



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



July—August 2019

Branch Officers

President

Veronica Flores Osborne
(772)708-6439

Vice President

Larry Murdock
(561) 716-1619

**Financial/Recording
Secretary**

Patricia Badini
(772) 528-5900

Treasurer

Starr Hunter
(561) 818-3123

Health Benefits Rep.

Kevin Byrne
(772) 979-5899

Sergeant at Arms

Jim Osborne
(772)285-6937

Trustees

Melanie Jasa
James Vickers
Nancy Zlomaniec

TCLC Editor

Veronica Flores Osborne

TCLC Assistant Editor

Larry Murdock

Food Drive Coordinators

Starr Hunter, South
Jessica Castro
Melanie Jasa, North
Mitch Mullin

**Legislative Liaison
& Website Engineer**

Kevin Byrne

Holding Corp. President

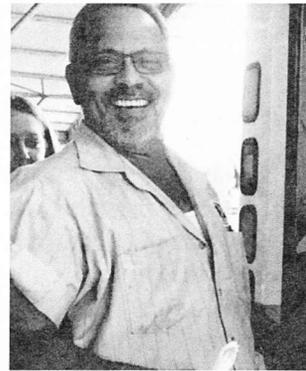
Karen Barker
(561) 603-4782

Director of Retirees

Nancy Zlomaniec

MBA Representative

John Sheridan
(772) 631-4137



STAMP OUT HUNGER
2019
Branch 1690
550,000 pounds!!!!

Treasure Coast Letter Carrier



In Your Corner

By
NALC Branch 1690
President
Veronica
Flores Osborne

M-41, What's that?

- The *Handbook M-41: City Delivery Carriers Duties and Responsibilities*, March 1998. PDF
• Revisions to the *M-41* after April 5, 2001. PDF can be found nalc.org or right at any case.

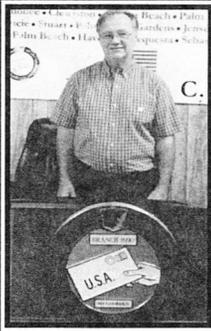
This M-41 was written by the USPS and is the manual which we refer to the delivery of carrier duties and responsibilities. This book, manuals, pamphlets and other publications have been written way before I came to the post office. That being said, this is one of the many manuals that a union representative refers to some of the rules that management wants to enforce. Union representatives refer to the Joint Contract Administrative Manual (JCAM). The manual book that union representative refer and see what was agreed during the contract for that edition. Sometimes an old JCAM does not have the new addition that was negotiated. These additions or old agreements is what helps support any grievance or when a steward shows management they are about to violate the "CONTRACT".

I am known to tell management and carriers that the hard part has been started and written. They've been written but its up to each individual to learn what the "rule" is and not the interpretation. If there is an interpretation in discussion than that is why the Dispute Resolution Process was put in place. Management will do the "enforcing of these "rules" and union makes sure they are being done correctly.

Back to the M-41, if you read it, it has descriptions on a letter carriers functions in the a.m. and in the p.m. There has not been much change since it was first written. Yes, we are in the technology world that now we have GPS in our scanner, RIMS that supposedly is accurate to your location and reports and reports and reports that have numbers to try to keep us fixed to a set projected time for delivery and otherwise. The best tool as letter carriers we have is the "3996" and "1571". Carriers need to use these forms.

As carriers, we want to believe that the supervisor will remember the morning conversation for request for overtime, deviation, or amount of extra time worked on another route. The supervisor has more than one route and it's in your best interest to have everything documented. That means fill out the 3996, get authorized for overtime or the instructions for that day in writing and get your copy. That is your right! By the time you walk out those double doors and drive off to your route YOU know what your last instructions are that you must follow. Anything different or conflicting instructions ask for clarification or ask simply when you should "End tour". The 3996 has not change. As carriers, we want to complete the route to complete the mission of the day. The majority of the time a carrier is qualified, willing, and capable of completion of the route but it's management that tries to squeeze you to do it in less time. That's their job to try to get the very most out of you. Sometimes even making you believe that the problem is you and the way you deliver or to try to run (which only makes things unsafe). I am repeating your job is to inform management first verbally if you think you may go over 8 hours then follow up with the 3996 to have your written instructions from management. Don't leave without your copy of the 3996 and the form signed and filled out with the authorized overtime or auxiliary assistance. The MDD scanners are equipped to receive or send text. If new instructions are given by management it will be documented in this new equipment. Follow your instructions, document your instructions and if you might think there may be a violation then ask to have union time with your steward after following instructions.

