



Volume XXXV35

Season Spring 2022

President's Report

Brothers and sisters

Wishing you all a healthy and safe winter season. I have appointed Chad Peschel to fill the vacancy on our Executive Board. Thank you for volunteering your time to help the Colorado State Association and its members. He will be in touch with the branches he represents. Each position we have is extremely important and if you are interested in doing more for your fellow carriers and learning more in the process, please let me know.

All branches should have received the Convention call for our upcoming state convention. It will be held the weekend of April 29-30, 2022 at the Great Wolf Lodge in Colorado Springs. The information for booking your individual rooms if you are a delegate has been sent to your Branch President. Please get the information from your president and reserve your individual rooms no later than March 25, 2022.



If for some reason your branch did not receive the information to reserve your rooms and you are a delegate to the Colorado State Convention, please send me an email. Registration will begin Thursday evening along with the hospitality dinner and Top Golf Fundraiser for MDA. The registration fee for each delegate attending will be \$50 for this year's convention. We won't know what protocols will be in place at that time due to COVID, but please be prepared for the possibility of the hotel requiring each attendee to wear masks and sign in for contract tracing.

The Officers of the State Association and Colorado Springs branch are working hard to prepare for the Convention, and to have an agenda ready for the delegates and guests. If you are not a delegate to the State Convention and would like to be, please begin attending your branch meetings so you can find out how to become a delegate for your branch for next year's state convention.

We are very close to having the Postal Reform Act come to the floor for a vote. Please make sure you are taking Action daily by going to the NALC Website and contacting your congressional representatives to urge them to vote to pass this bill. We are a strong voice when we all Take Action.

We had a very successful Colorado State Steward's College this last weekend and great information was relayed by our national business agents' office. The state association works with the business agents' office to ensure an equal distribution of training is being done, and we plan on including officer training at the state convention. If you need help in your office, or area please let us know. We are here to help each and every member across the state.

In Unity,
Danielle Fake-Moorman
President COSALC

PASS THE
★ POSTAL SERVICE REFORM ACT ★

Call Your U.S. Senators:
844-959-1425

Colorado Letter Carriers
Call Senator Hickenlooper at 202-224-5941 and
ask him to support S. 1720 (HR 3076)

Vice President's Report

Greetings Sisters and Brothers,

Well, we made it through another holiday season. Each one seems to be different lately. More parcels and fewer carriers have brought more illnesses and injuries. Lack of management's ability to hire, whether by design or by the labor environment, has brought something I never thought I would see in Colorado: routes going undelivered for not only a day but for days on end. How this will end will be up to us. In those cities where this is happening, we must let our Branch leadership know so they can pass this information on to our NBA Dan Versluis. National has heard from us, but they need the details so the parties at the national level can hire PTFs and do away with the CCA position. The idea of a career with all the Federal benefits that go along with it is (we hope) more appealing than just a job with a promise. Please help your local branch with this task.



As I write this letter, we have just concluded the Colorado State Steward College. Dan and John put on a very comprehensive training covering grievance 101,201,301, ... I am convinced that there is no better learning experience for all levels of stewards than what we have in Colorado. The passion that the instructors bring is second to none and very contagious. All those who attended left not only with the knowledge to represent you, but the energy to deal with the workroom floor. It was very encouraging to see the branches (13 of them) represented by those dedicated to you. Please take the time to thank those who represent you.

Another issue that COVID has affected is LCPF. Contributions to your Letter Carrier Political Fund have fallen. Most of this is due to the inability to get out and talk the fund up. While we will be out and about more, John Beaumont held a training on signing up new contributors and those who want to raise their contributions. So, we now have multiple carriers able to sign you up. And a little tip for those who are looking to retire in the near future, please consider changing your method of contributing from an allotment to an EFT from your bank. When you do retire, you won't be dropped from being a contributor to the fund. This happens because you are switching from being paid by the Postal Service to OPM.

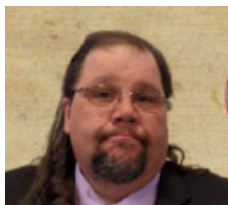
And finally, join me in taking a minute to think of everything being a Letter Carrier has given us. A middle-class lifestyle, friends, insurance benefits, retirement plan, a connection to the community. And then realize that none of this would have happened without the NALC and all those Carriers who came before us or we stand on their shoulders.

Until Convention in Colorado Springs, take care of yourselves and those you love.

Doug Jaynes
VP COSALC

Secretary's Report

Hello again Brothers and Sisters,



Well, hopefully everyone made it through another rough holiday season and I want to thank all of you for the hard work you had to endure to get through it! There are so many things swirling around within the post office right now with mandates, being overworked, stress levels, COVID, and trying to juggle work and a family life! I will keep my report to

the basics this time, but it is a lot of information to get out to all of you.

