



# B·Mike



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*"An Injury to One is an Injury to All"*

*The Official Publication of Branch 82*

*Portland, OR*

Beaverton·Canby·Clackamas·Forest Grove·Gladstone·Happy Valley·Gresham·Hillsboro·Lake Oswego·McMinnville·Newberg·Oregon City·Portland·St. Helens·Troutdale·West Linn



# Retiree Banquet 2024



# Election Season

- David Norton, President

Fall is officially upon us, and with it comes another election season. This time around it is poised to be one of the most memorable and divisive in recent memory. As many of you know, the NALC has decided to endorse Kamala Harris for President. Locally, it was voted on during a General Membership Meeting for Branch 82 to follow the endorsement of the Oregon AFL-CIO and the Northwest Oregon Labor Council. Many people ask me, "Who did Branch 82 endorse this year?" Well, we endorsed who they endorsed. Those endorsements are printed in this issue of the B-Mike so the members can see the list.

Election season is a busy time for unions. Union endorsement is heavily sought after by candidates, and many campaigns rest their chances on union support. Many unions spend a tremendous amount of time, energy, and money on campaigns at every level: national, state and regional. The NALC is different from most other unions- being a federal union, most of our issues are at the national level so often there is little reason to get involved at the state or regional level. Also, it is important to understand that no dues money goes toward political purposes. That is why we have the Letter Carrier Political Fund (LCPF) as our Political Action Committee (PAC) that members can contribute to and goes toward candidates running for office as well as other issues we support, regardless of party. I encourage everyone to give to LCPF. It really does go toward furthering our agenda as letter carriers and supports the overall health of the Postal Service. We are a single employer union, and our jobs depend on the success of the USPS. We all see how they run this organization; in most cases it takes our union to lobby on the Postal Service's behalf.

We all know that politics are a contentious subject, and the vote at the national convention to endorse Kamala Harris was not unanimous from the delegates. I know that there are many letter carriers out there that have differing opinions. Believe me, we have heard about it since the NALC endorsement of Vice President Harris, and we even received a letter complaining about publishing political opinions in our September issue. Posting updates on political goings-on is not banned from being printed in the B-Mike. In fact, we try to keep the membership updated on the endorsements of our national union (as well as reports from the national and state conventions). I'm certainly not going to tell you how to vote, but it is important that we stay united as letter carriers and not let the politics dividing this country do the same to our union.

While you may have political discussions while off the clock and in private, it is illegal to talk politics while in uniform, on the workroom floor, and while in the performance of your duties as a letter carrier. The Hatch Act is a federal law passed in 1939 and ratified in 1993 that limits certain political activ-

ities of federal employees. The original purpose of the law in 1939 was to ensure that federal programs were administered in a nonpartisan way and to protect federal employees from political coercion in the workplace. Before that, federal jobs were usually used for political purposes and for the political gain of politicians. The Hatch Act was created so that we and other federal employees are not forced to work for whatever politician is in power. Can you imagine if letter carriers were forced to go out and campaign for the current president as a condition of our employment?

While the law has changed some, we are still prohibited from engaging in politics while in the performance of our duties as an employee of the Postal Service, and you can get in serious trouble for doing so. I have seen postal management come down pretty hard on carriers who have violated the Hatch Act, the worst being a removal. If you have strong opinions on what is going on in this country and you feel like talking to your customers about it, don't do it. It is not worth it. You may face a removal or some stringent discipline if you are caught. It just takes one customer to complain about you and your political opinions to open the door for management to discipline you. Besides, who wants to talk to their customers about politics anyways? Do you really want to know what your customer's ideas on politics are? It is a lot easier to do this job going through the day knowing that sweet old Mrs. Johnson is so nice and makes the best cookies for you at Christmas without the inside knowledge of her warped, antiquated ideas on race relations in this country. Some things are better left unsaid.

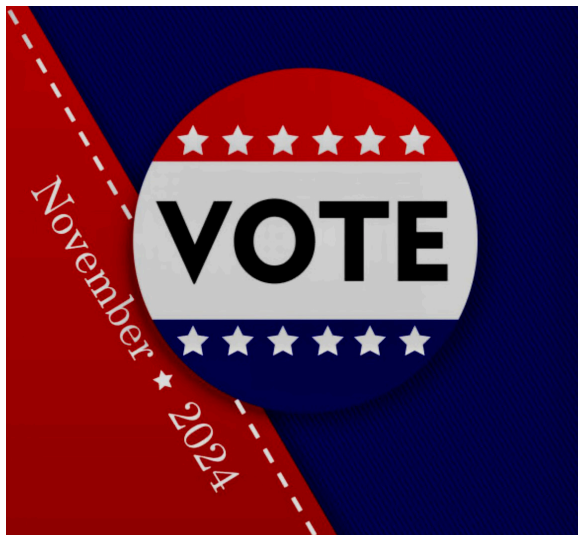
Regardless of your political beliefs, this political season, every letter carrier should take pride in the fact that they are going to be an integral part of democracy in this state. Oregon, being a vote-by-mail state (and the first one nationally) is going to rely on the USPS and the hard work and diligence of the letter carrier craft to deliver voters' pamphlets, ballots and information to every registered voter of this state. There have been politicians that have erroneously stated that vote-by-mail is somehow inefficient, susceptible to fraud, or slanted toward one side over another. None of this is true. Vote-by-mail is a safe, easy, and dependable way for Americans to vote, and every state should enjoy the same benefits that we do in Oregon as well as other vote-by-mail states. I have done it both ways: gone to a polling location and placed my vote behind a curtain, and sat down at my kitchen table with my voters' pamphlet, made my decision, and then placed my ballot in the mail to be picked up by my letter carrier (Francisco, who never talks about politics). Let me tell you, the latter is better. My only wish is that every American could experience the same ease and benefit of vote-by-mail, regardless of their political opinion. It really doesn't matter what someone believes, it opens

## Branch 82 Non-Members

up the voting experience in a way that is accessible to all types of peoples with varying opinions, beliefs, and ideas. It allows all people to have the luxury of sitting down and making an informed vote in the comfort of their own homes at a convenient time for them. It should transcend party.