Big NOTE, write on the 3996 when you need to DEVIATE for an express. If you sign for an express as an accountable then do it first before your route or before doing assistance on another route. Now if you are instructed by management otherwise make sure you informed them when you might be able to make it with their instructions. Express items are one of USPS products that we as carriers can achieve when the product is given to the carrier in the morning with ample time to deliver before 3:00pm. Please check the product is not requiring to be delivered before 12 p.m and watch out for those INTERNATIONAL EXPRESS that are often thrown in your hamper and are not packaged like the other Express. At the end of the day, this is one of our bread and butter that is the customer pay for special service.



Vice-President's Report

by Larry Murdock

What makes a good union steward?

A good steward is many things, an organizer, negotiator, counselor, and peacemaker, but there is so much more to consider. They are more than just grievance handlers. They are the key to motivating the membership and building the union. They encourage other members to become leaders. But first and foremost they must have the ability to represent all members fairly and without prejudice. He or She must be able to put any personal feelings aside and represent the member to the best of their ability. A good steward will complete a full investigation of the issue. They will never make a promise they cannot keep. They will update the grievant when they can on their grievance and will give them a copy of the settlement. A good steward should be a good listener and a good communicator. All new members should be welcomed and informed of their rights by you.

Instead of violating the contract for personal gain, try assisting your steward in holding management accountable. There's a place for everybody in this union.

I encourage all members to contribute to the Letter Carrier Political Fund which helps get candidates elected who are friends to the Letter Carriers and are committed to preserving the Postal Service. Knowledge is power

Larry

Correction on Last TCLC edition
TCLC assistant editor is Larry Murdock

Attention Branch 1690

This will serve as notice of the
Branch 1690

"Special Meeting"

Agenda: CCA Issues

When: July 25, 2019

Where: 5000 W. Midway Road

Time: 6:30—til we kicked out!

All Welcomed.

NALC Branch 1690 Stewards

<u>Belle Glade</u> - James Vickers	(561) 996-2528
<u>Clewiston</u> - Leonard Moore	(863) 983-9225
<u>Fort Pierce Midway</u> - Todd Bussard - Shantrel Lewis	(772) 489-9114
<u>Orange Ave.</u> - Mitchell Mullin	(772) 460-0835
<u>Jensen Beach</u> - Nick Ferris	(772) 405-9091
<u>Jupiter</u> - Kevin Almario & Celeste Farrell	(561) 401-4025
<u>Tequesta</u> - Dave Roddin	(561) 741-7781
<u>Okeechobee</u> - Eveline Longoria	(863) 763-7639
<u>Pahokee</u> - Earl Ebanks	(561) 924-6298
<u>Palm Beach</u> - Charles McBride	(561) 832-8614
<u>Port St. Lucie West</u> - Brian Johnson -Mark George	(772) 344 - 5059
<u>Port St. Lucie Midport</u> - Richard Wilhelm -Monica Campbell	(772) 398-6706
<u>Sebastian</u> - Larry Murdock	(772) 589-4407
<u>Stuart Main</u> - Casey Salik	(772) 223-8782
<u>Stuart Annex</u> - Frank Graham	(772) 781-5188
<u>Vero Beach Main</u> - Mike Perrotta, Ben Zimei	(772) 778-8320
<u>Vero Downtown</u> - Jazzy Molina	(772) 567-5502
<u>Vero Citrus</u> - Tom Denault	(772) 562-4302
<u>West Palm Beach</u>	
<u>City Place</u> - Tiffany Parker	(561) 832-0263
<u>Haverhill</u> - Linda Soto & Michelle Turnbull	(772) 208-7832
<u>Palm Beach Gardens</u> - Trina Hamlin, Larry Osborne & Da Vida Peele	(561) 694-6728
<u>Palm Central</u> - Jose Yanes & Henry Willen	(561) 689-8190
<u>Palms West</u> - Gail Webster, Don Won Cooley	(561) 753-0449
<u>Riviera Beach</u> - Delvin Ramos & April Armstrong	(561) 530-1982
<u>Wellington Annex</u> - Barbara Raphael	(561) 791-2659

Treasurer's Report by *Starr Hunter*



The financial standing of our branch are well. I will give a report at the June branch meeting and updates after the trustees meet with their report in July .

