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THE OFFICIAL NEWSPAPER FOR ALL MEMBERS OF THE SOUTHWEST FLORIDA AREA LOCAL AMERICAN POSTAL WORKERS UNION

## With A New Year – USPS Workers Standing United



Sam Wood  
President  
SWFAL APWU

### INSTALLATION MEETING

Thanks to everyone who attended last month's Union - Officer Installation Meeting. Clerk Craft National Business Agent Mike "Sully" Sullivan was gracious to come to Fort Myers to Install our Officers. Mike also helped answer questions from the membership. With all Executive Board Members returning to office the next two years, our local decided to save money and Install

Officers at a normal Union Meeting. The savings were considerable and will help offset the loss of members due to the mass retirements last month.

I am once again pleased to be working with the same dedicated Executive Board and Trustees and look forward to continuing representing our members.

### RETIREES

I am both sad to see our longtime members retiring but also happy for them as they say goodbye to the Postal Service and being able to do whatever it is that they want to do. Many were waiting for the opportunity to get an incentive to go and I am just happy that they were able to get one.

### POSTAL SUPPORT EMPLOYEES (PSE'S)

While many Postal Employees have or will soon be retiring, there will be many new employees beginning their careers by becoming a PSE. These PSE's deserve the same dignity and respect as any other Postal employee. PSE's are the new Transitional Employee. Although they may not be career employees yet, they will be the career employees of the future. PSE's are represented by the APWU and will have the right to be a career employee because of the Collective Bargaining Agreement. Many current career employees were once Casuals or Transitional Employees before they became a career employee. Please try to help these new PSE's get adjusted to the U.S.P.S. and make sure you introduce yourself when you see a new face in your office.

### MANAGEMENT, CARRIERS PERFORMING CLERK CRAFT WORK

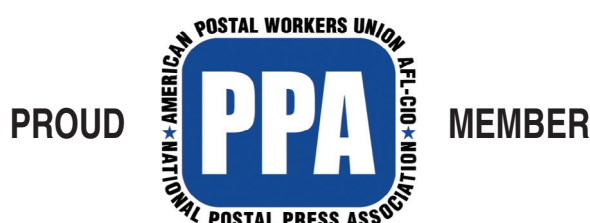
Almost daily Dan, Paul or I get calls from members stating that Management or Carriers are performing APWU bargaining unit work in their office. Please understand that we cannot do anything unless employees in that office are willing to write statements consisting of dates, times and what work was being performed in that office in order to get our members paid for this violation. Management hopes that members will sit on their rights to file a grievance and they will be able to get away with stealing your work. Please understand that by looking the other way, you are hurting your office and possibly taking the risk of future excessing in your office. There is currently 2 offices looking to excess PTF's because our members are sitting on their right to file grievances. This can and will happen to Full Time Employees also if we allow management to do what they have been doing and not challenging them.

### ARBITRATIONS

We are beginning to see more and more arbitrations for our local. I hope that this will help with the huge backlog of grievances pending. If you retire, please understand that the SWFAL-APWU will not withdraw your case. The new Collective Bargaining Agreement protects retirees who have pending monetary grievances. If you get a letter or call about a grievance going to arbitration, please be ready to prepare for that case and testify if necessary.

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**Southwest Florida  
Area Local, APWU**

11000 Metro Parkway, Unit 8  
Fort Myers, FL 33966  
239-275-1007  
Open 9am-3pm, Monday-Friday

**WEBSITE ADDRESS**

www.swfloridaapwu.org

**PRESIDENT**

Sam Wood  
SWoodFla@aol.com  
239-823-APWU

**VICE-PRESIDENT**

Dan Gray  
VPswfal@aol.com  
239-834-2736

**SECRETARY-TREASURER**

Felicia Gluhareff  
SecTreaSWFAL@aol.com

**CLERK CRAFT DIRECTOR**

Paul McAvoy  
ClerkCraftSWFAL@aol.com

**MAINTENANCE CRAFT  
DIRECTOR**

Mickey Szymonik  
Maintdirswfal@aol.com  
239-834-2900

**EDITOR**

Kathy Moyer  
EdSWFAL@aol.com

**MOTOR VEHICLE CRAFT  
DIRECTOR**

Vacant

**TRUSTEES**

Daniel Carinci  
Grace Baer  
Joyce Kelly

**SAFETY & HEALTH  
COMMITTEE**

David Grant  
Wendy Skaff

**CONSTITUTION COMMITTEE**

Dan Gray, Chairman  
Felicia Gluhareff  
Paul McAvoy  
Kathy Moyer

**NATIONAL MAILING ADDRESS**

Per Capita Section  
APWU, AFL-CIO  
1300 L Street NW  
Washington, DC 20005

**FLORIDA POSTAL WORKER**

The Florida Postal Worker  
P.O. Box 8363  
Fort Lauderdale, FL 33310  
www.apwuflorida.org

## Secretary-Treasurer's Report Felicia Gluhareff



1/27/2013

**CALL TO ORDER:**

Time: 9:35 a.m.  
There were 24 members in attendance.