Of course, delivering all of the political mail, ballots and voters' pamphlets is not easy. It is extra mail to deliver, those pamphlets can be heavy, and casing political mail is an overall pain. By the end of the season, most letter carriers will be completely sick of seeing the same stupid political ads over and over again. There will be some tough days because of it, but it is still a system that makes the democratic process accessible to so many more Oregonians than if everyone was required to find a polling station, get some time off of work, stand in line, and cast their ballot the old fashion way. The Postal Service is well equipped to handle elections, and letter carriers are there to deliver.

This year is my daughter's first opportunity to vote. She turned 18 last January, and she will be taking part in an election for president that may shape our nation going forward in a profound way. It is an election that has divided this country, and people have strong opinions about each candidate. I cannot influence her as a letter carrier, not that she would listen to me, but as her dad, she is going to sit down at the same kitchen table with me and look at the voters' pamphlet that comes to our house, and we are going to make our own decisions on the future of this nation. We are going to do this because it is possible in the state of Oregon to vote this way, and it is made possible because of the efficiency and dedication of the letter carriers of the United States Postal Service. Regardless of how we vote, whether we talk about it or not, we are still going to love each other afterwards. I recommend we do the same as a union.



<b>ACKLEY, SASHA</b>	MC MINNVILLE
<b>BLOCK, STEPHEN C</b>	LAKE OSWEGO
<b>BREADON, THOMAS L</b>	FOREST GROVE
<b>BRODEUR, EMILIA J</b>	FOREST GROVE
<b>BRYAN, THOMAS</b>	GRESHAM
<b>BUI, DE V</b>	LAKE GROVE
<b>CHAN, ALBERT H</b>	LENTS
<b>COOK, CHRISTOPHER J</b>	MULTNOMAH
<b>CRONIN, JESSICA L</b>	ALOHA
<b>DETWEILER, MARC R</b>	GRESHAM
<b>DYCHE, PATRICK I</b>	WEST SLOPE
<b>ELDRIDGE, STEVEN</b>	BEAVERTON
<b>FORD, DANIEL E</b>	FOREST GROVE
<b>GARDNER, ROBERT S</b>	BEAVERTON
<b>HAWKINS, ROBERT A</b>	WEST LINN
<b>JENSEN-ALCANTAR, MICHAEL</b>	TIGARD
<b>KRIEGER, ELIZABETH E</b>	MC MINNVILLE
<b>LE, BICH VAN T</b>	COLLECTIONS
<b>LEONARD, KENNETH B</b>	OAK GROVE
<b>LOWER, CRAIG W</b>	GRESHAM
<b>MAENZA, ANTHONY C</b>	TIGARD
<b>MILTER, KIMBERLY C</b>	CANBY
<b>PASCHALL, REX G</b>	OAK GROVE
<b>PERRY, DARREN A</b>	MC MINNVILLE
<b>PROWELL, MELISSA S</b>	OAK GROVE
<b>RAUER, VICKIE L</b>	OAK GROVE
<b>RIDLEY, ERIC A</b>	OREGON CITY
<b>ROOT, SHEILA M</b>	FOREST GROVE
<b>SHARAFI, SEAN B</b>	LAKE GROVE
<b>SIEFKEN, BENJAMIN O</b>	NEWBERG
<b>SMITH, JEFFREY G</b>	LENTS
<b>SOROKINA, ESFIR</b>	SELLWOOD
<b>SPENCER, JAKE</b>	EAST PORTLAND
<b>STAFFORD, KRISTYANN R</b>	CANBY
<b>TONCINICH, PAOLINA</b>	PARKROSE
<b>WERY, KEITH P</b>	CANBY
<b>WHITE, JARED M</b>	OAK GROVE
<b>WU, WEI J</b>	EVERGREEN
<b>ZIMMERMAN, JUSTIN M</b>	RIVER DISTRICT



# Oregon AFL-CIO & Northwest Oregon Labor Council Endorsements

All Oregon voters receive their ballots through the vote-by-mail process. Ballots will be mailed 14 to 18 days before the election (approximately October 18-22). Voted ballots must be received or mailed with a valid postmark by 8pm on Election Day, November 5. You can sign up to track your ballot on the Secretary of State website (<https://secure.sos.state.or.us/orestar/vr/showVoterSearch.do>).

At a General Membership Meeting, Branch 82 members voted to endorse all candidates that have been endorsed by the Oregon AFL-CIO and the Northwest Oregon Labor Council, with which we are affiliated. Of course, each member is encouraged to do their own research and make their own decisions about voting. This list is meant to assist you in your choices, should you be interested. Consider that these candidates have answered questionnaires and have been interviewed by multiple unions, and they come recommended as the best picks to represent working people.

