



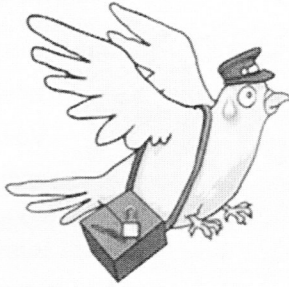
Treasure Coast Letter Carrier NALC Branch 1690

Representing and Serving Letter Carriers in:

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



Here we go again!



**Technology
Integrated
Alternate Route
Evaluation and
Adjustment
Process 2022 –
2023 (TIAREAP)**

TIAREAP establishes a process that utilizes information made available using Digital Street Review (DSR) technology as the primary means to evaluate and adjust city delivery routes. As in previous alternate route evaluation and adjustment processes, TIAREAP will involve multiple teams established throughout the country, comprised of one NALC representative and one USPS representative, who will jointly evaluate and adjust routes in select zones. Once the joint teams have been selected, training and zone selection will take place shortly afterward, with evaluations beginning in September.

Since I was elected President of Branch 1690 and before, I have always preached to do your route the same way, every day. Don't ever skip your breaks, be professional, wear your seat belt, close your door and set your hand break. If you follow all the rules that are there for you and do your route the same way every day, then you have nothing to worry about when route adjustments come to your office.



With the new route adjustment process they are going to see all the breadcrumbs that are contained in your scanner to use as your demonstrated performance for your route. The breadcrumbs your scanner creates are not for the pigeons on your route, they are a timing mechanism as to how long it takes between deliveries on your route. This is why it is so important to do your route the same way every day. The adjustments are all based on your performance.

If your office gets chosen for adjustments this fall, it is important to make sure that you give the team your honest feedback during the consultation. Your opinion should matter, so don't be angry and tell them to just do what ever they want. That is usually the first reaction because us carriers get mad at the thought of losing our favorite customers and having to learn our new route over again. If you need a way to relax during the adjustment process, do like the honorable Judge Tommy Kerwin does and take an old loaf of bread to the park on your day off to feed those pigeons!

President

Jeffrey Wagner



Treasure Coast Letter Carrier

Branch Officers

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
Trustees	Frank Graham Jason Maldonado Casey L'Orange
TCLC Editor	Patricia Badini
Food Drive Coordinators	Starr Hunter Mitch Mullin
Legislative Liaison	Kevin Byrne
Webmaster	Kevin Byrne
Holding Corp.	Karen Barker Patricia Badini Barbara Raphael Starr Hunter Casey L'Orange Jason Maldonado Frank Graham Tatanisha Shipp
Director of Retirees	Nancy Zlomaniac

NALC Branch 1690 Stewards

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

West Palm Beach

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

National Association of Letter Carriers Branch 1690

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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. 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.

Davida Peele—Local Hero

Davida Peele is a City Carrier from the West Palm Beach Installation and works in the Palm Beach Gardens station. She is currently on detail with USPS Safety.

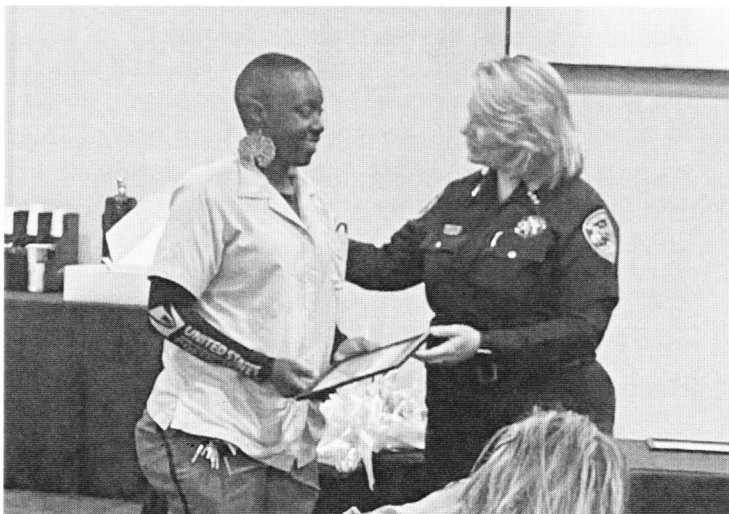
On May 5, 2022, during the early evening, a driver lost consciousness while stopped at a red light at a busy intersection. Many good Samaritans jumped into action to assist with the situation. This prevented any crashes from occurring and preventing others from getting injured. Davida assisted with holding back and controlling traffic. On May 13, 2022, Davida and the other good Samaritans were honored by the Boynton Beach Police Department and were reunited with the woman who they rescued.

