



Since July 25, 1890

July 2021

## Queen City Letter Carriers - NALC Branch 43

# News & Views

### NALC Branch 43 Proudly Serving

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Ted Thompson  
President

#### From the President's Desk

To be completely transparent with what is happening at our Branch 43 office I want to give everyone an update on our property and building. To put it plainly, we are having an issue with water leaking through the ceiling in two areas of the building. One leak can be found at the front of the main hall in the men's restroom. The second, in the main hall by the bar and officer's room. These leaks have been attributed to condensation and rusted pans. Replacing everything will most likely cost around \$120,000. On top of that, our property insurer, Ryan Turner Specialty through USI Insurance, notified the office in February this year that they sent an inspector to our building and noted discrepancies that needed to be addressed. Not only that the inspector also questioned plumbing issues within the facility and required us to have the roof inspected further by a licensed contractor. This requirement was made due to lifting/missing shingles sited on our building, and we must comply to the recommendation in order to maintain insurance. Long story short, Kramer Roofing inspected the roof on all buildings (front, main hall, back addition), and essentially, the entire roof needs replaced as well as new wood boards replaced underneath the roof in particularly damaged areas. Estimates to replace the roof were in the \$100,000 range, and this range includes any additional structural replacements that might be damaged. Without tearing the roof completely, the extent of the damage is not known, and that is why I cannot report to you a definitive price tag for these repairs.

It is important to note that there are also extensive issues that have not been professionally inspected which I will discuss here. The section of our building that houses our front offices was built around 1890, and this part of the building sits on a stone foundation. The foundation is currently crumbling due to years of settling on the slant of a hill. The front building is not level, on the upper floors the building leans toward the road. On the lower office level, most notably in the Vice President office, the flooring is slumped due to being held up on 4X4's posted on a rock in the basement, which is also crumbling. Outside, around the front building, the lower structure is falling apart in at least three areas. The front building is also attached to the main hall (built in 1935) by steel beams. With the settling of the front building, and attachment to the main hall, this has caused stress fractures on the main hall. When standing inside the main hall during daylight hours with the lights off, one can see the light through these cracks, which are numerous.

All of this might sound overwhelming, and it is, but we have not lost hope yet. Shortly before the COVID-19 pandemic hit, I formed a building committee. This committee was responsible for looking into all the issues that needed fixed, replaced, or repaired on our building and adjoining property. Recently, with the pandemic subsiding and potential insurance issues, this group of officers really stepped up and began to explore possible options. I want to share with you all some of their findings.

The first and most obvious option was to repair and update our current building in its entirety. However, the front building housing the offices, with the foundation issues present, could not be repaired without exuberant costs. The branch officers then shifted focus to re-

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### NEWS & VIEWS

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& David Utz

### EDITOR'S (Taylor Whitt) 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: [taylorwhitt777@gmail.com](mailto:taylorwhitt777@gmail.com)

Printed in House

### President cont.

pairing the main hall and knocking down the front building. To refurbish the main hall, the front building would have to be demolished. Contractor estimates were given for that at roughly \$80,000. To build in the back, the main hall would first have to be raised due to settling on the front right side with an estimate of \$15,000. Electricity would then have to be added and updated. When the building last had electricity updated it was up to county code, but laws have changed and that is no longer the case. New electric and boxes for the main hall had estimates running around \$90,000. To then redo the duct work and install new electric furnaces, we got one estimate of \$66,000. To fix the plumbing and install two restrooms, we got an estimate of \$150,000. To create a new front entrance and install windows, we got an estimate of \$150,000. To build new offices for the President, Vice President, Treasurer, Secretary a Formal A office, and refurbished kitchen, we got an estimate of \$125,000. Therefore, to repair, replace or rebuild the main hall for a suitable new office space including building permits and other fees that keep us compliant with current code, we have estimated a rough total of \$776,000 to do so.