## Federal

Harris/Walz- U.S. President/  
Vice President

Suzanne Bonamici- CD 1

Maxine Dexter- CD-3

Val Hoyle- CD 4

Janelle Bynum- CD 5

Andrea Salinas- CD 6

## Statewide

Tobias Read- Secretary of State

Dan Rayfield- Attorney General

Elizabeth Steiner- State Treasurer

## Ballot Measures

Yes- 116,

No- 118,

Yes- 119

## State Senate

Andrea Kennedy-Smith- SD 12

Kate Lieber- SD 14

Winsvey Campos- SD 18

Kathleen Taylor- SD 21

Lew Frederick- SD 22

Khanh Pham- SD 23

Chris Gorsek- SD 25

Anthony Broadman- SD 27

## State House

Pam Marsh- HD 5

Lisa Fragala- HD 8

David Gomberg- HD 10

Sarah Finger McDonald- HD 16

Nancy Nathanson- HD 13

Tom Andersen- HD 19

Paul Evans- HD 20

Virginia Stapleton- HD 21

Lesly Munoz- HD 22

Ben Bowman- HD 25

Courtney Neron- HD 26

Ken Helm- HD 27

Dacia Grayber- HD 28

Susan McLain- HD 29

Nathan Sosa- HD 30

Shannon Jones Isadore- HD 33

Lisa Reynolds- HD 34

Farrah Chaichi- HD 35

Hai Pham- HD 36

April Dobson- HD 39

Annessa Hartman- HD 40

Tawna Sanchez- HD 43

Travis Nelson- HD 44

Thuy Tran- HD 45

Willy Chotzen- HD 46

Hoa Nguyen- HD 48

Zach Hudson- HD 49

Ricki Ruiz- D 50

Emerson Levy- HD 53

Jason Kropf- HD 54

Greg Smith- HD 57

## Metro

Martha Schrader- Clackamas Co. Comm.

Duncan Hwang- Metro Council- D6

Gerritt Rosenthal- Metro Council- D3

Mary Nolan- Metro Council- D5

KC Le Dell- Washington Co. Judge

Nafisa Fai- Washington Co. Comm.- D1

Jason Snider- Washington Co. Comm.- D3

Vadim Mozyrsky- Multnomah Co.  
Comm.- D1

Vince Jones-Dixon- Multnomah Co.  
Comm- D4

## Portland City Council

Mayor- Carmen Rubio

Dist. 1- Candace Avalos, Steph Routh,  
Jamie Dunphy

Dist. 2- Jonathan Tasini, Dan Ryan, Elana  
Pirtle-Guiney

Dist. 3- Chris Flanary, Steve Novick,  
Tiffany Koyama Lane

Dist. 4- Eric Zimmerman, Olivia Clark,  
Tony Morse



# Letter carriers and the Hatch Act

NALC encourages all members to be engaged in a wide range of political activities to advance the letter carrier agenda. However, it is crucial to remember that all active letter carriers, career and non-career alike, are federal employees, and your political activities are governed by the Hatch Act- including online activities that involve social media as well as e-mail. In general: Be off the clock, out of uniform (and government vehicles) and away from the workplace whenever you engage in any partisan political activity, and make sure that the activity is in a permissible category.

## What is the Hatch Act? Some background.

Until 1993, active letter carriers were barred from taking any significant volunteer role for any political campaigns. The primary sentiment behind the law was to protect federal employees from being strong-armed and intimidated into helping their bosses run for re-election. But as times and campaigns changed, many recognized that federal employees were being wrongfully left out of the political process. So, in 1993, Congress amended the Hatch Act to allow federal employees to take an active part in political campaigns for federal offices. While there are still some restrictions on what federal employees can do, there is much greater latitude for letter carrier political participation in campaigns for president, the Senate and the House of Representatives, as well as for state and local elected officials.

Remember: Retirees, spouses and family members (including NALC Auxiliary members) are not bound by the Hatch Act.

## Do's (while off the clock, out of uniform)

Active letter carriers may- on their own time, away from work, out of uniform and without using a postal vehicle:

- Be candidates for public office in non-partisan elections (that is, elections in which none of the candidates are to be nominated or elected are representing a political party).
- Register and vote.
- Sign and circulate candidate nominating petitions and ballot initiative positions.
- Assist in voter-registration drives.
- Speak and write publicly and otherwise express opinions about candidates, ballot measures and issues.
- Attend political rallies, meetings and other events.
- Attend fundraisers and contribute money to political organizations and campaigns.
- Volunteer for political campaigns and encourage others to volunteer.
- Participate in phone-banking and precinct-walking for candidates and ballot measures.
- Display bumper stickers, lawn signs and other campaign paraphernalia.
- Raise money for the Letter Carrier Political Fund from other NALC members. (Note: Letter carriers while detailed to 204b or other higher level assignments should not solicit contributions to the Letter Carrier Political Fund from postal employees who may be viewed as their subordinates.)
- Volunteer, run for and hold an office in a local or state political party or club.

## Don'ts (while on the clock, at the workplace, in uniform or in a postal vehicle)

Active letter carriers may not- while on the clock, at the workplace, in a postal uniform or in a postal vehicle- engage in any of the otherwise permissible political activities listed in the "Do's"

above. For example, while on the clock, at the workplace, in a postal uniform or in a postal vehicle, you may not:

- Send or forward a partisan political e-mail.
- Wear or display any political or campaign material, even as a computer screen-saver or desktop wallpaper.
- Circulate partisan political materials to co-workers.
- Sign up electronically to contribute to the Letter Carrier Political Fund or solicit other letter carriers to contribute.

## Don'ts (ever)

Active letter carriers may not- even on their own time, away from work, out of uniform and without using a postal vehicle:

- Use their official titles or positions when engaging in otherwise permissible activities.
- Raise money for partisan political groups or campaigns (except for the Letter Carrier Political Fund), including phone-banking, letter-writing, selling tickets, hosting a fundraiser, inviting people to attend a fundraiser, or allowing your name to be used in a fundraising appeal.
- Otherwise solicit, receive or handle contributions for a partisan political group or campaign.
- Run for elective office in partisan (party-label) elections (even if you report "No Party Affiliation").
- Raise money for the Letter Carrier Political Fund from non-NALC members (except from their immediate family members in the same household).

## Online (general guidelines for social media and e-mail)

Abridged excerpt from "The Hatch Act: Frequently Asked Questions on Federal Employees and the Use of Social Media and Email (November 2015)."

