

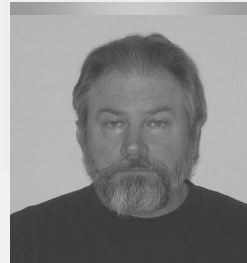


Tampa Letter Carrier

From the Desk of the President

The birth of our Nation, July 4, 1776

With courage and trepidation, our founding fathers set us on a path of self-rule, setting up what was known as a grand experiment of a government of the people, by the people, for the people, which has lasted for two hundred and forty-eight years. This government has adjusted and changed over the years, but it has never lost its focus on being as previously stated – **of the people, by the people, for the people**. Let us take a moment to reflect on what our founding fathers provided for us and always endeavor to preserve it for future generations to come. Happy Fourth of July to all!



Brian Obst
President
Branch 599

FSALC Seminar

In review, we had twelve stewards and officers attend the Region 9 Florida State Association of Letter Carriers (FSALC) Training seminar in May this year. Topics of this training session were varied and included classes on Continuation of Pay (COP), Article 8 and Mandatory Overtime, The Grievance Procedure, Stationary Events, Limited Duty as well as understanding and the way to use Regional Grievance Templates in the filing of grievances. This two-day training seminar provided detailed classroom instruction complete with feedback sessions between the instructors and the class attendees, ensuring that said attendees got as much information as possible on the subjects being taught. Classroom instruction materials provided to each attendee were returned to the Branch so as to provide training materials for further education of those who were unable to attend the seminar. This will help to ensure that our stewards are the most educated for the representation of our membership, which is the number one responsibility of our Branch.

There was also a general session to start the seminar where the attendees were provided updates from our Region 9 Business Agent, Eddie Davidson, and his staff, on a variety of subjects from arbitration updates to TIAREAP concerns, and Workers Compensation issues just to name a few. State President Al Friedman introduced many political speakers from members of Congress who help us with postal issues being dealt with in Washington D.C. as well as the United States Attorney from The U.S. Department of Justice for the Middle District of Florida, Roger Handberg, who briefed the attendees of the ongoing issue of armed assault of letter carriers throughout the country and the status of prosecution of captured offenders. All in all, the training seminar was a great benefit for our members in attendance and the information gained will help our Branch membership going forward.

James Hunt

It is with great sadness that I must report that the carrier honored last month with a 70-year award plaque, James Hunt, had previously passed away and we were never

(Continued on page 3)

Branch 599

serving

Brandon

Plant City

Sun City

Tampa

Branch 599

Meeting

Thursday

July 11

7:30 PM

Tampa Letter Carriers Hall

315 W Busch Blvd

Suite C

Tampa FL 33612

Additional parking is
available in the lot
before our building.

Branch 599 Office

315 W Busch Boulevard, Suite C
Tampa FL 33612

813.875.0599

www.nalc599.com

Brian Obst
President
erif_lor@hotmail.com

Office Hours
Monday – Friday
7:30 am – 4 pm

Rodna Kimelman Kirk
Office Secretary
nalc599@verizon.net

Tampa Letter Carrier

Brian Obst
Publisher

Phyllis R. Thomas
Editor
editor.nalc599@gmail.com

Branch 599 Office
813.875.0599

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	Matt Fernandez	786.247.4185	
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	813.778.4373	
Labor Management	J.D. Lewers	813.528.5519	
	Clement Cheung	813.758.5910	
Presidents Emeritus	Garland Tickle • Orbe Andux • Donald Thomas Michael Anderson • James Good • Alan Peacock • Tony Diaz		

Shop Stewards

<i>Station</i>	<i>ZIP</i>	<i>Steward</i>	<i>Station No.</i>	<i>Steward's No.</i>
Tampa Stations/Branches Chief Steward, Mike Smith				813.326.0717
Brandon	33510/11	David Rivadeneira	813.661.1636	656.215.2467
Brandon	33510/11	Osceola Williams Sr.	813.661.1636	210.445.1369
Carrollwood	33618	Brian Jackson	813.961.2963	813.352.9481
Commerce	33602	Cynthia Williams	813.247.2416	813.778.4373
Forest Hills	33612	J.R. Sanchez	813.935.2954	773.849.6229
Forest Hills Annex	33613	Michelle Saneus	813.935.2954	954.991.2672
Hilldale	33614	Jose Gomez	813.879.4309	917.743.6948
Hilldale Annex	33634	Maria Afful	813.879.4309	347.457.7316
Interbay/Port Tampa	33611/16	Mike Dennis	813.831.2034	813.361.9103
Interbay/Peninsula	33629		813.831.2034	
Palm River Annex	33619		813.663.0048	
Plant City	33564	Roberto Torres	813.754.3590	609.521.6730
Produce	33610	Tyreke McGruder	813.237.4084	813.856.8469
Ruskin/Sun City Ctr	33570	Bert Fristad	813.634.1642	813.352.0864
Seminole Heights	33603	Paul Sardinas	813.237.4569	813.650.3504
Sulphur Springs	33604	J.D. Lewers	813.237.4569	813.528.5519
TCA/Hyde Park	33606	Josh Villa	813.873.7189	203.278.6485
TCA/Peninsula	33609		813.873.7189	
TCA/West Tampa	33607		813.873.7189	
Temple Terrace	33617	Miriam Rojas	813.988.0152	727.253.1309
Town & Country	33615/35		813.884.0973	
Ybor City	33605	Maurice Rice	813.247.2416	813.334.3189