Branch Treasurer Connie Griffith went to our financial providers to get information on loans. We can get a loan of 60% estimated value. Therefore, whatever construction, or improvements made to our current building, appraisal of the property value must be 40% above costs. The branch officers then looked at the possibility of building on our site that we currently own with complete demolition of our current building. To demolish our front and main hall, the estimate we received was \$120,000. Then it would need to be filled, which was not included in the estimate. Looking at the various types of commercial structures built, the officers looked at the cheapest first (aluminum

body). To construct an aluminum building on our existing property, smaller than we currently operate in, a 5,000 square foot building (50'x100') we received an estimate, which could only be given roughly, of \$1,000,000. Therefore, for demolition and construction of a new building we are looking in the ballpark of one and quarter million dollars.

Branch officers have also investigated the value of our building and property. Two realtors visited the office and gave estimates to sales. Both realtors stated our building was essentially worthless, and anyone interested in buying would be mostly interested in the property and location. Our building and property value estimates are \$200,000 to \$350,000. After much research, discussion and consideration, the branch officers made a recommendation last month that was unanimously approved by the membership to form a building committee of 5 officers, appointed by the president, who, with majority, shall have authority to sell and purchase property on behalf of the membership of Branch 43. What this means is that if at least 3 of the 5 members agree on something, that is what we will do. I have formed that committee and those members include Jerry Giesting (Head), Connie Griffith, Burt Hughes, Denny Doud, and Skip Grant.

The reason behind this committees' authority is because the vitality of the market. Being a labor union, if we wanted to put an offer in for a building or property, by the time it could be discussed and passed at a membership meeting, the property may already be under contract or sold. Likewise, if we received an offer on our building and property, by the time we have the next membership meeting, the offer may no longer be there. In fact, by the time you read this, the committee will be meeting with agents of Comey and Shepherd to potentially list our property for sale to see what is available. If we get a

*Continued on page 6*



Pat Dougherty  
Vice President

## From the Vice President

### The Employee Assistance Program (EAP)

The Postal Service EAP is a free, voluntary, and confidential program that offers assessment, referral, short-term counseling, and work/life consultation to USPS employees and their families. EAP services provide the opportunity for employees to better balance their work and personal lives, thereby increasing their job satisfaction and productivity. The EAP can help you resolve your personal concerns, so you can be your best at work and at home. The EAP is designed to help you identify and resolve personal, family, and workplace concerns. Among other things, the EAP can help you with work stress, grief/loss, coping with change, family issues, relationship problems, financial concerns, parenting issues, depression, anxiety, substance abuse and many other issues.

All EAP counselors have a minimum of a master's degree in counseling or social work, as well as clinical experience in dealing with a wide range of personal and workplace concerns. Your privacy is protected by strict federal and state confidentiality laws and regulations and by professional ethical standards for counselors. Information you share with the EAP may not be released to anyone without your prior written consent, except in these situations: 1) As required by law (for example, when a person's emotional condition is a threat to himself, herself, or others; or if child or elder abuse is suspected). 2) When a court order is issued upon a showing of good cause.

Getting help is easy, convenient, and confidential. Just call 1-800-327-4968 (1-800-EAP-4YOU) to speak with an EAP representative at any time, 24 hours a day, 7 days a week, 365 days a year. Crisis counseling is always available to ensure that you get the help you need when you need it. Whether there is an immediate personal crisis or an issue in the workplace, the EAP is ready to provide services to meet your needs. Counselors at the national service center are always available to talk with you by telephone about your concerns, or to help you schedule an appointment with an EAP counselor. The [www.EAP4YOU.com](http://www.EAP4YOU.com) website is also available. The website has lots of information on a variety of wellness topics and resources for employees and their

families.