In general, all federal employees may use social media and email and comply with the Hatch Act if they remember the following guidelines:

- Do not engage in political activity while on duty or in the workplace. (Federal employees are "on duty" when they are in a pay status, other than paid leave, or are representing the government in an official capacity.)
- Do not engage in political activity in an official capacity at any time.
- Do not solicit or receive political contributions at any time. (This does NOT include contributions to the Letter Carrier Political Fund solicited from fellow NALC members while off the clock.) "Political activity" refers to any activity directed at the success or failure of a political party or partisan political group (collectively referred to as "partisan groups"), or candidate in a partisan race.

These rules have some very limited exceptions. When in doubt, federal employees should consult OSC or their agency ethics officers.



# It's a Marathon, not a Sprint

- Betty Nash, Vice President

Every office has some carriers who are referred to as “runners,” which means that they are very fast delivering mail on the street. Now being a runner is not necessarily a bad thing. If you can get your job done safely, accurately, and consistently and maintain your route, well then good for you. We are all different and some people may just walk faster, have an excellent memory, or are very organized and can just get the job done faster. These are great qualities to have, and these carriers are an asset to the service.

I have had what some people might call a runner as my T-6, but he was great. He was very fast; he was accurate and he did have a great memory. I think that he could have done a better job on the routes than all of the regulars on his string just because he was so good at his job. If I asked him to deliver a certain way on my route, then that's what he did. He always remembered the little things. His professionalism made my life so much easier, and I never had to worry about my route on my days off. He now has his own route, and I am sure that his customers appreciate the effort that he puts in every day to give them great service. Thanks, Ken.

Unfortunately, not all runners possess these qualities. Perhaps at the beginning of their career, a supervisor pressured them to go faster and they started skipping some of the essential parts of the job. The faster they got done, then the happier their supervisor was with them and they learned that it is better to get along, no matter what the cost. They stopped reading helper cards, drove too fast down residential streets, and threw packages on the porch without ever attempting to ring a doorbell or knock. They pretended not to see outgoing mail at a house that they had no mail for, so they skipped that home completely. They delivered mail to homes that were obviously vacant, or delivered to homes where the resident was on a vacation hold. They didn't bother to say hello or wave at a customer that was trying to be friendly.

## ACTIVE DUTY

Darren Cruz, son of Gary Cruz (River District),  
Army, Ft. Cavazos

Samuel Kunz, son of John Kunz (Parkrose), Navy

Christopher Manivanh, son of Simang Manivanh (Hillsboro),  
Army, Iraq

Connor Sheehan, son of Pat Sheehan (retired),  
Army, Ft. Houston

Corey Thompson, son of Georgina Thompson  
(Rose City Park), Navy, Norfolk, VA

Matthew Underwood, son of Rick Underwood  
(River District), Marines, Camp Pendleton

They didn't always set the handbrake or lock their door while away from the vehicle. Any mail that they brought back to the office was all in a white tub all mixed up. UBBM, outgoing mail, forwards, their half-eaten sandwich, all the junk that they didn't want to deal with was in the tub. They were perfectly happy to just throw mail all over town, as long as the mail was delivered somewhere.

You know who they are, and I am sure that if you are giving off a section/swing on your route and you hear that one of these runners is taking it, you almost wish that no one was taking it. You might think, just leave it for tomorrow otherwise I'll be cleaning up after them for a few days. I'll have to hear all week how this substitute knocked over their trash can and didn't pick it up, or misdelivered a package to the neighbor, and of course, they were very rude.

It's sad to have a new person learn that poor performance is often rewarded. We all know that management often “fails up,” it seems no matter how bad they are they still get promoted or just moved to another office.

However, letter carriers usually stay in an office for years. They get used to the people and the routes and they become comfortable. So, if you see a new carrier starting with these bad habits and trying to be a runner at the expense of good customer service, please correct them.

Let them know that we all get paid the same and we get paid to perform a service. We owe it to each other to give the public a sense of security. The public needs to know that they can count on us. Not to mention that saving a few minutes by failing to follow safety procedures is just not worth it and could cause injury to them or the public. The job of a letter carrier is a marathon, not a sprint. Set a safe and accurate pace that you can maintain.

This is our job. This job pays our bills, this job will give us a pension, and this job gives us our health insurance and our TSP. This job gives us the responsibility of taking care of our customers. So many of our customers depend on us to bring them medicine, important correspondence, letters from loved ones, and a Christmas or Birthday card.

So many people work from home now and so they order everything; it's easier than going out to the store- unless their packages or mail are misdelivered or mishandled. Customers should be able to rely on the USPS to get them their mail, to them we as letter carriers are the USPS, we are the ones that they see every day. Teach these new carriers to take pride in servicing the community. Do your job, but do it well. Your customers should look forward to seeing your face on the street every day. Sometimes you are the only person that they see on a daily basis. Let it be a positive experience.



# Health Plan Changes for All Carriers

- Matt Pierce, Secretary-Treasurer

Hello from the desk of your secretary-treasurer! For those of you who are new to the USPS or don't remember, on April 6, 2022, President Joe Biden signed the Postal Service Reform Act into law. Doing so repealed the USPS's unfair pre-funding mandate, permanently mandated six-day delivery, and created the Postal Service Health Benefits (PSHB) Program within the existing Federal Employees Health Benefits (FEHB) Program. The new law is designed to integrate postal employees into Medicare to a greater extent than in the past, which should result in more savings for USPS as well as many letter carriers.

The creation of the PSHB Program doesn't solely affect retirees or soon-to-be retirees eligible for Medicare; it affects all letter carriers and their families, and that has left many members confused.

For Plan Year 2025, which will follow the Open Season (November 11 – December 9, 2024), every active letter carrier will need to enroll, or be enrolled, in a new health benefit plan under the PSHB Program. The new PSHB plans will still be under the FEHB umbrella and likely will be largely identical to the previous FEHB plans, but they will be available only to Postal Service employees and their families.

