

Treasure Coast Letter Carrier

NALC Branch 1690

Representing and Serving Letter Carriers in:

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



March— April, 2021

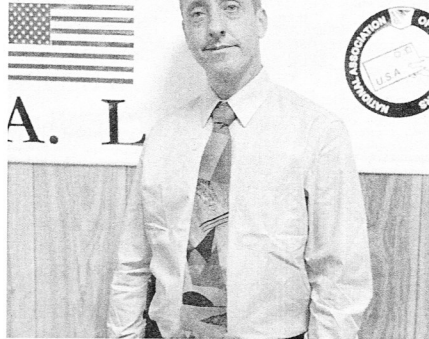
Florida Derby

The biggest race day of the year in South Florida, the Florida Derby is a showcase of the world's best horses and jockeys, who all are competing for the coveted title of Florida Derby Winner on their road to the Triple Crown.

Our newly elected officers are off to the races! We have been showcasing our skills in the grievance procedure and showing management that we are winning the triple crown! We have been successful so far in winning Article 8 grievances, (for forcing carriers not on ODL) winning Article 16 grievances, (discipline) winning Article 41 grievances for not properly posting opts and winning not paying carriers properly through COP. Management is trying to challenge us by denying our appointed Formal A representatives and we will win that fight also! In West Palm Beach Installation, I have appointed Trina Hamlin to help in offices that do not have stewards. She is also doing Formal A's for those offices.

Our new TEAM is functioning very well so far. We have all committed to move away from the past and focus on what we all can do to improve the future of Branch 1690. Every member deserves consistent and trustworthy leadership.

ach Gardens • Jensen Beach • S
ill • Tequesta • Sebastian • Vero



President

Jeffrey Wagner

Our TEAM is going to move this branch forward.

This is only the first leg of the Triple Crown and we need patience from all the members as we continue this transition to the future of our branch. Our jockeys (stewards) are in place and excited to learn more. Our secretaries Terri and Danielle are keeping the stable organized. They keep up all grievance files and make sure to

keep us on schedule for all events. Sometimes they even remind me to pack my feed for lunch just in case we get a little behind in the race of the day.

We have visited most of the stations and I could not be happier with the overwhelming support we have received. It is overly exciting to meet all the carriers in our branch. Each one of you have something to offer. Whether it is volunteering for a committee, attending meetings or just your kind words as we pass thru your stables. We are all in the same race and we should treat each other like family. We will all finish the race someday and it is a

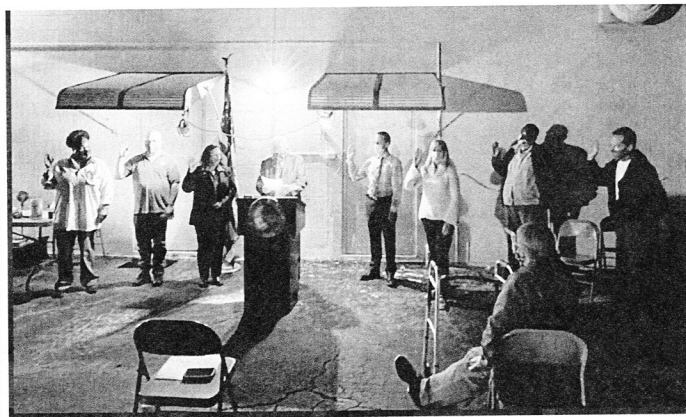
good feeling when we cross that finish line. So, keep your shoes on the track, stay out of the mud and get that crown!



Patty Badini
Vice President



Recently there have been issues with carriers pay when they call in sick. Management has been putting carriers in for Leave With Out Pay instead of the sick leave that they requested. Individual grievances need to be filed for each incident. Be sure to request all 3971's and print out the instance of the LWOP from the Virtual Timecard for the days in question. The Virtual Timecard can be found in Lite Blue.



Unfortunately, We are limited on time and must return the key for the venue by 9PM. As a result, we will now have to start the meeting at 7:15 PM.