I have submitted Davida's name to the NALC nominating her to be considered for the Letter Carriers Hero award. At the June branch meeting I read a letter from President Fred Rolando written to Davida congratulating her and thanking her for her public service. Considering Davida's long-time activities with USPS Safety, I am not surprised that she jumped into action to do whatever she could to assist with the situation.

Congratulations Davida!

Vice President

Patty Badini



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Financial/Recording Secretary Mitch Mullin

Congratulations to all NALC Branch 1690 members on the safe deployment and success of the 30th Annual Letter Carriers' Food Drive

After a 2 year hiatus due to covid-19, it was announced in March that the USPS and the NALC would allow and support the return of a physical Letter Carriers' Food Drive. The

membership in attendance at the March 2022 Branch Meeting supported the opportunity to bring back Food Drive and voted almost unanimously to participate in this amazing event.

With the late implementation of the Food Drive this year, many print suppliers could not accommodate the time line for printing and distribution of promotional materials commonly used in the past. Some noticeable advertising materials that were absent this year include printed postage paid collection bags and in some cases EDDM cards. Both of these items have historically increased donations. These items will return next year. Regardless of these untimely short comings the Carrier's enthusiasm and community's support of this traditional event reflected in the significant collections we received this year.

In many cases prior to this event local Food Pantry shelves contained only enough food to supplement meal programs for one week, maybe two. I am

happy to report our efforts have not only filled the shelves of these pantries, many local summer meal programs have been fully supplemented and in some cases reserves should reach into the fall. This is a proud moment for all of our members. Outstanding work Carriers, Coordinators, Executive Board, Stewards, Alternate Stewards and USPS support staff. Thank you.

Many thanks to our national partners that make our Food Drive possible year after year: NALC, USPS, National Rural Carriers' Association, UFCW, AFL-CIO, United Way, Vericast, Valpak, Kellogg's and CVS Health.

Our valued local Community Partners deserve a special thank you for stepping up and making the return of our Food Drive possible: Farm Share, Palm Beach Food Bank, House of Hope Stuart Co., Mustard Seed Ministries, Salvation Army of Okeechobee, Saint Lucie and Stuart Co. and so many other volunteers. Thank you for all you do for all of us.

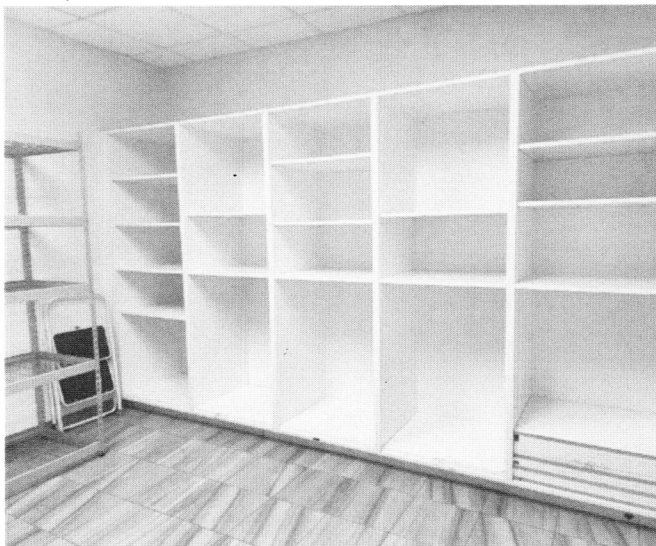
Best wishes to all our Members, their loved ones and their furry friends for a safe and happy 4th of July!

Stay safe, stay hydrated, and stay engaged.

Mitchell Mullin

Recording/ Financial Secretary

Salvation Army Food Pantry Before



Salvation Army Food Pantry After



Treasurer's Report

Treasurer
Starr Hunter

I hope everyone has had the opportunity to review the new bylaws that came into effect April 1, 2022. There are a lot of changes and the new payments to officers and shop stewards. Payments in mileage are now changed for all.

Our books are in order at this time with all the renovations done in the building adjacent with the Holding Corp completions to be made.