The benefits will most likely be the same, at least initially. As the years go on, there may be improvements to the postal-only plans not seen in the FEHB plans, as Medicare takes on a higher share of the costs of members' health care. This should allow the plan providers to lower premiums and add more value.

For example, if a letter carrier has the NALC Health Benefit Plan's High Option Plan and wants to stay in that plan, during Open Season in the fall of 2024, the carrier will simply enroll in the NALC HBP's High Option Plan in the PSHB Program.

Even if a member does not change their plan during Open Season, OPM has announced that every current FEHB member who is a postal employee, annuitant, or family member will be automatically enrolled in a PSHB equivalent plan for the 2025 benefit year. This auto-enrollment will ensure no enrollee is left without coverage, even if an enrollee takes no action during the upcoming transitional Open Season. Over 90% of Postal Service enrollees will be automatically enrolled into a PSHB plan option that is equivalent to the 2025 benefits and cost-sharing of their current plan option.

Information about auto-enrollment and what plan carriers will be automatically transitioned to in the new PSHB program can be found online here: [www.opm.gov/healthcare-insurance/pshb/auto-enroll/](http://www.opm.gov/healthcare-insurance/pshb/auto-enroll/).

OPM is also rolling out a resource page for postal employees,

annuitants, and family members as they transition to their new PSHB health coverage. The landing page provides extensive program information and will be updated with additional guidance as we approach Open Season. That can be found online here: [www.opm.gov/healthcare-insurance/pshb/](http://www.opm.gov/healthcare-insurance/pshb/).

Keep an eye on your mail in October as every letter carrier will be receiving information about this upcoming change.

Finally, due to multiple issues with security and fraudulent logins and websites that were stealing postal employee information in the last several years, many employees have been unable to log into their Liteblue accounts due to changes in password requirements and multi-part authentication. As with any website, be sure to check you are on the genuine website before entering any credentials. Users can avoid fraudulent LiteBlue sites by typing the web address directly ([www.liteblue.usps.gov](http://www.liteblue.usps.gov)).

Although logging in and changing your health insurance is not a requirement as previously mentioned, now would be an excellent time to contact HR at the sick call number, option 5, and get help resetting and logging in. Doing so later during what is bound to be a hectic Open Season will likely take many hours on hold.

Until next time, Matt

## Retiree Luncheon

October 16  
IHOP  
4931 SE 82nd Avenue  
Portland, OR 97266  
NOON  
(third Wednesday of each month)

Retired and active letter carriers are welcome!



# Retiree Banquet 2024

- Sam Smith, Director of Retirees

NALC Branch 82 held our annual retiree banquet on September 7, 2024 at Milwaukie Portland Elks Lodge #142 for the second consecutive year post-pandemic. Cocktail hour began at 5pm as retirees began to stream into the hall which was very nicely decorated. As adult beverages were being served, old friends began to meet and greet, old friendships were rekindled, new ones were made, and there was laughing as joy permeated the room.

As the evening continued, our guests would grow to total almost 100 retired letter carriers from NALC Branch 82 Charles N. Coyle Branch with spouses and guests. History says that our branch was started January 1895.

President David Norton and I shared the MC duties and the Gold Card Presentation for the evening program. Unlike the previous retiree banquet of 2023, we did not have a slew of gold cards to present, as we did all the catching up last year.

We are extremely proud of all of our Gold Card Members and their minimum of 50 years of membership and commitment to NALC and the labor community. Congratulations to all our Gold Card recipients, and a hearty thank you for your leadership.

NALC National Director of Retirees Dan Toth was on hand to help present our gold cards and share festivities. He also spoke to the membership on a myriad of topics including the impending health care change.

Last year we had the honor of recognizing Mr. Paul Swenson for his 80 years of NALC Membership, National President Brian Renfroe, Branch 82 President Norton and myself, Branch 82 Director of Retirees. It is with deep sadness and regrets that we lost Mr. Swenson earlier in the year just short of his 103rd birthday. We held a moment of silence for all of our dearly departed members.

Our banquet was a resounding success as a good time was had by all.

Finally, I must at the great risk of leaving someone out say thank you to some people that made the evening happen. Thank you to Kelly, Nancy, and the staff at the Elk Lodge #142. Thank you to Dan Toth for joining us from national and spending the evening with us. Thank you, Brad for all you do and Tom for his valued assistance. Thank you to the Branch 82 Executive Board. Thank you to my wife Yvette who always loves me and encourages me in whatever I do. Looking forward to 2025.

Respectfully,  
Sammy Smith,  
Director of Retirees







**Congratulations to Gold Card recipients Scott Blau, Janice Degermark, and LC Hanson. Melvin Hansen and Edmund Milano received awards for 55 Years Membership in the NALC. Kevin Wrede was given a Special Achievement Award for his contributions to the newsletter; he has designed Pushing The Envelope for 30 years.**



# Veterans Day, Honoring All Who Served

- Bruce Hall, Veterans Representative

Veterans Day is Monday, November 11, 2024. Each year on November 11, we honor veterans and remember their service to our great nation. In past years, I've written articles on the history of Veterans Day, but I decided to mainly encourage everyone to take time to remember and honor veterans on this day.

We celebrated the 100th Anniversary of World War I in 2018. World War I started on July 28, 1914, and ended on November 11, 1918. America entered the War on April 6, 1917. A World War I Centennial Commission was established to coordinate the 100th anniversary of more than 4.7 million young Americans serving in uniform during WWI. The Commission was formed to raise funds and build a National World War I Memorial, to honor the 116,516 Americans who gave their lives in WWI. The memorial was started on November 9, 2017, and was completed and opened to the public in April 2021. However, the primary commemorative sculpture was not completed and unveiled until September 13, 2024. We have over 20 monuments, memorials, and museums in Washington DC now, and they broke ground on a Desert Storm-Desert Shield Memorial July 14, 2022, that is expected to be completed in 2025. All these memorials are built to help us honor and remember our Veterans.