I would like to thank all the Shop Stewards for stepping up to support their fellow members. We were able to schedule a Shop Steward Training class via Webex on Friday, February 12, 2021 for the new Shop Stewards. This training was conducted by the NALC Region 9, Reginal Administrative Assistant, Don Lyerly. Don conducted a great class, and we appreciate his assistance.

In closing I would like to send my sincere appreciation to Danielle Hernandez. Without her valuable assistance this publication would not have been possible.

January 20th we were able to have our first in person Branch Meeting since February of 2020. It was held outside in the back parking lot where we were able to maintain social distance and all who attended wore a mask. We had a ceremonial installation for all the officers during the meeting. I send a special thank you to Emeritus President Mel Rexroth for conducting the installation ceremony. It was so kind of him to come out and support all the new officers. I am also thankful to all the members that attended this successful meeting.

A motion was passed at the February Branch Meeting to have our future monthly Branch meetings in Jupiter. Thankfully, this larger venue will allow us to have these meetings indoors for as long as the pandemic is still with us.

Dog Bite Awareness

Any dog that is loose may be lost, frightened, or hurt and more likely to bite.

Even dogs that are usually friendly may bite if they are scared or hurt.

- Do not approach or feed strange dogs.
- Do not disturb a dog that is sleeping, eating, or caring for puppies.
- If a strange dog approaches you, stay calm.
- Do not run from a dog and scream—be “still like a tree.”
- Avoid direct eye contact with a dog.
- If you fall or are knocked to the ground by a dog, curl into a ball with your hands over your head and neck. Protect your face. Try to stay still and don't scream.

Attention NALC Branch 1690 Members:

**Due to the COVID-19 Pandemic the Following
Changes have been implemented.**

Until further notice, all members wishing to come to the Hall must make an appointment. This is for the protection of the office staff and the membership. We thank you for your understanding.

Meetings:

Rap Session

Until further notice:

There will be one Rap Session via Zoom Meeting on the second Wednesday of each month at 7:30pm. Please be sure to contact the hall with your email address and ask to be added to the invite list.

Branch Meeting

Until further notice:

Please note the change in time and location.

The Branch Meeting will be held the third Wednesday of each month at the Jupiter Old Town Hall Located at 1000 Town Hall Avenue, Jupiter at 7:15pm.

Social distancing will be maintained and masks will be required to enter the building.

Retiree Breakfast has been cancelled until further notice.

Financial/Recording Secretary

Gennaro "Jerry" Mascolo

Return to Competent Leadership...

Branch 1690 elections are over and a new Executive Board was sworn in on January 1, 2021 (as is the norm in our Branch). Our new Branch President, Jeff Wagner, has promised the members strong, competent, and transparent leadership. While all members of the Executive Board didn't necessarily support Jeff during the election, all members of the Executive Board have rallied around our new president for the betterment of the members. True to his word, he has delivered on those basic principles so far. Even our Regular Branch meetings have become more civil, transparent, and much shorter.

As for me, I am grateful to all Members that supported my candidacy for Branch Financial/Recording Secretary, which allows me to continue to serve the Union that I've dedicated the better part of my life to; NALC. I'll also take this opportunity to thank all of the Candidates for Branch Office that weren't successful, as well as all of the Members that voted for them, because without them our Union's democracy fails.

All Members of our New Executive Board have taken considerable time and effort to get up to speed after our elections and the nearly one-year Union meeting black out, due in large part to the COVID pandemic that has raged throughout the country. I'm sure that I'm not alone in prayer for all those that have been adversely affected by the pandemic, especially those that have passed on.

As for my efforts getting up to speed after a nearly two year absence, I've been able to spend as much time as needed, as I'm a Retiree. I'm thankful for the fact that our previous Financial/Recording Secretary, Patty Badini, is competent and organized that has kept accessible records, which has made my job that much easier.

