

News and Views



Official Publication of Central Kentucky Bluegrass Branch 361, NALC

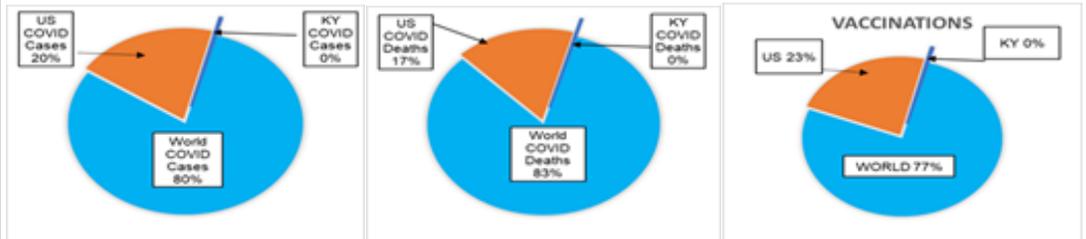
2021 Issue 5

May 2021

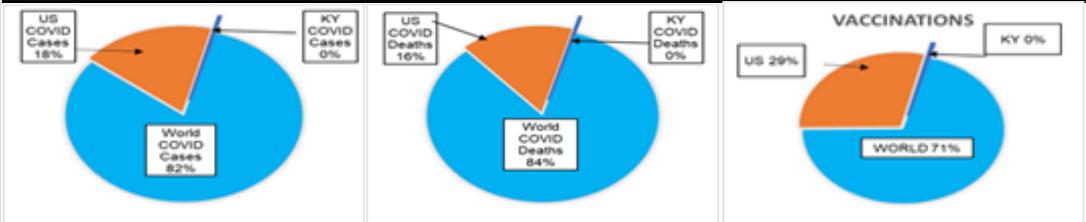
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President's Page - Ken Becraft

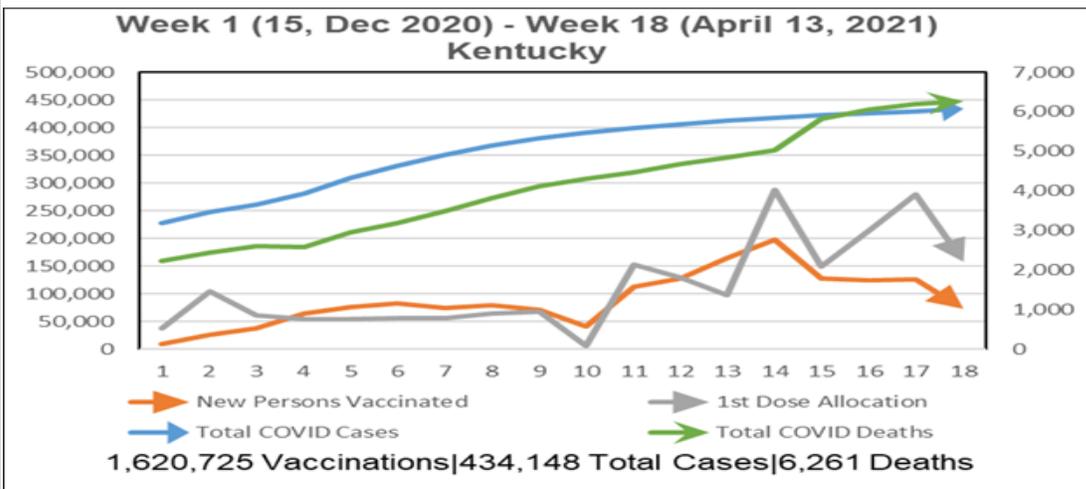


Data as of March 15, 2021.



Data as of April 13, 2021.

Last Month in numbers for the world: 17,337,728 Cases, 299,195 Deaths, and 38,911,077 more fully vaccinated. **For a reality check, 29,787,698 of those 38,911,077 were in the United States.** These charts show the correlations between vaccinations, cases, and deaths. Over the last month the US has jumped from 23 to 29 percent of the fully vaccinated people in the world but has dropped from having 20 percent to 18 percent of the total reported cases and from 17 percent to 16 percent of the total reported deaths. This shows that even as some countries can ramp up vaccinations; total cases and deaths continue to soar around the world. This trend will continue until everyone has access to vaccines. **Another reality check; vaccination rates in Kentucky are dropping dramatically even**



President's Page continued

The Kentucky governor, along with governor's all across the country, have submitted to blackmail and bribery to try and get people to take a life-saving vaccine. Which makes me ask myself, what kind of a democracy is a democracy in which its citizens won't do what is best for their fellow citizens. Not sure who this quote belongs to, maybe no one, but surely someone said something similar before I just typed it.