The EAP counselor will help you to clarify the problem and issue for which you are seeking help. This dialogue ensures that your concern is being addressed. Together, you and the counselor will explore alternatives for addressing the problem. EAP counselors provide an objective point of view and can offer suggestions that you may not have considered. The counselor helps you to develop your own individualized plan. The plan may involve short-term counseling through the EAP or a referral to a helpful resource in the community. Family members may also be included in counseling as part of the action plan for problem resolution. In all cases, the decision of how to handle your concern and manage your life is your choice. The EAP is not just for crisis situations. It is a life-management tool, designed to help you sort through life's ups and downs. Call the EAP when you need a new perspective on things or when you need help identifying your options and making informed choices. You will gain maximum benefits from the EAP service by taking a proactive approach. Address your issues and concerns before they become bigger problems and interfere with your personal or work life.

For those facing a situation of concern that does not require counseling, the consultation services offered may be just what you are looking for. EAP consultations are a way to talk to a professional about a specific topic and get advice, information or just have someone listen to your concerns. Getting a second opinion, guidance or information may be extremely helpful and the EAP offers a professional and objective viewpoint. Life coaching has become a highly sought-after and successful way for people to set and achieve goals in both their personal and professional lives. EAP coaches have a keen understanding of life transitions, extensive experience in helping people communicate more effectively and a belief in your potential. Coaching will help promote self-awareness, clarify your visions, values, intentions, goals, and enhance skills in all areas of your life.

When it is all said and done, seeking counseling is about self-betterment and self-improvement. Feeling stressed out or overwhelmed is common in today's world. The ability to cope and deal in a healthy, positive, and constructive manner is often the difference between success and failure in life. As human beings, we all face challenges and tough times. Everyone can benefit from learning healthy coping mechanisms.

Loneliness is a problem many people face.

*Continued on following page*



Feeling isolated can often contribute to an already overwhelming situation. A strong support system can be helpful in facing the challenges life often presents, and without that system, in place, additional stress may be added to life. Having someone to talk to and confide in can make an amazing difference. Some people struggle overcoming past trauma. If issues from the past are not dealt with, they can linger, fester, and adversely impact your day-to-day life. Working through past trauma is not easy. It is natural to feel hesitant or uneasy about discussing prior traumas and upsetting events. Certain issues going on in your present life may be the result of prior trauma, and by addressing that root cause, you may be better equipped to move forward. It will take time, but with your dedication and willingness, you will overcome any situation life throws your way. Some people seek help to improve relationships. The right relationships can make us better people while the wrong relationships can wreak havoc and drag us down. To have the best quality of life, we need to enjoy positive, mutually beneficial relationships. People also seek help in purging bad habits. Bad habits tend to make adverse situations even worse than they already are. By getting rid of bad habits, you will be on a path to enjoying and experiencing a better quality of life.

The past year and a half has been extremely difficult for many individuals and families dealing

with the global pandemic Covid-19. The staffing levels in the Cincinnati Installation and several of our associate offices has also added stress and strain in both our professional and personal lives. To many of our members, this strain is present in the form of forced overtime. Long hours at work means missing out on personal time with loved ones and kids as well as necessary downtime for rest and recuperation. Remember, if life becomes too overwhelming and you need help or someone to talk to, reach out to EAP, it is a tremendous benefit. Asking for help is not a sign of weakness, it is a display of courage and strength. Continue to look after your fellow brothers and sisters on the workroom floor and stay safe on the street!

In Solidarity,  
Pat Dougherty

**NALC CALL TO ACTION  
SUPPORT THE POSTAL REFORM ACT OF  
2021 HR 3076**

**THE NALC MAKES IT EASY  
FROM THE NALC APP – CLICK ON GOV-  
ERNMENT AFFAIRS (BOTTOM LEFT COR-  
NER) – FROM THE LEGISLATIVE ACTION  
CENTER SCROLL DOWN TO TAKE ACTION  
(READ MORE)**

**HOLD DOWN READ MORE TAB FOR A FEW  
SECONDS**

**THEN CLICK OPEN LINK-SCROLL DOWN  
ENTER FIRST NAME + LAST NAME + ZIP +  
LAST 4 DIGITS OF SSN  
YOU CHOOSE HOW TO SEND IT**