In re-familiarizing myself with Branch records, I couldn't help but notice that the last two years were among the worst years for our Branch's financial performance. Our Branch ended the past two years in deficits. Our new Executive Board, led by our new Branch President Jeff Wagner, has already begun to take actions to "right the ship" and bring our Branch back to fiscal responsibility.

I look forward to the months and years ahead serving our Branch. I hope that my considerable experience and expertise can be helpful to our Executive Board, our Members, and our Union.



\$50.00 Bounty

Paid to any Member

that convinces a Non UNION MEMBER

to JOIN the NALC Branch 1690.

Make the Call!

USPS Employee Assistance Program

1-800-327-4968

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

**Health Benefits
Nancy Zlomaniac**

**Treasurer
Starr Hunter**



INJURY ON THE JOB

Carriers get hurt everyday at work but are unaware of what they are required to do depending on their injury. The newer carriers have the fear of being fired or reprisal for filing a claim. It is always better to file claim when it involves serious injuries. Majority of injuries for carriers fall under traumatic category and require a Form CA-1. Normally these forms were obtained from your Supervisors and had to be completed in 30 days but now they available online on ECOMP. The urgency for completing the CA-1 is to ensure it reaches OWCP for approval and the carrier receives continuation of pay if need be. You will be responsible for ensuring all medical evidence is submitted to the OWCP. This includes the detail description of your job. The doctor's notes of your injury and detailed list of do's and don'ts you will be allowed to do at work.

In most traumatic injuries, carriers should ask for a CA-16 (Authorization for Examination and/or Treatment) and be given one within 4 hours from your Supervisor. CA-16s must be approved by an authorizing Supervisor and be completed by the doctor and then sent to OWCP for processing. It should be noted that Post Office no longer has any control in deciding the outcome of the claim.

One point the Supervisor never seems mention to carriers is that they have the right to see their own doctor if they want opposed to the Post Office appointed doctor. Beware some doctors are not too keen on OWCP cases, so you may be rejected at first by some.

Recently OWCP has made it easier to file a claim by going online with ECOMP web portal. This portal gives carriers the opportunity to file their claim and then follow up by tracking it through the process. They can also, upload other documents to add to their case. It is important to have all the facts of your case in time sequence order and stress it was in the performance of job. You need to state how the injury will affect your job moving forward.

Since the OWCP replaced the Post Office in handling of Employee Injury claims on the job, there has been a fairer procedure put in place opposed to the prejudging by Management. Now the right forms CA-1, CA-16, and CA-7 have to be submitted as soon as possible with all doctor's medical documents and Supervisors documents. This helps ensure the carrier has continuation of pay for first 60 days of the injury. Always keep your Union representative updated of your status. They may have knowledge of other sources for assistance.

I'm back! And know that there is power in a united team.

As your treasurer I am going over all our finances from past year and looking into changing our banks and services to another institution. You may see new checks in the future there will be two signatures required for all withdraws reimbursements and payments.

What a great team we have as your newly elected board. Branch 1690 is fully committed to your support and getting back to the respect and reputation we deserve. We will be having several executive meetings forming committees (bylaws) (policies) (events) etc. and my agenda is the budget for 2021. I hope to prepare every month an updated report to any member to review our expenses and income for that month.

COVID took a toll on our communications and updates. I am hoping we can get back to our meetings at another location. January went well at the hall but we cannot rely on weather conditions. Thank you to Mel Rexroth for the installation, and Mr. Badini for all the lights and wiring outside and set up. If we cannot continue to presently meet in person, we have the newsletter, zoom meetings and NALC bulletin boards and our website. Shop Stewards look at your bulletin boards are they clean and updated for our new year.

I have not been updated on the food drive for 2021 but as per Postal record we have entered our branch to participate.

The training in Orlando in August has not been canceled yet so all delegates put in for that time.

I am very excited to be a part of this Postal family for 37 years and hopefully five more before retirement. As you know, I Moved and took on a new route. It has been a journey with lots of bumps and rides, but through it all it has been a blessing to work for our service and this branch 1690 as a member and a leader. Many of you know or have talked to our secretary at the hall Terri Dyben, let her know we appreciate her she has worked for our branch for many years and through many presidents at the hall and through this COVID.