The food drive this year was a success, with the total poundage of 211,000 sent in, but there has been an increase with residual food. Our pounds that were received by each station was lower this year but with the decision to conduct the food drive at the last minute made it very rushed and less organized.

This is an estimate of pounds collected on the day of the drive, but there was an increase for each station:

Palm Beach 2136, Loxahatchee 2683, Palms West 2136, Palms Central 8940, Riviera Beach 20,000, Palm Beach Gardens 18,667, Jupiter 10,000, Haverhill 5589, City Place 2005, Wellington 7358, Vero Beach 20,000, Fort Pierce and Port St Lucie over 20,000 Beleglade 1000, Stuart Main 9204, Stuart Annex 15,417, Palm City Annex 3079, and Hobe Sound 9283.

There are other stations with reports of collected food, but this is an estimate because there was much residual food brought in after the drive.

I want to thank the food drive committee for their tedious efforts in making the 2022 Letter Carrier food drive a success for branch 1690.

I want to thank Jeff for his participation in the food drive as far as station visits proclamations and kickoffs. Patty helped with the sorting and drop shipping of bags and cards to all stations her muscle and penmanship was very much appreciated. I can't thank Terri and Danielle enough for all the support and the phone calls for T-shirt orders. Kevin Byrne also helped tremendously by attending a proclamation and zoom call meetings. Mitch Mullin for attending the meetings station visits, setting up the food bank organizations to assist in transporting the food to local pantries. Barbara Raphael I cannot thank enough, such a bulldog, when she takes on a

task she puts her whole heart and soul into it. Making station visits, selling T-shirts, traveling up and down that road on her own dime and working her days off to organize this drive.

This year we used many organizations such as Farm Share, Palm Beach harvest, Palm Beach County Food Bank, House Of Hope, Mustard Seed, Salvation Army, and many church organizations and pantries.

These organizations once again helped the letter carriers unload their trucks sort out food and transport it to various agencies. They are a true asset to make this food drive success.

This is a one-day collection of food, and a one day of delivering the cards and bags. Still even on Friday the day before the food drive I noticed in my building there were four routes that had not delivered the cards. I was livid with the supervisor. Letter carriers get paid to deliver the cards and bags and to collect the food with the assistance of unloading their trucks the day of the drive. Enough said, this was our 30th year of the stamp out hunger Drive, and branch 1690 shined for the state of Florida, and for our local communities. I know the food that was received was very much welcomed and appreciated by local food banks.

In closing, The summer is upon us, the heat is on, and our seasonal residents are gone. Please collect your hurricane supplies, and in delivering, watch for children playing in the streets.

I know the convention in Chicago is in August and I hope to bring back a lot of information to our branch.

Being a union member is an asset to being a letter carrier. And hopefully new CCA's will consider the Postal Service a career and not just a job they are our future.

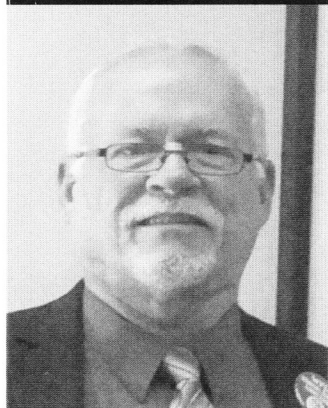
Be Blessed safe and healthy, After experiencing a Hospital stay myself, I know without good health you can do nothing so take care of yourselves.

Yours faithfully, Starr Hunter



Health Benefits Representative

Kevin Byrne



Health Benefits Report

I know of very few people who are not guilty of using modern technology too much! Did you ever go out to dinner and see a couple at a nearby table and both of them are on their phones? Whatever happened to conversations? I used to keep a basket near my front door and when my grandkids would come over

for dinner, I'd ask them to put their phones in it until after we were done with dinner. In light of that, here are some tips on taking a break from technology reprinted from the NALC Health Benefit Plan Report, May 2020.

