



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·McMinville·Newberg·Oregon City·Portland·St. Helens·Troutdale·West Linn



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Happy Valentine's Day, from COVID ❤️

- David Norton, President

Valentine's Day is supposed to be a holiday in which you are surrounded by the people that you love, the people that are important to you. That could mean your spouse or partner, your children, your family or friends, or maybe even a new, exciting, special someone who has just entered your life. It can be a fun-filled day, or at least something to look forward to during a humdrum work-week (this year it falls on a Monday). Or maybe you are one of those people who don't subscribe to the whole thing at all, in which case it is a great time to complain about how it's a made-up holiday and love doesn't actually exist, and blah blah blah.

Valentine's Day isn't always an easy day, and it can be especially difficult when you are in an unhappy, unhealthy relationship. That is where we find ourselves this year, in the most toxic relationship of all, our relationship with COVID. It has been the worst relationship ever. It's been demanding, overbearing and has us cooped up in the house. It doesn't want us to see our friends and has kept us from our family. It has changed us fundamentally. COVID is selfish, all about COVID and how its touch is on everything we know and love. It doesn't care about what we want or need. Nobody needs an intervention to see that things aren't working out. We don't need to be reprogrammed. We don't need to change who we are. We need this thing out of our lives.

Under these conditions we are in, it's important to remember to love the ones that you love and be kind to one another. If you are wondering what to do for the ones around you this year for Valentine's Day, how about not spreading this nasty thing we are all dealing with. Avoid giving COVID for Valentine's Day.

For your co-workers that means not coming to work when you are sick. If you have symptoms, you need to stay home. Plain and simple.

The CDC guidelines and the Postal Service's guidelines have changed many times over the life of this pandemic. It isn't easy to know what to do if you test positive, have been exposed, have symptoms (which is basically everything right now), or not. It also matters if you have been vaccinated or not. Unfortunately, we are not seeing the best advice being administered from postal supervisors and managers out there. We have heard supervisors tell carriers to return to work after five days even if they have symptoms. We have also had carriers told they could work through COVID as long as they "felt good enough to work." We realize that stations everywhere are short staffed and everyone is feeling the staffing squeeze while people are either out with COVID or are quarantining because of it. Still, it is going to make it even worse if people show up to work sick with COVID and infect the entire office. We have been lucky in some respects that most letter carriers in Branch 82 are good about staying safe, are vaccinated or at least wearing the masks around their co-workers. We have had our share of outbreaks locally, but in many places around the country, whole offices have been down

due to COVID. That leaves the mail, packages, and medications piling up with no one to deliver to our customers. This work is not going to go away, someone has to deliver it. That is going to be either your co-workers in your absence, or you when you come back to work. The hope is that this wave of omicron that is sweeping over us right now will pass, and we can get back to where we were before. There is evidence of this in other parts of the country, primarily the east coast, that saw this hit early and are now moving past it. If we are diligent and follow the same trajectory, we could be doing better in a month or so. It is unfortunate this is all happening right when we were starting to see some progress with our hiring and staffing numbers. That doesn't

mean we can drop the ball and make things worse for ourselves. We all need to be diligent under the current conditions and make the smart decisions that are going to get us out of this. We have added the newest COVID guidelines for employees who are returning from work after an absence due to COVID.

We have also heard some bad advice coming out of certain supervisors regarding COVID and OWCP and CCA leave. Currently, if employees test positive for COVID-19, then they have the right to file an OWCP claim. That means filling out a CA-1 and asking for Continuation of Pay (COP), meaning that after using three days of your own leave, you can be compensated by the Postal Service. If you are a CCA and either test positive or are forced to quarantine for a number of different reasons, M-01911 gives you access to leave while you are out for your COVID related absence. We have heard from certain carriers that they are being told that they cannot get the leave, or management needs to first "investigate" before allowing a carrier to file an OWCP claim or obtain the CCA leave.

This is, of course, false. If you are one of those people that are in this situation or know of someone, please reach out to us so we can address these issues.

