



# Tampa Letter Carrier

Volume 10 - Issue 1

A.R. "Tony" Huerta - NALC Branch 599

Tampa, Florida

January 2011

## President's Report

by Jim Good

President - Branch 599

### *Moving Forward*

**T**his is my final article as president of Branch 599. When I was first elected as president, back in 2002, there was no newsletter. I knew that the members of the branch needed a newsletter so that they could stay informed on the current issues pertaining to their jobs, and not one that was filled with advertisements and "filler" articles. I contacted Kit Kelley, a retired Branch 599 carrier, and asked if he would put together a format for the newsletter and become its editor. He accepted, and developed and has overseen the "Tampa Letter Carrier" for the past nine years. I want to thank him personally for all the good work he has done over the years. I hope that the new executive board will continue to publish a newsletter that is educational for the members.

One of the first things that I wanted to accomplish after being installed as president was to start planning events for the members to enjoy; something for the carriers who never needed representation, who never were issued discipline, those who paid their dues but weren't really "involved". So I started up the Labor Day Picnic. Chris Albrecht was coordinator for the picnic for a few years until he retired and then Terry Franklin took over. Terry has been in charge for the last six or seven years and has done a great job. This year was the first year since 2002 that we did not have a Labor Day Picnic, mainly because the branch has had to pick up the bills that TLC couldn't afford to pay, to the tune of \$2,000.00 per month.

After that I saw that there was enough money in our budget to have a party at Christmas time for the children of our members. Dick Rheem, custodian at Sulphur Springs really is Santa Claus and came to our parties until the members at the November 2009 Branch Meeting played Scrooge and voted down a motion to hold the party, even though there were plenty of funds available. Maybe next year, now that I'm gone?

Two other things that I am proud of that were accomplished while I was president (although they couldn't have been accomplished without the help of many members) were the Muscular Dystrophy Association (MDA) collections being started up again after many years of inaction and our reaching the very pinnacle of the NALC Food Drive. The first year we collected for MDA we collected over \$14,000, followed in the next years by \$18,000, \$15,000, \$14,000 and \$11,000. All of the carriers who stood on the street corners in the heat can be proud of this accomplishment.

In 2009, after being the Branch Coordinator for our Food Drive for six years, Lori McMillion made us the best in the country. We were the number one branch in the USA after collecting over 2,000,000 pounds of food. Again, Lori led the way and deserves much of the credit, but it couldn't have happened without the caring of the families in our communities and the extra hard work that the carriers did on that Saturday. I thank Lori for all the years of dedication and hard work.

There are many things that I am proud of that happened while I was president,

none of which could have been done without the help from the many people who were there for me. At the risk of offending those not listed, Mike Anderson, thanks for putting up with me on the days that I was losing it. Brian & Detlev, thanks for never saying "no, I'm too busy", and always being willing to take on more when others wouldn't. Thanks to all the stewards who did a great job representing the members at their stations, even when management made them beg for union time. One of my regrets came during this last election when a number of people who I thought were good friends turned on me. But then I guess they weren't really true friends to begin with!

I want to thank all the members of Branch 599 for allowing me to be your president for the last nine years. It really has been an honor. I will present my "End of Term Report" at the January Branch Meeting. I also want to wish "Good Luck" to all the newly-elected officers. They're going to need it. The best advice I could offer is: Educate yourselves!



**Branch Meeting**

**Thursday**

**January 6, 2011**

**7:30 PM**

**Branch 599 Officers**

PRESIDENT	Jim Good	(813) 417-8877
VICE-PRESIDENT	Gilbert Cabanas	(813) 855-0516
RECORDING SECRETARY	Mike Brink	(813) 661-0516
FINANCIAL SECRETARY	Tony Diaz	(813) 598-9635
TREASURER	Michael Anderson	(813) 967-1615
TRUSTEE	Terry Franklin	(813) 657-9690
TRUSTEE	Silven Zimmerman	(813) 380-3731
TRUSTEE	Jose Oliva	(813) 873-2747
DIRECTOR OF RETIREES	John Gebo	(813) 985-5474, Cell 503-1256
SERGEANT-AT-ARMS	J.C. Howard	(813) 621-1976
MBA / NSBA	Albert Guice	(813) 621-7931
HEALTH BENEFITS	Detlev Aeppel	(813) 505-7914
LABOR—MANAGEMENT	A. Sam Santilli	(813) 215-7595
LABOR - MANAGEMENT	Brian Obst	(727) 458-0679

