



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



May / June 2022



31 Flavors

President

Jeffrey Wagner



Do you remember the ice cream parlor 31 flavors? When I was younger this company offered you 31 flavors of ice cream to choose

from! How could you resist going there and marveling at all those wonderful flavors to choose from? They even offered you samples on these cute little, tiny spoons to ensure you would be happy with your selection. They rotated their flavor selection monthly with new offerings.

The USPS reminds me of 31 flavors. They have a new flavor every month! This month's flavor is to perform 1838-C's on carriers. What a treat! Section 221.131 states in part, "When management performs the mail count the carrier serving the route, upon request, may verify the mail count." These one-day counts are frustrating for carriers, so why not frustrate management back? Do you think they will be happy when you utilize your right to verify the mail count? Will they be even happier when doing so causes you to work overtime that day? Also, anytime they perform those one-day counts they MUST notify you in advance as stated in the M-39, "141.2 Special Office Mail Counts When management desires to determine the efficiency of a carrier in the office, a count of mail may be made. The carrier must be given one day's advance notification of this special count. Use PS Form 1838-C to record count and time items concerned. The carrier must be advised of the result of the office mail count." If you do not get a copy of that count, you should get with your Steward and file a grievance! Make management do their job correctly.

grievances for management not giving the carriers their copy of the PS form 4584 after the observation. It says in the PO-701 in part, "The use of Form 4584 is mandatory for street observations." Anytime management observes you on the street, this MUST be filled out and the carrier MUST get a copy. The carriers in Palms Central are getting \$50 each time the form is not given to them by the end of the day on the day of observation. Good job Jose and Aimee!

Following up on the last newsletter in regard to our members getting solicited through the mail while at work and by strangers entering the Postal facilities. One of those managed to get their money back after I threatened the insurance agent and informed them, they had committed a federal crime. EVERY member that signed up for these policies that are not offered by your Union or the USPS, should call the agent that signed you up and demand every cent back! (That is only if you feel you were misled and got a bad product) The Inspection Service is still actively investigating this case and I have sent them a list of many carriers who were affected. We also have had the stewards in the affected offices file grievances and those are awaiting a Step B decision. So, if those shady insurance agents try selling you a policy, tell them they will be in front of the Honorable Tommy Kerwin soon!

Management should be held accountable for not doing their job correctly. The way we hold them accountable is to file grievances, just like with management performing street observations. In Palms Central Jose and Aimee have been filing



Treasure Coast Letter Carrier

Branch Officers

NALC Branch 1690 Stewards

Branch Office Phone Number

561-967-0240

President	Jeffrey Wagner
Vice President	Patricia Badini
Rec./ Fin. Secretary	Mitch Mullin
Treasurer	Starr Hunter
Health Benefits Rep.	Kevin Byrne
Sergeant at Arms	Barbara Raphael
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Palm Central	Dauida Peele Aimee Rivera
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Riviera Beach	Delvin Ramos April Armstrong
Wellington Annex	Barbara Raphael

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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.

Welcome Back!

Vice President

Patty Badini



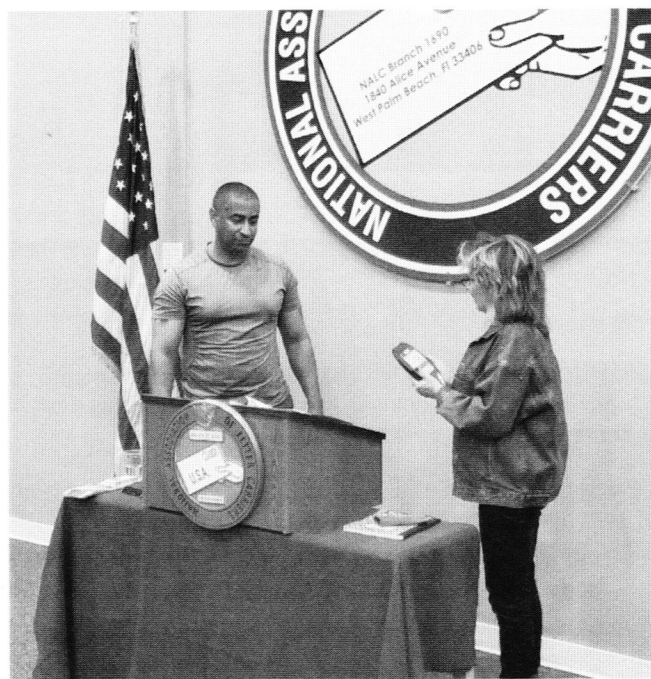
It was a pleasure seeing everyone back at the Union Hall for the March Branch Meeting. There were approximately 50 members in attendance. I would like to give a big thank you to NALC, National Business Agent Lynne Pendleton for joining us. Lynne was able to bring our members up to date with all of the current letter carrier issues.

