



TEXAS LETTER CARRIER

Texas State Association of Letter Carriers Newsletter

2024 4TH Quarter



rank of Sergeant Major.

While enlisted, Matt took up a job as a Letter Carrier in 1980 for the United States Postal Service. As with his military service, Matt faithfully served in his position for nearly 40 years before finally retiring in 2019. While employed, Matt served many different roles for the Postal Service, including the National Association of Letter Carriers (NALC), the Letter Carriers Union as both a member and an officer of his branch as well as the Texas State Association of Letter Carriers.

Our thoughts and prayers are sent to his wife Jane Sellmyer who also is a retired letter carrier from Amarillo Branch 1037.

In Loving memory of
Mathew “Matt” Sellmyer
November 28, 1952—
September 28, 2024

Matt graduated from Palo Duro High School, class of 1972. Following graduation, Matt enlisted in the United States Army where he proudly served his country for the better part of 40 years, retiring in 2012 from the Army reserves with the



President's Report

To propel the Senate to vote on H.R. 82, which seeks to repeal the windfall elimination provision affecting Social Security benefits, it is crucial to galvanize support and underscore the significance of this bill. Here are key strategies to consider:

1. Connect with advocacy groups, retirees, and individuals impacted by the windfall elimination provision. By fostering a united front, we can amplify our message of urgency and the bill's critical importance.
2. Highlight personal testimonies from those who would directly benefit from the repeal. These heartfelt narratives can resonate with lawmakers, illustrating the tangible effects of this legislation on constituents' lives.
3. Equip senators with comprehensive information regarding H.R. 82, its implications, and its positive potential. Tailored briefings or informational sessions can ensure they grasp the significance of their vote.
4. Use social media platforms to create awareness and excitement around H.R. 82. Encourage supporters to share their experiences and call on senators to take decisive action.
5. Organize Meetings**: Request direct meetings with senators or their staff to discuss the bill and express the strong backing it enjoys from constituents. Present facts, compelling arguments, and passionate appeals to make a definitive case.
6. Initiate letter-writing campaigns, phone banks, or public demonstrations to showcase widespread support for the bill. A robust grassroots effort can exert pressure on senators to prioritize this issue.
7. Engage local leaders, veterans' organizations, and retired teachers' associations to lend their voices to the initiative. Their influence can be pivotal in swaying lawmakers toward supporting the bill.
8. Stay vigilant regarding the bill's status and upcoming votes. Proactively rally support ahead of critical deadlines to ensure H.R. 82 remains a priority.

There were just a few days left on the legislative calendar to vote on this crucial legislation as of this writing.

As the State Association looks to 2025, we plan several LCCL trainings for January. We invite everyone interested in learning about what a Letter Carrier Congressional Liaison (LCCL) does. In addition to training, there are discussions on a legislative trip to lobby our members of Congress in Washington, D.C., in some part of 2025. We also look forward to seeing all branch presidents at the Texas State Committee of Presidents in Austin on 01/25/2025. For all information, contact our TSALC Secretary Kimberly Arnhold at Secretary.TSALC@gmail.com. I hope you and your family have a Merry Christmas and a Happy New Year. See you next year.

Carlos Rodriguez Jr.
President, TSALC

Vice President's Report

With the 2024 general election over, few changes were made to the Congress, the Senate and the White House. In the state of Texas Donald Trump received 6,375,376 votes compared to Kamala Harris who received 4,806,474 votes. We will have a republican president in the White House for the next 4 years. In the Texas Senate race Ted Cruz received 5,973,431 votes and Colin Allred received 5,002,535 votes given Ted Cruz another term the Texas Senate. The US Senate will have 47 Democrats and 53 Republicans. The US house we have 214 Democrats and 220 Republicans this means the Republicans will control the Senate the house and the White House. This election cycle was not easy I just want to say thank you to all the carriers in the state of Texas that help campaign by knocking on doors block walking the phone banking your help was really appreciated.

