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June 2023

Queen City Letter Carriers - NALC Branch 43 News & Views

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Ted Thompson
President

From the President's Desk

In the last month I have visited Washington D.C. twice on behalf of Branch 43. First, as an Executive Board member with the Ohio State Association of Letter Carriers (OSALC) for the annual Ohio Legislative Conference. Second, for a hero awards ceremony from which two Branch 43 members were honored with awards. During both occasions, I met with Ohio District 1 Congressman Greg Landsman.

The Ohio Legislative Conference is an annual event in which state board members and Letter Carrier Congressional Liaisons (LCCLs) lobby members of Congress on behalf of letter carrier issues. There are 15 LCCLs in Ohio, one for each congressional district. Branch 43 has two LCCLs. Matt McCarren (Murray) is the state LCCL for Ohio District 1 and Congressman Greg Landsman (D). Matt Bauer (Amelia) is the state LCCL for Ohio District 2 and Congressman Brad Wenstrup (R). Each LCCL is responsible for forming a relationship and continuing communication with their perspective district. Each LCCL will also reside in the district from which they serve. OSALC President, and other board members, are responsible for meeting and doing the same with members of the Senate. During this recent legislative conference board members met with Senators J.D. Vance (R) and Sherrod Brown (D) and LCCLs from all 15 districts met with their congressional representative.

Matt McCarren, Matt Bauer, Dave Kennedy, and I met with Congressman Greg Landsman. Greg is a freshman lawmaker on the hill after winning election in OH-1 over longtime rep-

resentative Steve Chabot. I first met Greg while he was serving as a Cincinnati council member through my work with the Cincinnati AFL-CIO. After announcing his intentions to run for Congress, Greg met me during a Cincinnati City Council meeting last year. It was at this meeting that Cincinnati Major Aftab Pureval and City Council voted to pass a resolution calling on federally elected officials in the House of Representatives and the Senate to intervene to address the staffing shortages impacting mail delivery in Cincinnati and to express appreciation for all letter carriers working long hours to meet the needs of our communities. Later that year, Branch 43 endorsed Greg for OH-1, which was followed by the OSALC. I have met Greg or spoken to Greg nearly every month since this time. After Greg was elected, one of my first priorities was getting him to cosponsor H.R. 82, the Social Security Fairness Act of 2023. H.R. 82, which has the same number and language as the bill introduced in the prior congress, would repeal provisions that reduce Social Security benefits for individuals who receive other benefits, such as a pension from a state or local government, the bill would eliminate the government pension offset, which in various instances reduces Social Security benefits for spouses, widows, and widowers who also receive government pensions of their own, and the bill would also eliminate the windfall elimination provision, which in some instances reduces Social Security benefits for individuals who also receive a pension from and employer that did not withhold Social Security Taxes. This bill, if passed, would greatly affect our retired members who are civil service annuitants and their families. Two months after Greg took office, he called me to check in. During this call, H.R. 82 was recently introduced, and I spoke to Greg about it. A month later, I, along with Matt McCarren, met with Greg to discuss this

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NEWS & VIEWS

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Lamont Seaborough, Natasha Wever,
& David Utz

EDITOR'S (Ted Thompson) NOTES
Branch 43 members are encouraged to
send articles to the News & Views. Items
of interest about your station, current
events, etc. are welcome. The following
guidelines apply:

- (1) We may edit your article for grammar, punctuation, spelling, etc.
- (2) If it should prove necessary to edit an article for space or coherence, every effort will be made to preserve the substance and intent of the article.
- (3) Unsigned articles will not be printed. Letters, criticism and suggestions for improving the News & Views are also welcome. If your letter is not intended for publication, please state so. Letters held to 150 words are less likely to be edited.
- (4) Articles must arrive at the Branch office by the 15th in order to make the next month's issue. Digital format is preferred. Send items to: thompson@branch43.org

Printed in House

President cont.

