



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



When Do You Join? The message can't be sent without youEspecially when it's

About YOU!! As a member of the NALC, there are several easy ways to give to the Letter Carrier Political Fund:

Payroll deduction: Contribute automatically, using Postal Ease (either online or by phone) to set up an allotment deduction from your USPS paycheck.

Direct bank withdrawal: You can authorize the fund to withdraw a monthly electronic contribution directly from your personal checking account

Annuity deduction: Retired letter carriers can elect to give monthly via an automatic deduction from your monthly annuity.

If you need help getting signed up, please contact NALC Headquarters for assistance or the Union Hall.

Treasure Coast Letter Carrier

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

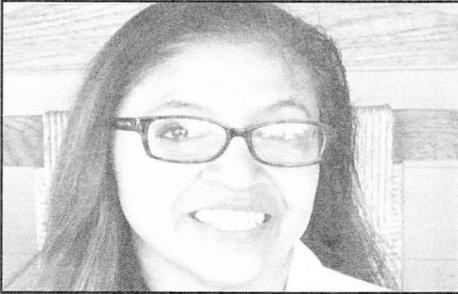
MBA Representative

John Sheridan

(772) 631-4137

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 - Shantrell Ferguson	(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>	-(outside steward)	(561) 832-0263
<u>Haverhill</u>	- Linda Soto - Michelle Turnball	(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 Coole	(561) 753-0449
<u>Riviera Beach</u>	- Delvin Ramos & April Armstrong	(561) 530-1982
<u>Wellington Annex</u>	- Earlie Brown	(561) 791-2659



In Your Corner...Veronica Flores Osborne
President Branch 1690

**The time is NOW...don't wait for
Someone else to do it!!**

The power of solidarity. It's powerful. For those who may remember when Letter Carriers decided to stick together to stop Collective "Begging" and fought for Collective "Bargaining". That's what solidarity was in the making.

In fact, the bargaining began for a new collective bargaining agreement (aka a new contract) on June 26, 2019.

I want to speak the language that will have you listen and convinced that your Personal world is about to be affected. I'm not crying wolf. The USPS is trying it's hardest to consolidate, reduce, and eliminate routes. While Congress is keeping a blind eye and not addressing the issues that will help to make this BUSINESS continue to exist for another two hundred years. Read the Legislative article. Join LCPF!

Locally, the disciplines are for attendance (being late is included) and Safety.

I don't understand when YOU get paid to be safe yet WE risk on a daily basis by not wearing our seatbelts, leaving the doors open

during intersections or lifting improperly. Be SAFE!

I've heard repeatedly, that Management is "rushing me". Management can say all they want but as Carriers it's your family, your future that YOU need to control your Safety. They care about numbers then discipline for "your error" not your family or future.

I hear about maintenance that should be written up on a 1767 hazard form then grieved. Or it should be brought to the Safety Captain or brought to add in an agenda at a Labor and Management meeting. If it's been around for YEARS then it's time for ALL to fight for better conditions at work. Not wait for someone else to do it.

Ten delegates went to the Florida Convention/Training in St. Petersburg. The delegates will be doing classes at the rap sessions and bringing back to the members the education.

Be SAFE; Don't let anyone tell you otherwise.

Veronica



Vice President's
Report
By
Larry Murdock



Recording /
Financial
Secretary
By
Patty Badini

**Medical Documentation
8 hours in a day**

We have been getting calls at the hall about carriers on 8 hours work restrictions. The following language is controlling:

M-01807: When craft employees provide medical documentation indicating they have a disability and cannot work more than 8 hours, or that they require other accommodations that may impact their daily ability to deliver the mail in an efficient manner, this can be challenging for a manager with limited resources who is trying to move the mail. However, the answer is neither to work disabled employees outside of their restrictions nor to discipline them for being unable to complete their route.