First on the COVID issues. If you have tested positive, please go online to NALC.org website. In the search area up top, search for COVID 19 ca-1 and the first item that pops up in the list is called the FECA outreach with pictures of clock faces and a bullseye. Click on that, and it will take you to a tutorial on how to fill out the ca-1 form for COVID. You will need a couple of things before filling out the ca-1 and they are a photo of a positive antigen test that came from a medical provider (not a Rapid test) and your supervisor's email address. If you don't have the supervisor's email address, you can put in their first name and then usps.gov and that should suffice for now. If you know your supervisor's email, please make sure that goes in. The reason for this is to get you covered under COP and also protect you further along in your career in case something comes about in the future! If you are one of the unfortunate individuals that has caught it more than once, you will need to fill out a new ca-1 every time! It should go easier the second time as you already have a profile set up in ECOMP.

Continuing with COVID, MASKS, remain a hot topic in many installations. I personally don't understand it being a hot topic, but here it is: it is a Postal Policy and therefore a rule. Not unlike any other rule in the post office, like wearing your seat belt or delivering all your first-class deliverable mail. It's a rule and therefore you are subject to punishment if you do not follow it, plain and simple. Leave the politics out of it! If you have a medical reason for not wearing one that is a discussion with you and postal management and they can issue a face shield! I have heard people bring up all kinds of scientific reasons for this that and the other, but it doesn't matter, it's a rule! You're inside the facility, for most of us, less than 2 hours a day!

State convention is coming up on April 29-30 in Colorado Springs. There was a snafu with the hotel we had booked and we have arranged with another to take those same times. Contracts should be signed soon and fliers will be sent to all branches for the wonderful things we will be doing. Planned so far is a golf event at Top Golf where we will have pre-registration and a fun night for golfers and non-golfers. For those golfing we will need you to register for the event. That will take place the night before on the 28th. There will also be a CPR/first aid class taught on that day as well. If you would like to participate in it, you will need to pre-register so we have enough supplies for the entire class. On Friday the 29th we will have a poker night fundraiser for MDA. If poker is not your game, we will have corn hole and bingo fundraisers with proceeds to go to the NALC Disaster Relief Fund. During the convention, as this is not an election year, we will be doing a variety of training classes so you can pick your interest there.

The Steward's college that was just put on in conjunction with NBA Dan Versluis and his staff John Robles, Christy Bowers was well attended and Colorado received nothing but praise from Dan on the questions asked and the way the participants were involved in all aspects. I want to thank the NBA's office for all of the hard work in getting that information to us. It is always a treat when you are instructed by a facilitator that is both passionate and knowledgeable on the subject; Dan, John and Christy are just that!! Thank You!! Thanks as well to John Beaumont for the political updates and the fellow officers of the COSALC for making this event happen!

In Unity,
John Woolley

Treasurer's Report

Brothers and sisters

I hope everybody is well! I would like to thank the State and the NBA's office for putting on a great steward training. We are planning on having some training at the State Convention this year as well. There is some talk of some treasurer training. If everything works out, I encourage all interested parties to attend. There is a lot to the job. The financial responsibilities are very important. Hopefully all branches got the W-2's, W-3, 940 and 941 mailed off or submitted.



As many may have noticed, our dues went up. The NALC constitution Article 7 states in part:

Sec. 2 (a). There shall be a minimum dues structure which shall consist of the following:

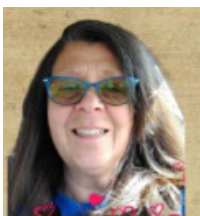
Each member shall pay monthly dues equal to two hours base pay for an NALC Grade 1, Step D letter carrier employed by the United States Postal Service. After November 24, 2018, each member shall pay monthly dues equal to two hours base pay for an NALC Step D letter carrier in the consolidated career City Carrier grade level (Table One) implemented on that date. One third of such dues shall be allocated to the national union and shall be designated the national per capita tax. The remaining two thirds of such dues shall be allocated to the member's branch and shall be designated minimum branch dues

It is the responsibility of each branch to go through their dues rosters and make sure all members are paying the correct amount. The listing should be checked for inaccuracies in the dues amount withheld from each member's pay-check. If an amount is incorrect, the branch should notify the membership department immediately, providing members name and social security number or NALC membership number and the correct dues amount. For more information on this, go to NALC.org and it is in the NALC Branch Officer's Guide to Finance and Administration.

Renae Birnell
COSALC Treasurer

Director of Retiree's Report

Greeting and Salutations Colorado State Retirees:



I have had several calls regarding these two provisions. The people I am hearing from wanted me to explain these two Legislative items in plain speak. I have done my best to drill down H.R 82 and S. 1302, but please be aware that these are very complicated pieces of Legislation. You can read the fact sheets for yourself at NALC.org, and I would encourage to do just that. I do have an ask of the retirees.

