



# Tampa Letter Carrier

VOLUME 19, ISSUE 5

MAY 2020

## NOTICE

**Due to CoronaVirus concerns and Social Distancing still being enforced per CDC requirements, our MAY 7 BRANCH MEETING HAS BEEN CANCELLED.**

**Any questions or concerns, please call the Branch Office at 813.875.0599. Hope to see you at the June 4 Branch Meeting!**

## Around The Horn from The President's Desk

### Stress and the Psychological Impact of COVID-19

Brothers and Sisters, COVID-19 (Coronavirus Disease 2019), when all is said and done could become the deadliest of pandemics in U.S. history. There have been plenty of diseases and pandemics that have changed history. From Smallpox in the 1600s to Yellow Fever in the 1700s to Cholera and Scarlet Fever in the 1800s to Typhoid Fever, Spanish Flu, Diphtheria, Polio and AIDS in the 1900s. Now to the 2000s, we deal with the

Coronavirus. It is scary, it is stressful, it is the unknown, it has changed our lives as we know it, possibly forever. The psychological impact of COVID-19 will have a lasting effect on all of us, for our lifetimes. This is a pandemic that is not in certain neighborhoods, not in certain cities or in certain regions or states, and not in certain parts of the country...it is global. It is ever evolving, ever changing, with twists and turns. You read, you listen, you surf the web to keep up with the statics and the trends. What is new? What did I miss? It is mentally overloading. Social distancing, essential workforce;

unemployment; stay at home; work from home; school; quarantine; CDC; vaccines; takeout orders; limited entry; limited supplies; reduced hours; long lines; many cancellations, sporting events, weddings, graduations, birthday parties, funerals, and a possible National Convention in Hawaii and postponed Letter Carriers Food Drive are the reality we are all dealing with. Will our regular routines ever return to normal as we know it? Will social



**Tony Diaz  
President  
Branch 599**

Branch 599  
serving  
Brandon  
Plant City  
Sun City  
Tampa

Branch 599  
Meeting  
Thursday  
June 4  
7:30 PM

*(Continued on page 3)*

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**National Association of Letter Carriers, Branch 599,**

3003 W Cypress Street, Tampa FL 33609-1698, 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.com and also to the Branch Office at nalc599@verizon.net no later than the 5<sup>th</sup> of each month in order for us to meet our time limits to the publisher.

# Officers

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# Shop Stewards

<i>Station</i>	<i>ZIP</i>	<i>Steward</i>	<i>Station No.</i>	<i>Steward's No.</i>
Tampa Stations/Branches Chief Steward, Varick Reeder 315.491.6234				
Brandon	33510/11	David Rivadeneira	813.661.1636	813.403.9525
Brandon	33510/11	Luis Cruz	813.661.1636	813.431.3223
Carrollwood	33618	Lori Thompson	813.961.2962	813.777.8008
Commerce	33602	Cynthia Williams	813.242.4507	813.778.4373
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	Michael Smith	813.879.4309	813.326.0717
Hilldale Annex	33634	Latoya Dupuy	813.879.4309	305.414.3527
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	Frank Webb	813.239.4084	813.340.0300
Ruskin/Sun City Ctr	33570	Cherry Berry	813.634.1403	585.230.0266
Seminole Heights	33603	Walt Rhoads	813.237.4569	813.389.1708
Sulphur Springs	33604	Milly Minsal	813.237.4569	813.446.2572
TCA/Hyde Park	33606	Tom King	813.873.7189	727.504.3866
TCA/Peninsula	33609	Michael Williams	813.873.7189	813.541.3092
TCA/West Tampa	33607	Michael Williams	813.873.7189	813.541.3092
Temple Terrace	33617	Michael Cipriano	813.988.0152	401.787.1510
Town 'N Country	33615/35	Brian Obst	813.884.0973	727.458.0679
Ybor City	33605	Maurice Rice	813.242.4507	813.334.3189

## Around The Horn from The President's Desk

(Continued from page 1)

distancing continue after the pandemic? Will masks and gloves continue to be used?

