



Treasure Coast Letter Carrier

NALC Branch 1690

Belle Glade, Clewiston, Ft Pierce, Jensen Beach, Jupiter, Lake Park, Okeechobee, Pahokee, Palm Beach, Port St Lucie, Riviera Beach, Sebastian, Stuart, Tequesta Vero Beach, West Palm Beach



In Your Corner
By
NALC Branch 1690
President
Veronica
Flores Osborne

March—April 2019

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The Agenda

Have you watched the movie "A Few Good Men"? Remember the quote: "You want answers....You can't handle the truth...". Jack Nicholson

I started on November 24, 2018 officially as Branch 1690 president. The amount of catching up has been a project. It has been a process that had not developed overnight but from many years past. It takes all hands on deck to succeed with the mission of organizing and transparency. At the branch meetings, I reveal what I come across. I will keep the members inform of the status of this branch. I will say sometimes revealing these answers and truth is quite exhausting.

It was in January when we discovered the branch paid an immense amount to the CPA to have the LM2 and 990 for 2017. We are trying to reduce that cost with maintaining the files that the CPA will not spend costly time on manual filing and organizing (something that should be done at our office) for 2018 filing. I want to thank the retirees and other members who have volunteered to get things in order. There's still lots to do and can use the help from anyone who is available.

The plumbing was not revisited since no further action was needed (yet). So we keep our fingers crossed this subject will be revisited.

I also discovered our phone bill was going to be off the roof...so we have changed to Comcast. We have kept our same numbers 561-967-0240, 561-967-0977 and Fax 561-963-9181

Our new email is NALC1690@COMCAST.NET

Safety is always a priority. You wouldn't think so when on a daily message you hear, "what took you so long?" In WPB and I can guess the other areas there is management out now looking for any safety infractions. We are told to be safe and paid to be safe so Be safe.

The grievances seem to be handled at the informal A which is a good sign that stewards are getting the job done. Management is changing leave to what they want which is incorrect and a grievance. Speak to the steward.

At the February rap sessions, Da Vida Peele gave a class on google sheets for equitability and how to get a gmail.com email account. We also had a great turn out for the special meeting on "CCA ISSUES". I saw a lot of new faces with surprise look when they were informed of their rights.

In April, the south retirees will have breakfast at the hall again. Thanks Jay & Lisa Maxwell. *So much to address but as always SAFETY, SAFETY, SAFETY First! Don't let anyone tell you otherwise. Call the hall (561) 967 - 0240 or our cell if you have questions.*

In Solidarity,

Veronica Flores Osborne

Treasurer's Report by Starr Hunter



Coming together is a beginning. Keeping together is progress. Working together is success. It is evident the Postal Service has decreased in mail volume but we are still effective in the delivering, sales, and service to our customers.

We are accessible without retail stores. Stamps by mail, voting by mail and of course holding and forwarding mail. We must continue to be able and available to our customers needs to keep the Postal Service valuable. With this integrity is a treasure. We have so many new employees that realize the Postal Service is not just a job but a career. A place of employment with various cultures and attitudes. Let's all work together and enjoy each opportunity in front of us.

If you're a new employee; yes its hard, its hot, and sometimes wet but the Postal Service can be a blessing to you and others through your efforts and stability. I turned 60 in February with 35 years of service a true circle of life and many chapters.

