



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

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May 2020

*Email Address: [nalcbranch704@outlook.com](mailto:nalcbranch704@outlook.com)*

Printed by Branch 704

# WORK IN A SAFE MANNER



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

**Branch Meeting  
Thursday May 7, 2020 is  
CANCELLED!**

# President's Report

Greetings Brothers and Sisters,  
Currently in Branch 704, we do not have a covid-19 employee who is positive. We have 25 employees who because of underlining conditions (underlining medical issues, feel sick and have symptoms of the flu, or are awaiting tests) have chosen to self-quarantine in Tucson. I receive rumors of employees that are supposedly positive, and I check on the facts of each instance to ensure your safety. We have been fortunate in that we do not have any positive covid-19 employees at this time. I am grateful we are all working to keep ourselves and each other safe by wearing the masks and gloves. If you have concerns call the branch office.

I have been to different Stations, having standups to keep letter carriers informed of the current conditions for Tucson, answering any questions from the members or fixing any issues for the station. I want to assure everyone, the Unions for all crafts are working to stay informed and make sure you have the safest environment for you to come in and work. We have teleconference calls daily receiving updates on the conditions in New Mexico and Arizona. We discuss who is positive, how many are self-quarantined, supplies, and safety. In the District, we have 11 positive Covid-19 employees to date, but as I stressed none in Tucson area and most important no deaths. The number one issue for me is your safety and the supplies you must have to be safe because if you do not have the supplies needed to be safe, you can get the virus and spread it to everyone at work and your families. One of the things District Postal Management is looking into is acquiring cloth masks that would protect you and still allow for the heat that will shortly be with us, once they have a good prototype mask, they will purchase them. They will also be informing carriers that they will receive \$25.00 either in a gift card or in the gas credit card that carriers can use to buy any PPE that they see available to use for themselves or bring to the station, the receipt will need to be provided to management to keep accountability. The NALC has information on MOUs that deal with Covid-19 leave provisions for letter carriers to use in different circumstances, if you have questions on any Covid-19 leave usage please call the branch office. If you feel you are running short or do not have

any masks, gloves, hand sanitizer, cleaning wipes to stay as clean as possible let your steward know or call the branch office. We will follow up and get the situation fixed ASAP. Please work together, use the masks and gloves, stay 6 feet apart from each other and wash your hands or use the hand sanitizer as much as possible.

With customers at home the possibility of interaction with them is higher, so make sure you stay 6 feet away when they do have to talk with you. This is not only for the customer's protection but for you and your family as well. I cannot emphasize how important it is for you to follow the safety guidelines, keep your work area clean and wipe down your LLV daily. Working together we can keep our work area safe, if you feel sick Stay Home, if you have symptoms Stay Home, do not come in to work for the safety of everyone and call the branch office.

The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. The CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it, from transmitting it to others. If you must go grocery shopping or your family does, please let them know to wear a mask to stay safe. If you have an opportunity you can look at the information available on [NALC.ORG](http://NALC.ORG) under the COVID-19 tab, this has all mandatory standups and information concerning the COVID-19 to help you and your family to stay safe.

As you may have heard the Food Drive has been postponed, at this time. National does not have a date picked to have it; as soon as I have the information I will make sure you have it. We do have the Food Drive cards at the branch for all the stations. National will be sending out stickers which we will have to place on the cards with the new date for the Food Drive. We will need volunteers to help when we have a new date picked out, hope some of you can help the branch when the time comes. The Bags and T-Shirts have been ordered and we are on track to have a successful Food Drive when National picks a date.

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

The news has a lot of stories on how the USPS is running out of money and will close by September if we do not receive any stimulus money to shore up the Postal Service. I have received calls from concerned members asking if this is true? The short answer is yes, the postal service is in financial trouble. With the mail volume down 25% and projected to drop further to 50% due to the pandemic, or more over the next year, it is vital we act to the threat the postal service is in of not having any money to continue to stay open. As usual the employees will have to work to save the post office. How you may ask, go to the NALC.org web page and look under News & Research drop down button click on "Action Needed: Congress must strengthen & protect the Postal Service during the COVID-19 crisis" there is a "Take Action" tab that takes you to the web page to get in touch with your representatives. It is very user friendly and takes 2 minutes to complete and send. Once you complete it, pass the information to other employees so they can do it also. You can do this on your smart phone during your lunch, download the

NALC Member APP on GOOGLE Play Store or APP store for iPhone if you do not have it yet.

