

NALC BRANCH 758

NEWSLETTER

NOVEMBER 2019

Health Benefits Report

By: Harry LaFleur

Are eggs health villains once again?:

In the latest salvo in the debate over whether eggs are good or bad for you, a new study suggests that people who eat as few as three eggs a week may be raising their risk of heart disease. Researchers examined data from six previous studies, involving some 30,000 people followed for an average of 17.5 years. They found that consuming 300 milligrams of dietary cholesterol a day was linked with a 17 percent risk of cardiovascular disease over the study period, and an 18 percent higher risk of premature death. Because egg yolks are rich in cholesterol, eating three to four eggs a week is associated with a 6 percent increased risk of cardiovascular disease and a 8 percent higher risk of early death. But a senior dietitian cautions that the new study shows only an association, not a causal link, between eating eggs and heart disease risk. Eggs are a nutritious food. People should pay attention to how eggs are cooked and to the trimmings that come with them.

Potent weed linked to psychosis:

People who smoke high-strength marijuana every day are four times more likely to develop psychosis than those who have never used the drug. As evidence grows of a link between marijuana and psychotic disorders, the new study suggests that levels of THC- the drug's psychoactive component- are a major factor. Scientists found that daily marijuana users were three times more likely to be diagnosed with psychosis than those who never consumed the drug, and four times more likely if they used cannabis with a high concentration of THC. Overall, the researchers estimate, 24 percent of new psychosis cases were linked to daily high-potency cannabis use.

Sugary drinks and early death:

People who regularly consume sodas, sport drinks, and other sugary beverages may be more likely to suffer a premature death. Researchers analyzed data from two previous studies involving almost 120,000 Americans. They found that adults who drank two or more sugary drinks a day- defined as a standard glass, bottle, or can- were 21 percent more likely to die prematurely than those who drank less than one a month. For women, the risk increases by 25 percent; for men, it went up 12 percent. Overall, the more sugary drinks people consumed, the higher their risk. The main cause of early death in these cases was cardiovascular disease, followed by colon and breast cancer. It could also be something methodological, where women tend to underreport energy intake a little bit more than men.

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Branch President Report

For decades both the republican and democrat party have worked in their own interests, not those of the American people. We the people have become nothing more than a vote and an enormous piggy bank to line elected officials' pocket books. Most politicians are only concerned with power and their own worth. They spend more time campaigning then governing. The nit wit media is no longer interested in the truth, and journalism died years ago. The media is suppose to report news, not make it up, hoping to get invited to those Washington parties. Neither party wants to stop illegal aliens coming into the country because their big donors make fortunes on paying them low wages. Crime doesn't happen in their neighborhoods with their armed guards, but they want your gun. Follow their donations and see where their votes are cast. The voting has nothing to do with "WETHE PEOPLE".

Let's look at where some of our tax payer dollars are spent. This is only a brief summary of how corrupt this government has become. With our failing infrastructure, phenomenal debt, high cost prescription drugs, overdose crisis, etc., the government wants more money from us to fix what they broke. Our tax dollars pay 100 senators 174,000 dollars a year-total cost to taxpayers=17 million 400 thousand dollars! Our tax dollars pay 441 members of congress (6 non-voting members) 174,000 dollars a year-total cost to taxpayers=76 million 734 thousand dollars! Of course the speaker of the house and leadership positions get a few more of our tax dollars. In addition, 14 million 700 thousand dollars are spent on airline travel on a yearly basis. No one can even imagine how much their members representation allowance costs taxpayers! Throw in their government paid stamps, gym memberships, free airport parking, and it is easy to see why they have lost touch with "WE THE PEOPLE". One despicable item that really gets me is how if a member in congress dies in office, his/her death benefits is more than a soldier killed in battle! In this one paragraph, I ask you: Is this over 1 billion dollar taxpayer money being used wisely? Wonder why they hate the one guy trying to stop this insanity!

The congress is in session for an average of 145 days per year, meaning they receive 220 vacation days per year! You can go to prison for lying to congress, congress can lie to you, but are granted immunity from prosecution. So, congress is stealing money from the post office, and we have to send them money to get our money back? I think this is called extortion, and I would rather send them a note telling them if they don't vote in our favor, we can send them packing to a full time job! In the mean time, I'm heading back to the work room floor where union fighters belong! I love my country more than my job, drain the swamp, not our pockets!

