



# 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

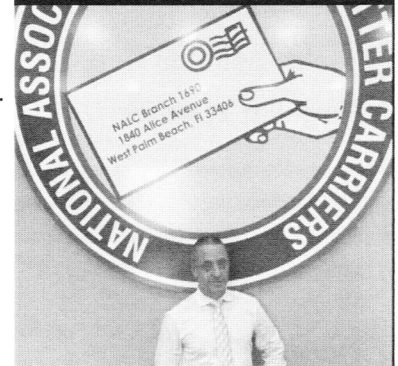


March / April 2022

## Is Your Paycheck Wrong?

President

Jeffrey Wagner



Do you ever feel like manglement is shorting you hours? Do you ever feel like the amount you got paid is not correct? Do you ever feel like manglement does not care? Your feelings are correct! Manglement has been caught deliberately deleting City Carrier times! They have also not been paying all PTF's converted since 5-8-2021 the correct amounts of premium pay! They also, in West Palm Beach, have shorted every CCA since 2017, 2 hours for 6 holidays per year!

The most important thing you can do as a Letter Carrier is to keep track of your hours you work every day. We have had several grievances where management has gone in and deleted carriers clock rings. This is criminal! Especially watch if you start in one office and are sent to another. We have caught them deleting the original start time. The NALC has a work hour tracker on the app that might be useful to you.

Amazingly, the Union Hall has only received one phone call from a PTF that asked me to check his hours because he thought he was being paid wrong. He was! After I investigated this, it was discovered that EVERY PTF nationwide is being paid wrong! The base rate for PTF Step AA is correct, but overtime, penalty, Sunday premium and nighttime differential are all incorrect, resulting in you being paid less than you should be. Rest assured, this is being handled at the National level and an adjustment will be done in the near future. Additionally, those converted to full-time on 12-4-2021 already know they got shorted holiday pay and denied the right to bid. We will take care of that as well.

Back in 2017 when our contract was resolved CCA's were awarded 8 hours holiday pay for 6 holidays per

year in installations of 200-man years or more. West Palm Beach is one installation in our Branch that meets that criterion. When I was the Steward in Riviera Beach in 2017, CCA's were only paid for 6

hours. Grievances were filed by me to get them paid along with escalating it to National to get resolved. The National Business agent got voted out of office and it got left by the wayside for all these years. No CCA reported to anyone that it was not fixed. We recently discovered that CCA's were still only being paid 6 hours and filed another grievance. We are in the process of getting approximately 325 CCA's since 2017 a pay adjustment. What a massive undertaking!

Please learn your rights, mangement is always going to try and short us what we are entitled to. Another example is uniform allowances. Please contact us if you have not received your allowance. Speaking of uniforms, exciting news! The new dry fit polo shirts are going to be available April 1<sup>st</sup> and the new Cargo shorts July 1<sup>st</sup>. Be sure to order your uniforms well in advance of your fund's expiration date because of Covid, supplies are low. They can only charge your card at delivery of merchandise, so if shirts are out of supply, you may lose your allowance.

The March Union meeting will be held at OUR Hall at 1840 Alice Ave. This is the Grand Re-Opening of the Hall and we will have NBA Lynne Pendleton as our guest. So please come out to the meeting and learn.

# Treasure Coast Letter Carrier

## Branch Officers

## NALC Branch 1690 Stewards

### Branch Office Phone Number

561-967-0240

<b>President</b>	Jeffrey Wagner
<b>Vice President</b>	Patricia Badini
<b>Rec./ Fin. Secretary</b>	Mitch Mullin
<b>Treasurer</b>	Starr Hunter
<b>Health Benefits Rep.</b>	Kevin Byrne
<b>Sergeant at Arms</b>	Barbara Raphael
<b>Trustees</b>	Frank Graham Jason Maldonado Casey L'Orange
<b>TCLC Editor</b>	Patricia Badini
<b>Food Drive Coordinators</b>	Starr Hunter Mitch Mullin
<b>Legislative Liaison</b>	Kevin Byrne
<b>Webmaster</b>	Kevin Byrne
<b>Holding Corp.</b>	Karen Barker Patricia Badini Barbara Raphael Starr Hunter Casey L'Orange Jason Maldonado Frank Graham TaTanisha Shipp
<b>Director of Retirees</b>	Nancy Zlomanic