We have a lot of new employees (CCA) on the workroom floor now. Most of them signing up for the union to become a member at the academy. When they do join the veterans on site, Do we show them a unionized work environment? It needs to be apparent on the workroom floor and in our communities to show solidarity and strength. Union activism is fundamental in achieving our wages, benefits, and working conditions.

We need to stand together, not show division. We may not like this or that but we have to work together to make changes. As you know it takes documentation, witnesses, meetings, and trainings to know our contract and to be able to police it.

We have power when it seems hopeless. There is strength in numbers. Many carriers do not even know where their NALC bulletin boards are located. Do you read your newsletter or Postal Record? Do you know we have an EEO process, EAP process, the phone numbers or even who your shop stewards and alternates are when they are on vacation? Do you volunteer, get involved by attending training, meetings, MDA events, picnics, parties? Who is your safety captain in your building? Have you ever done a phone bank? Do you ever put out your own food during the food drive? This is your career. Get involved, volunteer, speak up or shut up when you don't see changes you want. It doesn't change overnight but I know we deliver everyday and supervisors and managers come and go. We have a contract and when it's broken, "We" need to correct the violations. If you don't want to be a leader then follow up on your rights. Be protected by getting the correct information, not by watching others' bad habits. Learn your job, do your job, and show others you like to come to work. Be a friend to these employees. You were new once. They are our future. We need the NALC insurance for your retirement.

Let's work together with all our resources to make the Postal Service last for many more years with dignity, respect, and no bullying. Make your place safe, try to keep the station clean and organized. Sometimes its up to us, not management. The United States Postal Service, its yours, Keep it.

I want thank all the letter carriers who delivered the BAGS & CARDS this year in support of "OUR" Letter Carrier Food Drive 2019! The Rural Carriers shined and as always did an outstanding collections. The Food Bank volunteers and transportation was right on the dime. A special thank you to Farm Share who joined our team this year and sponsoring our bags. The Palm Beach County Food Bank with their team for all the work, visiting the local office to encourage the carriers and showing their appreciation for our special day. Several Kickoffs were attended and Proclamations were signed. The House of Hope and Mustard Seed were great and excited to be part of our collections. We had a very successful 2019 Stamp out Hunger Food Drive for Branch 1690.

The totals are in—550,000 pounds of food collected in Branch 1690. Customers love their Letter Carriers.

Have a great summer, stay dry and watch the temperatures. Be Blessed and become a blessing

Welcome to Branch 1690:

New Members:

- | | | |
|------------------------|----------------------|------------------------|
| Nicole Clark FPM | Tiffany Simpson PBG | Moin ChowdhuryPC |
| Michael Hidalgo PSL | Desiree Jones HAV | Arnie L. Essex PB |
| Anthony Alexander PB | Kristofer Broom PSL | Latrice Pinckney PB |
| Melissa Zawistowski VB | Genessi Fernandez PB | Heather Felton VB |
| Laquish Hodge TEQ | Brandon Lee CP | Graceuse Justilien TEQ |
| Mary Estronell TEQ | Timothy Long PBG | Alexander Diaz Midprt |
| Stacey Miller RB | Carla De Lee PC | Melissa Tharpe FP |
| Francelee Choute PSL | | |
| Claryce King PBG | | |
| Arindella Lee RB | | |
| Alexander Cruz PC | | |
| John Krychiw Midprt | | |





The USPS Employee Assistance Program

By Patty Badini

Recording /Financial Secretary

I would like to take this opportunity to remind letter carriers about the Employee Assistance Program (EAP), provided by the United States Postal Service. The EAP is available for all employees and relatives that reside in their home. It is free, confidential, and voluntary. The EAP provides a number of benefits that National Association of Letter Carriers encourages carriers to take advantage of . Among other things, the EAP can help with work stress, grief / loss, substance abuse and depression. The EAP is available 24 hours a day. You can find more information about the EAP on their website, [wwwEAP4YOU.com](http://www.EAP4YOU.com) or call 1(800)EAP-4-YOU. Make the Call!

Sergeant at Arms
By James Osborne

Doing the Job “Correctly”



How many times have you seen a regular letter carrier take time off and the replacement (whether it be the PTF, CCA, or T-6) letter carrier take out the route and run the route. They’ll cut every corner by not being “conscientious” of the mis-deliveries of mail or packages, not filling out paperwork (forms 3849, 3546, 3575z, holds, or premium forwards, etc.) . Then the regular carrier of that route returns from a well deserved and earned vacation to find not only a mess on the route but most importantly some vocal, angry customers. The regular tries to find out answers or bring awareness to the replacement(s) (PTF, CCA, Or T-6) only to find out that these carriers were so pressured because of routes down, poor planning, no clerks, weather, short of staff, pressure for PTF, CCA or ODL carriers to case, carry and Deliver on other routes.