After the Postal Reform Act is passed, contact your representative and ask them to support these provisions.

Windfall Elimination Provision: This provision was enacted in 1982 and reduces the Social Security benefit of retired public employees (federal, state and local) who also worked in Social Security-covered private sector employment. This provision hurts CSRS directly with a complicated formula designed to reduce the benefit they have rightly earned; through the years they were paying into the Social Security fund. It will continue to affect these individual until it is corrected. It is imperative that we stand up for our retirees and protect them. Their ability to care for their financial health into their most vulnerable years,

will be seriously affected. With food, medical care, and housing prices soaring around the country, our work to rid them of this burden is more important than ever.

Government Pension Offset: This provision was enacted in 1977 and reduces or eliminates the spousal/survivor benefit for those married to CSRS employees; unless they qualify under their own work history. The benefit is reduced or even done away with altogether when an arbitrary financial threshold is reached. This reduction or elimination could financially devastate the individual left behind after the passing of one of our Retirees. The support provided by this benefit could make the difference in being able to afford adequate, healthy food, safe housing, as well as medical care. Our retirees worked for many years ensuring and protecting the contractual rights of all Letter Carriers, it is only right that we stand by them now and make sure they are not left to suffer financially in their golden years.

Thank You

Jacqueline Skene
COSALC Dir. Retiree

Director of Education Report

Colorado Letter Carriers,

We've just completed the 2022 Colorado Steward's College and it was a great success. Thank you to the Region 4 NBA's Office for their assistance in teaching the classes. We personally want to thank NBA Dan Versluis, RAA John Robles, RAA Christy Bowers and RGA Jeff Hartman for helping educate the members at the training.



While the work never stops, the executive board continues to work on the preparations for the 2022 COSALC State Convention in Colorado Springs. Many of you may have heard the hotel we planned on having the venue was sold. That news is correct. Branch 204 President Renae Birnell hit the ground running looking for a new location and COSALC

President Danielle Fake-Moorman signed the contract with Great Wolf Lodge. The details are on the website under the Training Dates/Training Downloads tab.



2022 COSALC Steward's College

Director of Education Report Cont...

Branch Officer Training along with many other training classes will be connected this year at the COSALC State Convention on April 29th and 30th, 2022. Be sure to register in advance for the CPR/First Aid class. Registration and payment is required in advance so we can be sure to have enough instructors for the attendees. The registration form is located in this issue of the newsletter and on the website. Keep up to date on the website and with **COSALC Stay Connected**.

We are also encouraging everyone to sign up for **COSALC Stay Connected**. You can stay connected with information as updates become available. Send your name, email and branch number to StayConnected@cosalc.org.

In solidarity,

Richard Byrne, Director of Education
richardbyrne@cosalc.org



2022 COSALC Steward's College

Executive Board Reports

Brothers and sisters

How to Communicate Effectively with Legislators Why advocate?

Every piece of legislation starts as an idea, and that idea can come from a legislator, a staff member, a professional lobbyist, or an "average citizen." Legislation succeeds or fails depending on a number of factors. Advocacy organizations represent the views of like-minded individuals when it comes to supporting or opposing bills, but the most powerful voice still belongs to the individual constituent. It may seem as if one person cannot affect the legislative process. Conventional wisdom holds that the political process is corrupt, and the government is broken. Politicians don't listen to an average citizen. Legislators can't get anything done.



What influences elected officials?

Most importantly... their constituents: A common refrain in any elected official's office is, "How does this impact my constituents?" It is the lens through which many or most decisions are made.

Why is it important to ask for something specific?

Asking for something specific is often the most effective way to get an elected official's attention. Your objective is to encourage someone in the office to think for more than a few minutes about the issues that you have brought to his or her attention; making a clear and concise "ask" helps you to achieve that goal.

Let's make this happen!

You have been delivering for America in a time of crisis and now it's time for the Congress of America to deliver for you. Tell your Congress representatives to support Postal Reform.

In solidarity we stand
Bryan Sanders" OB"

Brothers and sisters

We just had our State Training for steward's college. Huge thanks out to our NBA's office. NBA Dan Versluis covered grieving management's mistakes while filing Workman's Compensation (OWCP) or lack thereof, as well as filing a CA-1 for COVID absences. If you have a workplace



injury, make sure management fills out a paper copy of the CA-16 for you to take to the doctor. This form authorizes the doctor's office to bill OWCP, without it, you will be receiving the bill. CA-1 is for traumatic injuries such as a trip and fall, sprained ankle. CA-2 is for injuries that happen over time such as rotator cuff or a carpal tunnel. You don't have to use Concentra, but you do have to use a doctor's office that accepts Workman's Comp payments. As always, keep copies of everything.