<b>Belle Glade</b>	James Vickers
<b>Clewiston</b>	Patricia Badini
<b>Fort Pierce Midway</b>	Todd Bussard Casey L'Orange
<b>Orange Ave</b>	Grant Smith
<b>Jensen Beach</b>	Joshua Gosney
<b>Jupiter</b>	Stacie Reckley Coleman Curry
<b>Tequesta</b>	David Roddin
<b>Okeechobee</b>	Kalani Karratti
<b>Pahokee</b>	Vacant
<b>Palm Beach</b>	Adrian Wasersztrom
<b>PSL West</b>	Brian Johnson Scott Bussler
<b>PSL Midport</b>	Roy Solomon Katie Tassinari
<b>Sebastian</b>	Carlos Quinones
<b>Stuart Main</b>	Casey Coles
<b>Stuart Annex</b>	Frank Graham
<b>Vero Beach Main</b>	Jason Maldonado
<b>Vero Downtown</b>	Jason Maldonado
<b>Vero Citrus</b>	Jason Maldonado

### West Palm Beach

<b>City Place</b>	Tiffany Parker Callwood
<b>Haverhill</b>	Barbara Raphael
<b>Palm Beach Gardens</b>	Trina Hamlin Davida Peele
<b>Palm Central</b>	Aimee Rivera Jose Yanes
<b>Palms West</b>	DonWon Cooley Doug Lambe
<b>Riviera Beach</b>	Delvin Ramos April Armstrong
<b>Wellington Annex</b>	Barbara Raphael

**National Association of Letter Carriers Branch 1690**

1840 Alice Ave.

West Palm Beach, FL 33406

Phone (561) 967-0240

Fax (561) 963-9181

E-mail: [nalc1690@comcast.net](mailto:nalc1690@comcast.net)

Website: [nalc1690.com](http://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. Articles must be submitted electronically with proper punctuation. Any submissions requiring substantial editing will be rejected. The editor reserves the right to edit all articles submitted and determine what will be printed for the good of the Branch.

## Letter Carriers Mutual Benefit Association

The Letter Carriers Mutual Benefit Association (MBA) was created two years after the National Association of Letter Carriers (NALC) was created in 1889. We often forget that the MBA offers insurance and savings plans to NALC members. This helps carriers financially in the case of illness or death.

Because the MBA is a not-for-profit organization, all the money it receives goes towards serving its members. It can offer lower premiums with dividends higher than private insurance companies. The MBA offers multiple programs to meet the different needs of Letter Carriers. It has three options for Whole Life Insurance Plans, two options for Term Life Insurance, a 5 Year Renewable and Convertible Term Life Policy and an Independent Single Premium Whole Life Policy.

The MBA also offers a Hospital Plus Program which pays you cash benefits that start on first day that you are hospitalized. It allows you to cover your spouse and children as well. The benefits of this program pay you in full regardless of any other health insurance you may have. All members and their eligible dependent's that apply can be covered regardless of the members' age.

The Retirement Savings Plans include a plan designed to supplement a member's pension and one for family members. There is also a City Carrier Assistant (CCA) Retirement Savings Plan. Once the CCA converts to career, they can transfer saved

funds from that traditional IRA into the Thrift Savings Plan. They also offers an option for Retirees called the Immediate Annuity. With an Immediate Annuity, an individual gives a lump sum of money in exchange for a guaranteed income.

Each active and retired member of the NALC has an accidental death benefit of \$5000. The union pays the entire premium for the basic coverage.

Take some time to visit the [nalc.org](http://nalc.org) website under the benefits tab to see if there is a program right for you. Information for all of the MBA programs are available at that website.

Vice President

Patty Badini



**Make the Call!**

USPS Employee Assistance Program

**1-800-327-4968**

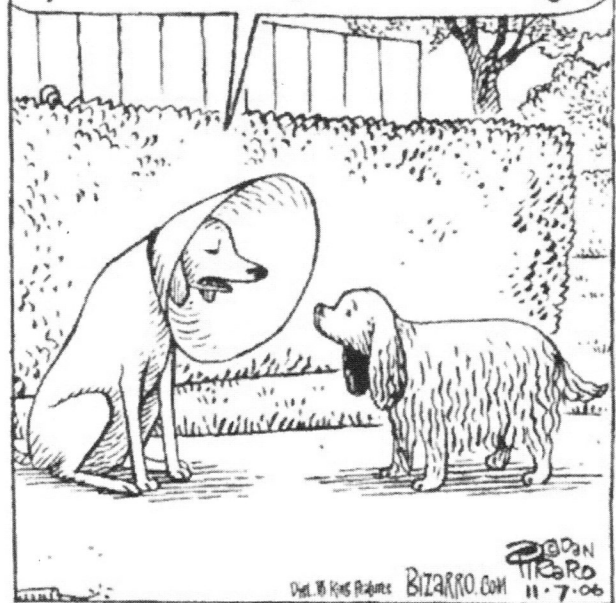
(1-800-EAP-4-YOU) TTY: 1-877-492-7341

[www.EAP4YOU.com](http://www.EAP4YOU.com)