**TO TAKE ACTION THROUGH NALC.ORG  
CLICK ON THE GOVERNMENT AFFAIRS TAB  
ON THE RIGHT OF SCREEN TAP ON LEGIS-  
LATIVE ACTION CENTER  
CLICK ON TAKE ACTION TAB (READ MORE)  
CLICK TAKE ACTION  
ENTER FIRST NAME + LAST NAME + ZIP +  
LAST 4 DIGITS OF SSN**

**(CELL PHONE SCREEN MAY LOOK DIFFER-  
ENT)**

**PLEASE DO THIS DAILY & GET OTHER MEM-  
BERS INVOLVED**

**New employee:** So whats it like here?  
**Me:** It's a bit like a merry-go-round  
**New employee:** Ahh not too bad then  
**Me:** I'm not finished....





Steve Carlin  
Formal A Rep

## STEWARD'S CORNER

### Make A Statement

First let me thank all of you for your hard work and dedication during these extremely trying times. Stress levels are high and we as carriers are woefully understaffed. This combination increases the potential of bullying and harassment on the workroom floor. Management has shown in the past that their numbers are more important than our rights. The question is how do we change this mindset? One of the first and most powerful tools we possess are witness statements.

Witness statements are used to paint a picture of exactly how a situation occurred. They can be the difference between a carrier's discipline sticking or disappearing entirely. They can also be instrumental in stopping unacceptable behavior by management. Grievances, although start with the shop steward who has personal knowledge of the environment and people involved, often are settled by people who have prior knowledge about the situation at hand. A grievance containing multiple witness statements gives these people a vivid picture of what exactly happened.

Writing a witness statement does not have to be intimidating or time consuming. The time it takes to write an effective statement is not much different than the time it takes to write an ineffective one. The key is to write a clear, specific statement. It should contain as many details as possible and be written as soon as possible after an event occurs, so these details are fresh. All in all, the reader of your statement should have a clear understanding of what took place after reviewing your details. These details should answer as many of the following questions as possible:

1. Who was involved? The actual names, not nicknames.
2. When did the event occur? Date and time.
3. Where did the event occur? Actual location and where inside the location (i.e., in the breakroom, at Mr. Smith's case for Route 23, etc.)
4. What happened? What did you see and hear?

Facts not opinions.

5. Where were you when the event happened? Were you in the breakroom also about 10ft away, at the case next to where the event took place, etc.

If a grievance file has multiple statements like this that all paint the same picture, the likelihood of a positive outcome is increased exponentially. As a Union, we are only as strong as our bond with each other. As brothers and sisters, we must have each other's back. When an event occurs involving another carrier it is our duty and obligation to assist them anyway possible, just as it is his or her duty to assist you when the roles are reversed. Make no mistake, eventually each one of us will find ourselves in both roles.

To summarize, an effective statement is:

1. Legible. It is vital to people who have to read the statement.
2. Sufficiently detailed
3. Paints a clear picture that is easy to understand and be followed by a reader that has no prior knowledge of the people or office involved in the event.
4. Signed. This includes your printed name, title, and contact information.
5. Dated

I know by looking at the seniority roster that more than half of the membership has less than 10 years in the post office. Writing supporting witness statements for our brothers and sisters used to be the norm not the exception, but together we can make it the norm again. Thank you once again for your hard work and your continued efforts to keep the Letter Carrier as an integral part of all the communities in this great country.

In Solidarity,  
Steve Carlin





## ***Last Punch Bunch***



Parkdale - Dennis Uffner

*President cont.*

good offer, the committee may take it.