Awards and Recognition



Brian Obst and Daniel Ontengco

As president of the Branch, I had the distinct honor in June, to present an award to one of the members of our Branch in recognition of his service in the National Association of Letter Carriers. Retired Carrier **Daniel E. Ontengco**, from Brandon, has reached that point in his life that many of us strive to attain – he has been a member of the National Association of Letter Carriers for 50 years, a feat certainly worthy of recognition and celebration!

Daniel received his 50-year lapel pin and Gold Card, which signifies his 50 years of membership as well as showing his paid-up dues for life status. I was able to read his citation from National President Renfro and I join all Branch members in offering my congratulations on this achievement.

Brian Obst, President

From the Desk of the President

(Continued from page 1)

notified. In his memory we have added his plaque to our memorial wall at our Branch office.

Deliver the Cure

Our 10th Annual MDA Charity Golf Tournament will be taking place on November 10, 2024, at the Northdale Golf Club – see the flyer printed in this newsletter for player registration and/or sponsorship applications. Let's all pull together to make this the best tournament we have ever had! Remember, the Muscular Dystrophy Association is the charity of choice for the National Association of Letter Carriers and anything we can do to help *Deliver the Cure* is important.

Stamp Out Hunger

The 32nd Annual Stamp Out Hunger National Food Drive was a great success this year with an increase of 46% over last year's totals! Our total food collection for the Branch was 1,955,085 pounds which was distributed through the organizations we partner with: Metropolitan Ministries, ECHO, Landmark Baptist Church, Hunger Free, and Nativity Catholic Church. Remember, all food

donations remain in the local area food banks supporting our own areas and people in need. *Congratulations to all on a job well done!* If any stations have leftover bags or cards, please collect them up and contact our office or bring them to our office so we can store them for use next year.

Important reminder for all carriers

Weingarten Rights are your right to Union representation during any investigative interview with management, Postal Inspectors, and OIG Agents. If you are asked to go into the office for an investigative interview, you should ask if this could lead to discipline. If the answer is yes, then you should request Union representation before going any further. This means you do not have to answer any questions prior to the arrival of your Union representative, and if management is asking you questions in the absence of your Union representative, ensure to notify them upon their arrival. Management is required to get you a representative from the Union upon your request. Too many carriers

have allowed themselves to get drawn into the trap of trusting management and answering questions without a representative and have paid the price for doing so, **MANAGEMENT IS NOT YOUR FRIEND**. Also remember, only you can invoke your Weingarten Rights; management is not required to provide you with a Union representative unless you request one, so don't forget to ask for your representative and don't answer any questions without one. We can only provide you with the best representation if you do your part by requesting it.

The adventure of life is to learn. The purpose of life is to grow. The nature of life is to change. The challenge of life is to overcome. The essence of life is to care. The opportunity of life is to serve. The secret of life is to dare. The spice of life is to befriend. The beauty of life is to give.

—William Arthur Ward

Once again, until next month I leave you....**Knowledge is the Key.**

Brian Obst
President

Calendar

Shop Stewards

Wednesday

July 9 7:00 PM
315 W Busch Blvd, Suite C

Executive Board

Thursday

July 11 6:30 PM
315 W Busch Blvd, Suite C

Branch 599

Thursday

July 11 7:30 PM
315 W Busch Blvd, Suite C

Retirees' Breakfasts

Tampa

Monday

July 1 9:30 AM
The Cuban Sandwich Shop
10434 N Florida Avenue 33612

Temple Terrace

Tuesday

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

Retired...but Not Tired

Happy 4th of July Holiday

to all Branch 599 brothers and sisters!

I want to thank the retirees who attended our Retirees Breakfast at the Cuban Sandwich Shop on May 6. We had 8 retirees and 2 guests show up...that was a good crowd. The gathering of 10 is the most in a very long time. I am hopeful we continue to grow our monthly breakfast crowd. A *special thanks* to Don Thomas for picking up the entire bill for all of us, it was a nice surprise. He said it was in appreciation for all the times that those in attendance helped with the MDA Stoplight Blitzes and of their caring emotional support for his family (Don & Phyllis' daughter, Marie, had Muscular Dystrophy).

On May 14, our second Retirees Breakfast was held at Bob Evans, 12272 Morris Bridge Road, in Temple Terrace, at 10 AM. I was not able to attend, and unfortunately only 4 retirees showed up. Hopefully, the next breakfast will be better attended.

On Friday, May 24, the Temple Terrace retirees had their quarterly get-together at Gaspar's Patio Bar and Grill, 8448 N 56th Street, in Temple Terrace. We only had a crowd of 7 retirees and 2 guests, which is extremely low for this group. This was Memorial Day weekend and there were several members out of town. This luncheon is for all retirees, not only those from

Temple Terrace. Please come and join us, you will be with fellow retirees and maybe someone you worked at a station with. The next quarterly get-together will be announced, and I will include the date in an upcoming article.