We all must push together to accomplish our goal to save the postal service and our jobs. We will inform members at stations and hope you pass the information on to other employees to get as much coverage as possible before Congress enacts provisions in the next stimulus bill on May 2, 2020. We have a short window to affect our representatives with our voices, make your voice count. Act if you want to continue to have a Postal Service in the future. Do not wait, as soon as you read this take action.

Our next meeting May 7, 2020 is CANCELLED, we are still not able to gather more than 10 members at a time and the stay at home order is still in effect. For your protection we will not have the meeting, but I pray we all come through this crisis healthy and safe and our jobs still there.

In Solidarity  
Kathy Walter  
President

## Meeting Dates

**Branch Meeting-Thursday, May 7, 2020-CANCELLED**

**Stewards Meeting-Thursday, May 21, 2020 @ 5:30 pm**

**Exec Board Meeting-Tuesday, May 28, 2020 @ 6:00 pm**

*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.*

# Vice President Article

You cannot turn on your television, listen to your radio, read the newspaper, check your e-mails or drive down the highway without getting bombarded with the corona virus information. The fear of COVID-19 is spreading like a wildfire and it is not all hype. History has shown that taking the proper precautions will lower the infected population numbers and help prevent fatalities. If anything, good comes out of this flood of information, it'll make you more aware of your surroundings and the precautions you should be taking to slow and stop the spread of the COVID-19 virus. That will make the time and effort well spent if this helps accomplish that goal.

Since the "Shelter in Place" order, letter carriers have been considered as an "essential" work force! Day in, day out, letter carriers must still report to work as scheduled despite the risk of contracting the Covid-19 virus. The strength you all have shown has impressed upon me a greater appreciation for the Letter Carriers' craft. I know a lot of you have spouses at home who may have underlying health issues that could severely compromise their health if they are infected with the virus. Yet a lot of you are right at that time clock waiting to punch in, to go out on a daily basis to serve your customers. I think I speak for everyone who is a customer, or anyone for that matter, that we appreciate all our carriers in the frontlines of this COVID-19 Pandemic. I have nothing but gratitude for your self-sacrificing effort to continue to serve your customers and deliver those much-needed essentials like prescription meds, vitamins, and many other vital items to the public. You are doing a heck of a job despite the many challenges.

Your Union Representatives are on Telecons on a daily basis with the District, pushing management to make sure they are doing everything in their power to insure you have the proper PPE (Personal Protection Equipment) to do your jobs safely during this unprecedented time. The Postal Service should be giving service talks and keeping the

workroom floor well informed about the progression of the COVID-19 disease and the precautions they are taking to protect their employees from infection. Constant cleaning of all frequently touched surfaces such as doorknobs, handles, appliances and vending machines just to name a few is a must. Adjusting sick leave policies to allow employees who have flu like symptoms to recover without the fear of being disciplined. If these items are not being addressed in your office, please pick up the phone and let us know at the Union Hall.

The NALC at the National Level has developed several Memorandum of Understandings (MOUs) relevant to the pandemic at hand, including allowing the use of leave for specific circumstances. I understand that there are a lot of questions and concerns about the current crisis.

The NALC is working closely with the USPS in timely addressing these concerns and issues. I've heard it all over the news: -- local and federal government, standup talks, Centers for Disease and Control (CDC), and social media; -- but I will reemphasize the importance in protecting yourselves, your loved ones and others by abiding by the "Shelter in Place" order and social distancing. Most importantly, wash your hands constantly, avoid touching your face, eyes, mouth and nose in order to put an end to this unprecedented pandemic we face today.

I want to recognize all of you for working so hard and safely despite this crisis. We are all in this together. Be proud but also be very cautious!