In this article, ALL I’m trying to relay is to wake up these carriers to remind them to do the job correctly. Do all the functions that the M41 City carrier responsibility and duties describes. Yeah there’s a book that spells out everything (just about) what we are suppose to be doing. If you follow it to a “tee” then you’ll see why the work takes more than just delivering. If you take those short cuts then you’re also cutting your chances less to become a regular if you’re not a regular carrier. If you are a carrier then you just might show so much under time you’ll soon be unassigned. Take a look at the back of your pay stub and please notice the caption;

“From our customer”. Those are the folks who pay our salaries!

Do the job correctly....it’s your career and really it does matter.

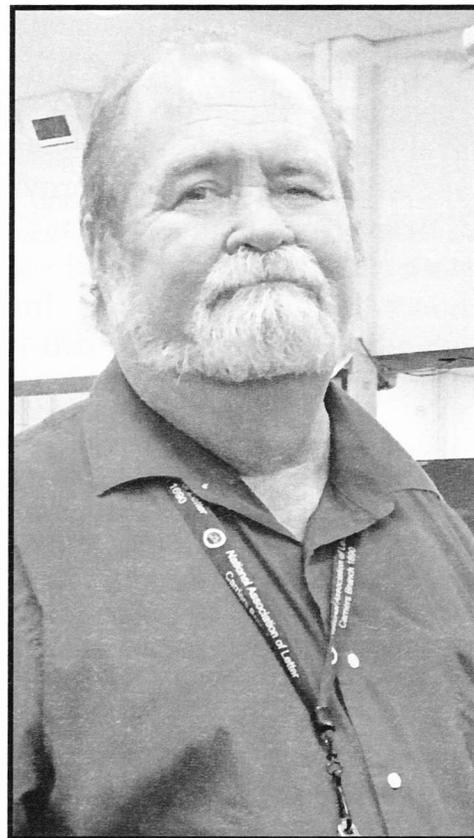
It’s their responsibility to manage; Don’t deny them of them doing their job. It’s our job to deliver.

See ya at the meeting third (3rd) Wednesday of each month at 7:30 p.m.

In Memoriam
Brian Debee

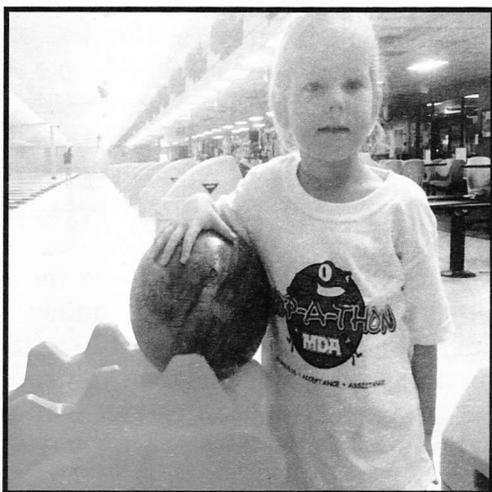
Brian C. DeBee May 22 2019

Brian C. DeBee, 65, of Royal Palm Beach, FL passed away peacefully on Wednesday, May 22, 2019. Brian was a letter carrier for many years and very active in the union; serving first as a Treasurer, then a Vice President, then retiring as President of NALC Branch 1690. He was born to the late Daniel and Helen DeBee and is survived by wife Debbie; daughter Amber and Hannah; son Aaron; siblings Linnette, Kristine, Rachael, Michael, and Matthew; four grandchildren; and several nieces, nephews and friends. Brian enjoyed a good game of poker, tall glass of Miller Lite, and a Sunday afternoon Cleveland Browns game. He was a one of a kind, simple man and will be greatly missed by both family and friends. For those who wish, memorial contributions may be donated to Muscular Dystrophy.



Dear Branch 1690 Members:

Whether you said a prayer, sent a card or gift, or attended the gathering; your support during this very difficult time is greatly appreciated and we thank you from the bottom of our hearts.



