



Treasure Coast Letter Carrier

NALC Branch 1690

Representing and Serving Letter Carriers in:

Dele Glade * Clewiston * Ft Pierce * Jensen Beach * Jupiter * Tequesta * Okeechobee * Pahokee
Palm Beach * Port St Lucie * Sebastian * Stuart * Vero Beach * West Palm Beach



September—October 2020



President's Report

Veronica

Flores Osborne

On June 15, 2020, the postal service appointed a new Postmaster General (PMG), Louis De Joy. With this new appointment, all collective bargaining, rules, and our public service will not change.

Elections are here, as is COVID 19 and the many challenges we face.

PMG De Joy implemented many changes to the way the Postal service does business, these changes have caused an uproar with elected officials and the public over the possible delay of mail and mail in ballots this election cycle. One has to wonder if not for COVID 19 or an election year, would there have been an uproar over these changes?

Many of the challenges that face us in the postal service come from the service itself. Many postmasters, managers, and supervisors are micromanaged to the point that service to our customer falls short. It is time PMG puts service back into U. S. Postal SERVICE.

We as an united union must hold on to all what we accomplished and achieved.

We as a union have many different views, some traditional, liberal, conservative and free spirited. Representing 25 offices in two different districts, (Suncoast and South Florida) is no easy task. We should advocate our position from our contract and our manuals. This only makes us stronger.

So What's next?

Let's start with active letter carriers, PLEASE read and learn the Handbook M-41; City Delivery Carriers Duties and Responsibilities. You can download the NALC app that will have the information at your fingertips. You can also sign on to the NALC podcast that has updated information. NALC has even made it possible where you set it up to hear the Postal Record read to you as you deliver.

The career of a Letter Carrier is not only about putting the mail in the box. A Letter Carrier is someone who breaks their back to make sure that the service is perform day in and day out. This is not an easy task. In fact, those who do not

perform the job see it as we perform it, with professionalism and for that it is misunderstood on the real issues a letter carrier has to deal with day to day basis. I encourage the active and retired letter carriers to speak and write to their representative both in the house and congress to ensure letter carriers are represented fairly and accurately. I also encourage every union member to Vote in their district this election cycle.

The PMG has temporarily suspended business changes to the USPS, but rest assure, they will be back.

Each day the carrier reports to work for a fair pay for a fair day's work. This is when you, as a carrier, must use the tools that are available to you, the 3996 is an important form that should be utilized by each carrier on almost a daily basis. Of course, unless your route is 8 hours. The 1571 is another good tool, it should be filled out if you are instructed to leave mail or bring back from the street instructed by a manager to be deliver for the next business day. The 3971 is also a very good form. This form is used for sick leave, annual leave or any other type of leave. This form should be signed received with a date from management. Do not just place it on the desk and expect for it to be signed and dated for you. It is YOUR responsibility to get a copy with a signature received and dated on the 3971.

If ever there was the time to CYOs (Cover your own self), it is now. This PMG is a businessman not a man who knows what this service does for the public. It is our diligent, resilience that fight for the service while being intimidated, bullied, or harass on the workroom floor. We need to stand together.

The upcoming months and years it is not going to be easy but through knowledge, patience, unification of carriers and the involvement with NALC then we shall overcome. Stand Strong.

COVID 19 is still here. We must be diligent by following the CDC guidelines and local compliance and not be complacent. The temporary "normal" is here and for now we should do our best of keeping our families and ourselves safe. If there are any questions regarding leave for the COVID 19, then please call the hall (561)967-0240 or go to nalc.org website for information.

The COVID 19 memorandums have been extended to September 25, 2020 and I expect it to be extended again.

The nation will have an election on November 3, 2020. VOTE!

The branch will have its election for officers and delegates this year. Please contact the hall if your address has change so you will receive a ballot. The ballots will be counted on December 6, 2020. Remember, VOTE! In Solidarity, Stay safe!