**PLEDGE OF ALLEGIANCE:**

The pledge of allegiance was led by Patrick Hardiman.

**ROLL CALL OF OFFICERS:**

Felicia Gluhareff performed the roll call of officers. Present were Sam Wood, Dan Gray, Felicia Gluhareff, Paul McAvoy, Mickey Szymonik and Kathy Moyer.

**MAP:**

Barbara Carr told a joke in honor of Charles Glennon.

**NEW MEMBERS:** Edwin Millheim

**EXECUTIVE BOARD MINUTES:**

Kathy Moyer spoke about the bulk mail mailing changes and how it will affect the Eagle's Eye. She is working with the printer to comply with the new requirements. The executive board approved giving Kathy an extra day of union LWOP to research and implement the changes to the February newspaper.

A \$1 an hour raise for our office secretary was discussed.

Sam Wood fixed the leaking bathroom sink and pipes at the union hall.

Procedure for the installation drawing of gift cards was decided. Steward issues at the plant and stations were addressed.

Dan Gray and Paul McAvoy would like to see if management will designate a management representative at the plant to expedite step 2's.

**SECRETARY - TREASURER'S REPORT:**

Paul McAvoy made a motion to accept the minutes as reported in last month's Eagle's Eye. The motion passed. W2's are sent out. Our local is facing the possibility of losing 40-50 members through retirement in February.

**REPORT/ SELECTION OF COMMITTEES:**

Barbara Carr reported on the election committee. She closed out the PO box used for the election and refunded the local \$60 that was returned to her upon closure. Sam Wood thanked Robert Nowall, Eileen DiMase, Wayne Nichols and Barbara Carr for the great job they did with our local's election.

**REPORT OF CONVENTION COMMITTEE:**

None

**REPORT OF TRUSTEES:**

None

**COMMUNICATIONS:**

Deaf and hard of hearing employees will receive a mailing requesting information on how to claim their share of a legal settlement.

Letter from Page Field management discussing grievance extensions. All extensions must be in writing.

Note from Dorinda addressing change of dates for labor/management meeting.

Copy of OSHA complaint. If you get disciplined at work for an accident you have 30 days to file an OSHA complaint.

Letter from ABA.

Letter from AFL-CIO.

Considerations for bid reversions.

Note from clerk letting us know that Toni Klein, Joe Avila and Maridell Hahn will be retiring.

Card from Karen D'Angelo thanking the membership for her Christmas gift card.

**UPDATE OF GRIEVANCES:**

None

**OLD BUSINESS:**

Some grievances were held in abeyance due to the holidays. They are now being processed.

**NEW BUSINESS:**

Retiring members can become associate APWU members for only \$36 a year. In order for retirees to keep their APWU insurance they need to at least be associate members.

Paul McAvoy made a motion to extend the Eagle's Eye mailing deadline in order to give the editor, Kathy Moyer, time to comply with the new bulk mail changes. The motion passed.

Dan Gray made a motion to give our office secretary, Karen D'Angelo a \$1 an hour raise. The motion passed.

Scott Wiser discussed grievance extensions and the fact that some supervisors are not approving them while others are.

The USPS is appealing Rich Erickson's court award. Rich was a member of our local and is still a member of the military. He sent us an American flag that once flew in Afghanistan. It is now hanging in our local's union hall.

PSE's can not work over 8 hours a day unless the OTDL is utilized (CBA pg. 285). If PSE's are work-

ing over 30 hours a week, members need to file grievances asking for a bid to be posted.

Stewards and clerks to file grievances when other crafts are performing clerk work.

You are not required to fill out VOE surveys. Supervisors may try to intimidate you into filling them out because a favorable survey increases their bonus. It is your piece of first class mail and you can do with it what you wish.

Grievances can not be filed against other clerks, only against management.

There should be no PTF's in level 21 and above offices unless they were employed in that office prior to the new contract. They can work up to but not more than 40 hours. If PSE's are working more than 30 hours we need to file a grievance and request a bid be posted.

**LABOR/ MANAGEMENT:**

Dorinda is requesting a change in the meeting date.

The union would like to hold the labor/management meeting.

**GOOD AND WELFARE:**

NBA Mike Sullivan swore in the executive board and trustees. The executive board did not change in the last election. Sworn in as trustees were Grace Baer and Danny Carinci. Joyce Kelly was not in attendance.

Names for gift cards were drawn. The winner of the COPA 50/50 drawing was Sandy Beckler who won \$70. The total netted was \$140. Mark Kylo donated an extra \$15 to COPA. The name drawn for the member's incentive award was Mickey Szymonik. She won \$50. The pot will be \$50 at the next meeting.