The applicable language JCAM 14-1:

Section:1 Responsibilities

It is the responsibility of management to provide safe working conditions in all present and future installations and to develop a safe working force. The Union will cooperate with assist management to live up to this responsibility

Section 2.Copperation

The employer and the union insist on the observance of safe rules and safe procedures by employees and insist on correction of unsafe conditions. "After reviewing this matter we mutually agreed that no national interpretive issue is fairly presented in this case, with the following understanding (from the Snow award in case

H1C-5K-C24191 An inability to work overtime does not necessarily prohibit an employee from performing their normal assignment. Knowledge is power

Larry

**Information on Members currently
in a no pay status needed.**

ATTENTION: SHOP STEWARDS!

I am in need of assistance regarding members that are in a No-pay status with the United States Postal Service.

As the Recording/Financial Secretary for the Branch, it is my responsibility to keep track of not only the names of Branch members, but if they are currently paying dues. When a carrier is in a No-pay Status, the Branch is no longer getting dues from that member. This can be for a variety of reasons. Sometimes a carrier is receiving pay through Workers Comp. or perhaps they are on active military leave. It could be from a disciplinary issue or even an off the job injury. It is important for the Branch to be aware as to why someone is in No-pay status. I'm asking that the shop stewards please contact me with the names of any members in this No-pay status.

I can be reached via email at **pattybadininalc1690@gmail.com** or via text at 772-528-5900.

I thank you for representing our fellow Brothers and Sisters every day.

I thank you in advance for your assistance with this matter.

Patty



Treasurer's Report By Starr Hunter

The unbearable hazards at the Station

Carriers before they even hit the clock, have a real safety concern (The unbearable heat at the station).

It is already hot outside but its hot inside too. The air condition at Palm Central only cools half the building. Many carriers have brought in personal fans to survive. Is this going be dealt with and fix this problem?

A productive workroom floor happens only when humane conditions exist for its employees. Orange toilet seats, restrooms not working, black dirt in all the vents. But standing in a sweltering room with no relief does not make for first rate productivity. Casing mail is a physical activity and in stifling heat it becomes more of a challenge .

When it rains we use garbage cans for leaks in the ceiling. So if the ultimate goal is to perform well, why would you build unnecessary obstacle for the employees? Excessive heat is not a new problem in this building. In the vehicles, maintenance repairs should be the upmost concerns to avoid inhumane working conditions

When the janitors are off there is never a replacement, garbage piles up, floors are dirty, paper towels and toilet paper in the stalls are not filled. Old broken equipment sits years in the break rooms. There are many things that make no sense in the way service managers handle or don't handle these situations and condition.

Why is there so much broken equipment that sits there for no use or repair. All we want in reality is a safe, working environment for the employees. Can supervisors and managers task the issues to protect the carriers. This is only one facility; How about the other stations?

Seek to speak with Your Safety Captain.

Note: Since the print of this newsletter the air conditioner is working and the Safety Captain Michelle Lapp has addressed the other issues at Palm Central. As well, issues are addressed at the monthly WPB Labor & management meeting when informed of conditions.

Caring for Postal Families

We wanted to let you know about an organization that **WE CREATED** back in 1987. There is no other organization with this name in the whole USA. This organization came together after a collection of \$8000 through a rummage sale to help two employees who had cancer at the WPB plant. If you are a employee of the Postal Service or have a immediate family member who needs your help at home and you have run out of leave contact CFPF.

Once you qualify you will receive a designated amount of money every 2 weeks to help you out. This money is tax free and only available to the employees in the 334,349,329 Zip codes.

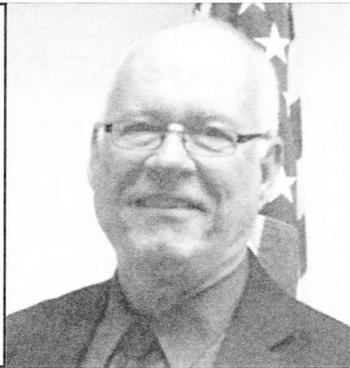
Caring for Postal Families is the only organization of its kind in the USA and you can make contributions through the CFC campaign. The reference code is #50811.

This office is run by postal employee volunteers in the zip codes listed above. Look for the organization in your CFC campaign.