Treasure Coast Letter Carrier

NALC Branch 1690 Stewards

<u>Branch Officers</u>	<u>Belle Glade</u>	- James Vickers	(561) 996-2528
<u>Branch office phone number</u>	<u>Clewiston</u>	- Leonard Moore	(863) 983-9225
<u>561-967-0240</u>	<u>Fort Pierce Midway</u>	- Todd Bussard	(772) 489-9114
President		- Casey Lorange	
Veronica Flores Osborne	<u>Orange Ave</u>	- Mitchell Mullin	(772) 460-0835
Vice President	<u>Jensen Beach</u>	- Nick Ferris	(772) 405-9091
Larry Murdock	<u>Jupiter</u>	- Kevin Almario	(561) 401-4025
Financial/Recording		- Celeste Farrell	
Secretary	<u>Tequesta</u>	- Dave Roddin	(561) 741-7781
Patricia Badini	<u>Okeechobee</u>	- Roger Jones	(863) 763-7639
Treasurer	<u>Pahokee</u>	- Earl Ebanks	(561) 924-6298
Starr Hunter	<u>Port St. Lucie West</u>	- Brian Johnson	(772) 344 -5059
Health Benefits Rep.		- Mark George	
Kevin Byrne	<u>Port St. Lucie Midport</u>	- Richard Wilhelm	(772) 398-6706
Sergeant at Arms		- Monica Campbell	
Jim Osborne	<u>Sebastian</u>	- Carlos Quinones	(772) 589-4407
Trustees	<u>Stuart Main</u>	- Casey Coles	(772) 223-8782
Melanie Jasa	<u>Stuart Annex</u>	- Frank Graham	(772) 781-5188
James Vickers	<u>Vero Beach Main</u>	- Mike Perrotta	(772) 778-8320
Nancy Zlomaniec		- Jason Maldonado	
TCLC Editor	<u>Vero Downtown</u>	- Cheryl Cartwright	(772) 567-5502
Larry Murdock	<u>Vero Citrus</u>	- Tom Denault	(772) 562-4302
Food Drive Coordinators	<u>West Palm Beach</u>		
Starr Hunter, South	<u>City Place</u>	- Evon Adlam-Hudgins	(954) 446-5315
Jessica Castro	<u>Palm Beach</u>	- Charles McBride	(561) 832-8614
Melanie Jasa, North	<u>Haverhill</u>		(772) 208-7832
Mitch Mullin	<u>Palm Beach Gardens</u>	- Larry Osborne in lieu of Trina Hamlin, Shateka Jackson & Yvette Jones	(561) 694-6728
Legislative Liaison	<u>Palm Central</u>	- Jose Yanes & Henry Willen	(561) 689-8190
& Website Engineer	<u>Palms West</u>	- Don Won Cooley, Doug Lambe	(561) 753-0449
Kevin Byrne	<u>Riviera Beach</u>	- Delvin Ramos & April Armstrong	(561) 530-1982
Holding Corp. President	<u>Wellington Annex</u>	- Earlie Brown	(561) 791-2659
Karen Barker			
Director of Retirees			
Nancy Zlomaniec			
MBA Representative			
John Sheridan			

Treasure Coast Letter Carrier



Vice President
Report
By
Larry Murdock



By now most carriers have had stand-ups on the subject. Those stand-ups may be happening every day. You may have been talked to by your supervisor or manager about potential stationary events. You may have even had an investigative interview on one or have been threatened with discipline over them. Many carriers out there have been. The reality is, that postal management has been focusing in on "stationary events" since letter carriers have been monitored through the GPS in their scanner.

If a carrier has an excess of "stationary events" management is going to find out why. They do this by either asking the carrier about it, or going out on the street and observing the carrier. The difference now, that management isn't just looking for carriers spending an exorbitant amount of time in one location, they are looking for everything 5 minutes and up. Management thought is that some carriers are spending around 5 minutes per relay on the route when, in management opinion, most carriers should be spending about 30 seconds. Most letter carriers do exactly what they are supposed to do on the route every day whether you have a reload time of 30 seconds or 5 minutes.

There are plenty of reasons to spend more than 5 minutes in one location, parcels, spurs, letter-mail, flats, bathroom, wash hands. Letter carriers are required to be efficient, both while in the office and on the street. We are also governed by the adage of a fair day pay for a fair's wage. While we are out there delivering the mail, we should be working. This is a job. That is what we are being paid for. We shouldn't be on our phones or engaging in non work related activities, but, I am here to tell you there is no time standard for delivery on the street. You cannot be disciplined for doing the job the correct way. If you are working, then you can take the time you need to do your job. That's it, safe way follow the guidelines for the Covid 19.



ZOOM MEETING
For Information Only
Sept. 15th &
Sept. 22nd
For updates

**Email Branch at Nalc1690@comcast.net to
be invited.**

**Include your name, your office & your
email address.**

Please send information by Sept. 11, 2020.



