline you have the right to have your shop steward present. This includes interviews held by a supervisor, station manager, postal inspector, agent from the Inspector General's office or any other representative of management. Your shop steward has the right to meet with you prior to the interview and be an active participant in the meeting, not just a note taker.

**You must request representation. They do not have to offer or advise you of this right. Before the meeting begins, or before you answer any questions, ask them if the interview could lead to discipline. If the answer is yes, or maybe, tell them you will cooperate with the interview as soon as your representative is present. If the interview could lead to criminal charges tell them that you want your attorney present!**

Postal inspectors are not your friends. Please protect yourselves by having your representative present.



**Scholarship Application**

fill out and return application

**"Mary Lou Jackman-William Corbeau Scholarship Fund"**

Name of Student \_\_\_\_\_ Female \_\_\_\_\_ Male \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Contact phone number \_\_\_\_\_

NALC Branch # \_\_\_\_\_ Member's name \_\_\_\_\_

**This is to certify that the above named member of the FSALC is a member in good standing.**

Signature Br. President or Secretary \_\_\_\_\_ date \_\_\_\_\_

Return all applications to:

**Jesse A. Costin, FSALC Director of Education****232 Glen Eagle Circle****Naples, Florida 34104**

**The following requirements must be adhered to in order to qualify for the scholarship.**

- 1. Student must have graduated from an accredited high school or have a GED.**
- 2. Student must be a dependent of a member, or the spouse of a deceased member of the FSALC who has not remarried.**
- 3. The applicant must enroll as a full-time student in an accredited college or university, and submit proof of enrollment to receive the funds if awarded.**
- 4. Applications must be returned and received on or before July 31, 2006.**

**This scholarship award is based on a random drawing, not on academic records or qualifications. Do not send transcripts or grade records until notified. There will be four scholarships awarded - two for a female, and two for a male - each in the amount of \$2000. The drawing will be held during the National Convention in Las Vegas.**

## A Point of Personal Privilege *(from page 7)*

provision and even won support from American Muslims. Prior to 9/11, the Republican-controlled Congress denied law enforcement officials authority for roving wiretaps and new powers to monitor money laundering. After 9/11, the Republicans changed their rhetoric and their positions. The Clinton counter-terror proposals had previously been attacked by a Republican Representative from Indian: *"We find it very troubling that you're asking us for additional authority to wiretap innocent Americans when you have failed to explain to the American people why you abuse their civil liberties by having FBI files brought into the White House."* Led by former Republican Senator John Ashcroft and computer lobbyists, Congress defeated a proposal by Clinton to tighten control on encryption software. That proposal would have allowed law enforcement officials to decode messages found on the laptop

computer owned by the mastermind of the 1993 WTC bombing, Ramzi Yusef and would have allowed intelligent experts to decode encrypted computer links of the 9/11 plotters communicating with their commanders in al-Qaeda. Former Texas Republican Senator Phil Gramm blocked this Clinton administration bill to close loopholes that let terrorist groups launder money through off-shore banks and even denounced the legislation as *"totalitarian."* Under George W. Bush, the Republican controlled Congress endorsed this same legislation as essential in dismantling al-Qaeda. The legislation was enacted after the death of over 3000 people in the WTC attacks. This after-the-fact legislation was an attempt to cover-up their dereliction of duty to the citizens of the U.S. due in large part to of their arrogance, incompetence and their blinding hatred of Clinton.

Nothing seems to enrage the citizens of America more than the President lying about having oral sex! Not the Enron and WorldCom scandals; not the increase in gas prices; not the torturing of prisoners; not the Downing Street Memo; not the disclosure of a covert CIA agent; not Katrina; not the outsourcing of American jobs; not spying on American citizens; not the lobbyist scandal; not the selling of American port management to foreign countries; not insider trading; nor the deterioration of the infrastructures of state, county and city governments. Nothing seems to stick to this new and improved Teflon don.

"There is no worse heresy than that the office sanctifies the holder of it."

