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METRO LETTER CARRIER

OFFICIAL PUBLICATION OF LONE STAR BRANCH #132, NALC

RITA WILDER, EDITOR

FROM THE PRESIDENT'S DESK

KIMETRA LEWIS



As some of you know, the June Branch meeting was very contentious as the membership debated two proposed bylaw changes. Several members approached the floor to voice their opinion about the bylaws under dispute. After a call for the question was made and seconded, the membership cast their votes. This is when democracy appeared. We all have heard and understood that the majority wins. It was no different at the June Branch meeting.

One of the proposed bylaw changes called for a pay increase for the Branch President position which I currently hold. Members exercised their right to express their opinion for or against the bylaw change. As each member approached the floor to address the membership, one thing stood out with each speaker. Each member, whether for or against the proposed bylaw, spoke highly of the work I have been performing as the Branch 132 President. They stated great things about my accomplishments. They spoke of my dedication and commitment to the membership, and they each recognized the long hours I tirelessly work for the benefit of the members of Branch 132. One of the speakers even reminded the membership that my service to Branch 132 is by my choice. Their compliments spoke volume to the six years that I have served as your Branch President. Despite their remarks, the membership voted against the proposed bylaw change.

Immediately following the meeting, members began to send me messages of gratitude in support of the work I do for the branch. However, my greatest compliment came from my son who is also a member of Branch 132. In a text message to me he stated, "That

was impressive. I don't judge off wins and losses. I'm looking at how you can control a room. How you can remain even-keel in a toxic environment. How you can look for a solution instead of dwell on something. Saying stuff like you worked those extra hours because you chose to, is true but shouldn't a President go over and beyond? Or do they just want a mediocre president?" That to me was the statement of the night.

As I pondered over what my son said, I stumbled upon an article from our newly appointed National Vice-President John Henry in the Postal Record. Vice-President Henry stated, "*The best ability is dependability*" and I agree. No, I am **NOT** a mediocre president. I became actively involved with the union in 1994 when I was first elected as a steward. I served Branch 132 as a Step 2 representative (currently known as Formal A), as a Formal A representative, as a Step B representative, as an Arbitration Advocate for our National Business Agent, and I have faithfully served as the Branch President for the last six years. I am also a graduate of the NALC Leadership Academy. I have used the tools I have acquired over the years to bring successful results to the membership in their disputes with the Postal Service. I have shared the knowledge I have acquired over the years with the stewards to ensure that they too can aid a member in need. While there is still room for improvement, there has most definitely been progress as noted by the speakers during the debate.

Vice-President Henry stated, "*Because we have been in the 'arena' fighting and standing up for one another, we have known victory. If we expect to have a work environment that is aligned with the philosophy of 'one for all and all for one' at our worksites, we as individuals must be in the arena. I commit to all of you that I will be in the arena fighting for you and alongside of you.*" I made that same commitment to Branch 132 over twenty-eight years ago, and I can say with certainty, I have stood steadfast to that commitment in the past and I will continue with that commitment into the future.

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Stewards meet 7:00 PM the first Thursday of each month in the Branch Office.

Executive Board meets 7:00 PM last Monday of each month.

AFL-CIO Council meets third Thursday of each month.

Branch meeting 7:30 PM first Monday of each month unless deferred by membership vote.

Opinions expressed in this paper are those of the writers, and do not express the opinions of the editor or the Union. All articles for publication must be signed and received by the Editor no later than the 1st of each month. If you wish to run your personal or business ad, rates are available on request and must be received by the 10th of each month to be inserted in the next month's issue. The editor's email address is RitaWilder05@gmail.com

"I Was About to Pass Out"

by Linda Boroughs

I regularly hear this phrase from carriers who are sharing their horror stories about their experiences with the heat: "I was about to pass out." And it always aggravates me. Because if you are about to pass out, then you have waited too long to take measures to protect yourself from the heat.