**Presidents Emeritus**

Michael Anderson	Orbe Andux
Don Thomas	Garland Tickle

**Branch 599 Shop Stewards**

Brandon	33510	Terry Franklin	(813) 758-3061
Brandon	33511	Terry Franklin	(813) 758-3061
Carrollwood	33618	Eddie Berroth	(813) 493-5224
Commerce	33602	Pedro Jimenez	(813) 727-9280
Forest Hills	33612	Alan Robinson	(813) 843-9762
Forest Hills Annex	33613	Nick Cullaro	(813) 541-8159
Hilldale	33614	A. Sam Santilli	(813) 215-7595
Hilldale Annex	33634	Julio Acosta	(347) 538-9381
Hyde Park	33606	Tom Cobert	(813) 694-0711
Interbay	33611	Loney Cason	(813) 832-6644
Interbay	33629	Jim Tremblay	(813) 323-6534
MacDill	33608	Loney Cason	(813) 832-6644
Palm River	33619	J.C. Howard	(813) 621-1976
Plant City	33565	Varick Reeder	(315) 491-6234
Port Tampa	33616	Loney Cason	(813) 832-6644
Produce	33610	John DeRosa	(813) 850-8418
Ruskin / Sun City Center	33570	Jack Hencoski	(813) 685-9034
Seminole Heights	33603	Tony Diaz	(813) 598-9635
Sulphur Springs	33604	John Rowland	(813) 770-7769
Tampa Carrier Annex	33607	Vacant (Call Union)	(813) 875-0599
Tampa Carrier Annex	33609	Tom Cobert	(813) 694-0711
Temple Terrace	33617	Warren Sumlin	(813) 486-7612
Town & Country	33615	Brian Obst	(727) 458-0679
Town & Country	33635	Brain Obst	(727) 458-0679
Ybor City	33605	Detlev Aeppel	(813) 505-7914

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**Tampa, Florida 33609-1617**  
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**Jim Good - Publisher**  
**Kit Kelley - Editor**

The National Association of Letter Carriers Branch 599, 3003 W. Cypress Street, Tampa, FL 33609-1617, publishes the *Tampa Letter Carrier* monthly.

The opinions expressed in this publication are those of the writers, and do not necessarily reflect the opinions of Branch 599.

All articles are subject to editing and revision at the discretion of the publisher and editor.

Articles must be submitted no later than the fifth of the month.

Article and advertisement submission guidelines can be found at <http://www.nalc599.com/newsletter-guidelines.pdf>

**RETIREES BREAKFAST**  
**(In Tampa)**  
**First Monday of Every Month**  
**9:00 AM at**  
**The Coffee Cup**  
**4407 N. Hubert**  
**in Drew Park**

**RETIREES BREAKFAST**  
**(In Brandon)**  
**Second Tuesday of Every Month**  
**8:00 AM at**  
**La Septima Café**  
**140 Parsons Ave.**  
**in Brandon**

Read the *Tampa Letter Carrier* online at  
<http://www.nalc599.com/newsletter.htm>

## Things You Should Know

by **Gilbert Cabanas**

*Vice-President - Branch 599*

### *Branch Changes*

**F**irst, I would like to thank everyone for voting in our December election. A special thanks for those of you who voted their own convictions. I also want to congratulate all the new elected officers, you now have a big job to fulfill for the Union. Even though we now are going to have new leaders in our branch, all of them have had experience dealing with the Union and will learn the rest with on the job training. I believe the membership spoke loud and clear in wanting new leadership with new changes for a new direction. I only hope that the old team with work with the new officers in making this transition easy, as we are all still Union members. I know that Mr. Diaz and I will help each other in our new positions as we are actually exchanging posi-

tions and are still good friends. We now have elected an active President and Vice President as our new leaders; will that make a difference in their decisions in our union activities? I hope for the betterment of all. Once again the membership voted to retain some retired carriers along with some new ones. I believe that we need a good blend of active carriers with retirees; this will provide our Union with the quality leadership that everyone has a right to expect. And for those of you, who are not in our Union because of one reason or another, remember you can only make a change if you are in the Union. If any officer is not properly representing you, or maybe is just rude, that position is still in your hands but only if you are a Union member. Remember one vote can make a difference; some officers have won their positions in the past by one or two votes. Less than 50% of our total membership voted on December 2nd,