Let us keep encouraging our new CCA's. Attitude is a big step in succeeding and coming to work on time in this business. With our contracts keeping carriers on focus we are so fortunate to be a part of a union.

In closing, all shop stewards we appreciate you!!



Sergeant at Arms

Barbara Raphael

Happy New Year to all, and what a great year this is going to be. 2021 is going to be a year for prosperity, bigger and better ideas, better

representation, and more commitment from a dedicated leader. Let me start by thanking everyone that attended and voiced their opinions, ideas, and feedback during the meeting held back on January 20th. The meeting was very productive and successful and as an added bonus, I got a chance to meet some new faces. Welcome aboard to those carriers that are joining our team to help make our Branch become an effective and better contributor to the U.S. Post Office. We are not here for us, instead we are here for the millions of people that we serve on a daily basis. Once again, Thank you.

"Unity" will be our main focus this year. In order for our branch to run smoothly, "We" must remain united at all times. This includes but nothing less than: 1) Caring for one another - we are all professionals and are here for the same common purpose, 2) Effective Communication - any and all personal & professional issues require effective communication. Please govern yourselves accordingly.

In the eyes of management, we are aware that there is room for improvement, but guess what, that's life, no one person is exempt from that rule including management. Several things are for certain, but one thing is for sure, none of us are perfect. Well, how do we apply these rules to our professional lives? We start by meeting the needs of supply and demand and making sure that our fellow carriers can lean on one another to complete the tasks at hand.

Even though we are 2 entities, to the American public and our competitors we are still seen as one. So let's try to incorporate positive energy with a high spirited level of willingness to help each other into our jobs and show everyone that it really is not a "Job" to do our job.

Who knows, allowing people to see how hard we work and still be able to display our likeness on the outside, it just may inspire others to strive for the same level of excellence.

In closing, Branch 1690 is our home away from home. As we have transitioned from one administration to another, I would like to share one of my favorite quotes from an individual by the name of Kushandwizdom, " If you carry old bricks from your past relationship to your new one, you will end up building the same house that fell apart ." Let our past endeavors become a new and bigger stepping stone to our future accomplishments. Together we can achieve anything and "Try" our very best to fail at nothing. Everyone, let's continue to attend our meetings, they are very important, let's continue to keep each other uplifted and empowered, let's continue to practice proper safety by sanitizing, washing your hands, and wiping down your vehicles daily.

I am looking forward to seeing you all at the next meeting. Continue to bring your feedback and ideas, bring your best self, and bring your all. Happy Birthday and Anniversary to all of our February and March members. I am a strong believer in you all and I know without a doubt that if we start out right, we will always end up right.



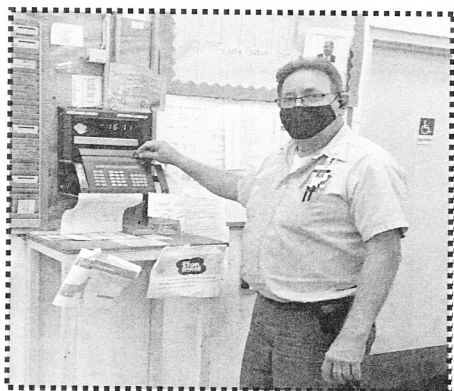
"I'm taking a survey. Do you prefer to be growled or barked at?"

Welcome New Members

James Boules
Melanie Howard
Camiel Grant
Antonio Leroux
Omar Mais
Laron Wallace
Lasharna Brooks

Revange Shilourdes
Latrina Salter
Matthew Clasby
Christopher Gamez
Harrison Denson
Daniel Nadzam

Lana Shields
Warknel Frazil
Leonard James
Reginald Bush
Damian Escalera
Michael Vaccaro
Stan Ioan



Last Punch for Ron Senger who worked in our Stuart Post Office.