Being an essential workforce provides us with a paycheck, but it does bring added stress, as letter carriers are on the frontlines. The concerns and questions about contracting the virus are real. Who has the virus, who does not, did I get too close to a customer, did I touch something, did I sanitize my hands, and do I wear gloves and a mask or not? In addition, we worry about protecting our spouses and kids and taking precautions when we arrive at home: taking off our shoes, getting our uniforms off, and taking a shower. There is the stress of having children at home; are they safe, are they practicing social distancing, are they doing their schoolwork, are they eating properly, and are they getting their exercise? Many carriers are dealing with elderly parents and trying to protect them from serious illness. Some in assisted living or nursing homes or the hospital where visitors are not allowed ... this is stressful in itself. The grocery store is also more stressful; one-way aisles, taped off 6-foot distances at check out.

**Stress during an infectious disease outbreak can include:** fear and worry about your own health and the health of your loved ones, changes in sleep or eating patterns, difficulty sleeping or concentrating, worsening of chronic health problems, worsening of mental health conditions, increased use of alcohol, tobacco, or other drugs.

**Ways to cope with stress:** take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting. Take care of your

body, take deep breaths, stretch, meditate, try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, avoid alcohol and drugs, make time to unwind, try to do some other activities you enjoy, connect with others, talk with people you trust about your concerns and how you are feeling.

**Watch for behavior changes in your child;** not all children and teens respond to stress in the same way. Some common changes to watch for include: Excessive crying or irritation in younger children, returning to behaviors they have outgrown (for example, toileting accidents or bed-wetting), excessive worry or sadness, unhealthy eating or sleeping habits, irritability and *acting out* behaviors in teens, poor school performance or avoiding school, difficulty with attention and concentration, avoidance of activities enjoyed in the past, unexplained headaches or body pain, use of alcohol, tobacco, or other drugs.

**Ways to support your child:** talk with your child or teen about the COVID-19 outbreak, answer questions and share facts about COVID-19 in a way that your child or teen can understand, reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you, limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand. Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities. Be a role model; take breaks, get plenty of sleep, exercise, and eat well. Connect

with your friends and family members.  
—Centers for Disease Control

I spoke with our Employee Assistance Program (EAP) Professional, Eric Siegal, while I was researching for my article. I asked Eric if there was an uptick in calls to his office requesting sessions. He replied yes, with the same concerns mentioned in this article. Of his patients, their issues have shifted to COVID-19 and dealing with the stress of uncertain times. He mentions too much news and false news can become mentally frustrating. He suggests listening to the news from the CDC and Johns Hopkins. Another frustrating topic he is hearing is his patients do not believe all employees are taking the COVID-19 seriously.

Tampa is part of the Suncoast District, the largest district in the country. The territory spreads through central Florida, from coast to coast, and also pushes down the southern part of the state. The Suncoast District at the time of this article has the fewest confirmed cases of COVID-19 with 13.

### Quick Hits:

#### Information you should know

\*With all the uncertainty in the news pertaining to the United States Postal Service and the financial stability. Will there be a bailout or not? It is important to remember this: The U.S. Postal Service and the **Constitution**. Article 1, Section 8 says that [The Congress shall have the power] to establish Post Offices and Post Roads. **Please stay engaged, it is your job. Follow the latest news on [nalc.org](http://nalc.org) and the NALC mobile app.**

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



**"Mary Lou Jackman - William Corbeau"**  
**Florida State Association of**  
**Letter Carriers Scholarship Application**

*Al Friedman, President*

\*\*\*\*PLEASE DO NOT REDUCE THE SIZE OF THIS APPLICATION, AND PRINT LEGIBLY\*\*\*\*

Name of Student: \_\_\_\_\_

Male  Female

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

NALC Branch Name/Number: \_\_\_\_\_

Branch Contact Phone Number: \_\_\_\_\_

NALC Branch Member's Name: \_\_\_\_\_

By signing below, I certify the above named member of the FSALC is in good standing.

\_\_\_\_\_  
*Signature of Local Branch President or Secretary*

\_\_\_\_\_  
*Date*

To qualify, the following requirements must be met:

- 1) The student must have graduated from an accredited High School or have a GED.
- 2) The Student must be a dependent of a member or the spouse of a deceased member of the FSALC who has not remarried.
- 3) 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. Winners will be notified by mail. **DO NOT SUBMIT PROOF OF ENROLLMENT AT THIS TIME.**
- 4) **Applications must be postmarked on or by July 1, 2020.**

This scholarship award is based on a random drawing, not on academic records or qualifications. There will be a total of four (4) scholarships awarded - two for female applicants and two for male applicants - each in the amount of \$2000.00. This drawing will be held during the NALC 72nd Biennial Convention August 17 - 21, 2020, in Honolulu, Hawaii.