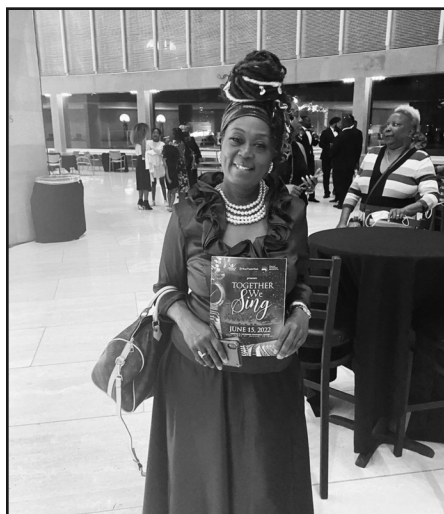
If you are about to pass out, what are your options? You can't drive anywhere, because you might pass out and run off the road. You might be able to call someone, but you also might pass out before you can tell them what is wrong. You can try to walk to an air-conditioned shelter, but what if you pass out while you are walking there? And too often we hear of carriers, discovered by customers, who are passed out in driveways, because that carrier was about to pass out from the heat, but just kept going.

Before you get to the point where you are about to pass out, stop carrying mail. Yes, your supervisor might throw a hissy fit if you get back late, but that is not your problem. Your responsibility is to make sure you take care of yourself and do not succumb to the heat. Listen to your body so you can tell when the heat is starting to affect you. And when you feel that you are getting overheated, don't push yourself to the point that you are about to pass out. Stop when you first feel the effects of the heat, and go to an air-conditioned place. If you have an air-conditioned truck, sit in the truck with the A/C on (make sure you stay in the driver's seat while it is running). Drink some cool water. Relax. Take some deep breaths. You know what cools you off and what is best for you. And once you have cooled off, try again to safely carry some mail.

Don't rely on your supervisor to take care of you. If you feel you are in danger from the heat, call 911. If you need to tell your supervisor that you will return late, try texting them on the scanner to reduce the chances of a negative interaction with them. If you have to call them, cool off and relax in an air-conditioned place before you call them, and stay there while you call them.

If resting in an air-conditioned place doesn't help, then you may need to go home or go back to the station. If you do, file a report of an on-the-job injury. This can be done online at "ecomp.dol.gov", or you can get the form from your supervisor. Also fill out the Heat Injury Report that is in this newsletter, and you can email that to peralta@nalc.org or give it to your steward or branch officer.

It's a cliché, but it's true: You are your most important delivery. Delivering mail in the heat is challenging, but it should not be life-threatening. Do what you need to do to protect yourself, and never push yourself to the point that you are about to pass out.



LETTER CARRIER AND MUCH MORE

Lynnetta Barnes (Medrano Station) demonstrates that letter carriers can do more than deliver mail. Lynnetta's singing skills were recognized at the Myerson Symphony Center as she performed in the Together We Sing production in tribute to the great gospel artist, Dr. Richard Smallwood.

STAMP OUT HUNGER FOOD DRIVE HIGHLIGHTS

After being dormant for two years, the Stamp Out Hunger Food Drive returned, May 14, 2022. Carriers, community food banks/pantries and various church ministries were excited to hear that the National Association of Letter Carriers Annual Food Drive was back.

Thanks to the Food Drive Coordinators Rita Wilder and Anna Gunn for their efforts to ensure that over 1.3 million food drive cards and 100,000 food drive bags were distributed to offices throughout the Texas 1 District. A special thank you goes out to John Torrez the role he played in getting this task accomplished.

However, it was the letter carriers who were the driving force and demonstrated such by collecting a grand total of 510,780 pounds of food to be distributed to communities throughout the district. Of that total, Branch 132 collected 425,899. Those offices who collected the most food was recognized for an outstanding job at the June Branch meeting.



(Associate Office) Grand Prairie MPO - 1st place - 19,282 lbs.



(City Office) Joe Pool Station - 1st place
12,940 lbs.



(Associate Office) Lewisville MPO - 2nd place
13,782 lbs.



(City Office) Robert E. Price - 2nd place - 8,600 lbs.



(Associate Office) Marshall - 3rd place
12,179 lbs.

**Northaven placed
3rd in the
City Office
category
collecting 7,150 lbs.
(No Picture)**



FOOD DRIVE HIGHLIGHTS (CONT.)



Gilmer, Tx 75644



Jefferson, Tx. 75657



Food drive

Abby Wright, CCA
Carthage, Tx

EXECUTIVE VICE PRESIDENT'S REPORT

Sid Simmons

At the June branch meeting, which was well attended in person and via ZOOM, we discussed and voted on two very important proposed by-laws. At similar times in our history, emotions have run high and occasionally, one or more of our members have repeatedly interrupted members who had the floor during a debate. I think this would be an appropriate time to inform the membership, very specifically, as to what our by-laws say regarding proper conduct at branch meetings.

ARTICLE XII RULES OF ORDER

Section 5 – When the presiding officer is addressing the meeting or putting the question, strict silence shall be observed by the members.