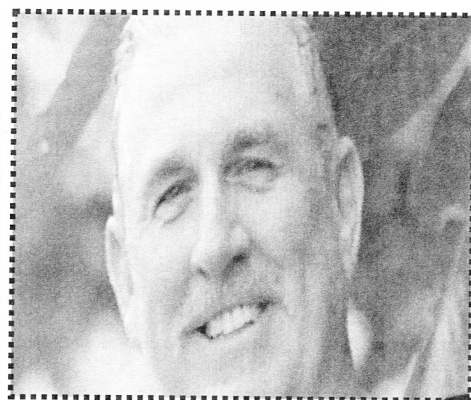
40 years, way to go!
Enjoy retirement Ron!



Aimee Sweringer
Retired from Wellington

Adriana Lacorte
Retired from PSL Midport

Enjoy retirement Aimee & Adriana!



Jim Osborne has recently retired from our Orange Avenue Post Office.

Jim is a longtime active member with Branch 1690. He has served as a Shop Steward and Sargent at Arms.

Enjoy retirement Jim!

Michael Johnson who is a carrier out of our Belle Glade office, recently lost his Grandmother, His Brother and his Sister In-law.

Jeffrey Metcalf, who is a carrier out of our City Place office recently lost both his mother and father.



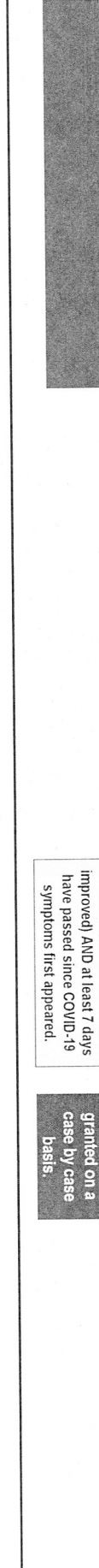
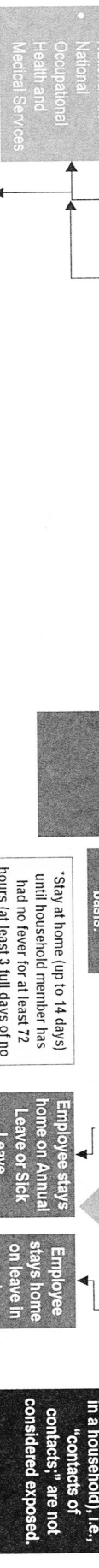
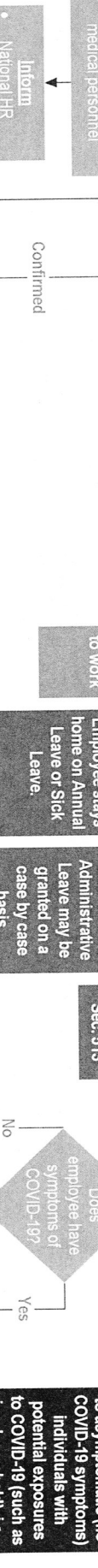
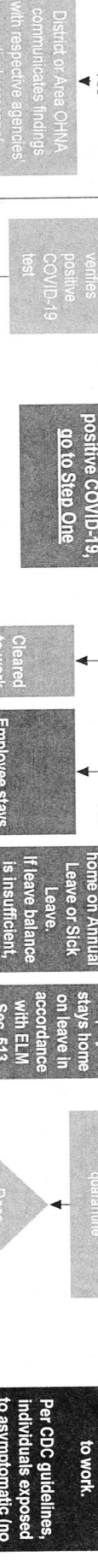
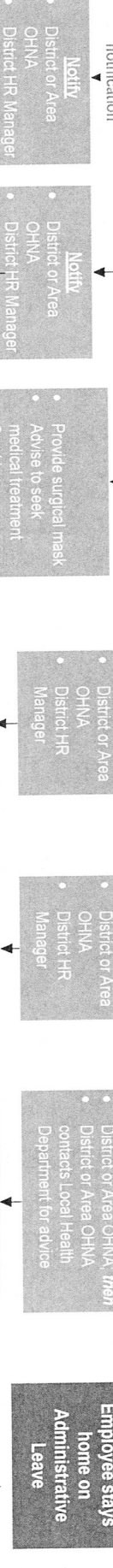
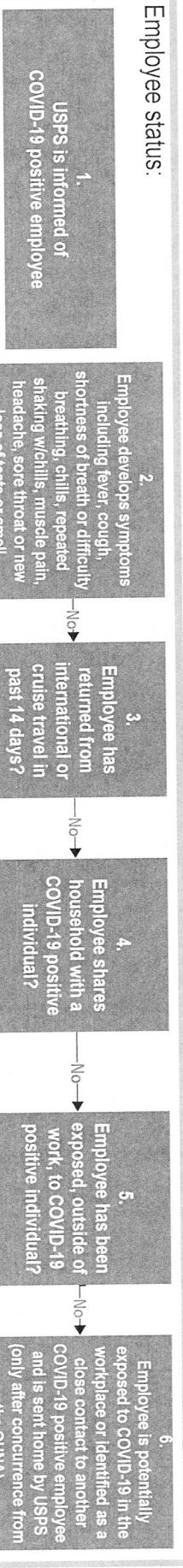
The Mother In-Law of Melanie Jasa recently passed away. Melanie is a Carrier at our Okeechobee office.