I guess it is only fitting postal management is about as useless as our government. Layers of incompetence, unable to process paperwork, or even get the mail out on time. This is the next swamp needing drained. I hope by the time this is read, we have some resolve on our issues. The five city carrier assistants who should have made regular have been getting jerked around by management long enough! These carriers deserve better from the follies. Remember not to expect anything here, and you won't get let down. Trust no one and get everything in writing. And yes brothers and sisters, the answer is always 1.2.3.

I wish all carriers in good standing with our union a blessed and happy thanksgiving!!!!!!!!!!!!!!

When does Peter Strzok go to prison?

Phil Bzura
Branch President

Personal Update

It has been slightly over a year since I stressed out at work and I wanted to take this opportunity to let everyone know how I am currently doing and take a look at what the future holds.

I am happy to report that I am doing very well right now. I am doing my agency assignment (route) in 8 hours on a daily basis just like I am supposed to. I have been doing so well that I have volunteered on multiple occasions to carry extra and have felt no ill effects from it.

I am doing so well in fact that I am considering going back on the OTDL in April. If I return to this list I will do so with caution. If at any time I feel my mental issues returning I won't hesitate to take my name off the list. I do not want things to spiral out of control again as they did last October.

I feel the future could be very bright and I intend to keep it that way.

Keith Zelesko
Branch Vice President

Branch Secretary Report

Just want to send out a Happy Thanksgiving to the members of Branch 758! There's nothing better than gathering with family and showing one another love. If you are not a cooker, make friendly to the best cook in the family and pay them a visit next Thursday. Eat, drink and be merry, but most of all be safe!

Ursa Allen
Branch Secretary

Branch Treasury Report

A few random thoughts from a Letter Carrier who doesn't get paid to Think! - -

New Scanners are delayed until 2020.
300,000 Zebra Tech TC77 Mobile Devices to be rolled in first half of 2020.

New postal vehicles are delayed until 2021.
US Postal Service is expected to award a contract for 140,000 NextGen vehicles in 2020. Rollout could be in 2021.

DOIS Management tool is not delayed.
Remember -- "8 HOURS".

Congrats and Happy Holidays to all the CCAs and Swing Carriers who have done a Terrific job for us Regulars this year.

Our sister NALC Branch 4779 Allen Park voted to merge with larger NALC Branch 2184. If this merger is approved, our little branch will be surrounded on all sides by Branch 2184. Branch 2184 is 10 times our size and growing. We should consider a merger with Branch 2184 too.

Fellow union member, John Bedo, is asking for Annual Leave Donations for his Incapacitation. If you have extra Annual Leave, and wish to help our Union Brother, please talk to union rep or supervisor to request PS Form 3970-D. Details are posted at Time Clock.

Season's Greetings,

Maurice Marentette
Branch Treasurer

National Association of Letter Carriers – Region 6
National Business Agent
November 2019 Report



Brothers and Sisters,

Our office often receives calls from members complaining of harassment by a supervisor or manager. I don't mean to diminish someone's legitimate complaint regarding an abusive supervisor but...constantly throwing the word "harassment" around can water down the true meaning. Harassment is a very serious charge and should only be used when we can prove either by clear and convincing evidence or, in some cases, with overwhelming circumstantial evidence, that a postal manager has crossed that proverbial line.

Let's be clear, management has the right to supervise employees. The way they supervise can be the issue with some postal employees. Threats of discipline, coercion, yelling, invading personal space to intimidate and acts of bullying cannot be tolerated and should be grieved as a violation of the *Joint Statement of Violence and Behavior in the Workplace* memo.

Should you contact your District's *Threat Assessment Team* on the acts of a supervisor or manager? I would say no. Why? These district teams are made up of managers. Do you think a manager would implicate another manager? Only in extremely rare cases would they do so. Our tool is the grievance process. We have highly trained stewards throughout our region that can assist or file properly documented grievances regarding the violation of the Joint Statement memo. Just because management is enforcing the uniform policy or decided to conduct daily street observations does not necessarily violate the Joint Statement memo. Again, they, management, have the right to supervise employees.

If you have any issues with the way your supervisor and manager are conducting themselves, please contact your shop steward first to let them know what is happening. Be prepared to write a detailed statement on management's actions. If their treatment escalates to having effects on your wellbeing, contact EAP (at 1-800-EAP4You) or your personal family physician. If you need to contact a professional for your health, you should state such in your personal statement you write for your steward.

Stewards-if you are having constant issues with an individual manager or supervisor, I ask that you make your local branch officials aware of the situation(s). Your branch officials will take the appropriate measures to intervene and/or provide assistance.