so don't complain about the outcome if you didn't make the effort to vote. We only vote once every 3 years for our officers. One hour of your time is not a lot to ask of you when choosing new leaders. Whether you are a Union leader or not, management doesn't separate us in our dealing, we're all treated the same and are paid the same. So, we must all make the effort to stay together on all of our issues and back up our leaders because their jobs are not easy. And remember, we will eventually all wind up together retired. I wish to thank everyone who voted for me and I appreciate your confidence, I also want to wish everyone a Merry Christmas and Happy New Year. Have a great holiday and I look forward in working with our new leaders for the next 3 years..



# TAMPA LETTER CARRIERS PRESENT BINGO

COME JOIN THE FUN

EVERY WEDNESDAY AND FRIDAY

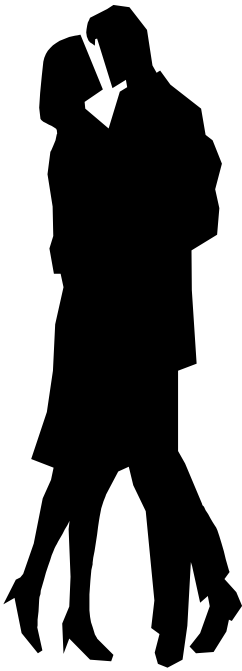
DOORS OPEN AT 5:30  
GAMES START AT 6:30

AT THE TAMPA LETTER CARRIERS HALL

3003 W. CYPRESS ST.

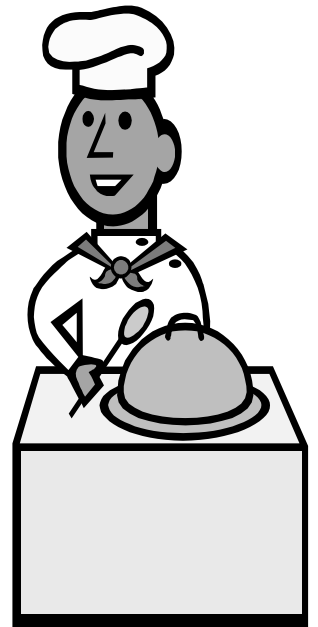
TAMPA, FL. 33609

813-877-4785



***Retirees Dinner and  
Installation of Officers and Shop  
Stewards***

***Saturday, January 15, 2011***



***You are invited to attend the  
Retirees Dinner and Installation  
of Officers & Shop Stewards  
to be held at the  
Letter Carriers Hall  
3003 West Cypress Street  
Tampa, Florida 33609  
Doors open at 6:00 pm***

***Dinner will be served from 6:30 pm  
Installation of Officers & Shop Stewards to follow.  
BYOB – Beer and Set-ups available***

***Tickets***

***Retirees – please RSVP the Union Office at (813) 875-0599  
Deadline to RSVP is Monday, January 10th***

***Active Letter Carriers – contact your Shop Steward  
\$10.00 each member (includes your spouse or date)  
Refundable when you attend.***

***Guest tickets - \$10.00 per guest***

## How to Keep Those Healthy Eating Resolutions in January and Beyond

**F**or many of us, the season of gluttony begins with candy-laden Halloween, continues through bountiful Thanksgiving and festive Christmas, and wraps up with party-time New Year's Eve. January hopefully represents a clean slate and, for many people, a cleaner plate.

While lifestyle and diet resolutions are not new, the new year is still a welcome and opportune time to make a fresh start in healthy eating, including developing better snacking habits.

Indeed, finding snacks that fit into a resolved new way of eating is not always easy, especially when snacks have long been viewed as an indulgent reward. The good news for those intent on starting 2011 with a different snacking mindset is that a wider array of better-for-you products are available and the overall approach to eating better is more focused on sensibility than on fleeting fads.

Here are some tips for following up season's greetings with more reasoned eatings:

Think big picture. Many diet and health experts agree that a more general, practical approach to snacking is easier to adhere to than a specific and often rigid diet. Balance and moderation may not be the most buzzworthy terms, but they are the basis of success.

