

News and Views



Official Publication of Central Kentucky Bluegrass Branch 361, NALC

2022 Issue 7

Jul. 2022

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President's Page - Denise Preston

At the time of this writing we are facing many obstacles as a branch. Finding members to fill needed roles in the branch has been difficult and those who are willing to step up and serve the membership are facing burnout from the workload because of the unfilled positions. Local management is not cooperating with the Dispute Resolution Process. Covid numbers have risen and at this time Fayette county is once again in the red. If the case numbers don't go down by the second weekend in July, the monthly meeting on the twelfth will have to be by Zoom only.

These conditions make things more difficult, but they are only obstacles and they can be overcome. We will continue to recruit in zones without a in zone steward to find member's willing to be trained to be stewards. In the mean time I will be reaching out to some of our retirees we steward experience to fill the gap until active stewards are found. I management continues to sabotage the grievance procedure, more and more grievances will end up with the B-team, as I will not accept bad settlements just get a settlement. The covid numbers are beyond our control, but we can all do our part by avoiding crowded indoor situations where most of the transmission is taking place. As far as monthly meetings go we will have to start making the call on in person/zoom verses by Zoom only the weekend before the meeting instead of when the newsletter goes to the printer.

There is a role for all active carriers to play as well, if you think you have a grievance. Put your request to see a steward in writing, take a picture of it, send it to your zone steward. If you do not have a steward in your zone send it to me at 859-221-2854. Then hand it to your supervisor and take a picture of him with the request. The time stamp is documentation of when you requested the steward. It will take time, but we will eventually retrain managers in their role in the Dispute Resolution Process. Things will get better overtime. In the mean time I want to thank you the membership for your help in accomplishing this and your patience as we all work through this time together.

Denise

At the time this issue of News and Views is heading to the printer, Fayette County is in the RED with new covid cases. We can not predict this far in advance what the condition will be on July 12th. Please check the website "branch361.org" and station bulletin boards in the days before the meeting.

Secretary - Crystal Smith

The numbers are in and the Stamp Out Hunger Food Drive was a SUCCESS! Please refer to the table on page five to see the totals for yours and other zones. A huge **THANK YOU** to each of you who made this possible! A special thank you to our previous Vice President and Food Drive Coordinator Zed Waltz!

Brother Waltz worked endlessly to ensure every office of Branch 361 had Food Drive bags and cards as well as promoted the Food Drive on television. During this time of year most food bank shelves are depleted and one in eight Americans are unsure of where their next meal will come from. Our Stamp Out Hunger Food Drive is the largest single-day food drive which provides enough food to help replenish food pantry shelves nationwide up to the next holiday season, holding them over until the holiday contributions that otherwise support them come in. Thank you to everyone who contributed, allowing us to provide families with food and Stamp Out Hunger one donation at a time.

Remember due to the July fourth holiday the July meeting will be the second Tuesday of the month instead of the first Tuesday. Additionally, with Fayette county in the red for Covid as this issue of the newsletter goes to the printer, the monthly meeting will be by zoom only if numbers do not improve by the twelfth. A final determination will be posted on the website and station bulletin boards by July 9th. With fingers crossed, I hope to see you there.

Crystal

Trustee Report - Bill Craig

Greetings Brothers and Sisters! As I write this article the outdoors temperature is 93 and the forecast is for even higher temperatures. So, for you active carriers, may I suggest you keep in mind the three "H's" of delivering mail during the dog days of summer, Hydrate, Hydrate and Hydrate! I cannot over-emphasize the importance of drinking plenty of fluids, preferably water. This is especially true for you CCA's who maybe experiencing your first summer as a Letter Carrier, do not become a casualty of heat exhaustion or even worst heatstroke!!!

Another matter of concern, or I should say, a continuing matter of concern is the rate of Covid infections. We are coming up to that time of the year for vacations and many of you will be traveling to other states and maybe out of the country. Be aware of the Covid status of your traveling destinations, and do not become complacent. Not only is the virus still out there, but the infection rates are rising again. At the time of the writing of this article, the Covid infection rate in Fayette County is back up in the "Red Zone". So, even if you do not believe in the vaccines or the wearing of masks, just be aware of your surroundings, especially indoors and crowded places. Just please try to keep safe!