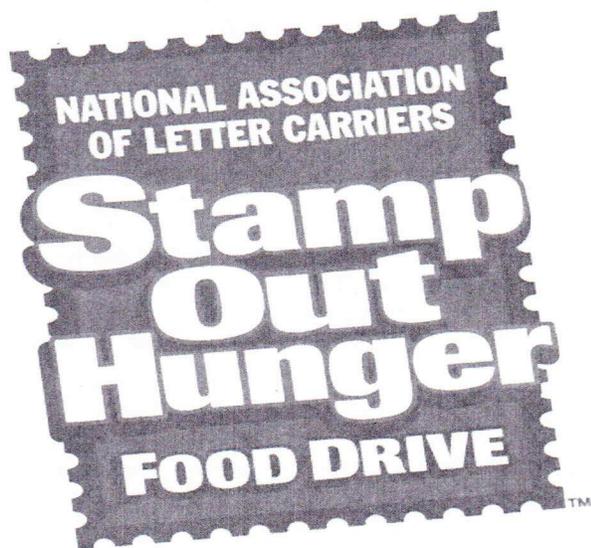
Supervisors, Postmasters, and fellow carriers have retired that have come and gone but I truly love my job and the delivery of mail.

Teaching new employees and securing our contract is a must. Yes, paychecks are good but the real value is at the end of the day. I am pleased of my performance and energy. Keep up, stay strong and give a fair days work for 8 hours or more.

The food drive committee and food banks have met to organize our next drive. If you've never participated in our letter carrier food drive please get informed and deliver the bags and cards. Pick up the food it's a true need in our communities.

T-shirts, buttons and posters will be coming. Come to our branch meeting to learn and participate in the upcoming news and events throughout our branch. Be Blessed and continue to be a blessing.

P.S. Our funds are in order and maintained properly with the trustees overseeing our books, with all expenditures and deposits. Thank you to all fellow officers who care about our branch to serve, volunteer and maintain accountability to our union of letter carriers.



Save the Date
May 11, 2019
Letter Carriers
27th Annual
Food Drive



NALC DISASTER RELIEF FOUNDATION

By Patty Badini

Recording /Financial Secretary

At the National Convention in Detroit, last July, National President Fred Rolando announced the creation of the NALC Disaster Relief Foundation. This was in response to a number of natural disasters that impacted the nation in 2018.

After the January fires in California, heavy rain created mudslides that caused not only more devastation to the area, but killed 21 people. Hurricane Florence hit North Carolina in February and dropped 36 inches of rain, the impacts of which killed 43 people and caused heavy damage to property. Hurricane Michael, the strongest hurricane ever to hit the Florida Panhandle which struck just one month later, the impacts of which created widespread devastation in Panama City and where 53 people lost their lives. Then in November the Wildfire in California, which proved to be the deadliest wildfire by killing 85 people, destroyed almost the entire city of Paradise.

The foundation was created so that Letter Carriers and Branches may be able to give assistance to those who are impacted by such disasters. Rolando stated: "The NALC Disaster Relief Foundation reflects the will of the members who have asked for a way to help their fellow carriers quickly and efficiently." There are no administrative costs deducted from the donations received from individual carriers Branches or State Associations by the Foundation. Unfortunately, because the application for tax-exempt at this time. Members affected by a national disaster can apply for relief grants by going on the Foundations website, nalc.org/ndrf, and complete an application. Relief grants are granted on a case-by-case basis. Donations made by check or money order can be sent to:

NALC Disaster Relief Foundation
100 Indiana Ave., NW
Washington, D C 20001-2144

The Disaster Relief Foundation is on track to fulfill the many requests by branches and individual carriers for a way that the NALC Members can help their sister and brothers when disasters strike," Rolando said.



Sargent at Arms by Jim Osborne

Equipment: Make it Last

The equipment is just like you throughout your career...it has to last. When someone leaves a "U cart" out in the parking lot and it fills with rain then the canvas rots. Now someone has to write it up then we wait for new parts or a replacement (if we're lucky). In the meantime, you have to find some other equipment to carry your route to the truck.