Treasure Coast Letter Carrier



Recording / Financial

Secretary

Patricia Badini

NALC Letter Carriers' Donor Drive

I found it very difficult to write an article for this edition of the Treasure Coast Letter Carrier. Although I consider myself blessed to be gainfully employed during the outbreak of COVID 19, witnessing the struggles of those in my own community has had an impact on me. I believe it is called COVID Fatigue. I would imagine we are all experiencing some version of it in our own way. I decided to report on something we can do as letter carriers to help those suffering in our own community, the National Association of Letter Carriers' (NALC) Donor Drive.



Each May, the National Association of Letter Carriers Food Drive helps fill the local food bank shelves for the summer months when children do not have access to the free lunch programs available at school. This is an event that my own family participates in every year. Due to the COVID 19 Pandemic, the 2020 Food Drive was cancelled. As a result, the NALC has created the 2020 Stamp Out Hunger Donor Drive.

Not only is it unfortunate that the Food Drive was cancelled, but due to the pandemic, the need for assistance from food banks is greater than ever. So many families are suffering from devastating economic losses in addition to the fears of the pandemic or actual illness from it.

By going to nalc.org/food you can find a food bank to make a monetary donation in your area. This site will give direct links to the local food banks participating. As always, you can make food donations in person directly to the food bank of your choice in your area.

While we remain on the front line as essential workers, perhaps giving now to those in need will help ease some of that COVID Fatigue.



Treasurer's

Report

By

Starr

Hunter

Boom Boom Zoom! Got your Password?

The new normal kids doing their lessons and adults doing their sessions, all on-line. No uniforms required. We've done the bylaw meeting, executive board meetings, employee meetings, union meeting. The trustees have met and went over our books of checks and balances with receipts. We still have the CCA Academy. That's where I've been the past month. Training new employees in the carrier craft. Super important and necessary for new employees and wouldn't hurt for a crash course for senior carriers also.

We all get so routine mistakes happen. We still need to "read the mail" which means look at the address not the package. Outgoing mail is not UBBM. Standard marketing mail is not CFS and there are the same numbers on different streets. Vacant means vacant and Holds do have a redelivery date.

Signatures required are not being required at these times. We need to treat Political Mail with respect. Ballots are priority. So yes we "essential" in these times and blessed to be able to have a paycheck. It doesn't hurt in these times to reach out to others you see the customers everyday their needs and trials.

The food drive pantry's are taking donations of money and goods please reach out to the ones we use Palm beach Food Bank, The United Way, House of Hope and Mustard Seed. Let the public know the letters carriers "CARE". I hope you have a blessed and safe August. Hurricane Shutters will come out I'm sure. Stay masked and sanitized be well Be Blessed



Sergeant at Arms

Report By

Jim Osborne



Who is going to FILL them Shoes?!

I'm getting really anxious as I am approaching the end of my postal career as a letter carrier. It's not for one second regarding what am I going to do in retirement, far from that. It's more about, what is going to become of the USPS in the years to come? What will it look like? Who will work there? How well will it work and who will care about it?!

I started my career January 5, 1985 and my mother, Sarah A. "Aggie" Osborne (FYI one of the first female letter carrier in the nation) worked in South Florida so I had some knowledge of how things went at the Post office.

In a few months working in the USPS, I saw the threats, intimidations, prejudice, discriminations, and knew of the physical violence. Make no mistake, heard the stories from my mom but then I knew firsthand how things happened at the post office. I did not like it so I became an NALC shop steward.

I have had more than my fair share of experiences with bullies. When I started working at the USPS, I realized if I wasn't part of the decision process then I would have to accept whatever flow was being forced by those bullies. I said to myself, "Hell No!" I'm going to do something. I took every opportunity to learn as much of all functions of the Postal service as I could. Meanwhile, I went to the training classes, read manuals, and drained the knowledge from NALC officers from the local, state, and National level. As of today, do I know it all? "Hell No!" What I did not know I found out and did something about it.

In all these years, I have been in the USPS and NALC, I really can't count how many times I been called a trouble maker. Supervisors telling me, "you just have to do what I tell you". My response, "wait! As a NALC union member there is a binding contract with the USPS!" Oh, yes I'm going to do what you tell me to do Mr. Supervisor but then I'm filing the grievance, EEO, unfair labor practice, or talk to the appropriate government officials to resolve any situations. It has never been easy, never simple, and definitely never quick but most importantly to know it was worth every time!