The father of James Vickers recently passed away. James is the Steward of our Belle Glade office.

COVID-19 – Decision Tree January 21, 2021

Employee information is protected by Privacy Act laws and as such must be restricted to only those identified in this document.

Employee status:



An employee who has been exposed to an individual who was exposed to a COVID-19 positive individual is cleared to work.

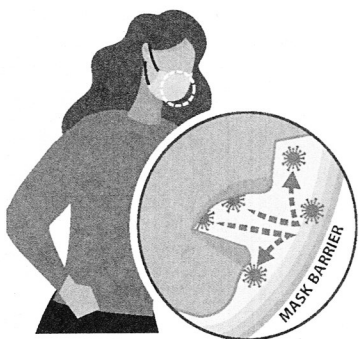
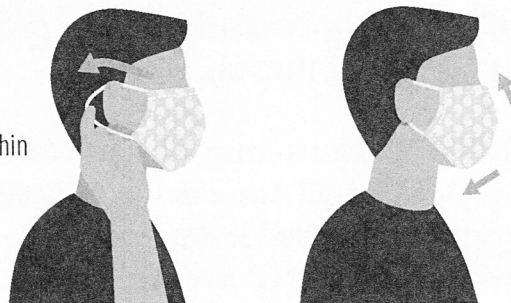
Per CDC guidelines, individuals exposed to asymptomatic (no COVID-19 symptoms) individuals with potential exposures to COVID-19 (such as in a household), i.e., "contacts of contacts", are not considered exposed.

How to Safely Wear and Take Off a Mask

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR MASK CORRECTLY

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2

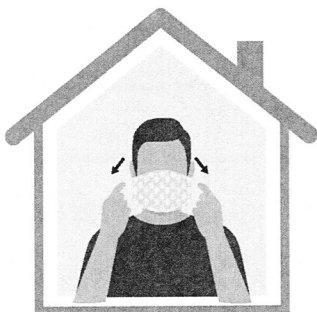
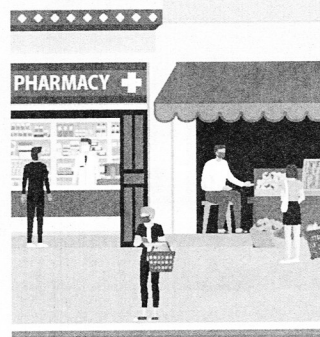


USE A MASK TO HELP PROTECT OTHERS

- Wear a mask over your nose and mouth to help prevent getting and spreading COVID-19
- Wear a mask in public settings when around people who don't live in your household, especially when indoors and when it may be difficult for you to stay six feet apart from people who don't live with you
- Don't put the mask around your neck or up on your forehead
- Don't touch the mask, and, if you do, wash your hands or use hand sanitizer