**MDA Bowl-a-Thon on May 19, 2019
Brian was always involved with MDA.
You'll be missed.
Branch 1690**

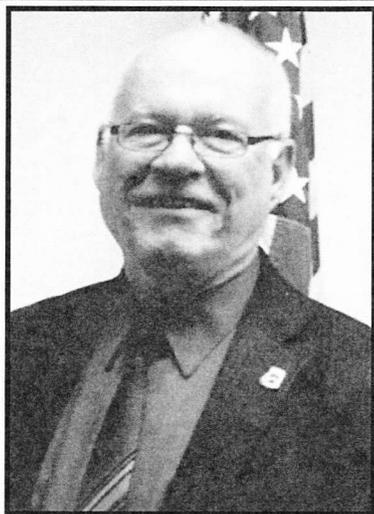
**God Bless and Hug Your Loves Ones,
The Family of Brian De Bee**





 **UNITED STATES POSTAL SERVICE**
Our Mission Statement
We will provide cost effective service that exceeds our customers' expectations and improves the value of our products through ownership and quality of every level.





Health Benefit Report Branch 1690

Working in the Heat

It's not anything that we like to do but working in the heat is part of being a letter carrier in Florida. It's important that we take care of ourselves and do what we can to prevent heat illnesses. First, know this... it's your responsibility, your body. If you need to take extra comfort stops to find water or shade, do it.

Know the different types of heat illnesses and their signs.

HEAT CRAMPS usually happen when workers perform hard physical labor in a hot environment; the muscle cramps are triggered by dehydration and electrolyte imbalance. Drinking water—or, in some instances, carbohydrate-electrolyte replacement liquids can help recover.

HEAT EXHAUSTION is the body's response to an excessive loss of water and salt, usually through excessive sweating. Symptoms include headache, nausea, vertigo, weakness, thirst, and giddiness.

Workers may experience **HEAT COLLAPSE** with loss of consciousness as blood pools in the extremities, leading to self-injury or injury to others. Heat exhaustion and heat collapse may progress to heat stroke in a matter of minutes if the worker-turned-patient isn't treated immediately. Workers suffering from heat exhaustion or heat collapse should be removed from the hot environment and given fluid replacement. They should not be left alone until they have either completely recovered or have been sent for medical evaluation.

HEAT STROKE is a medical emergency that occurs when the body's system of temperature regulation fails, and the individual's core body temperature rises to life-threatening levels. Signs and symptoms of heat stroke include confusion, irrational behavior, loss of consciousness, convulsions, and a high body temperature of 104 F. Heat stroke is an imminent, life-threatening emergency that is always associated with neurologic abnormalities, such as confusion, irrational actions, an unsteady gait, or loss of consciousness. Get the affected worker emergency medical attention immediately. Although heat stroke is usually associated with a lack of sweating and hot, dry skin, a significant percentage of individuals with heat stroke related to physical exertion have moist (sweaty) skin.. Also, high humidity conditions can prevent sweat from evaporating, so it can be difficult to determine whether someone has stopped sweating. A lack of sweating is not necessary to diagnose heat stroke. Heat stroke may occur in someone who is sweating profusely, particularly with physical exertion. Heat exhaustion can progress to heat stroke within minutes. No employee suspected of being ill from heat stroke should be sent home or left unattended, and emergency medical care must be obtained. Furthermore, certain risk factors can make some workers especially vulnerable to heat. Among these conditions are obesity, hypertension, diabetes, heart disease, viral infections, gastroenteritis, and the use of antihistamines, diuretics, and other medications.

To monitor the heat index when working outdoors OSHA has a great app that can be downloaded for both iPhones and Androids. Look for the OSHA-NIOSH Heat Safety Tool. Be smart. Drink lots of water when working in the heat. Be safe.

Legislative Report by Kevin Byrne, State Legislative Liaison, Letter Carrier Congressional Liaison CD-18

Below is an update on bills that the NALC has been working on.

On May 7th, Reps. Stephen Lynch (D-MA) and David McKinley (R-WV) reintroduced the Postal Service Financial Improvement Act of 2019 (H.R. 2553). This bill would strengthen the Postal Service's finances by raising the long-term rate of return on the assets of the Postal Service Retiree Health Benefits Fund, or put another way, it would allow the Fund to be invested properly and wisely, rather than restricting it to low-yielding Treasury bonds.

H.R. 2553 is identical to previous versions that were introduced in past years including the bipartisan H.R. 760 from the 115th Congress, which was marked up and advanced out of committee, but failed to progress any further.