Fraternally,  
Stuart Love  
Vice President

# TAKE ACTION YOUR JOB MAY DEPEND ON IT

## Support USPS in next emergency stimulus!

As letter carriers on the front lines of serving 160 million Americans and businesses every day, you know that the Covid-19 pandemic is something we have never experienced before. And while our letter carriers show their resilience, strength and continued service to the public, every day, the Postal Service looms closer to shuddering due to the staggering loss in volume and revenue during this crisis. It's a desperate situation that only Congress and the administration can help solve.

We cannot allow the USPS to fail.

Unfortunately, instead of providing much needed immediate financial assistance urged by NALC and stakeholders, the last stimulus gave the Postal Service a slap in the face by giving it access to a conditional line of credit. Those conditions aren't new

to letter carriers as they seek to destroy the network and attack letter carriers at the behest of private shippers. This is not a solution. It is a way to weaken the Postal Service by riddling it with more debt to the point where opponents of the constitutionally mandated service will destroy it.

While it's been 40 years since we have needed taxpayer funding, we need financial relief to continue to serve this country through this crisis - and we need it now. Please take a minute to make a phone call or send a letter to your members of Congress and tell them that we need:

NALC members can log onto **NALC.org** and follow the link titled **take action** using your username (First Initial + Last Name + Zip) to take action by calling and emailing your Member of Congress.

### Listed Below:

Senator Martha McSally	Phoenix Office (602) 952-2410	Washington DC (202) 224-2235	Web Site <a href="http://www.mcsally.senate.gov">www.mcsally.senate.gov</a>
<u>Senator Kyrsten Sinema</u>	Phoenix Office (602) 598-7327	Washington DC (202) 228-0515	Web Site <a href="http://www.sinema.senate.gov">www.sinema.senate.gov</a>
<u>Congresswoman Ann Kirkpatrick</u>	Sierra Vista Office	Washington DC (202) 225-2542	Web Site <a href="http://kirkpatrick.house.gov">kirkpatrick.house.gov</a>
Congressman Raul Grijalva	Tucson Office (520) 622-6788	Washington DC (202) 225-2435	Web Site <a href="http://grijalva.house.gov">grijalva.house.gov</a>
<b>Governor Doug Ducey</b>	Tucson: (520) 628-6580	Phoenix Office (602) 542-4331	
<b>Tucson Mayor Regina Romero</b>	(520) 791-4201		

## Action Center/Messages to Hill

Action needed: Contact your Representatives and Senators now and urge them to provide financial support to the Postal Service and letter carriers in the next emergency stimulus package.

## **Calls to DC Switchboard**

You can reach your Representative & Senators' offices by calling the Capitol Switchboard at (202) 224-3121.

Listen to the options over the phone and be prepared to provide your ZIP code to connect to each of the three offices, one at a time. Once you are connected, you are welcome to use the below sample script when you either speak with a member of their staff or leave a voicemail in the event that no staffer answers the phone (likely due to office restrictions in place as a result of the Covid-19 virus).

"Hi, my name is, \_\_\_\_\_ I live in \_\_\_\_\_ (your district/state). As a letter carrier, I'm calling today to urge your office to support direct aid to the Postal Service in the next pandemic response bill.

The Postal Service is facing massive losses as a result of the economic shutdown just like the airline and hotel industries that have been helped.

Although we have been self-sufficient for decades, we need direct assistance during this crisis. We serve 160 million American businesses and households every day. It is vital to them that the Postal Service receive sufficient funding to maintain operations and survive.

Seven days a week, postal employees are risking their health to sort and deliver medicines, lab tests, online purchases, Treasury checks, public health information, and more.

Once the public health crisis passes, the Postal Service will be more necessary than ever to promote economic recovery especially for small businesses and citizens in Rural America.

According to the Postmaster General, without immediate Congressional action, the Post Office will run out of funds to fully operate by September.

Please support an immediate and significant injection of money and secure, regular appropriations for the Postal Service until this crisis is over. Thank you."

Hang up and you're all done! Thank you for reaching out and be sure to connect with all three of your Representative and Senators.