bill in more detail. During this meeting Greg committed to cosponsoring this bill. Two weeks later, Greg was officially listed as a cosponsor. Thus, during the recent visit to his Washington D.C. office, all of us in attendance thanked him for his support. Greg also took the time to come to the OSALC reception held the evening we met. Currently, I am working with Greg's office to address issues on staffing and crime. Branch 43 has not been able to get a congressional member to cosponsor a bill affecting our membership in over a decade prior to this. H.R. 82 currently is sitting in the House Committee on Ways and Means. With the makeup of Congress (435 members) the magical number to pass any vote is 218. Currently, H.R. 82 has 276 cosponsors. In Ohio, of the 15 Congressional representatives, 9 have cosponsored. One member who has not cosponsored is Congressman Brad Wenstrup.

During our recent visit to his Washington D.C. office, we met with his staffer that oversees postal issues. While his staffer was well informed with issues facing the Postal Service, Congressman Wenstrup did not elect to cosponsor H.R. 82 in the prior congress, and Congressman Wenstrup did not vote for the Postal Service Reform Act of 2022, which passed with overwhelming bipartisan support in a vote of 342-92. During this visit, the conversation was not asking Congressman Wenstrup for support, but asking for an answer on why he doesn't. Why does he not support H.R. 82? Does he think pension offset is fair to postal retirees and their families? Why did he not vote for postal reform? What else did he want in the bill? These are questions I have that have still not been answered. If you live in OH-2, and especially if you vote republican or voted for Brad, please give his office a call and ask the same questions. Perhaps you can get an answer. I personally believe Brad doesn't like meeting with union members, which is

why he seldom meets with me or LCCL Matt Bauer.

I also visited Washington D.C. on behalf of Branch 43 to attend a heroes awards ceremony. Normally, the NALC hosts this event annually. However, due to scheduling and the pandemic, this event was three years in the making. Branch 43 had two members awarded Humanitarian of the Year. Kyle West (Goesbeck) received this award in 2021, and Jerry Giesting (Retired) received this award in 2020. Kyle, at the onset of the COVID-19 pandemic personally created and made cards which stated, "If you are at risk and need help getting essential items, let me know. I will do what I can to help. Sincerely, Mailman Kyle." Kyle had over 400 responses and delivered groceries to dozens of senior citizens on his route. Kyle was first recognized for his efforts locally in Cincinnati through the media. Kyle then went viral on social media. This led to Kyle being invited to the White House by then President Donald Trump as recognition to his role as an essential worker during the pandemic. For Kyle's efforts, he was awarded the NALC National Humanitarian Award for 2021.

Jerry has been a NALC Branch 43 member since 1978. Jerry is currently retired and also holds the honor of President Emeritus of Branch 43 after serving successive terms as Branch 43 President. Jerry is also a United States Army veteran after proudly serving his county from 1972 to 1975. Jerry's son Brad Giesting followed in his father's footsteps. Brad served in the Army's 101st Airborne Division with a tour in Iraq. During his tour in Iraq, Brad worked extensively in or around burn pits. After Iraq, Brad returned to his home in Cincinnati with his wife and children. On May 13, 2013, Brad was diagnosed with liposarcoma, a rare soft tissue cancer. Tragically, 3 ½ years later, Brad lost his battle with cancer. Brad's loss was hard felt by Jerry and his wife Vicky. However, Jerry and Vicky wanted to remember, and the

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Pat Dougherty
Vice President

From the Vice President Heat Safety

Summer is rapidly approaching and now you need to prepare for the heat to protect yourself. We work outdoors most of the day, and in the summer, that means exposure to the dangers of the heat and sun. Carriers should take responsibility for their own outdoor safety by taking proactive steps to avoid danger, knowing the signs of trouble, and being prepared for it. Even the most seasoned carriers must be wary of extreme heat. Being in top physical shape is not enough to protect you from exposure to extreme heat and sun. It is knowing how to prevent heat stress that keeps a letter carrier safe on a hot day.

