



Tampa Letter Carrier

VOLUME 17, ISSUE 12

DECEMBER 2018

Around The Horn from The President's Desk

Merry Christmas and Happy Holidays to all Branch 599 Brothers and Sisters and families!



Tony Diaz
President

Branch 599's MDA Golf Tournament a huge success!

The 5th Annual Branch 599 MDA Charity Golf Tournament was another record breaker. The tournament was Sunday, November 4, at Heritage Harbor Golf and Country Club for the third consecutive year; they are great hosts. Each year we have improved on our totals, thanks to hard work and great sponsors. Records broken this year: the most players (96), the most hole sponsors (38), and the most raffle tickets sold (over \$1,500).

The day began a little rainy, but the remainder of the day turned out beautiful, over-cast and low humidity. *Thanks* to all the golfers who participated, the hole sponsors, and our donors. *Thanks* to the volunteers who came out to help with registration, raffle ticket sales, the putting and chipping contest, and placing the hole sponsor signs at all the holes. **Special thanks to all the employees at Carrollwood Station,**

6 hole sponsors that beats their own record of 3, and they added 2 golf teams playing in the tournament.

And finally, there are no words that can describe the effort by our Golf Tournament Coordinator, Alan Robinson, for his tireless effort and time spent to make this a great event. Alan has spearheaded this tournament all 5 years. To his credit, we have improved on our totals every year, thanks to hard work. This however, and Alan will tell you, is a team effort; we succeed together for a great cause. (Pictures are included in the newsletter).

We had a few special guests that joined us this year: NALC Assistant Secretary-Treasurer, Judy Willoughby; St. Petersburg Branch 1477 President, Joe Henschen; and Circuit Court Judge, Carl Hinson. **But the real special guest was Arden Fisher** (see picture inside).

Arden is a 10 year old boy that was the star of the event! Arden, who is related to Alan Robinson, was diagnosed with a rare form of Muscular

Dystrophy 6 years ago at the age of 4. He and his family spent the entire day with us and had a wonderful time. Arden rode the course in a golf cart set aside for him and shook everyone's hand and thanked all the participants for being a part of the charity event. He passed out a small flyer with his picture that said, *Thank You*. Arden smiled all day long, taking the day in. We all thanked him for coming out and being so pleasant. We are attempting to get Arden more involved with other MDA activities through our State President, Al Friedman.

We will begin the planning for our 6th annual MDA Tournament in early 2019. Hopefully any of you who did not or were not able to donate or play this year will join us next year! We are looking for title sponsors to help pay the expenses associated with organizing a big event as this. A title sponsor

(Continued on page 3)

Branch 599
serving
Brandon
Plant City
Sun City
Tampa

Branch 599 Meeting

Thursday
December 6
7:30 PM

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

Officers

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	Warren Sumlin	813.486.7612	
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Shop Stewards

Station	ZIP	Steward	Station No.	Steward's No.
Tampa Stations/Branches		Chief Steward, Brian Obst		727.458.0679
Brandon	33510/11		813.661.1636	
Carrollwood	33618		813.961.2962	
Commerce	33602	Andre Hinton	813.242.4507	931.980.5169
Forest Hills	33612	JR Sanchez	813.935.2954	773.849.6229
Forest Hills Annex	33613	Nick Cullaro	813.935.2954	813.541.8159
Hilldale	33614	Troy Figuero	813.879.4309	347.403.1644
Hilldale Annex	33634	Varick Reeder	813.879.4309	315.491.6234
Interbay/Port Tampa	33611/16	Jonathan Jones	813.831.2034	813.293.2208
Interbay/Peninsula	33629	Clement Cheung	813.831.2034	813.758.5910
Palm River Annex	33619	Pam Benton	813.663.0048	813.475.0753
Plant City	33564	Varick Reeder	813.719.6793	315.491.6234
Produce	33610	Michael Smith	813.239.4084	813.326.0717
Ruskin/Sun City Ctr	33570	Melinda Alejandro	813.634.1403	386.237.2715
Seminole Heights	33603	Walt Rhoades	813.237.4569	813.389.1708
Sulphur Springs	33604	Steve Hall	813.237.4569	813.494.4669
TCA/Hyde Park	33606	Thomas King	813.873.7189	727.504.3866
TCA/Peninsula	33609	Mike Williams	813.873.7189	813.541.3092
TCA/West Tampa	33607		813.873.7189	
Temple Terrace	33617	Warren Sumlin	813.988.0152	813.486.7612
Town 'N Country	33615/35	Brian Obst	813.884.0973	727.458.0679
Ybor City	33605	Andre Hinton	813.242.4507	931.980.5169