I'm sure the pause on the Johnson and Johnson vaccine has given those hesitant about getting the shot another excuse. Just remember that as of now the incident rate of those blood-clots is 6 in 6.8 million and with no direct proof of relationship to the Johnson and Johnson vaccine. The types of blood clots are CVST, which is a rare form of stroke. It normally affects about 5 people in 1 million each year. That calculates to a possible 30 out of the same 6.8 million. I'm not a doctor, but I can do simple math. Isn't it just as likely that 6 people who were susceptible just happened to get the Johnson and Johnson vaccine prior to this happening?

This is something that cannot be said for the 560,000 who have died from COVID, as a direct correlation of the disease can be drawn between it and numerous comorbidities, including nearly all forms of blood clots.

I keep hearing about the possible side-effects of the vaccinations as a reason not to get vaccinated, so let's take a look at some of the most prescribed drugs in the US and their side-effects. This is from the most recent list I could find.

Levothyroxine; Thyroid Medicine. Total prescriptions: 114,344,324. **Serious side effects:** Heart attack. Symptoms can include: chest pain, shortness of breath, discomfort in your upper body. Heart failure. Symptoms can include: shortness of breath, extreme tiredness, swelling in your legs, ankles, or feet, unexpected weight gain, Very fast heart rate, Irregular heart rhythm

Lisinopril; ACE (angiotensin-converting enzyme) inhibitor, used for treatment of high blood pressure, heart failure, and following a heart attack. Total prescriptions: 110,611,325. **Serious side effects:** Liver Problems. Symptoms can include: Yellowing of the skin and whites of the eyes. Blood or bone marrow disorder. Symptoms can include: paleness, feeling tired, faint or dizzy, bleeding, a sore throat, a fever, getting infections more easily. Heart Problems. Symptoms can include: Faster heart rate, chest pain, tightness in your chest. Lung Problems. Symptoms can include: Shortness of breath, wheezing. Pancreas Problems. Symptoms can include: Severe stomach pain. Kidney Problems. Symptoms can include: Swollen ankles, blood in urine, no urination. Stroke. Symptoms can include: Weak arms and legs, and problems speaking.

Atorvastatin; Atorvastatin treats high cholesterol. It is a member of the statins or HMG-CoA reductase inhibitor class. Total prescriptions: 96,942,509. **Serious side effects:** Kidney Failure. In rare cases, atorvastatin can cause a condition that results in the breakdown of skeletal muscle tissue, unexplained muscle pain, tenderness, weakness, unusual tiredness, and dark colored urine. Urination. Symptoms can include: Pain or burning when you urinate. Liver Problems. Symptoms can include: Upper stomach pain, weakness, tired feeling, loss of appetite, dark urine, jaundice (yellowing of the skin or eyes). Kidney Problems. Symptoms can include: Little or no urinating, swelling in your feet or ankles, feeling tired or short of breath.

Metformin; Treats 2 diabetes. Total prescriptions: 81,305,416. **Serious side effects:** Lactic acidosis. Lactic acidosis is a rare but serious problem that can occur due to a buildup of metformin in your body. It's a medical emergency that must be treated right away in the hospital. Symptoms can include: Extreme tiredness, weakness, decreased appetite, nausea, vomiting, trouble breathing, dizziness,

Continued on page 3

President's Page continued

lightheadedness, a fast or slow heart rate, feeling cold, muscle pain, flushing or, sudden reddening and warmth in your skin, stomach pain with any of these other symptoms. Anemia. Symptoms can include: Tiredness, dizziness, lightheadedness. Hypoglycemia. Symptoms can include: Weakness, tiredness, nausea, vomiting, stomach, pain, dizziness, lightheadedness, abnormally fast or slow heartbeat.