In this article, I'm striving to urge every person working for the USPS to get involve, stand up for yourself and for those around you, don't be oppressed, intimidated, or bullied. Just like every movement, and currently in this great country, it will take us all to save the USPS- our Job- your career or your rights. I pay homage to all senior carriers of the USPS who paved the road to make my career better. I take an excerpt from a NALC book called "Carriers in a Common Cause", 125th anniversary edition, page 27. In 1907 a carrier wrote this eloquent statement to the Postal Record:

"These old comrades of ours who have stood shoulder to shoulder with us for years in our struggle for better conditions are now scarcely able to endure the hardships and exactions of the service...and their only hope is that they may have strength to struggle along for a few more years until the association (NALC) succeeds in doing something for them. Hundreds are in that condition now and thousands will soon be and even you, the reader of this, if you are a letter carrier and live long enough, will be in exactly the same condition, for this Pension legislation that we seek is not primarily and solely for the benefit of the old men of today; it is for the old men of the future - you and I as well".

Remember, this not a job... this is your career, make it strong, make it yours, make it right and you too will get old with a future.

Director of Retiree's Report By

Nancy Zlomaniec

The day after you retire you look into the mirror and ask yourself "what now"? This is a question that many retirees find themselves considering after that first week of freedom.

Let's consider the life expectancy after retirement. The 65 year old retiree will have a 20 years life span. There's a 1 in 20 chance of living 30 more years or 1 in 4 chance of 10 years or less. This will give you an idea on life expectancy depending on your health background.

Transitioning into retirement can be more of an emotional state than people realize. There are 4 stages - Anticipation, Liberation, Reorientation and Reconciliation.

Anticipation - planning for a post retirement career. There are many worries and doubts at this stage. This is the most unexpected event in your life that you have been striving for your entire adulthood.

Liberation - Beginning of Retirement - Honeymoon - this stage could last a day or a year. You are excited, relieved and liberated from the daily responsibilities of work and structure of daily life. This euphoria state will quickly end.

Reorientation - the third and toughest stage. Here is where a lot of retirees make lists of "to do" things around the house, work on their golf swing or travel. All of this will only take a few years to accomplish and the retiree is still left with 25 years of nothing to do with their time. The retiree ends up watching TV, in fact many retirees watch TV 43.5 hrs per week. They replace TV for the time they used to spend at work. This stage is crucial for the retiree to recreate themselves. You have to build a structured day like the one you had when you were working but with different activities. Failure to do so will lead you to fall into rut and depression. You need to find friends, volunteer to work at charity or find a part-time job.

Reconciliation - the final stage occurs about 16 years after your retirement. Now the retiree accepts how his retirement has evolved. The retiree will begin to dwell on the last phase of their life.

The biggest misconception of retirement is that it will be perfect without any planning or preparation. It can be a great event for some individuals but not without some discussion of preparation and planning with their family and spouse. This is just as much an emotional transition as monetary one.

There is another transition about to occur in a few months in our Branch and that is the election for positions on the Executive Board.



Health Benefit Report By Kevin Byrne

We are all experiencing the disruption of our daily routines due to the COVID-19 pandemic. I found the following information at redcross.org. * In addition, don't forget that EAP assistance is available if you need it.



The challenges of dealing with the virus, on top of the general uncertainty around this pandemic, can create feelings of stress, fear, and nervousness. These feelings are normal, and people typically bounce back after difficult times. Children and teens may respond more strongly to the stress and anxiety caused by COVID-19 and become frightened that they or their loved ones will get sick. Take time to talk calmly and reassure children about what is happening in a way that they can understand.

Coping Tips:

People's reactions appear in different ways, not only in the way someone feels, but in the way they think and what they think about — their sleeping habits, how they go about daily living and the way they interact and get along with others. Here are a few steps to help people cope:

Connect with loved ones through video calls, phone calls, texts, or social media. Stay informed with accurate, reliable information from trusted sources. Avoid social media accounts and news outlets that promote fear or rumors. Take care of yourself and monitor the physical health needs of your loved ones. Eat healthy, drink plenty of water and get enough rest.

Unless you are showing signs of illness or have tested positive for COVID-19, going outside to exercise and walk pets is okay. But do not forget to practice social distancing by keeping at least 6 feet away from others and wearing a cloth face covering when in public.

Be patient with yourself and others. It is common to have any number of temporary stress reactions, such as fear, anger, frustration, and anxiety. Hold an image in your mind of the best possible outcome. Make a list of your personal strengths and use these to help both yourself and others stay emotionally strong. Relax your body often by doing things that work for you - take deep breaths, stretch, or meditate, or engage in activities you enjoy. If you are religious or spiritual, follow practices at home that provide you with comfort and emotional strength.



