



# Tampa Letter Carrier

VOLUME 16, ISSUE 6

JUNE 2017

## Around The Horn from The President's Desk

### 2 more CCAs Converted to Regular

**GREAT NEWS! The United States Postal Service converted 2 CCAs to regular on Saturday May 13, 2017. Congratulations to our two top CCAs who survived 26 months being in a non-career status. Marvin Suarez, Ybor Station is now the #1 CCA on the relative standing (CCA seniority) list in Tampa.**

Brothers and Sisters, we continue to have issues regarding on the job injuries and the handling of Form CA-1. I have previously written articles on the proper procedures for filing a CA-1 and the steps essential to the proper submission for approval. I am seeing and hearing of the same issues, so again I thought it imperative that the process is reviewed again.

**What should Federal Employee/Postal Worker Do When Injured At Work (Traumatic Injury)? Three forms are vital to**

**the process: CA-1, CA-16.CA-17.**

**CA-1, definition,** Federal Notice of Traumatic Injury and Claim for Continuation of Pay/Compensation: This form is used by a federal employee to provide notice of traumatic injury and to claim continuation of pay (compensation). The form must be filed with one's employing agency. Note: Occupational disease, use Form CA-2 instead of Form CA-1.

**Traumatic Injury, definition,** is an injury you can pinpoint where and when and what time the injury occurred, and provide a narrative about the accident. **Example:** Carrier Fred was injured (Where) at 1702 W. Denver Street, Tampa FL 33699, (When) on April 23, 2016, (Time) it occurred at 2:35 PM.

(Narrative) As I was delivering my route, on Saturday, April 23, 2016, at 2:35 PM, I stepped up onto the porch at 1702 W. Denver Ave., the porch gave way, my right foot and right leg crashed through the floor and my right knee

twisted and I heard a popping sound. I pulled myself out of the rubble and my knee had already begun to swell. I experienced lower back pain and my ankle was a little stiff. I struggled to limp off and away from the porch and immediately called my office and spoke to my supervisor. I was asked if I could continue delivering and worriedly said no, I cannot even walk. I was instructed to drive back to the office but told my supervisor I could not drive my LLV, that I would need either an ambulance or someone to pick me up and transport me to the hospital. The supervisor and manager drove out to my route to pick me up and to drive my postal vehicle back to the office. This statement is thorough and explains what happened, how it happened, when it happened, that you notified management, and notates the initial body parts that were affected by the accident. The personal statement is extremely important.



**Tony Diaz**  
President  
Branch 599

Branch 599  
serving  
Brandon  
Plant City  
Sun City  
Tampa

**Branch 599  
Meeting**

Thursday  
June 1  
7:30 PM

(Continued on page 3)

**Branch 599 Office**

3003 W Cypress Street  
Tampa FL 33609-1617  
813.875.0599  
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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

Position	Officer	Phone	Email
<b>President</b>	Tony Diaz	813.875.0599 cell 813.598.9635	tony_diaz599@yahoo.com
<b>Vice President</b>	Brian Obst	727.458.0679	
<b>Recording Secretary</b>	Michael Brink	813.875.0599	
<b>Financial Secretary</b>	Alan Peacock	813.892.9378	apecock.nalc@verizon.net
<b>Treasurer</b>	John Gebo	813.503.1256	jjg7d7@aol.com
<b>Sergeant-at-Arms</b>	J.C. Howard	813.310.0689	
<b>MBA/NSBA</b>	Al Guice	813.465.9754	
<b>Health Benefit Rep.</b>	Detlev Aepfel	813.242.4507	
<b>Director of Retirees</b>	Alan Robinson	813.843.9762	retirees@nalc599.com
<b>Trustees</b>	Lori McMillion, Ch.	813.263.7101	
	José Oliva	813.299.8442	
	Jim Good	813.417.8877	jgood.nalc@tampabay.rr.com
<b>Labor Management</b>	Nick Cullaro	813.541.8159	
	Warren Sumlin	813.486.7612	
<b>Presidents Emeritus</b>	Garland Tickle • Orbe Andux Donald Thomas • Michael Anderson James Good • Alan Peacock		

