



CARL J. KENNEDY BRANCH 704

THE LETTER CARRIER REPORTER

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August 2018

Email Address: nalcbranch704@outlook.com

Printed by Branch 704

Congratulations On Your Retirement!

Diane Knight

Sun Station

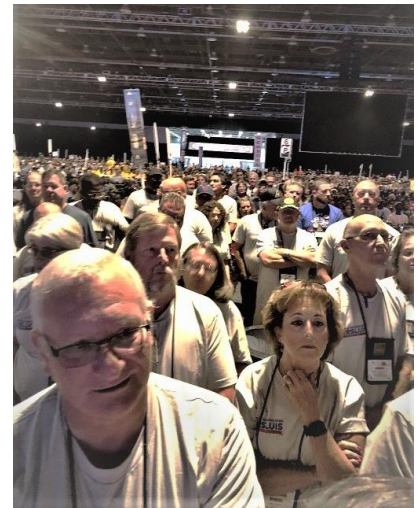


(Not Pictured)

Irving Crespo
Casas Adobes Station

Andrew Wahl
Cherrybell Station

**CONGRATULATIONS
DAN VERSLUIS!
NOMINATED FOR NATIONAL
BUSINESS AGENT FOR REGION 4,
SUPPORTED BY MANY NALC
MEMBERS AT THE 2018
NATIONAL CONVENTION.**



WEBSITE: www.nalcbranch704.org

**Next Union Meeting Thursday August 2, 2018,
to begin promptly at 7:00 pm.**

President's Report

71st NALC Biennial National Convention

Delegates to the 71st NALC National Convention are preparing to attend and exercise one of our most precious rights we have as union members. This year the convention is set for July 16th through the 20th where delegates throughout our great nation will vote on many resolutions that guide us into the future. It is also an election year for all national officer positions including national business agents for our 15 regions. Several national officers are retiring this year, so I expect a whole lot of activity during nominations. I want to express my sincere thanks to our retiring officers for all they have done for letter carriers throughout their career and wish them well in the future.

Workplace Atmosphere

Last month I asked you to ask yourself a couple of questions regarding safety. This month I want to do the same regarding our workplace atmosphere. Ask yourself this question; Am I being treated with dignity and respect by my supervisors and managers? If the answer is yes, then we can't ask for more than that. If the answer is no, then you must ask yourself some more questions like; Am I doing anything to address their bad behavior? Am I one who sits back and just takes it? Or how about; What can I do about being treated with no respect. If you are one who just sits back and takes it, do you believe that by doing so management will just magically stop?

Based on a long past history we know that the latter is simply not true. Sitting back and taking the abuse

usually results in even more harsh treatment. Doing something about it is the best recourse and can be done in several different ways. First make sure you document any instances that you are subjected to abusive management. Secondly please make sure you also document when you see a fellow carrier being subjected to abusive treatment and request time with your steward in both cases. The only way to stop abusive behavior is to address it head on. The most successful grievances have detailed statements on what happened and how the abusive behavior made you feel. Don't be afraid to stand up for what is right and just. Assist your steward so they can help you and your fellow carriers – they are counting on you and need your help and support. If you don't do anything about it, then you have only yourself to blame.

Stewards

In the past six or so months we have had several long-time stewards retire, including Bruce Jenkins, Memo Teran, and Gary Hammonds. I want to again thank them for everything they did to help letter carriers and wish them well in the future. I also want to welcome our newest stewards, Tiffany Eggert at Ft. Lowell and Mike Donnelly at Desert Foothills. Please help and support them in their pursuit of the betterment of all letter carriers and to represent all carriers to the best of their ability. Together We Stand – Divided we Beg.

In Solidarity,
Dan Versluis



MEET & GREET AT THE 2018 NATIONAL CONVENTION



VETERANS HELPING VETERANS

Vice President Article

Dear Brothers and Sisters,

The monsoon season is here, I always look forward to this time of the year, I like how after the rain everything just smells fresh. But at the same time the heat is more deceptive, because it gets humid you may feel as if you're not as prone to being dehydrated or affected by the humidity. Make sure you're taking care to hydrate the night before so all the sweating you do through the day doesn't leave you feeling depleted and feeling sick. While we think staying hydrated is just a matter of drinking water, it's also about the electrolytes, mix water and Gatorade thru out the day especially when your taking medication.

At the District Safety meeting we discussed how some new employees on their shadow day don't come prepared for the weather or don't even know what they should be doing the night prior to spending their first day in the sun. Then we tell them they need to sit in the back of the LLV when it could be over 120 degrees or higher, so they can observe how we work. We discussed how we need a way to inform new employees what they will need before their shadow day, so they come prepared, and acclimated to our extreme heat. Some of these people may not have ever worked in the sun all day and it just makes sense to look after them the first day making sure they don't go out with just a small bottle of water.