Around The Horn from The President's Desk

(Continued from page 1)

will make it possible to donate all moneys collected to MDA. We are also looking for 620 Radio, The Sports Animal, to help us promote this event next year.

Get ready to submit your 2019 Choice Leave...information you need to know:

Annual leave submissions for the 2019 Advance Commitment Period will begin December 10 and conclude no later than December 28, 2018. Military leave as well as leave to attend union conventions must be submitted prior to this time. Fulltime career carriers are credited at the beginning of each leave year with the total number of annual leave hours that will be earned throughout the year. Annual leave will be credited to fulltime carriers on January 5, 2019. The calendar method will be used and the senior carrier in each zone/section will make his/her selections first. Carriers can request selections of two periods during the choice vacation period (one week, 40 hours) and one week (40 hours) or one week (40 hours) and two weeks (80 hours). Leave applications must be in increments of forty (40) hours, so if 2 consecutive weeks are submitted (80) hours **with the vacation period beginning on a Sunday. This is always confusing to some with our workweek beginning on a Saturday.**

As was the case last year, CCAs will

also be able to submit for Choice Annual Leave. This occurs after the regular carriers have concluded their selections.

Lunch Breaks

Lunch breaks are 30 minutes in duration, not to be combined with afternoon breaks, comfort stops, or rearranging mail. There are certain circumstances, because of location or a travel situation where your lunch may be calculated over 30 minutes. These situations are anomalies; lunch breaks are 30 minutes. Your lunch begins from your last delivery, eat lunch and your next delivery should be in 30 minutes, and you should have no issues.

Extended lunch breaks are coming under scrutiny with the constantly updated tracking, Delivery Management System (DMS). Carriers will need to be accountable for their time and expect to be questioned should their lunch last over 30 minutes. If stopped for directions or an unexpected traffic jam delaying you during your lunch break, make a note; these situations should not be a daily occurrence. Should you deviate from your authorized lunch destinations you should notify management of your intentions beforehand. Have a reason if you should want to change one of your three choices; revise your PS Form 1564-A. You may revise your form as needed; you do not have to be new on a route to update your

form. A restaurant may have changed owners and you do not like the food quality, or it shut down, or a new restaurant may have opened up you want to eat at. Many carriers bring their lunch and eat on their route to take full advantage of the entire 30 minutes.

Quick Hits:

Information you should know

* **The NALC Member App is available for download at iPhone App Store and the Google Play Store for Android.** As technology increases our ability to communicate, NALC must stay ahead of the curve. From websites to email to social media, this union has continually developed the tools to put the most up-to-date information and resources into the hands of our stewards and members. The app contains links to workplace resources, including the National Agreement, the JCAM, the MRS, CCA resources and more. It also includes legislative tools, such as a bill tracker, an individualized list of your congressional representatives and PAC information. And one of the coolest features: an Interactive Non-Scheduled Days calendar. When you install the app, it'll ask you for your home ZIP CODE, so it can give you the correct legislative information. You then sign up for notifications based on your interests.

—nalc.org

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

Mark your Calendar! Branch meetings will be...

December 6 • January 10 • February 7 • March 7 • April 4 • May 2 • June 6
July 11 • August 1 • September 5 • October 3 • November 7 • December 5

Find us in Facebook...