HR 82 has finally made it through the Congress and is headed to the Senate. With the changes to the House and the Senate this bill which changes the Social Security status for millions of Americans will probably sit in the Senate until the new administration is sworn in. But we must remain ready if there is a call to action, please do not hesitate to contact your Texas senator so we can get this Bill to the president's desk and become law. Thank you again for contacting Your Texas House representative and getting this bill through the Congress.

Donald Trump has selected Republican Senate candidate from Oregon Lori Chavez DeRemer to head the department labor. Lori has been his strong advocate for unions and laborers. She is considered one of the most Labor friendly Republicans in Washington, she is one of the few GOP members of Congress to Co-sponsor the Protecting the Right to Organize (PRO) Act, a bill that will make it easier for laborers to organize a union. Let's continue to work with Lori and continue to make the labor movement stronger.

A big thank you to David McFarland President of Branch 2309 for letting me visit the Branch meeting earlier this quarter. We talked about the importance of voting and the importance of joining the letter carrier political fund (LCPF). If you would like a board member to visit your Branch, please contact State President Carlos Rodriguez or myself to schedule a meeting. Looking forward to seeing everyone at the spring school in Houston. Have a Merry Christmas and a happy New Year!

Everett Wyllie, Vice President TSALC

Secretary's Report

- **January 15, 2025. Deadline to have delegate list in for selection of committee members**
- **January 2025—TSALC LCCL training TBD**
- **TSALC Committee of Presidents January 25, 2025** Doubletree by Hilton, 6505 N Interstate Hwy 35, Austin, TX 78752
At the committee of presidents we will draw names for the committees at convention, hand out delegate cards and the 111th Convention books. If your branch does not attend we will hold until Spring school.
- Region 10 NBA Spring School February 15-17, 2025, Spring Texas
- **May 15, 2025 DEADLINE FOR DELEGATE LIST TO BE IN FOR CONVENTION**
- 2025 112th Texas State Convention July 28-30, 2025. Doubletree by Hilton, 6505 N Interstate Hwy 35, Austin, TX 78752

Please make not of the above deadlines

COP—We will draw names for committees of the delegates that have been submitted by January 15, 2025. We will also have delegate cards for those that have submitted their list. We will have the Houston 111th Convention minute books. Any updates for the convention will be given by Host branch 181.

You can find links and QR codes for the convention reservation links at the WWW.TSALC.net website. Also visit our Facebook page, our site has the red, white, blue TSALC emblem on the site. Members will have to answer three questions to be approved.

If you have an event please submit pictures to secretary.tsalc@gmail.com if room provides I will put in the newsletter.

Kimberly Arnhold

TSALC Secretary

Secretary.TSALC@gmail.com

CHANGE OF ADDRESS: PO BOX 57081

WEBSTER, TX 77598-7081

Director of Retirees' Report

January 2025

Greetings My Fellow Retired Brothers and Sisters!

I sure hope y'all had a wonderful CHRISTmas filled with family and friends (and Santa was good to you) and have a GREAT 2025!

Civil Service Retirement System (CSRS) annuitants and survivors and eligible Federal Employees Retirement System (FERS) retirees and survivors will receive a COLA effective December 1, 2024. The increase will be reflected in your January 2, 2025, payment. CSRS annuitants will receive a 2.5% COLA and eligible FERS annuitants will receive a 2.0% COLA.

Let's make 2025 a year to be more Health Conscious. I'd like to ensure that all of you are around for a long time!! Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Self-care looks different for everyone. It may take trial and error to discover what works best for you. Although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.

- **Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health. Don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Focus on what you have accomplished at the end of the day, not what you have been unable to do.

