



CARL J. KENNEDY BRANCH 704
THE LETTER CARRIER REPORTER

PROUDLY SERVING

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June 2021

Email Address: nalcbranch704@outlook.com

Printed by Branch 704

Congratulations on Your Retirement!



Sally Carson
Coronado



Mike Mosgrove
Ft. Lowell



Paul Valencia
Ft. Lowell

WEBSITE:

www.nalcbranch704.org

Branch Meeting Thursday June 3, 2021 is to begin promptly at 7:00 p.m. Please call Office to make your reservations to attend in person or call us with your email address information if you plan on attending remotely via the Web-X.

Reservations must be made every month

President's Report

Greetings Brothers and Sisters,

MEMORANDUM OF UNDERSTANDING BETWEEN THE UNITED STATES POSTAL SERVICE AND THE NATIONAL ASSOCIATION OF LETTER CARRIERS, AFL-CIO Re: Managed Service Point Scans. The parties agree that the Managed Service Points (MSPs) will be removed from the street delivery portions of city letter carrier routes. The removal of the scans will take place no later than 60 days from the ratification date of the 2019 collective bargaining agreement. This means that MSP scans on the street will no longer be needed to be scanned daily as of May 8, 2021. If you are being instructed to scan the street MSP scans, follow the instructions given but report to the steward or call the branch office. You will have to scan the Hot Case / Depart to Route / Return to Office scans, but the street scans are no longer to be in use.

It is getting hot again and the heat is going to be a factor of our daily life for the next several months. Be prepared:

- Hydrate before, during and after work. Prevention is important, so make sure to maintain good hydration by drinking at least 8 ounces of water every 20 minutes.
- Dress appropriately for the weather. On warm days, make sure to wear light colored, loose fitting, breathable clothing to keep body temperatures down.
- Utilize shade to stay cool. When possible, use shaded areas to stay out of direct sunlight.
- Know the signs of heat stress. You should understand what heat stress is, and how it can affect your health and safety. Here are some things to look out for:

Sometimes referred to as "heat stress," what we are really talking about is the range of heat illnesses that a person can experience if the right precautions are not taken when working outdoors. It can mean an increase in body temperature, blood pressure, breathing rate, and sweating, or dizziness, confusion etc. The two most important illnesses to watch out for are heat exhaustion and heat stroke. Heat exhaustion symptoms include: headache, nausea, dizziness, weakness, thirst, and heavy sweating. It can turn into heat stroke quickly if immediate action is not taken. Heat stroke is the most serious heat-related illness

and requires immediate medical attention. Symptoms include confusion, fainting, seizures, very high body temperature and hot, dry skin or profuse sweating. The visible signs of heat stroke are red, hot, dry skin or excessive sweating, confusion, seizures, and fainting. In both cases, an employee may not recognize the signs themselves, so it very important to look for signs in your coworkers and companions. Take heat exhaustion very seriously and stop for first aid before it becomes heat stroke.

Finally, it is important to notify your supervisor or call 911 if you are experiencing signs of heat-related illnesses.

Please make sure you are hydrating and taking precautions on the street. Do not be intimidated by management pushing for the numbers. If you get too hot and see symptoms of heat illness or worse, heat stroke; park in the shade and call your manager and if need be, call 911. You can recuperate from heat illness if you catch it early and do not allow it to become worse.

We have always had the Food Drive in May and due to Covid-19 we will not be able to pick up food that will help our communities instead, we can donate money to our local community food banks. All the donations help families that do not have enough food in their homes. Please help us to continue to support the community food banks in our area by going to the NALC.ORG web site and donating money...even a couple of dollars from everyone will make a huge difference. It would be fantastic if we could exceed last year's totals.

I want to welcome our new Office Assistant, Marty Hicok, a retired Tucson letter carrier from Fort Lowell. If you get Marty on the phone when you call, please welcome her, I know I'm very happy to have her working for us. She has the knowledge in computers and is versed in postal lingo, which will facilitate learning what we do at the branch office. Also, as a plus it will be easier for carriers to talk with her, to leave a message or update information.

With the vaccines being rolled out for everyone, it is easier and easier to see that we may get to a point when we will be able to have more than 30 members at the branch meeting

each month. I admit, I am looking forward to this day soon. Until this happens, please call, and make your reservation for the first Thursday of the month branch meeting at 7:00 pm. We will continue to have the WebEx meeting in conjunction with the in-person branch meeting. You will need to ask for an invite prior to the Thursday monthly branch meeting date. Do not wait to the last minute.

