



CARL J. KENNEDY BRANCH 704  
**THE LETTER CARRIER REPORTER**

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June 2020

*Email Address: nalcbranch704@outlook.com*

Printed by Branch 704

# Congratulations on your Retirement!

**Paula Kirkman**

Desert Foothills Station



**Thomas Reis**

Fort Lowell Station



## Taking Safety Precautions for You & Your Families!



WEBSITE: [www.nalcbranch704.org](http://www.nalcbranch704.org)

**Per State & CDC guidelines, Branch Meeting for  
Thursday June 4, 2020 is CANCELLED.**

# President's Report

Greetings Brothers and Sisters,

I want to thank everyone that participated in the NALC teleconference on Sunday, April 26, 2020. The teleconference was put on by the State Association for the National Officer to explain why it is important to get in touch with our representative to support the Postal Service receiving stimulus money to help with the added cost of Covid-19 and the decrease of volume of mail due to the pandemic stay at home orders that shut down businesses. I was very disappointed in how it was organized. I can only assume that these are growing pains of not knowing how to conduct teleconferences with over 400 people calling into the meeting.

I thought it was a missed opportunity to pass on important information to insure we continue to have money past September and how you can help to insure the Postal Service doesn't run out of money to stay open past the crisis of the pandemic. There are approximately 17 emails and letters sent to representatives each day in Tucson by city carriers. I know this is important to all of you just as it is for me to have the security of having a job in the future. If you think it is important to continue to have funding past September and do not know how to send an email or letter to your representatives please get in touch with any of the stewards or me and I am happy to help you get started, I have given stewards cards to pass out with information on how to send email, letters, or calls to your representatives and have your voices heard. I know we can do better than 17 employees a day that are concerned about the viability of the Postal Service. Please get in touch with your representatives at least once a day until the end of the month of May.

When you have customers that ask about the Postal Service and what they can do to help, NALC has a website you can direct them to: <https://heroesdelivering.com/resources/> which will make it easy for them to contact their representatives to support the Postal Service. All they need to do is fill in their full name, address, zip, phone, email address and send, the website will automatically find your representatives and email them "I urge you to support funding for our U.S. Postal Workers. These heroes deliver critical goods to those in need and we cannot afford to not fully fund the USPS. Take action now!". I know there are customers who want to support us, and this gives them an opportunity to show that support in a very tangible way. I urge you to let your families and friends know also. While the House has approved the Postal Stimulus under the Heroes Act it now

moves to the Senate and we all need to help to encourage them to vote yes like the House.

Don Hicok, Branch Secretary, has mailed out notices to all National Delegates to inform them the National Convention has been canceled due to the Covid-19 pandemic. The Council made the unprecedented decision after it became clear that the state government of Hawaii couldn't give us any assurance that gatherings with the number of delegates attending would be allowed in August. Nor could we be assured that travel to Honolulu would be permitted under the state's strict quarantine law which currently requires all travelers to self-isolate for 14 days upon arrival in the islands.

Branches need not cancel their hotel reservations made through NALC's official housing provider Experient, Inc. – they will be automatically canceled with no further action required. Any credit card on file used as a guarantee to hold hotel rooms through the official housing company has not and will not be charged. If a room deposit was sent by check, instructions will be sent by email from Experient concerning how to receive the deposit money back.

Branches should, however, cancel any flight reservations and contact airlines about their refund policies and rules for using credits for future flights.

Additionally, any branch or delegate that made hotel reservations or other housing arrangements outside of NALC's official housing company is responsible for canceling those reservations.

The Executive Council will continue to monitor the effects of the pandemic and available options for scheduling the convention in the future. The \$15 Registration Fee that each Delegate paid will be refunded by NALC Branch 704 via the mail.

The E-Board was presented the Branch Tax Forms-990 and the LM-2 at the meeting for review and to comply with our obligation to continue to have our branch as a non-profit status.