The Board: Mike Clark, Raven Guest, Stacy Hill, Starr Hunter, and Tina Davis.

www.caringforpostalfamilies.org

Health Benefit
Report
By Kevin Byrne



Legislative Update
By Kevin Byrne
State Legislative
Liaison, FSALC

HEALTH ASSESSMENT PROGRAM

Many members may not take advantage of the Health Assessment program available by visiting the NALC HBP website. In order to do so you will need to register and verify your eligibility in the NALC plan. Once this is done the assessment consists of five topics. Medical History, Personal Information, Health Screenings, Lifestyle, and Life and Work. The assessment takes about 15 minutes to complete. In 2018, 2,467 members and dependents completed the health assessment.

In your medical history, you will list current and past medical conditions including headaches, allergies, chronic pain, asthma, etc. If you are unsure, check with your doctor. Your personal information includes things like weight, height, lifestyle, blood pressure, cholesterol, exercise status, and relationship status. The screening page will look at such things as your age, gender, family history and current risk factors. The lifestyle section address show you eat, alcohol consumption, smoking, medications, exercise patterns. Many of these daily habits affect your health. Finally, the life and work section address the performance of your job, stress levels, job attendance and sleep patterns. These factors all contribute to your overall health status.

Upon completion, you may select an award! These include membership in the CIGNA plus savings dental program, copay waiver in the network, or a wearable activity tracking device! You will get an overall wellness score in addition to tips on areas you need work on in order to maintain your health!

On a final note, the executive board has been reviewing the dues status of our membership to ensure that all members are up to date on their dues. **It is important to note that you must be up to date to be considered a member in good standing in order to be a member of the NALC Health Benefit Plan!** If you have any questions about your status contact the hall ASAP!

ALL YEE!! ALL YEE!!

The USPS Fairness Act (**H.R.2382**) is NALC's highest legislative priority in the current Congress. The bill would repeal the mandate that USPS pre-fund decades' worth of health benefits for its future retirees that was enacted by the Postal Accountability and Enhancement Act (PAEA) of 2006.

H.R.2382 would eliminate a mandate that has cost an average of \$5.4 billion annually since 2007 and accounts for 92 percent of the USPS reported losses over the last 12 years and 100 percent over the last six years. Absent this burden, which applies to no other federal agency or private company, USPS would have recorded a surplus of nearly \$4 Billion since 2013.

If enacted the USPS Fairness Act would significantly improve the financial situation at the Postal Service, allowing the agency to focus on much-needed improvements to its networks and infrastructure, such as fleet replacement, and develop ot improve products and services.

NALC urges all letter carriers to contract their U.S. House of Representatives member to urge him or her to co-sponsor the bill. As of this writing Rep. Brian Mast, who represents most of us in our branch **HAS** co-sponsored this bill! However Rep Lois Frankel (D-21) and Bill Posey (R-8) have not!

If you live in their districts, please call their offices and ask that they co-sponsor!

Lois Frankel

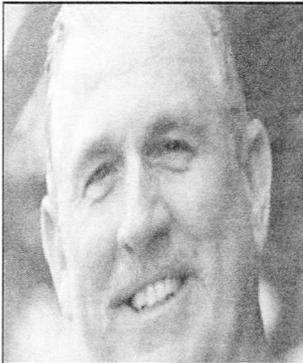
Washington Office 202- 225- 9890

Boca Raton Office 561-998- 9045

Bill Posey

Washington Office 202-225- 3671

Melbourne Office 321-632-1776



Change is Coming
By
Sergeant at Arms
Jim Osborne

CCA CORNER
By Da Vida Peele
Shop Steward
Palm Beach Gardens

Change is coming in a very big way. Management is now testing new sites through out the country in the hopes of condensing routes. Making room available for lease to anyone who wants to rent a portion of a postal facility. Reducing the number of vehicles needed to deliver the mail, packages, express...shall I go on.

How important is it to you. In my last article, I wrote about doing the job correctly. I did get a positive response from some of my coworkers. But I do wonder about the other letter carriers who don't keep up with the information that comes in the way of the union newspaper, The Postal Record, NALC.org, or our local branch website nalc1690.com. These sites have links with a mass of information.