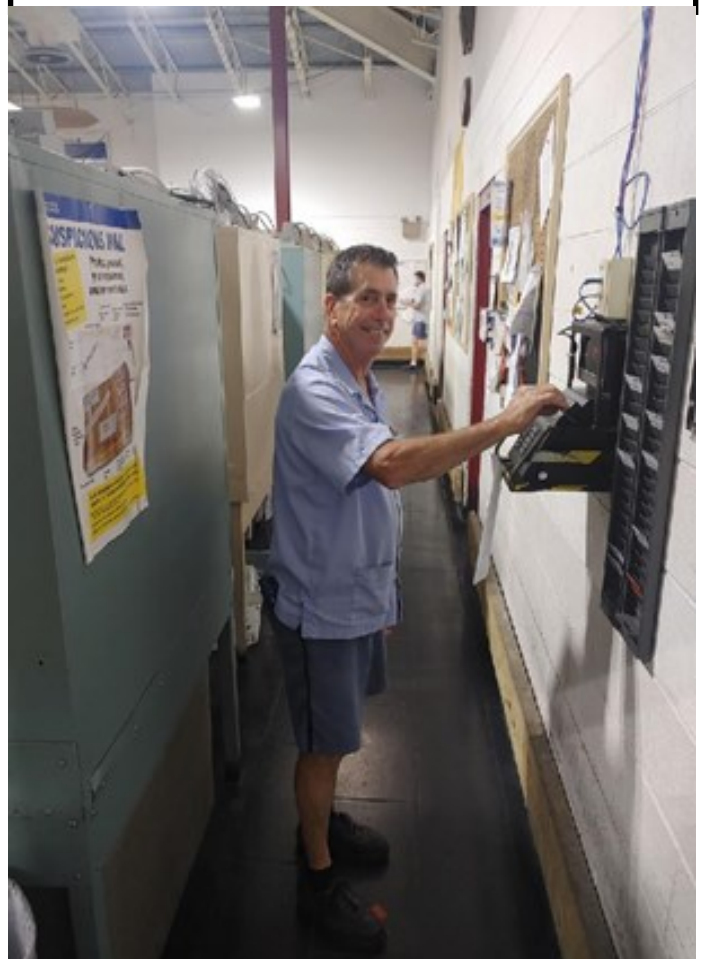
At the same time, we are looking to purchase or rent. Renting is not the goal, but in the event of necessity to rent, the committee has recently looked at a space off of Queen City Avenue. For purchasing, I want to discuss assets we have on hand. Currently, our building fund has over \$135,000. Our general fund has over \$185,000. Branch 43 also has \$40,000 in CDs. Financing through conventional loans is also an option. The building committee is tasked with looking at all options in regards to buying large buildings, buying small office spaces, etc. I want everyone to be aware that the branch strives to look for the best possible options, but we also ask for your help. Letter carriers deliver all over this city, carriers are often the first to see property go up for sale or rent in their neighborhoods. We are looking for office or office and meeting space buildings anywhere in

Cincinnati (preferably south of I-275, somewhere close to a major highway). If you see, think, or know of any vacant properties that might fit our needs, please contact the branch office and we will forward the information to the building committee. Please help however you can in this endeavor because this will determine *our* future and *our* assets as a branch.

Fraternally,  
Ted Thompson

**Retired Postal Worker**  
*Rain, Sleet, Snow or Shine*  
*I'm Staying Home!!!*

Anderson - John Geiger





Marc Ashmon  
LPO

### It's About US

As a Legislative Political Organizer (LPO) I interact with any and all of our membership, from the Executive Council members who have been here for years to CCAs just over their 90 days. Regardless of where they land in the pecking order of the NALC, I consider all letter carriers family. As I talk with my brothers and sisters, I realize we are a very diverse workforce. Some

are deeply entrenched in politics, while others could not care less. Regardless of how you feel about politics, my message to letter carriers is this: It is not about party affiliation or whether you lean left or right, it's about US.

When I was a chief steward, I met with management on grievances, and I had a method to find common ground. First, I would listen to the parties involved to better understand their point of view. Once I was able to identify their reasoning or perspective on a situation, I often noticed they had a blind spot and/or a bias toward others, which is not only common but, frankly, human nature. Second, I would ask them to remove the individual's name and just look at the facts, hoping this redirection would take the emotion out of their decision. This technique was usually successful.