John Robles did a great presentation on route protection during route counts. With all the light mail volumes notorious this time of year, I expect management to start the shenanigans and initiate some route counts to try to absorb a few routes. Best advice I can give, is to carry your route everyday as if you were being given a route count. For overburdened routes, you need to have 30 minutes of overtime, three days a week, for six consecutive weeks to qualify for a 6-day inspection. Routes consistently showing undertime will be added to. Protect your route; take your breaks, comfort stops, and lunch.

John Beaumont did a great job on the Letter Carrier Political Fund. I especially liked the approach of not alienating one political party or another. Here in Colorado, we have plenty of fellow carriers on each side of the political line. The Letter Carrier Political Fund (LCPF) is a bipartisan political PAC (because not one cent of your Union dues is used towards political gains) with the sole purpose of keeping us in a job.

Looking forward to seeing all of you at State Convention.

Keep fighting the good fight
Mark Robbins



Welcome to 2022, it's going to be a great year!

Thanks to your help and strategic calls, HR 3076 (Postal Service Reform Act of 2021) has just been cleared for a final mark-up vote out of the Ways and Means Committee. The next step is moving it to the House



Floor for a vote. A final floor vote won't come till they return to DC after the holiday recess. We still your need your help to immediately engage your membership to contact their representatives and ask for their support for HR 3076 when it comes up for a vote. Getting the wordout now will only help reinforce getting the crucial votes we need for final passage out of the House.

Here is an example of how easy it is to contact your representatives. Doug Jaynes, Colorado State Association Vice president and a member of Branch 47, got up during the Branch meeting to speak. He was talking to the membership about the need to contact our representatives and how easy it is to make a call. Doug had his cell phone in one hand trying to dial a number and a microphone in the other hand. He was trying to juggle the microphone and his phone because we were doing a zoom hybrid meeting all the while trying to look into the computer screen.

He paused then started talking to Senator Hickenlooper's office and leaving a message to please support the ALS bill and to please be a sponsor on the HR 3076 bill. Doug stated his name and that he was a member of the National Association of Letter Carriers and would appreciate his sponsoring the bills thanking him, then hung up. The whole process took about a minute, but it has a big impact. For additional guidance go to the NALC app and click the Take Action tab. You will find examples of e-mails, talking points and how to contact your representative with phone numbers and addresses.

If you have any questions, contact the Colorado State Association by the cosalc.org website or by phone, our leadership would be happy to help in any way.

In Unity,
Todd Tucker
tucker@cosalc.org

Brothers and sisters

As always, the political landscape is a challenging and polarizing one. But for us letter carriers, our position should be clear and easy to express...get postal reform PASSED through Congress and eliminate the prepayment provisions of the 2006 Postal Accountability and Enhancement Act.



Under this Act the postal service has been required to PRE-PAY health care benefits for retirees, on employees that have not even been hired yet. We have already paid billions of dollars into a fund that can't be used for anything else; not for new vehicles, not for modernization of our facilities - nothing. This makes no financial sense and is not required of any other public or private business.

It is for this reason alone that the postal service appears to be in the red even though we make a profit on operations annually! Don't let the rumors spread that we are no longer what we used to be and our "business" model is not sound. We are a service to the American people; one they still want and need. Our popularity continues to remain high

and if Congress would just ACT and let us grow our favored rating would continue to soar.

We need to pass HR 3076 -the Postal Service reform Act NOW. You will be called on to help in contacting your house representative, please do so. You can start now by going to NALC.org legislative page and take action. This is what the PEOPLE of Colorado want, not just us letter carriers. Get your family involved, talk to friends and neighbors. Together we will be heard all the way to Washington DC!

In unity
Joann Hertel

Brothers and sisters

The 2022 Stewards College put on by our very own National Business Agent are always full of vital and key information. Many things that should be no-brainers but are always good reminders; have good relations with your management team but don't get too chummy with them and **always Always ALWAYS** get everything in writing. As the saying goes, "it's not what you know, it's what you can prove." This goes for everything from information requests to what you put in the grievance file.



CCA's in their first 90 days who get threatened to get fired for getting hurt is a whistle-blower OSHA complaint. Concentra is not the only place injured postal employees can go to. Rights are violated if management does not say or tell employees that they can find their own

doctor. With COVID still being a thing, any carrier that have tested positive should file a claim in ECOMP (<https://www.ecomp.dol.gov/#/>) you will need a positive PCR test result to file a claim. Meaning NOT an at-home test kit, it has to be from a doctor's visit or testing center. It would behoove those that have had COVID to file thus claim ASAP since we still don't know the possible lasting effects. It could also mean the difference between the individual footing the whole bill down the road or having the Post Office help with medical bills in the future.