Do you find a hamper with multiple empty trays and tubs? Do you find these trays or tubs just sitting in the parking lot or not in its' designated area of the workroom floor? This is because someone could not take the time to put the equipment away or management will try to push you out the door because they don't want you on the clock. That is a carrier's responsibility to place away ALL the equipment in the designated area. It creates a safe work area. It creates less chaos and less time searching for equipment. Sometimes there is equipment that is not being used but you're not sure if that equipment is being used near the carrier's case. Equipment is normally being shared. It does not belong to only one carrier who chooses to hold from the moment the carrier clocks in. Be considerate and share the very limited, worn out equipment. It would be so much easier if management would provide the amount of equipment, supplies, and tools needed on a daily basis for the number of employees in each office. Letter carriers make things work with what is given but we have to share and sometimes that can be frustrating. This is management making this almost impossible for us to work efficiently. Management may think they are saving money by not ordering the proper necessities but it only creates delay and sometime can become a safety hazard.

So to depend on the "Order" for equipment or supplies to arrive can be quite a while and more frustration. If you see equipment then save it.

Don't use 3849, hold cards, vacant cards, etc... to mark a parcel or write directions. Use these supplies for its purpose.

Bring back your rubber bands. All of these are necessary for a letter carriers duties. Save it and use it properly so you or your co-worker will have it in good working order. Just how you want to be at the time when you retire.

Health Benefit Report by Kevin Byrne



Nuts for the heart. Who knew?

Many people think of nuts as just another junk food snack. In reality, nuts are excellent sources of healthy fat, protein, and other healthful nutrients.

One surprising finding from nutrition research is that people who regularly eat nuts are less likely to have heart attacks or die from heart disease than those who rarely eat them. Several of the largest studies have shown a consistent 30 percent to 50 percent lower risk of myocardial infarction, sudden cardiac death, or cardiovascular disease associated with eating nuts several times a week. In fact, the FDA now allows some nuts and foods made with them to carry this claim: "Eating a diet that includes eating one ounce of nuts daily can reduce your risk of heart disease."

There are several ways that nuts could have such an effect. The unsaturated fats they contain help lower LDL (bad) cholesterol and raise HDL (good) cholesterol. One group of unsaturated fat found in walnuts, the omega-3 fatty acids, appears to prevent the development of erratic heart rhythms. Omega-3 fatty acids (which are also found in fatty fish such as salmon and bluefish) may also prevent blood clots, much as aspirin does.

Legislative Report by Kevin Byrne

On Sunday, February 17th I attended the annual Palm Beach Treasure Coast AFL-CIO Legislative Breakfast. This is an opportunity to hear firsthand from our local elected officials and see them face to face. This becomes critically important when visiting with them at their local offices or in Tallahassee. When they recognize you from their home districts, they are much more likely to welcome you into their offices and listen to your concerns, this proved to be true once again this year as I have just returned from Tallahassee today after spending a few days with the Working Family Lobby Corps, AFL-CIO program now in its ninth year. I had very good visits with many of our local representatives and state senators, discussing many issues and promoting the further expansion of Vote by Mail.

As you may recall, the raw data from the 2018 midterm elections was not available as of my last update. Overall turnout among the general public was just over 50% which is high for a midterm election. However, the voter turnout among union members was 72% which means we were successful in getting the message out on how important it was to vote! Within our own branch the numbers came out like this:

1,397 family members DID vote
699 members voted
220 members did NOT vote
521 family members did NOT vote

Hopefully the state legislature will be able to work with the Postal Service to come up with some solutions to improve our ability to process mailed ballots to ensure that they can all be counted. Problems arise when members of the general public wait too long to mail their ballots. In order to count they must be received by 7:00p.m. on Election Day. I would like to see it changed so that it is like filing your taxes; that is ,your ballot should count if it is postmarked no later than election day. The legislative session starts on March 5th and runs until May 3rd. If you are interested in getting updates on issues on a weekly basis, please contact me.