Amlodipine; A calcium channel blocker used to treat high blood pressure and angina (chest pain). Total prescriptions: 75,201,622. **Serious side effects:** Low blood pressure. Symptoms can include: Severe dizziness, lightheadedness, fainting. Chest pain or a heart attack. When you first start taking amlodipine or increase your dosage, your chest pain may get worse or you may have a heart attack. Symptoms can include: Chest pain or discomfort, upper body discomfort, shortness of breath, breaking out in a cold sweat, unusual tiredness, nausea, lightheadedness.

Metoprolol; A beta blocker used to treat high blood pressure, angina, heart failure, and following a heart attack. Total prescriptions: 74,019,646. **Serious side effects:** Low blood pressure (hypotension). Symptoms can include: Severe dizziness, lightheadedness, fainting. Cold hands and feet. Symptoms can include: Hands and feet that are cold and may be painful. Extreme fatigue. Symptoms can include: Feeling more tired than usual, tiredness that gets progressively worse each day. Serious depression. Symptoms can include: Continuous feelings of sadness or anxiety, feelings of hopelessness or worthlessness, lack of interest in hobbies you once enjoyed, eating too much or too little trouble concentrating. Severe Bradycardia. Symptoms can include: Very slow heart rate

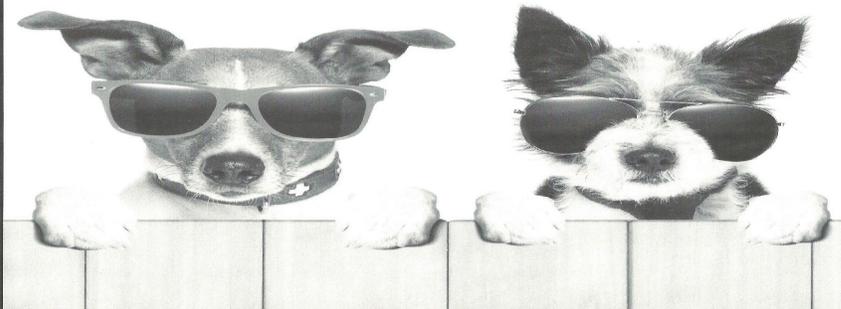
Omeprazole; Used to treat heartburn, GERD (gastroesophageal reflux disease), and stomach ulcers. It was the first member of the PPI (proton pump inhibitor) class to gain FDA approval. Total prescriptions: 70,626,981. **Since this drug is over the counter and prescription, I'll list all side effects.** **Common side effects:** Headache, abdominal pain, diarrhea, nausea, vomiting, gas (flatulence), dizziness, upper respiratory infection, acid reflux, constipation, rash, cough. **Less common side effects:** Bone fracture (osteoporosis related), deficiency of granulocytes in the blood, loss of appetite, gastric polyps, hip fracture, hair loss, chronic inflammation of the stomach, destruction of skeletal muscle, taste changes, abnormal dreams. **Rare side effects:** Liver damage, inflammation within the kidneys, pancreatitis, dermatologic disorder, potentially life threatening (toxic epidermal necrolysis).

Continued on page 4

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President's Page continued

I think that just by looking at this list, you can see that every drug has drawbacks. Yet I'll wager that most people—not only those reading this and who work as a letter carrier—are taking at least one of these. How many of you took the time to read the side effects? I doubt very many, if any. Most of us just do as the Doctor says. Enough said about *not* getting a Covid vaccine. Just do the right thing.

Local Negotiations: By the time you are reading this, the Local Negotiations committee will be in full force attempting to negotiate changes requested by the majority of the membership. I ask that everyone remember that this is a tedious process confined to one month, and that we have 14 separate Memorandums we have to update. If you have any questions about the progress of any specific Local Memorandum issue, please contact your Steward, Denise, Crystal, Zed, Robbie, or Cindi Lindsay.

Picnic/Fall Festival: As we mentioned a few months ago, we are going to try and get back to semi-normal with the Picnic and Fall-Festival. But as is obvious, a lot depends upon vaccinations and restrictions. We will post all updates in the newsletter and Facebook.