As you are all aware, Bill Lamb has been our Branch Treasurer for 5 years and he has also been a steward and Formal-A designee for the branch in his tenure in Tucson since 2006. Due to family, he put in for a transfer to Sun City in Phoenix and he will be leaving in June. He has

*President Article (Cont. on pg. 3)*

*President Article (Cont. from pg. 2)*

done an outstanding job of keeping our finances in order during his time as the treasurer, worked for members as a steward and Formal-A and will be missed by us all. He has been training Alexis Padilla as his replacement since he put in for the transfer so we will have someone trained for the treasurer position. I wish Bill Lamb the best in his transfer and good wishes in this new chapter in his career.

The Food Drive has been postponed and we have not received a day yet to have it by NALC Headquarters. Stewards at stations will be collecting the monies for the T-shirts ordered for the Food Drive within the week. If you ordered M-XLG the shirt is \$12.00, 2XLG is \$13.00, 3XLG is \$14.00, and 4XLG is \$15.00, those that ordered the shirts I look forward to wearing mine with you when we have the food drive.

Tucson, as of this date does not have any employees diagnosed positive with covid-19. In the District we have 20

cases total that have been diagnosed as positive from all crafts. I know we are all weary of having to continue to be vigilant in protecting ourselves by wearing the masks and gloves, continuing to clean our vehicles, and protect our customers when we see them, but please do not get lax in continuing to do what you are doing. The state governor has opened the state as we are getting the newsletter out yet the number of positives are staying in the diagnosed 400 plus positives a day, the state has not started to decline yet. This would be a bad time to get complaisant and drop your guard in not wearing your masks, washing your hands, keeping your area clean and protecting yourselves. If we are to continue to stay healthy at work, we must continue to protect ourselves and our coworkers, so we do not bring this home to our families. If you have any questions concerning Covid-19, please call the branch office.

In solidarity  
Kathy Walter

*By making a contribution to the Letter Carrier Political Fund, you're doing so voluntarily with the understanding that your contribution is not a condition of membership in the National Association of Letter Carriers or of employment by the Postal Service, nor is it part of union dues. You have a right to refuse to contribute without any reprisal. The Letter Carrier Political Fund will use the money it receives to contribute to candidates for federal office and undertake other political spending as permitted by law. Your selection shall remain in full and effect until cancelled. Contributions to the Letter Carrier Political Fund are not deductible for federal income tax purposes. Federal law prohibits the Letter Carrier Political Fund from soliciting contributions from individuals who are not NALC members, executive and administrative staff, or their families. Any contribution received from such an individual will be refunded to that coordinator. Federal law requires us to use our best efforts to collect and report the name, mailing address, occupation, and name of the employer of individuals whose contributions exceed \$200 in a calendar year.*

## Meeting Dates

**Branch Meeting-Thursday, June 4, 2020**

**Is - CANCELLED -**

**Stewards Meeting-Thursday,  
June 18, 2020 @ 5:30 pm**

**Exec Board Meeting-Tuesday,  
June 25, 2020 @ 6:00 pm**

### **MBA (Mutual Benefit Association) Introduces Three (3) New Insurance Plans**

**There are three (3) new Term Life Insurance Policies being offered to the NALC membership. The new Term Life Insurance policies include: 20-Year Term Life, Term to Age 65, and 5-Year Renewable and Convertible Term Life. These new Term Life Insurance plans are designed to give NALC members and their families the best possible protection for the lowest price. These plans are especially attractive to City Carrier Assistants (CCAs) who are not eligible to obtain the Federal Employees Group Life Insurance (FEGLI). These plans allow CCAs to provide life insurance protection for their families at a reasonable cost well into the future. If you have any questions, please feel free to contact the Union Office at (520) 323-2117.**

# Vice President Article

Greetings brothers and sisters, another month has gone by and we are still in the midst of this COVID-19 epidemic. The governor has started to ease his stay at home mandates and has started to open things up in a gradual manner. These have been the busiest times I can ever remember in dealing with issues that affect our members, but thankfully, we have been able to get a lot of your concerns taken care of in a timely manner, thanks to the cooperation we have gotten from carriers and management.