Who is a veteran? Webster's Dictionary defines a veteran as "a person who has served in the armed forces of our country, especially in time of war." Let's remember and honor all those who have served and are serving in the armed forces. Veterans Day honors those who are still living, whereas Memorial Day honors all those who have paid the ultimate sacrifice by giving their lives.

I've been writing my Veterans Day article in the October issue due to the timing of Veterans events that occur in conjunction with Veterans Day. Usually, I put this information out in our November B-Mike, but several events are over by the time people receive their B-Mike, so I'm trying to get this information out earlier so people can participate in these events if they so desire.

1. VANCOUVER VETERANS PARADE--This event will be held on Monday, November 11, 2024. There will be a ceremony at The Marshal House on Officers Row at Ft. Vancouver at 9:30am. The parade starts at 11am at the corner of Evergreen Way and East Reserve, and goes on Evergreen to Ft. Vancouver Way, then South on Ft. Vancouver Way to East 5th St., then East on 5th, ending in front of the Pearson Air Museum. For more information, call 360-992-1804.
2. VETERANS DAY VIGIL--This event will be held at the Praying Hands Memorial at the University of Portland at 11:00am on November 11, 2024.
3. PORTLAND VETERANS DAY PARADE--The parade was discontinued in the Hollywood Neighborhood, but the Portland Veterans Day Parade will be held on Monday, November 11,

2024. The parade will start at 10:00am. It will start at Beech St. and MLK Blvd. The parade will proceed north on MLK ending at Emerson St. and MLK Blvd. A short ceremony will occur at the end of the parade.

My VFW Post 1325 will have an entry in the parade, and I plan on getting an entry for NALC Branch 82. If you would like to be in the parade, contact the Union Office, 503-493-5903, or contact me at 503-285-8468. You don't have to just watch a parade, you can be a part of the parade.

Another event that I would like to offer in the month of October is called A DAY TO CHANGE DIRECTION! A staggering 20 veterans commit suicide every day, along with other persons in our society, and if you've watched the news lately, there has been a disturbing increase in teenage suicides. The VFW is committed to helping change the narrative and stigma surrounding mental health issues in America. In order to raise awareness, foster community engagement, improve research, and provide intervention for those affected by invisible injuries and emotional stress, the VFW has teamed up with other organizations to combat this critical issue. We will have an evening on October 15, 2024, where we will sponsor a gathering together of interested people where we can encourage all Americans to pay attention to their emotional well-being as well as the emotional well-being of others.

Date: October 15, 2024

Time: 7pm- information provided about mental wellness (Time with veterans sharing experiences)

Place: Eagles Hall, 7611 N Exeter Ave

Please RSVP by October 13, 2024, to Bruce W. Hall 503-285-8468 or email: vfwbruce@gmail.com.

ONE FINAL NOTE: The pandemic put a lot of veterans in a financial bind. My VFW Post has some food boxes (45 lbs. of nonperishable goods) available for vets in need. Let me know if you would like this type of assistance. Have a memorable Veterans Day.





# *Last Punch Bunch*

Michael Doney, Parkrose

Michel Leet, Parkrose

Edward Riley, Parkrose



Michel celebrates her last day with a proper retirement party, cake & all.



# *Congratulations!*



Retired carrier Dave McGann was recently pictured on the cover of 50 Plus Magazine. McGann said the reason he agreed to do the article was to get people involved with Meals on Wheels.

**Fill the Satchel  
for MDA**

**Sept 27th – October 31st**

**NW Priority Credit Union**

# MDA Report

- Abe RedCloud, MDA Rep

**BOOOOO!!!** Did I scare you? Sorry, I'm just getting ready for Halloween!!! I hope you all have some spooky plans for Halloween this year. I plan on decorating and dressing up my house to scare all the big kids that come by for Halloween! BWAHAHAHAHAHAHAHAHA..... Although I think a full-sized candy bar will be WAY worth it. Anyhoo, there's nothing scary about how much we've raised for MDA this year! At the time I'm writing this, I don't have the totals for the raffle, so that should all be reported in the November B-Mike. Now on to our current event!

**Current Event:**

Right now, our **Fill the Satchel** is going on at all branches of the NW Priority Credit Union. It's SUPER easy to help us raise money in this event. All you have to do is go into ANY NW Priority Credit Union and make a donation with a teller. Going in to get your check cashed? Donate \$1 or more and that helps the MDA. In this event, ALL money raised goes to MDA as there are no costs associated with this event! Here's the info:

**Where: All Branches of NW Priority Credit Union**

**Dates: Sept 27th – October 31st**

**Times: All open hours of each branch**

**What: Go into any Branch and donate \$1 or more**

I hope that you all take time one day in October to go into a NW Priority Credit Union and make a donation to make a difference. Let's see if we can raise \$10,000 like we used to before COVID hit! I challenge each and every one of you to match me by donating \$20 at your closest branch! Let's make a difference Branch 82! I will report how much we raised in November (if I can get totals quickly enough) or the December B-mike. I hope you all have a wonderful October.

In Unionism and Solidarity,  
Abe RedCloud



# Open Season 2024

- Eric Matras, Health Benefits/ MBA Rep.

Greetings, Brothers and Sisters

Open Season will soon be upon us. This year it will run from November 11 through December 9.

Locally for all of us, the Portland RPDC or the Airport Main Plant Facility will be hosting a Health Fair on Thursday November 21. Finally, they have agreed to extend the hours so letter carriers can attend! It will run in three shifts. 6am -10am, 12pm-4pm and 6pm-10pm. I'm hoping to enlist the help of a few of our longtime stalwart members.