Congratulations to them both for a job well done!

At the meetings end everyone enjoyed the lovely spread of food prepared by Frank Graham.

Lynne presented two of our members with awards. On behalf of NALC President Fred Rolando she presented Michael Hill a Hero pin for making a life saving call to 911. On behalf of NALC 1690 President Jeff Wagner she presented Jason Maldonado an award for his successes as a Formal A Representative in Florida 2, District.

I look forward to the rest of the years meetings being held back at the Union Hall. If you haven't ever attended a branch meeting or haven't done so in a while, I strongly encourage you to do so. There have been many positive changes within our Branch. Attending meetings will keep you up to date with those changes. I hope to see you there.



Make the Call!

USPS Employee Assistance Program

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

www.EAP4YOU.com



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 DELIVERING NALC'S MESSAGE TO WASHINGTON



The NALC thanks Congressman Brian Mast

On behalf the National Association of Letter Carriers (NALC), President Jeff Wagner attended a fund raising event for Congressman Brian Mast. The event was held on March 27, 2022 on Jupiter Island.

Brian Mast was not only supporter but also a co-sponsor of HR 3076. That bill ended the crippling mandate of the United States Postal Service (USPS) being required to fund Retiree Health Benefits 75 years in advance. The bill also wrote into law the guarantee of 6 day delivery by the USPS.

Jeff Wagner's attendance to the event was NALC's thank you for Congressman Mast supporting letter carriers issues. As long as Congressman Mast supports letter carrier issues, the NALC will support him.

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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.

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📍 33143 US Hwy 19 N
Palm Harbor, FL 34684

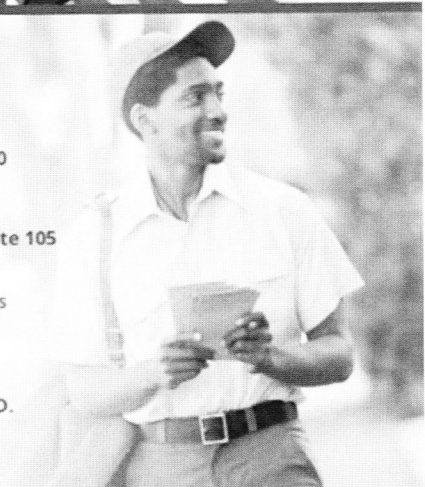
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Cape Coral, Florida 33907

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Cape Coral, Florida 33991

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PAID ADVERTISEMENT

Health Benefits Representative

Kevin Byrne



Health Benefits Report

The collective term sleep disorder refers to conditions that affect sleep quality, timing, or duration and impact a person's ability to properly function while they are awake. These disorders can contribute to other medical problems, and some may

also be symptoms for underlying mental health issues.

In 1979, the American Sleep Disorders Association published the first classification system dedicated to sleep disorders. Our knowledge and understanding of sleep health has evolved over the past four decades. More than one hundred specific sleep disorders have been identified and today's classifications use complex methodologies to categorize these disorders based on causes, symptoms, physiological and psychological effects, and other criteria. However, most sleep disorders can be characterized by one or more of the following four signs:

- You have trouble falling or remaining asleep.
- You find it difficult to stay awake during the day.
- There are imbalances in your circadian rhythm that interfere with a healthy sleep schedule.
- You are prone to unusual behaviors that disrupt your sleep.

Common Sleep Disorders Include the following:

- Insomnia is a sleep disorder where you have trouble falling or staying asleep. Insomnia may be short-lived (acute) or long-lasting (chronic).
- Sleep Apnea is marked by abnormal breathing at night, sleep apnea is one of the most common sleep disorders, affecting adults and children alike.
- Narcolepsy is falling asleep during the day

- Shift Work Disorder is when you are working a job overnight when you would normally be asleep resulting in poor sleep hygiene.
- Excessive Sleepiness people feel sluggish and groggy throughout the day.

Any of these signs could indicate a sleep disorder. We encourage people who experience any of these issues to consult with their doctor.

Information above reprinted from <https://www.sleepfoundation.org/sleep-disorders>

Legislative Report

State Legislative

Liaison. FSALC

Kevin Byrne

As many of you know, the Postal Reform Act of 2021 is finally a done deal!