As I stated last month, we are on a daily telcon with the district leaders and branch presidents from the Arizona district who update us on the latest information, and it appears we have finally gotten enough supplies to take care of the issues we were having in getting them in the past, which was a major concern last month.

The newest issue we are dealing with is whether masks are mandatory to be worn. The latest position in the Arizona District, is masks should be worn at all times, where you cannot practice social distancing. Along with the changes that the virus has forced us into, it has also made some major changes that affect each of us daily, most notably the drop in mail volume. I know that many carriers do not want to accept that mail volumes have dropped, but when you go from 3 or 4 trays of DPS on average to only 1 or 2, it becomes kind of obvious. Flats also have seen a drop, even though parcel volumes have picked up in most cases. Now that customers cannot go into their favorite stores to buy certain items, they just order online and have us bring it to them.

We have also seen some temporary changes that in some cases have made things better and in others not so much. One of those issues is the staggered start times. Many carriers have enjoyed being able to start as early as 7:45 am, while others are not too pleased with moving to 8:15. We have heard from many of our members, and I agree with them, on how is it that we have been trying to start earlier for some time now and all of

a sudden it's not a problem? We can advise, we can provide information and argument, but at the end of the day the decisions regarding postal operations are left to those in charge of such matters, and no one in Branch 704 is in that group.

Along with the changes of late we have also seen another change and that is regarding attendance. More and more carriers are calling in or using the emergency leave provisions that have been put in place, causing a severe strain on some stations. I will reemphasize the importance in protecting yourselves, your loved ones and others by abiding by social distancing washing your hands constantly, avoid touching your face, eyes, mouth and nose and wear a mask in order to put an end to this unprecedented pandemic.

One last and most important item is the funding for the Postal Service in the next stimulus bill. With the drop in volumes, we have been hearing a lot about the further financial crisis the Postal Service is in, and this is real. For those of you who have installed the NALC app, you will notice you are constantly getting pushpin notifications to take action on this measure. It is vitally important we continue to have communications with our leaders in DC, since the President has continually been fighting the funding for the Postal Service. Please take this action seriously since the Postal Service is in for the fight of its life due to this pandemic and must be included in the next bill.

Fraternally,  
Stuart Love  
Vice President

**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 2020-06 Issue #06**  
**Organization: National Association of Letter Carriers, 2950 N. Country Club Road, Tucson, AZ 85716-1912**

# Gerald Patrick Gaskin Scholarship

## Application Form

Please accept my application for the Gerald Patrick Gaskin Scholarship sponsored by the Arizona State Association of Letter Carriers (ASALC). I am a dependent child under the age of 23 of an active, retired, or deceased ASALC member.

Letter Carrier (Name): \_\_\_\_\_

Applicant Name: \_\_\_\_\_ Age \_\_\_\_\_

Social Security Number: \_\_\_\_\_ Education \_\_\_\_\_

Applicant Address: Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number: (\_\_\_\_\_) \_\_\_\_\_

\_\_\_\_\_  
Signature of Applicant \_\_\_\_\_ Date \_\_\_\_\_

(Certifies that all rules and regulations are understood and that you agree to comply.)  
(Please read criteria.)

Branch Number: \_\_\_\_\_ Branch City/Name: \_\_\_\_\_

\_\_\_\_\_  
Signature of Branch President or Secretary \_\_\_\_\_ Date \_\_\_\_\_

(Certifies member is in good standing and has not applied for position in management.)

The following items must accompany this application:

- **PROOF OF AGE**
- **PROOF OF ACCEPTANCE TO ACCREDITED COLLEGE, OF CURRENT YEAR**

**Application must be received by June 30<sup>th</sup>, of current year.**

MAIL APPLICATION TO:  
Gerald Gaskin Scholarship Committee  
C/O NALC Branch 704  
2950 N. Country Club Road  
Tucson, AZ. 85716-1912

# Gerald Patrick Gaskin Scholarship Fund Criteria

## **Eligibility:**

Applicant must be a dependent child under the age of 23 of an active, retired, or deceased Arizona NALC member.