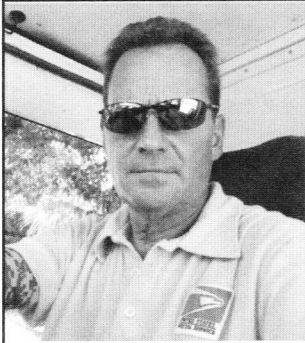


# LOL...

On the plus side, I can hear the postman coming six blocks away.







**Financial/Recording Secretary**  
**Mitch Mullin**

**Secretary's Report**

I would like to personally thank all of our 2022 NALC Branch 1690 Shop Stewards for stepping up and representing our membership. Thank you Brothers and Sisters for all you do. Our Stewards are truly the backbone of this Union and the driving factor in enforcing the contract we work under. These dedicated men and women who serve as Stewards face many daily challenges from both Management and Carriers alike. Take a moment and say "Thank you", to your Steward. They serve a vital role in our Branch and their efforts often go unrecognized.

**Common management compliance issues:**

**Article 17:** 'Stewards specific rights to review and obtain documents, files and other records, in addition to the right to interview a grievant, supervisors and witnesses.'

**Article 41.3.K:** 'Supervisors shall not

require, nor permit, employees to work off the clock.'

**Weingarten Rights:** 'The right to have a Steward present before answering questions. Carrier may respond that he/ she will answer questions once a Steward is provided.'

**M-01624:** 'The DOIS projected leave time cannot be the sole basis for disapproving auxiliary assistance.'

**M-01664:** 'DOIS projections are not the sole determinant of a carriers leaving time or daily workload.'

Use it or lose it. If you participate in the Health Care Flexible Spending Account (**FSA**) you have until April 30, 2022 to file claims for 2021. Up to \$570.00 can be rolled over to 2022. Go to FSAFEDS.COM for claim options, eligible expenses and more information.

All monies due to the branch must be in the form of check or money order payable to: NALC Branch 1690. We can not accept cash payments.

Stay safe, stay hydrated and stay engaged.

Call now if you've been injured at work. We specialize in getting your OWCP claim approved!

**Managing a claim with OWCP can be a frustrating process.**

Most physicians offices or treatment facilities are not experienced in properly dealing with an OWCP injury claim.

We can help you navigate your Federal workers' compensation experience with excellent injury care, expert case management, and continued advocacy throughout the process. **DON'T LOSE YOUR BENEFITS!**

Hi. I'm FED MAN. "You're in the solution now"



**4FED-HURT**  
(833)433-3487  
Injury Care For ALL Federal Workers

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**North Florida**

Tallahassee  
2743 Capital Circle #106  
Tallahassee, Florida 32308

Jacksonville  
6216 Sauterne Dr.  
Jacksonville, FL 32210

Daytona / Ormond Beach  
305 Clyde Morris Blvd. Suite 220  
Ormond Beach, Florida 32174

**Central Florida**

Orlando / Altamonte Springs  
482 E Altamonte Dr. Suite 1006  
Altamonte Springs, FL 32701

Orlando / Sanford  
241 Bellagio Circle  
Sanford, Florida 32771

Tampa / Palm Harbor  
33143 US Hwy 19 N  
Palm Harbor, FL 34684

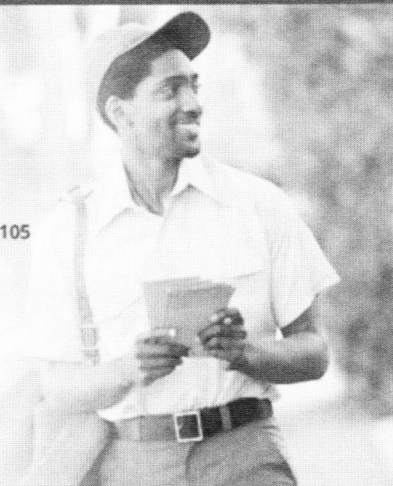
**South Florida**

Fort Myers / Cape Coral  
11621 S. Cleveland Ave #50  
Cape Coral, Florida 33907

Fort Myers / Cape Coral  
706 SW Pine Island Rd. Suite 105  
Cape Coral, Florida 33991

