



SEVEN NEWS ♦

Volume 27 Issue 6

December 2020

The President's Report by Frank Spathanas

Greetings everyone! I would like to thank all members for allowing me to serve you for another two years. It is my honor and privilege to be the President of Branch 7. I would also like to thank my executive board for being with me the last four years and for serving with me and for the Branch for the next two years. I appreciate the help and support they give me to run this branch and the help they provide with all the good things we do as a branch. It is truly a team effort. To the candidates that ran for trustee or for any office, I applaud you all for taking an interest and being willing to give up some of your time for this branch. It is a commitment to run for office and I thank and congratulate those that ran and those who were successful. This branch needs new blood and more people involved to move this branch forward. It is time for other members to step up and show interest, I will help you get more involved, just reach out. At press time, the USPS and the NALC reached a tentative agreement on a new negotiated contract. Hopefully this is good news for us for all the hard work we do and having to deal with this pandemic, I will have more on this at the next zoom meeting. I hope the December meeting will have more members attending than we have been showing. In all my years in being a Branch 7 member, I can count on one hand how many union meetings I've missed. Why? Because I wanted to know what was going on in order to make me a better union member and letter carrier. I've learned what to do and what not to do. Remember, knowledge is power. I know ZOOM



DON'T MISS THE SURPRISE ?
HOLIDAY ZOOM MEETING

DECEMBER 9,2020 7 PM

isn't an in person meeting, but it's the next best thing during these times. Log on, show up and you might learn something. I might just have a surprise for you, tune in. I would also like to wish all members and their families a Merry Christmas and a Happy New year. Have a safe and Happy Holiday season.

FRANK SPATHANAS is inviting you to a scheduled Zoom meeting.

Topic: BRANCH 7 DECEMBER 2020 UNION MEETING
Time: Dec 9, 2020 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://us02web.zoom.us/j/84074836350?pwd=RmdkSk1sVnB4RFhwUkEyeEJJaWdEUT09>

Meeting ID: 840 7483 6350

Passcode: 798683

TRUSTEE ELECTION NOTICE

AT THE NOVEMBER BRANCH MEETING HELD ON THURSDAY NOVEMBER 12,2020 VIA ZOOM. NOMINATIONS FOR THE THREE (3) BRANCH TRUSTEE POSITIONS WERE HELD (TERM 2021-2022). AT THE MEETING, SIX (6) MEMBERS WERE NOMINATED FOR TRUSTEE. PER BRANCH BY-LAWS, NOMINEES HAD UP TO THREE (3) DAYS TO ACCEPT OR DECLINE THEIR NOMINATION. AT THAT TIME, ONE (1) MEMBER DECLINED AND FIVE (5) MEM-

BERS ACCEPTED THEIR NOMINATIONS. AS FOLLOWS, IN ORDER OF THEIR NOMINATION, ARE THE FIVE (5) NOMINEES FOR TRUSTEE.
TRUSTEE-
THREE (3) TO BE ELECTED
SUZANNE TITUS
BRIAN CORBIN
PAUL NIELSEN
DAVE HARRIS
MATT TITUS
BALLOT DUE DATE-MONDAY
DECEMBER 7,2020

BRANCH OFFICER ELECTION

AT THE NOVEMBER BRANCH MEETING HELD ON THURSDAY NOVEMBER 12, 2020 VIA ZOOM, NOMINATIONS FOR BRANCH OFFICERS WERE HELD (TERM 2021-2022). AT THAT TIME, THE FOLLOWING MEMBERS WERE NOMINATED FOR AND WERE UNOPPOSED FOR THEIR RESPECTIVE POSITIONS. THUS, THEY WERE ELECTED TO THEIR POSITIONS. AS FOLLOWS ARE THE ELECTED BRANCH OFFICERS FOR THE 2021-2022 TERM.