Retirement Luncheon: The retirement luncheon is also dependent on vaccinations and restrictions. As of now, we are tentatively planning a combined 2021 and 2021 Luncheon for later this year. Details will be provided in the newsletter and on Facebook.

Baseball Tickets: Due to the shutdown last year, we have Legends tickets for the suite this year. Again, as with other activities, vaccinations and restrictions will limit how we handle these seats. We will post all updates in the newsletter and Facebook.

Building Renovations: Since we have been conducting Monthly Meetings primarily over Zoom for the last few months, I'm sure most people are unaware of the continuing building renovations. By the time we get back in the building for meetings, we will have totally renovated the bathrooms and will hopefully have an updated kitchen. These latest renovations should conclude what has been a 7-year process to update the memberships most valuable whole-property asset.

Ken

These rankings for the most common prescription drugs come from the ClinCalc DrugStats database. This database estimates prescription drug usage from the annual Medical Expenditure Panel Survey (MEPS).

MEPS is a project of the Agency for Healthcare Research and Quality (AHRQ). It measures how Americans use medical care, including prescription drugs. AHRQ surveys patients and healthcare providers to compile this information. Because it is a survey, it includes drugs doctors prescribe that may be available over the counter, such as aspirin. There is an inherent delay between collecting the data and issuing the Drug-Stats list. So, the top selling prescription drugs for 2019 contains prescriptions from 2016.

Branch 361 invitation to the May Zoom meeting.

For those of you who are unfamiliar with Zoom I recommend logging on early to ensure you are able to attend the meeting. Zoom is fairly straight forward but may require the download and installation of Zoom software. When you log onto the meeting you will be placed in a waiting room, you will not be allowed to join the meeting unless we know who you are. As such it is recommended your user name is displayed to avoid delays in being able to join the meeting. **RSVP to Ken (859-940-8645) by the 4th to receive an email or text message with clickable links.**

Topic: Branch 361 May Monthly Meeting Time: May 5, 2021 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/5325217930?pwd=ZlFTN2JmYk5vUG5ZT0RmNVpseUhzUT09>

Meeting ID: 532 521 7930 Passcode: br361MM*

One tap mobile: +16465588656,,5325217930#,,,,,0#,,794941# US (New York)

+13017158592,,5325217930#,,,,,0#,,794941# US (Germantown)

Dial by your location;

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+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1

669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 532 521 7930

Passcode: 716362105

Find your local number: <https://us02web.zoom.us/j/5325217930>

DUE TO SECURITY ISSUES, PLEASE REQUEST A NEW LINK. PRIOR LINKS WILL NOT WORK

Voice of the V.P. - Denise Preston

I hope everyone has been well and staying safe with everything going on in the world today. I would like to thank everyone who has had me and my family in their thoughts and prayers.

We are about to start local negotiations. This will take some time. I am eager to get things started. I would like to remind everyone to please help the CCA's out. They have quite a rough time these days. I know everyone is putting in a lot of hours not just the CCA's. Everyone stay safe and remember that it is the time of year the supervisor's will be out and about doing the street observations. Be aware of your surroundings and do your route properly. Make sure you are keeping an eye out for the dog's it is the time of year they will be out. Many carriers get hurt every year due to dog bites. When you are delivering mail to the door remember to put your foot against the door, so children or dogs do not push the door open. Keep alert and listen for dogs sneaking up on you, I always carried my keys on my finger so if there is a sleeping dog, he would hear me and I won't be surprised by a sleeping dog. Dog bites are no fun and always make sure you report all accidents as soon as they happen.

Make sure if you are injured that you get the proper paperwork from your supervisor to take to the hospital with you. Always keep copies of all of your paperwork. These days with Covid it is a lot harder to get into see a doctor and get any type of procedures done, so lets all be very careful and not get into a predicament where we need to see a doctor. I broke my knee last year in two places and believe me it was awful getting things done and I was off work longer than I dreamed it would be, and scheduling surgery was terrible, it seemed like I would never happen with all the new regulations and hoops you have to go through.

Be safe and stay healthy.

Denise

Zone 15 Steward - Will Stover

I am glad to be on board and looking forward to helping serve in any capacity I can.