Section 10 – Each member speaking on any question shall stand and respectfully address the chair, await recognition, and confine himself/herself to the question under debate and avoid all personalities, indecorous, ironical or sarcastic language.

Section 12 – A member shall not be interrupted while speaking except by appoint of order or for the purpose of explanation.

Section 13 – When a member is called to order for words spoken, the objectionable words shall, if required, be taken down by the Secretary.

Section 30 – Any member who shall misbehave at any meeting of this Branch, who shall disturb the order or harmony thereof by profane or abusive language, or by disorderly conduct, or who shall refuse obedience to the presiding officer, shall be admonished for the first offense by the presiding officer, and if he/she offends again shall be excluded from the room for the balance of the meeting.

It is my hope that the information I have provided will educate the membership, as to how our union should conduct its business at branch meetings. Members who attend these meetings deserve a proceeding that is orderly and respectful. I believe everyone would agree.



JANINE SINGLETON
FINANCIAL SECRETARY

**FINANCIAL SECRETARY
REPORT**

APRIL 2022

National Dues	\$73,724.71
OWCP Dues	2,854.06
Active Dues	193.26
IRS Refund	4,130.68
MBA Rebate	
TSALC Rebate	535.20
HB Rebate	0.00
Deposit Dividends	2.14
TOTAL \$	\$81,440.05

MAY 2022

National Dues	\$74,471.77
OWCP Dues	714.00
Misc.	
Money Market	
MBA Rebate	0.00
TSALC Rebate	0.00
HB Rebate	499.50
Deposit Dividends	2.30
TOTAL \$	\$75,687.57

TREASURER REPORT

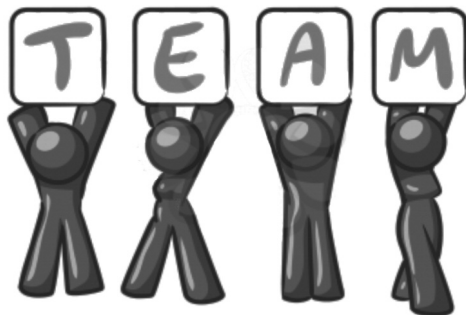
MAY 2022

General Fund	\$256,284.38
Regular Shares	25.00
Money Market	511,638.25
<i>Stewards Fund</i>	<i>127,408.19</i>
<i>Convention Fund</i>	<i>85,000.00</i>
<i>CPA/Legal Fund</i>	<i>7,100.00</i>
<i>Building Fund</i>	<i>3,713.41</i>
<i>Education Fund</i>	<i>20,900.00</i>
<i>Money Market</i>	<i>267,516.65</i>
MDA Fund	2,207.54
CD 18 Month	107,100.40
CD 18 Month	104,372.53
CD 12 Month	103,328.87
TOTAL \$	\$1,084,956.97

JUNE 2022

General Fund	\$290,667.96
Regular Shares	25.00
Money Market	511,681.70
<i>Stewards Fund</i>	<i>126,198.32</i>
<i>Convention Fund</i>	<i>85,000.00</i>
<i>CPA/Legal Fund</i>	<i>5,750.00</i>
<i>Building Fund</i>	<i>3,713.41</i>
<i>Education Fund</i>	<i>20,900.00</i>
<i>Money Market</i>	<i>270,119.97</i>
MDA Fund	2,207.73
CD 18 Month	107,164.09
CD 18 Month	104,434.60
CD 12 Month	103,381.54
TOTAL \$	\$1,119,562.62

**WHAT UNITES US IS
GREATER THAN WHAT DIVIDES US!**



SICK & WELFARE REPORT

Addison – Nikki Townsend.

Caesar Clark – Reso Washington.

Carthage – Shelia Piedra.

Joe Pool – Warren Brown's son graduated from Lancaster High School.

Longview (Northwest) – Scott Eades.

Prestonwood – Brigida Alexander retired with over 24 years of service.

Retirees – Amando Castilleja's wife is in the hospital; Peggy Neil passed away.

Auxiliary #28 – Margaret Castilleja is in the hospital.

(Webmaster) Fernando Small's brother passed away.



**NALC
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Foundation**

www.nalc.org

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DisasterReliefFoundation@nalc.org

STEWARD'S CORNER



Hello, my name is Chris Velasquez, I have been the Chief Steward at Juanita Craft Station since 2013. On my journey, I've had the privilege of having several mentors who not only trained me but taught me the true meaning of being a steward. In the beginning months, I contemplated my decision of being a steward as I felt overwhelmed and unsure of what my actual duties were.