At some point, I hope that all letter carriers (active and retired) realize the changes that affect each one.

Begin to get informed, get active within the union, come to the meetings and let us hear your voice.

How important is it to you? See you at the next meeting.

Jim

First of all, Congratulations to all newly converted CCAs and to those next in line...your name will be called soon.

Welcome to all the new CCAs that have been recently hired. In February 2019, I organized a special CCA meeting to help the newer and existing CCAs. Another meeting is in the works.

Just a few things for our newer CCAs look at your "check" on liteblue and make sure your hours and non scheduled days are correct.

- If you are new without a time card then make sure to check your time and keep copies.
- Fill out 3996 when you think you will be over 8 hours.
- On 3996, fill out the bottom if your doing a "piece" (auxiliary assistance to another route).
- All Certified, Express, COD, etc. needs to be delivered or at least attempted the day they come to your office and you sign for accountable.
- If you have any sign(s) of heat distress seek a shaded or cold location. Contact your supervisor, Steward, and 911 if needed.
- Any CCA can step up to become a steward. We need the future members to be involved. That's how I started and had support from the union.

A note to all carriers to remember cameras are installed at almost each house so serve your customers with professionalism and a smile.

I would like to personally thank every CCA for everything they do and being a part of the USPS and Branch 1690 NALC.

If you would like to give me feed back or have questions text at 754-204-6019 your name, office, and I'll get back to you. Or email Dds4life42@gmail.com

Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved. - Helen Keller

Da Vida

How to Cope with Stress

By

Dave Roddin

Tequesta Steward

Have you ever been in a stressful situation? You are not alone. Everybody has some stress in their lives. Stress does not discriminate. When you get stressed, it really takes a toll on the body. You may experience shortness of breath, a queasy feeling in your stomach. Elevated heart rate and feel like your world is spinning out of control.

Continued stress can cause very serious health problems such as high blood pressure, diabetes, heart disease, and even death. Yes, stress can kill you. The good news is that you can prevent unnecessary stress.

It's not going to happen overnight but if you practice certain techniques you may be able to cope better when you are in a stressful situation. The first thing you have to do is BREATHE. You may think, "Oh, great. I just have to breathe and my stress will go away." Well, you have to know HOW to breathe. I'm talking about deep breathing.

Deep breathing is one of the best ways to lower stress in your body. When you breathe deeply, it sends this message to your body. Breathing exercises are a good way to relax, reduce tension, and relieve stress.

I recommend you try the 4-7-8 breathing technique to reduce stress. First, breathe in quietly through the nose for 4 seconds. Hold the breathe for a count of 7 seconds and then exhale forcefully through the mouth pursing the

lips as if you were whistling for 8 seconds. You can repeat this cycle up to 4 times.

You probably don't want to go beyond 4 times because you may be so relaxed you'll be ready to fall asleep.

If you really want results, practice this technique. Don't be surprised with the results you didn't get with the work you didn't put in.

People do not need to have fragile egg shelled minds. Don't overthink things and don't worry. Worrying not only affects your body but the mind as well. It really is completely unnecessary to worry about anything. Many times we'll worry about things before they happen and it turns out to be completely different than we had worried about.

There was a recent study with men and woman over the age of 60 and they were asked what their biggest regret was in life? Most of the people wished they did not spend so much time worrying about things they had no control over. They dwelled over negative things unnecessarily, got migraine headaches, had bouts with depression and literally made themselves sick.

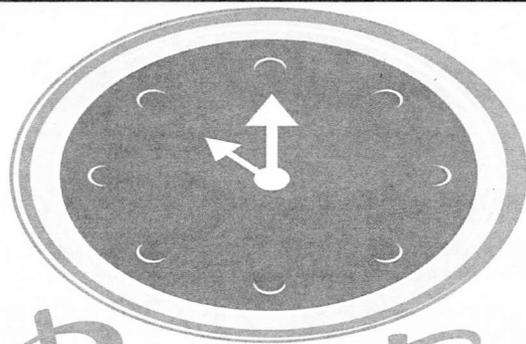
Life is precious and each second of the day should not be taken for granted. Be grateful for each day. That alone will start the day with less stress. Don't let others stress you out.