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Avoid crowds and places with poor ventilation
- Wash your hands often



TAKE OFF YOUR MASK CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine
- Wash your hands with soap and water



CS 316488 12/21/2020

Personal masks are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a mask, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

**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 _____

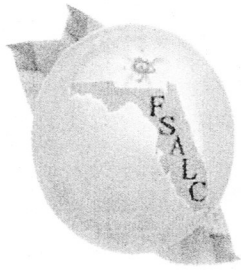
Applicant's Signature _____

**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



**“Mary Lou Jackman - William Corbeau”
2021 Florida State Association of
Letter Carriers Scholarship Application**

Al Friedman, President

****PLEASE DO NOT REDUCE THE SIZE OF THIS APPLICATION, AND PRINT LEGIBLY****

Name of Student: _____

Male

Female

(You must select only ONE box. If more than one child is eligible, please use a separate/additional forms.)

Address: _____

City _____ State _____ Zip _____

NALC Branch Name/Number: _____

Branch Contact Phone Number: _____

NALC Branch Member's Name: _____

By signing below, I certify the above named member of the FSALC is in good standing. _____

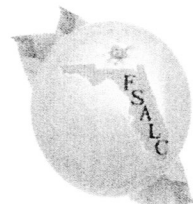
To qualify, the following requirements must be met:

- 1) The student must have graduated from an accredited High School or have a GED.
- 2) The Student must be a dependent of a member or the spouse of a deceased member of the FSALC who has not remarried.
- 3) Applicant must enroll as a full-time student in an accredited college or university and submit proof of enrollment to receive the funds if awarded. Winners will be notified by mail. **DO NOT SUBMIT PROOF OF ENROLLMENT AT THIS TIME.**
- 4) **Applications must be postmarked on or by July 15, 2021.** Entries received with a postmark after July 15, 2021 will not be open or returned.

This scholarship award is based on a random drawing, not on academic records or qualifications. There will be a total of four (4) scholarships awarded - two for female applicants and two for male applicants - each in the amount of \$2000.00. This drawing will be held during the 2021 FSALC Convention August 12 - 14, 2021, in Orlando, Florida.



RETURN ALL APPLICATIONS TO:
FSALC Director of Education, John W. Mitchell
C/O Branch 1779 NALC
2434 Golfview Street
Lakeland, FL 33801





Thrift Savings Plan Webinars

Learn from work, home, or on-the-go!

March 2021 FREE WEBINARS

Join the TSP Training and Liaison Specialists from the Federal Retirement Thrift Investment Board for engaging presentations on the TSP topics that matter most to you.

Ideal for all federal employees, uniform service members, agency/service representatives, military financial educators, and anyone else who is interested in learning about the TSP. All times listed are Eastern Standard Time.

Introduction to TSP (1-Hr)
March 9 - 10:00 am
March 26 - 10:00 am

TSP Contributions (1-Hr)
March 17 - 1:00 pm

TSP Investment Funds (1-Hr)
March 16 - 1:00 pm
March 31 - 1:00 pm

TSP Early to Mid-Career (2.5-Hr Course)
March 9 - 1:00 pm
March 23 - 9:00 am
March 31 - 9:00 am

TSP Loans (1-Hr)
March 18 - 10:00 am

TSP In-Service Withdrawals (1-Hr)
March 23 - 1:00 pm

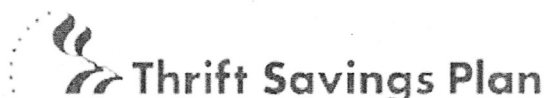
TSP Pre-Separation (2.5-Hr Course)
March 16 - 9:00 am
March 18 - 1:00 pm
March 25 - 9:00 am

TSP Post-Service Withdrawals (1-Hr)
March 8 - 1:00 pm
March 24 - 1:00 pm

TSP Death Benefits (1-Hr)
March 15 - 1:00 pm
March 25 - 1:00 pm

TSP to Retirement & Beyond (Part I & II) (1.5-Hr)
March 30 - 10:30 am and 1:00 pm

TSP A to Z (4-Hr Course)
March 17 - 8:00 am
March 24 - 8:00 am



To register: tsp.gov/webinars
Registration Password: TSPweb
View recorded sessions on YouTube: TSP4gov



Thrift Savings Plan Webinars

Learn from work, home, or on-the-go!

