



CARL J. KENNEDY BRANCH 704
THE LETTER CARRIER REPORTER

PROUDLY SERVING

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July 2020

Email Address: nalcbranch704@outlook.com

Printed by Branch 704

Congratulations on your Retirement!

Ann Strickler

Silverbell Station



Sylvia Mireles

Coronado Station



Jim Streeter

Casas Adobes Station

*Not
Pictured.*

WEBSITE: www.nalcbranch704.org

**Per State & CDC guidelines, Branch Meeting for
Thursday July 2, 2020 is CANCELLED.**

President's Report

Dear Brothers and Sisters,
I am hoping this newsletter finds you and your families healthy and safe, Arizona ranks 20 among states with the most confirmed COVID-19 cases. New York leads the nation with the highest number of COVID-19 cases. As of Saturday, June 13, there have been 1,183 [COVID-19](#) deaths in Arizona, an increase of 39 from the previous day. Arizona Governor has stated he does not plan to change course with the COVID-19 restrictions. This puts Letter Carriers in the position of taking steps to ensure that your families and co-workers stay healthy until we can flatten the infection rate. The best way is to make sure you continue to wear your masks and the gloves whenever you are around people and you wash your hands as much as possible.

Tucson has four (4) confirmed COVID-19 positive cases. One (1) maintenance and three (3) letter carriers, NALC sends their thoughts and prayers for your speedy recovery. With the confirmation of positive cases at stations in Tucson it is up to all of us to look out for each other and make sure we are practicing social distancing on the workroom floor, and out on the street with our customers. If carriers are within 6 feet of other employees and not wearing masks management has made it know they will require you to wear a mask or maintain 6 feet apart. This may be easy if you are casing on your case and do not do anything else, but you are required to go to pick up Hotmail, scanners, accountable mail, SPRs, DPS, and parcels which puts you close to other employees, at those times you should be wearing your masks. When we are in the breakrooms we need to also practice social distancing, it does no good to being careful if you go into the breakroom sit down than take your masks off and be next to the other employees sharing

food, drinks, or breathing space of less than 6 feet. If we can all do our part in practicing social distancing maybe, we can protect our families and co-workers. Everyone should consider that we are in this state for the long term and the new normal will entail wearing masks and practicing social distancing, I know that change is sometimes hard and inconvenient but with no vaccine or cure in site we must change to stay safe. If anyone can do it I firmly believe it's the Letter Carrier all you have to consider are all the rules management constantly impose on us and we change to follow what is required of us to do our job, we can do this and we will all be in this together. If you are taking the COVID-19 Test or have Symptoms of COVID-19, please let your stewards know or call the branch office so we can ensure you are receiving the correct pay for the time. This is important as should an employee be positive or in contact with positive COVID-19 individual we need to make sure the stations are cleaned and/or disinfected to prevent the spread of the virus to everyone else.

The following Memoranda of Understanding between the United States Postal Service and the National Association of Letter Carriers (NALC) have been extended through July 17, 2020. The parties agree to meet and discuss these Memoranda of Understanding prior to July 17 to determine whether or not further extension is appropriate.

- Re: Temporary Use of the Employee and Labor Relations Manual (ELM) 432.53, City Letter Carriers (7:01 Rule)
- Re: Temporary Additional Paid Leave for CCAs
- Re: Temporary Expanded Sick Leave for Dependent Care During COVID-19

President Article (Cont. on pg. 3)

President Article (Cont. from pg. 2)

- Re: Temporary Workplace Changes to Promote Social Distancing - COVID-19
- Re: Temporary Carrier Assistants -COVID-19

On 5/27/2020 I provided all Letter Carriers with the opportunity to be on a Regional Teleconference put on by [John Beaumont](#), Legislative and Political Organizer. While on the teleconference NALC President Fred Rolando was a guest speaker he spoke to some of the issues confronting the Post Office, and encouraging everyone to get involved to insure we have the funds to carry our mission of delivering the mail past September.

NALC is still continuing to call attention for relief of the COVID-19 crisis—to cover the difference between revenues and total USPS expenses during this crisis as well as a mechanism to reimburse the Postal Service for the cost of Covid-19-related leave.

To support, letter carriers should continue contacting their members of Congress to urge support for funding in the next stimulus package. Let Congress know that the Postal Service doesn't need more debt and that we now have overwhelming voter support for funding. Go to the www.NALC.ORG News and Research tab down/TAKE ACTION article and push the TAKE ACTION button on the bottom of the page, it will take you less than one (1) minute to complete and send notice to representatives to support the USPS.

Also if you have family and friends that would like to help support us have them go to the website www.HeroesDelivering.com, which provides information and resources to the general public on the importance of USPS and the need to keep it strong and well-funded during this pandemic. It gives readers an easy means to contact their legislators and call on them to support funding for the Postal Service in the next legislative package. This is very

user friendly and takes less than one (1) minute to complete. Encourage your friends on Facebook, Twitter and other social media to help us receive the stimulus money to continue delivering past September.