The NBA gave a great course on Route Inspections and explaining in detail how the process is supposed to go. The key take-aways are: the M-39 handbook is a great resource of information. If you have dps, flats, valpaks, advos, marriage mail, etc. the carrier can consolidate it all so they have at max no more than THREE bundles they can carry. There are time allowances for office work, but there are no street standards. Management may make exceptions to normal office standards for carrier with over 25 years of continuous service or those who are over the age of 55 (M-39 section 242.214).

Overall lots of valuable material and information was shared. It's up to us as stewards to always keep learning and if we don't know the answer then to ask those that do and to pass along the information to new and old carriers. With knowledge comes power, let's share it with each other.

In Unity,
Gus Pasillas



LCCL Reports

District 1 Diana DeGette

Hello Colorado Letter Carriers,

Postal reform is on the agenda The bipartisan Postal Service Reform Act (**H.R. 3076**) is expected to come to the floor in the coming weeks. (**H.R. 3076**) is expected to save the Postal Service billions of dollars with little to no impact on the federal government. After passage in the House, the Senate is expected to expedite Senate floor NALC encourages letter carriers to continue building support for the Postal Service Reform Act (**H.R. 3076 and S. 1720**). For more information, visit the Government Affairs section on nalc.org. You will be directed to the "Take action page". NALC members can login by using your username (First Name+ Last Name + Zip + Last 4 digits of Social Security Number) to take action by calling and emailing your Member of Congress. After sending your message, your email record will be deleted. Using your username (First Name+ Last Name + Zip + Last 4 digits of Social Security Number) to take action by calling and emailing your Member of Congress. After sending your message, your email record will be deleted.

THANK YOU REP. DEGETTE FOR CO-SPONSORING THE FOLLOWING BILLS!

Social Security Fairness Act - **H.R. 82** - Rep. DeGette, co-sponsored - 12/08/2021

To repeal provisions that reduce Social Security benefits for individuals who receive other benefits, such as a pension from a state or local government.

USPS Fairness Act - **H.R. 695** - Rep. DeGette, co-sponsored - 02/02/2021
To repeal the requirement that the United States Postal Service prepay future retirement benefits.

PLEASE KEEP CALLING- REP. DEGETTE, IT ONLY TAKES A COUPLE OF MINUTES!!

Congresswoman Diana DeGette
202- 225-4431
303-844-4988

In unity,
Jeffrey Frey
720-323-9015

District 2 Joe Neguse

Brothers and sisters

As I write this, in late January, our top legislative priority, HR 3076, has been cleared through all of the committees who need to sign off on it and is ready to be presented on the floor of the House for a vote. It is the call of the Speaker to decide when to do that. My congressman here in CD2, Joe Neguse, is a co-sponsor of the bill. Unless COVID stops us from going, I will a part of a four-member team from our union that will be traveling to Washington in early February, to meet with our Senators, Representatives and their staffs to brief them on our priorities and ask for their support.

It is exciting to have legislation that has the potential to help us as much as this does, to be this far along on the way to becoming law. It eliminates the pre-funding disaster that has been dragging us down for over 15 years now. It reduces our healthcare costs by increasing our participation in Medicare, which we're all paying for but not all using. It makes 6-day delivery a law, so that we don't have to fight for it every session.

In unity
Phil Wickman

District 3 Lauren Boebert

Greetings All,

I hope everyone is feeling well and had a joyous holiday season. Here in District 3 there's not much new to report on. I have continued to stay in contact with Rep. Boebert's Pueblo office and have been keeping up with her town/teletown hall meetings with not much productivity. There is still a need to reinforce how vital our legislation (especially HR3076) is and how we will all benefit from it.

If you have not already reached out to Rep. Boebert's office please do so to let her know how important this is to us. You can also use the NALC websites "Take Action" portal to reach out. It is after all an election year- we must voice how imperative it is that our representatives truly represent us, our needs, and concerns.

Congresswomen Boebert

Pueblo Office- (719) 696-6970
Grand Junction Office-(970) 208-0460
Durango Office-(970) 317-6130

In Unity,
Nikki Encinias

District 4 Ken Buck

Letter Carriers in CD4,

Now that Congress is back in session, we need to continue to push for support of the Postal Reform Act. In the near future, we will be reaching out to carriers across Colorado to continue to TAKE ACTION by contacting their representatives and asking them to support this important legislation.

Have you signed up for **COSALC Stay Connected?** If not, **now** is the time. Email your name and branch number to StayConnected@cosalc.org so you can be kept up to date on issues including important legislative postal reform.

At the recent 2022 Colorado Steward's College, we had more letter carriers support the NALC Letter Carrier Political Fund than in the past 6-7 years. It doesn't matter your political beliefs or background in fighting to protect the USPS and your own job. Out of all the members present, we were one member short of reaching 100% contribution at the training. Thank you to those members that stepped up to increase their support. The NALC can't use any union dues towards supporting candidates involving our PAC (Political Action Committee). It is against the law for a federal union to contribute dues money for these purposes. This is why it's so important for us to show our individual support for the Letter Carrier Political Fund.