As I transitioned to Legislative Affairs, I carried this method with me. When talking to letter carriers about the importance of legislation and contributing to the Letter Carrier Political Fund (LCPF), I regularly run into the same issue of strong emotion regarding party affiliation. I always listen to the letter carrier, then proceed to ask them to look at the facts without names.

The NALC does not endorse a candidate based on a particular political party. We support those from both sides of the aisle but especially those who support *our* issues. On one side, a majority is supportive of letter carriers being able to collectively bargain for wages, benefits, and working conditions. On the other side, the majority does not give us the overwhelming support we need. However, without the current support we do have we would not have enough bipartisan support to even push our agenda. This particular party had 147 members vote to overturn the election results, however, approximately 20 of those members cosponsor HR 695 (the bill to repeal prefunding mandate). This repeal bill (HR 695) has 266 cosponsors with 216 Democrats and 50 Republicans.

Some letter carriers are upset with the NALC

for endorsing a presidential candidate who supports us. While others are angry that we support members of congress who voted to overturn the election. If you have disdain for either party, working for USPS may be a difficult career path, because, when it comes to good legislation or Postal Reform, we must have a good relationship with both sides of the aisle. The 535 members of congress have a lot of control over letter carriers' wages, benefits, and future. Whether you like politics or not, unfortunately it comes with the territory for us. But in the grand scheme of things, it is not about politics— it's about US.

In Unionism and Solidarity,  
Marc T. Ashmon, LPO  
[ashmon@nalc.org](mailto:ashmon@nalc.org)  
cell #: 202-288-7440

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Mark Camilli  
Region 11 NBA

Help wanted! Unfortunately, that phrase is popping up all over. From your favorite local restaurant, small businesses, large corporations and (most likely) at your US Post Office. Pundits and economists have wide ranging opinions on why there is a shortage of labor. Some say its due to the unemployment stimulus and others say it could be that potential employees are not ready to work in public facing positions due to the threat of Covid. Regardless, the USPS not only has to work on increasing its applicant pool, but they also need to focus on retention and culture within its walls. As they did through the pandemic, letter carriers have gone above and beyond for the USPS and will continue to do so. Management needs to recognize, appreciate, and cultivate an atmosphere where letter carriers are treated with respect, and we all need to take care of each other.

Local negotiations for your local memorandum of understanding (LMOU) have ended. Impasses are now being sent to the Postal Service and Regional offices. The Area/Regional level has until August 11, 2021, to discuss and attempt to resolve the impasses items. If the items cannot be resolved, appeals to Interest Arbitration will take place no later than September 1, 2021, with the goal of having these impasses scheduled and heard by December 30, 2021. For updates on your LMOU, please consult with your shop steward and/or branch president.

Can Postal Reform become a reality sooner rather than later? That is the hope with the “Postal Reform Act of 2021”, H.R. 3076 and S. 1720. For the first time in a long time, there is a consensus of support from the unions, PMG, management associations, BOG and mailing industry. The NALC supports this legislation as it includes three important items.

1. It would repeal the mandate to pre-fund future retiree health benefits
2. Include a provision to make six-day delivery of mail and packages a statutory obligation
3. Reform the Federal Employee Health Benefits (FEHB) Program to create Medicare integrated plans for postal annuitants.

For more information regarding these items please see NALC President Fred Rolando’s June 2021 “Postal Record” article and you can also find more information at NALC’s “Government Affairs”

tab at [NALC.org](http://NALC.org).