Lake Worth / Palm Springs  
3003 S Congress Ave # 2F  
Lake Worth, FL 33461

Fort Lauderdale / Davie  
2240 SW 70 Avenue Suite D.  
Davie, FL 33317



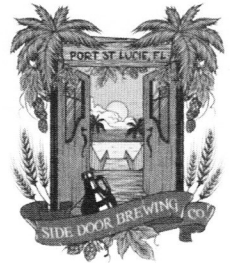
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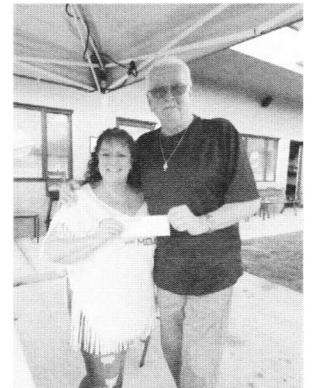
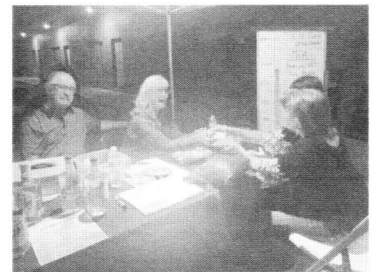
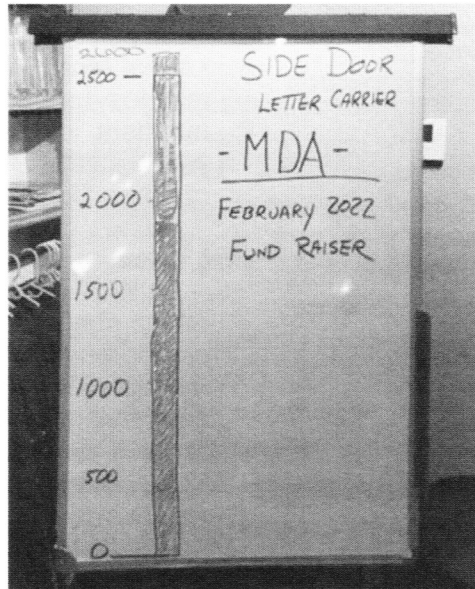
Begin your care as soon as your CA-1 / CA-2 is submitted - NO DELAY in treatment at our office.

WWW.4FEDHURT.COM  
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**We exceeded our \$2,500 goal at the Letter Carriers MDA Fundraiser hosted by the Side Door Brewing Co.**



State Legislative  
Liaison. FSALC  
Kevin Byrne

### Legislative Report

### Health Benefits Report

Health Benefits  
Representative  
Kevin Byrne

#### Finally...

Finally, after 15 years of fighting for much-needed and long-overdue reforms, we are seeing real progress with the passage of the Postal Service Reform Act in the House of Representatives. The bill passed by a vote of 342-92! This is an enormous achievement for every supporter of the public Postal Service across this country and brings us just one final step away from enshrining this historic bill into law. By the time you read this, the Senate will have voted on this bill and hopefully it will have passed and be on its way to the President's desk to be signed into law.

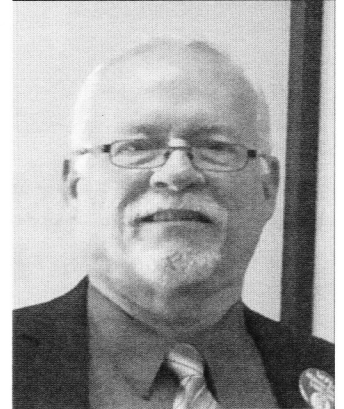
#### The Postal Service Reform Act is the most important piece of postal legislation in decades.

Most importantly, this bill will place the USPS on the path toward financial stability by repealing the onerous and financially debilitating pre-funding mandate. This mandate, in place since 2006, has forced the USPS to pay billions of dollars towards pre-funding future health benefits for future employees for 75 years in advance. That's paying for future employees that haven't even been born yet! This requirement to make these payments was behind virtually all of the financial losses the USPS has encountered, resulting in calls for cuts in service and benefits. The bill will ensure six-day delivery, and add much-needed transparency to postal operations, and deliver other essential reforms ultimately saving the post office billions of dollars each year. I'm sure much more will be said by President Rolando in the next issue of the Postal Record, so be sure to look for it when it comes out to learn the details.