Lord Acton

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## Tips for Comfortable Gardening

### Carefully Choose the Right Tools

Garden tools developed for proper body mechanics (known as ergonomic tools) are no longer just for seniors. Today's ergonomic gardening tools are designed to appeal to people of all ages who have either suffered from or want to prevent repetitive strain injuries, or for those who just desire a more comfortable, enjoyable gardening experience. The right tools created in the right size and weight can save the back, knees and hips, and mean the difference between enjoying a day in the garden and ending the evening with cramped hands and an aching back or elbow.

GardenWay has introduced a line of gardening tools and gift sets designed to make basic gardening tasks a little more comfortable. Its new combination kneeler/bench with foam pad, for instance, helps remove weight from otherwise sore joints as it allows gardeners to work from a more comfortable sitting or kneeling position. Simply flip over to convert from a durable bench (capable of holding up to 250 pounds) into a convenient kneeler. Of special interest to gardeners who have difficulty raising themselves up from the ground are the sturdy long handles on the sides.

There is also a new GardenWay strain-free tool set that features T-handles on longer shafts. T-handles provide greater leverage for digging into even the hardest soil and help keep the wrist in a more neutral position. The long-handled shafts not only limit the need to bend over, but they also provide greater leverage so that everyone can effectively complete strenuous gardening tasks. Sports medicine specialists estimate that women possess about 40 to 60 percent of the upper-body strength of men due to their smaller arm girth. This creates a greater need for women to compensate with longer handles.

The weight of the tool also affects stamina and energy levels. Look for tools that are heavy enough to be durable, but not so heavy they are fatiguing to use. The new GardenWay strain-free tools measure only 23 inches in length, which makes them shorter and lighter than traditional long-handle tools. Not only will they fit smaller hands, they allow the user to access tighter spaces without straining.

Proper care of tools can also facilitate gardening tasks. Keep tools with moving parts in good working order and oiled so there is little resistance during use.



Also keep hand tools sharp to ensure smooth, easy movement.

Garden gloves not only protect hands from hazardous chemicals, sharp items and blisters, but they also help minimize the effects of vibration. Gloves should ideally be form-fitting and cover the smallest area of the hand possible, without being restrictive.

### Avoid Repetition; Variety Is Critical

Repetitive movements can wreak havoc on any part of the body. Enthusiastic gardeners who are driven to whip their gardens back into shape in a matter of a day are prone to injury from hours of repetitive movements resulting from weeding, digging and stooping. That's why it's important to rotate gardening tasks frequently (at least every 30 minutes) so you don't wake up with stiffness in the arms, legs and back.

### Rest

Above all, don't forget to rest frequently. Even if you don't feel fatigued, take a break for a few minutes each hour. Your body will thank you later on. And you'll feel more productive and actually get more done, so at the end of the day you'll feel a deep sense of satisfaction rather than a hard-earned aching back.

For more information about today's ergonomic gardening tools that are designed to minimize the pains and strains of gardening, visit [www.gardenway.com](http://www.gardenway.com).

**W**hen it comes to tools, gardeners today have more options than ever before. With all the choices in colors, shapes and sizes, it's easy to overlook one of the most important gardening tools - your body.

Many people, despite exercising proper care and maintenance with their other garden tools, do not spend the time or effort properly caring for their most valuable tool. And for many of the hundreds of thousands who make gardening America's number one outdoor hobby, common aches and pains associated with repetitive gardening tasks can detract from an otherwise enjoyable experience.

Aches and pains do not have to be a natural part of gardening. The following tips and guidelines from the gardening experts at GardenWay are designed to turn a potentially painful chore into outdoor enjoyment:

### Prepare Your Body Properly

Regardless of your age, it's important to take precautions before jumping into gardening chores. Start by spending a few minutes stretching to help minimize muscle soreness and the risk of tendonitis. In particular stretch your arms and back. Also be certain to have plenty of water on hand to avoid dehydrating while you're gardening. Here are a few other key suggestions regarding body positioning:

- \* Keep elbows partially bent, especially when doing resistive activities.
- \* Hold objects with a light grasp or pinch, avoiding a tight, sustained grip.
- \* Whenever possible, work with the forearms in a neutral position (i.e. thumbs up).
- \* Watch your posture. Don't slouch or rest your weight on one arm or leg while you work.
- \* Use wheelbarrows and carts to transport heavy objects or tools to save your back.



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