Stress is generally a response to an external cause, such as taking a big test or arguing with a friend. Anxiety is generally internal and is your reaction to stress. While the holiday season can be a joyful time of year for some people, it can also cause stress and anxiety for others. Here are some tips to help manage stress, anxiety, grief, and worry in a healthy way:

- **Make time to unwind.** Take deep breaths, stretch, or meditate. Try to do some other activities you enjoy. Connect with others. Talk with people you trust about your concerns and how you are feeling. Connect with your community-based or faith-based organizations.
- **Limit alcohol intake.** Choose not to drink, or drink in moderation on days you drink alcohol. Moderation means having 2 drinks or less a day for men or 1 drink or less for women.
- **Avoid using illegal drugs or prescription drugs in ways other than prescribed.** Don't take someone else's prescription.
- **Avoid smoking, vaping, and the use of other tobacco products.** People can and do quit smoking for good.
- **Continue with regular health appointments, tests, screenings, and vaccinations.**
- **Keep a journal.**
- **Identify and challenge your negative and unhelpful thoughts.**
- **Practice gratitude**

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, **please talk to your doctor right away.**

As always, I am here to help y'all with whatever I can. If you need to contact me, you may call me at 281-546-7176.

Elisabeth Goodwin, your Director of Retirees

District 1 Report

NBA had their school this pass October, TSALC helped with the Letter Carrier Political Fund table. It was great to see new faces and some old. Thanks goes out to those who changed or are new contributors to the LCPF. With member contributions it helps support those on Capitol Hill. Last month, the house voted to pass H.R. 82; please ask your senators to bring H.R. 82 to the floor for a vote. H.R. 82 would repeal the WEB and the GPO, that Social Security benefits of federal annuitants. There are other bills like H.R. 5995 Federal Retirement Fairness Act(FERS) that's for employees who started the post office in non-career positions and transition to career status must work longer to reach the required years to receive full retirement benefits. Keep door delivery (H. Res. 376) and USPS Shipping Equity Act (H.R. 3721/S.5069), Workers' Compensation for Injured Federal Workers Act. We also have (H.R. 7629/S.4356) Protect our Letter Carriers Act for crimes against letter carriers, in recent years it has doubled but arrests and convictions for their crimes, but arrests and convictions have not. The elections were in November and we have a hard road ahead of us. But, with that I want to wish everyone a Merry Christmas and Happy New Year. Be safe and we'll see January 25, 2025 at the TSLAC Committee of Presidents in Austin.

Thank you everyone,

District One

Irma R. Salinas-281-387-7172

District 2 Report

District 2 Report

Rita Wilder

972-805-6798 – ritawilder05@gmail.com

4th Quarter

Holiday Greetings Brothers and Sisters of District 2

This historical Presidential election shined a light on the importance of organizing, voting both in person and by mail played an important aspect in this election.

We need congressional representatives that will support legislation issues that affect the NALC and Postal Service. We need to work together for the benefit of all parties. We cannot call this a win when there is so much that need to be taken care of. We cannot quit now when there are still local, state, congressional and senate races we must participate in. We must focus on electing politician's that care about the welfare of the NALC, Postal Service and we must remain active in every election.

If possible, make contract with your congressional representative office as soon as possible. Some of the representatives are newly elected. Find out when they will be at their district office and schedule and appointment if possible. We still have pending legislation that need their support.

To all of the letter carriers that might be retiring at the end 2024 congratulations and best wishes. Keep in mine that you can still be apart of working to keep legislative issues at the forefront by continuing to give to the Letter Carrier Political Fund. Please call Anthony Mitchell the Legislative and Political Organizer at 202-662-2833. Anthony will be able to take care of enrolling retirees in the Letter Carrier Political Fund faster when going regular channels. Also, congratulations to all of the LCCL's for all of their time and effort put forth this year.

If anyone is interested in serving as a Letter Carrier Congressional Liaison (LCCL) for Julie Johnson District 32 Congressional Representative please contact Vice President Everett Wyllie at email ewewyllienalc33@gmail.com.

I would also like to acknowledge the fact that Vice-President Kamala Harris was the first female of Asian/Caribbean descent, making her the first woman of color on the ticket as President. Continue to stay safe and pray for our nation.