**ELECTION OF OFFICERS AND DELEGATES:**

None

**LEFTOVERS:**

None

**ROLL CALL OF OFFICERS:**

Roll call was performed by Felicia Gluhareff and recorded.

**NEXT MEETING:**

Robert Nowall moved to have the next meeting on February 24th, 2013 at 9:30 a.m. at the union hall. The motion passed.

**ADJOURNMENT:**

Janna Carinci moved to adjourn at 11:38 a.m. The motion passed.

# Fort Myers P&DC Management Not Adhering To Overtime Rules

First off, I would like to wish all of our past and newly retired coworkers the best in life. Enjoy your life outside of the Postal Service. We will miss seeing you at work and hope you have a healthy and happy retirement.



**Daniel M. Gray**  
Vice President  
SWFAL APWU

Enjoy yourselves, family and friends in whatever endeavor you pursue. I hope to be joining you in a few years.

We have been officially notified that the consolidation of Manasota into the Fort Myers P&DC will be done by February 2014.

According to the AMP staffing sheet, we will see an increase of 52 clerks, 19 mail handlers, and 8 maintenance employees. We are stilling waiting on more information on the consolidation and will let you know as we find out.

Hopefully by the time you read this article management has figured out that we need more employees to work the mail due to the VERA.

We began to see an uptick in overtime even before we lost coworkers to the VERA. We also began to run into a lot of questions with regards to overtime and how overtime is supposed to be issued.

I will quote from the National Agreement and Joint Contract Interpretation Manual information that you may find useful in this regard. One issue is management claiming an emergency is the reason everyone is being issued overtime.

The Joint Contract Interpretation Manual defines an "Emergency" as "an unforeseen circumstance or a combination of circumstances which calls for immediate action in a situation which is not expected to be of a recurring nature."

So the excuse of short staffing is unacceptable. The pending retirements have been known for months so they can in no way be considered "unforeseen".

Another hot topic concerning the issuing of Non-list employee's overtime prior to maximizing the OTDL is answered again the Joint Contract Interpretation Manual in Article 8 Q & A's;

Question 15: Must all employees on the overtime desired list be utilized twelve hours per day before an employee not on the list works any overtime?

Response: Except when there is an operational window that cannot be met unless non-list employees are worked. At such time, list and non-list employees may be scheduled simultaneously.

NOTE: Non-list employees, in offices utilizing NTFT duty assignments in the same Functional area, cannot work overtime except in an emergency.

This means the "operational window" is for mail to be dispatched or delivered that day. Not mail management plans on setting aside to be delivered the following day.

We have this issue mostly on Tour One Automation at the Plant. Management must keep all of the available OTDL clerks also regardless if they are on penalty or not before utilizing the Non-list and PSEs.

Another issue is when management may utilize a PSE and not the OTDL employee. JCIM Question 11 answers that.

Question 11: Is management required to assign overtime to overtime desired list employees before utilizing a Postal Support Employee (PSE) in excess of eight work hours in a service day?

Response: Qualified and available full time employees on the appro-

priate overtime desired list will be selected to perform such work.

Now the following covers the appropriate remedy for overtime bypassing taken from the Joint Contract Interpretation Manual.

Question 26: What is the remedy if an employee on the overtime desired list is improperly bypassed?

Response: If the overtime desired list employee is improperly bypassed and another employee on the overtime desired list is selected out of rotation, the bypassed employee is provided a similar make-up opportunity within ninety days of when the error is discovered; if no similar make-up opportunity is available within that ninety days, the employee is compensated at the overtime rate for a period equal to the opportunity missed.

If the overtime desired list employee is improperly bypassed for another employee not on the overtime desired list, the bypassed employee will be paid at the overtime rate for the number of hours equal to the opportunity missed.

When a question arises as to the proper administration on the "overtime desired" list at the local level, a steward may have access to appropriate overtime records.

You must also remember you are only entitled to overtime within your Tour and Section as defined in your Local Memorandum of Understanding.

Any overtime issued outside your section, the section that is issued the overtime must be maximized - the only exceptions are an "emergency" or "operational window". Now this doesn't cover every situation concerning overtime so if you have questions please ask to see your steward.

Please, if you get the time go online to [www.APWU.org](http://www.APWU.org) and click on the link for handbooks and manuals. It is a wealth of knowledge. Be proactive and find out what your rights are under the National Agreement, handbooks and manuals.

We have also continued our Labor and Management meetings at the Plant to address issues at the local level. Please, if you have any suggestions or input let a member of the Executive Board know.

Remember it doesn't hurt to ask. Remember if you have any questions or concerns ask to see your Union Steward.

**One issue is management claiming an emergency is the reason everyone is being issued overtime.**

**The Joint Contract Interpretation Manual defines an "Emergency" as "an unforeseen circumstance or a combination of circumstances which calls for immediate action in a situation which is not expected to be of a recurring nature."**

**So the excuse of short staffing is unacceptable. The pending retirements have been known for months so they can in no way be considered "unforeseen".**

# Congratulations And Good Luck To All Of Our Retirees

On January 31, 2013 approximately 50 employees in the Fort Myers bidding area retired from the USPS.