I would have thought when they got the letter telling them when to come in for shadow day, it would inform them about the sun and what they need to be prepared. But it does not, and not all managers even think about saying something to them, so they come in unprepared and get tossed in the back of the LLV sometimes when it's extremely hot and we wonder why they don't want to come back after and quit. If it looks like it's going to be extremely hot on shadow day, why not have them shadow in a newer Loadmaster or van?

It is sad to me when I hear about letter carriers who are severely injured or lose their life due to safety issues or accident when with a little effort we can minimize the danger to ourselves and be around for our families.

The weather is dangerous; let's work together insuring we look out for each other.

We will be at the National Convention this month in Detroit, Michigan. We will share what we learn at the Union meeting and in the next newsletter including proposals and resolutions that are passed and approved by the delegates.

Our President, Dan Versluis, will be nominated for the position of National Business Agent for Region 4 at the Convention. He has the respect, honesty, ethics and integrity we need to continue to have a strong Union to lead us into the future.

Stay safe.

In Solidarity,
Kathy Walter

Meeting Dates

**Branch Meeting-Thursday,
August 2, 2018 @ 7:00 pm**

**Stewards Meeting-Thursday,
August 16, 2018 @ 5:30 pm**

**Executive Board Meeting-
Thursday, August 30, 2018
@ 6:00 pm**

Attention Postmaster, 1 Monthly issue consisting of at least 25% non-advertising matter in each issue of the Carl J. Kennedy Branch 704, The Letter Carrier Reporter Volume 2018-08 Issue #08; Organization: National Association of Letter Carriers, 2950 N. Country Club Road, Tucson, AZ 85716-1912

Formal Step-A Report

During the month of June, 5 grievances were resolved at the Formal Step-A level. A summary of the settled grievances is listed below:

FORMAL STEP-A:

- Settled 1 Letter of Warning by getting the Letter of Warning reduced to a 3-month L.O.W.
- Settled 1 14-Day Suspension by getting the 14-Day Suspension reduced to an Official Discussion.
- Settled 2 grievances where management took work assignment overtime and assigned the overtime to OTDL carriers by getting those work assignment carriers paid for missed overtime opportunities. **(Total: \$176.00).**

- Settled 1 grievance where management improperly forced non-ODL carriers to work overtime by getting those carriers paid the appropriate premium payment and ODL carriers paid for the missed opportunities. **(Total \$25.83).**

Management's failure to follow the contract this month at Formal A cost the USPS **\$201.83** this month.

There are 32 grievances outstanding at Formal Step-A.

In Solidarity,
Stuart Love
Formal Step-A Representative

Retiree Report

Greetings and Salutations to all of my fellow retirees. Retired, a word I never get tired of hearing. The 2018 Retiree Luncheon will be held on Sunday, December 9th at The Desert Diamond Casino on Valencia Road. The staff at the casino has been assisting us with this gathering for several years now and has provided excellent food and awesome entertainment for some. Make plans to attend this year; you will really enjoy yourselves.

Another important announcement to make this month is that our current president, Dan Versluis, is running for National Business Agent. Our current business agent, Roger Bledsoe, is retiring. I know of no other person in Region 4 more qualified than Dan Versluis to replace him. Since 1984 I have been around and observed all of the NBAs. It is my personal opinion that Dan Versluis has waited long enough to fill this

position as I have been encouraging him to run for this position for over 10 years.

By the time you read this the National Convention in Detroit will be over. Hopefully all of the delegates can and will bring back vital information to share with our members. Many changes are coming our way. All of us will be called upon to contact our Congressional leaders to pass legislation to protect the rights and benefits that our brothers and sisters have obtained throughout our history.

In closing remember December 9, 2018 is the Retiree Luncheon. Vote for Versluis for NBA. and keep an eye on congress, your benefits may count on it.

Respectfully serving:
Gene Kelley
Retiree Rep

Health Benefit Report

Family Meals Do More than Put Food on the Table

With our fast-paced lives and social calendars, we are spending less time together as a family. Make meal-time a “family time”. If you can get together for meals even a few times a week, family meals mean healthier eating--and more. The Academy of Nutrition and Dietetics encourages all families to make a commitment to eating more meals together. Family meals promote healthier eating—more fruits, vegetable and fiber; less fried food; and often fewer calories. Family meals also offer time to talk, listen and build family relationships.