Happy Holidays and a Happy New Year

District 3 Report

Greetings from District 3!! As I write this article The United States Senate is back in session as of December 3, 2024. I urge everyone to reach out to fellow letter carriers and encourage them to contact Senator Cornyn and Senator Cruz to support HR 82 Social Security Fairness Act before they are scheduled to leave for the December 20th holiday recess. HR 82 would repeal the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO), which are parts of Social Security law that unfairly reduce or sometimes eliminates Social Security benefits of federal annuitants, including letter carriers. HR 82 passed in the House overwhelmingly and has strong bi partisan support. Please call Senator Cruz Office at (202) 224-5922 and Senator Cornyn Office at (202)-224-2934. Back home in District 3 I have been reaching out to Congressman Ronny Jackson's office and both Senator Cruz and Senator Cornyn's offices about legislation important to letter carriers. If you look on nalc.org under government affairs you will see a link for NALC's Priority Legislation pdf. When you open it you will see the 6 bills currently in the House and Senate. HR 7629/S 4356 Protect Our Letter Carriers Act is our top legislative priority. HR 82/S. 597 is our second highest legislative priority. With HR 82 moving out of the house and on to the senate it is the bill closest to being passed by both chambers and then sent to the president for his signature. 3rd on the priority list is HR 5995 Federal Retirement Fairness Act. This would allow certain federal employees to make catch up contributions for the time spent as non-career employees after Dec 31, 1988, making such time credible service under the Federal Employee Retirement System. This includes letter carriers who served as casuals, transitional employees and city carrier assistants. This legislation is very important to me and to many members in our union. A lot of members have spent many years in a non-career status and time simply doesn't get added to our time as letter carriers for the postal service. I was a non-career employee for 2 years, 9 months and 11 days. When I converted to career, I wanted those years and months to be added to my actual time served as a letter carrier. It's a hard pill to swallow knowing that my time counting towards retirement was just then starting and not nearly 3 years back from when I first started. If I were able to buy back my non-career time, I would be able to retire earlier and add more to my annuity payment. This legislation is so important to CCA's, casuals and TE's and encourage all letters carriers to send a letter, email or call Senator Cruz, Senator Cornyn and your local congressman to support this legislation and support letter carriers. Look forward to seeing you all in February at the Spring School!!

Ryan Raeke District 3 Board Member

District 4 Report

HAPPY NEW YEAR From District 4

I hope each of you and your loved ones had the very best of Holidays.

I wish to start by saying Thank You to each of you for all you do for the betterment of your members. Thank You's are not said as much as they should be so again, I say Thank You Very Much.

As we head into the new year, we hope more of you will get involved in the legislative-political arena. Speaking in person with your Congress person and our Senators will be very important as we head into the new Congressional year. None of us know for sure but I will guess 2025 will be a very trying year for Union Members, working people, seniors, the middle class, and the United States Postal Service. Hopefully if we stay strong and work together, we will be successful in getting our agenda passed through Congress. Hopefully when we meet in Austin in January at the TSALC State COP Meeting we your State Board will with the guidance from National have a legislative agenda for 2025. We should have an idea where things are with H.R 82 the Social Security Fairness Act, (WEP) the Windfall Elimination Provision, (GPO) the Government Pension Offset and others. Please contact your Congress person and set up a time to visit them at their local office near you. If you have any questions on how to set up a meeting and or questions on what to say during the meeting please get in touch with me or your board member. As a Team we are stronger and better, Team Work is Dream Work.

I look forward to seeing and visiting with each of you at the TSALC COP in Austin in January and at the NBA Spring School in Houston in February. I truly look forward to all ideas and or suggestions you may have. I send out a Congratulations to all newly elected Branch Officers as well as the carry overs.

Prayers to all who have had some unfortunate losses, Prayers work. My number is 325-518-7202 and I welcome your call if I can be of assistance with your Branch.

God Bless

Proud District 4 Board Member Ron Eudy

District 5 Report

Hello brothers and sisters! I would like to thank each and every one of you for your support throughout this year! I have had the pleasure of visiting some stations throughout district five. My proposition for this upcoming year is to continue attending branches throughout district five. I am thrilled to see what this upcoming year has in store for all letter carriers! I am hopeful that our house resolutions will pass the congress and senate. I can't emphasize how important it is to reach out to your congressman or congresswoman to support letter carrier issues. I am excited and anticipate the continuation of my collaboration with re-elect congressman, Tony Gonzalez TX23. I would also like to congratulate the following re-elects.