Keeping yourself safe starts with hydration. Water is essential to the body's natural cooling process, so drinking plentiful amounts of water, starting before you leave the office, is the first step in heat safety. Continue to drink while on your route and even afterward that evening at home to replace vital body fluids. Be sure to dress appropriately for the weather. On warm days, wear light-colored, loose-fitting, breathable clothing. The light colors reflect more sun and loose fit and breathable fabric let heat escape the skin faster.

Know the signs of heat stress. Even if you take all the precautions, your body may succumb to severe heat stress. You should be prepared to recognize the signs of the two kinds of severe heat stress: 1) **Heat exhaustion** symptoms include headache, nausea, dizziness, weakness, thirst, and heavy sweating. It can turn into heat stroke quickly if immediate action is not taken. 2) **Heat stroke** is the most serious heat-related illness and requires immediate medical attention. Symptoms include confusion, fainting, seizures, extremely high body temperature, and hot, dry skin or profuse sweating. The visible signs of heat stroke are red, hot, dry skin, or excessive sweating, seizures, and fainting. Do not hesitate to act if you see the signs of heat stress in yourself or a coworker. Find shade or a cool place indoors, drink water, and notify your supervisor or call 911 if necessary. A useful tool for carriers dealing with heat is available right on your smartphone. Simply download and install the Occupational Safety and Health Administration (OSHA) and the National Institute of Occupational Safety and Health (NIOSH) heat safety tool smartphone app. Once the app is installed, it can

detect your location and provide you with the current temperature, humidity, and heat index (combination of temperature and humidity.) It also will provide the expected heat index for the balance of the workday.

Even if you keep your body cool, the sun can damage your skin. Sun damage is both short-term and long-term. The short-term damage is sunburn. But even if you do not burn, long-term exposure to the sun can bring skin damage and a risk of skin cancer. To minimize the risk of both sunburn and long-term skin damage from cumulative exposure to the sun's rays, a major risk for letter carriers you need to take precautions daily. Use strong sunscreen, even on cloudy days, and reapply as needed. Look at the sun protection factor (SPF) it is a multiplier of how long it allows you to be in the sun without burning. Wear appropriate clothes to cover as much of your skin as possible. Remember that the sun's rays can go through some types of fabric, so consider applying sunscreen under a shirt or hat just to be safe.

We all know as letter carriers there are times when the heat and humidity make our job miserable. However, there is nothing more important than making sure everyone who reports to work returns home safely. In the Postal Record NALC Director of Safety and Health Manny Peralta has reported on this incident in the past and created resources and publications on this available to all NALC members. Over the last 10 years management has reported city letter carriers have suffered thousands of heat-related injuries. During this same period, three letter carriers died working in the heat. One sad story goes, on July 24, 2012, a letter carrier named John Watzlawick from Independence Missouri died while on duty. Hyperthermia was determined to be the cause of his death by the Medical Examiner. By the time John was admitted to the hospital he had a body temperature of 108.7 degrees. On this day we lost a life due to a heat related injury. John reported for work, but he never returned home safely. This is a serious concern that we must all be mindful of to prevent another tragic loss of life on the job. John, and other carriers at the Independent Post Office, worked for a managerial crew that intimidated, threatened, and harassed carriers who spoke of heat being a reason for "not making the numbers." The NALC and the Occupational Safety and Health Administration (OSHA) got involved.

OSHA issued a Citation #538158 to the USPS on December 12, 2012, labeled a willful, meaning the USPS violated the General Duty Clause of the OSHA Act of 1970, which requires employers to provide



4TH ANNUAL BRAD'S BLESSINGS

GET TEE'D OFF

CHARITY GOLF TOURNAMENT

DATE: SATURDAY, JULY 22, 2023

TIME: 1:30 PM (SHOTGUN START)