#### Heart Health

Heart disease is the leading cause of death for both men and women.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:



- Eat Smart - Healthy eating starts with healthy food choices. You don't need to be a chef to create nutritious, heart-healthy meals your family will love. Learn what to look for at the grocery store, restaurants, your workplace and any eating occasion.
- Move More - A good starting goal is at least 150 minutes a week, but if you don't want to sweat the numbers, just move more! Find forms of exercise you like and will stick with, and build more opportunities to be active into your routine.
- Be Well - How do you want to live? Along with eating right and being active, real health includes getting enough sleep, practicing mindfulness, managing stress, keeping your mind and body fit, connecting socially, quitting smoking and more.

As always, consult with a physician before starting a new exercise routine. Take small steps and build on your success. Taking the steps to a healthier you is a journey, not a race.



Sergeant at Arms  
Barbara Raphael



**Branch 1690  
Welcome  
into the 2nd  
Quarter...**

Branch 1690, welcome into the 2nd quarter of 2022. As we all know working for the Postal Service, "HOT TOPICS" are on the table every single day. Over the last couple of weeks, one of the topics discussed is the process of scanning packages out on the

streets. Please be informed that there should have been several service talks about the scanning of packages on streets. Unless it is a customer hold, packages should only be scanned in the office as customer hold. However, other than office function, every other function should be processed as a street function. These incidents have not gone unnoticed by management and have now become a serious matter that has and will continue to result in some form of disciplinary action against the carrier. I encourage all shop stewards to please discuss and reinforce the rules and policy surrounding this procedure. Carriers are not to bring any packages back to the office to scan. We must eliminate careless errors and address all issues surrounding this topic and all other potential problems before they arise. We want all Carriers to be successful and have stress free days. We as letter carriers must always maintain a high level of professionalism when doing our jobs. We must always provide great service, and do our best to not drop the ball. We must always remain vigilant and represent a united front that shows our loyalty to our jobs and ability to function in any atmosphere. Just in case you haven't heard, there is some new information regarding the Supreme Court's ruling on the OSHA vaccine, please read at your own leisure. It is our duty to remain informed on the latest news and requirements regarding masks and testing mandates. It is extremely important that we stay safe and protected professionally, personally, and socially.

The Postal Service has been called to task to assist in the aid of delivering home vaccines kits to our customers. As an fyi, four free kits per household. Hopefully through these measures, customers can test themselves and their family members in the comfort of their home, in a safe environment, and under the advice and guidance of their healthcare provider. It's a great opportunity for us to be able to serve our communities and be a part of the solution.

Finally, before I close, you know I have to end with a positive quote. This one just happens to come from Dr. Seuss, imagine that. Dr. Seuss once said, "Sometimes you will never know the value of a moment until it becomes a memory." Good people, let's make good memories. Let's continue to stay on a professional path and give great service daily. As always, please join us at our local meeting on every third Wednesday of every month. Don't just hear what's going on by word of mouth but be there to witness what goes on for yourself. That way there's no room for misunderstanding. Please continue to be safe and mindful of others. Wear your masks, practice social distancing when needed, and keep your postal vehicles sanitized. Happy birthday to all members in the coming months. Blessings Always.

**Treasurer's Report**

Our finances are in order. W-2s have been sent out to all employees. If you didn't receive one please contact Terri at the hall. We have spent the amount allocated by the branch for the repairs and remodeling of the hall. It looks fabulous, with the exception of the kitchen. I want to thank Jeff and the staff for a great job supervising the renovations.

We are familiar with our legal requirements of caring bonding insurance. Under the labor management reporting and disclosure act we are required to carry bonding insurance. Branches must obtain a bond in the amount of no less than 10% of the total amount of liquid assets and annual receipts. We do carry general liability insurance which protects our branch against claims that may occur as a normal operations, including property damage, bodily injuries and personal injuries such as libel and slander. There are many other insurances such as professional liability insurance volunteer liability insurance, And workers compensation insurance. Our branch is fully insured under our requirements. Branches stand alone and separate from the Usps and NALC headquarters.

We are now marching into March madness and back at our headquarters, 1840 Alice Avenue.

Let us continue to be great letter carriers and have the appreciation of the community we serve. It comes from our integrity and leave a legacy to the Postal Service as a job well done every day we clock in and clock out.