RETURN ALL APPLICATIONS TO:  
 FSALC Director of Education, John W. Mitchell  
 C/O Branch 1778 NALC  
 2424 Goffney Street  
 Lakeland, FL 33803



# Unionism — The Morning Routine

Every day you report to work and you begin the same old routine. First you clock-in and get your vehicle keys and proceed to checkout your vehicle in preparation for the delivery day ahead. After you complete your vehicle check-out you hit your two hot cases to gather flats and letters the clerks have sorted for your route.

You arrive at your case to begin casing your mail up to get it ready for street delivery. Your case will have all kinds of mail on it for you to case as well as tubs of mail on the floor around your case and various parcels left by the clerks. As things go, this is basically how we all start our day. All is going well until the moment that the supervisor approaches you at your case and asks the question most letter carriers don't want to hear — *What is your estimate for the day?*

While this seems like it should be no problem, this is where most of the troubles of the letter carrier begin. Management wants to know how your day looks so they can prepare the operation and assign the available assistance where it is needed. Seems simple enough yet it seems that no matter what you tell management, they disagree and tell you that what you are telling them is wrong. I might be misunderstanding the process, but if I am asked for an estimate on how my day is going to be, I think I would know best.

Unfortunately, management feels that the letter carrier is always trying to cheat the postal service so they rarely if ever agree with the carrier's estimate. Management uses lines like: *you had less mail last week and you did it in less time or you hardly have any mail, you should have under time*; and

the ever popular, *DOIS says that you should have under time*. While management thinks these statements make a difference, they are incorrect. **Let us examine the Reporting Requirements from the M-41 Section 131.41**

**131.41 *It is your responsibility to verbally inform management when you are of the opinion that you will be unable to case all mail distributed to the route, perform other required duties, and leave on schedule or when you will be unable to complete delivery of all mail.***

**131.42 *Inform management of this well in advance of the scheduled leaving time and not later than immediately following the final receipt of mail. Management will instruct you what to do.***

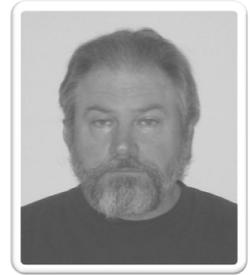
**131.43 *Complete applicable items on Form 3996, Carrier-Auxiliary Control, if overtime or auxiliary assistance is authorized in the office or on the street.***

Understand what this says and means — You are to verbally notify management when you are of the opinion that you will need more than your scheduled 8 hours to complete all your duties for the day. You are to do this after your last draw of mail and you are to ask for a form 3996 to document why you will need the time. This is not time for management to argue with you about your estimate and it is not time to bargain about whether they will allow you to have the time you feel is needed to perform your duties. If management does not agree with your estimate, they have some options, say yes or no. If they say no, then your job is to simply ask for direction; don't decide how to proceed on your own. Remember you are the carrier and your job is to

deliver the mail; management gets paid to make decisions, so simply ask them for direction. If

they attempt to direct you to deliver all the mail in 8 hours, just let them know that you don't feel you can and that is why you provided them the estimate you have submitted. Fill out the 3996 completely and accurately listing all the factors leading to your decision, such as DPS volume, cased mail volume, parcel volume, spurs and plugs volume, accountable mail types and amounts, meetings with supervisor, union time and anything else that affects your estimate. Be aware that now with the postal service placing certified mail in the DPS that any found certified or other accountable mail pieces will cause your estimate to change. Be sure to notify the check-in accountable clerk of any certified and/or other accountable mail pieces you found in the DPS so you can be properly credited for the time it takes to properly handle them when delivering your assignment. When you finish filling out your 3996, provide it to management and always ask for a completed copy to be returned to you. This is your right and is guaranteed by contract.

In the event that management fails to provide instruction to you, follow the estimate you provided and call management at the designated time in the afternoon to remind them of your situation and again ask for direction. If they tell you to deliver the mail, please do so and if it is a grievable situation upon return to the office, ask to see your steward to file the appropriate



**Brian Obst**  
Vice President  
Branch 599

# Who Am I?

Brian Obst  
Vice President  
Branch 599

Who am I?

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

Who am I?

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

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

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

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

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

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

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

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

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

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

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

Who am I?

**I am your Letter Carrier from the USPS.**

# Sharing Our Members' Joys and Sorrows

**Our deepest sympathy** and prayerful support is extended to Sally and family at the passing of her husband, **Ned Fifer** [retiree], April 2.