Not every manager or supervisor is giving out bad information. Many of them are doing the right thing by their co-workers and their stations and facilitating getting what COVID affected carriers need while juggling the hardship it causes in the office. None of it is easy, but if we do things the right way, we can get through this. What we don't need right now is misinformation and confusion on what to do if you have been exposed to or have tested positive for COVID. If you have questions, please reach out to us and we can help steer you in the right direction.

We all need to be as safe as we can right now. Coming to work and delivering mail has always had its risks during this pandemic. We must think about the people around us. This Valentine's Day, I hope your day is special. I hope you are surrounded by the ones you care about. Maybe have that special evening you were hoping for, maybe a nice meal, maybe a glass of wine, maybe throw on an Al Green album and see where the night takes you. Either way I hope you all get to spread a little love around you, but let's not spread this deadly disease.



Criteria for Return to Work for Employees after an absence related to COVID-19

Updated Guidance as of 1/5/2022

The following information is provided to assist you as managers and supervisors when an employee has indicated their intent to return to work following an absence related to Coronavirus Disease 2019 (COVID-19).

The Centers for Disease Control and Prevention (CDC) recently updated its guidance for individuals with COVID-19. The CDC has shortened the recommended time for isolation from 10 days for people with COVID-19 to five (5) days, if asymptomatic, followed by five (5) days of wearing a face covering when around others. This change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days, after, according to the CDC. Therefore, people who test positive for COVID-19 should isolate for five (5) days and, if asymptomatic at that time, they may leave isolation if they can continue to wear a face covering for five (5) days to minimize the risk of infecting others.

The CDC also recently updated its recommended quarantine guidance for those exposed to COVID-19. For individuals who are unvaccinated or are more than six (6) months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for five (5) days followed by strict face covering use for an additional five (5) days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person wear a well-fitting face covering at all times when around others for 10 days after exposure. Individuals who have received their booster shot do not need to quarantine following an exposure but should wear a face covering for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

Employee Absence due to Close Contact Tracing or Potential Exposure

The employee can return to work after five (5) days have passed since last close contact with a positive person, provided the employee has not developed COVID-19 symptoms or tested positive for COVID-19. Upon return to work, the employee will be required to wear a face covering for five (5) days whenever working near any other employees. The determination of return to work can be made by a local supervisor or manager without requiring nurse intervention as long as the employee indicates that they have not developed any symptoms or tested positive for COVID-19. If the employee indicates that they have tested positive or have developed symptoms, nurse intervention is required.

Employee Absence due to Symptoms of COVID-19 (without testing)

- The employee can return to work after these three things have happened:
 - Employee has had no fever for at least 24 hours (without the use of any fever-reducing medication);
AND
 - At least five (5) days have passed since COVID-19 symptoms ceased.

* Loss of taste and/or smell may persist for weeks or months after recovery and need not delay the return to work.

Employee Absence due to a Positive Diagnosis:

Employees **with a positive COVID-19 test result who have had symptoms of COVID-19** can stop home isolation and return to work following an interview with a Postal Service physician or nurse to confirm:

- Employee has had no fever for at least 24 hours (without the use of any fever-reducing medication).
AND
- At least five (5) days have passed since COVID-19 symptoms ceased.

* Loss of taste and/or smell may persist for weeks or months after recovery and need not delay the return to work.

Contact your District HR Manager or District OHNA if you have any questions.

A Different Type of Beast

- Betty Nash, Vice President

After 37 years of delivering the mail, I thought that office work would be a nice change of pace. However, it's just a different type of beast.

As I am writing this article, it has been only two weeks since I started as vice president of Branch 82. On the first week at the office, we had a quick meeting with all of the people that work in the office. I mentioned that according to the hours that we are open (8-5), that we take an hour lunch. I said that I don't want to take an hour for lunch because I am used to only taking 30 minutes for a lunch. After the words left my mouth, Dave and the others laughed and Dave said, "I can't remember the last time that I took a lunch."