With that being said I would like to stress the importance of attendance. For those who didn't know, I had to have total hip replacement. I would have never imagined that I would need to take, or have to take time off for a long-term injury. Although I had been experiencing pain in my hip for several years. I was caught off guard when I learned I had no other option but to have the surgery. I am now on my way to full recovery and doing well.

I can remember years ago several experienced carriers told me to always come to work and accumulate as much sick leave as possible. I'm glad I listened.

It is especially important now that we are working longer hours and sometimes our days off, that we take care of ourself and reserve sick leave in the event it may be needed. After all, that is why we are granted this valuable benefit. I know the job has changed considerably and we all have different things going on in our day to day lives. But sick leave has not changed. It is there for you when it is needed.

The benefit of having accumulated sick leave is that it gives you peace of mind should you have a need to take extended time off due to illness or injury to you or a family member, depending on guidelines. Many medical procedures are done by outpatient and require little to no time off. Some, as you know, requires you to be admitted to the hospital. You may find yourself in a situation that requires you to miss work anywhere from a couple of days to several months.

Since I've been off work, I understand my recovery required me to allow the appropriate time to properly heal. One thing my doctor emphasized to me is that my body cannot heal if it is under stress. The last thing you want to do is to add another burden on yourself and your family by not healing due to not being able to take the time to take care of yourself. The stress of no sick hours and no pay can add to your worries. I'm glad I had plenty of sick leave hours. I'm looking forward to returning to work with no pain.

Director of Retirees - Mike Holbrook

I had hoped to announce a date for the retirement luncheon for the 2020 retirees and Gold Card (50 year) members in this issue, but with the number of weekly vaccinations on the decline and the number of cases and hospitalizations increasing and deaths fluctuating, President Bercraft has decided out of an abundance of caution, to postpone this years retirement luncheon and combine it with the luncheon for the 2021 retirees. I have ordered the retirement gifts for the 2020 retirees and will be presenting them to the retirees individually when they arrive. The 2020 retirees and Gold Card members that attend will be recognized at the combined luncheon for the 2020/2021 retirees.

I am, like all of you are, tired of the present situation and wish for things to get back to normal. The quickest way for this to happen is to continue to follow the behaviors that slow the spread and get a vaccination. When the covid virus (now viruses) can't find bodies to act as hosts is when the infection will no longer spread. The reason all of the childhood disease from the first half of the 20th century are no longer around in the U.S. and most of the world is because of the mass vaccinations that took place in the late 1950s and the 1960s. It can be done again with this virus, so do your part to help.

Mike

Robert's Ramblings - Bob McNulty

As Trustees Chairman, I am proud to report work on the restroom remodeling progresses at the Hall. Leaks in a wall waterline and floor drain pipe has required extensive repair and replacement of pipes. We are also planning to update and improve the kitchen. The trustees, Bill Craig, James R. Smith, and myself, have looked at bids and proposed work. Brother Mike Holbrook, President Bercraft, and the whole Executive Board, and the volunteers who did the "grunt work," have worked through a Pandemic, ice storm, and torrential rains and high winds. If the Covid-19 virus permits, we may be able to have some events this year, maybe outside. Be sure to get vaccinated, all your friends and family, so life in Kentucky can return to normal. We can thank Governor Andy Beshear and Dr. Stack for following the science as it relates to this contagious virus and its mutations. Letter Carriers are front line workers. Do not tempt Fate and spread or catch this respiratory virus that can attack any part of the body, including the brain. Read the News & Views Newsletter and contact NALC with any questions. Our National Officers, KIM NBA Office, and local leadership have the facts. Do not let any management bullies coerce you into doing something that could expose you and your loved ones to variants by being unsafe. Be sure to call Barr's office to support HR 695, and our other NALC legislation. LPO Anna Mudd, LCCL Zed Waltz, can provide information.

Mac

Requesting bids for the tile work needed as part of the restroom remodeling project. Priority will be given to Branch members and their relatives. Contact any Officer, Trustee or Steward for more information or to schedule a site inspection for calculating bid.

Any member interested in serving as the assistant editor and earning a little extra cash contact the Editor or any Officer

Financial Report for March 2021

Deposits	\$11,682.31
Checks	\$ 8,325.41

Balances

Checking	\$80,445.06
Savings	\$76,218.48
Building Fund	\$13,035.68
Retiree Fund	\$15,349.61
Hall Rental Fund	\$11,977.88

March Door Prize Winner

Scott East \$50.00

Share Your Views!