If the Pandemic is not enough, we are also having protests erupting across the nation with calls against racial injustice. A few Post Offices were ransacked and the vandalized of property just does not help as it distracts from the message of fair and equal treatment to all regardless of skin color. I also do not believe all police behave with disregard to peoples life, but change is needed to insure that people of color do not have to face having to lose their life when they get pull over by the police. As a military vet I have never understood why people focus on the color of a person's skin versus what they are as a person and what they do with their lives, we may not be perfect but we are all humans and one race. USPS has all different people and we all work together to get the job done, we spend more time at work than in our homes, I see people that work with each other and am thankful we all get along with each other for the most part. However, you feel, I hope we all can have peaceful civil protests and the ability to hear all sides to make a more perfect union in our nation.

I want to thank Bill Lamb and Cathy Poulin for all their faithfulness to our branch, and welcome the new stewards at Mountain View, Silverbell and Desert Foothills. I hope all carriers at these stations will help them to do the job of stewards by informing them when you have any issues that need to be addressed. I have appointed Alexis Padilla as the treasurer for Branch 704 to replace Bill Lamb as he has resigned his position due to moving 6/12/2020. Stay safe.

In Solidarity,
Kathy Walter

Vice President Article

The Union office has received numerous calls regarding OWCP injuries. Management seems to be misinforming employees about which forms to fill out and how to receive benefits. Recently several employees have been denied Continuation of Pay or their choice of doctors based on the information supplied by local management.

The claimant has a right to the initial choice of a treating physician but must take steps to exercise that right. Restrictions apply including limitations on the services of chiropractors. Every letter carrier should have a physician or medical care provider in mind that will competently evaluate and treat a job-related injury, no matter when the injury occurs. Typically, this means a medical care provider other than your personal physician because they are not usually immediately available to evaluate and treat your injury. Remember once you make two visits to the treating physician, that doctor becomes your Doctor of record for OWCP purposes. YOU make the initial choice of physician, not management. Management has the right to send you to their clinic, but you must first be allowed to see your chosen physician or medical care provider if they are immediately available to see you.

In general, it is not in your best interest to choose management's clinic or physician for your initial, follow-up medical evaluation and treatment as most of their clinics are staffed by Physician Assistants and are not recognized by the Department of Labor as treating physicians. Remember who the management doctor is working for. I urge all employees to report all injuries no matter how minor, to your supervisor immediately. You may report an injury without accepting emergency medical treatment. This protects

you from discipline should the injury worsen over time and require medical treatment later. I can't tell you how many carriers have gone home with a sharp pain in their back during the day and not been able to get out of bed the next morning. If you do require treatment fill out a CA-1 and mark COP instead of using your leave.

We are getting numerous complaints of a lack of dignity and respect for Letter Carriers, at some of the stations in the Tucson Installation. In some offices, the workplace atmosphere continues to decline to unacceptable levels. Carriers are being constantly subjected to undue stress. Managers and supervisors are being micromanaged to where they have no discretion to make any decisions. Carriers have to find the balance between doing their job, with all the new rules and procedures and meeting unrealistic times. The threat of discipline for any infraction for carriers or for that matter supervisors and managers has raised the tension level to unbearable for many. I believe that identifying the problems and then addressing them with the local parties will have some effect on correcting the situation. Your Stewards and I need your help to stop these abuses. I urge you to stand-up for your rights and assist your steward any way you can. Please get involved!!!

Fraternally,
Stuart Love
Vice President

Congratulations on Your Conversion to Full Time City Carrier!

**Edward Piper • Robert Beal III • Christopher Carpenter •
Keeano-Justu Isimang • Robert Daignault • Adan Solis •
Gabriel Serrano • Kristin Queen • Jeffrey Morrow •
David Perez • Lizbeth Cota-Cohen • Justine Murray •
Jeffrey Davis • Alexandra Pelei • David Lozano •
Michael Thomas Jr • David Nicholls • Angela Garcia**

Chaplain's Corner

God has a plan for you. It is your personal pathway of faith. No one else can walk it but you because it has your name on it. You were created to travel it; and if you will walk down the center of that road in obedience to Him, you will most certainly be blessed.

By Charles Stanley, Walking with God.

" Make me know Your ways, O Lord; teach me, for You the God of my Salvation; for You I will wait all the day."

Psalm 25:4-5

Chaplain Rick Evans
Rick7evans@gmail.com
520-248-9643

Get Well

Stuart Love's Wife.

Health Benefit Report

Do Supplements Boost Immunity?

Supplements for the immune system have been flying off store shelves recently. But experts warn against using them in most cases. You run the risk of getting too much of a nutrient. Too much zinc, for example, can block copper absorption, and high levels of folate can mask a vitamin B12 deficiency.