**Paul McAvoy**  
Clerk Craft Director  
SWFAL APWU

This number does not include the employees in the stations and AO's from outside the bidding installation.

I would like to wish all the retirees a long, happy and healthy retirement. Hopefully I won't be far behind you.

Management has already begun the hiring process for PSE's. According to the CBA management is allowed to have 20% PSE compliment in the DISTRICT.

We have already been informed that management will go over their 20% cap because of the retirees. The APWU is keeping track of PSE hours district wide. We will be closely monitoring locally to grieve any management violations.

Below is CBA language and violations to look for and grieve if you see them in your office.

Article 8.4.G.  
Overtime Work PSEs  
PSEs shall be paid overtime for work performed in excess of forty (40) work hours in any one service week.

Overtime pay for PSEs is to be paid at the rate of one and one-half (1½) times the basic hourly straight-time rate.

When an opportunity exists for overtime for qualified and available full-time employees, doing similar work in the work location where the employees regularly work, prior to utilizing a PSE in excess of eight (8) work hours in a service day, such qualified and available full-time employees on the appropriate Overtime Desired List will be selected to perform such work in order of their seniority on a rotating basis.

If a PSE is working a split shift in two different offices, before they can work more than 8 hours in any service day, the ODL must be maximized.

If a PSE is over 40 hours in a service week, the ODL must be used if available on that day.

Please be sure if you call in FMLA sick leave, it is noted as such on the 3971 you sign. If it says in comments NOT FMLA and you requested FMLA either change it or don't sign it.

Management is looking for any excuse to go after employees with FMLA. They look for the tiniest loophole and then go for discipline. Please be very careful signing 3971's, as it is the controlling document. So, if you sign it you own it.

At the last union meeting I was once again sworn in to be your SWFAL Clerk Craft Director for the next 2 years. I would like to thank everyone for their support and look forward to serving you as your clerk craft director. This executive board works well together and we are continually fighting with management - who doesn't care about your contractual rights.

## Article 8.4.G.

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## To Contribute to COPA through PostalEASE

*(Employees may designate three payroll allotments.)  
Follow the instructions below:*

1. Add your Social Security number to the 8-digit COPA account number (29320001) in line 11 on this form. This 17-digit number (no hyphens) will enable the APWU to identify this contribution as having come from you.
2. Dial 1-877-477-3273 (1-877-4PS-EASE).
3. Press #1 for PostalEASE.
4. When prompted, enter your employee identification number.
5. When prompted again, enter your USPS PIN number. (If you do not have a USPS PIN or cannot remember your PIN, follow the instructions on this form, under "Don't Have Your USPS PIN?")
6. When prompted, choose option #2 (to select payroll allotments).
7. When prompted, choose option #1 (to select type of allotment).
8. When prompted, press #2 to continue.
9. When prompted, press #3 to "add" the allotment.
10. When prompted, add routing number: 054001220.
11. When prompted, enter the COPA account number: 29320001 \_\_\_\_\_, followed by your Social Security number (no hyphens, 17 digits total). Press #1 if correct.
12. When prompted, press #1 for checking.
13. When prompted for the dollar amount of the allotment, enter \$\_\_\_\_.00, your choice for a biweekly allotment. Press #1 if correct.
14. When prompted, press #1 to process. At this point, you'll be provided with a confirmation number and the start date of the allotment. Record the confirmation number \_\_\_\_\_ and start date \_\_\_\_\_.
15. Press #1 to repeat, or press #9 to end the call.

*Retain this form for your records.*

**COPA**  **YES!**  
**Doing Our Part to Build a Better Future**

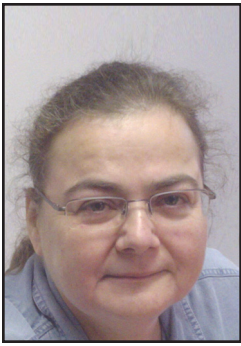
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### Don't Have Your USPS PIN?

To obtain your PIN: Call 1-877-477-3273. Press #1 for PostalEASE. When prompted, enter your Social Security number. When prompted for your PIN, pause, then press #2. Your PIN will be mailed to your address of record the next business day.

# Union Matters

As I write this article, the news has come in that the Manasota PD&C is being closed down, to the gain of our P&DC.



**Mickey Szymonik**  
Maintenance Craft  
Director  
SWFAL APWU

Most of us here suffered through the back and forth volley of the May, 2011 AMP (Area Mail Processing) Study between Fort Myers and Manasota. We know what it feels like to be targeted for closure, to get a tentative reprieve and to understand that nothing is certain.