Follow your natural instincts. As more people resolve to eat green and clean, especially at the start of another year, a growing number of organic and natural food products are available at their supermarket. Snyder's of Hanover's popular line of organic snack foods, for instance,

includes Organic Pretzel Sticks, available in honey wheat, multi-grain and 8 grains and seeds varieties.

Pack some extra nutrient punch. If you are going to snack, why not add some other healthy ingredients? Try multi-grain snack foods, for instance, to inject some fiber into your daily diet.

Remember, restricted diets don't mean restricted taste. If you, like millions of Americans, are looking for gluten-free products, you can find many more choices on today's grocery shelves. All kinds of your favorite snacks, from cookies to chips to pretzels, are easier to find than ever before - Snyder's of Hanover, for example, now offers Gluten Free Sticks. These treats can be enjoyed by those who must follow gluten-free diets on a doctor's recommendation - and those who just want to try something different.

Crunch it up. Studies have shown that snacks with a crunch provide a more satisfying snacking experience. Keeping this in mind, make sure to stock your pantry with a variety of crunchy apples, carrots, and pretzels to keep you from reaching for that sugary donut instead.

Gain some (portion) control. Like moderation and balance, watching one's portions isn't a trendy notion, but it is a tried-and-true approach to healthy snacking. Sitting down at the computer or in front of the television with pre-packaged 100-calorie snack packs of popular treats like Snyder's of Hanover pretzels, ensures that you won't go overboard -or over recommended portion sizes.

Add some flavor. Take advantage of

the many flavors available in today's snack foods that can satisfy your cravings and allow you to savor what you're eating. Snackers craving some heat might enjoy spicy varieties like buffalo wing and jalapeno flavored pretzel pieces, while those with a sweet tooth can get their fix with choices like honey-tinged or cinnamon-dusted snacks.

Indulge just enough. Watching what you eat doesn't mean you have to swear off everything tasty that you love - even chocolate. A handful of chocolate covered pretzels are still a good choice compared to other high fat, high calorie chocolate snacks.

Balance eating with moving. Again, it's not a news flash that exercise is important to the body's metabolism and to overall health and wellness, but taking time to engage in some extra physical activity (it could be treadmill time or even opting for the stairs instead of the elevator) makes snacking all the much more satisfying, and less guilt-inducing. Plus, if you're used to just doing cardio now is the time to amp up your routine with weights and resistance training and see results much faster.

Ultimately, improving your eating and lifestyle habits doesn't have to mean radical change. From shedding those extra pounds that crept up during the fall and early winter holidays, to pledging to eat in a more organic, natural or sustainable way, resolutions don't have to be so daunting. And by the time next January rolls around, you may not even need to make such resolutions in the first place.

*Courtesy ARA Content*

## Around The Horn

by Tony Diaz

*Happy New Year*

**M**ay 2011 bring all of you good health, happiness, prosperity and a little luck. Wow 2011 !!!, think about it, how time flies. Seems just yesterday we were all celebrating the transition to the year 2000. Brothers and Sisters, I would be remiss if I did not begin my article by reflecting on the Branch Elections. Speaking from the heart, there are only two words I can use to describe the genuine appreciation for the overwhelming support I received. THANK YOU, and I mean THANK YOU. For all those of you who made the trip to the hall to vote, for those of you who took the time to request and voted absentee ballot, those two words are simply golden, THANK YOU. For those who I contacted throughout the Branch 599 area, including the important outlying areas of Plant City, Sun City Center and Brandon, I could not have accomplished my quest for Vice President without you. It was a pleasure speaking to each and every one of you. To the ones of you I know, it was great to reminisce about past years. To those of you who I introduced myself to, I appreciate the time you took to speak with me. What was very gratifying was the association I actually have with many of you through my monthly Around The Horn Article. I hear responses to my articles but you really never know who or how many of you read them. I got a pretty good indication of that in speaking with many of you.

I look forward to working with the newly elected Branch Officers. I will continue to work with this administration as I have done the past six years with the previous administration. We

all work for you, the Membership. This year is a pivotal year for the United States Postal Service and the NALC. One major hurdle contributing to the financial problems the USPS faces is the 5.5 billion annual pre-funding of the future retiree health benefits. We must fight to reduce or eliminate the pre-funding. The USPS is the only enterprise in the country required by law to prefund retiree health benefits while most Fortune 1000 companies (two-thirds) don't prefund at all. This is a major fight we must win. This would be a huge step in helping the Postal Service find solutions to the financial challenges.