In Solidarity, Letter Carrier Legislative Liaison, District 18, State Legislative Liaison, FSALC

You're not alone

by Nancy Zlomaniec Trustee/Director of Retirees

This day I thought I would enlighten you on current events around the States involving your fellow carriers. Just when you thought you were all alone in the Post Office and no one else could possibly be experiencing the same. Trust me they are under going some harsh weather conditions. Last month Patty Badini wrote an article in the newsletter about the vehicles your driving and increasing fires associated with them. I want to stress to you the serious of this matter because these incidents have been increasing since 2018. Since the beginning of the year there has been 15 truck fires due to leaking fluids where the trucks just burst into flames. These vehicles are way past their prime of 24 years. Since the rise in fires office of Inspection has issued 2 inspections a year on all vehicles but due to lack of backup vehicles maintenance is not always done. The prototypes are still being tested and aren't expected until 2020. So the daily inspections and report it on a vehicle maintenance tag.

Lately, the weather has been very nasty up north. Bitter cold and lots of snow. We had our share of cool weather and rain. Then add to that a shortage of carriers to cover routes. Does that sound familiar on some days? The truck is running late and you have to go back for the rest of priority. Midwest Chicago and Ohio carriers know exactly what your going through. They would gladly come here to get warm. It never fails there still that customer that complains. In fact, one customer greeted the carrier with a butcher knife yelling, he didn't want missed delivered mail.

There are two senators, one in South Dakota and one in Washington, D.C. They have taken on the challenge of questioning the PMG on the quality of service of the Post Office. They have received widespread complaints from their constituents. PMG was non responsive to the inquiries. The representative gave PMG Brennan 30 days and no answer yet.

Post office will be offering a program in the way of higher education discounts. They will be giving 10% discounts to certain colleges. A complete list of these institutes can be found on "Employee Deals" on the Lite blue page.

Management hasn't even gotten around to deploying the new fleet of vehicles. They are already in the next step of a self driving vehicle so the carrier can set up the route in the vehicle. They envision carrier sitting in the truck sorting, organizing, and delivering for 8 hours for approximately 600—1100 deliveries a day.

This next message is IMPORTANT!!! Do not use the cell phone or ear buds while driving. Pull over on the side of the road or to a safe location before using your phone, texting, or reading the scanner. Post Office added this to manuals, and safety. Please adhere to this message otherwise I'm sure discipline will be severe.

Your Friend in the trenches.

Welcome Back !! By Jay & Lisa Maxwell

After some time away, we are happy to bring back the "South Retirees Breakfast" to the Union Hall. We hope to have the same buffet style breakfast as we previously put on and for the same price. We expect to begin on the first Thursday, April 4, 2019 at 9:30. The breakfast is open to active as well as retired carriers. So if you have the first Thursday of the month off then come down to pick the brains of the folks that helped make your UNION as great as it is now. Menu: Scrabbled eggs, bacon, sausage, hash browns, corned beef hash, grits, sausage gravy and biscuits. It also includes coffee, orange juice and fruit.

Welcome New Members to Branch 1690

Jupiter: Jeff Schwier
Tequesta: Ashley Reed
PSL

Yarixa Morales- Rios
Crystal Burris Casie Horsky
Christine Vega Dario Dorismond
Yanibey Carabeo-Cuba Kati Tassinari
FP-OAS:

Juan Melendez- Cruz Saniel Sanon
Palm Beach Gardens: Willie Freeman
Karrah Alkaifi
Palms West: Jose Matta

Pahokee: Darrel Gary
Willie Freeman
Wellington: Andrew Fariel
Devon Mc Coy
Clewiston: Janiria Hatcher
Riviera Bch: Michael Sangster
Eraso St Lot
City Place: Thomas Mutton
Palm Central: Willie Wynn, Jr.
Wouseline Burequ
Antoinio Gutierrez



UPCOMING EVENTS
March 2019

- Mar 7.....South Retiree Breakfast
Breakfast held at Gun Club Cafe
- Mar12.....North Retiree Breakfast
- Mar13.....South Rap Session
- Mar 14.....North Rap Session (PSL)
- Mar20.....Branch Meeting
- Mar20.....Spring begins
- Mar 28.....Okeechobee Retiree Breakfast

Do you want to meet for Breakfast?