American
Red Cross

*"Coping With Stress During COVID-19." Red Cross, www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/coronavirus-safety/coping-with-stress-during-covid-19.html.

Legislative Report, by Kevin Byrne
State Legislative Liaison, FSALC



As the COVID-19 crisis continues, the USPS falls deeper and deeper into a hole caused by lost revenue.

The first stimulus bill, the CARES Act, passed a few months ago, provided no relief for the USPS other than an extension of our borrowing limits, with strings attached. The HEROES Act, passed by the United States House of Representative on May 15, 2020, would have provided necessary funds if passed by the Senate. However, the Senate, just last week released their own version of the next round of relief, and once again the USPS is left out. In addition, there were many other provisions of the newest Senate bill that did not adequately address the needs of working families. Hopefully, by the time this newsletter is published, the legislative parties involved will come to their senses and pass a meaningful relief package, that addresses the needs of the millions of people that are hurting.

Treasure Coast Letter Carrier



Leadership During Covid-19

By

Larry Osborne

I have had the honor and privilege to serve my fellow NALC workers as a shop steward for the last seven years. Seven years of challenges and triumphs at the Postal Service have helped define who I am-but no training could have prepared me to represent 1,400 postal workers and retired workers during a global pandemic.

In these times, members are ready to mobilize and they are looking for guidance from their leaders-which often means their shop steward. In typical times I would turn to more senior stewards and officers for advice. Now we're all learning together in real time.

Since the pandemic began, many leaders-at least the good ones-have been adjusting their tactics to act in the best interest of their membership. It has made me revisit the core beliefs of leadership and the responsibilities of a shop steward. Here are some of the lessons I've learned so far or get their feedback, like nightly zoom chats or livestream Q&A's. This can lead to conversations that build solidarity and show members that the USPS management is responsible for workplace safety. Our responsibility is to hold postal management accountable.

ORGANIZE AND ENGAGE

At a time when organizing has become even more important, I've had to find unique ways to educate and engage members. I've used digital actions, virtual meetings, and group texts, and social media for members to reach out to with issues specifically related to COVID-19.

Laws and benefits that working families have needed for decades-paid leave, affordable healthcare and housing-are becoming normal topics for our rank and file to discuss. (Please check out all the new MOU's that are available to us on our National Website NALC.org)

Locals across the country are developing ways to bring members closer to the contract

LEARN AS YOU GO

Information about the virus and how workplaces should respond seems to be updated by the hour. This has presented a challenge to all shop stewards, no matter how long they have been on the front line. My years as a steward have taught me that the more accurate information you share with the members, the stronger your workplace can become.

Many work places are adjusting policies, and many unions are going to the bargaining table to fight for workers' safety and economic security. Shop stewards are responsible for learning this new information and how to apply it, and informing the workroom floor. I've spent hours checking and double-checking new laws and memorandums of understanding between our union and the postal service, while trying to guide members through the new processes.



You as a USPS employee have a great opportunity to become a millionaire if you choose too. Investing in the Thrift Savings Plan is the easiest place to invest your money. Every paycheck you should be investing at least the minimum matching amount of 5%. Over the years when ever we received a increase in our pay, I increased my contribution to TSP until I reached 30%. This strategy has returned an incredible amount of wealth to me. During this recent pandemic my value in TSP plummeted by a whopping \$250,000!!!! But most as since recovered. That loss was a little less then all the grievance settlements I collected when I was the steward at Riviera Beach. The lesson to be learned here is that no matter how bad it make look don't panic, keep investing. In fact, this is the best time to maximize your contributions. Buy low, sell high! If you have any questions please contact me. In Riviera I have helped a handful of carriers to start investing. Its been fun for all of us!

Yours in Brotherhood

Jeffrey Wagner

Treasure Coast Letter Carrier

OFFICIAL NOTIFICATION

In accordance to the Article 5 of the NALC Constitution and Article XIII of Branch 1690 bylaws, this is an official notice to all NALC Branch 1690 members that nominations will be accepted **Wednesday, October 21, 2020** at the regular branch meeting, 7:30 p.m., at the Doyle Adair Union Hall 1840 Alice Ave., West Palm Beach, FL., 33406. Nominations for branch officers will be for a three (3) year term (January 1, 2021 – December 31, 2023) for the following: President, Vice President, Recording/Financial Secretary, Treasurer, Health Benefit Representative, Sergeant at Arms, three **Trustees**, and 2021 Florida State Association delegates.