Contract negotiations begin this summer, with the down economy and the financial woes, we will face our toughest negotiating challenge yet. The Postal Service will use these factors to their benefit and ask for concessions. As President Rolando and his staff prepare, you can be assured they will negotiate in the best interest of all Letter Carriers.

The fight to keep 6-Day delivery will become a major clash. Many of our "friends" in the House of Representatives and Congress are

no longer in office. The NALC Legislative Representatives will need to become very aggressive in order to make new "friends" on Capitol Hill.

The NALC's 5-day is the Wrong Way slogan will be very visible throughout this fight. Much more to come.

**Quick Hits: Information you should know**

\*) The Retirees/Installation Dinner Dance will be held January 15 at the Letter Carriers Hall. Bring a group from your Station, it is a great time to socialize with active and retired Letter Carriers. All Branch Officers are installed by a NALC National Officer. See your Shop Steward for details.

\*) Look for additional T.E.'s to be added to our workforce. The District got approval to hire around 70 new T.E.'s. This will hopefully help eliminate the forced overtime throughout the Tampa area.

Look forward to talking to you again on the next *Around The Horn*



Financial Secretary - Branch 599

**Arslan Uniform Drawing**

The Arslan Uniform Drawing was finally won by a member who was present at the December meeting.

Steve Goodwin, a Seminole Heights Letter Carrier who was put off of work under the NRP Process, was the winner of \$420.00.

Congratulations to Steve on winning the drawing. We send out a big thank you to Bill Moran and Arslan Uniforms for donating the prize money and running this drawing for the past four years.

**Retired But Not Tired****by John Gebo*****Branch Elections***

**D**ear Brothers and Sisters of Branch 599, Happy New Year to all! May 2011 be a year of good health and prosperity to each and everyone of you!

For the 277 members who supported me in my election for Trustee of Branch 599, thank you very much. As I had stated in my campaign literature, it has been an honor and privilege to serve the Membership of Branch 599. I will continue to work in the best interests of all Members and what is right for our great Union.

Congratulations to all of the newly-elected branch officers and those who were elected by acclamation. The membership has spoken loud and clear in what direction it wants to go.

I would also like to thank outgoing President Jim Good for his dedication, hard work and contributions to Branch 599.

During this transitional time, we must

all work closely together. If each one of the new and old board members are truly union brothers and sisters, this can be done. This also pertains to all Branch 599 members, active and retirees, united WE stand – divided WE fall. The membership is supreme.

On January 15, 2011, the installation of Officers/Stewards and Retirees Banquet will be held at the union hall. For me personally, it is a great time to reminisce and see all of the “old guys”. Speaking of the “old guys”, it was great seeing some of them who came out to vote on December 2, 2010,: G. McConnell, D. Renner, L. Perez, M. Garcia, J. Gregory, A. Carmon, R. Turosz, M. Fite, and many others.

Received a phone call from David Bohannon saying he will be coming to town for the banquet. You could write a book about this guy and his deceased brother Frank. The supervisor told someone to get “a pair of loafers”. They came back with “The Bohannon Brothers”.

*Director of Retirees - Branch 599*

At the December Retirees Breakfast the newly elected officers that were in attendance were Ray Garcia – Treasurer; Gil Cabanas – Financial Secretary; Lance Jones – Director of Retirees, and yours truly – Trustee. The other faithful retirees that were present were Sy Adel, Darius Lundy, Don Holt, Jim Stoffer, Richard Rossell, Norman Bobeau, Robert Sasperment, Don Thomas, Kent Thran, Cecil Edge and Jim Follman. Thank you to those who take the time to spend with their union brothers.



Hope to see you next month, Monday, January 3, 2011, at 9AM at the Coffee Cup, 4407 N. Hubert in Drew Park.

So, as Roy Rogers and Dale Evans sang, “Happy trails to you, until we meet again.”

Fraternally,  
John Gebo

**Editor & Webmaster Resigns**

**I** want inform you that I have resigned from my positions as editor of the *Tampa Letter Carrier*, and as webmaster for NALC599.com, effective January 14, 2011. I mailed my official resignation letter to Branch 599 President Jim Good on December 6, 2010. This was not an easy decision and one I make with considerable regret.