LOCATION: CALIFORNIA GOLF COURSE

5924 KELLOGG AVE, CINCINNATI, OH 45228

COST: SEE REGISTRATION FORM FOR DETAILS

INCLUDES: 18 HOLES OF GOLF WITH CART

BACKYARD COOKOUT

CHANCES TO WIN \$10,000 AND
GOLF TRIPS TO FLORIDA AND VEGAS FOR 2

COMPLETE THE ATTACHED REGISTRATION FORM.
RETURN REGISTRATION FORM & CHECK (MADE PAYABLE TO
BRAD'S BLESSINGS) TO: **JERRY GIESTING**
5922 CAMBRIDGE AVE.
CINCINNATI, OH 45230

QUESTIONS: CALL JERRY GIESTING AT 513-498-7629



REGISTRATION FORM

Individual Cost:

Individual: \$100

Team cost:

Bronze: \$400 Foursome

Silver: \$420 Clubhouse Putting Competition (CPC)

Gold: \$440 CPC and Mulligans

Platinum: \$460 CPC, Mulligans, Skins

	NAME	PHONE #	EMAIL
1.			
2.			
3.			
4.			
TOTAL AMOUNT PAID:			

MAKE CHECK PAYABLE TO BRAD'S BLESSINGS.

MAIL CHECK AND REGISTRATION FORM TO:

**JERRY GIESTING
5922 CAMBRIDGE AVE.
CINCINNATI, OH 45230**

QUESTIONS: CALL JERRY GIESTING AT 513-498-7629

****Cut Off: July 1, 2023****

Congratulations 2023 Branch 43 Scholarship recipients!

Timothy Hatmaker

Son of Timothy Hatmaker - *University of Cincinnati*

Matthew Hibbard

Son of Diane Hibbard - *Mount Saint Joseph University*

Makenzie Stewart

Daughter of David Stewart - *University of Cincinnati*

Emma Stratman

Daughter of Bill Stratman - *Northern Kentucky University*

Jenna Hensley

Granddaughter of Kevin Hensley - *University of Louisville*

President cont.

world to know what a great son, husband, and father Brad was and to honor his memory. This led them to the creation of Brad's Blessings, a 501(c)(3) charitable organization that provides scholarships to students at Brad's alma maters and provides assistance to military members, veterans, and their families who are battling with significant illness and military personnel suffering the effects of burn pits.

Brad's Blessings has now provided twelve scholarships of \$2,000 each and helped countless veteran families. Currently, Brad's Blessings is providing assistance to a Marine Corp veteran, his wife, and his children. Brad's Blessings provides assistance to veteran families in many ways. One year, a Gulf War veteran with PTSD and a wife battling cancer could not afford Christmas gifts, so Brad's Blessings provided them. Another time, a veteran battling cancer could not comfortably sleep in bed any longer, so Brad's Blessings provided a recliner. Other times, Brad's Blessings helps by paying bills or providing direct money, but the organization tries to find what the fam-

ily needs and provide specific items. For others battling cancer, Brad's Blessing provides sunshine boxes filled with specific supplies and gift cards. Last year, 75 sunshine boxes were distributed. For Jerry's work with Brad's Blessings, Jerry was awarded the NALC National Humanitarian Award for 2020. Currently, on pages 4 & 5, there is registration and donation information for the 2023 Brad's Blessings Charity Golf Tournament in the event that you're in the giving spirit or would like to play a round of golf for a great cause. If so, you will see other Branch 43 members there.

Also, during the awards week, Kyle and Jerry got to meet with Senator Sherrod Brown. I accompanied Kyle and Jerry to Greg Landsman's office where he also recognized their contributions as well. For the awards week, it was truly an honor to hear each award recipients' stories as well as an honor to be there on behalf of Branch 43 for our two heroes!

