



# The Satchel



Volume 17

August 2023 Issue 8

OFFICIAL PUBLICATION OF

**THE HEART OF FLORIDA LETTER CARRIERS, BRANCH 1779 NALC, AFL-CIO**

ARCADIA-AUBURNDALE-BARTOW-FT.MEADE-FROSTPROOF-HAINES CITY-LAKELAND-MULBERRY-SEBRING-WAUCHULA-WINTER HAVEN-ZEPHYRHILLS

## ELECTION NOTICE



Nominations for the Delegates to the National Association of Letter Carriers 73rd Biennial Convention from August 5-9, 2024 in Boston, MA. will be held at the regular October Branch Meeting, October 19, 2013 at 7:30pm located at 2434 Golfview Street, Lakeland FL, 33801.

Nominations must be submitted in-person and member eligibility is defined in Article 5 Section 2 of the NALC Constitution for the Government of Subordinate and Federal Branches.

An election, if any, will be in November and shall be by secret-mail-ballot. The election committee shall mail out the ballots, to all eligible voters, no later than the 1<sup>st</sup> Tuesday in November. The ballots must be mailed to the last known home address, as supplied by the Financial Secretary/Treasurer. The ballots must be received, by the election committee, no later than four PM, (4PM) on the third (3<sup>rd</sup>) Monday in November. The President, by virtue of the office, is an automatic delegate to all National and State Conventions and seminars/trainings.

Per Article 12 section 7 of the branch by-laws, the branch shall, by majority vote at a regular meeting, decide on the number of "Paid Members" to attend. This does not preclude members from going to any convention or meeting, up to the number authorized, as unpaid delegates.



The Satchel is published monthly by The Heart of Florida Letter Carriers, Inc, Branch 1779 NALC, AFL-CIO. The opinions expressed in this publication are those of the writers and not the Editor of The Satchel. Articles for publication must be submitted to the Editor on the Friday following the monthly Union meeting, articles and pictures must be submitted digitally. Minutes from the previous month will appear on page 3. Any part of **The Satchel** may be published by other news media. Contact the Editor at: postalbenpaul82@gmail.com, or at the mailing address on the back cover for inquiries.



## **Branch 1779 Officers and Staff**

**Branch Phone: 863-899-6821**

**Joshua Breault – President**



### **Officers:**

Executive V.P.	Kira Munn	813-494-0503
Vice President	Melissa Ross	813-343-1748
Secretary/Treasurer	Stacey Logue	863-617-3766
Asst, Sec/Tres	Barbara Meurer	863-808-3936
Recording Sec.	Tony Norris	863-648-4265
SGT-AT-ARMS	Robert Ross	813-343-3766
Health Benefits	John W. Mitchell	863-651-9429
Mutual Benefits	Branch number	863-899-6821
Trustee	Bill Rokosz	413-627-9559
Trustee	Aliyah Viruet-Smith	813-593-6889
Trustee	Kira Munn	813-494-0503

### **Shop Stewards:**

Arcadia	Bill Rokosz	413-627-9559
Auburndale	Josh Breault	863-205-0992
*Alternate	Tony Norris	863-648-4265
Bartow	Tony Norris	863-648-4265
Ft. Meade	Melissa Ross	813-343-1748
Frostproof	Melissa Ross	813-343-1748
Haines City	Melissa Ross	813-343-1748
Sebring	Melissa Ross	813-343-1748
Zephyrhills	Melissa Ross	813-343-1748
Mulberry	Josh Breault	863-205-0992
Wauchula	Melissa Ross	813-343-1748

### **Committees:**

Building Com. Chr.	Barbara Meurer	863-808-3936
Director of Comm.	John W. Mitchell	863-651-9429
Food Drive	Barbara Meurer	863-808-3936
Route Analysis	Branch number	863-899-6821
Director of Education	John W. Mitchell	863-651-9429
Benevolence Chair	Barbara Meurer	863-808-3936
MDA	Stacey Logue	863-617-3766
OWCP	Melissa Ross	813-343-1748

### **Lakeland:**

Downtown – 01/15	Kira Munn	813-494-0503
*Alternate	Josh Breault	863-205-0992
Downtown – 03	Kira Munn	813-494-0508
*Alternate	Josh Breault	863-205-0992
Main Office	Kira Munn	813-494-0503
*Alternate	Josh Breault	863-205-0992
Southside	Josh Breault	863-205-0992
*Alternate	Karl Yungbluth	330-980-1996