The legislation is part of a series of other bills that contain the building blocks for successful postal reform. Included are H.Res. 23 (to preserve door to door delivery), H. Res. 33 and S.Res. 99 (opposing postal privatization), H.R. 2382 (to repeal the pre-funding mandate (2009 PAEA required the USPS to pre fund decades worth of health benefits for future retirees)), H. Res. 60,(restoring service standards to levels in effect as of July 1, 2012), and H.Res. 54 (preserving six day delivery.)

As of this writing our local congressman Brian Mast *has* signed on as a co-sponsor to all the above-mentioned bills except H.Res. 60 and H.R. 2553. I encourage anyone who can, to call his office in Washington, D.C. at (202) 225-3026 to thank him for supporting those that he has and ask for his support on H.Res. 60 and H.R. 2553. Please forward copies of any responses to me at Kevinjbyrne54@gmail.com.

UPCOMING EVENTS
July 2019

- July 4**NO South Retiree Breakfast**
- July 9.....North Retiree Breakfast
- July 10.....South Rap Session
- July 11.....North Rap Session (PSL)
- July 17.....Branch Meeting
- July 25.....Special meeting "CCA Issues"
- July 25.....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
August 2019

- August 1-4.....Florida State Training
- August 1.....South Retiree Breakfast
- August 08.....North Rap Session (PSL)
- August 13.....North Retiree Breakfast
- August 14South Rap Session (WPB)
- August 21.....Branch Meeting
- August 29.....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

RETIREE'S BREAKFAST

First Thursday of the month
Branch 1690 Hall
1840 Alice Ave
West Palm Beach
9:30AM

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 Retiree or member interested in meeting for coffee and breakfast
Hope to see you there!

“Mary Lou Jackman-William Corbeau”
Scholarship Application

(Please do not reduce the size of this application)

Name of Student: _____

Male/Female (circle one)

Address: (print legibly)

City, State , Zip: _____

Contact Phone Number: Cell _____ Home _____

NALC Branch Name/Number: _____

Branch Contact Phone Number: _____

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

To Qualify, the following requirements must be met: The Student must have graduated from an accredited high school or have a GED. The Student must be a dependent of a member or the spouse of a deceased member of he FSALC who has not remarried. 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)

Applications must be postmarked on or before July 1, 2019

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 75th Biennial Convention, August 1-3, 2019

(Please do not reduce the size of this application)

Return all applications to:

Joseph A. Henschen, FSALC Director of Education

C/O BBranch 1477

5369 Park Blvd.

Pinellas Park, Florida 33781

**RULES FOR THE DOYLE ADAIR/BEATRICE TRAPP
SCHOLARSHIP ASSISTANCE AWARD**

Section 1. There shall be a scholarship assistance fund in the amount of one thousand dollars (\$1,000). Applications shall be printed in the Treasure Coast Letter Carrier and the winner drawn at the July meeting.

Section 2. Applicants must be a son or daughter of a letter carrier in good standing in Branch 1690, National Association of Letter Carriers or the ward of a legal guardian of a letter carrier or deceased letter carrier. Each child must be a senior and graduating by June 30 with at least a "C" average in all subjects.

Section 3. The President shall appoint a committee of three (3) members, with no eligible child, to certify the member's standing in the Branch, the student's eligibility and grades. The President shall present a check made out to the parent and student after the committee certifies the student's enrollment in college or college type trade school.

(Please type or print)

Name of Student _____

Address _____

City & Zip _____

High School _____

Address _____

Date _____

Applicant's Signature _____

**LETTER CARRIER PARENT OR
LEGAL GUARDIAN CERTIFICATION**

This is to certify that ALL rules and regulations are understood and agreed to in the submission of this application of my child (ward).

Date _____

Signature of Letter Carrier or Guardian

NONPROFIT ORG.
US POSTAGE
PAID
WEST PALM BCH FL
PERMIT NO. 2751

ADDRESS SERVICE REQUESTED

***** SCH 5-DIGIT 34953

Kevin Byrne
256 SE TODD AVE
PORT ST LUCIE FL 34983-3137



\$\$\$\$\$\$50.00 Bounty Paid to any Member...

**...that convinces a Non UNION MEMBER to JOIN the
*National Association of Letters Carriers of Branch 1690.***

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

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.

**National Association of
Letter Carriers**

Merged Branch 1690

1840 Alice Ave.
West Palm Beach, FL 33406

Phone (561) 967-0240

Fax (561) 963-9181

E-mail us at
nalc1690@comcast.net

Website:nalc1690.com

ADDRESS SERVICE REQUESTED