We wrote out representatives, we detailed our arguments, we attended rallies, and we pleaded

and prayed, as did our USPS co-workers and their families in Manasota. As it stands now, the Fort Myers PD&C prevailed, but remember the cost - our gain is their loss.

For Manasota employees and their families, lives and livelihoods have been thrown into turmoil. Dwell on that for a minute.

Manasota was a stellar facility. From top-notch management to dedicated and efficient craft workers. In the end it boiled down to "location, location, location".

Under the new Collective Bargaining Agreement we can be thankful that we still have the "no-layoff protection" language.

This time around, at least, the USPS was stymied in their efforts

to excess craft workers far outside their work locations; the restrictions of the previous contract were strengthened with the latest Collective Bargaining Agreement. So, we won on that front.

To me it's a bitter victory, won by spilling the blood of our APWU family. It's akin to the winning a Civil War; you had to shoot your own brother to do so. It's hard to call it a victory.

Our individual relief and elation should be tempered by grief and sorrow over the fate of our Manasota brothers and sisters.

Before you start fretting over what the employees excessed to our facility will mean to your own security and preferences, take a moment to realize the cost to all those in Manasota. Take a

moment to put the shoe on the other foot. After all, it was nearly us, and in the future, could still be us.

These union brothers and sisters are the faces of the prefunding mandate - the requirement that the USPS set aside billions of dollars for future retirees. The human cost of all of this is going to add up over the next year as more USPS facilities suffer the same fate as Manasota.

Take heart in our current good fortune, but also have heart for those who lost out. After all, that is the foundation of our Union. We are a family of working class people that ought to be looking out for our own, which now includes our Postal Support Employees. Let's act accordingly.

Solidarity, Prosperity, Peace

# Greetings From Bokeelia

## POSTAL REFORM – THE BATTLE CONTINUES ON

On January 3, 2013, the newly elected members of the 113th Congress were sworn in. And with that, the unfinished business of postal reform that was a part of the the previous 112th Congress was swept away.

The Senate passed the 21st Century Postal Service Act in 2012. However, the House of

Representatives never brought the bill to a vote. Consequently, when the 112th Congress officially ended, the Senate's bill ended along with it.

Now the battle for postal reform begins anew. And we need to be in solidarity as we move forward.

APWU President Cliff Guffey is calling on all members to get involved in the coming battle.

"New legislation must be introduced this year to reform USPS finances and undo the mess Congress made when it passed the Postal Accountability and Enhancement Act (PAEA) in 2006," Guffey said.

Most postal employees are aware that the PAEA requires the USPS to pre-fund healthcare benefits for future retirees 75 years into the future. No other business or

Agency is faced with having to meet this kind of unreasonable and burdensome requirement.

That should tell us everything we need to know about this "pre-funding" mandate. This requirement is simply a way of placing a financial stranglehold on the USPS. Within this manufactured financial crisis mode, we are told the USPS must cut its services to the American people.

However, I'm a postal customer, too. I don't want my postal services degraded. And, it is not even necessary for solving the problem.