# Shop Stewards

Station	ZIP	Steward	Station No.	Steward's No.
Tampa Stations/Branches		Chief Steward, Brian Obst		727.458.0679
Brandon	33510/11	Terry Franklin Luis Cruz	813.661.1636	813.758.3061 813.431.3223
Carrollwood	33618	Freddie Nimphius	813.961.2962	813.263.7895
Commerce	33602	Reuben Perez	813.242.4507	813.508.7094
Forest Hills	33612	Ed Humphries	813.935.2954	813.787.3914
Forest Hills Annex	33613	Nick Cullaro	813.935.2954	813.541.8159
Hilldale	33614	Darrick Smith	813.879.4309	813.446.5555
Hilldale Annex	33634	Varick Reeder	813.879.4309	315.491.6234
Interbay/Port Tampa	33611/16	Jackie Allen	813.831.2034	813.508.1440
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	Todd Soular	813.719.6793	508.615.6517
Produce	33610	Elvin Rodriguez	813.239.4084	646.346.3288
Ruskin/Sun City Ctr	33570	Patrick Wimberly	813.634.1403	813.245.0847
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	Mike Williams	813.873.7189	813.541.3092
TCA/Peninsula	33609	Andre Stafford	813.873.7189	813.600.0638
TCA/West Tampa	33607	Michael Smith	813.873.7189	813.326.0717
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)*

### **Breakdown in steps:**

**Report to supervisor immediately:** Every job related injury, whether traumatic or aggravated by the employment should be reported as soon as possible to your supervisor and also let your steward know what is going on. **It is important to let your steward know also, because your supervisor may forget.**

**Obtain Medical Care:** Before you obtain medical treatment (unless it is an emergency situation), you will need from your supervisor, authorization to the medical treatment by use of a CA-16. **It is essential that the CA-16 is signed by management. This is critical, as many supervisors and managers do not know the CA-16 is a necessity in order to receive treatment. Note: The CA-16 is the only form regarding injury you cannot download; management must distribute and sign it.** Emergency medical treatment may be obtained without prior authorization. You may initially select the physician to provide necessary treatment. This may be your private physician or an emergency room at a local hospital.

**File Written Notice:** In traumatic injuries, complete the employee's portion of Form CA-1. Obtain the form from your employing agency, complete and turn it in to your supervisor as soon as possible. The longer you wait the less it is viewed as traumatic. Many carriers delay obtaining and submitting their CA-1; this is a detriment to your case. Then the suspicion and additional scrutiny begins: Do you really need to report this, it happened 4 days ago? You have been walking around the office fine; is your leg injured that badly? Can you try to carry your route? If you were traumatically injured, why did you wait several days to report it? Do not put further scrutiny on your injury...do not delay the process.

In all fairness to our carriers though, many delay reporting because *I thought*

*it was nothing. Many try to work through it, or wait to see if the pain goes away, or I know we are short carriers and I do not want to make it worse by going to seek medical care.* While these are noble gestures, it is harmful both physically and your case is scrutinized and questioned.

**Obtain Receipt of Notice:** A Receipt of Notice of Injury is attached to each Form CA-1 and Form CA-2. Your supervisor should complete the receipt and return it to you for your personal records. If it is not returned to you, ask your supervisor for it. **This is very important because many injured carriers are not provided a receipt, that means no proof you turned in your form to begin the process. Now it sits on the supervisor's/manager's desk and is not submitted. The form is never received and you never receive a claim number.** The scrambling begins because Worker's Comp is unaware and you may be waiting for a certain medical test. I see this happening way more than it should...protect yourself...get a receipt.

**Retired letter carriers who receive a written notice from USPS claiming a debt is owed,** should visualize flashing red lights and loud sirens signifying extreme danger. If a letter carrier receives such a notice and does nothing, the Postal Service may refer the claimed debt to the U.S. Treasury. Once a referral to Treasury is made, the amount can be increased by hefty penalty and finance charges and the total amount deducted from a Civil Service Retirement System or Federal Employees Retirement System pension, from a Social Security benefit, from a federal tax return, or from other federal benefits. Treasury may also sell the debt to a collection agency. All of this may happen even if the claimed debt is in error. Right or wrong, made-up or actual, correctly calculated or not, post-retirement debts that are referred to Treasury

can result in additional penalties and be subject to confiscation.