The latest Retirees Breakfast was held on June 3, at the Cuban Sandwich Shop and was attended by 6 retirees. Two of the retirees were newcomers, so that is a good sign. It is so good to see fellow retirees every month. Hopefully, you will be there next month.

The next Retirees Breakfast will be on July 1, at 9:30 AM at The Cuban Sandwich Shop, 10434 N Florida Avenue. This group meets on the first Monday of the month.

The second retirees group that meets will be July 9, the second Tuesday of the month, at Bob Evans, 12272 Morris Bridge Road, in Temple Terrace, at 10 AM.

Remember retirees, if it is your birthday month and you attend a 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

Mail Call

Brothers and Sisters, this July our country will celebrate its 248th birthday. I want you to think about the service we provide to our fellow citizens and residents. I want to think about all the letter carriers who came before us. I want you to consider the future of the Postal Service and your place within it. When it comes time to vote in November, I want you to consider which candidate will better serve us in what we do, and how we earn our income.

Remember to celebrate in moderation. Remember to take pride in what you do and strive to be an example to your fellow carriers. Enjoy the holiday. Happy Birthday America!

Sarge



Luis Cruz
Sergeant-at-Arms
Branch 599

From the Vice President's Desk

Are You Watching Me?

When can management observe a carrier on the street?

This is a very valuable question in today's work environment. There are times when management's street observations are directed because they are behind on the numbers. As a carrier you should expect to be supervised at any time while working.

Handbook M-41, section 16 states: *Carriers may expect to be supervised at all times while in the performance of their daily duties.*

Management has certain responsibilities when supervising carriers. Office supervision differs tremendously from the street. I would like to discuss some essential items on street observations.

Handbook M-39, section 134 reads in part:

134.11 Street management is a natural extension of office management. All carriers are to be notified to expect daily supervision on the street just as they receive daily supervision in the office. For a delivery manager to fully understand and control the organization, the manager must be aware of any conditions that affect delivery anywhere within the service territory.

134.12 Accompanying carriers on the street is considered an essential responsibility of management and one of the manager's most important duties. Managers should act promptly to correct improper conditions. A positive attitude must be maintained by the manager at all times.

134.3 Criteria for Need. Certain criteria may call attention for individual street supervision. When overtime or auxiliary assistance is used frequently on a route (foot, motorized, parcel post, collection, relay), when a manager receives substantial evidence of loitering or other actions or lack of action by one or more employees, or

when it is considered to be in the interest of the service, the manager may accompany the carrier on the street to determine the cause, or meet the carrier on the route and continue until such a time as the manager is satisfied. No advance notice to the carrier is required.

134.21 The manager must maintain an objective attitude in conducting street supervision and discharge this duty in an open and above-board manner.

134.22 The manager is not to spy or use other covert techniques. Any employee infractions are to be handled in accordance with the section in the current National Agreement that deal with these problems.

Supervision on the street comes in various ways. Management may conduct one of the following street observations:

PS Form 1838, Carrier's Count of Mail – Letter Carrier Routes

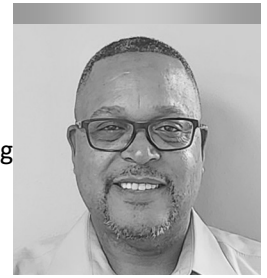
PS Form 3999, Inspection of Letter Carrier Route

PS Form 4584, Observation of Driving Practices

Be advised that these are observations of your performance and overall safety performance on the street. If you are subjected to either of these observations, management is required to provide a summation of your performance. If you are not briefed or provided a copy of the documentation, contact your steward to file a grievance.

It is important to acknowledge what management can and cannot do while supervising a carrier on the street. Management is allowed to approach carriers when observing a carrier's driving practices, acquiring the driver's license information. Once that is complete, they are to relieve the carrier so they may continue their normal duties. Management is also allowed to interrupt the carrier if a safety issue is

present. Allowing a carrier to continue after observing a safety issue is a major violation on management's part.



Mike Smith
Vice President
Chief Steward
Branch 599

Management should not openly interrupt carriers while performing street duties. Management should not be photographing or measuring mail while observing carriers on the street. If these practices are happening, contact your steward to file a grievance.

Carriers have the responsibility to perform their duties to the best of their abilities. Management has the responsibility to ensure carriers are doing such, but to harass carriers in the performance of their duties is not acceptable. Our Branch office will address management immediately when notified of any type of harassment on the street. We can only do so if we are aware. Notify your steward and file a grievance.

To get there, we must work together!

Mike

Veterans Crisis Line

veteranscrisisline.net or dial 988 & press 1 24/7, confidential crisis support for Veterans and their loved ones.

You don't have to be enrolled in VA benefits or health care to connect.

Sharing Our Members' Joys and Sorrows

Our deepest sympathy and prayerful support is extended to **Bonnie and President Brian Obst** on the passing of his cousin, Bill Obst Jr., May 12.