2019 KIM Training. Our annual regional training has come and gone. This year we had 455 union members to participate from Kentucky, Indiana and Michigan-one of our largest turnouts ever. It takes a tremendous effort to coordinate such a large instructional seminar. Our office cannot do this alone. Although both David and Kyle did a tremendous amount of the work, in no way were they alone. A special thanks to the following contributors: Robbie Gardiner, Paul Gillie, Michele Szafran, Tom Froreich, Walt McGregor, Jason Grubb, Ron Osborne, Pat Carroll, Mike

Sheridan, Anita Lewallen, Misty Wenger, Matt Tanner, Don Karl, Mike Brim, Steve Amrhein, Nicole Wheatley, Joe Golonka and Anna Mudd.

Our members need to realize those who attended the training over the Columbus holiday weekend did so to be better prepared to represent their members within their branch. Giving up a holiday should not go unrecognized. I ask all who may read this article to please thank anyone who attended the training to better strengthen your local branch.

Not only did our members come together to broaden their skill sets but they also came together to show unwavering support for our national sponsored charity, the Muscular Dystrophy Association (MDA). Through raffles and a Muscle Walk, members helped raise \$10,170 for MDA over the weekend.

But MDA was not the only fund-raising effort that took place. Members also dug deep into their pockets at Monday's general session and helped raise over \$1400 for the NALC's Disaster Relief Foundation.

Not only were the participants at this year's regional training dedicated selfless contract enforcers, but they were also generous caring servants of our society. Thanks to all!

Veteran's Day. Once known as Armistice Day due to the signing of the treaty in 1918 to end World War I, this national holiday recognizes all who served honorably in the military both during war and peace.

I wish to take this opportunity to say "thanks" to all of you that have served and continue to serve in our country's military. You have won, and continue to guard, our freedom. You all are true heroes. THANK YOU!

In Solidarity,
Troy Clark
National Business Agent – Region 6
Kentucky – Indiana – Michigan (KIM)

In January 2020, a committee of Branch 758 members will begin meeting to explore the idea of obtaining a union hall. This will not be a quick process as there are a myriad of questions to be answered, including the most important one, can our branch even afford one. Do we need one? What would be the benefit of having one? Just a couple of the questions we would need to answer. Could we afford a hall that could 'work' for us, by renting it out either to our own members (i.e. baby showers, birthday parties, etc), other unions, or even the general public? Speaking to a couple of other NALC members from across the country whose branches have their own halls, some of the benefits they mentioned included, having affordable rental space for members, having a place where retired carriers could go for events (card tournaments, etc), having a space for stewards to work when they may not have access to the office back at the station. Obviously, the start up would be the biggest obstacle, when isn't money an issue? Some fiscal responsibility would be needed by the branch to pull it off, but anything worth having isn't going to come easy. If you would like to be involved in the process or have thoughts, ideas, concerns, please feel free to attend your monthly meetings or come ask to be put on the committee. All ideas are welcome and probably needed. Hope to hear from you and have a great holiday season.

**Branch Member
Bill Hall**

NALC Branch 758 Christmas Party/Dinner is going to be celebrated at the December meeting on Thursday, December 19th, 7:30 pm at PLAV Post 7, 438 Ford Avenue, Wyandotte, Michigan. All active and retired union members are invited to attend and each member may bring one guest. Dinner and drinks will be provided free of charge. We have a new caterer this year. A Polish couple from Wyandotte will be cooking the meal which will feature breaded pork chops, sausage and sauerkraut, and gravy with meatballs. Please RSVP at the branch website - <http://www.nalcbranch758.org> - or you may text meet at (313)445-0794 or message me on facebook if you plan to attend and give me a count for dinner by December 9th. I need to provide the caterer with a number for dinners needed one week prior to the event. Last year we had seventeen retirees attend. Let's do better this year and have even more retirees attend. The Christmas dinner is one way the branch says thank you for being a long time member. Happy Holidays! I hope to see you at the meeting.

**Branch Member
Karen Balamucki**

BRANCH OFFICERS

President – Phil Bzura (734) 306-3114

Vice President - Keith Zelasko (734) 771-7081

Secretary – Ursa Allen

Treasury – Maurice Marentette

Sgt. Of Arms – Joe Zelasko

Health & Benefits Rep.