It has been an honor and a privilege to work with President Good on the Tampa Letter Carrier and the NALC599.com website since 2002. Somehow we managed not only to restore a regular, monthly branch newsletter for the members of Branch 599, but to also provide a public forum for our brothers and sisters to write about pretty much anything they pleased. More than 40 writers were published in the Tampa Letter Carrier between 2002 and 2011.

I am writing this because I want to explain why I resigned from my positions of editor and webmaster. While I loved managing these two responsibilities, and had hoped to carry on doing so for the foreseeable future, the Branch 599 December 2nd election results have been a huge disappointment to me. I don't like what I think this particular election's

results mean for our branch's future and that makes it impossible for me to continue as editor of the newsletter and webmaster of the website.

I do not have the same confidence in the commitment to honest, factual, and fair newsletter reporting and publishing from the coming branch administration that I had working with President Good. Part of this is based on the words and deeds of some members prior to the recent election, and part is based on work experience with, and personal knowledge of some other members who won elections. For me, character and integrity matter.

I am not quitting the union. I am, and will always be (in my heart and soul), an NALC Branch 599 letter carrier. I wish all the best for all the members of Branch 599, and I thank the members, and Jim Good, for allowing me the opportunity to serve in these positions over the past eight and a half years. Good luck and best regards to you.

Kit Kelley  
Editor - Tampa Letter Carrier

## A Point of Personal Privilege

by Leslie Ray Garcia



### To the Membership

I want to thank the membership for voting December 2, 2010. As the newly elected Treasurer of Branch 599, I am humbled by this honor to serve in this position. Chair person Ella Winner and other members of the Election Committee should be congratulated for doing an outstanding job. This was no easy task and 'NALC Regulations Governing Branch Election Procedures' were followed in its entirety. A special thanks must go out to all observers for their jurisprudence.

I wish all the candidates that were not elected the best. They have served this Union with honor and integrity. All the candidates should be congratulated for seeking their specific offices for the betterment of this local union. Those that were defeated are still vital for the general good of Branch 599 and should be sought out to give advice to all the newly elected officers. The knowledge they gained through the years of service is essential to make this local stronger to defeat management's abuses of the National Agreement. All grievances that have been won or lost must be utilized to further educate our stewards.

By examining each grievance lost, they should be analyzed and broken down as to whether or not the grievance was fully investigated and totally documented. Any types of mitigating circumstances must be addressed and all avenues to seek a beneficial settlement for the letter carrier must be accomplished

were ever feasible. Negotiations for our local agreement and the National Agreement are on the horizon and it looks like the road to agreement will be a rough ride. Give-backs and take-ways seem to be the rumored madness of management's negotiating team!

It is my hope that there will be a smooth transition between the outgoing candidates and the newly elected candidates. This is extremely important for the betterment of all elected positions whether they are city, county, state, national or for Unions. The knowledge the outgoing candidates have acquired must be shared with the newly elected candidates. This will make Branch 599 stronger and the membership more united. I have asked Mr. Mike Anderson for his assistance in training me for the position of Treasurer. There is much to learn and the job will be hard but with his assistance we should be able to make this a smooth transition. It is my hope that Mike will be available to help me with the filing of the proper forms, payment of debts, etc.

This cannot be learned in a day, week or a month and I know I will have difficulties. I will not hesitate to ask for Mike's immediate help in all matters. After all this is not about, who won or who lost. However, it is about the welfare of the membership of this Union and the financial well being of A. R. 'Tony' Huerta Branch 599.

I hope that the membership and their families had a very Merry Christmas and a Happy New Year. Do not forget to attend the Retiree and Installation Banquet. You can get tickets from your steward and I hope all members attend in full.

Once again I am humbled by my election and want to thank everyone for their much needed support.

*"When you cease to make a contribution, you begin to die."*

*Eleanor Roosevelt*

### **Building Manager Needed**

Before searching outside our membership, we wanted to find out if any of our members are interested in the paid positions of Building Manager and Assistant Building Manager.

Please send your résumé to: TLC Chair Don Thomas, 3003 W Cypress Street, Tampa FL 33609-1617. Résumés must be received by January 21, 2011 to be considered by the Board of Directors, Tampa Letter Carriers Inc.

Contact Don Thomas at 813.963.0653 if you have questions or want more information.