This legislation was long overdue but finally, the obligation for the USPS to prefund future health benefits has ended. This has been the elephant in the room since 2006 and has been the primary reason for postal losses we've been hearing about for years. This legislation also ends the need to include 6-day mail delivery in annual appropriations and makes 6-day delivery permanent. Another key part of this bill will move most eligible employees into Medicare, further reducing costs that the USPS has had to pay for health insurance.

The next legislative issue that NALC is looking at is to see that the Social Security Fairness Act passes. The Social Security Fairness Act of 2021 (H.R. 82 and S. 1302) would eliminate the Government Pension Offset and the Windfall Elimination Provision, two issues that have been discussed for years. By repealing the GPO and the WEP, the bill would change the current law that reduces Social Security benefits for individuals who receive other benefits. NALC fully supports H.R. 82 and S. 1302 and urges Congress to cosponsor and pass into law this important legislation. The bill, as of this writing has 268 cosponsors. For those of us who live in Brian Mast's district, he has still not signed on as a cosponsor. Please reach out to his office at (202) 225-3026 and ask him to cosponsor!

Sergeant at Arms
Barbara Raphael



Branch 1690, welcome to the 2nd quarter of 2022. Let's get excited and motivated about the upcoming Food Drive good people!!! Can you imagine a world without hunger? We're not getting any younger, together we can all do our part and fight hunger. Lend a hand and give a can. Thank you in advance. It is always an honor and pleasure to give back to

our community. This act of humility and humanity allows the community to see just how far the employees of the postal service extend their service beyond delivering mail. I have been afforded the privilege of serving and contributing as an active member of the Food Drive Committee this year. In doing so, I got a chance to meet some really great people who will be sponsoring our 30th anniversary Letter Carriers food drive. This awesome group of people have given tirelessly of themselves on a daily basis by providing assistance to several families in their times of need. A big thank you to Mr Curtis Pryor, the owner of "Imageettes" who will be giving back by making our tee-shirts to wear as we deliver cards and bags to our families in need. Please please, show your support by purchasing a tee-shirt for the food drive. All of us have witnessed or experienced the dark days of COVID 19 and the devastation that it has brought upon us. Amazingly and thankfully withstanding the last couple of years, we are still standing strong and still able to maintain the daily demands of work and family. As professional letter carriers, truly we are survivors and



wonderful people. Let's continue to pull together and strive for greatness. Encourage all carriers and administrative staff from the newly hired to the well seasoned to be a part of the initiative and do the best that they can to collect food for the unfortunate. Just one can of food will make a big difference and perhaps save a life. Every little bit goes a long way and welcomes the most heartfelt appreciation. For those of you that are unable to contribute, we appreciate you just the same.

As I come to the end of this quarter's highlight, I just want to speak these words of encouragement into the atmosphere.... "Forever grateful, Always thankful, and Abundantly blessed". Believe it or not those words speak life into the lifeless, and love into the living. Letters carriers please continue to be safe, stay healthy and may your days continue to prosper. Although the mask mandate has been lifted within the post office, please don't stop protecting yourself and being cautious of others and your surroundings. This too is our peace. Happy Birthday to all members in this 2nd quarter and as always many Blessings to you all.

Treasurer's Report

Treasurer
Starr Hunter

I want to talk to you about our 30th year food drive, stamp out hunger, which is approved by the NALC and the Postal Service.



We have many community partners helping us to deliver the food to locations in our communities. Palm Beach County Food Bank, Farm Share, House Of Hope, the United Way, and several churches and food bank pantries. They make our efforts distributing to those in need. We keep all the collected food in our local communities.