I wanted to update you on the Cherrybell Station closure information that the news is reporting. Postmaster General DeJoy has directed the consolidation of 18 mail-processing plants to be completed by November. This will be the first step in his 10-year plan to rescue the United States Postal Service from fiscal ruin.

The 18 mail-processing plant changes are: Bend, Ore., to Portland; Cape Girardeau, Mo., to St. Louis; Erie, Pa., to Pittsburgh; Gainesville, Fla., to Jacksonville; Grand Island, Neb., to Omaha; Grenada, Miss., to Jackson; Hattiesburg, Miss., to Mobile, Ala.; Huntsville, Ala., to Birmingham; Mid-Hudson, N.Y., to Albany; Minot, N.D., to Bismarck; Norfolk, Neb., to Omaha; North Bay, Calif., to Oakland and San Francisco; Paducah, Ky., to Evansville, Ind.;

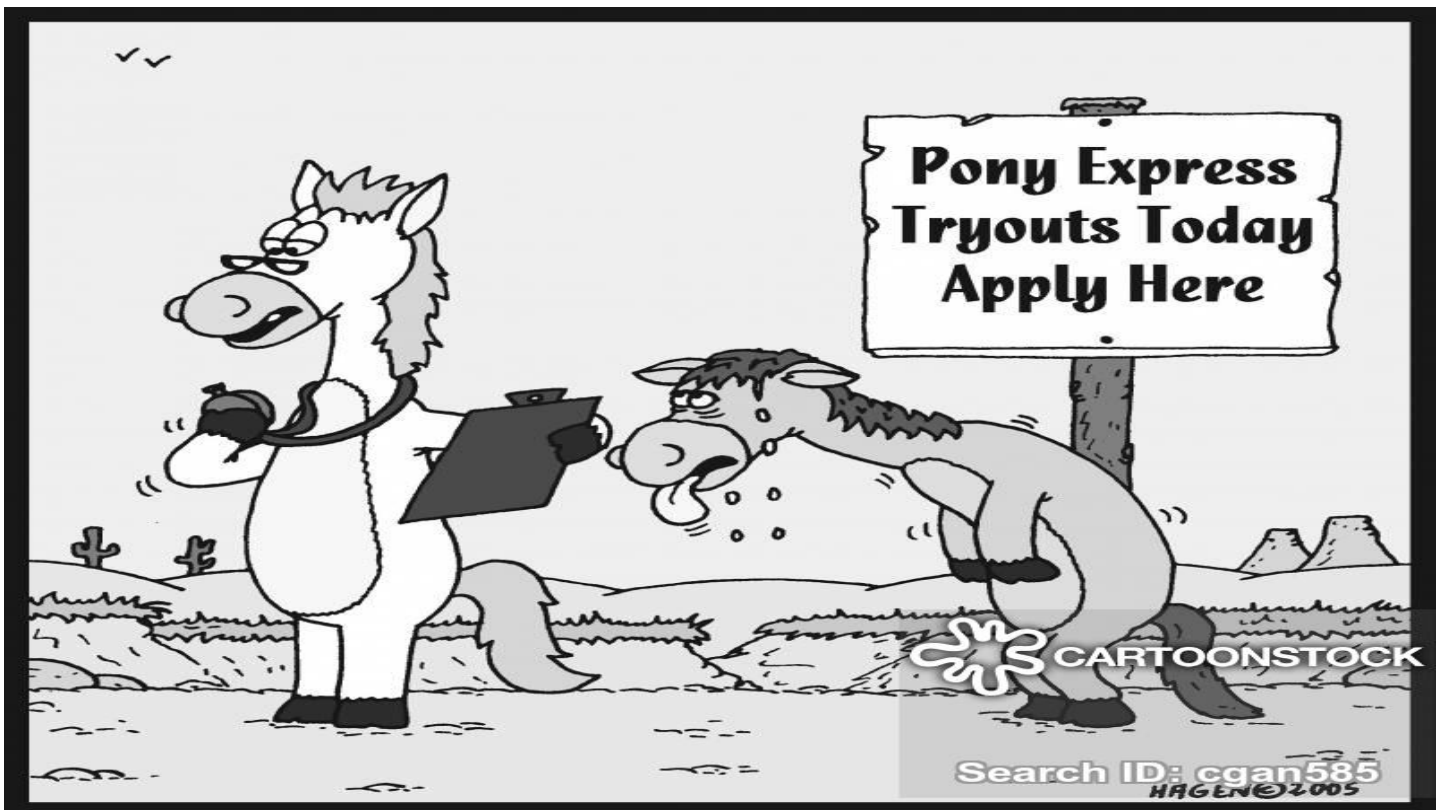
Pocatello, Idaho, to Salt Lake City, Utah; Rock Spring Wyo., to Salt Lake City; Seattle East, Wash., to Seattle; Southern, Conn., to Hartford; and Wausau, Wis., to Green Bay.