Even though we are short handed in many offices, we take pride in our jobs and the future of the USPS. This is why it's so important for us to **TAKE ACTION** and support our employer that will secure our future. I know many of us don't like politics and legislative issues, but we really don't have a choice to not be involved. It is vital for us to stay updated and involved to secure our future as letter carriers.

Please take time to visit www.nalc.org and check out all of the latest legislative activities and how you can **TAKE ACTION**. If you have any questions or need assistance walking through the website, call me and we will Take Action and conquer it together.

In Unity,

Richard Byrne
Letter Carrier Congressional Liaison CD4

District 5 Doug Lamborn

Brothers and Sisters,

Last year, the House passed H.R. 716 which cleared S. 1301, a bill that passed in the Senate to increase the public debt limit by \$480 billion. President Biden subsequently signed the bill into law. This package includes \$7 billion in proposed funding to include electric vehicles in the Postal Service vehicle fleet and provide the necessary infrastructure to support these vehicles. As we all know, we desperately need the next generation delivery vehicle (NGDV) fleet to replace the LLVs like yesterday, and hopefully being able to add electric vehicles will help with the longevity of our fleet. We will see what happens.

The Postal Reform Act of 2021, HR 3076 and S 1720, are slowly but surely gaining support. As of this writing, HR 3076 has 102 cosponsors and S 1720 has 27. Everyone can help by contacting your representatives. I know it has been drilled into our heads but I'll repeat it: take action! Something, anything helps. I remain hopeful that our senators will back us; however, Lamborn out of District 5 is another story. As long as asking doesn't hurt us, please continue with your efforts.

In unity,
Lindsay Salazar

District 6 Jason Crow

Brothers and sisters

Letter carriers are fortunate to have Jason Crow as their representative in Congress. He has supported letter carriers on all issues pertinent to us. He supports HR 3076, the Postal Reform Act. He has also signed on in support of anti-privatization bill, restoration of postal service standards, keeping 6-day delivery, door to door delivery, social security fairness, repeal of pre-funding, and the Federal Retirement Fairness Act. All these issues would benefit letter carriers and the Postal Service.

I attended a zoom meeting with Jason last week. Other issues that he is working on are bills to prevent price gouging on prescription drugs, voter protection rights, Made in America Act and college loan relief.

This year the Congressional elections are extremely important. We need to keep our friends in Congress by re-electing Jason Crow, keeping a friendly person in CD 7 and electing a favorable person in the new CD 8. We must work hard to protect our jobs.

In Solidarity,
Ken Barber

H.R. 3076 UPDATE

(As published on NALC.org)

February 08, 2022

House passes Postal Service Reform Act

Today, in a 342-92 vote the House of Representatives passed the Postal Service Reform Act of 2022 (H.R. 3076). NALC President Fredric Rolando called the passage "a huge victory for the American people, who rely on the Postal Service for affordable and high-quality universal service."

The strongly bipartisan bill includes key measures to strengthen the Postal Service, including provisions that eliminate the mandate on the Postal Service to pre-fund its retiree health care benefits decades in advance and that codify the requirement to provide six-day mail delivery. It also includes provisions to reduce postal health care costs by maximizing participation in Medicare on a prospective basis.

The legislation, which was drafted by Committee on Oversight and Reform (COR) Chairwoman Carolyn Maloney (D-NY), Ranking Member James Comer (R-KY), COR Subcommittee Chairman Gerry Connolly (D-VA) and Committee on Education and Labor Ranking Member and COR member Virginia Foxx (R-NC), reflects a broad bipartisan consensus that was 15 years in the making and that has the support of the four postal unions, the mailing industry and Postal Service management.

"NALC commends Chairwoman Maloney and Ranking Member Comer for their bipartisan leadership to get this momentous bill passed in the House," NALC President Rolando said. "We also appreciate every House member who supported this bill by voting "yes."

"With House passage, we are one step closer to dramatically improving the financial stability of the Postal Service. We call on the Senate to debate and pass H.R. 3076 as soon as possible—and then to send it to President Biden for his signature.

"I want to congratulate and thank all the NALC members who lobbied their members of Congress to win House passage and urge them to help finish the job by contacting their senators to urge them to vote for H.R. 3076."





2022 Colorado State Association Of Letter Carriers State Convention



MDA Top Golf Tournament

Thursday - April 28th, 2022
Top Golf Colorado Springs
165 Spectrum Loop
Colorado Springs, CO 80921



- 5:45 PM - Pre-Registration
- 6:00 PM - Registration & Warm Up
- 6:30 PM - Buffets served
- 6:30 PM - Tournament begins
- 8:30 PM - Tournament concludes, open play
- 8:45 PM - Awards TBD
- 9:00 PM - Event concludes

TOURNAMENT FORMAT:

Teams of six, best ball format, shotgun start, two rounds, winners TBD.