Healing prayers and get well wishes are extended to **Detlev Aeppel** [Health Benefits Coordinator] as he recuperates from some medical issues.

Employee Assistance Program

info is at nalc.org

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

It's confidential for you and your loved ones.

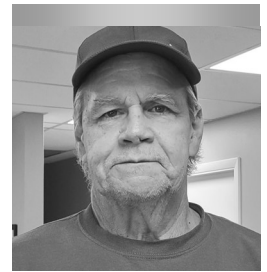
Down the Building Manager's Rhoad

Still trying to get stuff organized and get rid of stuff we don't need.

We plan on getting a shredding company to come get rid of unnecessary paper-work/files laying around our new hall. If any Branch 599 stewards or officers (present and past) have any paperwork

that you need shredded, please box it up and bring it to the hall before the end of July.

Walt



Walt Rhoads
Building Manager
Branch 599

Let's Talk about Safety and the importance of stretching before work

As carriers, we have a physically demanding job from dawn to dusk, we hit the streets every day with an ever-increasing package load that seems to get heavier and heavier. Customers these days are basically shipping everything from furniture to kitty litter with no sign of things slowing down, so as carriers, our bodies are needed more and more to lift heavy packages of up to 70 pounds. We need to make sure that our bodies are warmed up for the task and one of the ways that we do this is through stretching. Stretching not only is beneficial for our work but has other benefits as well. Let's talk about the importance and benefits of stretching.

First off, one of the major reasons for stretching is to prevent injury. Stretching helps to prevent muscle strains, sprains, and increases our ability to be more flexible with a greater range of motion. As carriers, we need to be physically capable of doing our jobs, so we need to protect what allows us to work. Stretching allows our ligaments and muscles to endure heavier workloads before injury occurs.

Secondly, stretching provides benefits for the performance of our jobs, as stretching increases blood flow, allowing muscles to work more effectively which is needed

with the ever-increasing package load. As carriers we need our muscles to respond to us as quickly as possible when we lose grip, or we need to move out of the way of something falling. With quicker muscle activation there can be faster movement.

Lastly, stretching can help relieve stress, not only on the muscles but also on the mind. When we are stretching it is good to focus on the movement which can relieve our minds of all the other things which we have going on not only at work but in our personal lives. Stretching can bring about a greater inner peace which is why some people make it a daily routine to stretch. It is a way to allow our bodies to slow our breathing to a more relaxed state.

In conclusion, stretching has many benefits which I just touched on a few, but there are many, which is why it is so crucial to carriers because our bodies are everything and we need them to work, not only for the job, but to spend quality time with our families.

J.D.



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

Matt Speaks: The Workplace Garden and the Red Thumb

American Botanist and reformer, Liberty Hyde Bailey, once said: *A garden requires patient labor and attention. Plants do not grow merely to satisfy ambitions or to fulfill good intentions. They thrive because someone expended effort on them.*

Fellow workers, let's think about what Mr. Bailey says and apply it to our own context as letter carriers. A good workplace requires patience. In our case patience in tribulation. Our spirits must stand firm in the workplace, not just for ourselves, but for each other. It requires attention. Attention to our surroundings. Attention to our tasks and attention to our concerns. We can build on that and ensure that the needs of us workers are equally addressed. The ideal workplace established, or the garden, plants will now thrive in season. We workers are

plants. And having been planted in good soil, the good workplace, we bear fruit and what is this fruit?: ***But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,*** —Galatians 5:22

In the workplace garden, my friends, we must find our *Red Thumb*. This red thumb manifests in the deep devotion we have to the struggle to actualize our dreams of a nonexploitative labor force. This red thumb is our blood. And life is in the blood. Therefore, brothers and sisters, since all life is precious, it stands to show that any struggle for life is a cause to take up. In other words, the red thumb is in essence our empathy.

In a conversation I had with a friend of mine we spoke about the seemingly dumb and incompetent decisions our

leaders can make. It was when trying to find the words to explain their states of mind, we realized that they had simply lost their humanity. My brothers and sisters, let's not lose *our* humanity. Let's not waste our lives just to meet things that are temporal. But let's instead reach for those things that are eternal.

For all flesh is as grass, and all the glory of man as the flower of grass. The grass withereth, and the flower thereof falleth away: But the word of the Lord endureth for ever. And this is the word which by the gospel is preached unto you. —1 Peter 1:24-25

Matt



Matt Fernandez
Recording Secretary
Branch 599

From the Treasurer's Desk – 18th Edition

Brothers and Sisters,
Knowing your job
Route inspections under TIAREAP have taken a break during the summer months. Offices that are awaiting review after the past due 60-day evaluations will be visited. Tampa Carrier Annex (TCA) will be next up. The delays have been addressed at all offices affected. As a local lead, I come away with the determination in dealing with our letter carriers in 5 or 6 stations that many of our members do not know much about our National Contract. That many of our members do not know much about our Standard Operating Procedures (SOP). So, where do you start to learn your jobs? Start in the Handbooks and Manuals, which falls under Article 19 of the Joint Contract Administration Manual (JCAM). The M-41, City Delivery Carriers Duties and Responsibilities, and the M-39, Administration of City Delivery Service

are 2 sources that will provide you with a plethora of information and guidance to understand and better learn your craft. Both of these publications explain things expected of you in your daily duties. The next thing to visit is nalc.org and tab on Workplace Issues, then Resources. This will lead you to the JCAM, 43 articles worth; and Handbooks and Manuals...all there for you to view. In addition, the Materials Reference System (MRS), a look at all different cases and situations.