Remember, as a result of the Postal Reform Act of 2022 we are entering a new era where we are being enrolled in the Postal Service Health Benefits (PSHB) Program in conjunction with the Office of Personnel Management (OPM). This is a new program within the Federal Employee Health Benefits (FEHB) Program. Coverage under the PSHB will be effective as of January 1, 2025. As we are being transitioned into the PSHB, the NALC Health Benefits Members will be receiving a brand new card and issued new codes for the various plans. As I have been writing and reporting at branch meetings, the Postal Reform Act required Medicare Integration. If you have questions you can always contact the Plan at 888-636-6252 or visit the website at [www.nalchbp.org](http://www.nalchbp.org) for more detailed information.

My role as the Branch 82 HBP Representative is to promote and encourage as many NALC folks as possible to join our union-owned (not corporate) union controlled plan. I am not here to help you if you are a member of a different plan. That would not be ethical. No doubt with the PSHB we are in uncharted waters. We are all supposed to receive more information from the PO in October. I'm sure when you change government bureaucracy there is likely to be some snags and snafus. I know the NALC Health Benefits Plan will be with all of us as they have been since 1950!

Sincerely in Solidarity

Eric Matras

ARE YOU A **MEMBER** OF NW PRIORITY CREDIT UNION? IF YOU ARE NOT, **YOU SHOULD BE.**

NW Priority Credit Union has been serving Postal Workers for 95 years. We started with nine postal workers, \$5 each and a shoe box in 1928. Since that time we have been serving postal families along with other Select Employee Groups.

We are a full-service financial institution and we are ready to serve your financial needs. You can join online at [www.nwprioritycu.org](http://www.nwprioritycu.org). You can click the "Become a Member" link at the very top of the homepage.



OUR #1 PRIORITY IS YOU!

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## Branch 82 Officers

President	David Norton	503.493.5903
Vice- President	Betty Nash	503.493.5903
Secretary- Treasurer	Matt Pierce	503.493.5903
Chief Steward	Jon Cabral	503.493.5903
Editor	Suzanne Miller	503.493.5903
Recording Secretary	Jon Cabral	503.493.5903
Sergeant At Arms	Chuck Solomon	503.493.5903
Safety Officer	Don Cadwell	503.493.5903
Dir. of Retirees	Sam Smith	503.493.5903
Health Benefits/ MBA	Eric Matras	503.493.5903
LCPF Rep	Ryan Mills	503.493.5903
Veterans Rep	Bruce Hall	503.285.8468
MDA Rep	Abe RedCloud	503.493.5903

### Executive Board At Large

Don Cadwell	971.322.9701
Randall Hoxie	503.493.5903
Janelle Lee	503.493.5903
Abe Redcloud	503.493.5903

### Trustees

Lois Brumfield	503.493.5903
Casey English	503.493.5903
Miranda Layton	503.493.5903
Jennifer McGeorge	503.493.5903
Ryan Mills	503.493.5903

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Representing Oregon Unions

And Employees in

Matters of Collective Bargaining

And Civil Rights

(Law Firm retained by NALC Branch 82)

## Branch 82 Monthly Meetings

General Membership second Wednesday, 7:00PM

Retiree Luncheon third Wednesday, noon

Stewards Council third Wednesday, 7:00PM

Executive Board fourth Wednesday, 6:30PM

All members are welcome, unless otherwise noted.  
All meetings are held at the NALC Branch 82 Office,

5265 NE 42nd Avenue, 97213.

Retiree Luncheons are held at  
IHOP, 4931 SE 82nd Avenue, 97266.

## INJURED AT WORK?

Call BRANCH 82 OWCP REP

Mike O'Connor

Wednesdays and Thursdays

503 493-5903

The B-Mike is the official publication of Charles N. Coyle Branch 82 National Association of Letter Carriers, affiliated with Oregon AFL-CIO and Northwest Oregon Labor Council (OLC), 5265 NE 42nd Avenue, Portland, Oregon 97218. Phone 503-493-5903. Office hours: M-F 8:00am-5pm, Sat 8:00-11:00am.

The B-Mike is published monthly and mailed to the Branch 82 mailing list. The B-Mike is published to promote the objectives of this Branch and to provide better communication with our members. Individual opinions expressed herein are not necessarily those of the Branch Officers or Branch 82, unless identified as such. The editorial committee reserves the right to edit or refuse publication of any article. Articles for publication must be in Word or PDF form and received by the 15th of the month. E-mail articles to: [smiller.eightytwo@gmail.com](mailto:smiller.eightytwo@gmail.com). If you have questions or to request a deadline extension, contact the editor in advance. The advertising deadline is also the 15th of the month. All ads must be in PDF form or have prior approval of the editor. Mail to the B-Mike, c/o Branch 82. For rates and further information, call 503-493-5903.

# NALC Branch 82 Membership Meeting, September 11, 2024

**Call to Order:** 7:14

**Pledge of Alliance:** Bruce Hall

**Moment of Silence:** President David Norton held a moment of silence for those lost 23 years ago on 9/11. He invited the membership to Paul Swenson's memorial service on September 15.

**Roll Call of Officers:** Absent: Abe RedCloud

**First Time Members:** Peyman Bohloul, Beaverton; Paul Hess, Kenton; Peter Limbaugh, Beaverton; Xyla Parsons, Parkrose

**Reading of the Minutes:** Casey English made a motion to dispense with the Reading of the Minutes and accept them as printed in the B-Mike. Seconded, Ryan Mills. Carried.