Our Page is here: [facebook.com/National-Association-of-Letter-Carriers-Branch-599-Tampa-FL-310594989102229/](https://www.facebook.com/National-Association-of-Letter-Carriers-Branch-599-Tampa-FL-310594989102229/)
Our closed Group is here: <https://www.facebook.com/groups/nalc599/>

Sharing Our Members' Joys and Sorrows

Our deepest sympathy and prayerful support is extended to the family of **Pat Desarno** [retiree] whose passing was in May 2017; and to **Troy Figuero** [Hilldale Shop Steward] and family at the passing of his father, Hugh, October 21.

Youngblood and Guinn Retired!



Mike Youngblood and Tony Diaz



Tom Guinn and Tony Diaz

Congratulations to **Mike Youngblood** [Palm River] and to **Lowell Tom Guinn** [Brandon] who received their retirement pin and gratuity from President Tony Diaz during our November Branch meeting!

History of Branch 599

Letter Carriers Branch 599 was chartered on October 20, 1924, and is a member in good standing of the *National Association of Letter Carriers (NALC)*, which represents city letter carriers employed by the *United States Postal Service (USPS)*. Branch 599 is a labor union representing letter carriers in Tampa, Brandon, Plant City, and Sun City Center. The Branch was named A.R. Tony Huerta Branch 599 in respect to a member who served at NALC headquarters in Washington DC as Executive Vice President from 1976-1986. Tony served as President of Branch 599 from 1959-1962. The

Branch has had 28 presidents to date, beginning in 1938. Currently, Branch 599 has 1,100 combined active and retired members. The Letter Carriers Hall has been a staple in the West Tampa community since it was established 1954. Located at 3003 W. Cypress Street, members of the Branch determined a need for a hall and built it from the ground up. It quickly became a social gathering place for wedding receptions, dances, reunions, meetings, and parties.

Branch 599 is active in the community with the NALC Food Drive, the largest

one-day collection of food in the world. The NALC Food Drive, held the second Saturday in May, this year marked its 26th year. In 2018 Branch 599 partnered with Metropolitan Ministries to provide food for their facilities as well as partners that Met Ministries is affiliated with. Branch 599 is a long time contributor to the Muscular Dystrophy Association. MDA was declared the NALC's official charity, beginning in 1952. The NALC's affiliation with MDA covers over 60 years and was MDA's first national sponsor.

Induced Hypothermia...cooling therapy after cardiac arrest

Medical Moment from St. Joseph's Hospital ~ BayCare Health System

With the recent passing of Carrollwood carrier Leo Cotner, I found many were unaware of the process of Induced Hypothermia, which Leo was placed in. This is a therapy that is used frequently; however there are qualifications before this induced therapy can actually be recommended. There are also different reasons why this particular type of therapy is used. While the therapy, in this case, did not save Leo's life, it did help preserve his organs, as he was an organ donor. If there is any positive outcome to Leo's story, his organs helped save three important lives. His kidneys went to two separate recipients and his liver went to the third recipient, that's impactful. This same therapy was recommended and induced on me in 2014 after my heart stopped suddenly. The therapy in my case was to preserve my organs since my blood flow was restored, and I was without oxygen for only a short period of time while remaining unconscious. While there is no guarantee one will wake up, I was fortunate to awake from this therapy, with my organs unharmed. The positives with the hypothermia therapy outweigh the negatives in this life and death decision. *—Tony Diaz*

Introduction: Cardiac arrest can be caused by many conditions, such as a heart attack, heart failure, rhythm problems, blood vessel disease, or drug abuse. Breathing problems, electrocution, auto accidents, drowning, choking or trauma can also be the cause of cardiac arrest.

During cardiac arrest, the heart can start beating very fast or stop beating altogether. When this happens, blood and oxygen is not pumped effectively throughout the body. Without needed blood and oxygen, the patient starts to die within a few minutes. According to the American Heart Association (AHA), about 400,000 people a year die from cardiac arrest before they even get to

a hospital. CPR (Cardiopulmonary Resuscitation) is attempted in about 40% of the cases to restore blood flow. However, even when efforts are successful, recovery is too often limited.