Benefits of Taking a Technology Break

Despite many people thinking they don't have issues putting the phone down, the reality is that adults spend more time behind a screen these days than they do sleeping. And, while it may not be a surprise, the average teen spends at least nine hours a day using media or technology of some form and can check their social media accounts up to 100 times per day. There is little doubt that taking a break from technology is beneficial. Among the benefits are:

- Closer relationships. Put the phone away when spending time with someone. Studies have shown that the presence of a phone, even if turned off, creates feelings of being less connected or listened to.
- More productivity and increased focus. While many people think they can multitask, the reality is that it is a myth. Constant texts and emails disrupt focus and can lead to tasks taking longer.
- Increased self-worth. Seeing the carefully curated images on social media can lead to feelings of inadequacy or missing out. It's important to keep in mind that reality is very different than what may be pictured.
- More mindful. It is easy to be distracted by trying to capture the right shot. Instead, just focus on the moment and the savor the experience.
- Reduced stress. It's easy to feel like work is never done when the email inbox is overflowing. Create

boundaries by checking email at designated times and definitely not first thing in the morning or while on vacation.

- Increased physical health. Too much time spent in front of a screen can mean less time being physically active. Get out and take a walk.

Legislative Report

State Legislative

Liaison. FSALC

Kevin Byrne

In the coming months, some of you may receive letters from me or from your branch notifying you that you may not be registered to vote. Some of you may actually *not* be registered, and I urge you to contact your local supervisor of elections, and register. Or you can go to <https://registertovoteflorida.gov/home> and do it online! While you're there, verify that you are still signed up to receive your ballot by mail. If not, take the opportunity to sign up! Recent legislation in Tallahassee resulted in limits on how many election cycles you are signed up for.

Even if you've registered before, if you receive notice from me or your branch, please follow up and make sure you're still registered to vote. Voter purges are an often-flawed process of cleaning up voter rolls by deleting names from registration lists. While updating registration lists as voters die, move, or other-wise become ineligible is necessary and important, when done irresponsibly with bad data or when two voters are confused for the same person the process can knock eligible voters off the rolls en-masse, often with little notice. Many voters discover they're no longer listed only when they arrive at the polling place. As a result, many eligible Americans either don't vote or are forced to cast provisional ballots. According to the Brennan Center for Justice, a nonpartisan law and policy institute (<https://www.brennancenter.org/about>), between 2014 and 2016, states removed almost 16 **million** voters from the rolls — a 33 percent increase over the period between 2006 and 2008. The increase was highest in states with a history of voting discrimination.

So do not be offended if you receive such a notice. We simply want to make sure that all of our members are educated on the issues and candidates and are able to vote! Please take the time to verify your voting status and don't forget to sign up to vote by mail!!

Special Report on Union Plus

By Kevin Byrne

This month I'd like to take the opportunity to highlight the benefits of Union Plus. Many of us have heard of Union Plus and have Union Plus credit cards as they offer excellent rates through Capital One. It is worth noting that they offer much more than credit cards. From personal loans, debt settlement, legal help, to auto buying, mortgages, and discounts on car rentals, there are many financial benefits to be had. They offer discounts on different types of insurance and grants to those suffering from hardships.

To me, the most valuable service they offer is free college. That's right, free. Through an arrangement with Eastern Gateway Community College in Ohio, they offer many online courses in a variety of Associate Degree programs. Since 2019, I personally have been taking classes and now have 36 credits towards a degree. This benefit is offered to union members AND their families. That includes spouses, children, and grandchildren!

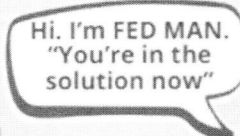
Whether you are looking to save money on college, find a dental or vision supplement to your insurance, or want to look for discounts on other things they offer, I suggest you check them out at www.unionplus.org.

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!**



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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

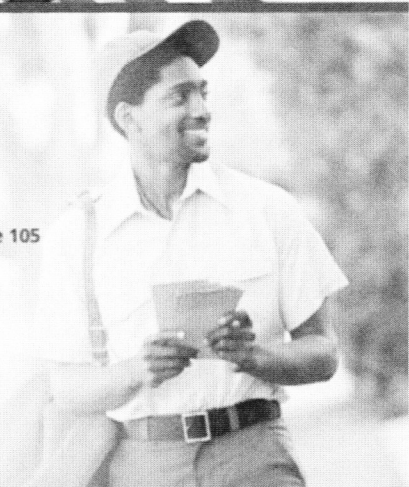
Fort Myers / Cape Coral
706 SW Pine Island Rd. Suite 105
Cape Coral, Florida 33991

Lake Worth / Palm Springs
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Lake Worth, FL 33461

Fort Lauderdale / Davie
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Sergeant at Arms