The deadline for submissions to News and Views is the 1st of each month. Interested parties are encouraged to submit articles to be printed subject to space available and approval of the President. To submit an article to News & Views please send it to;

President Ken Becraft
P O Box 911203
Lexington, KY 40591
or electronically to;
kbecraftbranch361
@gmail.com

Editor Mike Holbrook
PO Box 371
Richmond, KY 40476
mhkynalcde@aol.com

All articles must be typed in Ariel 11 font and signed by the author, or submitted on electronic media.

The articles in this newsletter do not necessarily reflect the views of the Editor or the local Branch. The Editor reserves the right to edit, delete, or reject any article in the interest of the good of the Branch.

In the interest of benefitting the goals of the NALC, permission is hereby granted to other parties to use any part of this newsletter as long as credit is given.

Due to Fayette and surrounding Counties being in the orange zone, the May meeting will be by Zoom. You must RSVP to Ken, Denise, Cindi, Mike, or Crystal; by phone, text or email to receive a clickable link to join the meeting. Please provide an email address by April 5th to receive the link.

Ken	859-940-8645	kbecraftbranch361@gmail.com
Denise	859-221-2854	ilovejoseph95@icloud.com
Cindi	859-494-3187	cindi.lindsay@gmail.com
Mike	859-248-2401	mhkynalcde@aol.com
Crystal	859-396-8648	crystal.d.smith03@gmail.com

DUE TO SECURITY ISSUES, YOU MUST REQUEST A NEW LINK. PRIOR LINKS WILL NOT WORK

New Members

Please welcome the following new members, whose applications were approved at the April 6th Monthly Meeting via ZOOM.

Dominique Boerner

Jeremy Wagner

Rose Rucker

Julie Huffman

Alan Livingston

Joshua Held

William Greene

Crystal Sheldon

Convention Delegates, remember you are required to attend 80% of meetings from the time of nomination to receive Branch funds to attend State and National Conventions. Attendance by Zoom counts but be sure to turn your video on, it is required. If you do not have video capability you must contact Ken or Denise prior to the meetings

Central Kentucky Congressional Delegation

	Local Phone #	D.C. Phone #
Rand Paul, Senator	1-270-782-8303	1-202-224-4343
Mitch McConnell, Senator	1-859-224-8286	1-202-224-2541
Bret Guthrie, 2nd District Rep.	1-270-842-9896	1-202-225-3501
Thomas Massie, 4th District Rep	1-859-426-0080	1-202-225-3465
Hal Rogers, 5th District Rep	1-606-679-8346	1-202-225-4601
Andy Barr, 6th District Rep	1-859-219-1366	1-202-225-4706

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NEWS AND VIEWS

Grievance Report March 2021

OFFICE	FILED	SETTLED	OPEN
Beaumont	4	0	4
Berea	0	0	0
Bluegrass	2	0	2
Brentwood	0	0	0
Danville	0	0	0
Frankfort	0	0	0
Gardenside	3	3	0
Georgetown	0	0	0
Harrodsburg	0	0	0
Lancaster	0	0	0
Liberty	0	0	0
Nicholasville	0	0	0
Paris	0	0	0
Richmond	6	4	2
Stanford	0	0	0
Versailles	0	0	0
Wilmore	0	0	0
Winchester	0	0	0

Donate to Stamp out Hunger

For the last 28 years, the National Association of Letter Carriers has been proud to hold the Stamp Out Hunger food drive, the nation's largest one day food drive, on the second Saturday in May. Due to the COVID-19 pandemic, we weren't able to safely collect and distribute food in May this year. However, we will schedule the 29th annual Stamp out hunger food drive when it is safe to do so. In the meantime, the need for food assistance is more urgent than ever and we want to give everyone the opportunity to continue to help meet that need. The Stamp Out Hunger Food Drive is a drive with a single mission—to feed the hungry in America, and as always, with your help, we will **Please donate what you can to a food bank in your community. Simply find your state below and click on the link to donate directly. All collections stay in the local community.** <https://www.nalc.org/community-service/food-drive/2021-donor-drive>

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