**Speedy recovery** to Sandra, wife of **José Oliva** [Trustee], as she deals with a health issue.

**Congratulations!** to Nicole and **Nick Repalone** [Town 'N Country] on the birth of their daughter, Skylar Blue, who was born March 28.

# Unionism — The Morning Routine

*(Continued from page 5)*  
grievance.

Always be respectful in your dealings with management on this issue but understand that you have the right to provide your estimate; management

does not tell you what your estimate is. Follow these guidelines and you will not have issues dealing with management on your morning estimates. The more detailed description of this is found in the Carrier Resource Guide on NALC.org.

Until next time, be safe and follow all the guidelines for your protection from the COVID-19 threat and we will all make it back to a time of normalcy. I leave you.....**Knowledge is the Key.**

*Brian Obst*  
Vice President

### Shop Stewards will Meet

Tuesday 7 PM  
May 5  
June 2

### Branch 599 Meeting

Thursday 7:30 PM  
June 4  
July 2

### Executive Board Meets

Thursday 6:30 PM  
May 7 *Telephonically*  
June 4

### Sunday Work Party

at our Hall 9-11 AM  
*Date will be  
Announced*

### Retirees Breakfasts

Monday *Date to be Announced* 9 AM  
Denny's Restaurant at Dale Mabry & Spruce  
2004 N Dale Mabry Highway, Tampa

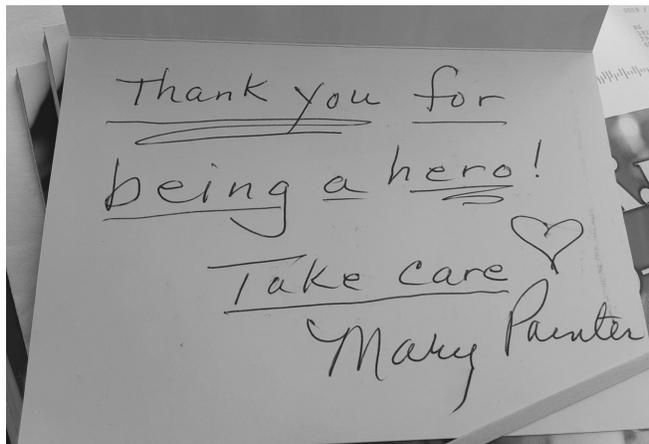
Tuesday *Date to be Announced* 8 AM  
Bob Evans Restaurant off Fletcher  
12272 Morris Bridge Road, Temple Terrace 33637

### Letter Carriers' Stamp Out Hunger® Food Drive POSTPONED



The 28th annual Letter Carriers' Stamp Out Hunger® Food Drive, scheduled for May 9, 2020, has been postponed. The NALC, as well as our national partners, are fully committed to rescheduling the food drive later in 2020. A new date has not yet been scheduled.

### Support from Customers!





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

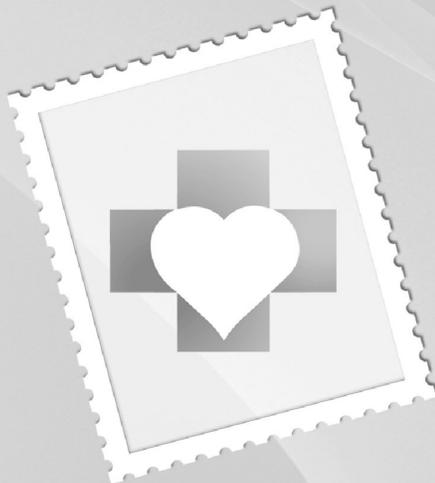
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# We're Here to Help!

## COVID-19 Financial Relief.

Tampa Postal FCU remains dedicated to helping our members and their families during these trying times.

For the latest financial relief options available, please visit:

**Our Website:** [www.tpcu.org/covid-19](http://www.tpcu.org/covid-19)

**Our Facebook Page:** [www.facebook.com/TampaPostal](https://www.facebook.com/TampaPostal)

**Important Notice:** Scams are already being reported. The credit union will NEVER call, email, text or use social media to ask for your personal or account information. We will NEVER contact you requesting you "verify" or "reactivate" your account information.

If you receive a message of this nature or have questions on your account, please contact us at **800.782.4899**.

**We'll get through this together.**

800.782.4899



**TAMPA POSTAL**  
FEDERAL CREDIT UNION

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