All candidates should be present at the October 21, 2020 meeting to accept nominations or signify in writing their willingness to accept, if elected. Upon nomination every nominee must certify in writing that they have not served or applied to be a supervisor 24 months prior to being nominated.

There will be a secret mail out ballot to each member's last known address that is in good standing. All ballots must be returned no later than 11:59 p.m. December 5, 2020 at the **mailing address** on the return envelope. All ballots will be counted on the first Sunday, December 6, 2020 at 9:00 a.m. at the Doyle Adair Union Hall.

In the event we are unable to have a regular branch meeting on Wednesday, October 21, 2020 due to COVID 19 and be able to hold the meeting within the CDC guidelines, the contingency plan will be as follows:

All self-nomination or nomination for the selected branch officer position for 2021-2023 will be in writing including that he/she has not served or applied to be supervisor for 24 months prior to being nominated. Each member may submit nomination for a nominee but the acceptance from the nominee must be included in writing with the above information and submitted in the same envelope.

No person shall accept nomination for more than one office.

2021 Florida State Association delegates should also be in writing of their self-nomination to be a delegate. The President and Vice President of Branch 1690, by virtue of his/her office shall be an automatic delegate to all State and National conventions, and/or assemblies, including the option of attending the State AFL-CIO convention.

ALL nominations should be mailed with delivery confirmation, post marked no later than October 21, 2020 and mailed to:

NALC Branch 1690

Attention: Recording/Financial Secretary

P.O. Box 19766

West Palm Beach, FL., 33416

In
*Loving
Memory*
of

We give our sympathy to
those who have lost loved
ones.

Garry Ellis passed away on
August 10, 2020.



Frank Ramsey receiving scholarship check on behalf of his daughter from Branch President Veronica Flores Osborne

Signed, Sealed, Delivered

By Julie McCormick Third Vice President

Amidst this COVID-19 Pandemic, and during these unprecedented times as letter carriers, I decided to write a not so serious article. Hopefully, to bring the membership some joy. I am sure there is not one person on the face of this planet who hates music. Everyone loves some genre of music, whether it may be the most sinister black metal to classical, opera, jazz, whatever it might be. So, with that being said, here are some songs, which reference mail in one way or another.

As the title of this article implies Stevie Wonder's mega hit "Signed, Sealed, Delivered (I'm Yours)" was released in June of 1970 as a single and spent six weeks at the number one spot on the US R&B charts. There is no definitive story behind the premise of this hit song. However, the inference in the title "Signed, Sealed, Delivered" alludes to a man sending a letter to a girl asking for her to take him back.



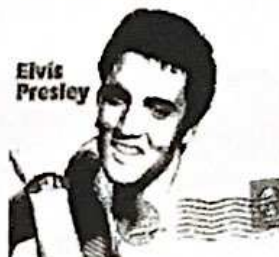
Some of you may be surprised to learn the song "Please Mr. Postman" is not an original song by The Beatles. In fact, it was originally written and performed by the all women group, The Marvelettes, released August 21, 1961. This song was the first Motown single to reach number 1 on the Billboard Top 100 pop singles chart. The song is about a woman waiting for a letter from her boyfriend who is "so far away". This song has been covered by many artists ranging from The Beatles in 1963 to the Carpenters in 1975.

Elvis Presley's 1962 hit single "Return to Sender" depicts Elvis writing a letter to his lady due to having a disagreement. He gave the letter to the postman and "he put it in his sack" and "bright and early next morning, be brought my letter back". Turns out she was not interested in Elvis' letter and wrote "return to sender, address unknown, no such

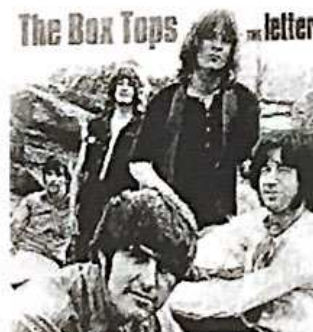


number, no such zone". The song is quite catchy and all us letter carriers can attest to delivering a letter which has the "Return to Sender" endorsement on it. Seems like the postman is stuck being the messenger in the lover's quarrel depicted in this song.