Seek help at the Employee Assistance program. Call 1-800-EAP-4YOU.

It's confidential. It's for all types of issues.

Life is a journey. Don't take life too seriously. If something is bothering you, tell someone. Don't hold grudges, have fun and BREATHE.

Dave



PicnicTime

Branch 1690 Annual Picnic
Carlin Park at Gumbo Limbo Pavilion
400 State Road A1A, Jupiter, FL
Sunday, October 13, 2019
12:00 p.m. - 4:30 p.m.

WANTED

Members who want to
have fun, sun and
solidarity get ready for
a great picnic!!

**ANY DONATIONS
FOR MDA
BASKET RAFFLE
ARE
APPRECIATED!!**

**SEEKING
VOLUNTEERS
TO HELP AT
RAFFLE TABLES**

**RSVP BY:
OCTOBER 4, 2019**

NALC 1690
1840 Alice Ave
West Palm Beach, FL 33406
NALC1690@comcast.net
Hall: 561-967-0240
Fax: 561-963-9181
MON- FRI
8:30-5:00

TICKETS:
RETIREEES: \$6.00 PURCHASE AT GATE
MEMBERS & IMMEDIATE FAMILY
CHILDREN 0-12 YRS FREE
PURCHASE ADVANCE TICKETS \$6.00
SEE STEWARD
GATE TICKET: \$12.00

Would you like to promote your business with your
own tent/table then contact us at:

(561) 967-0240.

**Join us in making
2019 Picnic it's VERY BEST!!!**

An Appreciation Dinner

We invite the Stewards, Alternate Stewards, the Volunteers, and the Wisdom of those Retirees of Branch 1690 and their guest for a Dinner on September 21, 2019 at the Hall.

Dinner serving will start at 5:30 p.m. and continue for the invites coming in after. Our appreciation is the least we can do since it takes All of us to be STRONG and build Branch 1690.

We ask for an RSVP by September 14, 2019 by calling the hall 561-967-0240.



Branch 1690 delegates to the Florida Convention at St. Petersburg

(L to R) First row: Jim Osborne, Nelson Urena, Veronica Flores Osborne, Starr Hunter,

Second Row: Larry Osborne, Jose Aquino, Ben Zimei, Delvin Ramos, Larry Murdock, and Trina Hamlin

UPCOMING EVENTS

September 2019

Sept. 2.....Labor Day
 Sept. 5..... **South Retiree Breakfast**
 Sept 10.....North Retiree Breakfast
 Sept 11.....South Rap Session
 Sept 12.....North Rap Session (PSL)
 Sept 18.....Branch Meeting
 Sept 21.....Appreciation Dinner
 Sept 26.....Okeechobee Retiree Breakfast

UPCOMING EVENTS

October 2019

Oct 3.....South Retiree Breakfast
 Oct 8.....North Retiree Breakfast
 Oct 9.....South Rap Session (WPB)
 Oct 10.....North Rap Session (PSL)
 Oct 13.....Branch Picnic
 Oct 14.....Columbus Day
 Oct 16.....Branch Meeting
 (Delegate Nomination)
 Oct 31.....Okeechobee Retiree Breakfast
 Oct 31.....Halloween

Address Corrections and Name Changes

Must be reported to the Branch union hall

ASAP 561-967-0240

OFFICIAL NOTIFICATION:

This will serve as notification to all Branch 1690 members for delegate nominations to the 72nd NALC National Convention in Honolulu, HI August 17-21, 2020 will be held at the regular branch meeting at 7:30pm on Wednesday October 16, 2019 at the Doyle Adair Union Hall of Branch 1690, 1840 Alice Avenue West Palm Beach.

The President and Vice President by virtue of their office are automatic delegates. Elections if required to be held in November 2019.

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

RETIRES 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!

NON-PROFIT ORG
US POSTAGE
PAID
WEST PALM BEACH FL
PERMIT # 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**

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**

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