So, don't let the debt collection get referred to Treasury. A retired letter carrier can stop a referral to Treasury by formally appealing the debt-collection notice. However, an appeal of a post-retirement debt cannot normally be done using the grievance procedure. Instead, the Postal Service has an internal debt collection appeal procedure available to retirees. It is a formal procedure involving a first step known as a *Request for Reconsideration*, and a second step known as a *Petition for Review*. Once a letter carrier properly invokes the appeal procedure, the law prohibits the Postal Service from further collection action pending resolution of the appeal. —Ron Watson, NALC Director of Retired Members

### **Postal Pride**

I heard a couple of words the other day that I had not heard in a while: Postal Pride. What is Postal Pride? There is not an exact definition for Postal Pride that I am aware of, but with the influx of the new CCAs, I thought it was important to try to explain it. I had Postal Pride, every day I worked, proudly representing the postal blue. For all of you who are currently wearing the postal blue, it is about the look, about the attitude, about what the blue represents. As I said, I wore the postal blue proudly, I represented the brand, and was always professional in my blues. Selling the product, giving directions, answering questions, saying hello, shaking hands, addressing delivery issues, taking pride in my deliveries, I was part of my routes community. My customers knew they could depend on me for good service. It starts with appearance (I will never forget the first day I reported to work with my new uniforms; I had that feeling, Postal Pride). Reporting to work with a nice clean shirt, new shorts or pants, a black belt, the black or white socks with black shoes ...the attitude, always being

*(Continued on page 4)*

# Congratulations, Retirees!



Rafael Lopez & Tony Diaz



Debbie Basen & Tony Diaz

Congratulations to **Rafael Lopez** [Produce], and to **Debbie Basen** [Hilldale] who received their retirement pin and gratuity from President Tony Diaz during our May Branch meeting!

## Sharing Our Members' Joys and

**Our deepest sympathy** and prayerful support is extended to **David Long** [Temple Terrace] and family at the passing of his father, Daniel, May 4.

**Happy Father's Day to all our dads!**

## Around The Horn from The President's Desk

*(Continued from page 3)*  
professional to the customers, usually just by being polite and friendly. If you should encounter an unruly customer, give them your station's phone number and move on. Though there are issues with the job and we question the way the postal service is operated, be proud regardless, because this job is providing for you and your family. You are working on a good retirement, we have paid holidays, and we have benefits. Look around your office and you

can identify who has Postal Pride by their body language, upbeat and friendly to coworkers. Postal Pride... do you have it?

### Contract update

I attended the Committee of Presidents meeting in Chicago, April 30 and May 1. There were many questions regarding the national contract negotiations still ongoing. National President, Fred Rolando, spoke to the Presidents and stated we were close to an agreement. He felt **cautiously**

**confident** this would get done.

### Quick Hits:

### Information you should know Route inspections

\* The 33606 and 33609 zones were inspected May 1-6. Brandon was inspected May 22-27. This concludes for now, the stations that are scheduled for inspection.

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

### When

**you move...**  
please remember  
to give the  
Branch Office  
your new address!

# Unionism...What kind of CCA do you want to be?

Being a CCA in today's Postal Service is far from easy, but if one goes into the job with the right attitude and works hard it will turn into a rewarding career as a Letter Carrier.

All carriers employed by the Postal Service are aware of the rigors of the job that all new employees must learn to work through and most will help so the task of learning is not too daunting. As a new CCA, one must understand that there is much to learn and it will take time to acclimate to the job. That being said, I must also point out some of the bad habits that newly hired CCAs have been demonstrating on the job.

Let us start with CCA Bob Johnson (simply a name to make writing easier – not a real person). Bob is the latest CCA hired in the city. He has attended all the proper training (i.e. Shadow Day, Carrier Academy and Suncoast Driving Training) and has now reported to his new station for OJI (On the Job Instruction) to finish his training. CCA Johnson is very attentive to his trainer and observes all the tasks demonstrated for him to become a proficient carrier. He completes his training and management begins to assign his trips on various routes in the station. This is where the problems start.

CCA Johnson begins to have issues with some of the regular carriers based on his feeling that he should not have to do things to help maintain the routes he is performing trips on. CCA Johnson is not separating the review mail that he returns to the station for the regular and he is heard commenting, *That is not my job*. Additionally, he refuses to pay attention to reminder cards for the areas he is delivering and simply puts all mail in most of the boxes, without regard to whether the address is vacant or not. Finally, he is also failing to read the addresses on the mail and has been misdelivering both mail and parcels to incorrect addresses on his many trips.

CCA Johnson says it is because management is rushing him and the regular carriers are not helping him and this is the cause of his delivery issues. In addition to the delivery issues, CCA Johnson has been wearing a uniform he obtained through the union, but it looks dirty all the time and portrays as if it was ironed with a cold rock. The shirt is never tucked in and at times his pants seem to ride far too low.