## Communications

**Membership Report:** Regular: 1206, PTF: 172, CCA: 64, Retiree: 500, Gold Card: 91, Mgmt & Other Crafts: 50, New Members: CCA-27, PTF- 16. Total Membership: 2083. Non-Members: 40, Organized: 97.3% **Retired:** Jay Beatty, Evergreen; Shannon Gregory, Tigard; Stephen Tan, Evergreen **Canceled:** Kenneth Leonard, Oak Grove; Craig Lower, Gresham; Stephen Prince, Collections- mgmt; Esfir Sorokina, Sellwood **Separated:** Jessica LaDuke, Lents; Jeremy Palacio, Multnomah; Micah Panther, Evergreen; Naudia Plascencia, Forest Grove; Samuel Sanchez, Waterfront; Jenessa Sansone, Lake Oswego; Paul Vanderwal, Multnomah; Noah Wooten, Oak Grove

**Secretary-Treasurer's Report:** Cody Harris made a motion to pay the bills. Seconded, English. Carried.

## Executive Board Expenditure

**Recommendation: Motion:** To transfer excess funds from our national convention fund to our general fund. Discussion. Carried.

**Unfinished Business:** Norton said we previously passed a motion to purchase a new building for up to 1.8 million dollars, and the seller accepted our offer of 1.7. We are currently in the due diligence period having the various required inspections completed. We have discovered that there are issues, all things typical for a building built in the 60's. He said we had a motion from two meetings ago that was tabled twice to enter negotiations on a different building and property. **Motion:** Matt Pierce made a motion to withdraw said motion. Carried. Norton then moved on to talk about the national convention. Richard Shay said we had a member from Branch 82 who was recording video of the floor votes at the national

convention, and other members are chastising delegates for how they voted. There was much discussion. Jamie Partridge apologized for taking pictures without consent and said he did not realize what he was doing was harassment. Norton said this was a convention like no other, and we spent days discussing the charges Chris Jackson brought against President Renfroe, which took the better part of two days, and the executive board's votes were all upheld by about 2/3. He said that because we spent so much time on the charges, we ended up rushing through resolutions that would have had an actual impact on our union, resolutions that were important and worthy of discussing. Also, there were resolutions that were supposed to come from our State Association but were not submitted by them, so they were not printed in the book, and we need to address it at the next state convention. Norton said the resolutions were put in block concerning open bargaining and they were voted down, but there were resolutions passed that would address the openness of our national officers concerning our contract negotiations.

**New Business:** Partridge made a motion to support the APWU rally on October 1. Carried.

## Trustee's Financial Report

**Resolutions and Bylaws:** Committee Chairperson Jim Falvey read a by-law change for local negotiations.

## Judith Hyde Scholarship Report:

Norton reported that the 2024 winner is on the cover of the September B-Mike.

**Health Benefits and MBA Report:** Eric Matras announced Open Season will start in early November, and everyone will be required to sign up for a plan in the new PSHB program. Pierce reminded everyone it's a good time to test getting into Liteblue so you can make your selection during Open Season online instead of having to contact HR and rely on them to sign you up for your new plan. Matras mentioned that there will be a Health Fair again this year. Norton said there is currently an Open Season for retirees to sign up for Medicare Part B so they are not penalized for not having already signed up.

**Labor Management Report:** Norton said we are completely out of TIAREAP, and they pulled out two weeks before we were going to go live with an adjustment in Piedmont to fix all the problems that were made. Mgmt has informed us that they are going to do 6-day route counts in Kenton, Sellwood, Piedmont, and Beaverton. He said with this process, we can actually grieve the things mgmt does wrong.

Mills will be in Portland stations observing and taking notes to file grievances as needed. We are having station meetings to teach carriers about the process. There are start time issues in our largest offices, and we are pushing mgmt to move those times earlier both through conversations and the grievance procedure.

**Health and Safety Report:** Don Cadwell said the former District Safety Manager is back. He said After Dark season is coming up, so make sure your offices have the proper supplies for carriers to do their jobs safely, especially the newer carriers. As always, contact Cadwell or the hall with any safety issues.

**Legislation Report:** Norton said that Rank Choice Voting Oregon wants our endorsement. **Motion:** Partridge made a motion to endorse Rank Choice Voting Oregon. Seconded: English. Discussion. The motion failed.

**MDA Report:** Norton said the MDA raffle winner will be drawn at the October meeting, and Fill the Satchel will take place from 9/27 through 10/31.

**Retirees Report:** Sam Smith reviewed the Retiree Banquet held 9/7 at the Milwaukie Elks Lodge. He said it was very successful, and he is very appreciative of everyone at Branch 82, the E-Board, and he gave special thanks to Brad Melland. Five gold cards were awarded. Norton thanked Smith for all the hard work he did to put on this event. **Motion:** Matras made a motion to extend the meeting for five minutes. Seconded: Janelle Lee. Carried. Norton added that we honored Kevin Wrede who has been producing cartoons for the B-Mike for 30 years.

**Veterans Report:** Hall said he has pamphlets for students to enroll in a scholarship program through the VFW. The deadline to submit is October 31, and there are large cash prizes.

**Labor Solidarity Report:** Norton said Fred Meyer employees are striking, and they still want shoppers to boycott until they announce otherwise. Partridge said the Boeing Employees are on strike.

**Good of the Association:** Norton thanked Janet Barlow, Lois Brumfield, and Buxton for making dinner tonight.

**Kitty Award:** VP Betty Nash won \$52.

**Jackpot:** Mark Weddle won \$595!

**Treasure Chest:** \$210 went unclaimed by Jose Louis-Rodriguez, East Portland.

**Adjourned:** 9:12



**B-Mike**

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Portland, Oregon 97218



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The next general membership meetings will be held  
Wednesday, October 9 and Wednesday, November 13,  
both at 7 pm. Dinner will be served prior to each meeting.

# OLD RIGS GET NEW LOVE!



Don't laugh  
you're next,  
quack!



#8-825 PUSHING THE ENVELOPE BY KERRY WAITE & TERRY KNOTT  
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