The decision to resume plant consolidations, which the agency halted in 2015 under fire from Congress, was blamed on the continuing decline in letter mail volume, among other considerations. As of now, Cherrybell Station is not on the closure list being reported. When I hear any news, I will inform the branch members.

Please stay safe.

In solidarity

Kathy Walter



**Not bad, 3mn 30s,
but you still need to do much better than that...**

Vice President Article

It is starting to get hot! Please make sure you use sunblock with a High SFP, wear sunglasses and a hat and drink plenty of water. Your safety is very important.

The Office of Personnel Management (OPM), on 30 April 2021, issued guidance for the use of Emergency Federal Employee Leave (EFEL) under the American Rescue Plan Act (ARPA).

Effective immediately, employees requesting EFEL must provide the following information:

1. A completed PS Form 3971, Request for or Notification of Absence.
2. COVID-19 Emergency Federal Employee Leave (EFEL) Employee Notification and Leave Request Form and all documentation required by the specific circumstance (as indicated on the Request Form).
3. A signed Employee Agreement in Connection with Emergency Federal Employee Leave (EFEL) provided under Section 4001 of the American Rescue Plan Act of 2021 (Employee Agreement). The Employee Agreement is required for only the first use of EFEL.

The Employee Notification and Leave Request Form requires employees to identify the following information: qualifying circumstance(s) that render the employee unable to work, date(s) of EFEL usage and the additional documentation requirements for each qualifying circumstance. There are four Employee Certifications that the employee must initial. In addition to signing and dating the Employee Notification and Leave Request Form, the employee must attach a copy of the Employee Notification and Leave Form to the Employee Agreement and provide all required forms and information to his or her supervisor.

Note: The Employee Agreement indicates that approval of EFEL is conditional and subject to the availability of EFEL funds.

All employees who were conditionally approved for EFEL leave under the Postal Service’s interim policy, which started on 11 March 2021, must complete an Employee Notification and Leave Request Form, supply additional documentation and complete the Employee Agreement retroactively for the EFEL that was previously approved. This information must be submitted to your supervisor within ten days of receiving these forms. Failure to provide these completed, signed forms will result in a denial of EFEL. In such cases, the employee’s EFEL will be converted to leave without pay (LWOP) and the employee will be liable for repayment of the EFEL taken or you can use accrued Sick Leave or Annual Leave.

Management is responsible for distributing the forms to all employees who have utilized or will utilize EFEL.

For a copy of the forms go to NALCBranch704.org

In Solidarity,
Mark Follet
Vice President

MEETING DATES
BRANCH MEETING- Thursday, June 3, 2021 @ 7:00 pm
STEWARDS MEETING- THURSDAY, June 17,2021 @ 5:30 pm
E-BOARD MEETING- THURSDAY, June 24, 2021 @ 6:00 pm

Contract Talk

ARTICLE 35: EMPLOYEE ASSISTANCE PROGRAM

Are you facing some type of adversity in your life or a family member's life which is affecting your home or work environments? You are not alone! At varying times in each of our lives we must face personal problems. Some problems are more easily resolved than others, but many can best be resolved with professional assistance. You are the most valuable asset to your family, the Union and to the U S Postal Service. Both you, as an employee, and the organizations benefit when employees have access to services that will help to maintain and enhance the quality of their lives. In response to this need, the U S Postal Service and NALC have agreed to a voluntary assistance program for the employee going through difficult times. This program is called the USPS Employee Assistance Program (EAP).

FAQs

Q. How are the services provided?

The services are provided via a contract between the Postal Service and the Department of Health and Human Services' Division of the Federal Occupational Health. All counselors have licenses and degrees in their field of expertise.

Q. Does the Union Support EAP?

Yes, the Union does support EAP via Article 35 Section 1 of the National Agreement.

Article 35 Section 1. Programs

The Employer and the Union express strong support for programs of self-help. The Employer shall provide and maintain a program which shall encompass the education, identification, referral, guidance, and follow-up of those employees afflicted by the disease of alcoholism and/or drug abuse. When an employee is referred to the EAP by the Employer, the EAP staff will have a reasonable period of time to evaluate the employee's progress in the program. This program of labor-management cooperation shall support the continuation of the EAP for alcohol, drug abuse, and other family and /or personal problems at the current level.

An employee's voluntary participation in the EAP for assistance with alcohol, and/or drug abuse will be considered in disciplinary action proceedings.