Golf Pro Shots: Mulligan, Topgolf Style, Beat the Pro

\$60 to play Top Golf (Full package of entertainment)

Buffet is included for all in attendance

Cash donations at the event will also go towards MDA

RSVP no later than April 8th, 2022
Renaë Birnell 719-659-5728
rbirnell@gmail.com



Retirement Seminar

For NALC Members

Sunday - March 20th, 2022

10:00am – 2:00pm

NALC Branch 47 Union Hall
5151 W 1st Avenue
Denver, Colorado 80219

Presented by Dan Versluis
National Business Agent, Region 4

RSVP by March 15th, 2022

Jackie Skene – COSALC Director of Retirees
skene@cosalc.org **303-437-7308**

Richard Byrne – COSALC Director of Education
richardbyrne@cosalc.org **970-576-8507**

Wounded Warrior Leave

Definitions

Wounded Warriors Leave is an authorized absence from the Postal Service to undergo medical treatment for a service-connected disability rated at 30 percent or more. It is a separate leave category, distinct from sick leave.

Treatment is an in-person visit to a health care provider, as specified in Section 513.364 of the Employee and Labor Relations Manual (ELM), and includes the course of action prescribed by a health care provider.

Treatment includes but is not limited to examination for and evaluations of the health condition that has caused the disability rating.

Health Care Provider is the employee's attending physician or other attending practitioner as recognized by ELM 515.2.

Leave Year means the period beginning on the first day of the first pay period of the calendar year, concluding with the last day of the last payperiod of the calendar year. It is the period during which an employee may use Wounded Warriors Leave.

Eligible Employees

All employees who have a single or combined service-connected disability rating of 30 percent or more are eligible for Wounded Warriors Leave.

Employees with Pending Disability Determinations

Otherwise eligible employees with pending disability determinations who at any time during any Leave Year receive a 30 percent or more disability rating will be eligible for leave retroactively to the first day of that current Leave Year. Any leave without pay (LWOP) or leave used while the determination is pending will be reimbursed and replaced with Wounded Warriors Leave, as appropriate, up to the maximum number of hours allowed. Wounded Warriors Leave may be retroactively applied for only the most current Leave Year and for no more than 104 hours.

Visit NALC.org for more information on Wounded Warrior Leave



CPR & First Aid
Training Class

CPR/First Aid Training

April 28th, 2022

12pm – 4pm



CPR & First Aid
Training Class

2022 COSALC State Convention

Great Wolf Lodge

Colorado Springs, CO



The time and date will be locked in once we determine the number of attendees.

Cost will be \$25.00 for a three-year certification

The training includes CPR: Adult, infant and child. Choking: Adult, infant and child. Strokes, heart attacks and safety will also be covered. First aid class: Trauma: head, spinal, facial, broken bones and bleeding. Environmental emergencies: Cold, heat, burns, snake bites, spider bites, bee stings poisoning and other emergencies. Emergency situations in pregnancy, overdose, diabetes, seizures, asthmas and allergies will also be covered.

Registration and payment (**non-refundable**) are required in advance so we know how many instructors we will need based on attendees.

Registration needs to be mailed with payment no later than
March 20th, 2022 to:

**COSALC
P.O. Box 799
Fort Collins, CO 80522**

First Aid / CPR Registration Form

Name	
Branch Number	
Phone Number	
Email	

President Danielle Fake-Moorman
2421 Maple Hill Drive Fort Collins CO 80524
Cell: 970-217-7384 daniellefake-moorman@cosalc.org

Vice-president Doug Jaynes
961 Evanston Cir Aurora, CO 80012
970-396-0702 dougjaynes@cosalc.org

Secretary John Woolley
4420 Dunkirk Way Denver CO 80249
Cell: 720-560-3978 johnwoolley@cosalc.org

Treasurer Renae Birnell
2830 Enchanted Circle W Colorado Springs, CO 80917
Cell: 719-659-5728 birnell@cosalc.org

Director of Education Rick Byrne
320 Walnut Ave Eaton CO 80615
970-576-8507 richardbyrne@cosalc.org

Director of Retirees Jackie Skene
961 S Evanston Cir Aurora, CO 80012
Cell: 303-437-7308 skene@cosalc.org

Executive Board
Joann Hertel
3786 Sheffield Drive Broomfield, CO 80020
Cell: 920-858-4995 joannhertel@cosalc.org

Mark Robbins
2930 N. Academy Blvd suite #201 Colorado Springs, CO. 80917
Cell: 719-761-9143 markrobbins@cosalc.org

Gus Pasillas
P.O. Box 849 Fort Collins, CO 80522
Cell: 706-575-8007 pasillas@cosalc.org