Fraternally,
Ted Thompson



Ohio Legislative Conference



Vice President cont.

employees a workplace free from recognized hazards that cause or are likely to cause death or serious physical harm to employees. The Citation further gave hazard abatement recommendations to the USPS and imposed a \$70,000 dollar penalty for their failure to protect John and others from the known heat hazard. Typical of the USPS, they contested the citation and an OSHRA hearing was conducted. The NALC had party status at this hearing. On September 10, 2014, Judge Ball issued a decision upholding the willful citation. In Judge Ball's decision there were a few important conclusions observed: 1) The USPS heat safety program was at best informal. 2) Management communicated a "heat does not matter attitude." 3) The threat of discipline was real and influenced employee behavior in such a way as to place them in a situation where they might disregard symptoms of heat related illness. 4) The USPS made no coordinated effort to contact local businesses about use of their facilities and instead passed all responsibility on to the employee and that this ad hoc system is not sufficient for purposes of a heat stress management program. 5) The USPS had an unwillingness to accept that heat impacts performance. 6) The USPS failed to respond to known instances of heat related illness. 7) The USPS exhibited a conscious disregard for, and plain indifference to, employee safety. 8) The USPS should not be entitled to any credit for good faith; the penalty of \$70,000 dollars and the willful citation is upheld.

Again, the USPS challenged this OSHRA de-

cision. Ultimately, the USPS and NALC came to terms with the creation of M-01860 and the USPS withdrew its challenge of Judge Ball order. In this Memorandum of Understanding (MOU), the parties recognized that heat abatement is an essential element of on-the-job safety for city letter carriers in all locations where city carriers are exposed to excessive heat and imposed several items. Two important items are item #2 which included a heat index which factors the combined effect of temperature and humidity and item #4 which requires the USPS when excessive heat "could" reasonably be expected, carriers are to be reminded by their supervisor through a heat safety message to drink eight ounces of water for every 20 minutes of work in excessive heat. With that, OSHA also recommends at least one pint of water per hour. If you start feeling the effects of heat related illness, take the necessary precautions to stay safe. The M-39 dictates that no unreasonable comfort stops will be denied. Notify management and tell them you are feeling the effects of heat related illness and seek shelter indoors or find shade and get rehydrated. Stay safe and look after one another.

In Solidarity,
Pat Dougherty



Motions made at the May Membership Meeting

To dispense with the roll call of Officers and reading of the previous months minutes. **Carried**

To accept March and April financial reports and to pay the bills. **Carried**

Donate \$100 for hole sponsorship for Brad's Blessings Golf Outing July 22nd. **Carried**

To change Branch 43 Bylaws Article V Section 1 to, "Each member shall pay monthly dues equal to two hours base pay for an NALC grade 2 Step P letter carrier..." **Carried** (Bylaw change submitted to national for approval).

To adjourn. **Carried**



NALC Health Benefit Plan



NALC Health Benefit Plan

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1-888-636-NALC (6252)

For additional information visit our website at:

www.nalc.org/depart/hbp

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THANK YOU!

NALC Veterans Group

Complete this form and mail it to:
NALC Veterans Group, c/o NALC,
100 Indiana Ave., N.W., Washington, DC 20001-2144

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

NALC BRANCH NUMBER: _____ BRANCH OF SERVICE: _____

I BELONG TO THE FOLLOWING VETERAN GROUP(S):

AMERICAN LEGION DISABLED AMERICAN VETERANS VETERANS OF FOREIGN WARS

OTHER: _____

Family and Medical Leave Act (FMLA)

Human Resources Share Service Center

1-877-477-3273 Option 5, then Select 6

TTY: 1-866-833-8777

MAILING ADDRESS:

HRSSC FMLA EASTERN

PO Box 970905

Greensboro NC 27497-0905

FAX: 651-456-6041

Make the Call!

USPS Employee Assistance Program

1-800-327-4968

(1-800-EAP-4-YOU) TTY: 1-877-492-7341

www.EAP4YOU.com

May Membership Meeting

Raffle Winner

Split the Pot - Natasha Wever

Raymond	Adkins
William	Ascue
John	Back Sr
John	Baer
Jan	Bash
Brian	Bradford
Ed	Brooks
Terry	Burke
Marvin	Chaney
Thomas	Dougherty
John	Doyle, Jr.
David	Duncan, Jr.
Brenda	Gamble
Bruce	Hartman
Bert	Hensley
Art	Holt
Scott	Houp
Thomas	Luken
Carolyn	Marks
Charles	Morris
Danny	Reynolds
Edward	Richardson