PRESIDENT
FRANK SPATHANAS
VICE-PRESIDENT
DOROTHY CURTIS
SECRETARY
FRANK QUARTARONE
TREASURER
DOUG MISHEL
SGT.-AT-ARMS
DAN WHITE

STATE CONVENTION DELEGATE ELECTION

AT THE OCTOBER BRANCH MEETING HELD ON WEDNESDAY OCTOBER 14,2020 VIA ZOOM, MEMBERS PRESENT DECIDED TO SEND EIGHT (8) DELEGATES AT FULL FUNDING TO THE 2021 STATE CONVENTION. THE PRESIDENT, BY NATURE OF THE OFFICE, IS AUTOMATICALLY A DELEGATE TO THE STATE CONVENTION. AT THE NOVEMBER BRANCH MEETING HELD ON THURSDAY NOVEMBER 12,2020 VIA ZOOM, EIGHT (8) MEMBERS WERE (CONTINUED ON PAGE 3)

Postal Mania

by Dorothy Curtis

We have all heard of the honor system. We have all gave a penny and/or taken a penny at the cup at the registers at convenient stores. Or have paid for one newspaper and have taken only one paper out on the newspaper vending machine. There are thousands of examples I could give you but I going to focus on the one example where you cannot trust the honor system. That is when you are requesting annual leave. How many times have you not gotten your 3971(leave slip) back and had to verbally ask if you got your day off? My guess would be more than once. Don't put yourself in a situation where a member of management gets amnesia and when you verbally ask if you got the time off you are told that you NEVER put the time in. We had situation where a carrier had to cancel expensive plans due to a 3971 not being in writing.

Asking for leave is addressed in our local contract. You can find a copy on our branch website (www.nalcbranch7.com). You can also email me and I'll email you a copy (dorothy1977@hotmail.com). Non prime time are the months of January, February, March, April, November and December. The cliff notes version of requesting leave in non-prime time goes like this: 1) Fill out 3 copies of a 3971. 2)The supervisor will initial the 3971 and give you back one copy. 3)Within 72 hours you will get approval or denial back. If you don't get a slip back with 72 hours that constitutes automatic approval. What's your proof that you submitted a leave slip 72 hours ago? See step 2. Leave slips can be submitted up to 30 days in advance with few exceptions. If you want to know what the exceptions are, read the local. Or ask me.

RETIREE NEWS

GOOD NEWS for recently retired carriers-you'll get some retro \$\$\$, if the tentative national agreement passes. Check December Postal Record for more info

Shorthand

From the Secretary
by Frank Quartarone

HOLIDAY WISHES AND GOOD CHEER TO THE "ESSENTIAL WORKERS/ HEROES LETTER CARRIERS OF BRANCH 7 AND MAY YOUR PINEAPPLE 'TIS SEASON BE BOUNTIFUL!!!

NALC VETERANS GROUP

A service vet Letter Carrier contacted me recently as to why his name wasn't listed in the Postal Record VETS DAY issue to which I replied that you had to SIGN-UP with the NALC and it's FREE. Upon joining, you'll receive a Vets Lapel Pin and VETS Guide, with info on available services and benefits for Postal-Service Veterans. Retirees-Reservists and National Guard members are eligible to join. To SIGN-UP, go to nalc.org/veterans to get a form to mail in or contact me as I have those forms/cards on hand-(781) 289-0590. To those 15 Branch 7 Veteran group members in the Postal Record and other future members, THANK YOU FOR YOUR SERVICE.

RETURN OF \$50 PROGRESSIVE JACKPOT

Starting in January 2021, the \$50 Progressive Jackpot returns to our monthly meetings. THAT'S \$50 to any member that attends the meeting via ZOOM. If NO Winner, it goes up \$50 at the next meeting and so on until there's a winner. The jackpot will be capped at \$1,000. GET the Zoom sign-in info at the branches' website-nalcbranch7.com.

YEAR-END THOUGHTS

2020 and Covid-19 added new meaning to the job of Letter Carrier -Essential Workers/Heroes/Protectors of Democracy and let's throw in some DESERVED HAZARD Pay as a THANK-YOU. Like 9/11, you were "the face of normalcy", by risking your lives to deliver our patrons in the communities we serve. With vaccines on the

horizon, your service to the citizens of the USofA in these "surreal" times will be appreciated-honored and not taken for granted, when we return to "normal". BE SAFE OUT THERE and THANKS Professional Letter Carriers and CCAs of Branch 7 for delivering.