The NALC finally got back to having its annual food drive, and I am sure other writers to this month's newsletter will be reporting on the results of our local collections efforts. However, I would like to give a big grateful shoutout to all the letter carriers and retirees who participated in this very worthy cause.

As I stated earlier, the Covid infection rates in the Lexington area is in the red zone, so our monthly union meetings may have to go back to be totally on Zoom. Check with your Stewards or a E-Board member a few days before scheduled meetings as to the status of the meeting.

Bill

Steward's Report - Brian Williams

Well, for those that participated in this year's food drive, give yourself a big applause because it was a huge help to a lot of people/families. In Richmond, we collected over 41,000 lbs. and here are some great ideas that I think will help with each office for next year's food drive. Motivate, motivate, and then motivate some more!

We started our morning with a breakfast brought in by retirees Mike Holbrook and Randy Wiles. Mike brought up one of my favorite sayings, "we are a service to the American people". That's why we exist. This food drive is just another way of showing our viability to the people that we serve, and with all the negative hits we take daily, this is a great time to be positive and let that positivity shine through to all! Get rural carriers involved! Our rural carriers did amazing and honestly, they were the bulk of our haul.

Get a food drive coordinator that stays all over it. Pick someone from your office that you know has the drive to get the food drive pulled off without any hitches. That food drive person is the liaison between the food bank or banks receiving it, and also, they are the person that coordinates with your supervisor or station manager to make sure they nail it down. In Richmond, our food drive coordinator was Jonda Williams and our supervisor that coordinated it with her was Westley Cole and both just rocked it out!

Bags, bags and more bags! Bags are the quintessential key to a productive food drive. We made sure that everyone delivered those bags for several reasons. One being that it makes it so much easier for our customers to organize their food and secondly it reminds them that the food drive is here and it's this date. Also, after this year and moving forward, we will ask each city and rural route what types of bags worked better for them, paper or plastic. We got a ton of feedback from all on this and it was much appreciated! Food drive cards need to be delivered on the most opportune day so as to keep it fresh in the minds of the customer. We all know the saying, "outta sight, outta mind", and this is no truer than with the food drive.

Last but not least, get your postmaster involved! Our postmaster, Mark Blackburn provided food for the entire station. We had pizza and drinks throughout the day. We did 2 runs of food. 1pm for rural and 3 pm for city. This way it was fresh and hot for both rural and city. Throughout the day, all we heard was how Amazing this cause was. I would name names but too many and you know who you are because the positive vibe you/we all put forth, made it a fun and very, very worthwhile experience!

As your reading the above, what's the one thing you see the most of,- Unity! Plain and simple! We are the cog that keeps the wheels going! We are the cog that keeps the USPS still viable in 2022 and beyond! The unity is not just with our members, it's also with our Supervisors/Postmaster's! When we put our daily, nonsensical issues to the side, all parties involved further prove that the United States Postal Service is still a force to be reckoned with! Live each day in a positive light, kick out the negativity, and hopefully it will spill over into your personal lives as well Now, let's look forward to making 2023 an even better year for food drive and our careers! United we stand...divided we fall!!!

Brian

Director of Retirees - Mike Holbrook

I recently had a heat related incident and was taken by surprise by it. Throughout my career as a carrier and participating in many other outdoor activities, both work related and recreational, I have always made the effort to stay well hydrated, take breaks and stay in the shade when possible. The activity I was performing was not all that strenuous, pruning choke cherry branches in a fence row in partial shade. It was not yet the hottest part of the day being shortly after lunch and I had plenty of fluid intake throughout the day so far. I had done more strenuous activity early that morning when it was cooler and had sweated a good amount, but had taken frequent breaks and drunk plenty of water. I thought I had taken sufficient care to be out in the heat safely, but I quickly felt faint, weak and had an elevated heart rate. I made my way back into the air conditioning and laid down on the couch. I thought a short rest period would take care of it and I would be able to return outdoors and finish the chore.