Barbara Raphael



Branch 1690, let me start by expressing my extreme gratitude for everyone who shared and participated in our awesome food drive. With your support and efforts we were able to feed numerous families in West Palm Beach, Martin County, and surrounding areas. For everyone including shop stewards that took their time to promote and purchase food drive t-

shirts, a big thank you to you as well. I would also like to toot my own horn if I may. I, Barbara Raphael, did an excellent job this year as a first time food drive coordinator. This was definitely a fun project and a great learning experience for me. I had the pleasure of meeting some great people from different offices who were equally as excited to participate in the food drive as I was. I would like to thank and recognize all the supervisors and managers from the offices in Wellington, Palm Central, Palm West, Haverhill, Port St Lucie, Palm Beach Gardens, Palm beach, City Place, Loxahatchee and Bell Glades. Those supervisors at these locations did not hesitate to jump on board to

help support this great cause. These individuals also showed their support by purchasing t-shirts and giving service talks, something Starr Hunter and I did every week. Their call to service has not gone unnoticed and once again thank you all. Your selfless time and service was greatly appreciated. Carriers, please feel free to applaud the efforts and strides that your supervisors and managers contributed to the success of this big event. It was a joy and honor to fellowship with such genuine people who all came out to support a much needed but common cause for multiple communities.

As you all know, I always end my quarterly communications with an inspirational quote. This quarter's quote is that from Eckhart Tolle: "Acknowledging the good that you already have in your life is the foundation for all abundance". As always, continue to be safe, always be aware of your surroundings. Many Blessings to you all and Happy Birthday to all that has a birthday within this next quarter.

In solidarity Sergeant at Arms
Mrs. Barbara Raphael



Barbara Raphael - Wellington

Your care, compassion, commitment, and leadership, all your efforts in this food drive made you a true asset in the success of our 30th Annual Drive. Pounds were lower but very much welcomed by many Banks + Pantries. Making station visits, selling t-shirts, sorting cards + bags, sacrificing your time in TRAVEL and many phone calls, meetings and conversations helped our Branch bring in over 211,000 lbs. It was truly an honor to be on the food drive team this year WITH YOU! May 2023 be not so rushed and more organized. Barbara, I call you A FRIEND.

Yours
Faithfully,
Starr Hunter -



JOE MAILMAN

Director of Retirees

Nancy Zlomaniec

Union Dues After Retirement

Union dues after retirement has many advantages letter carriers might not realize. Once a letter carrier retires, they can choose to stay in the Union by completing a 1189 and returning it to the Hall.

Your annuity will be deducted a dollar a month (\$1.00) for your monthly dues. National retiree dues are set by the NALC Constitution at \$7 per year. State retiree dues vary by more than half of the states having zero retiree dues. Carriers are under the misconception that they will be responsible for the same sum of dues they paid while working as they do now as retirees.

Health benefits are another great benefit at a low cost to your pocket. The one dollar a month allows you the access to lower health plan premiums. Non-members are subject to a \$36.00 fee to be an associate member which is still a pretty good deal for low-rate premiums. Some retirees need to rethink their position about not joining the Union because it effects other benefits they could be missing out on.

There is an Accidental Death Insurance worth \$5000.00 through the Union at no cost. It has some conditions on the cause of the death, but this money could help a family at a time of need. This is a benefit a few members think about at a time of loss and probably don't always claim.

Some Retirees still have issues with legal or postal paperwork, but they forget they are still part of the postal system and as a Union member, OPM has a responsibility to assist with any problems or questions. They have access to Branch Hall as well, to make inquiries about their retirement issues or files. There is a network always working for the members from active carrier to retiree. So why stand alone?

Advancing your education through Union Plus is also available to retirees by maintaining their union dues at no cost. These courses are free and online. You can continue your education or learn a language in your retirement from your home. How easy is that? Still for only a dollar a month!

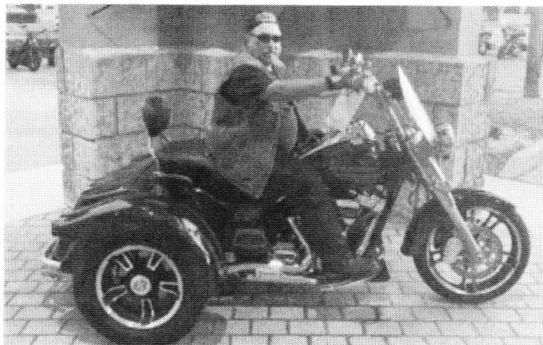
Then there are the monthly publications of the Postal Record and Treasure Coast Letter Carriers filled with information and news from around the states and locally within the Branch 1690. The articles are very informative, and it would be advisable for young carriers and senior carriers alike to read these periodicals. It is always good to stay updated on the legislative latest news and bills.