Applicant must be a high school senior, a junior nearing completion of his/her junior year or a graduate of High School or equivalent (GED) or attending an accredited college, community college, trade school, or higher education (undergraduate) at the time of submitting the scholarship application.

In the case of a junior applying, they will be required to submit not only grade transcripts for the junior year ending but must submit a timely grade transcript for their senior year.

Applications must be submitted on form or copy of form provided by the Arizona State Association of Letter Carriers.

## **Requirements:**

Applicants must show proof of acceptance to an accredited college or trade school.

Applications must be received before the last day of June.

Applicants must show proof of age.

Applicants must receive the endorsement of the President or Secretary of the Branch in which they claim eligibility.

## **Regulations:**

There will be a minimum of 2 scholarships awarded of \$1,000.00 each on a yearly basis.

All funds shall be awarded after acceptance to school of applicant's choice.

The funds shall be made payable to both the student and the school.

The scholarship committee shall review all applications to assure that all criteria have been followed and met. The decision of the scholarship committee shall be final.

In the event the student withdraws from school all monies shall be returned to the scholarship fund. Any exceptions must be reviewed and approved by the committee. Scholarships not used within one year of the drawing date shall be returned to the scholarship fund.

If the NALC member withdraws from the union, applies for, or enters supervision, or terminates employment with the Postal Service then the scholarship will be cancelled. Children of 204B's are excluded from making application for 2 years following his/her qualifying letter carrier's return to the craft.

Prior scholarship winners shall not be allowed to re-apply in future scholarship campaigns.

The Scholarship Committee shall award the scholarships by random drawing of all eligible applicants. The drawing shall be held at such time as selected by the committee.

Two alternates shall be drawn in the event that the scholarship winner is later ruled ineligible. The alternate's names will not be disclosed.

## Taking Safety Precautions (Pictures continued)



## Chaplain's Corner

There is so much going on with this corona virus. We have a pandemic sweeping across our nation and the world. So many have lost so much, their loved ones, health benefits, so many losses of business and jobs and much more. There is a lot of worry, anxiety, and fear of the unknown.

I also see in all this that so many people and organizations are coming together to fight this battle we are going through. I know there is hope for our future.

My hope and prayer is that the people of this world would continue to come together and be there for each other as they look for a cure. I pray to God for help as we go through these times.

Psalm 46:1 God is our refuge and strength, an ever-present help in trouble.

Chaplain Rick Evans  
[Rick7evans@gmail.com](mailto:Rick7evans@gmail.com)  
520-248-9643

## Health Benefit Report When Side Effects Have an Upside

Drugs often affect the body in unexpected ways. Some of those unintended effects can even be beneficial. For example, the blood pressure drug propranolol (Inderal) can help ease symptoms associated with stage fright. The diabetes drug metformin may lower LDL "bad" cholesterol. And some research suggests that getting a flu shot can also reduce your risk of a heart attack or stroke.

In many instances, researchers discover new uses for medication once they have been on the market for a while. Beta blockers, originally used to treat chest pain and high blood pressure, have become part of the standard treatment for heart failure. And different types of antidepressants may help treat certain forms of chronic pain.

Still, you should be cautious about taking a drug "off label"—that is, for a use not approved by the FDA. According to some research, people taking a drug off-label are more likely to have adverse effects.

When considering medication, ask your doctor whether the FDA has approved it for your condition

and, if not, if there's good evidence that the drug will help and is safe.

### Before You Take Brand New Meds

Drug ads often push the newest, most expensive products. But they usually do not work better than older options—and may be less safe, says Joseph T. Hanlon, Pharm.D.M.S. Before coming to market, new drugs are usually studied in short-term trials involving a narrow group of subjects. But serious side effects may not show up until a wider range of people have taken the drug for a longer time.

Years after their approval, new safety issues were detected in almost one-third of drugs approved by the FDA between 2001 and 2010, according to a 2017 study by researchers at Yale University. Except in rare cases, Hanlon says, "If a drug hasn't been on the market for at least seven years, I don't recommend it."

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

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

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**323-2117**

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