However, this was not the case, the feeling of faintness and weakness subsided, but my heart rate remained elevated. Over the next day and a half it slowly came down, but not to my normal resting rate in the low seventies. The following day my wife convinced me to go to the Doctor. From the symptoms, the Doctor diagnosed Heat Exhaustion, even though I did not have the headache or nausea that usually accompany that diagnosis. The Doctor prescribed no strenuous activity for several days especially in the heat of the date.

For all of the retirees, I recommend heading that advice over the next few weeks as we have heat indexes forecast to be in the triple digits for the foreseeable future. For all of the active carriers, who do not have that option, you need to take all precautions available as the temperature in many Postal vehicles can reach triple digits even before the heat index is calculated. This includes staying well hydrated with not only water, but also an electrolyte replacing drink, since you can lose an unsafe amount of electrolytes through heavy sweating. Consider dividing your lunch into three smaller amounts (lunch and two breaks). This will lower the demands on your heart of trying to pump sufficient blood to digest a larger meal, cool your body and meet exertion requirements when walking with a full mail bag or lifting heavy packages. Once you reach the tipping point for either Heat Exhaustion or Heat Stroke the symptoms can come on rather quickly.

Part of your responsibility to your self and your family is to stay safe and healthy, so you can continue to serve your patrons and yes eventually be able to retire and enjoy all the benefits you have earned through your service. Hope to see you either in person or via zoom on the twelfth.

Mike

Branch 361 invitation to the July Zoom meeting.

Join Zoom Meeting

Topic: Branch 361 Apr. Monthly Meeting Time: July 12, 2022 07:00 PM Eastern Time (US and Canada)

Meeting ID: 378 690 4822

<https://us02web.zoom.us/j/3786904822>

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: 378 690 4822

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

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

Branch 361 Food Drive Totals

Stations	Food Banks	Weight Totals
Beaumont Brentwood	Catholic Action Center	33,000 lbs.
Liberty Road Gardenside	Lighthouse Ministries	35,000 lbs.
Bluegrass	God's Pantry	23,022 lbs.
Richmond	God's Outreach	43,000 lbs.
Lancaster	Garrard County Cooperative Parrish	2,100 lbs.
Berea	Local Food Bank	2,878 lbs.
Wilmore	Community Service Center of Wilmore/High Bridge	447 lbs.
Frankfort	St Vincent de Paul Pantry/Franklin County Emergency Food Pantry	31,269 lbs.
Winchester	Community Service Center	1,000 lbs.
Georgetown	Amen House	5,000 lbs.
Nicholasville	Jessamine Food Pantry	2,282 lbs.
Danville	New Hope Food Pantry	3,752 lbs.
Versailles	Hope Ministries Food Pantry	5,000 lbs.
Paris	Operation Food Basket	7,000 lbs.
Stanford	Local Food Banks	1,072 lbs.
Harrodsburg	Christian Life Center	1,608 lbs.

Total-197,430 lbs.



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Robert's Ramblings - Bob McNulty

As mentioned in "Robert's Ramblings" last month, Covid-19 will still try to "crash your picnic." Woodford, Fayette, and Clark Counties have all risen back into the Red for incidence rate. Make note of counties where you either live, work, or visit, so you can protect yourself. Check virus numbers for counties or states where you may vacation this Summer, as well.

A Reminder of current NALC legislative bills in Congress that our National Leadership has identified as vital. Federal Retirement Fairness Act, HR 4268, would allow certain federal employees to make catch-up retirement contributions for time spent as temporary employees after December 31, 1988, making such time creditable service under FERS. Casuals, Transitionals [TE's], or City Carrier Assistants [CCA's] would benefit moving towards retirement.