Getting the heart restarted quickly is important because the longer the tissues and organs are deprived of blood flow, the greater the risk of suffering permanent damage or death.

The Heart and Brain Link: When blood flow stops due to cardiac arrest, the cells, tissues, and organs begin to die within minutes. This tissue death due to lack of oxygen is known as ischemia. However, when the heart is restarted, another problem, called reperfusion injury, begins. Once a patient's heartbeat is restored, the initial rush of blood to the brain triggers a cascade of harmful reactions. These physical and biochemical reactions can injure tissue further and cause serious brain damage. Cardiac arrest survivors who suffer from ischemia and reperfusion injury have worse outcomes and are at a higher risk for death.

Until now, almost all treatment effort has been focused on getting the heart started to restore blood flow. Few treatments have focused on preventing brain damage and improving the quality of life after a cardiac arrest.

What is Hypothermia Therapy?

Induced hypothermia is a medical treatment that lowers a patient's body temperature in order to help reduce the risk of injury to the brain tissue after a cardiac arrest. Reducing the body's temperature reduces the body's need for oxygen. Hypothermia helps prevent the cascade of harmful reactions that occur when the cells and tissues are deprived of oxygen. Cold prevents damage to the brain that can result from blood flow restarting.

Interest in this treatment came from successful survival reports of near-drowning victims pulled from an icy

lake. The icy water appears to lower basic body needs and protects the brain from injury for a longer period of time than would otherwise occur.

Scientists report that lowering the body temperature protects the brain from at least some of the damage caused and greatly improves the chance for recovery.

How it works: Hypothermia (cooling) helps prevent the cascade of harmful reactions that occur when the cells and tissues are deprived of oxygen. It also plays a key role in reducing injury when the heartbeat is restored. The goal is to cool the body temperature quickly to about 91° F (about 7° less than normal) or 32.778 Celsius for about 24 hours. Different methods are combined for cooling. These may include:

- Cooling blanket or mattress
- Infusion of chilled fluids into the veins (IV)
- Ice applied to the skin

The cooling is closely monitored for safety. Medicine is given to prevent shivering and for the patient's comfort. After the present risk for injury is over, the body is slowly re-warmed.

Patients are closely monitored for possible complications of cooling such as heart arrhythmias, infection, and blood clotting problems.

What are the American heart Association recommendations?

Since 2005, the American Heart Association (AHA) Guidelines for Emergency Cardiovascular Care have recommended use of induced hypothermia to improve the chance of recovery in adult patients who have survived a cardiac arrest and have blood flow restored, but remain unconscious. Studies have shown that patients at risk for brain injuries have better outcomes if treated with therapeutic hypothermia. Hypothermia Therapy has had a positive impact on both survival and improved brain function recovery after cardiac arrest.

—aha.org

5th Annual MDA Charity Golf Tournament



Our 5th Annual Branch 599 Charity Golf Tournament benefitting MDA again set several records: the most golfers, hole sponsors, and the most raffle tickets sold. The donated gifts were plentiful! *Thanks* to all who played, donated, and helped secure a donation. We win as a team!

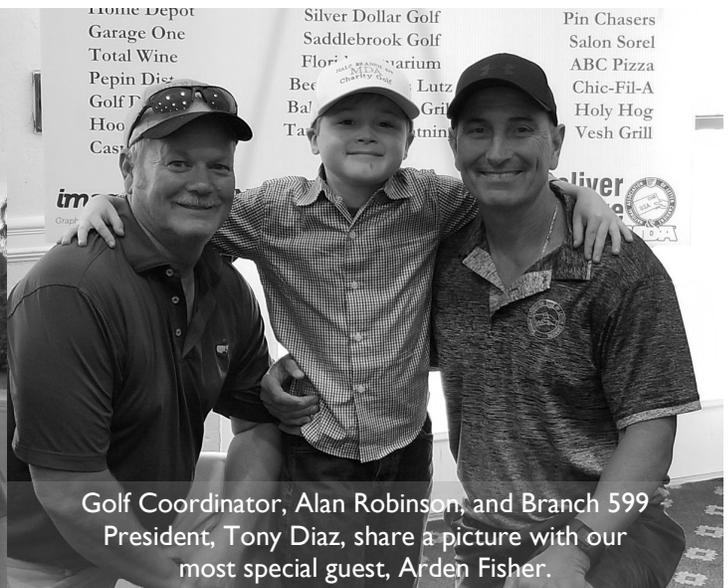


was huge success!