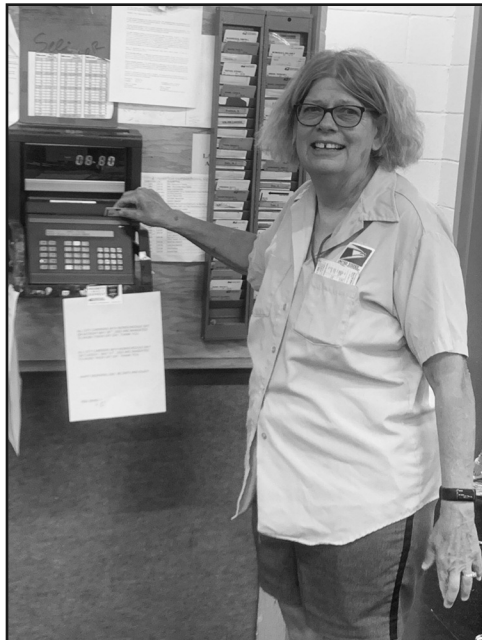
I was introduced to my first mentor, Mr. Charles Rhodes, who showed me the fundamentals and tactics that I still use today. In 2014, I was selected by Former President Sid Simmons, to be part of a "Special Formal A" Team to clear a backlog of grievances and assigned to work with another one of my mentors, Mike Bell.

In 2015, I was selected to be the first member from Branch 132 to complete the

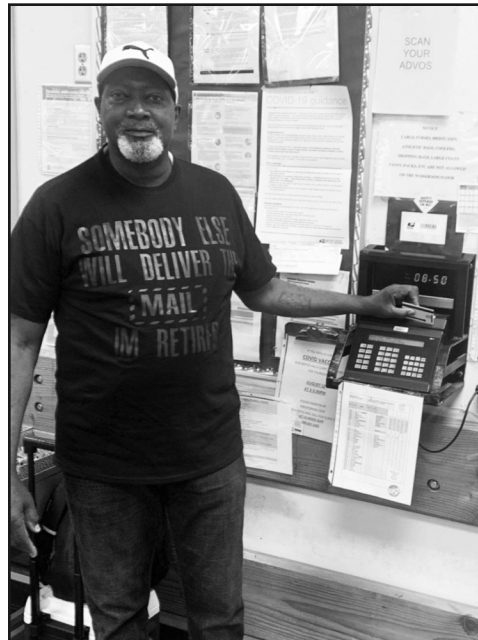
Formal A and Beyond training and have been a traveling Formal A Representative since then. Since completing Formal A training I have had the privilege of being a mentor to several other stewards and Formal A Representatives of Branch 132 and honored to work closely with our current President Kim Lewis, who continues to not only mentor me but also demonstrates how to be an effective leader.

Through my mentors I have learned, there is more to being a steward than just filing and winning grievances. Although, I enjoy winning a grievance, I receive the most joy in helping someone with an issue. I can honestly say, I love what I do. As the Postal Service continues to change, as a union, we must adjust to these changes and be prepared to face adversity TOGETHER! We must learn to come together and put aside our differences, as a divided union is a weak union. The past several years are proof that when we work together, we can overcome anything that the Postal Service puts before us.

LAST PUNCH BUNCH



MARY JANE DAVIS
CARROLLTON MPO - 42 YEARS



MICHAEL CHILDS
MEDRANO - 18 YEARS

BRANCH 132 WELCOMES OUR NEWEST MEMBERS

APRIL 2022

Esle Contin	Brachelle Washington
Robert Walker	John Rutledge
Nathaniel Melaku	Chris Srivarodom
Bennie Passon	Heidi Cantrell
Adrianna Scott	Jaylon Williams-Reese
Nyla Cleaves	Jonathan Moore
Deljuana Hebert	Jose Games
Jordan Aymond	Yasir Dawood
Britney Sibley	Andre Smith
Tabby Murray	Jaun Jones
Justin Gray	Jameisha Littleton
Robert Moffett	Matthew Canady
Madison Moore	