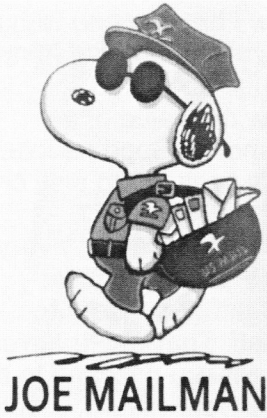
Treasurer  
Starr Hunter





**Director of Retirees ( I am still alive.)**

**Nancy Zlomaniec**



**JOE MAILMAN**

## Are You Ready for Retirement? What is holding you back.

What influences an individual to decide to retire? Some factors strongly motivate a person to retire before

intended and thus appear as if the individual retired unwillingly. Some of these reasons include poor physical or mental health, the employer's downsizing, pressure by employer to retire because of not keeping up with workload and the time to spend doing things but can't due to work.

Common psychological factors influencing retirement decisions are stress and anxiety as well feeling unappreciated or marginalized by supervisors and/or co-workers. If these emotions are serious enough, there may be a significant shift in the worker's attitude toward continuing to work. "Is the quality of life I am willing to continue to have?"

Regardless of the decision a lot of people are not happy at first after retirement. They experience the "honeymoon effect". Some worry about the money because it takes several months before it all comes together. This is where planning ahead comes into play. You can't wait till the last minute to retirement and think the check will be in bank that Friday.

You will be home more around your family or by yourself, what do you do? You need to fill that time now, as my Mom told my Dad, "don't think you are going to sit on that couch all day." There will be that loss of contact with "work friend". This can be hard for some individuals and lead to some arguments with family

house that you were never responsible for due to your job schedules.

Fear is the factor holding some individuals back from retirement. The security blanket of the job is so overwhelming, they can't shake. The steady hours, constant pay and people you know. Why would you jeopardize all that, for the sake dying on the job? Or being humiliated by a supervisor half your age on the workroom floor? These are the things I ask myself today when see some carriers, who I used to see work in pain. What is bizarre is that that I knew guys 40 years ago, who almost did die on the job. They were lucky the Post Office called 911 before clocking them out. I am not kidding. It makes no sense to keep working to the point where your body is crippled, and you can't enjoy your retirement or move.

Retirement planning should start at least a couple years from the year you want to leave. You should start padding your bank account with enough to cover your expenses for 3 months. You need to apply for Social Security online, file your retirement paperwork and set the date. All this planning can be done prior to retirement and could be put in a holding status till you are ready. It takes 45 days for SSN check to reach you after you file. You can apply 45 days prior to the retirement date, so it hits the bank when you do retire. Planning is all it is.

If you think by working longer will help your annuity, you're better off not claiming social security until your over 70. It has a better return if it doesn't run out of money.



**NALC  
Disaster  
Relief  
Foundation**

[www.nalc.org](http://www.nalc.org)

202-423-2443

[DisasterReliefFoundation@nalc.org](mailto:DisasterReliefFoundation@nalc.org)

**\$50.00 Bounty**

**Paid to any Member**

**that convinces a Non UNION MEMBER  
to JOIN the NALC Branch 1690.**

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



## What Do I Do If I Get Hurt On The Job?

Getting hurt on the job is a regular occurrence if you are a Federal Employee. The challenging nature of the duties and responsibilities places employees in difficult working conditions daily. Getting hurt on the job and receiving treatment should not require the same difficulty. When a Federal Employee gets injured on the job there are few options and even less qualified Physicians to help navigate those options. 4FED-HURT and D.O.L. Injury Centers along with our team of federal injury specialists are here to help navigate the claims process while the claimant receives treatment. **So, what does a Federal Employee do if they get hurt on the job?**

A **Traumatic Injury (CA-1)** is an injury that occurs on one day that presents as a singular event. An **Occupational Disease (CA-2)** is an injury that takes place over several days or months.

### If you are injured, here are some very simple steps to follow.

1. Notify Your Supervisor Immediately (The Supervisor has up to 10 days to file your claim with OWCP).
2. File a CA-1 and CA-16 for a Traumatic Injury.
3. File a CA-2 for an Occupational Disease.
4. Write your Personal Statement describing the injury. Be specific.
5. **Call 833-433-3487 to speak with a 4FED-HURT Injury Specialist.**

Our team of Physicians and injury care specialists work for you, not OWCP. We will see you without an approved claim and provide OWCP with all the necessary documentation to get your claim approved the first time. We have 10 locations throughout the state of Florida ready to start your case immediately.