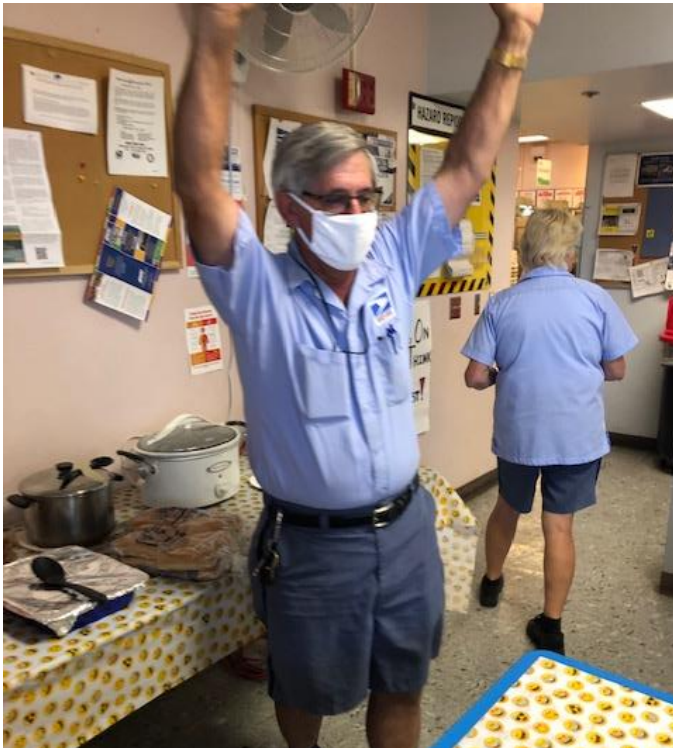
Herbal and other remedies, like elderberry tincture and colloidal silver (silver molecules suspended in liquid), which have been advertised on social media as a way to destroy the coronavirus, are unproven and potentially harmful. IP-6 (phytic acid), touted as an antioxidant, can lead to calcium, iron, and zinc deficiencies, and polyphenols from green tea extracts may reduce the absorption of iron, folate, and vitamin C.

It is best to get the nutrients you need from food so that you do not lose out on other beneficial ingredients, like phytonutrients. The exception is vitamin D. Because more than 80 percent of older Americans do not get enough from diet alone, Katherine L. Tucker, Ph.D., of the University of Massachusetts Lowell recommends taking a supplement. The daily need for people ages 51 to 70 is 600IU; over 70 it is 800 IU.

The best of health to you and yours,

Ray Root 885-4983
Health Benefits Representative

Congratulations!



Bill Lamb on your Transfer



Cathy Poulin on your Retirement

Retiree Rep Article

Greetings Brothers and Sisters,
I am notifying you at this early date that due to Covid-19's increasing infection spike of 54% just this week (May 31-June 6) in Arizona, that the Executive Board feels it is necessary to cancel the luncheon for this year. We understand that this is July and that things could be different in December, but now is the time to plan the event and make the necessary arrangements.

The health and welfare of our seasoned carriers is of the most importance to the branch. On behalf of the entire membership, I personally thank each and every one of you for the time and labor that you provide the branch to continue providing the monthly newsletter to the membership. Your devotion to the branch has not gone unnoticed.

As many of you know, all activities and training sponsored by the national office has been cancelled throughout the rest of the year. As of this printing no branch meetings have been scheduled.

Hopefully in the near future, all of this turmoil will end and an Awards ceremony can be held for the retirees.

Stay safe everyone, you are important and loved by many.

In Solidarity,
Gene Kelley
Retiree Representative

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 2020-07 Issue #07
Organization:
National Association
of Letter Carriers,
2950 N. Country Club Road,
Tucson, AZ 85716-1912

Meeting Dates

Branch Meeting-

Thursday, July 2, 2020

Is - CANCELLED -

Stewards Meeting-

Thursday, July 16, 2020

@ 5:30 pm

Exec Board Meeting-

Tuesday, July 30, 2020

@ 6:00 pm

**National Association of Letter Carriers
 Carl J. Kennedy Branch 704
 2950 N. Country Club Road
 Tucson, AZ 85716-1912
 Telephone: 520-323-2117
 July 2020 Newsletter**

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STUART LOVE	VICE PRESIDENT
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AMBER UNDERWOOD	FINANCIAL SECRETARY
ALEXIS PADILLA	TREASURER
RAY ROOT	HBA REPRESENTATIVE
GENE KELLEY	RETIREE REPRESENTATIVE
MARK FOLLET	SERGEANT-AT-ARMS



TRUSTEES

PETE TADEO

MIKE DONNELLY	BRUCE JENKINS
CATHY POULIN	JC MENA

CHAPLAIN

RICK EVANS

FORMAL A REPRESENTATIVE

STUART LOVE

323-2117

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