Lastly, I want to mention something on heat safety. Water. Rest. Shade. That is the Occupational Safety and Health’s (OSHA) mantra for heat illness prevention. Each year letter carriers suffer from heat related injuries regardless of age or physical condition. New letter carriers and returning letter carriers—carriers who were off for a lengthy period of time for one reason or another—are especially susceptible to heat related illness. These carriers need to “acclimatize” or build a tolerance for working in the heat. For a helpful tool on your smartphone, I encourage you to download “OSHA-NIOSH Heat Safety Tool”. It gives you an indicator of the current heat index and associated risk levels specific to your current location. It also gives you precautionary recommendations specific to heat index risk levels, hourly forecast of heat index values, risk levels, recommendations, signs and symptoms of heat related illnesses and related first aid information. Please share this information with your co-workers. Stay safe this summer, remember to drink plenty of water; dress in light, loose fitting uniforms/clothing and seek shade when possible. Remember: Water. Rest. Shade.

Mark Camilli  
National Business Agent Region 11







# **NALC** **Health Benefit Plan**



## **NALC Health Benefit Plan**

### **Customer Service**

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**1-888-636-NALC (6252)**

For additional information visit our website at:

**[www.nalc.org/depart/hbp](http://www.nalc.org/depart/hbp)**

**[www.nalchbp.org](http://www.nalchbp.org)**



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### **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**

### **June Membership Meeting Raffle Winners**

**Split the Pot** - Burt Hughes (\$33.00)

**MDA** - Jerry Giesting, Jim Metz, Mike Barhorst &  
Chris Rought

## July Retiree Birthdays

Richard	Berndsen	John	Neeley
Leslie	Burgard	Christopher	Padgett
Edward	Colegate	Mark	Peterson
Stephen	Depenbrock	Mary	Rosenacker
Steve	Dison	Dean	Scherpenberg
John	Eveland Jr.	Harry	Schwettman Jr.
Dalton	Fee	Albert	Sellmeyer
Roger	Giblin	Richard	Smethurst
Stephen	Ginn	Mark	Walter
Frederick	Holl		
Edward	Holzschuh		
Mark	Hubbard		
Jeffery	Jacobs		
Calvin	Johnson		
Denise	Knue		
Thomas	Kroner		
Paul	Leslie		
Dale	Lusk		
Barbara	Martin		
David	McCleary		
James	McNulty		
James	Meale		
Gerald	Mees		
Melvin	Miles		



## July Gold Carders

Jerry	Ashmore
Billie	Chitwood
John	Corcoran
Herman	Douglas
Dennis	Estridge
Fred	Hugenberg
Gerald	Knight
Raymond	Koch
William	Saurewein
Donald	Scheben
Paul	Wilbers

John	Neeley
Christopher	Padgett
Mark	Peterson
Mary	Rosenacker
Dean	Scherpenberg
Harry	Schwettman Jr.
Albert	Sellmeyer
Richard	Smethurst
Mark	Walter



**John M Corcoran**  
**Steven E Druss**

## June YOPC Attendees

Deborah Bryant  
Liz Darby  
Diana Enwright  
JR Ford  
Jerry Giesting  
Art Holt  
Burt Hughes  
Dick Keller  
John Macon  
Gerry Mees  
Dennis Uffer  
Robert Wilkinson

Join fellow retirees next month for sharing old times, playing cards and lunch



## Motions made at the June Membership Meeting

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

To accept the financial reports and pay the bills. **Carried**

To assign a committee of five officers, assigned by the President, who, with majority, shall have authority to sell and purchase property on behalf of the Membership of Branch 43. **Carried**

To adjourn. **Carried**

## Join fellow retirees for lunch

**1:00 pm - 1st Monday of each month**

**July 12th**

**Cabana on the River  
7445 Forbes Road  
Cincinnati, OH 45233**

Call Burt Hughes  
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Taylor Whitt  
Editor

## FROM THE EDITOR

### Beat the Heat Response Sheet

Last month I asked the members of Branch-43 what they do to beat the heat, and this month I wanted to share with you a few of the best responses I received. Before I do that, I wanted to thank everyone who responded to my inquiry. I received a lot of fantastic answers and I'm proud to say that many of the News & Views readers are well versed in beating the heat and are in fact very creative and serious about staying cool! I also want to encourage you to utilize any of these methods if you do not already implement them in your day-to-day heat safety practices. If you have not used these methods but are compelled to try them out, why don't you shoot me an email and tell me how it goes!