These sources may provide an interest to become a steward and attend monthly meetings to learn more. The steward meetings are educational and keep you updated on the *hot* topics. Give it a shot, if for nothing else than to learn your job!

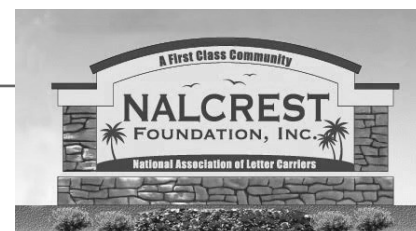
Quick Hits:
Information you should know
Safety and Health is at the forefront

with our temperatures and heat index soaring. Proper hydration is vital in keeping yourself prepared to handle the brutal conditions.

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



Tony Diaz
Treasurer
President Emeritus
Branch 599
NALCREST Trustee



Your NALC Retirement Community in Central Florida – NALC.org under the Member Benefits tab.

Greetings from the MBA Desk!

As letter carriers, we must take caution in our work environment from different challenges throughout the day. One in four of today's 20-year-olds will be out of work for over a year from a disabling condition before they reach their retirement. Whether it's an accident, injury, or illness, it can help to have a short-term disability plan in place. Through the MBA, we offer Disability Income Insurance, or IDI, for when the unexpected happens.

The IDI plans are available for active NALC members from the age of 18-59 and once you hit 60 you can keep your coverage until 65. You can choose to have a plan that covers you for six months or twelve months and the benefit amounts

can be \$650, \$1,350, or \$2,000 a month. The premiums are fixed at the age you sign up and will not increase over time.

For any questions regarding IDI or other types of insurance through the MBA, please contact the MBA office, the Branch office, or myself. You can also go online at nalc.com/MBA for more information about the individual disability insurance.

Bonita



Bonita Lattimore
MBA/NSBA Rep.
Branch 599

FORE!!!

We are back with our golf tournament this year. Last year, the golf tournament was not held because of all the things that were going on with the move and construction of the new building. We had a tremendous response to have the golf tournament this year, so here we go. By the time this newsletter is out, all stations will have the flyers to be passed out for golfers and sponsorships. The tournament will be held on November 10 at Northdale Golf Club.

We are asking that each station take up a collection to sponsor a hole which is \$125 and obtain at least one raffle item for the tournament.

Each year we have solicited to get a corporate sponsor for the tournament. We were able to finally achieve this with the hard work of Steve Hall and his relationship with his customers. Steve asked a customer from his route, **Tamayo Auto Sales**, and they agreed to become our corporate sponsor with a donation of \$4,000. *Thank you, Mario Tamayo, for your gracious donation!*

As most of you know, we have a young man, Arden Fisher, that has been our guest at the tournament for the past 6 years. Arden was diagnosed at the age of 4 with Duchenne Muscular Dystrophy. Unfortunately, over the years we have watched this disease take its toll on Arden. Arden is 16 years old and is now spending most of his time in a motorized wheelchair. On the back of the flyer, there is a story written by Arden's mom that is very touching.

This year is going to be a little different in the way the money is distributed. As a Branch, we have decided to donate 50% of the money that we raise to MDA, through the National Association of Letter Carriers. The other 50% of the money will be donated to the Fisher family to help with the changes needed to make their house more accessible to Arden. The family is now looking to purchase a wheelchair accessible van to transport Arden and his family. How wonderful would it be to know that we donated enough for a nice down-payment for a van?

If you plan on playing, do not hesitate to secure your spot early, as we are limited to 100 golfers. Every year, I must turn away golfers that wait until the last minute, don't be that guy. If you don't play golf, you can always take part by making a cash donation, sponsoring a hole, volunteering, or donating a gift card or some type of item to be raffled off at the tournament. Our goal has always been to make the next tournament bigger than the last one. The only way to achieve that is with the help of each one of you. If you have any questions, please call our Branch office at (813)875-0599.

See you at the course!

Alan

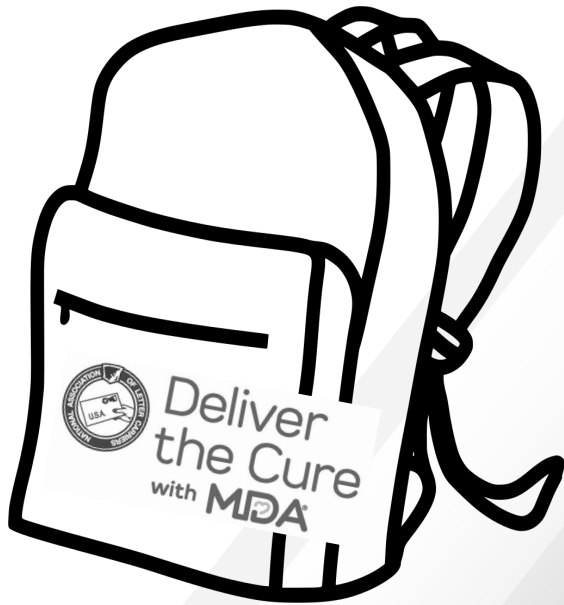


Alan Robinson
Financial Secretary
Branch 599

NALC BRANCH 599

Back-to-School Bookbag Giveaway

*K - 5***



Sample of items included:

- Bookbag
- Pencils and Pencil Case
- Note Books / Composition Book
- Crayons / Markers
- Rulers
- Pencil Sharpener
- Kid Safe Scissors
- Erasers
- Notebook Paper

Sunday July 28 12-2 PM

You must come to Tampa Letter Carriers Hall to pick up bag(s) and submit *cash donation.

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

Call our Branch office to get on the list: 813-875-0599.

Deadline to call is Friday, July 19, by 3 PM.

*A \$5 donation to MDA per bag / Limit of 2 bags per family

Only 60 Bags Available

Sponsored by:

**TAMAYO AND SONS
AUTO SALES**

Mario Tamayo

Joel Lorente

6711 N. Florida Ave. **813-478-2076**
Since 1981

www.TamayoAndSonsAutoSales.com
Sales@TamayoAndSonsAutoSales.com

Hosted by:

NALC Branch 599

**10TH Annual MDA
Charity Golf Tournament**

@

Northdale Golf Club

4417 Northdale Blvd.

Tampa, Fl. 33624



\$100.00 per person

Optional Putting Contest \$5.00

Round of Golf / Catered Lunch

Long Drive Contest

Closest to the Pin

November 10th, 2024

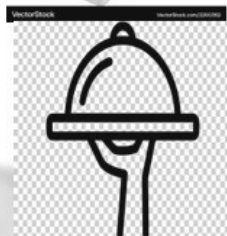
Registration: 7:00am

Shotgun Start: 8:00 am



\$4000
Gold Sponsor

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



\$2000
Reception

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



\$1000
Silver Sponsor

Foursome
Hole Sign
(4) Hats w/ Logo



\$600
Team Sponsor

Foursome
Signage on Cart
Signage on Hole



\$500
Hole In One

Sign at Tee Box
Grand Prize TBD



\$250
Flag Stick

Name or Logo on Flag
Hole Sign



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

Signage at Designated Hole



\$125

Signage on Tee Box

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



Deliver
the Cure
with **MDA**

Sponsorship

Application Form Due By 10/25/2024

BUSINESS NAME _____

INDIVIDUAL NAME _____

ADDRESS _____

PHONE _____

EMAIL _____

MESSAGE ON SIGN _____

SELECT YOUR SPONSORSHIP PACKAGE:

____ \$125 Hole Sponsor

____ \$500 Hole in One

____ \$200 Long Drive

____ \$600 Team Sponsor

____ \$200 Closest to Pin

____ \$1000 Silver Sponsor

____ \$200 Putting Contest

____ \$2000 Reception

____ \$250 Flag Stick

____ \$5000 Gold Sponsor

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

nalc599@verizon.net

Players Registration Form Due by 10/25/2024

GOLFER 1 _____ GOLFER 2 _____

GOLFER 3 _____ GOLFER 4 _____

MDA Federal ID # 13-1665552

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

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



Ardin Fisher was diagnosed with Duchenne Muscular Dystrophy at the age of 4 years old. Ardin is now 16 years old and has now become more dependent on mobile devices while out of our home. At home he can still get around, but falls are becoming more frequent as the muscles on his legs are becoming weaker. Ardin has two siblings that are nothing short of a miracle to help make his ever-changing life as normal as possible for a 16-year old with muscular dystrophy. Every six months we travel to Massachusetts to see a team of specialists to help us make the best decisions for him and the family. Our home is slowly changing to meet the needs of all the mobile devices. Many weekends are spent constructing ramps and meeting contractors to change our home to best fit his needs. We are in the process of trying to get the resources together for a modified van to help transport Ardin and our family.



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

God bless,

Randy and Erin Fisher

Branch 599's Memorial Wall



Make a donation by

- credit card
- check
- money order
- cash

Full information is on nalc.org. Choose the Member Benefits tab, then NALC Disaster Relief Foundation. You can make a donation on that page!