North or South Breakfast call (561) 967-0240
or *Lallo* @ (631) 806-3921 - Okeechobee Breakfast

UPCOMING EVENTS
April 2019

- Apr 4.....South Retiree Breakfast
Breakfast comes back to the Hall for Retirees
1840 Alice Ave, West Palm Beach 33406
Thanks Jay & Lisa Maxwell
- Apr 9.....North Retiree Breakfast
- Apr 10.....South Rap Session (WPB)
- Apr 11.....North Rap Session (PSL)
- Apr17.....Branch Meeting
- Apr 21.....Easter
- Apr 25.....Okeechobee Retiree Breakfast

Address Corrections and Name Changes must be reported to the Branch union hall ASAP
561-967-0240



Make the Call!

Heloisa Aguiar, LMHC
EAP Clinician

1-800-EAP-4YOU
(1-800-327-4968)
TTY: 1-877-492-7341

3200 Summit Blvd, Room 123
PO Box 163562
West Palm Beach, FL 33416-3562
954-527-6981 tel
HGAguiar@MagellanHealth.com

www.EAP4YOU.com

RETIREES BREAKFAST

First Thursday of the month

Gun Club Café
4631 Gun Club Rd.
West Palm Beach
9:00AM

Last Thursday of the Month

Gladys' Restaurant
511 SW Park St.
Okeechobee
8:00AM

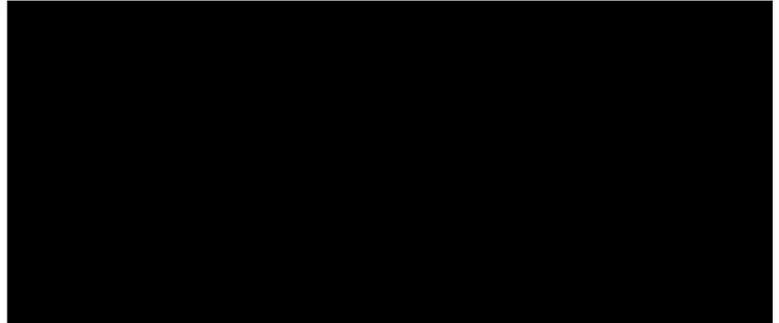
Second Tuesday of the month

Denny's Restaurant
100 Kings Hwy
Ft Pierce
9:00AM

Any Branch 1690 Retirees interested in meeting for coffee and breakfast
Hope to see you there!

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US POSTAGE
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PERMIT NO. 2751

ADDRESS SERVICE REQUESTED



\$50.00 Bounty Paid to any Member...

**...that convinces a FORMER MEMBER to RE-JOIN the
*National Association of Letters Branch 1690.***

FORMER Member must sign a Form 1187 for the Bounty to be paid.

**BRANCH MEETINGS ARE HELD ON
THE 3RD WEDNESDAY OF THE
MONTH AT THE
UNION HALL**

HOPE TO SEE YOU THERE!

Don't forget that the Union Hall at 1840 Alice Ave. is available for rent.

Parties, Showers, Graduations.
Contact the Holding Corp. at (561) 967-0240
or Karen Barker @ (561) 603-4782
Members only Benefit

**National Association of
Letter Carriers**

Merged Branch 1690

1840 Alice Ave.
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Fax (561) 963-9181

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Website:nalc1690.com

ADDRESS SERVICE REQUESTED

The Treasure Coast Letter Carrier is a bi-monthly publication of NALC Branch 1690. Articles appearing in this publication reflect the author's opinion only and are not necessarily the opinion of Branch 1690. All members are invited to contribute articles for publication. Articles must be submitted at least 10 days prior to publication deadline for consideration. Deadline for submissions is the 2nd Wednesday of the month. The editor reserves the right to edit all articles submitted and determine what will be printed for the good of the Branch.