The bottom line is how could you pass up such a deal and get such good rates on your health benefits for a mere one dollar a month. Normal rates are at least 3 times higher than what you will pay as a non-member. This will apply to whichever health plan you choose not only NALC plan but being a Union member gives you that edge. It helps to have these extras benefits for free when everything else around us is costing so much more and increasing daily.

IN LOVING 
Memory

Frank J. Ragley

Fermin Agruna

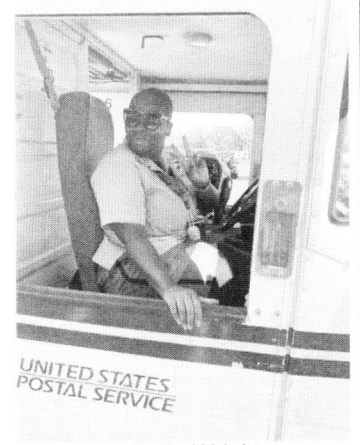


David Viera

Treasure Coast Letter Carrier



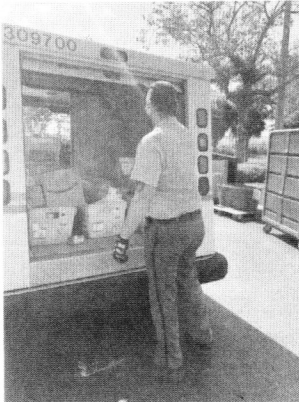
Patty Badini, Starr Hunter, Marcia Weber and Debra WPB Plant



India Wright
PSL Main



Starr Hunter and
Barbara Raphael Loxahatchee



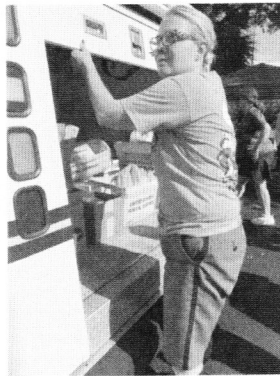
Jeremy Foster
PSL Main



Barbara Raphael Loxahatchee



Kaity Tassinari and Linton Gould
PSL—Midport



Linda Epp
PSL Main



Salvation Army Volunteers



City Carriers
Wellington Annex



Barbara Raphael and City Carriers
Wellington Annex



Jennif Apeiro, Stephon Babcock, Jose Mowringe and Brian Johnson
PSL Main

Treasure Coast Letter Carrier



Kaitie Tassinari, Roy Soloman and Starr Hunter PSL Midport



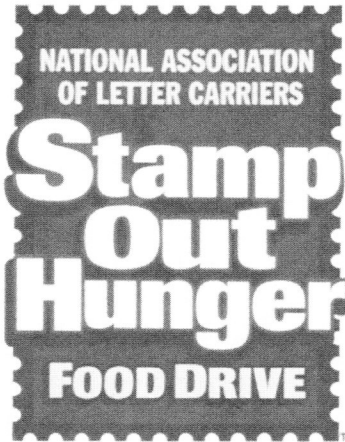
Willie Bryant Wellington Annex



Stacie Reckley Jupiter Main



Palms West



Stacie Reckley, Deb Tenrich and her assistant. Jupiter Main



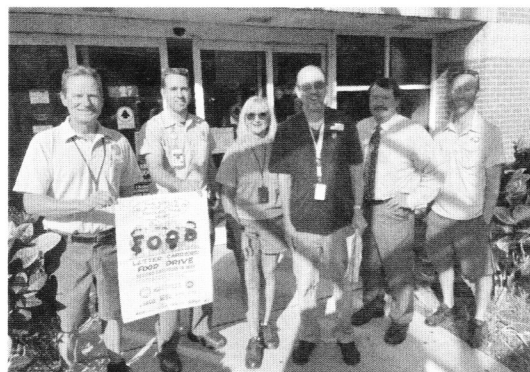
City Carriers on Food Drive Day



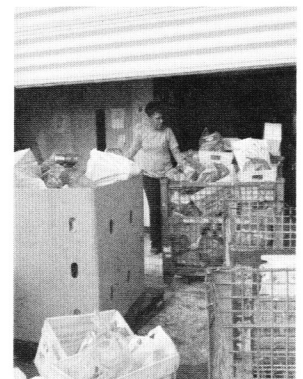
DonWon Cooley and City Carriers Palms West