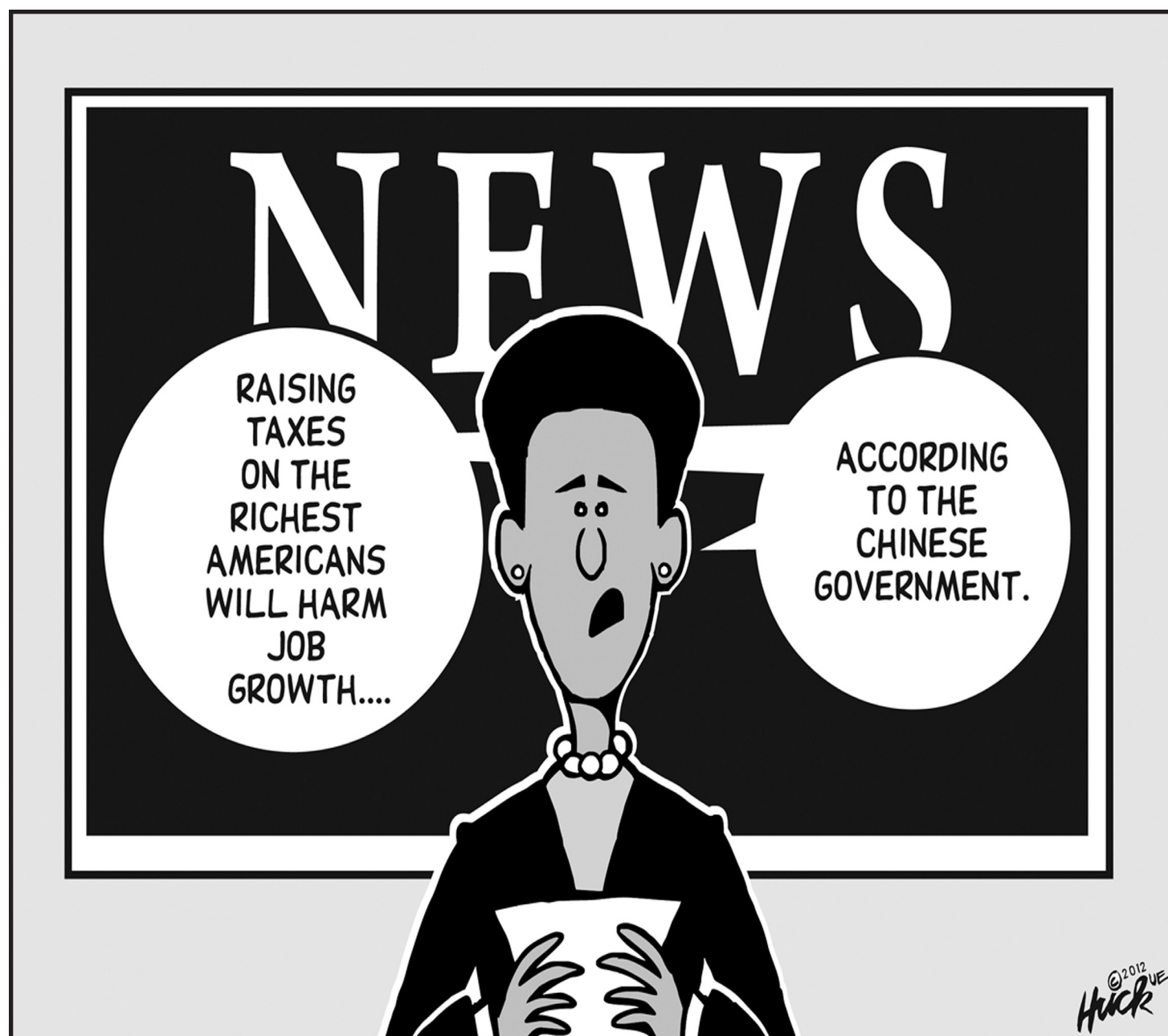
When we hear news stories or politicians making claims that the USPS is facing dire financial circumstances, and they fail to mention the burden of the pre-funding requirement, we are not getting the complete set of facts.

It will once again be our responsibility to help inform the American people about all of the facts concerning the USPS and its financial condition, as well as, workable solutions for solving these problems.

Guffey stated, "I will be calling on APWU members to join with their co-workers, neighbors, friends, and family members to demand that Congress preserve and protect the USPS and our nation's commitment to universal service for the American people," he said.

President Guffey added, "We will continue to meet with members of Congress and their staffs and fight for the interests of postal employees as new bills are being drafted."

Kathy Moyer  
Bokeelia Steward



# Report Of The Election Committee Election 2012 Final Update

The final report from the Election Committee is as follows:

The post office boxes were closed on Saturday, December 29. The rebate of \$60.00 was turned in to the Southwest Florida Area Local, along with the 18 unused postage

stamps, on Thursday, January 24, 2013.

There was only one late ballot that was received, which will remain unopened and be placed, along with the final reports, in an envelope attached to the sealed

Election 2012 box.

The election committee members consisted of Robert Nowall, Eileen Dimase, and Wayne Nichols. They each did an outstanding job and I can't thank them enough.

To all of our APWU members that participated in the election process we appreciate your diligence in casting your ballots in this past election.

Barbara Carr  
Election Committee



## NEW OFFICERS AND TRUSTEES OF THE SWFAL APWU INSTALLED ON JANUARY 27, 2013

From Left to right: Daniel Carinci, Trustee, Grace Baer, Trustee, Kathy Moyer, Editor, The Eagle's Eye, Felicia Gluhareff, Secretary-Treasurer, Sam Wood, President, Daniel Gray, Vice President, Paul McAvoy, Clerk Craft Director, Mickey Szymonik, Maintenance Craft Director. Not pictured, Joyce Kelly, Trustee. All Officers and Trustees will be serving two-year terms. Officiating at the installation ceremony of the Executive Board Officers and Trustees was Michael Sullivan, APWU National Business Agent, Clerk Craft.

*"Our labor unions are not narrow, self-seeking groups. They have raised wages, shortened hours and provided supplemental benefits. Through collective bargaining and grievance procedures, they have brought justice and democracy to the shop floor . . . but their work goes beyond their own jobs and even beyond our borders. They have spoken, not for narrow self-interests, but for the public interest and for the people."*

**John F. Kennedy**

**35th President of the United States, 1961-1963**



**MICHAEL SULLIVAN**  
APWU National Business Agent  
Clerk Craft

# Management's Way Of Wasting Time And Money

It never ceases to amaze me the ways management finds to waste time, money, and at the same time stick it to an employee. In the 26 years I have worked for the postal service I have seen some really poor decisions by management but this one had to be the all-time low even for management.

Many employees slated for retirement on January 31 were issued attendance related discipline, some of which was issued two weeks before their retirement date.