## Are We Having Fun Yet?

### *Thank You*

**Y**es, I am having fun. The elections are over and a new group of officers will be taking over for the branch. I can only wish them the best of luck.

I do want to thank everyone who has supported me over the past 30 years. I took the oath of office and I have lived up to that oath. I have had a very varied and difficult time over the years, but I have enjoyed it. I have spent my years protecting the money that was entrusted to me and can only hope the new treasurer does the same. With only 40% of the membership voting in this election, we must accept the desires of those who voted.

My opponent ran on his accounting back ground and it will be necessary to utilize that background. I will remain in office until the installation on January 15, 2011, and then it will be up to the new officers to take control. At that time, I will start enjoying my retirement and my family. My family had to accept the positions I have held over the years, and they supported me in all of my years in Office. It is now my turn to spend time with my adult children and my four grand children. As this is my swan song, I again want to thank all my supporters and can only hope that the knowledge I was able to pass on to the members and to the Officers and Stewards of Branch 599 will help them to continue in the future of Branch 599.

The new officers have a lot of work ahead of them, and I was able to get

the Treasurer and Financial secretary enrolled in a National Training that is being put on by our National Secretary-Treasurer Jane Broendel. It will be up to them to take advantage of this important training. The training will be held in Orlando in February, so they are lucky that they have this opportunity so soon. There is a lot of learning ahead of them and the Officers have a financial responsibility to protect the union funds and secure the future of Branch 599.

The trustees are responsible for the \$350,000.00 in the work stoppage

fund and all of the dues received from the membership. They are on their own after the installation. I am able to leave office with the knowledge that the Branch has over \$400,000.00 in assets.

See you at the next Branch meeting. At which time I will give my year end report as well as my final report. Thanks again.

by **Mike Anderson**

*Treasurer - Branch 599*



## Branch 599 Election Results

**President** - Alan Peacock

**Vice-President** - Tony Diaz

**Treasurer** - Leslie Ray Garcia

**Financial Secretary** - Gilbert Cabanas

**Recording Secretary** - Michael Brink \*\*

**Trustees** - Lori McMillion, Jose Oliva, John Gebo

**Labor Management** - Sam Santilli, John Rowland

**Health Benefit Representative** - Terry Franklin\*\*

**Sergeant -at Arms** - J.C. Howard\*\*

**Director of Retirees** - Lance Jones\*\*

**MBA / NSBA** - Al Guice

\*\* Unopposed

## Another Point of View

### State of the Union

I had the privilege to be an observer for our Branch 599 Elections on December 2 and, yes, it is a privilege to serve our Branch. The membership has spoken by its vote; we have several new officers and some that have changed to different positions.

To the candidates that ran for office and were not elected, thank you for caring enough about our Union to run for office. To the outgoing officers, a special thank you for your service to Branch 599 and a request that you stay active; the Branch needs your wisdom. To the newly elected officers, my congratulations on running a successful campaign. Now the real work begins of representing the Letter Carriers. You have been entrusted with running this great Branch 599 and I'm sure you will all do a fine job. May the transition between the outgoing and incoming officers be one of brotherhood and solidarity!

As we go forward, I ask that we all support our newly elected officers. It does not matter who you voted for, the democratic election process has spoken in a very clear way! Our officers cannot do it all; it is up to us the membership to support and assist our officers. Will you sit on the sideline bench or meet on the playing field to protect your future? Only you can answer this. Remember that, we, the members, are the Branch and together we are strong—divided we fall.

In my opinion, you, the members, have elected a very good Executive Board. They will all need help from, us, the members, to be successful. What are you willing to do for the good of our Branch? If we all give a little of our time and knowledge to the Branch, we can do anything. We have a wealth of knowledge throughout our membership; step up and share that with our officers when you can. What good is knowledge if you do not share it?

As we go forward into the new year

with our newly elected officers, let's all make a New Year's Resolution to be there for them as they are there for us. Then, we must keep that resolution!

We have contract negotiations coming up in 2011; let our officers know what you can do to help. We are a Union and need to act as one; what do you think?