Bryan Sanders
5052 Cathay St Denver CO 80249
720-203-2076 bryansanders@cosalc.org

Todd Tucker
9548 W. Vandeventor Drive Littleton, CO 80128
Cell: 720-290-4778 tucker@cosalc.org

Chad Peschel
peschel@cosalc.org

Health Benefits Rich Pottenger

Editor Jo Schuetz joschuetz@cosalc.org

Congressional District Liaisons
Doug Jaynes LCCL Chairperson dougjaynes@cosalc.org
CD 1 Jeff Frey jfrey@cosalc.org
CD 2 Phil Wickman 303-818-6425, philwickman@cosalc.org
CD 3 Nikki Encinas encinas@cosalc.org
CD 4 Rick Byrne 970-576-8507 richardbyrne@cosalc.org
CD 5 Lindsay Salazar 209-712-9030 salazar@cosalc.org
CD 6 Ken Barber 720-320-3766 barber@cosalc.org
CD 7 Adam Albrecht albrecht@cosalc.org

Did you hear it's Easier to File a FECA Claim for COVID-19 now?

The American Rescue Plan Act of 2021 that President Biden signed on March 11, 2021, makes it much easier for federal workers diagnosed with COVID-19 to establish coverage under the Federal Employees' Compensation Act. To establish a COVID-19 claim, you simply need to establish that you are a "covered employee," meaning that:

1. You were diagnosed with COVID-19. Specifically, you were diagnosed with COVID-19 while employed in the Federal service at any time during the period of January 27, 2020 to January 27, 2023; and,
2. Your duties include any risk of exposure. Specifically, within 21 days of your diagnosis of COVID-19, you carried out duties that—
 - a. required contact with patients, members of the public, or co-workers; or
 - b. included a risk of exposure to the novel coronavirus.



What Does the Change in the Law Mean?

1. You are only required to establish that your duties included a risk of exposure to COVID-19. You do not have to prove you were engaged in high-risk employment; that you were actually exposed to the virus; or that you were exposed to someone who had the virus while performing your duties.
2. If you establish that you are a "covered employee," any diagnosed COVID-19 will be deemed to have been proximately caused by your Federal employment. You no longer have to establish a causal link between your employment and your COVID-19 diagnosis.



What to Do:

You can quickly and easily file a CA-1 Claim for COVID-19 through the Employees' Compensation Operations and Management Portal (ECOMP). You can access ECOMP at ecomp.dol.gov. If you have never used ECOMP, you can [view this instructional video](#) to learn how to register for an ECOMP account, and [this video](#) to learn how to file a COVID-19 claim. If you don't have access to a computer, contact your supervisor.



Why File Now? What if I Think I Am OK?

If you were previously diagnosed with COVID-19 or even if you believe you just have a mild case of COVID-19, you should consider filing a COVID-19 FECA claim now even if you have fully recovered and/or had an asymptomatic infection.

- In the event you develop a consequential injury, impairment or illness later as a result of your COVID-19 diagnosis, timely filing your claim now will facilitate the processing of any future claim for any such consequential condition or impairment.
- If you wait until you experience a consequential injury or illness to file your COVID-19 claim, your claim may be subject to time limitation and you will have to establish both the initial COVID-19 claim and the consequential condition claim before benefits can begin.

Colorado State
Association of
Letter Carriers
PO Box 799, Fort Collins,
CO 80522
FORWARDING SERVICE
REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Denver, Colorado
Permit No. 712



Colorado Branches it's time to Register for the 30th Stamp Out Hunger Food Drive

Registration for the 2022 Stamp Out Hunger Food Drive is now open. Branch presidents can register their branch via the “Members Only” portal on nalc.org.

Traditionally, the in-person food drive has been held on the second Saturday in May. For the past two years due to the COVID-19 pandemic, the in-person food drive has been canceled for safety and health reasons. This year, plans are underway to tentatively hold the traditional, in-person food drive on Saturday, May 14, 2022. **NALC will continue to monitor the ongoing impact of the COVID-19 pandemic, and if necessary, modify or cancel the 2022 food drive.** For future updates on the food drive, check nalc.org or follow the Stamp Out Hunger Food Drive on [Facebook](https://www.facebook.com/stampouthunger) and [Twitter](https://twitter.com/stampouthunger).

Registration instructions for branch presidents:

Go to nalc.org and click on the “Members Only” button in the top right corner to log in to the “Members Only” portal. Once you’re logged in, click the “Stamp Out Hunger” icon to register your branch. If you’re a newly elected branch president, make sure that your branch has notified NALC Headquarters. Only branch presidents will have access to the food drive registration materials in the “Members Only” portal. The deadline to register is March 18, 2022.

If you have any questions about registration, contact Christina Vela Davidson at fooddrivesocial@nalc.org or contact me.

Jeffrey Frey
COSALC food drive coordinator
720-323-9015