Return To Sender



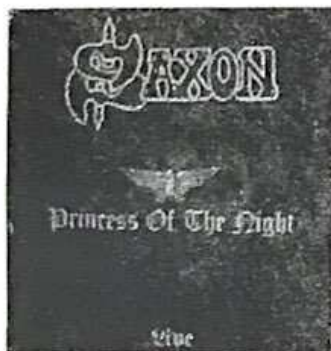
The Box Tops hit song "The Letter" was released in August of 1967 off of their 7-inch single. Which also included the song "Happy Times". "The Letter" was arguably the bands most popular song ever released, taking the number one spot on both the US and Canadian Billboard Charts. This song is considered in the top 500 songs which shaped rock n roll according to the Rock and Roll Hall of Fame. The song references a couple, with the boyfriend being away from the girlfriend. While he was away, "My baby, just wrote me a letter" which said, "she couldn't live without me no more". He must have felt the same way because he is willing to do anything to get back to his lady, exclaiming, "I don't care how much money I gotta spend. Got to get back to my baby again".



Care of Cell 44 is a single released by the band, The Zombies, from their 1968 album *Odessey and Oracle*. The song tells a story of a person writing to their partner in prison, while they are waiting for their release, with lyrics like "I just can't wait for you to come home to me again" and "Counting down the days until they set you free again". Although some may assume writing to a loved one in prison would be a heart-wrenching circumstance, the song is very upbeat and happy.

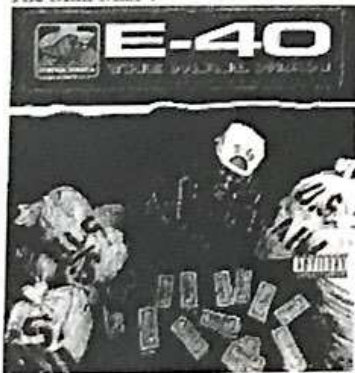
Treasure Coast Letter Carrier

British heavy metal band Saxon featured an opening track off of their 1981 album *Denim and Leather*, a song called "Princess of the Night" which references a train called the LMS Princess Royal Class which "used to bring the mail to me through the ice and snow". Saxon is an amazing heavy metal band, if you are a fan of Judas Priest, King Diamond, Iron Maiden and you are a letter carrier, this song is for you!



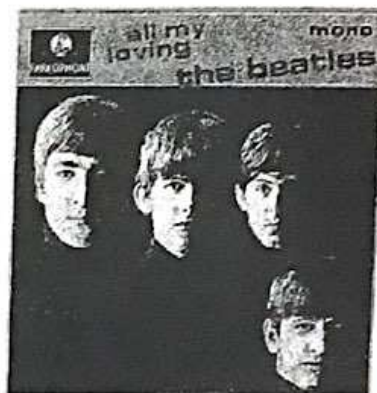
The band Weezer, who is famous for songs like "Island in the Sun" and "Say it Ain't So" wrote the song called "Across the Sea" off of their 1996 album *Pinkerton*. The song was inspired by the lead singer, Rivers Cuomo, receiving a fan letter from Japan while he was in college at Harvard. In which, a girl wrote to him asking several questions about his everyday life. The song includes a lot of these questions in the lyrics. This song is widely considered by fans of Weezer, the best overall song ever written by the band.

Vallejo's own rapper E-40's 1993 album was entitled *The Mail Man* with the title track "The Mail Man". It is a little unclear about E40's relationship with his mailman in this song. However, those of you who are Vallejo carriers and may deliver to him, maybe you can ask E40 about his references to "The Mail Man" and why he named a whole album after "The Mail Man".



Tupac Shakur (2Pac), considered to be one of the most influential rappers of all time, wrote a song called "Letter to the President", alongside The Outlawz, off of the album *Still I Rise* in 1999. The song is an open letter from 2Pac to the President at the time, Bill Clinton, outlining his frustrations and the shortcomings of the US Government.

Last but not least, it is no surprise due to The Beatles ENORMOUS catalogue of songs, that they too have their own original song about the mail. *All My Loving*, off of The Beatles second UK Album *With the Beatles*, released in 1963, was written by Paul McCartney while The Beatles were on tour in 1963 with Roy Orbison. This is the first song McCartney states where he wrote the words first. The song exclaims in the chorus "I'll write home every day and I'll send all my loving to you."



Other notable mentions of "mail" themed songs; The Velvet Underground – *Send No Letter*, Taj Mahal – *Going to the Country*, *Paint my Mailbox Blue*, The Who – *Postcard*, Elton John – *Postcards from Richard Nixon*, James Taylor – *Letter in the Mail*, Brad Paisley – *Letter to Me*, ELO – *Letter from Spain*.