NO gold watch, NO thanks for the years of service, for you . . . a letter of warning.

I could possibly understand if an employee was at the removal phase and management was try-

ing to beat them out of the \$15,000 but that was not applicable in any of these cases. This was for letters of warnings.

Keep in mind some of these employees took advantage of the early out incentive specifically because of their health issues. Many of the health issues were caused from the repetitive motion issues caused during their years of postal service. What a slap in the face!

How low can you go! How much sense did this make. How can management possibly think that administering attendance related discipline within a month of retirement was corrective or productive? What did they possibly hope to gain?

Now how many ways did this

waste money . . . Supervisor time, Union Rep time, employee time taken to perform the investigative interview . . . prepare a discipline package . . . preparing a grievance (which will be a moot issue before it hits step 2) . . . research and filing an information request . . . reviewing the information . . . presenting the grievance . . . answering the grievance . . . preparing for step 2. Not to mention the impact on the morale of employees.

All this was a huge waste of time and money. Maybe management expected employees not to file grievances because they knew they would be retired before any further action could be taken. Who knows?

You have to wonder how they explain these expenses to their

bosses. Does anyone in management really care how much money is wasted and on what?

Although management may not have appreciated your dedicated years of service, I did. I have enjoyed working with you. I wish you all the best in your retirement. I hope each of you remains a member. Good luck to each of you.

I am dreading the confusion that we are bound to have with the number of people retiring. Looks like we will be getting plenty of overtime until bids are filled. It will be interesting to see how management handles this. Keep the faith and stay strong we will get through this as well.

Yours in solidarity,  
Joyce Kelly



**Our Next Union Meeting**

**AMERICAN POSTAL  
WORKERS UNION AFL-CIO**

**Sunday, February 24, 2013**

**9:30 am**

**11000 Metro Parkway, Unit 8**

**Fort Myers, FL 33966**

## Count me in and enroll me as an APWU Retiree for only \$3 a month!

*Complete details for the following are listed in APWU National Constitution and Bylaws.*

**OPTION 1**

**Retiree Membership of only \$36 per year, ANNUITY DEDUCTION of retiree \$3 dues monthly.**

Privileges: The right to vote and run for office as a Retiree National Convention Delegate or National Director of the APWU Retirees Department. Shall be eligible for vote for the three (3) APWU General Officers: President, Executive Vice President, and Secretary-Treasurer, and four resident department officers: Director and Assistant Director Legislative/Political Department, Director Human Relations Department, and Director, APWU Health Plan; excluding all local, state, and national resident and craft/division officers not specifically listed herein, or in any matter pertaining to national agreement ratification, LMOU's, or proposed work stoppage.

**OPTION 2**

**Retiree Membership of \$36 per year plus APWU National Per Capita Tax, ANNUITY DEDUCTION of approximately \$23 per month. \***

Privileges: Same as OPTION 1 plus eligible to participate in national elections (limited to areas outlined in the election rules).

**OPTION 3**

**Retiree Membership of \$36 per year plus APWU full dues (National Per Capita Tax and local dues), ANNUITY DEDUCTION of retiree \$3 dues monthly. You will be billed for the National Per Capita Tax and the required local dues amount. This amount will vary from approximately \$200 to \$600 annually.\* (Note: Constitution or reinstatement of full dues-paying membership requires compliance with Article 3, Section 4 of the APWU National Constitution and Bylaws. This language can be reviewed on the APWU web-page, [www.apwu.org](http://www.apwu.org), in the Secretary-Treasurer section under "Constitution and Bylaws").**

Privileges: Same as OPTION 2 plus eligible for full local and national membership rights.

\* For Options 2 and 3 only, contact 202-842-4288 to find out the current amount.

## Your Elected Officials

President Barack Obama

Web Site:

[www.whitehouse.gov](http://www.whitehouse.gov)

E-mail:

[president@whitehouse.gov](mailto:president@whitehouse.gov)

Phone: 202-456-1414

Fax: 202-456-2461

Capital Address:

1600 Pennsylvania Ave. NW  
Washington, DC 20500

Senator Bill Nelson

Web Site:

[www.billnelson.senate.gov](http://www.billnelson.senate.gov)

E-mail:

[senator@billnelson.senate.gov](mailto:senator@billnelson.senate.gov)

Phone: 202-224-5274

Fax: 202-228-2183

Capital Address:

716 Hart Senate Office  
Building  
Washington, DC 20510-0905

District Office:

Tallahassee, FL

District Phone: 850-942-8415

Senator Marco Rubio

Phone: 202-224-3041

Fax: 202-228-5171

Capital Address:

524 Hart Senate Office  
Building  
Washington, DC 20510-0903

District Office:

Tallahassee, FL

District Phone: 813-207-0509

Our members live in several different districts. For your representative's information, go to [www.congress.org](http://www.congress.org). Enter your zip code and the web site does the rest. You can e-mail most of your representatives at once with a click of your mouse at this web site. Their voting records are also available here. Check it out! Let them know how you feel, it's your DUTY!