Five Essential Health Checks

Type 2 diabetes can harm many of your body's organs and systems, and in the early stages, this can occur without your even realizing it. So, in addition to monitoring blood glucose, keep an eye on:

- × **Your Eyes:** Even well-controlled diabetes can damage the small blood vessels in your retina or the back of your eye. Diabetes also hikes risks of glaucoma and macular degeneration. Untreated, all can lead to blindness, so get a comprehensive eye exam every year.
- × **Your Feet:** As a result of impaired nerve function and blood flow to the feet, diabetes puts you at higher risk

of foot complications such as infection. Have your doctor or podiatrist check at least twice a year for symptoms such as loss of sensation and tingling.

- × **Your Heart:** Type 2 diabetes can double or quadruple heart disease and stroke risks. Ask your doctor how often to have blood pressure and cholesterol checks. Aim for a blood pressure level close to 120/80 mm Hg and LDL (bad) cholesterol level lower than 100 mg/dl.
- × **Your Teeth:** More than 20 percent of those with type 2 diabetes have gum disease, too. Having gum disease may make it even more difficult to control your blood glucose, and it could contribute to worsening type 2 diabetes. So be sure to see your dentist twice a year.
- × **Your Kidneys:** Chronically high glucose levels can harm the kidney's ability to remove waste products from blood. Your doctor should do two annual tests: one to check urine for albumin (a sign of kidney damage) and a blood test, called GFR, to see how well your kidneys filter blood.

The best of health to you and yours,
Ray Root 885-4983
Health Benefits Representative

Chaplain's Corner

I pray because I can't help myself.
I pray because I'm helpless.
I pray because the need flows out of me all
the time-
waking and sleeping.
It doesn't change God it changes me.

CS Lewis

Read 1 Thessalonians
5:16-18

Rick Evans with Martha Evans
Rick7evnas@gmail.com
520-248-9643

Condolences

Family of Bob Williamson.
Family of Nio Walters.

Get Well

Ray Root

Vote

VERSLUIS

FOR NBA REGION 4

Dan Versluis has experience at nearly every level of the National Association of Letter Carriers spanning over two decades. His commitment to his peers and profession is unwavering. Your vote for Dan is a vote for Quality Representation, Honesty, Integrity and A Seeker of Justice.

EXPERIENCE COUNTS

US Marine Corps Veteran
Shop Steward
Formal A Designee
Branch Trustee
Branch Vice President
Branch President – 10+ Years
Arizona State Director of Education

Arizona State Vice President
Certified Step B
NALC Arbitration Advocate
Graduate NALC Leadership Academy Class 3
Experienced OWCP Representative
Regional Administrative Assistant – 5+ Years

Dan Versluis for NBA Region 4 Raffle

To Raise Money to Help Elect Dan Versluis to NBA Region 4.
For tickets you can also call Gene Kelley (520) 403-3025
or Kathy Walter (501) 802-4310.

1st Prize SAMSUNG 55: UHD TV 4K HDR PRO
2ND Prize HANDMADE NALC QUILT
3RD Prize ORTHOCERAS STANDING FOSSIL CENTERPIECE

Paid for by the Committee to Elect Dan Versluis, NBA

Congratulations on Your Conversion to Career City Carrier!

**Gerzon Bacasegua
Danielle Baer
Katherine Cooper
Boston Cottle**

**Concepcion Estrella
Mark Mendygral
Jamie Robles
Robert Stewart**



Kathy Walter, Christina Davidson and Dan Versluis at the 2018 National Convention.



NALC Branch 704 Delegates at the 2018 National Convention in Detroit, Michigan.

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Friday 9 am to 6 pm, Sat 9 am to 1 pm

7740 E Speedway Blvd.
Mon-Thurs. 9 am to 5 pm
Friday 9 am to 6 pm

5280 E Grant Rd.
Mon, Tues, Thurs. 730 am to 4 pm
Wed 9 am to 4 pm, Fri 730 am to 5 pm

*APR= Annual Percentage Rate. Rate current as of 8/1/2017. Subject to change. Based on credit history.

**National Association of Letter Carriers
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 2950 N. Country Club Road
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DAN VERSLUIS	PRESIDENT
KATHY WALTER	VICE PRESIDENT
DON HICOK	RECORDING SECRETARY
AMBER UNDERWOOD	FINANCIAL SECRETARY
BILL LAMB	TREASURER
RAY ROOT	HBA REPRESENTATIVE
GENE KELLEY	RETIREE REPRESENTATIVE
MARK FOLLET	SERGEANT-AT-ARMS



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CATHY POULIN	CLAUDIO RETES
CHAPLAIN RICK EVANS	

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