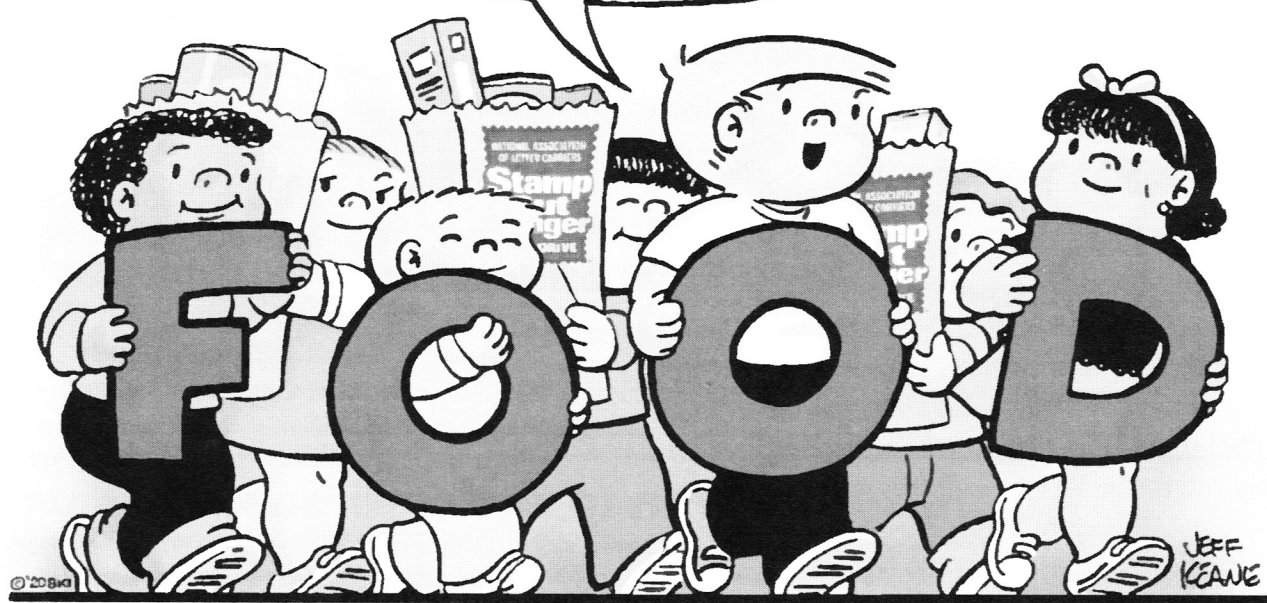
When all the weights come in from each station, I will give a report.

I hope you will get a food drive T-shirt to wear for the drive to help remind our customers of this effort. Letter carriers, we appreciate all you do and prep, delivery, and collection on that one day.

You can be a blessing to everyone everywhere in 2022. To all those carriers who work extra on May 14 thank you.

To Mitch and Barbara thank you for being on this committee to help make our drive successful.

THIS SPELLS
HELP FOR LOTS OF
FAMILIES THIS
YEAR!



LETTER CARRIERS'
FOOD DRIVE
SECOND SATURDAY IN MAY

PUT YOUR NON-PERISHABLE DONATION IN A BAG BY YOUR MAILBOX.
WE'LL DELIVER IT TO A LOCAL FOOD BANK.

Welcome New Members

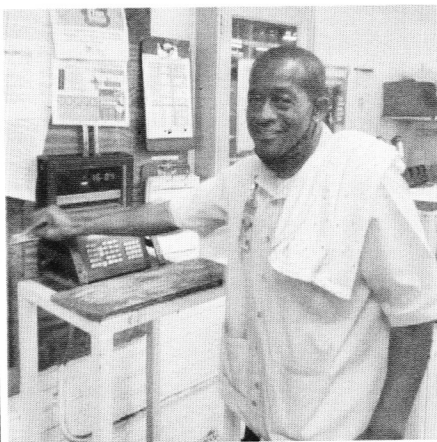
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Anthony Frederick
Ian Coke
David Roberts
Pearlene Sherill
Jerquan Worthen
Wadeka Walker
Gariela Lopez
Ashley Tompkins
Keith Fitzgerald
Ryan Richardson
Crisshawnda Burden
Jason Longberry
Patricia Knight
Anjous Ordalus

Crisshawnda Burden
Kedon campbell
Eddie Cordon
Daniel Ridgeway
Charles Heinbach
Hector Colon
Obed Devallon
Johnathan Smith
Christopher Tramble
Jaime Mercado
Benard Sims

Jason Longberry
Patricia Knight
Anjous Ordalus
LaPrincess Smith
Brian Martin
Latoya Peele
Jackalyn Matthews
Joshua Ramos
Christopher Sullo
Lakaysha Lockhardt
James Wayne
Lakesha Houston
Milagros Nin
Charles Small
Kaleah Stevens

Congratulations to our Retirees!

Mike Richardson
Ft. Pierce, Orange Ave.



Last Punch!



Also:

Cassandra Birks
David Huggins
Rayburn Seader

Susan Reinhemier
Palm Beach



John Roman

IN LOVING 
Memory

Donald Staley



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Injury Care For ALL Federal Workers

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.

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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

Attention Members!!!!

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.**



**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!

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 Carrier



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West Palm Beach, FL 33406

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May / June 2022

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Thank you for your service.

\$50.00 Bounty

Paid to any Member

that convinces a

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Member must sign a Form 1187

for the Bounty to be paid.



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