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

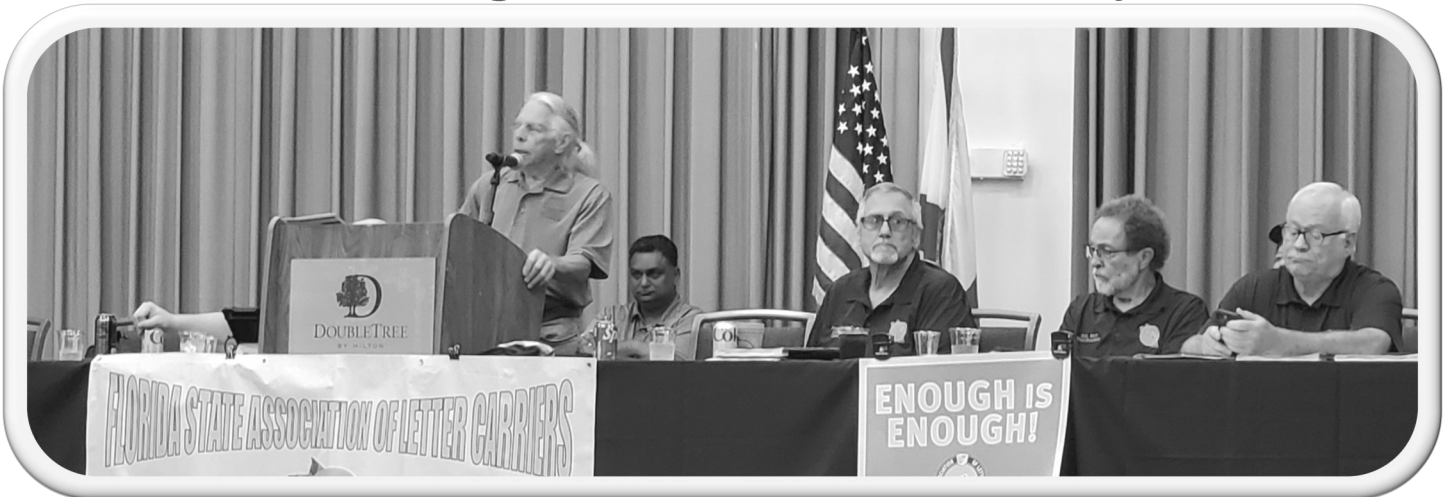
Take Action!

- ◆ Enough Is Enough: Protect Our Letter Carriers Act
- ◆ Support the Federal Retirement Fairness Act
- ◆ Expand care options for injured federal workers
- ◆ Support the USPS Shipping Equity Act
- ◆ Support the continuation of USPS door delivery
- ◆ Repeal the Windfall Elimination Provision and the Government Pension Offset



At nalc.org, choose the Government Affairs tab, then Legislative Action Center.
Under Take Action, click Read More. Then follow the directions.

FSALC Training Seminar in Orlando – May 17-18



NALCREST Trustee, Matty Rose, addressing the seminar attendees.



Branch 599's Contingent

Paul Sardinas, Steward 33603; Bonita Lattimore, MBA/NSBA Rep;
Osceola Williams Sr., Steward 33510/11; Brian Obst, President; Mike Smith, Vice President;
Cynthia Williams, Trustee/Steward 33602; Maurice Rice, Steward 33605; Maria Afful, Steward 33634;
Josh Villa, Steward 33606; Mike Dennis, Steward 33611/16; David Rivadeneira, Steward 33510/11

NALC



MUTUAL BENEFIT ASSOCIATION

INSURANCE AND ANNUITY PRODUCTS OF THE MBA:

- Individual Disability Income
- Hospital Plus
- MBA Whole Life Insurance
- MBA Term Life Insurance
- MBA Retirements Savings Plan
- MBA Family Retirement Savings Plan
- CCA Retirement Savings Plan
- And More



For more information:

800-424-5184

Tue/Thur 8-3:30 ET

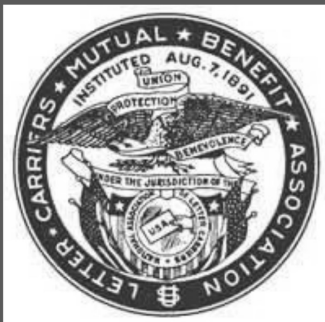
202-638-4318

Weekdays 8-3:30 ET

www.nalc.org/mba

BRANCH 599

315 W Busch BLVD, Suite C
Tampa, FL 33612



BONITA LATTIMORE



MBA/NSBA
Representative

(813) 473 - 2786



Letter Carrier Political Fund

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



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

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

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

—nalc.org under Government Affairs

Summer is here and we expect it to be a hot one!
Look out for yourself and take the necessary precautions
to ensure you do not suffer any heat related issues.

HEAT EXHAUSTION		HEAT STROKE	
ACT QUICKLY <ul style="list-style-type: none"> ☀ Move to a cooler area ☀ Loosen clothing ☀ Sip cool water ☀ Seek medical help if symptoms don't improve 	<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Dizziness</i></p> <p><i>Confusion</i></p> <p><i>Hot & dry skin with no sweat</i></p> <p><i>Rapid, strong pulse</i></p> <p><i>Become unconscious</i></p>	ACT QUICKLY <p>CALL 911</p> <ul style="list-style-type: none"> ☀ Move person to a cooler area ☀ Loosen clothing & remove extra layers ☀ Cool with water or ice
<p>Heat exhaustion can lead to heat stroke</p>		<p>Heat stroke can cause death or permanent disability if emergency treatment isn't given</p>	