### **Calls to District Offices**

You can reach your Representative District Offices by entering the web address: <https://www.house.gov/representatives/find-your-representative> to find your Representative via your zip code. You may need to provide your actual home address to narrow down who your Representative is, if it lists more than one option. Once you have found your Representative, navigate his/her site to find "Contact." That link will pull up the district office in your home state. You can use the sample script when you speak

with a member of your Senator's staff or leave a voicemail in the event that no staffer answers the phone (likely due to office restrictions in place as a result of the Covid-19 virus).

You can reach your Senators' offices by entering the web address:

<https://www.senate.gov/senators/contact> which takes you to the alphabetical list of all 100 Senators. You can filter the list by state or by name to find your two Senators. Select which one you would like to contact first, click his/her name, and navigate the Senator's webpage to find "Contact." That should pull up a list of different offices from your home state that you can call.

Once you are connected, you are welcome to use the sample script when you either speak with a staff member or leave a voicemail in the event that no staffer answers the phone (likely due to office restrictions in place as a result of the Covid-19 virus)

### **Calls to Mayors & Governors**

You can reach Governor Doug Ducey's office by calling **Tucson: 520.628.6580 or the Phoenix Office by calling 602.542.4331**. You can reach Mayor Regina Romero's Office by calling: **520.791.4201**. Once you are connected, you are welcome to use the sample script when you either speak with a member of your Mayor/Governor's staff or leave a voicemail in the event that no staffer answers the phone (likely due to office restrictions in place as a result of the Covid-19 virus).

In Solidarity,  
Stuart Love

**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 2020-05 Issue #05  
Organization: National Association of Letter Carriers,  
2950 N. Country Club Road, Tucson, AZ  
85716-1912**

# Chaplain's Corner

## Shortages

In these precarious times, quite a few shortages have occurred. Shortages of cleaning supplies, sanitizer, toilet paper, and even some food items. Even more devastating is the lack of supplies for patients in hospitals, hospital beds, medical supplies, ventilators, and gloves just to name a few.

I ask that we keep the doctors, nurses, medical staff on the front lines, all first responders, grocery store personnel, pharmacies and any others that serve the public be

kept in prayer as they are at risk to the Corona virus as they give care and serve and provide to the public.

Fortunately, there is no shortage of God's love for us. His love endures forever.

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

## Health Benefit Report

### Spring Cleaning for Your Mental Health

When we think of spring cleaning, we picture deep cleaning our home, organizing drawers and closets or prepping our yards—but what about clearing our mental and emotional space?

Just as it can feel satisfying to dust and de-clutter your home, a mental spring cleaning can provide a sense of relief as well as an emotional boost.

Let's take a look at a few ways you can clean up your emotional and mental space and have a happy, healthy season! Your first step: Remember that each day is a fresh start—just like spring.

**Straighten out your priorities.** Ask yourself: "What's most important to me?" "What's most important for my recovery?" Is it self-care, support from my family and friends, hobbies, relaxation? Taking time to answer these questions can help reduce decision fatigue and eliminate the mental clutter that comes with trying to decide where to place your time and energy.

**Let go of a grudge.** Forgiving yourself or someone else can help clear away negative energy so you can focus on more positive aspects of your life. While it's normal to feel anger and hurt from past events in your life, allowing these feelings to fill your heart can harm your emotional health.

**Sweep away self-criticism.** This can take some

practice, but it is doable. Start by swapping negative self-talk with positive phrases like "I'm doing my best." Try to remind yourself that life is about progress, not perfection.

**Focus on your physical health.** A big part of sustaining your mental well-being is maintaining your physical wellness. This spring, vow to clean up your exercise and eating routine. For example, start your morning with a 20-minute walk, replace your soda habit with iced water, or sugary snacks for fresh fruit.

**Write it down.** Journaling is a great way to sort, organize and declutter your emotions. In turn, you'll free up some head space, so you feel calmer, think more clearly and stay focused.

**Renew your spirit.** A few minutes of yoga, meditation, prayer, or deep breathing is great for mental cleansing. These relaxation strategies can help you unwind, stay in the present, ignite your inner spirit and reduce the negative energy and thoughts consuming your day. <https://www.makanapath.com/blog/spring-cleaning-for-your-mental-health/>

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  
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 Tucson, AZ 85716-1912  
 Telephone: 520-323-2117  
 May 2020 Newsletter**

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