



CARL J. KENNEDY BRANCH 704

THE LETTER CARRIER REPORTER

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November 2018

Email Address: nalcbranch704@outlook.com

Printed by Branch 704

Congratulations On Your Retirement!

Marty Hicok-Mt View

Tony Buser-Silverbell



**Amy
Bertrand
-Rincon**
*(not
pictured)*



Allen Linhart-Sun

Earle Bennish-Casas Adobes



WEBSITE: www.nalcbranch704.org

**Next Union Meeting Thursday November 1, 2018,
to begin promptly at 7:00 pm.**

President's Report

NALC National Elections

The membership spoke, and the official results are in. A big congratulation goes out to all our National Officers who were elected and re-elected for the next four years. We are pretty lucky to have such a great team of people fighting for letter carriers' rights, benefits, and way of life. I want to thank everyone who took the time to cast their ballot and make their voice heard. I also want to thank everyone who supported me in my election for National Business Agent for Region 4. Without your support and confidence my election would not have been possible. I look forward to working with all our Brothers and Sisters in Region 4 again.

Overtime

If you are on the ODL you probably already know that you will be scheduled to work most of your non-scheduled days through the end of the calendar year. Apparently, the AZ district has reversed its position and is allowing local management to utilize ODL carriers on their N/S days. Although in my opinion we are still understaffed in Tucson, I hope that the result will lessen the blow on non-ODL carriers being constantly forced to work excessive mandatory overtime.

MDA Muscle Walk – September 29th, 2018

The MDA Muscle Walk held at Reid Park on September 29th was a great success especially since it was our first ever participation in a muscle walk event. We raised **\$1994.00** – Great job! I want to first thank our MDA Branch 704 coordinator, **Israel Silva**, for organizing and promoting the event. I also want to thank our NBA, **Roger Bledsoe, Amber Underwood, Alice Leon, Israel Silva, Maria Silva, Bruce & Norma Jenkins, Letty Ramos,** and **JC Mena** for participating and walking with our group. I also want to thank everyone who made a donation to MDA and sponsoring our team to make the event a success.

US Mail Not For Sale Rally – October 8, 2018

On Columbus Day, October 8th, a bunch of NALC Branch 704 carriers, some APWU, NRLCA, and other union representatives took time out of their Columbus Day holiday to rally in support of preventing privatization of the USPS. Volunteers were given a rally t-shirt and rally sign

and lined Broadway Blvd between Columbus and Swan to bring public awareness to the dangers of privatizing the USPS. I cannot thank all the volunteers enough for taking a couple hours out of their day to attend such an important event. If you were not able to make it, you can still help. If you are in congressional district 2 - McSally, or 4 – Gosar, please call their office and ask them to co-sponsor H. Res 993. H Resolution 993 is a non-partisan, non-binding resolution. The resolution states: Expressing the sense of the House of Representatives that Congress should take all appropriate measures to ensure that the United States Postal Service remains an independent establishment of the Federal Government and is not subject to privatization.

Hope to see you at the November 1st Branch meeting!
In Solidarity,
Dan Versluis

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 2018-11
Issue #11; Organization:
National Association of Letter Carriers,
2950 N. Country Club Road,
Tucson, AZ 85716-1912

U S Mail Not for Sale Rally



Vice President Article

Dear Brother and Sisters,

On October 8 Postal Workers and supporters participated across the country to proclaim that the US Mail Is Not For Sale. The rally was sponsored jointly by all four craft postal Unions (NALC, APWU, NRLCA, NPMHU). We had the rally in opposition to privatization of the Postal Service.

Employees from all the Tucson Stations and some Associate Offices were present at the rally. Carriers brought their kids, spouses, significant others, and parents, who participated out on the street chanting and carrying rally signs along with everyone which was great to witness. Some carriers who could not make it sent their family to come and support the rally. We had letter carrier retirees walking and passing out water and food keeping everyone strong to keep on chanting and trying to make the cars passing by honk their horns to bring awareness to what some people want to do to the postal service. Thank you for your activism on behalf of your union brothers and sisters. APWU President, Connie Sandler-Nelson and a couple clerks came to support the rally. NRLCA representative, Susan Naugle and a couple rural carriers also came out to support the cause. It is always great to see our sister unions working with us toward the same goal. We will be posting photos on our web page if you get a chance check out our website to see them. Thank you to everyone that made time to come out to support our effort in convincing the public and representatives to not privatize the postal service. We had a great turn out!

The NALC national elections winners are posted on the NALC.org web page if you want to see the results,

otherwise it will be announced in the Postal Record in November.

Congratulations to President Fred Rolando, Executive Vice President Brian Renfroe, Vice President Lew Drass, and all our other national officers. As you're all aware Dan Versluis ran for NBA Region 4 and thanks to all the people that voted, HE WON!!! How cool is it that Tucson Branch 704 has its first National Business Agent? Best of all, we all know what kind of person Dan is and we know he will give his best to represent all carriers in Region 4. Congratulations, Dan, well deserved.

Our branch will be going through some changes in the coming months and with your participation we will continue making steps forward to improve our working conditions and representing our members.

Recently we had an out-of-town manager stop a carrier and call the station because they noticed no seat belt on the carrier. The reason I bring this up is that anyone can be looking at us when we are carrying the mail. Always wear your seat belt and have your door closed crossing streets or intersections.

The holidays are going to be heavy and with all the political mail we will be having to deliver for longer hours with a heavy load. Please make sure you're being safe, follow the rules, and take the extra time to be safe. Your life is worth it.

In Solidarity
Kathy Walter

Congratulations on Your Conversion to Career City Carrier!