- Home Depot
- Garage One
- Total Wine
- Pepin Dist
- Golf T
- Hoo
- Cas
- Silver Dollar Golf
- Saddlebrook Golf
- Florida Aquarium
- Beech Lutz
- Bal Gri
- Ta
- Pin Chasers
- Salon Sorel
- ABC Pizza
- Chic-Fil-A
- Holy Hog
- Vesh Grill



NALC Assistant Secretary-Treasurer Judy Willoughby (2nd from left) and St. Petersburg Branch 1477 President, Joe Henschen (far right) were special guests in our tournament.

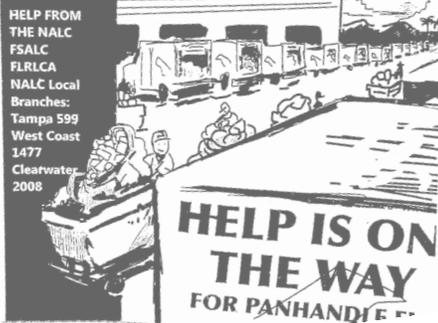


Golf Coordinator, Alan Robinson, and Branch 599 President, Tony Diaz, share a picture with our most special guest, Arden Fisher.




Deliver
the Cure
with MDA





Relief Effort #1 for Florida Panhandle

Tampa Branch 599, St. Petersburg Branch 1477, Clearwater Branch 2008, as well as the FSALC teamed together to fill a U-Haul truck full of supplies for the panhandle to assist our NALC brothers and sisters that were affected by the devastation from Hurricane Michael.



Branch 599 President Tony Diaz, Branch 1477 2nd Vice-President Tom Phillips, Branch 2008 President and State President Al Friedman, and Branch 1477 President Joe Henschen loading relief supplies for the trip to the panhandle.



Merry Christmas
and Happy Holidays
from your Branch Officers,
Stewards, and Staff

Branch 599

Family Friendly

Kids Christmas/Holiday Party

Sunday December 16 • 11 AM-3 PM

Tampa Letter Carriers Hall, 3003 W Cypress Street

Santa Claus 🎅 Face Painting 🎨 Balloon Figures

Craft Table 🎨 Bounce House

Toys for Each Child

DJ 🎧 Refreshments/Snacks

RSVP by December 7 to your Shop Steward

or call the Branch Office 813.875.0599

Please bring a new unwrapped toy
in support of our Letter Carriers Toy Drive.



A.R. Tony Huerta Branch 599

Retirees Dinner

Sunday, January 27

5 – 9 PM

Dinner at 5:30 PM



Maggiano's Little Italy

WestShore Plaza, 203 Westshore Plaza, Tampa FL 33609

Call Branch Office to Reserve a Spot 813-875-0599

No Later than January 18, 2019

Member +1

Extra people or non-retirees \$40 per person

If you are unable to attend, please contact the Branch Office to cancel no later than January 18; this will save the Branch from paying for your reservation.

Shop Stewards will Meet

Tuesday 7 PM
December 4
January 8

Branch 599 Meeting

Thursday 7:30 PM
December 6
January 10

Executive Board Meets

Thursday 6:30 PM
December 6
January 10

Sunday Work Party

at our Hall 9-11 AM
December 9
January 13

Retirees Breakfasts

Monday December 3 9 AM
Denny's Restaurant at Dale Mabry & Spruce
2004 N Dale Mabry Highway, Tampa

Tuesday December 11 8:30 AM
Bob Evans Restaurant off Fletcher
12272 Morris Bridge Road, Temple Terrace 33637

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Bill & Shirley Moran

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Honorary Member Branch 599 Tampa

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