I chose three of the most creative and effective responses that were sent to me, and I hope you will enjoy the uniqueness and agree with the effectiveness as much as I have. Thank you all for reading this issue of your News & Views, I'll be seeing you next month!

Stay Cool,  
Taylor Whitt, Editor

Early in my career, a fellow carrier told me to wear a T-shirt under my uniform shirt. The T-shirt gets wet from perspiration and helps cool your body. He learned that from his service in the Navy. I wore a tank top style and a long sleeve shirt to keep the sun off and also wore a wide brimmed hat.

Mark Mercer, Mid-City (retired)

My favorite way to beat the heat was to fill a small cooler with my drinks for the day, and lots of ice. Throw in a clean washcloth, too. As the ice started to melt it would make icy, slushy water which I would dip the washcloth in, wring it out, and wipe my face, neck and hands. I'd do this before and after each relay, and any other chance I got. A constant ice bath, all day long. That's what worked for me!

Judy Russell, Corryville (retired)

Wearing a hat with a WIDE BRIM; keep your neck wrapped with a towel (preferably wrapped around ice), carry the biggest stainless steel Yeti thermos filled with ice and water (when empty, ask the next delivery address where you know someone will be home, to fill you up), and DRINK UP!

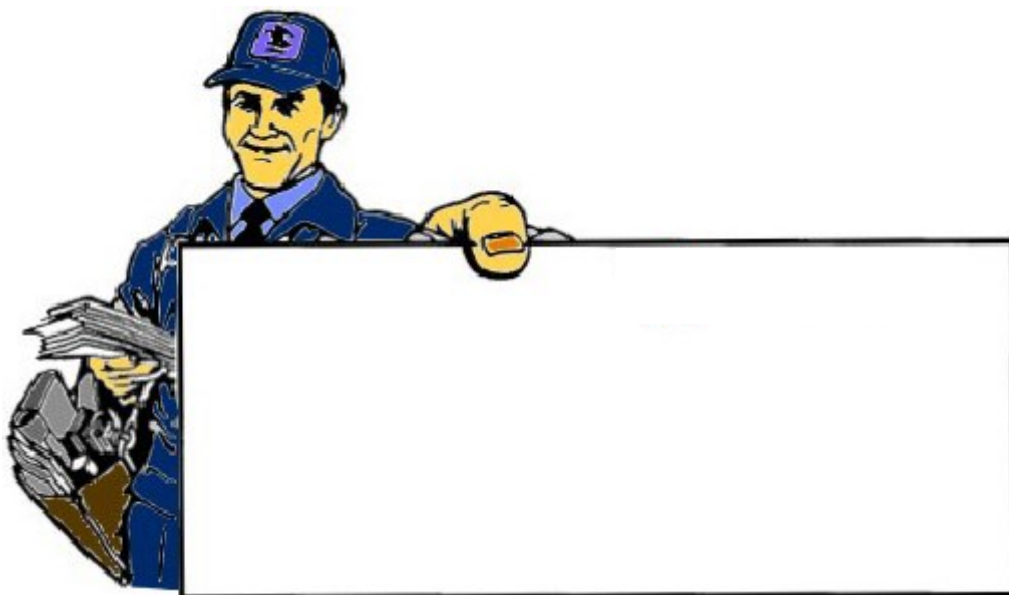
Ron Harrison, Mid-City

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### **Upcoming Events**

**Officers Meeting** - July 8th, 6:00 PM

**Delegate Meeting** - July 8th, 7:00 PM

**Branch Meeting** - July 8th, 7:30 PM

**State Convention** - July 22 –25th

**August YOPC** - Wednesday, August 4th