Jarad Crigler

Alexis Padilla

Michael Valencia

Gabriel Inzunza

Hector Romero Jr

Dakota Madrid

Steven Saenz Jr

Levi Wolfe

Formal Step-A Report

During the month of September 37 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 it rescinded.
- Settled 1 7-Day Suspension getting it rescinded.
- Settled 1 16.7 emergency placement by getting it rescinded and the carrier paid for 4.9 hours. (Total \$147.24)
- Settled 7 grievances where management failed to allow carriers to work the Schedule and hours of the opt by getting those carriers paid. (Total \$1,104.08).
- Settled 15 grievances 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: \$4,598.22).
- Settled 5 grievances where RCAs were performing City Carrier work delivering Amazon parcels by getting the carriers who should have done the work paid. (Total \$1,171.60)
- Settled 7 grievances where management was performing bargaining unit work by getting those carriers who should have done the work paid. (Total \$2,101.98)

Management's failure to follow the contract at the Formal A cost the USPS \$9,123.12 this month.

Management's failure to follow the contract at the Informal A cost the USPS \$6,613.76 this month.

Total \$ 15,736.88

There are 69 grievances outstanding at Formal Step-A.

In Solidarity,
Stuart Love
Formal Step-A Representative

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Mon-Thurs. 9 am to 5 pm
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.

Meeting Dates

**Branch Meeting-Thursday,
November 1, 2018 @ 7:00 pm**

**Stewards Meeting-Thursday,
November 15, 2018 @ 5:30 pm**

**Executive Board Meeting-Thursday,
November 29, 2018 @ 6:00 pm**

Health Benefit Report

The Many Benefits of Beans

The term “superfood” is applied to many foods these days, beans really may be deserving of the title. In addition to being inexpensive, they're full of nutrients including copper, folate, iron, magnesium, potassium, and zinc, as well as protein and fiber.

One study found that eating beans four times per week reduced heart-disease risk by 22 percent. Another showed that bean eaters may be less likely to develop type 2 diabetes and have better blood sugar control if they do have the disease. Here are six bean facts you might not know.

They're a vegetable and protein

A study of 785 older adults from four countries found that every 20-gram increase in legume intake (about an ounce) was linked to a reduced risk of dying from any cause over the seven-year study period. Beans also contain resistant starch, a type of fiber that helps increase the amount of good bacteria in the gut and may help control inflammation, reduce colon cancer risk, and improve satiety.

You need a variety of them

Great Northern and navy beans have more calcium; adzukis, garbanzos, and limas are particularly high in iron. Navy beans are packed with resistant starch, adzukis are high in potassium and red and black varieties are rich in disease-fighting antioxidants.

They help with weight loss

A review of 21 studies published in the American Journal of Clinical Nutrition found that people who ate about 2.5 to 9 ounces of beans per day lost three-quarters of a pound more over six weeks than those who didn't eat beans. Researchers think this may be

because beans increase the sense of fullness and modulate blood sugar levels.

They help cut cholesterol

Beans are high in soluble fiber; 5 to 10 grams of it per day can reduce LDL (“bad”) cholesterol by up to 5 percent, according to the Department of Health and Human Services. Cooked beans contain 0.6 to 2.4 grams of soluble fiber per half-cup.

Canned beans are good, too

Dried beans require soaking before cooking and about an hour on the stove. Most of the prep is hands-off, but there's no doubt that canned beans are simply more convenient. And they supply the same nutrients—but often contain added salt. So, opt for lower-sodium varieties, or drain and rinse canned beans before you use them to reduce sodium by 25 to 40 percent.

You can solve the gas problem

The flatulence factor is caused by the fiber in beans fermenting in the large intestine. One study found that half the people who ate a half-cup of beans daily had gas during the first week, but symptoms decreased after that. “Gradually increasing your fiber intake will help your gut adjust,” says Libby Mills, R.D.N. (spokeswoman for the Academy of Nutrition and Dietetics). “Drinking plenty of water also helps fiber move through your system faster.” Other tips include soaking beans before cooking and using products such as Beano, which contain gas-busting enzymes.

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

Chaplain's Corner

God gives us enough light to follow the paths He has for us. He's not going to show us the entire way from the beginning, Just one step at a time as we need it Proverbs3:5-6 says" Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways

acknowledge Him, and He will make your paths straight."

Many Blessings,
Chaplin Rick Evans
with Martha Evans
Rick7evans@gmail.com
520-248-9643

Retiree Luncheon

Greetings Retirees,

The annual **Retiree Luncheon** is scheduled for **Sunday, December 9, 2018**, at the **Desert Diamond Hotel & Casino on Old Nogales Highway**.

The luncheon **begins at 11:30 a.m.** with lunch being served at approximately 12:00. All Retired Union Members are welcome to attend along with one guest without charge. If you wish to invite other guests to celebrate your retirement, the cost will be \$25.00 per guest.

I am looking forward to seeing all the past Retirees and to meet all of you that retired this year, come join

us for a great luncheon and bring some extra cash, who knows you might leave as a winner.

Menu choices are as follows:

- ❖ **Slow-Roasted Pot Roast**
- ❖ **Grilled Skuna Bay Salmon**
- ❖ **Old Pueblo Chicken**

Each meal will be accompanied with a Salad, Turtle Cheesecake and Carrot Cake Squares.

Please call the Union Office at 323-2117 and let us know if you plan to attend along with the choice of meal you wish to order. All orders must be placed by Monday, December 3, 2018.

When you call in to make your reservation, please let us know if you are due a membership pin and how many years you've been a member so that we can order it from National in time to be able to present to you at the luncheon.

In Solidarity,
Gene Kelley
Retiree Representative

Get Well
Bill Mendiola

U S Mail Not For Sale Rally in Tucson on Columbus Day





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

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 RICK EVANS**

FORMAL A REPRESENTATIVE

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