MAY 2022

Janiece Gaskin	Kevon Watson
Shibeshi Tadesse	Aubrey Waites
Diana Celis	James Laxton
Leo Butler	Tyree Manns
Tino Banda	Jessica Moyers
Catrina Austin	Michael Fogarty
Mark Esquivel	Shannon Flowers
Ashton Martin	Javier Solis
Enrique Andablo	Fernando Perez
Shannon Walker	Maiya Peoples
Sandra Bryan	William Rackley
Angela Walker	Victor Anderson
Desmond Davis	Suddha Prieto
Philip Villareal	Nicole Ross
Alejandro Rocha-Prado	Mark Reid
Mark Tavious Williams	Luis Garay
Jonathan Hines	Michelle Gomez
Lazae Seaton	Cristian Hernandez
Dean Malik	Vickie Cook
Tarik Hubbard	Thialynn Franklin

APRIL 2022

BRANCH MEETING MINUTES

A quorum of members of Lone Star Branch 132 met on April 4, 2022

- Executive VP Simmons called the meeting to order.
- Invocation by Brother Thomas Vines.
- Resolution of Sympathy – Brother Jimmie F. Sutton.
- There were no Executive Board Recommendations.
- Brother Shawn Boyd spoke to the membership and announced he is running for the position of Region 10 National Business Agent at the National Convention.
- Vice-President Robert Hinson made a motion that Branch 132 go on record as endorsing Brother Shawn Boyd for NBA Region 10 (Motion Passed)
- Executive VP Simmons solicited members to bring more uniforms into the hall for the new CCA's
- Sisters Janine Singleton and Madilyn Mitchell will be attending the Advanced OWCP training scheduled for June in Maryland.
- It was announced that Brother Eugene Johnson was named the Branch Chaplin.
- Sister Rita Wilder gave an update regarding the upcoming Food Drive. She also mentioned that over the past years, active and retired letter carriers, with the help of thousands of volunteers, along with NALC's partners have collected a total of 1.82 billion pounds of food.
- Two proposed bylaw changes were read and will be posted in the newsletter and voted on at the June meeting.
- The branch financial reports will be posted in the Metro Letter Carrier Newsletter.

Respectfully submitted,
Danny Hilliard,
Recording Secretary

MAY 2022

BRANCH MEETING MINUTES

A quorum of members of Lone Star Branch 132 met on May 2, 2022.

- President Lewis called the meeting to order.
- Invocation by Brother Eugene Johnson; President Lewis led the Pledge of Allegiance.
- There were no Resolutions of Sympathy.
- There were no Executive Board Recommendations.
- President Lewis informed stewards if they have not received a flash drive containing valuable information to aid them in filing grievances, they need to contact one of the officers.
- Stewards need to let their station know that management is watching attendance closely and issuing discipline.
- Delegates to the National Convention were informed they must have either a negative COVID test or proof of vaccination to enter any of the convention hotels.
- Sister Rita Wilder gave an update on the upcoming Food Drive scheduled for May 14, 2022.
- President Lewis reminded those members on Zoom that they must have their first and last name on their device in order to remain in the meeting.
- Brother Earl Hibbs was awarded his Gold Card and Life membership.
- Brother Simmons spoke about the Texas Hold-Em Tournament to be held on June 26, 2022, at 1pm at the Union Hall.
- Gary Graham will hold a class on retirement May 22, 2022, at the Union Hall.
- Sister Singleton reminded members that are receiving compensation from OWCP of their responsibility to pay their dues directly to the branch.
- The financial reports will be posted in the Metro Letter Carrier Newsletter.

Respectfully submitted,
Danny Hilliard,
Recording Secretary

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CALENDAR OF EVENTS

Currently, the branch meetings and steward training are being held at the union hall and being simultaneously broadcast over Zoom. With new developments, these plans could change, so be sure to keep up with the latest information on the branch's Facebook page at "NALC Branch 132 Connection" or check the website at: "nalclonestarbranch132.org".

July 1 – National Postal Workers Day

July 4 – Postal Holiday – Independence Day

July 7 – 7:00 pm – Steward training

July 11 – 7:30 pm – Monthly branch meeting

July 25 – Executive Board Meeting (Members may address the board by making an appointment.)

August 1 – 7:30 pm – Monthly branch meeting

August 4 – 7:00 pm – Steward training

August 7 – International Beer Day

August 29 – Executive Board Meeting (Members may address the board by making an appointment.)

September 1 – 7:00 pm – Steward training

September 5 – Postal Holiday – Labor Day

September 12 – 7:30 pm – Monthly branch meeting

September 26 – Executive Board Meeting (Members may address the board by making an appointment.)