LASTLY-THANKS to the membership for re-electing me as Secretary of Branch 7, I APPRECIATE your support an I'M HONORED to represent you. If you need anything secretarial-wise or Branch 7 in general-Contact me @ (781) 289-0590. Again, MY SINCERE THANKS. REVIEW OF NOVEMBER MEETING via ZOOM

20 members in attendance-Nominations for Branch Officer and 2021 State Convention Delegates were held- Prez Frank spoke on CA-16s, Change of Schedule and Express Mail Delivery-Donation requests approved-\$200 to Fisher House-\$150 to North Shore Labor Council Trivia Nite and \$500 to MDA-Safety Report by Dave Harris -National Contract talks Update PREVIEW OF DECEMBER MEETING (WEDNESDAY DECEMBER 9) via ZOOM Election Committee will announce results of Branch Trustee election-Latest info on the tentative national agreement-Labor-Management Report by Prez Frank-Safety Committee Report-SEE YOU VIA ZOOM AT THE DECEMBER MONTHLY MEETING ON WEDNESDAY DECEMBER 9TH-STARTING AT 7 P.M. !!!

MDA REPORT

THANKS to retiree JOE SALTZMAN for his \$100 donation to MDA

THANKS to Branch 7, with help from President Emeritus Pat Byrne for donating \$500 to MDA 2020 MDA yearly total stands at \$1,503.00 (THANK YOU)

BRANCH 7 WEBSITE IS
nalcbranch7.com

All things Branch 7-
To Keep Members Informed

ELECTION from Page 1

NOMINATED TO SERVE AS DELEGATES. AFTER THE THREE (3) DAY PERIOD TO ACCEPT OR DECLINE THEIR NOMINATION, AS PER BRANCH BY-LAWS, ALL EIGHT (8) MEMBERS ACCEPTED THEIR NOMINATIONS. AS FOLLOWS, IN ORDER OF THEIR NOMINATION ARE THE EIGHT (8) MEMBERS ELECTED AS DELEGATES TO THE 2021 STATE CONVENTION.

- DAVE HARRIS
- BRIAN COLANTUNO
- DOROTHY CURTIS
- PAT BYRNE
- BRIAN CORBIN
- DOUG MISHEL
- CHUCK KELLEY
- FRANK QUARTARONE

FRANK H. QUARTARONE
SECRETARY-BRANCH 7, NALC



Getting hurt on the job is the last thing that anyone wants. Management believes otherwise. I recently had a bad fall in which I could barely move off the pavement. I laid on the ground while waiting for an ambulance. Being whisked away to the hospital, I was left not knowing the effects of what this fall had done to my body. While in the hospital, I couldn't even stand straight up. I was bent over at the hip for a good 4 hours before medications kicked in and allowed movement back. I had a Supervisor come to the hospital. He told my

wife he was there, not to ask questions, but he was there out of concern for me. By the end of the conversation, he was asking my wife what happened. Knowing after my trip to the hospital that I was not going back to work anytime soon, I started the process of the paperwork. I called my supervisor for a ca-1 and I was given paperwork, but rather than the actual ca-1, I was given the website to fill it out myself and the supervisor's email address. Amazingly, this is another job put on the carrier and takes the burden away from management. I got approved for continuation of pay, but noticed I was charged 3 days of SL. I didn't know, but the first 3 days you have to use your own sick time before they start paying you. Next, I got all kinds of paperwork from OWCP telling me that I am responsible for telling all who needed to get paid for my treatment that they had to go online and fill out virtual paperwork or they wouldn't be paid. Doctors aren't too happy about taking their afternoon filling this stuff out. So, I go to the store, buy heating pads, and meds to get myself on the road to recovery. When time to submit my bills, I asked where to go online, similarly to the doctors, to get paid. The answer is, you don't. You must mail yours in; they will not accept online copies from the carriers. Next, it was time for physical therapy. I had 2 weeks of appointments set up when I get a call from the therapist saying they weren't authorized. One by one, I had to cancel my appointments because of the authorization issue. Making phone call after phone, call no one knew the answers to my questions. Finally, I called Washington and was told I was "royally screwed" by my supervisors. They forgot to give me a CA-16