### **Winter Haven:**

Main Office	Nick Roller	863-206-9787
*Alternate	Tony Norris	863-648-4265
Florence Villa	Tony Norris	863-648-4265
*Alternate	Nick Roller	863-206-9787

**Have you visited the Branch website yet?**

**NALC1779.com**

The website is your immediate link to a wealth of information at your fingertips. If you are a member of the branch, and you haven't signed up yet, all you need to do is log on and an email will be sent for verification. Once you've been verified you'll have access to all the member benefits of the page.

Also, the branch website is the ONLY location for the Zoom link to the monthly meeting, so visit and sign in today!

**NALC1779.com**



### **Branch Address:**

Union Hall - 2434 Golfview St, Lakeland, FL 33801

Follow us on Facebook:  
Branch 1779 National Association of Letter Carriers

Look for us on YouTube!

Visit the Branch's website:  
nalc1779.com



**EXECUTIVE BOARD MEETING MINUTES  
JULY 13, 2023**

Present were John Mitchell, Tony Norris, Melissa Ross, Stacey Logue, Bill Rokosz, Kira Munn, Enrique Rosado, Nick Roller, Meagan Hart, Darian Palonia and Aliyah Viruet- Smith.

Recommendations from the executive board in the form of a motion:

To approve up to \$200.00 for four more ceiling light for the union hall.

To approve up to \$400.00 for shredding all the files that are at the union hall.

To spend up to \$150.00 receipted expenses for food for the Aug. 13, 2023 union training at the hall.

To send Barbara Muerer and Bill Rokosz to Officers Training in San Antonio, TX in Sept. 2023 and pay up to 5 nights lodging, 5 day per diem, 4 days seminar allowance and travel.

Tony Norris, Recording Secretary

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**BRANCH MEETING  
JULY 20, 2023**

President Josh Breault, upon verification from substitute Sergeant-At-Arms Kira Munn, that a quorum was present, opened the meeting with 9 members present at the hall and 11 members present via zoom for a total of 20 in attendance.

The Pledge of Allegiance was led by retiree Steve Clary and followed by a moment of silence.

Recommendations from the Executive Board in the form of a motion:

To approve up to \$200.00 for four more ceiling light for the union hall.

Seconded by Otis Larisy, motion passed.

To approve up to \$400.00 for shredding all the files that are at the union hall.

Seconded by Chris Armstrong, motion passed.

To spend up to \$150.00 receipted expenses for food for the Aug. 13, 2023 union training at the hall.

Seconded by Nick Roller, motion passed.

To send Barbara Muerer and Bill Rokosz to Officers Training in San Antonio, TX in Sept. 2023 and pay up to 5 nights lodging, 5 day per diem, 4 days seminar allowance and travel.

Seconded by Stacey Logue, motion passed.

Stacey Logue made a motion to approve paying Mellissa for 33 miles for traveling to outside stations for grievances to include Sebring Post Office.

Seconded by Chris Armstrong, motion passed.

Corey Gibson made a motion to Pay \$25.00 more for the Branch 1779 add in the State Convention booklet for 2023 in which the union previously approved \$100.00 but later found out the add was actually \$125.00.

Seconded by Ben Paul, motion passed.

In other business, President Breault added Corey Gibson to the Bylaw committee.

Josh Breault brought forth the Roof replacement estimates so the membership could discuss the pro vs. cons of the estimates. The Lowest estimate was from Tyer Roofing and for shingles their estimate was \$20,700.00 and for a metal roof it was \$21,000.00.

New members to our union are Luis Rodriguez and Rosalind Brooks from Winter Haven P.O.

Josh reminded everyone about retiree breakfast will be Aug 5, 2023.

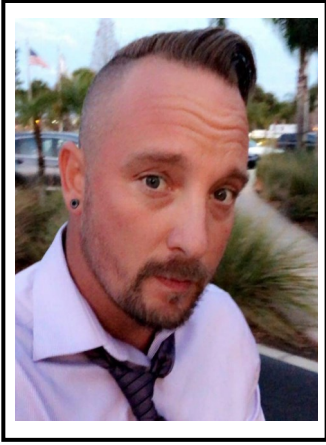
Stacey Logue read the financial report for July, 2023.