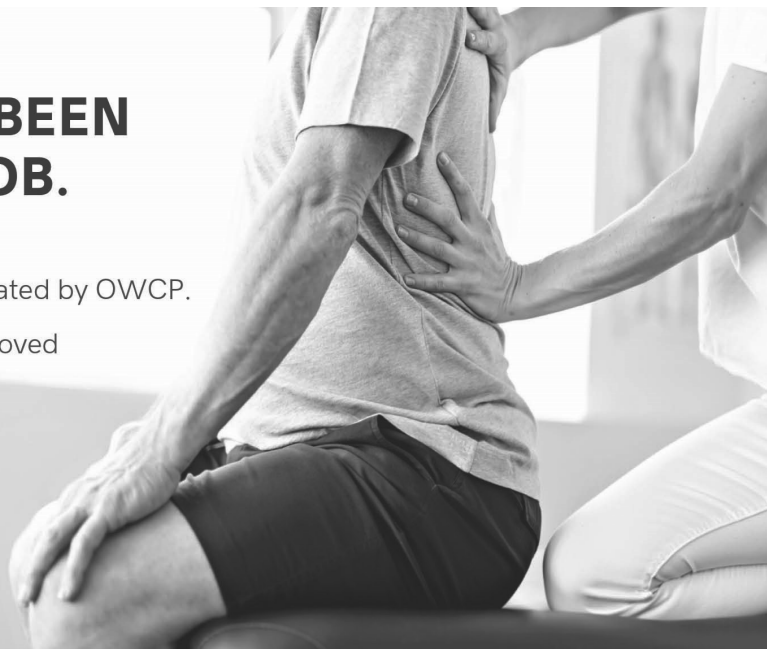
CALL NOW IF YOU'VE BEEN INJURED ON THE JOB.

Fed-Hurt is here to make sure you don't get mistreated by OWCP.

We specialize in getting your claim approved

Don't lose your benefits!

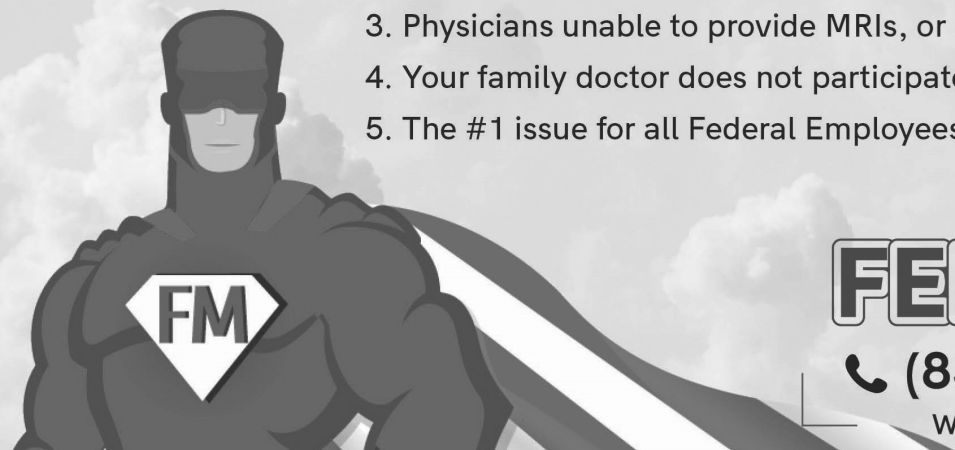
Locations nationwide



INJURED ON THE JOB AND HAVING A HARD TIME FINDING AN OWCP DOCTOR?

TOP 5 PROBLEMS FACING ALL INJURED FEDERAL WORKERS:

1. Federal Employees cannot find a qualified OWCP physician.
2. Physicians will not provide care unless they have an approved claim.
3. Physicians unable to provide MRIs, or other diagnostic testing.
4. Your family doctor does not participate with OWCP.
5. The #1 issue for all Federal Employees are denied claims.



FED-HURT

(833) 433-3487

WWW.4FEDHURT.COM

WE WORK FOR YOU. NOT THE GOVERNMENT.

Fed-Hurt is a fully accredited and approved medical provider in good standing with OWCP and maintains licensure across all states where we provide treatment. We NEVER partake in nor entertain fee-for-referral agreements with Unions or any other organization, nor do we solicit payments or kickbacks for referrals. Our billing practices adhere strictly to direct invoicing to OWCP.

CALL NOW. DON'T LOSE YOUR BENEFITS.

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

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

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

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

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

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

Other tips:

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

On the Job Injury – Forms needed, simple math,

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

CA-16 must be signed by management,

Authorization for Examination and/or treatment.

Any questions...call the Branch office; ask for Brian Obst, 813.875.0599.



National Association of Letter Carriers
599 Tampa Florida Inc.
315 W Busch Boulevard, Suite C
Tampa FL 33612
813.875.0599 Fax 813.870.0599
www.nalc599.com
Tampa Letter Carrier
Volume 24 • Issue 7 • July 2024

NONPROFIT ORG
US POSTAGE
PAID
TAMPA FL
PERMIT NO. 1285

DISCOVER *Better* BANKING

- Higher Savings Yields
- Lower Loan Rates
- Free Checking
- Eliminated Fees
- 5,000+ Branches Nationwide with Shared Banking



TAMPA POSTAL
FEDERAL CREDIT UNION

All USPS Employees Can Join!

800.782.4899 • www.tpcu.org