(Permission to Treat) form. So, remember that supervisor who was concerned for me? He didn't bring my paperwork to approve treatment, so they wouldn't authorize my therapy or any of my bills. After going back and forth with management, a threat of a grievance finally persuaded management gave me the proper paperwork, and low and behold my bills were being paid and appointments approved. So, do yourself a favor: if you get hurt get your ducks in a row. Talk to a steward who can get you your answers. Your first step, if going to the hospital, is get that ca-16. Then worry about the rest. I hope I have helped anyone out there who may have the misfortune of getting hurt on the job. Stay healthy!!!

Willow Street Whine

By John D'Amato

As we approach the holiday season, we've seen an uptick in positive COVID cases across the nation and in our office. What is being done in our office regarding contact tracing? Apparently, it doesn't exist. Management is not keeping track or informing people. We've had almost a dozen cases in our office, and no one is keeping track of who is coming into contact with whom. As the surge continues, we need to help each other, wear our mask inside and outside the office and if you've tested positive for COVID, tell people so they can protect themselves and their families. We can get through this but only if we do it together.

Word of the day - contact tracing: the process of attempting to identify people who have recently been in contact with someone diagnosed with an infectious disease, especially in order to treat or quarantine them.

LANDRY RENTAL CENTER

ONLY \$15.00
for 20 lb. tank refill

With this Coupon

50 Bennett Street Lynn, MA 01905 (781)593-4620

Massachusetts Postal Employees Credit Union

Mon—Fri 9:00—4:00
Serving Postal Employees and their Families since 1926

CALL NOW FOR BEST RATES ON AUTO LOANS!!!

GET A VISA DEBIT CARD TODAY

We offer a full range of financial services

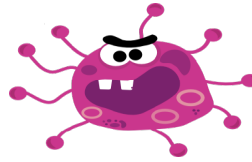
Visit us On Line www.MassFamilyCU.com
PH: 781-592-6051

Ancient Order of Hibernians in America
DIVISION 10



105 Federal Street
Lynn, Massachusetts 01905
*In Memory of
Dave Johansen*

VENT



The Occupational Health Nurse: Have you recently been to any countries experiencing an outbreak of coronavirus in the past 2 weeks.
Employee: Yes , the U.S.

**WE'RE GONNA ZOOM,
ZOOM,
ZOOM, ZOOM, ZOOM**
Meeting ID: 840 7483 6350
Passcode: 798683

<p>Quality Uniforms 1885 Simons 2020 SIMONS UNIFORMS Division of J.B. Simons, Inc. 329 Lynnway Lynn, MA 01901 - 1792 To Order Instantly CALL 1-781-595-2644</p>	<p>U N I O N M A D E</p>
--	---

Seven News will be published ten times annually for the members of Branch 7, NALC. The opinions expressed are not necessarily those of Branch 7, but of the writers. Any comments, suggestions, news about coworkers, retiree news, story ideas or anecdotes are welcome and should be in by the 15th to be in next month's issue. The editor retains the right to edit, delete or reject an article for the good of the Branch. We look forward to your contributions. In the interest of solidarity, permission is granted to other labor publications to reprint material in this publication. Suzanne Titus, Editor



branch7srt@comcast.net
Willow Street When, and VENT
The Saugus Scribe, Postal Mania,
Notice, MDA Report, Retiree News,
President's Report, Shorthand, Election

Inside This Issue

RETURN SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Permit #122
Lynn, MA

BRANCH 7
43 BERKSHIRE ST
SWAMPSCOTT, MA
01907



This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.