Motion to adjourn at 8:41 pm by Ben Paul, seconded by Kira Munn, motion passed.

Tony Norris, Recording Secretary



## President's Message



Josh Breault  
President

A different take...

I love my country. That doesn't mean that I have to be proud of every decision we make as a country. It doesn't mean that I have to agree with our elected officials. The same applies to our Union.

I love the National Association of Letter Carriers. I love helping my brothers and sisters all that I can. It doesn't mean I always agree with the direction we take. We were at the end of the 60-day mediation period of contract negotiations on July 19th. There have been no updates as of the writing of this article whether we've reached some sort of tentative agreement or that we are going to Interest Arbitration. It is a tight-lipped process in the NALC.

If we do reach a tentative agreement, my submission to the April postal Record still applies. We work too hard, get thrown around too much to still have a non-career workforce. Letter Carriers work too hard to start their careers at \$22.13 an hour. 10 years ago in 2013, the Step A rate of Letter carrier pay was \$22.15. Today it is still two pennies less. It's a bad look for any Union. As president of Branch 1779, I still have faith that our elected officials will do the right thing by all of our members, especially our newer employees, and fight their asses off to get the Letter Carriers what they deserve. If they don't, I urge every member to vote no to ratifying any contract that at the very minimum creates an all-career workforce with significantly higher starting pay.

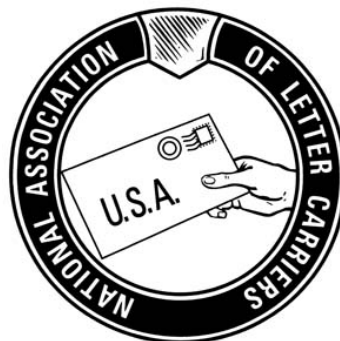
The National Officers work for us. They are elected officials and their salaries are paid by our dues. That being said, I will put my faith in them to serve our membership right. If they fail to do so, I will be urging the members on another vote next election.

Please, if nothing else, know that this is your union and everything starts locally. Get involved! We've made it easy. The Union meetings are every 3rd Thursday. You can attend from anywhere through the Zoom platform. Read the JCAM and the M-41. Download the NALC App for updates on everything from negotiations to legislation that affects us. Attend the meetings. Ask questions.

Knowledge is Power.

In solidarity,

Joshua Breault





By a show of hands, how many of you like talking about, or dealing with politics? I'm going to make a broad assumption that unless you are a politician, you don't really like politics or the political wrangling you see and hear about. Our friends at Merriam-Webster.com define politics this way:

**1 a : the art or science of government**

**b : the art or science concerned with guiding or influencing governmental policy**

**c : the art or science concerned with winning and holding control over a government**

**2 : political actions, practices, or policies**

**3 a : political affairs or business; especially : competition between competing interest groups or individuals for power and leadership (as in a government)**

**b : political life especially as a principal activity or profession**

**c : political activities characterized by artful and often dishonest practices**

We all know politics make not only our government, but governments around the world run. Some are effective, others are not. Some are democracies, some are republics, some are aristocracies, and some are even under autocratic control. Lucky for you and I, our government was designed to be a republic, of, by, and for the people. Brothers and sisters, it's time we help put that power back into the people's hands by supporting candidates that support us. Whether or not you care about politics, you should care about your job because all we have can be taken away with the stroke of a pen. The best way to help the NALC is to give to the Letter Carrier Political fund!

Will you give to the LCPF? Many members have given for over a decade now . Unfortunately, there is less than 10% of Letter Carriers that contribute to the LCPF. What we're asking you to do is donate \$5 per pay period, that's \$130.00 annually. If you just can't do \$5, then do a dollar because every donation counts. Trust us you won't miss it, and by giving, it allows the NALC to budget what they have and be able to reach more friends of Letter Carriers. Pretty cheap job insurance don't you agree? Again, we're asking that you make that choice to give. We don't need a lot from a few members, we need a little from everyone. So how can you contribute? Here are a list of ways right off the NAL.org website:

***“As a member of the NALC, there are several easy ways to give to the Letter Carrier Political Fund:***

***1 Payroll deduction: Contribute automatically, using PostalEase (either online or by phone) to set up an allotment deduction from your USPS paycheck.***

***2 Direct bank withdrawal: You can authorize the fund to withdraw a monthly electronic contribution directly from your personal checking account***

***Annuity deduction: Retired letter carriers can elect to give monthly via an automatic deduction from your monthly annuity.”***

If you visit the NALC website, there is a form you can fill out online and the NALC will contact you back and walk you through the procedure. Personally, my contribution to the LCPF has been one of the best investments in my job I have made, second only to joining the NALC and having been afforded the opportunity to learn and use that knowledge to help you, my brothers and sisters. If you want my assistance in getting set up, come to the hall and I will gladly help or reach out through your stewards. It really is that simple and truly there is no excuse not to give.

## **So, will you give?**

**Now for the mandated disclaimer that as a labor union, must give in order to ask you to contribute:**

*By making a contribution to the Letter Carrier Political Fund, you are 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 force 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 contributor. Federal law requires us to use our best efforts to collect and report the name, mailing address, occupation and name of employer of individuals whose contributions exceed \$200 per calendar year. Any guideline amount is merely a suggestion, and an individual is free to contribute more or less than the guideline suggests and the Union will not favor or disadvantage anyone by reason of the amount of their contribution or their decision not to contribute.*



**The Heart of Florida Letter Carriers**  
**Branch 1779 NALC, AFL-CIO**  
**\$1000.00 Scholarship Application 2024**



\_\_\_\_\_  
 Student's Name

\_\_\_\_\_  
 Branch 1779 Member's Name

\_\_\_\_\_  
 Street Address

\_\_\_\_\_  
 Station/Office Employed

\_\_\_\_\_  
 City/State/Zip

\_\_\_\_\_  
 Relationship

\_\_\_\_\_  
 Phone (Include area code)

\_\_\_\_\_  
 Phone (Include area code)

\_\_\_\_\_  
 Date of Graduation or year in High School

Retired:            Yes   No

\_\_\_\_\_  
 College you have been accepted by

\_\_\_\_\_  
 Email

\_\_\_\_\_  
 Signature of NALC Member (or spouse if deceased)

\_\_\_\_\_  
 Date

**Scholarship Regulations**

- The Branch will award a total of two (2), one-thousand dollar (\$1,000) scholarships annually, one to a male child, and one to a female child of members in good standing.
- Applicants must be High school seniors or students currently enrolled in college. Grandchildren of members in good standing are also eligible to apply for and receive a Branch scholarship.
- All scholarship applications must be mailed to Branch 1779 with a clear postmark no later than February 10th of each year.
- A drawing to determine the winners will be held at the February Branch meeting, and subsequently announced in the Branch newsletter.
- First runners-up shall be chosen in the event a winner is unable to accept the scholarship. In the event there are no applicants in either the male or female category, the first runner-up in the category with applicants shall be awarded the second scholarship.
- Scholarship amounts shall be paid directly to the college or institution that the winner(s) are enrolled in.

**The Heart of Florida Letter Carriers**  
Branch 1779 NALC, AFL-CIO  
2434 Golfview Street  
Lakeland, FL 33801



NALC1779.com



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«Address»  
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### **Branch Notes:**

***Branch Phone Number 863-899-6821***  
***Next Union Meeting is August 17, 2023 @ 7:30 p.m.***  
***Your hall is located at 2434 Golfview St, Lakeland, FL - Doors open at 5:00 pm***

### **Benefits of staying hydrated:**

#### **Muscle Efficiency**

Being hydrated is essential for keeping those muscles strong, lubricated, and energized. Why? Because H<sub>2</sub>O aids the transport oxygen to your muscles so they are prepared when exerted.

#### **Balancing Mood**

Because water aids in body regulation and brain function, it's also closely related to balancing mood and emotions.

#### **Temperature Control**

When you overheat; you sweat. And the evaporation of sweat on your skin is the way the body cools itself down and maintains a healthy temperature. Understandably, drinking enough fluids is essential for sweating and replenishing your water supply.

#### **Memory Function**

Proper hydration will improve the blood flow and oxygen flow to your brain, strengthening cognitive function and memory.