Congressman Joaquin Castro TX20
 Congressman Henry Cuellar TX28
 Congressman Greg Casar TX35

Congresswoman Monica De La Cruz TX15
 Congressman Vincente Gonzales TX34

All of these listed above have been going above and beyond in helping letter carriers with house resolutions and letter carrier issues. As we are approaching the farewell of 2024 I would like to wish you all a Merry Christmas and a happy new year. I hope this new year finds you all with health, abundance and prosperity.

Sincerely,
 Cesar Hernandez., District five representative

District 6 Report

Hello to all T.S.A.L.C. Members:

As I write this article, H.R.82 is in the senate waiting to get a vote. This bill passed the house by a wide margin, so both sides agreed, for once, that this is wrong and is past time to be fixed. The senate needs to vote on this bill before this session is over, as I feel that if it does not get done now, then it probably doesn't have much chance for at least 4 years. It will start from scratch. This bill, if passed, will also take care of two other legislative goals of N.A.L.C. Headquarters. The other bills that would be fixed by a passing vote would be the Windfall Protection Provision Act or the W.P.A. The other bill would be the Government Pension Offset or the G.P.O. as it is known. These two rules do more harm to employees than good. I'm sure you're asking how I can help. That is very easy to do by logging onto the N.A.L.C website and it will help you get to your Senators here in the state of Texas. You can also call your Senators' local offices. Ask them to support this bill if they can get a vote. The state assoc. is discussing a Washington D.C. Legislative trip. It is in the early stages of planning, so nothing has been decided. We, as a board, are discussing having 4 training sessions spread at different locations for the L.C.C.L.'s. The presidents meeting is in January for the state convention, and I hope we will have a great turn out. The N.B.A. school is in February in Houston, TX and I hope to see everyone there. In closing, once again I would like to thank the members from District 6 for letting me represent them on the state board. I would also like to wish you all a Merry Christmas & a Happy New Year.

Shelby Clower, District Six Representative

Treasurer's Report

September - November 2024 TSALC Financial Report

Account Balances	as of 11/30/2024
TSALC Checking	\$161,590.49
TSALC Conv. Fund	\$829.34
TSALC Savings	\$100,014.99
3-Month CD	\$50,000.00
6-Month CD	\$103,762.91
8-Month CD	\$105,051.40

TSALC Checking	\$212,704.22
Balance 8/31/2024	\$212,704.22
September - 2 Deposits	\$10,798.06
September - 21 Checks	-\$4,859.33
October - 1 Deposit	\$10,792.80
October - 1 EFT	-\$1,314.58
October - 1 Transfer to CD	-\$50,000.00
October - 60 Checks	-\$28,006.26
October - Bank Fees	-\$2.40
November - 1 Deposit	\$12,240.00
November 1 EFT	-\$12.02
November 1 Check	-\$750.00
Balance 11/30/2024	\$161,590.49

TSALC Conv. Fund	
Balance 8/31/2024	\$829.34
September	\$0.00
October	\$0.00
November	\$0.00
Balance 11/30/2024	\$829.34

TSALC Savings	
Balance 8/31/2024	\$100,012.53
September - Interest	\$0.84
October - Interest	\$0.84
November - Interest	\$0.78
Balance 11/30/2024	\$100,014.99

3-Month CD	\$50,000.00
Interest paid in 2024	\$0.00
Unpaid Interest (Does not reflect in balance)	\$268.10
Balance 11/30/2024	\$50,000.00

6-Month CD	\$100,000.00
Interest paid in 2024	\$3,762.91
Unpaid Interest (Does not reflect in balance)	\$1,176.21
Balance 11/30/2024	\$103,762.91

8-Month CD	\$100,000.00
Interest paid in 2024	\$5,051.40
Unpaid Interest (Does not reflect in balance)	\$68.63
Balance 11/30/2024	\$105,051.40



Kimberly Arnhold
TSALC Secretary
PO BOX 57081
Webster, Texas 77598-7081

PLACE
STAMP
HERE

♥ Happy Valentines Day ♥