## THE EAGLE'S EYE EDITORIAL POLICY

The Eagle's Eye is the official publication of the Southwest Florida Area Local, APWU, AFL-CIO. The editor has the right to determine whether the material submitted shall be printed, and has the right to edit as needed. It is the policy of this newsletter to disallow any attacks on individuals. Opinions expressed are those of the writers, and not necessarily those of the Executive Board. The deadline for submission of all articles is the day of the monthly membership meeting. You must be an APWU member to submit an article. Name may be withheld upon request. All articles may be reprinted with proper credit given. Captions/cartoons may only be reprinted upon written permission of the editor.

## Southwest Florida Area Local Membership News

Many of our SWFAL APWU brothers and sisters have taken advantage of the special retirement incentive. As we go to press, we have been notified of the following retirees:

Juliann Aguilar - Bonita Springs

Luis Arrebola - P&DC

Joseph Avila - Marco Island

Robin Brocious - North Station

Janna Carinci - P&DC

Gale English - P&DC

Adam Feist - Bonita Springs

Kay Grebey - P&DC

Richard Greenberg - P&DC

Maridell Hahn - Marco Island

Toni Klein - Marco Island

Hope McGurk - North Station

John Stafford - P&DC

Debra Tardiff - Bonita Springs

Laura Traylor - P&DC

David Truett - P&DC

Robert Younger - P&DC

We would like to make special mention of John Stafford, past President of the SWFAL APWU for his many years of dedicated service to our local and its members.

To each of our retirees, may you be healthy, happy and find much enjoyment in your retirement years! Your many years of service at the United States Postal Service are appreciated by your coworkers and also by the people of America who use the Postal Service on a daily basis.

If your name was not mentioned, we would like to honor you in our next edition of The Eagle's Eye. Please submit information and/or



photos that you wish to be included for publication. Publication of information/photos will be subject to our standard editorial policy.

For those of you retiring that wish to continue receiving The Eagle's Eye newspaper, please email the Editor at [Edswfal@aol.com](mailto:Edswfal@aol.com) or call Karen at our local APWU office at 239-275-1007.

You may also email information on marriages, graduations, special events or achievements. We will be pleased to include as many member announcements as possible.

## Can Eating Chocolate Reduce Your Risk of Heart Disease?



Yes you are reading correctly. Eating dark chocolate on a regular basis has been shown to reduce the risk of heart disease. Chocolate is made from plants, which means it contains many of the health benefits of dark vegetables. These benefits are from flavonoids, which act as antioxidants. Antioxidants protect the body from aging caused by free radicals, which can cause damage that leads to heart disease. Dark chocolate contains a large number of antioxidants (nearly 8 times the number found in strawberries). Flavonoids also help relax blood pressure through the production of nitric oxide, and balance certain hormones in the body. Dark chocolate is good for your heart. A small bar of it everyday can help keep your heart and cardiovascular system running well. Dark chocolate has far more antioxidants than milk or white chocolate. These other two chocolates cannot make any health claims. Dark chocolate has 65 percent or higher cocoa content.

Two heart health benefits of dark chocolate are:

- Lower Blood Pressure: Studies have shown that consuming a small bar of dark chocolate everyday can reduce blood pressure in individuals with high blood pressure.
- Lower Cholesterol: Dark chocolate has also been shown to reduce LDL cholesterol (the bad cholesterol) by up to 10 percent.

### Other Benefits of Dark Chocolate:

It tastes good

It stimulates endorphin production, which gives a feeling of pleasure

It contains serotonin, which acts as an anti-depressant

It contains theobromine, caffeine and other substances, which are stimulants

### Know the Health Value of Chocolate

Some of the fats in dark chocolate do not impact your cholesterol. The fats in chocolate are 1/3 oleic acid, 1/3 stearic acid and 1/3 palmitic acid:

- Oleic Acid is a healthy monounsaturated fat that is also found in olive oil.
- Stearic Acid is a saturated fat but one which research shows has a neutral effect on cholesterol.
- Palmitic Acid is also a saturated fat, one which raises cholesterol and heart disease risk.
- That means only 1/3 of the fat in dark chocolate is bad for you.

This information doesn't mean that you should eat a pound of chocolate a day. Chocolate is still a high-calorie, high-fat food. Most of the studies done used no more than 100 grams, or about 3.5 ounces, of dark chocolate a day to get the benefits.

One bar of dark chocolate has around 400 calories. If you eat half a bar of chocolate a day, you must balance those 200 calories by eating less of something else. Cut out other sweets or snacks and replace them with dark chocolate to keep your total calories the same.

[www.apwuhp.com](http://www.apwuhp.com)  
(800) 222-2798

**APWU**  
HEALTH PLAN  
*Live Life Well*