## 4FED-HURT PHYSICAL THERAPY NOW

### North Florida

Tallahassee  
📍 2743 Capital Circle #106  
Tallahassee, Florida 32308

Jacksonville  
📍 6216 Sauterne Dr.  
Jacksonville, FL 32210

Daytona / Ormond Beach  
📍 305 Clyde Morris Blvd. Suite 220  
Ormond Beach, Florida 32174

### Central Florida

Orlando / Altamonte Springs  
📍 482 E Altamonte Dr. Suite 1006  
Altamonte Springs, FL 32701

Orlando / Sanford  
📍 241 Bellagio Circle  
Sanford, Florida 32771

Tampa / Palm Harbor  
📍 33143 US Hwy 19 N  
Palm Harbor, FL 34684

### South Florida

Fort Myers / Cape Coral  
📍 11621 S. Cleveland Ave #50  
Cape Coral, Florida 33907

Fort Myers / Cape Coral  
📍 706 SW Pine Island Rd. Suite 105  
Cape Coral, Florida 33991

Lake Worth / Palm Springs  
📍 3003 S Congress Ave # 2F  
Lake Worth, FL 33461

Fort Lauderdale / Davie  
📍 2240 SW 70 Avenue Suite D.  
Davie, FL 33317



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4fedhurt.com

## **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 (1,000.00) dollars. Applications shall be printed in the Treasure Coast Letter Carrier two (2) issues prior to the July Branch meeting. The winner will be drawn at the July meeting.

**Section 2:** Applicants must be a son or daughter, or a ward of a letter carrier, who is a member in good standing of Branch 1690, NALC, or a deceased member of Branch 1690. Each applicant must be a senior and graduating by 30 June, with at least a C average, in all subjects.

**Section 3:** The President shall appoint a Committee of three (3) members with no eligible applicant to certify the member's standing, in the Branch and 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** \_\_\_\_\_

**Date** \_\_\_\_\_

**Applicant's Signature** \_\_\_\_\_

### **LETTER CARRIER PARENT OR LEGAL GAUDIAN 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

\_\_\_\_\_  
Printed Member Name

\_\_\_\_\_  
Members Office Location

\_\_\_\_\_  
Signature of Member





**"Mary Lou Jackman - William Corbeau"  
2022 Florida State Association of  
Letter Carriers Scholarship Application**



*Al Friedman, President*

PLEASE DO NOT CUT OR 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 and/or Number: \_\_\_\_\_

Branch Contact Phone Number: \_\_\_\_\_

NALC Branch Member's Name: \_\_\_\_\_

Applicant/Member Phone number: \_\_\_\_\_

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

\_\_\_\_\_  
*Signature of Local Branch President or Secretary*

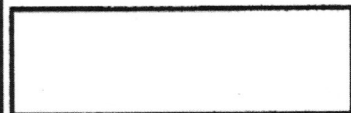
\_\_\_\_\_  
*Date*

(DO NOT CUT THE APPLICATION, MAIL ENTIRE FORM. PLEASE PRINT LEGIBLY)

\*\*\*\*\* 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 1, 2022.** Entries received with a postmark after July 1, 2022 will not be open or returned. Only one application per applicant will be accepted

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 NALC 72nd Biennial Convention, August 8 - 12, 2022 in Chicago, IL.** Winners will be notified via mail.



FOR FSALC USE ONLY

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



# Hey City Carrier Assistant!

Are you skipping your **10 min. breaks and 30min. Lunch?**

This is what you are paying back the Post Office:  
Based on CCA pay – AA making **\$19.42 per hour**

One 10 min. break:	<b>\$3.20</b>
Two 10 min. breaks:	<b>\$6.40</b>
Lunch break (30 min.):	<b>\$9.60</b>
Both 10 min. breaks and 30 min. Lunch:	<b>\$16.00</b>
Both breaks and Lunch (weekly):	<b>\$80.00</b>
Breaks and Lunch (monthly):	<b>\$320.00</b>
Breaks and Lunch (yearly):	<b>\$3,840.00</b>
Breaks and Lunch (for 25 years):	<b>\$96,000.00</b>

This is what you cheat yourself out of by not taking your contractually negotiated breaks and lunch.