For your listening pleasure, I have included the link to a Spotify music playlist I created. So if you are interested in listening to these songs and more, all you have to do is follow this link

<https://open.spotify.com/playlist/6EF9CXqm07ZPLWAbGzCbo1?si=jUk8hAsBRJmGNV8COKH-Fg>

I think one thing is for certain and it became glaringly obvious while writing this article. The Postal Service, sending, receiving, writing letters, receiving mail and postal carriers are engrained in our culture. What better way to show how important the Postal Service is than to have it memorialized through music? Some of the biggest musicians of the 20th and 21st centuries have written beautiful music about mail. It is in our blood, it is rooted in our subconscious, it transcends throughout our society and continues to do so.

Treasure Coast Letter Carrier

Please visit our website or call the Union Hall to verify
we will be having a meeting or a breakfast before coming.

UPCOMING EVENTS September 2020

September 3 South Retiree Breakfast
September 8 North Retiree Breakfast
September 15 South Retiree Breakfast
September 15 North Rap Session (PSL)
September 16 Branch Meeting (WPB)
September 16 Okeechobee Retiree Breakfast
September 24 Okeechobee retiree Breakfast



Questions on Breakfast

Call the hall or

Lalo for Okeechobee @ 863-634-1096

UPCOMING EVENTS October 2020

October 1 South Retiree Breakfast
October 8 North Rap Session (PSL)
October 13 North Retiree Breakfast
October 13 South Retiree Breakfast
October 13 North Rap Session (Hall)
October 13 Branch Meeting (WPB)
October 29 Okeechobee Retiree Breakfast

Address Corrections and Name Changes

Must be reported to the

Branch union hall

ASAP 561-967-0240



Last Punch Bunch



Terry Parsons
Tequesta



Cindy Watson
40 yrs



Victor Vivirito
Stuart

Welcome New Members

Thank you Jason Maldonado
for referring 2 new
members to the Branch.

Daniel Walker
David LaBranche
Chaquita Johnson
Clarence Mers
Katlynn Pleasant
Shauna Grant
Simone Guillaume
Michael Migliore
Tyra Parker
Gregory Pierre

SHOP STEWARD

PROUD TO BE A
UNION
SHOP STEWARD

The role and responsibilities of a union
steward is defending the rights and
interests of his fellow employees.

A union steward is a mediator, negotiator,
guide, friend, educator, activist and a
communicator.

Make the Call!

Heloisa Aguiar, LMHC
EAP Clinician

1-800-EAP-4YOU
(1-800-327-4908)
TTY: 1-877-492-7341

www.EAP4YOU.com

3200 Summit Blvd, Room 123
PO Box 163862
West Palm Beach, FL 33416-3562
954-527-6981 tel
HAGuiar@MagellanHealth.com

RETIREES BREAKFAST

First Thursday of the Month
Branch 690 Hall
1840 NW 1st Ave
West Palm Beach
9

Last Thursday of the Month
Landing Strip Café
2000 NW 1st Ave
Okeechobee

Second Tuesday of the Month
Denny's Restaurant
10 Kings Hwy
Jupiter

Cancelled Until Further Notice

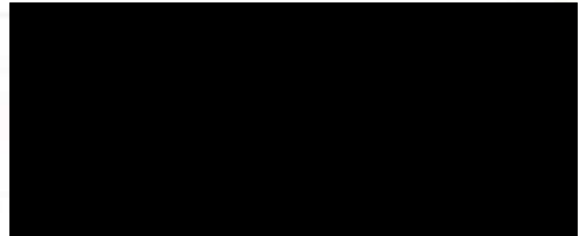
Any Branch that is unable to host a retiree breakfast will be notified by email and phone.

Treasure Coast Letter Carrier

NALC Branch 1690
1840 Alice Avenue
West Palm Beach, FL 33406

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

ADDRESS SERVICE REQUESTED



\$\$\$\$\$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.

Meeting

**Branch meetings are held
the 3rd Wednesday of the
month at the UNION HALL.**

Please visit www.nalc1690.com for updates.

(Excluding December)

**Union Hall at 1840 Alice Avenue is
available for rent.**

Parties, Showers, Graduations.

Contact the Holding Corp. at

(561) 967-0240 or

Karen Barker @ (561) 603-4782

This is a Members only Benefit



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

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 one month prior to publication deadline for consideration. Deadline for submissions is the 1st of the month prior. The editor reserves the right to edit all articles submitted and determine what will be printed for the good of the Branch.