Q. How do I get started?

Check out www.EAP4YOU.com. The in-depth information you want most is a click away in easy-to-navigate links. The EAP website is a state-of-the-art site that offers many ways of receiving support, information, and even counseling. You can use Talkspace for free and there are counseling modules on depression, stress, chronic pain, anxiety, substance use, insomnia, opioid recovery, mindfulness and meditation and balancing emotions. There is a counselor available for a live chat in real time; if you are having difficulty getting to what you need on the site.

Make the call to 800-327-4968 (TTY: 877-492-7341) and connect live with your EAP professional. The EAP professionals answer the above numbers around the clock (24 hours), seven days a week and 365 days a year.

Q. Who can use the EAP?

Postal Service employees and their families, any legal dependent of the employee and anyone living in the employee's household (except tenants).

Q. Does the employee have to make the initial contact for a family member?

No. Family members may access the service on their own behalf. The EAP is a voluntary service for those who choose to use it.

Q. I have more than one personal concern...can the EAP help me deal with multiple issues?

It is common to talk about more than one issue. The EAP counselor will help you clarify each problem, identify options, and make a plan.

Q. How much will the EAP cost me?

There is no cost to employees who receive counseling and other services provided directly by EAP.

Q. Will the EAP counselor report to the U S Postal Service that I am using EAP?

No! It is strictly confidential. The U S Postal Service will never know.

Q. Can I do this on the clock?

The first hour can be on the clock, however, the EAP counselor must report to the U S Postal Service that you did your one hour. If you need additional appointments, the U S Postal Service will not know and will be strictly confidential. The additional appointments are on your own time and off the clock.

Q. Is EAP actually a benefit to me and my family?

Yes! EAP gives you and your family the ability to: Improve your health and well-being, help you to balance work and home life, help manage stress, help control depression and

anxiety, help prepare for retirement, help face addictions, help strengthen relationships and help cope with grief and loss. Thus, it is a timesaving, stress-relieving, powerful tool that helps put resources at your fingertips.

Remember EAP is a free, voluntary, and confidential program that offers assessment, referral, short-term counseling and work/life consultation to postal employees, their family or anyone living in their household. The services under this program are provided to you free of charge and are completely confidential. There should be no reason not to take advantage of this service when needed.

In Union Solidarity,

Mark Follet

Vice President/ Coronado Station Steward

Chaplain's Corner

Remember

With Memorial Day fast approaching, let us remember all those who have passed. So many gave the ultimate gift, their lives. We are thankful for those that served in our military for our country and the world. We also remember our friends and family who we lost, so many taken due to Covid. Reflect and remember the joyous times we shared with them. My prayer is for the peace of God to be with you. They are not forgotten, still remembered, and loved.

Blessings to you all.

Rick Evans

520-248-9642

Bereavements

Our Prayers & Condolences Go Out to the Families

Danny Rodriguez--Retiree Branch 704 Member

Irving Crespo--Retiree Branch Member on the Death of Your Father

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 2021-06 Issue#06
Organization: National Association of Letter Carriers,
2950 N. Country Club Road, Tucson, AZ 85716-1912

Health Benefit Report

Consider Telemedicine. Virtual appointments, usually by computer or phone and covered by Medicare and most insurance companies can now be used for most routine doctor appointments, says Richard Baron, MD, President and CEO of the American Board of Internal Medicine. "We've really found we can provide excellent, convenient patient care in many different disciplines simply by using video and even telephone," he says.

Know when to go in person. You will need face to face care for surgeries and certain screenings, and if you suspect a health emergency. And while a doctor may be able to diagnose problems like rashes via video, those such as joint pain require office appointments. For in person appointments, check for protocols such as mandatory masks for patients and staff, having patients sit in their cars until they can be seen, keeping chairs inside at least 6 feet apart, removing communal material like magazines, and disinfecting exam rooms after each use.

Source: December 2020 On Health Consumer Reports

The best of health to you and yours,

Bruce D Jenkins
Health Benefits Representative



Keep US Posted! Have you moved?

-To ensure delivery of your monthly newsletter and other Union correspondence, please notify the NALC Branch 704 Office when you have an address or phone number change.

Drop us an email at NALCBranch704@outlook.com or call us at 520-323-2117.

Keep us up-to-date and WE will keep YOU Posted!

National Association of Letter Carriers
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Tucson, AZ 85716-1912 Telephone: 520-323-2117

June 2021 Newsletter

NON-PROFIT ORGANIZATION
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TRUSTEES

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Alexis Padilla 520-323-2117

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VACANT	RINCON	323-2117
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