Yesterday is history, today we are in the moment, and tomorrow is the future. We cannot change our history, we can control the moment to some degree, and we can plan for the future. However, we cannot plan everything the future will bring; we must adjust to it as it happens. Be ready to help your Branch and our Officers as needed! The Officers are only a part of the Branch, we, the members, are the other part of the Branch. Working together as one, the Branch has power; divided we lose. Let's win as one!

by Don Thomas

President Emeritus - Branch 599

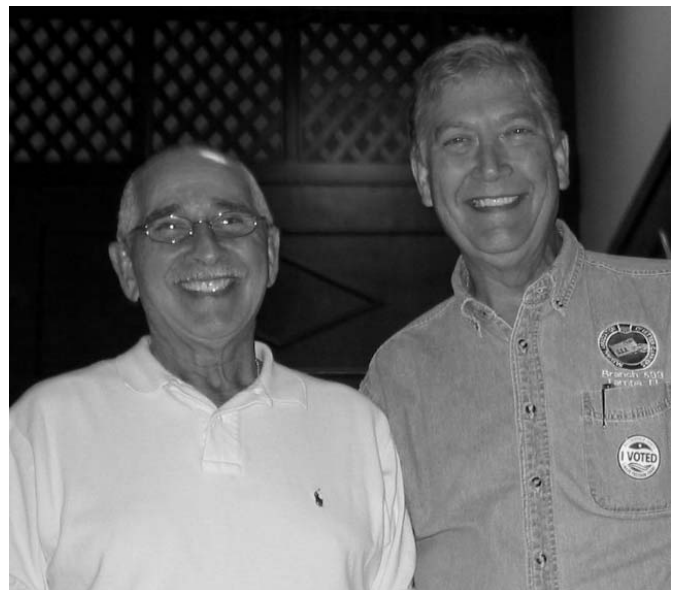


## Health & Welfare

Our deepest condolences go out to the family and friends of retired Brandon carrier Jose "Joe" Hernandez, who passed away on November 27th, and to the families of John Rowland, whose mother passed away and Marty Roman on the passing of his mother.

Get well wishes go out to Richard Henderson, who is recuperating from surgery on his neck. Best wishes for a speedy recovery.

Wishing a speedy recovery to Adam Noble who is recovering from surgery.



Branch 599 President Jim Good congratulates Sherwood Rubin on his retirement from the USPS

## Managing Stress During the Holiday Season

**I**t's 1:00 a.m. and you just can't seem to fall asleep. Your head is spinning with a never-ending "to do" list: finish shopping, decorate the house, bake cookies for the company potluck. With so much going on during the holiday season, it's easy to feel overwhelmed. Many of us take on too much and have a tough time balancing our schedules. As a result, we feel stressed out during what is supposed to be the most festive time of year. Following are some practical and effective tips for managing stress during the holidays:

- **Prioritize Your Time.** Make two lists of everything you want to accomplish, from chores to leisure time. Put the less pleasant activities that you must do on one list and more enjoyable activities on the other. Then combine the two lists, interchanging "must do's" with "want to do's." This way, you can be productive and still have a good time.
- **Avoid Procrastinating.** While some tasks seem overwhelming, putting them off until the last minute will just cause more stress. Try breaking big projects into little tasks, and they will feel more manageable. Incorporate these smaller tasks as separate items on your "to do" lists. You'll tend to accomplish more if you feel as though you're being productive.
- **Ask For Help.** There's nothing wrong with asking for help for those activities that seem unmanageable. Or, try to work with others to accomplish your tasks. Helping one another can help you cut down on the amount of work you must do.
- **Take Advantage of "Down Time."** Plan your shopping trips during times when the stores are the least crowded. If you stop by the mall in the early evening during the week, their down time, you will probably get more accomplished than by going on a Saturday afternoon.
- **Laugh Away Tension.** A good laugh gives your body, heart, lungs, and stomach a healthy workout. It also lowers blood pressure, heart rate, and muscle tension, and can relieve stress just as well as taking a nap does. Try to look for the humor in stressful situations – tell a joke, find reasons to laugh – and you'll start to feel better.
- **Set Limits.** Be realistic about what you can do, and schedule time for breaks. It's important to make time for yourself. Don't feel obligated to accept every party invitation; be choosy! Spend time with people whose company you enjoy. Make sure your expectations for the holiday season are realistic and practical.

### Resources Are Available

Additional information, self-help tools and other resources are available online at <http://www.EAP4YOU.com>. Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you at 1-800-EAP-4YOU or 1-800-327-4968.

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