Does this individual remind you of anyone you may know? For me, this character is a combination of many CCAs I have been working with during the past several years. Is this the type of employee that the new CCA should be? I know the answer to this is a resounding...**NO**. It is important for the new employees to understand how important all the details of the job are and how they represent not only the Postal Service when they are out delivering mail, but more importantly you are a direct reflection on all of the other carriers you are working with. If you are representing yourself and the Postal Service like CCA Johnson and you are the last carrier the public has had contact with, do you think they will have a positive experience? It is not likely.

It is important for the new CCA to understand that there is much more to this job than simply putting mail in a mailbox. The Postal Service is an American institution and delivering the mail is only part of what we represent to the American people. Since we are in every neighborhood every day, we serve as a safety net for the community residents. When we see something that doesn't look right, we make a call; when a resident is injured or ill, we take notice and get them needed help. We care about our customers as evidenced by our National Food Drive and the Toys for Tots Drive held every year. Our customers count on us in more ways than one can think of, so it is important to ensure we present a

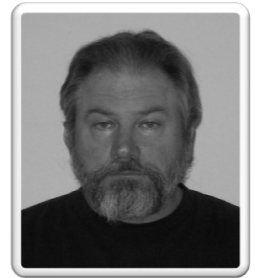
positive image and do quality work. As I always say, as long as I am their letter carrier they are my customers.

Yes, I have been a little harsh on CCA Johnson, but it is only to help him learn some important lessons, and to be fair, I have also seen and worked with many excellent CCAs. Those who do their best every day while striving to correct any errors they might make and are always trying to learn so they can get better at their chosen profession.

I say that all CCAs should seek out your stewards and senior carriers for help, ask for advice and then don't ignore it—use it to get better. Remember, every carrier on the workroom floor was in your position at one time. The position might have been called something else, but we all had to learn the same way. Don't act like you are doing someone a favor when you are delivering mail on their route and don't tell carriers with many years of experience that they don't know what they are doing, as it will only make it harder for you if you alienate the carriers you will need to work with as you move forward with your career.

Our President told us at the Branch meeting that at present, approximately 56% of the active carriers of the NALC are converted CCAs to regular or CCAs waiting to make regular. As you may have heard me say before—you are my replacement. It is important that you understand your position and you take it seriously because you are the future of the Postal Service Letter Carriers. What kind of carrier do you want to be?

I suggest that you read the publication



**Brian Obst**  
Vice President  
Branch 599

*(Continued on page 8)*

# Proposed Bylaw Changes

## ARTICLE VI

### Duties of Officers

#### Duties of Recording Secretary

##### Section 4. Currently Reads:

- (A) The Recording Secretary shall keep a correct record of proceedings of the Branch in a book to be kept for that purpose. He/she shall draw all warrants on the Treasurer ordered by the Branch. He/She shall notify applicants for membership in writing of their election or rejection, and members of their suspension, expulsion or acceptance of resignation. He/She shall report to the National Secretary-Treasurer immediately the suspension, expulsion or reinstatement of a member. He/She shall attend to all correspondence of the Branch, and properly mark and file all papers ready for inspection at any time, and notify the members of special meetings when ordered by the President. He/She shall make semi-annual reports to the Branch showing the number of members elected, rejected, initiated, suspended, reinstated, withdrawn, and the number of deaths, giving date of death. Also the receipts, benefits paid, amount expended and amount on hand. Within one week after his/her term expires, or upon an earlier termination thereof, he/she shall deliver to his/her successor all books and papers together with all other property of the Branch in his/her possession. The Recording Secretary shall receive an expense allowance of \$100.00 per month.
- (B) The Recording Secretary of Branch 599, upon receipt of documentation from the President of Branch 599, shall be responsible for tracking the total hours used by the President of Branch 599, while the President of Branch 599 is on annual leave, sick leave or LWOP status. This will take effect as of January 5, 1995.
- (C) The Recording Secretary of Branch 599, shall be responsible to turn in a current status of the used balances and accumulated amounts of annual leave, sick leave and LWOP hours to the current Treasurer of Branch 599 on a bi-monthly basis. This will take effect as of January 5, 1995.
- (D) The Recording Secretary of Branch 599, NALC, shall be responsible for reporting annually to the Executive Board in January of each year the balance of the President's annual leave, sick leave and LWOP for the preceding year.

## ARTICLE VII

### Fees, Dues, Fines and Assessments

##### Section I. Currently Reads:

- C. Retired members prior to October 1982 will be required to pay \$24.00 directly to the Financial Secretary. All active members collecting OWCP benefits will pay their Union dues directly to the Financial Secretary. All other retired members will be required to pay \$2.00 per month.