April 2021 FREE WEBINARS

Join the TSP Training and Liaison Specialists from the Federal Retirement Thrift Investment Board for engaging presentations on the TSP topics that matter most to you.

Ideal for all federal employees, uniform service members, agency/service representatives, military financial educators, and anyone else who is interested in learning about the TSP. All times listed are Eastern Standard Time.

Introduction to TSP (1-Hr)
April 1 - 10:00 am & 1:00 pm

TSP Contributions (1-Hr)
April 6 - 10:00 am & 1:00 pm
April 9 - 10:00 am
April 14 - 1:00 pm
April 29 - 10:00 am

TSP Investment Funds (1-Hr)
April 5 - 1:00 pm
April 8 - 10:00 am & 1:00 pm
April 15 - 1:00 pm
April 21 - 10:00 am & 1:00 pm
April 22 - 8:00 pm
April 27 - 10:00 am & 1:00 pm

TSP Early to Mid-Career (2.5-Hr Course)
April 14 - 9:00 am

TSP Loans (1-Hr)
April 20 - 10:00 am

TSP Pre-Separation (2.5-Hr Course)
April 15 - 9:00 am

TSP Post-Service Withdrawals (1-Hr)
April 7 - 8:00 am
April 22 - 10:00 am & 1:00 pm

TSP Death Benefits (1-Hr)
April 13 - 10:00 am & 1:00 pm

TSP to Retirement & Beyond (Part I & II) (1.5-Hr)
April 28 - 10:30 am and 1:00 pm

TSP A to Z (4-Hr Course)
April 24 - 9:00 am

TSP In-Service Withdrawals (1-Hr)
April 20 - 1:00 pm



To register: tsp.gov/webinars
Registration Password: TSPweb
View recorded sessions on YouTube: TSP4gov

Supporting Our Military Veterans

Give reservists and their family members the support they need. Remind them that life will return to normal more quickly if they are willing to reach out to and support one another.

- Be available
- Ask how you can help
- Listen
- Share what you know about helpful resources
- Use the EAP for assistance



USPS
Employee
Assistance
Program

CALL US TODAY: 800-327-4968
800-EAP-4YOU | TTY: 877-492-7341
WWW.EAP4YOU.COM

Scholarships available for Florida colleges

The Costas G. Lemonopoulos scholarship Trust, established by the late West Coast Florida Branch 1477 member Costas G. Lemonopoulos, will award scholarships to children of NALC members attending public, four year colleges or universities supported by the state of Florida, including St. Petersburg College (no private colleges, universities, or junior colleges).

For an explanation of the rules governing the awards and instructions on how your son or daughter can compete, fill out and send the form to the right by June 1 to the Costas G Lemonopoulos Scholarship Trust, NALC 100 Indiana Ave. NW, Washington, DC 20001-2144

Lemonopoulos Scholarship Application (Please Print Clearly)

Date _____

Check if renewal

Please send details on how I can compete for a scholarship award.

I am the Son / Daughter of an active / retired / deceased letter carrier

(Name)

Of Branch No. _____ City _____ State _____

My name is _____

My home address is _____

City _____ State _____ Zip _____

Signature of NALC parent member
(or spouse of deceased)

Signature of branch officer

NALC parent's Social Security No.

Title

Date

Treasure Coast Letter Carrier

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Branch office phone number

561-967-0240

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NALC Branch 1690
1840 Alice Avenue
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