Harry LaFleur (734) 283-1623

NALC Mutual Benefits Director - Jose Eplin

Newsletter / Website Editor - Jose Eplin

Stewards: Phil Bzura, Daniel Watson,

Sarah Niedowicz

MDA: Keith Zelasko

Trustees:

Chris Williamson, Rhonda Franklin, Karen Balamucki

CALENDAR OF EVENTS

CHISTMAS PARTY / UNION MEETING

PLAV POST 7

WYANDOTTE, MI

12/19/2019

7:30-10PM

RSVP- (313) 445-0794

NOMINATIONS

Nominations for the 2020 National convention will be held at the January 2020 Union Meeting

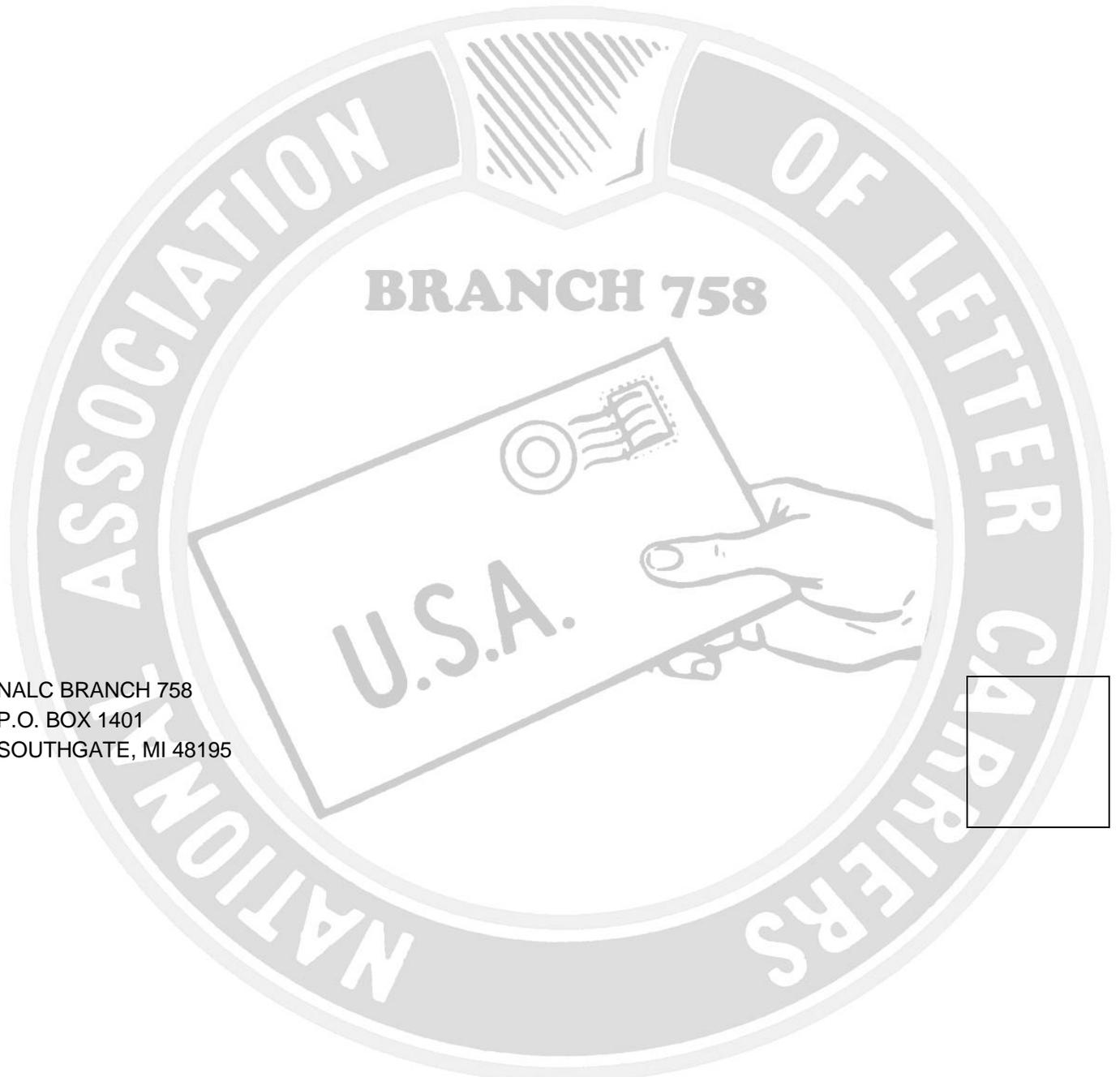
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