PSL Main Volunteers



Mitch Mullin, Nick Colaiacovo, Starr Hunter, Gary Blackmon, Patrick Cowley and Scott Bussler PSL Main



Sandra Baker Wellington Annex

Welcome New Members

Kaleah Stevens
Milagros Nin
Robinson Bernard
Ashley Brown
Artis Frazier
Mitchell Goudron
Rana Singh
Tiara Baker
Yale Carvalho
Shareka Jackson
Tyrone Edwards

Grenique B. Thomas
Gabriella Medina
Angelo Milazzo
Donovan Lewis
Daja Lucas
Amree Felder
Johanne Sanon
Theodore Banks
Jamele Eaddy
Timothy Yanez
Jasmine Nunez

Tiyona Johnson
Lora Boyd
Noell Monroe
Joseph McMillon
Clifford Cross III
Randell W. Curry
Dolcie Salmon
Kevin Rogers
Roman Tantashov
Doris Billingsley
Nicole Sabrina Barnes

Congratulations to our Retirees!



**Rodney Denard's
last day delivering his
route at the Riviera
Beach Post office. Enjoy
your retirement Rodney!**



Rayburn Seader
Cherry Parker
Kevin McDonald
Andrew O. Campbell
Patrick Armond
Johnny L. Williams
Rodney Dennard
Edward A. Dooley
Gary J. Soto
Freddy Hernandez
Ina Mallory
Larry Smith



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.



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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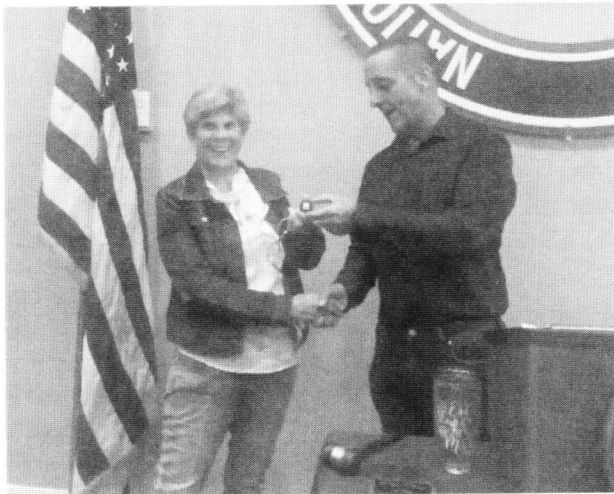
PAID ADVERTISEMENT



James Vickers
25 Year Member



Jim Osborne
35 Year Member



Trina Hamlin
35 Year Member



Tracy Stein
35 Year Member



Starr Hunter
35 Year Member



Kevin Byrne
35 Year Member

NALC Branch 1690 Meetings and Events:

Attention Members!!!! Please note the changes to the upcoming Rap Sessions.

Meetings:

July Rap Session:

CCA AND PTF APPRECIATION NIGHT hosted by NALC 1690



Date: July 13, 2022

Time: 7:30 PM

Location: UNION HALL



**COME OUT FOR FOOD, DRINKS AND
KNOWLEDGE!**

- Meet CCA's and PTF's from other offices

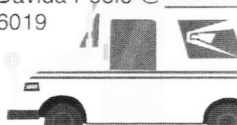
- Get to know your union reps

- Learn your rights as a postal worker

If you have any questions contact Tiffany Parker

@ 786-597-7080 or Davida Peele @

754-204-6019



August Rap Session:

ZOOM MEETING

August 10, 2022

7:30pm

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

(561)697-0240



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

1840 Alice Avenue, WPB

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



Treasure Coast Letter Carriers
NALC Branch 1690
1840 Alice Avenue
West Palm Beach, FL 33406

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July / August 2022

***** SCH 5-DIGIT 34953

KEVIN J. BYRNE
256 SE TODD AVE
PORT ST LUCIE FL 34983-3137



Picnic Committee

The Branch is in need of members that are interested in participating in the Picnic Committee. If you are interested in being part of the committee, please send an email addressed to President, Jeffrey Wagner at nalc1690@comcast.net for consideration.

\$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.



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 or call the Union Hall at (561)967-0240.