Social Security Fairness Act, HR 82 & S. 1302, would repeal WEP & GPO titles of Social Security Law, where those who receive a government pension get reduced or eliminated SS benefits. This legislation has broad bipartisan support. Building a Better America supports American infrastructure, including electric vehicles, which would benefit USPS. Hazard Pay and benefits for Letter Carriers would keep and attract employees. Simply call or email your US Rep and two Senators, off the clock and ask for their support of the legislation. Remember to thank the person who you speak to, and tell them you are indeed a constituent who lives in the legislator's District or State. Thanks from this scribe for doing your union and patriotic duty!

Mac

June Door Prize Winner

Keisha Dunlap \$50.00 donated to MDA

June MDA 50/50 Winner

Cindy Lindsay \$13.00 donated to MDA

Sargent at Arms

With Juneteenth coming up it seems like a good time to talk about the annual leave exchange program. As of last year, CCAs and full-time letter carriers who work their holiday can have 8 hours of annual leave credited to their leave balance instead of receiving 8 hours of holiday. The holidays you can use this program for are: New Year's Day, Martin Luther King Jr. Day, Presidents Day, Memorial Day, Independence Day, Labor Day, Columbus Day, Veterans Day, Thanksgiving Day and Christmas Day. Annual leave earned this way can carry over year to year and has the same usage as normal earned annual leave. If you are working your holiday then you can decide to use this leave program by filling out a PS form 3971 and checking the box Holiday/AL Lv Exch, it wouldn't hurt to write your intentions in the remarks section of the 3971 and let your supervisor know.

This leave program is in our contract under Article 11, sections 3, 4 and 8. The number of annual leave hours CCAs receive depends on the size of the office. All of Lexington falls under the 200 work year office granting 8 hours per holiday but other areas could receive 4 or 6 hours. If you are trying to use this program and management is refusing or just doesn't know what they are doing contact your Shop Steward.

Keith

Financial Report for May 2022

Deposits	\$13,560.49
Checks	\$ 1,392.50

Balances

Checking	\$92,008.58
Savings	\$76,265.84
Building Fund	\$13,043.69
Retiree Fund	\$15,359.11
Hall Rental Fund	\$11,985.33
Convention Fund	\$18,004.60

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 Denise Preston P O Box 911203 Lexington, KY 40591 or electronically to; ilovejosph95@icloud.com	Editor Mike Holbrook PO Box 371 Richmond, KY 40476 mhkynalcde@aol.com
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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.

As covid infections in central Kentucky counties have risen, whether the July 12th monthly meeting will be both in person/zoom or by Zoom only will be determined the weekend before. Check the website to determine which will apply. Contact below to receive link if attending by zoom.

Denise	859-221-2854	ilovejosph95@icloud.com
Crystal	859-396-8648	crystalsmithsecretarybr361@gmail.com

New Members

Please welcome the following new members, whose applications were approved at the June 7th Monthly Meeting.

Nicolas Howell
Montana Yaden
Alyssa Cooley
Nancy Taylor
Terry Adams
Jessica Birch
Desmond Reed
Brannon Caldwell
William Crumly
Mark Landis
Thomas Haught
Antonella Lanza.

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 Denise or Crystal 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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Lexington, KY 40591-1203

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NEWS AND VIEWS

Grievance Report May 2022

OFFICE	FILED	SETTLED	OPEN
Beaumont	3	1	2
Berea	0	0	0
Bluegrass	6	3	3
Brentwood	8	1	7
Danville	0	0	0
Frankfort	0	0	0
Gardenside	6	2	4
Georgetown	0	0	0
Harrodsburg	0	0	0
Lancaster	0	0	0
Liberty	4	1	3
Nicholasville	0	0	0
Paris	0	0	0
Richmond	0	0	0
Stanford	0	0	0
Versailles	0	0	0
Wilmore	1	1	0
Winchester	0	0	0

Upcoming Events

We had resumed serving a light meal provided by the e-board at the May and June meetings. Check the website prior to the July 12th meeting to see if it will be zoom only or a combo in person / zoom meeting.

We are Happy to announce this years "Fall Festival" will take place on Sunday October 23rd at the Branch 361 Union Hall at 1101 Red Mile Road.

As this issues goes to the printer a starting time has not been set.

Watch this space for further details regarding times, refreshments and activities