June Retiree Birthdays

April YOPC Attendees

- Deborah Bryant
- Ed Colgate
- Sue Egbers
- Diana Enwright
- JR Ford
- Jerry Giesting
- Art Holt
- Burt Hughes
- Dick Keller
- Gerry Mees
- Ken Pflanz
- Robert Wilkinson

Join fellow retirees next month for sharing old times,

June Gold Carders

Kenneth	Cook
Robert	Creutzinger
Andrew	Filusch
Thomas	Horn
Charles	Kaeser
Michael	Moran
Richard	Newman
William	Price
William	Rohe
Milton	Smith
Ronald	Stieby
Lester	Weber
John	Wuellner
John	Zwick



Patrick C. Moyer

Join fellow retirees for lunch

1:00 pm - 1st Monday of each month

July 10th

Cabana on the River

7445 Forbes Road
Cincinnati, OH 45233

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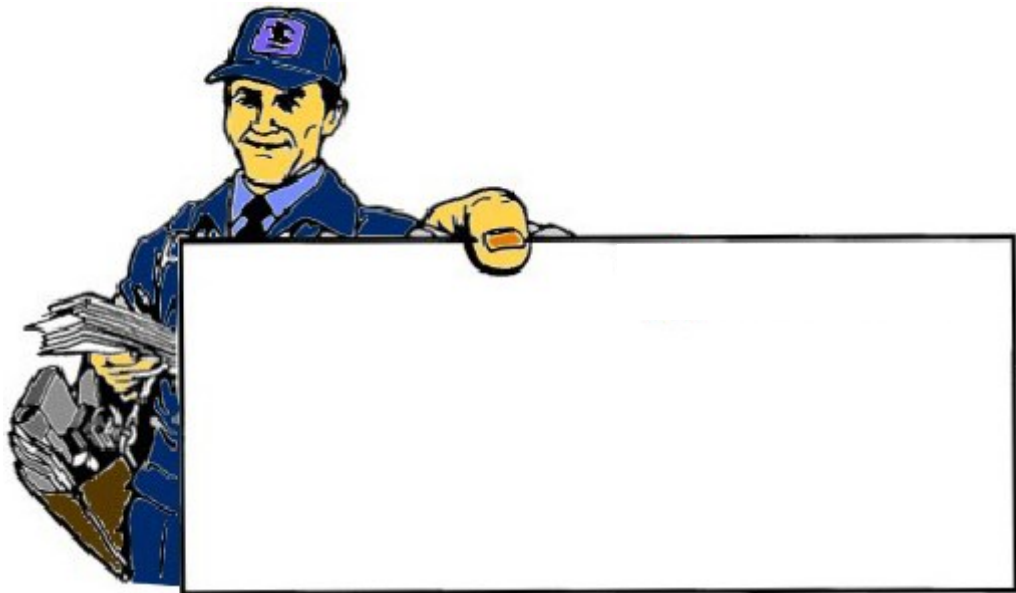
*Balance must be at least \$10,000 or greater to qualify. For loan balances below \$10,000 only the 90 day deferment will be offered. Member must qualify for the loan under normal underwriting guidelines. Minimum rate floor of this offer is 2.99% APR. Interest will accrue over the 90 day deferment period regardless of balance. Member must be able to provide verification of existing rate. Existing PFCU loans are excluded. This institution is not federally insured. **MEMBERS' ACCOUNTS ARE NOT INSURED OR GUARANTEED BY ANY GOVERNMENT OR GOVERNMENT-SPONSORED AGENCY**

Queen City Letter Carriers

NALC Branch 43
11070 Southland Road
Cincinnati, Ohio 45240

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PERMIT No. 6919



Upcoming Events

Officers Meeting - June 8th, 6:00 PM

Branch Meeting - June 8th, 7:30 PM

Retirement Seminar - Sunday, June 11th,
1:00 PM . To attend virtually, please provide an email address.

July YOPC - Wednesday, July 5th