After seeing this, how can you **NOT** take your **two 10 min. breaks and 30 min. lunch?**

## **Don't become a Victim! Urgent message!**

Recently during a station visit, I was approached by a few carriers and told that there was a company claiming to be representing the USPS by the name of Federal Benefits and/or My fed retirement werks. From what I have uncovered is that manglement allowed them into the buildings, in one office they even introduced them at a stand-up talk! It is violation of Federal law to solicit USPS employees on property. It is also illegal to send letters to carriers at the Post Offices they work in. **DO NOT OPEN THEM! SEND THEM BACK REFUSED!**

These companies are trying to coerce carriers into moving money out of their TSP and into one of their annuities. Often meeting with the carriers to help them with the process and then setting up an allotment from your check to be deposited into these thieves' bank account. The one's so far, I have uncovered have managed to convince the carriers to have them give them \$151 every check! One hundred of those dollars they convinced them to buy a whole life insurance policy at a cost of \$2600 for the first year, then \$1330 for the next 62 years before it matures!!!! That company is called American-Amicable Life Insurance of Texas. They use a bank called WesBanco in Texas to have the USPS transfer the money from the victims check into that bank and immediately it is transferred out with an additional fee, of course.

If you are one of the ones that is being swindled by this company, please call the Union Hall. Currently, I am trying to collect a list of those harmed and get the Inspection Service involved. We are here to help you with any questions about our contract or benefits and will steer you in the right direction.

Jeffrey Wagner

*Disclaimer. This company may be licensed in Florida to sell products and services. The above article is an opinion, by me, and not intended to replace what you may think is a good or bad investment strategy. It also does not necessarily reflect an opinion of any other Branch officer for Branch 1690.*



# Welcome New Members

D'anthony Abernathy  
Brandon Peek  
Wesbert Belizaire  
Lequori Washington  
Shanna-Kaye Needham  
Autumn Drake  
Randell Curry Jr.  
Ahmet Basol  
Jean-Erns Dorvilier  
Stanmeisha Banner  
Angel Belman  
Luis Sarmiento  
Marc Moreau  
Gregory Daniels

Tahrie Colbert  
Louis Velez  
N'Guessan Kouadio  
Chamise Austin  
Diana Russell  
Kimberly Tucker  
Juan Rios  
Nerline Estilus  
Frantz Seraphin  
Adam Rodriguez  
Jonathan Nunez

Annecia Taylor  
Juan Munoz  
Nicson Simon  
Jada Gainer  
Maria Solis  
Eric Sievers  
Ross Mitchell  
Endia Lockett  
Quilnyesha Dean  
Kyle Garcia  
Cele Nino  
Olga Rodriguez  
Edith St. Louis  
Kristal Donaldson  
David Angels

## Congratulations to our Retirees!

**George (Joe) Baldwin**  
**Sandra Cotcamp**  
**Jamie Diaz**  
**Louise Fortun**  
**Stephon Heck**



**Carmen Lamoureux**

**Janie Thomas**  
**Brian Darrow**  
**Jill Ferezci**  
**Angela Grandison**  
**Samuel Marvin**



**Robert H. Knapp**

**Robert J. Whittemore**

## **Attention Members!!!!**

**Please note the multiple changes to our up coming  
NALC Branch 1690 Meetings and Events:**

### **Meetings:**

**Rap Sessions  
are the second Wednesday of the  
month at 7:30pm via Zoom.**

**Be sure to contact the hall with your  
email address and ask to be added to the invite list.**

**Effective March 2022 Branch Meetings  
will be held the third Wednesday  
of the month at 7:30pm at the Union Hall.**

**1840 Alice Avenue  
West Palm Beach**

**Hope to see you there!**

**\*\*\*Please note COVID 19 protocols may be in place.\*\*\***

### **Retiree Breakfasts:**

#### **South Retiree Breakfast**

Is held the first Thursday of the  
month at: The Gun Club Café  
4631 Gun Club Rd, WPB  
at 9:00 AM

#### **North Retiree Breakfast**

Is held the second Tuesday of the  
month at: Denny's Restaurant  
100 N Kings Hwy. Ft Pierce  
at 9:00 AM



Treasure Coast Letter Carriers  
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

March / April 2022



### **Attention Military**

If you are activated and in a no pay status from USPS for any extended period of time, contact your shop steward or the Union Hall. Thank you for your service.

**Don't forget! The Union Hall is available for private events. Parties, Showers, Graduations. Contact the Hall (561)967-0240**  
**A monetary donation is required for use of the Hall.**



### **If you don't tell us we don't know**

Let us know of any changes in your mailing address, phone number, email or name. .

Email us at [Nalc1690@comcast.net](mailto:Nalc1690@comcast.net) or call the Union Hall at (561)967-0240.