# Proposed Bylaw Changes

## ARTICLE VI Duties of Officers Duties of Recording Secretary

### Section 4. Proposed to Read:

- (A) The Recording Secretary shall keep a correct record of proceedings of the Branch in a book **or books** to be kept for that purpose. He/She shall draw all warrants on the Treasurer ordered by the Branch. He/She shall notify applicants for membership in writing of their election or rejection, and members of their suspension, expulsion or acceptance of resignation. He/She shall report to the National Secretary-Treasurer immediately the suspension, expulsion or reinstatement of a member. He/She shall attend to all correspondence of the Branch, **as directed by the President** and properly mark and file all papers to be available for inspection at any time. **He/She shall** notify the members of special meetings when ordered by the President. He/She shall make semi-annual reports to the Branch showing the number of members elected, rejected, initiated, suspended, reinstated, withdrawn, and the number of deaths, giving date of death. Also the receipts, benefits paid, amount expended and amount on hand. Within one week after his/her term expires, or upon an earlier termination thereof, he/she shall deliver to his/her successor all books and papers together with all other property of the Branch in his/her possession. **The Recording Secretary is also required, at the President's direction to perform additional duties as outlined or mentioned in other Articles and sections contained within these By-laws.** The Recording Secretary shall receive an expense allowance of \$100.00 per month.
- (B) The Recording Secretary ~~of Branch 599~~, upon receipt of documentation from the President ~~of Branch 599~~ **and the Office Secretary**, shall be responsible for tracking the total hours used by the President ~~of Branch 599~~ **and Office Secretary**, while the President ~~of Branch 599~~ **and the Office Secretary** ~~is are~~ on annual leave, sick leave or in a LWOP status. ~~This will take effect as of January 5, 1995.~~
- (C) The Recording Secretary ~~of Branch 599~~ shall be responsible to turn in **to the Treasurer** a current status of the used balances and accumulated amounts of annual leave, sick leave or LWOP hours **of the President and Office Secretary** on a ~~bi-monthly~~ **quarterly** basis. ~~This will take effect as of January 5, 1995.~~
- (D) The Recording Secretary of Branch 599, NALC, shall be responsible for reporting annually to the Executive Board in January of each year the balance of the President's annual leave, sick leave and LWOP for the preceding year.

**Signed by:** Mike Brink, Nick Cullaro, Brian Obst

## ARTICLE VII Fees, Dues, Fines and Assessments

### Section I. Proposed to Read:

- C. Retired members prior to October 1982 will be required to pay **dues of \$25.20 per year directly to the Financial Secretary. All retired members collecting OWCP benefits will be required to pay dues of \$25.20 per year** directly to the Financial Secretary. All other retired members will be required to pay **dues of \$2.10 per month deducted from their retirement annuity.**

**Signed by:** Alan Peacock, John Gebo, Mike Brink, Al Guice, J.C. Howard Jr.

\*NOTE: Changes/Additions to the proposed bylaw changes are highlighted in **BOLD**.  
Deletions of verbiage from the current bylaw are indicated by a ~~strikethrough~~.



# Slogan Contest!

*In an effort to increase our Branch's toys collection, we are going to organize our own toy drive in 2017. We will need a slogan and you can help with that!*

Please submit your slogan ideas to President Diaz: [tony\\_diaz599@verizon.net](mailto:tony_diaz599@verizon.net)

*The winning catch phrase will be voted on by the membership at our Branch Meeting on June 1.*

*Ideas submitted so far:*

**Give us a new unwrapped Toy,  
and we will give it to a deserving girl or boy,  
a member from Branch 599 will deliver the Joy!**

*Submitted by: Sam Santilli, Hilldale Station*

**GIVE A TOY....GET A SMILE TOY DRIVE!**

Donate the toys  
Our letter carriers will donate the time  
Together we will deliver to the kids  
a little of Florida's Sunshine.

*Submitted by: Stephanie Tullis, Temple Terrace*

**Deliver Dreams  
and  
Make Memories**

For the children of Tampa Bay  
So please donate a new unwrapped toy to  
1. 3003 W Cypress St., Tampa 33609  
2. Give to a member of Branch 599 or  
3. Call 813.875.0599 and we will pick it up  
By December ??, 2017

*Submitted by: Retiree Chris Albrecht*

**Joys of Toys  
for Girls and Boys**

Wonderful Memories, Throughout Time,  
Made possible by, Branch 599,  
We are so very proud to be  
a Part of the NALC and the Tampa Bay Community  
So please donate a new unwrapped toy to  
1. 3003 W Cypress St., Tampa 33609  
2. Give to a member of Branch 599 or  
3. Call 813.875.0599 and we will pick it up  
By December ??, 2017

*Submitted by: Retiree Chris Albrecht*

## Unionism...What kind of CCA do you want to be?

*(Continued from page 5)*  
put together by the NALC called *CCA Resource Guide*; it is available on our website [nalc.org](http://nalc.org) under the Workplace Issues tab on the Resources main page. This publication has all the important information all CCAs need to know and would be a great benefit as you find

your way as a new CCA.

The decision is up to you. Are you going to be a quality CCA or are you going to be CCA Johnson...only you can make that decision. I hope you make the correct one.  
As always I am available to assist in any

way I can. I can be reached at Town and Country Station or on my cell at 727.458.0679.

Remember...**Knowledge is the Key.**

*Brian Obst*  
Vice President



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

*(Please do not reduce the size of this application )*

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

Male  Female

Address: (print legibly) \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Contact Phone Number: Cell \_\_\_\_\_ Home \_\_\_\_\_

NALC Branch Name/Number: A.R. Tony Huerta Branch 599

Branch Contact Phone Number: 813.875.0599

NALC Member's Name :(print legibly ) \_\_\_\_\_

*I certify the above named member of the FSALC is in good standing .*

\_\_\_\_\_  
Date:

*Signature of Local Branch President or Secretary*

*Return all applications to:*  
**Joseph A. Henschen, FSALC Director of Education**  
**C/O Branch 1477**  
**5389 Park Blvd.**  
**Pinellas Park, Florida 33781**

*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 (DO NOT SUBMIT PROOF OF ENROLLMENT AT THIS TIME)*
- 4. Applications must be postmarked on or before July 1, 2017*

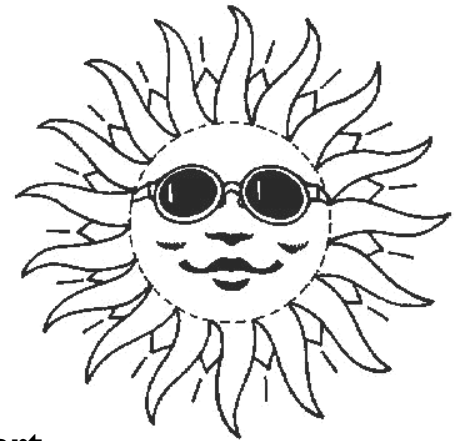
*This scholarship award is based on a random drawing, not on academic records or qualifications. There will be four scholarships awarded—two for female and two for male—each in the amount of \$2000. This drawing will be held during the FSALC Biennial Convention, August 3-5, 2017*

*(Please do not reduce the size of this application )*

# The Summer Heat

Sweltering summer heat is upon us and in the Tampa Bay Area; the severe temperatures can become problematic if proper preparation is not followed. Water consumption is the primary key to beat the heat and heat-related illnesses.

Tips to avoid heat related illness (heat stroke or heat exhaustion):



## Smart

- \* Start work hydrated.
- \* Drink plenty of water throughout the day.
- \* Consider sports drinks for electrolyte replacement when sweating.
- \* Rest in the shade or a cool place during breaks.
- \* Wear a wide brim hat.
- \* Pay attention when weather conditions change.
- \* Recognize the signs and symptoms of heat illness.

## Not smart

- \* Drinking soda and other sugary drinks.
- \* Drinking lots of coffee and tea.
- \* Drinking alcohol.
- \* Eating heavy meals.
- \* Driving if you are mentally disoriented or can't think clearly.



Job Related Injuries  
Government Workers' Comp Provider

4150 N Armenia Avenue, Suite 102, Tampa FL 33607  
Phone: 813.877.6900

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### **Shop Stewards will Meet**

Tuesday 7 PM  
June 6  
July 11

### **Branch 599 Meeting**

Thursday 7:30 PM  
June 1  
July 6

### **Executive Board Meets**

Thursday 6:30 PM  
June 1  
July 6

### **Sunday Work Party**

at our Hall 9-11 AM  
June 4  
July 9

### **Retirees Breakfasts**

Monday June 5 9 AM  
Denny's Restaurant at Dale Mabry & Spruce  
2004 N Dale Mabry Highway, Tampa

Tuesday June 13 8 AM  
Bob Evans Restaurant  
SR-60 & Falkenburg Road, Brandon

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