As a carrier, we are used to punching a time clock and being accountable for every minute of the day. There was a flow chart (in case we forgot) of exactly how my day should proceed. I was told how long it should take to perform each task, what time I should go to break, when to inform my supervisor that I was leaving later than predicted, letting them know that I needed to deviate for oversized packages, I even had a line of travel (so I didn't get lost) to direct me how to get to and from my route. It was 37 years of structure, and I could see accomplishment.

I could load my LLV in the morning and see all that I had to do during the day. Sometimes they were very, very long days, but at the end when I returned to the office, I could look in the back of my truck and feel satisfied that my work for the day was complete. It actually felt good to know that I was able to deliver so many packages, letters, coverages, medicine, etc. I had done my job, accomplished what I set out to do in the morning.

The way that the branch office functions is a very different work environment than I am used to. There isn't a time clock where everyone gathers to chit chat before we clock in and have our morning standup. We aren't working next to our friends and co-workers. We don't have a set break time where we meet our friends and talk about our family or what's going on in the world or sports or what ridiculous decisions management has made. (Because of course management always knows better than we do how to effectively and logically perform our job.)

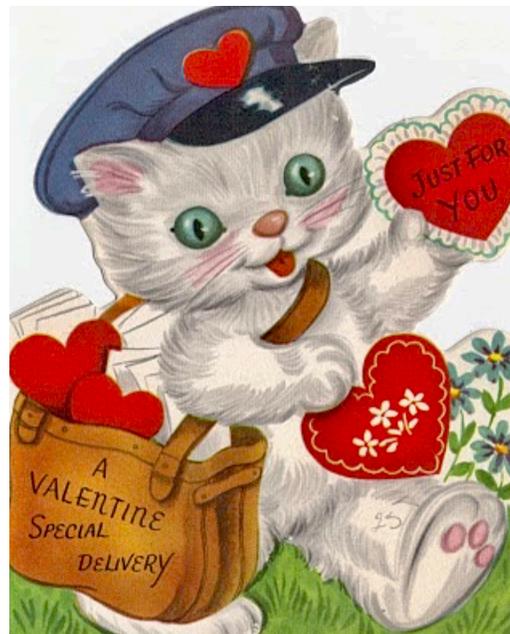
Here at the branch everyone comes in anywhere from 7:00 am to 8 or 9, and how long do they stay? I just don't know because I usually leave at 5 and Dave, Matt, and Cabral are still there working hard for you. We each have our own office and there is plenty

of work for everyone to do. Sometimes I am working and all of a sudden I feel hungry. There is no clock in the office, so I check my phone and I think, "well damn- it's already 3pm- where did the day go?" I had just been answering phones and typing away and didn't realize how quick the day had gone by. I have never walked into someone's office and found them not working. They may be eating an apple or a bag of chips, but they don't stop working. The officers all seem to pack as much work into a day as they can.

How many times have you called your office and no one answers the phone? Or you were looking for a supervisor with a question and couldn't find anyone? Or they all seem to have gone to lunch at the exact same time?

I can assure the members that your officers are more than doing their job. They all truly care about each and every one of our members. If there is an issue that requires more than one approach, then there is a discussion about who will address a particular manager or supervisor. We may ask, has anyone heard of this new email about...? All of the officers exchange information and insight into the issues that affect letter carriers. There is a wealth of experience and knowledge here in Branch 82, and I hope to add to that bank. We all work together to support you. That is why every Saturday someone is in the office available to take your calls from 8-11 am. That is why we have Mike O'Connor on Wednesday and Thursday to help carriers with FMLA, OWCP and retirement questions. We are available to issue grievance numbers, guidance on contractual issues, and lately COVID related issues. I have had phone calls with carriers that just needed to vent or express their frustration about staffing, harassment, etc. These are all important calls because they are important to you, and we are here to serve you.

This is a different type of working environment for me. At the end of the day I did not complete all of my work, but the work that was done was important. I hope that after a visit or phone call to the branch that our members feel that they were heard, supported, and appreciated. Because you truly are. I have often said that city letter carriers are the most important people in the Postal Service and you are. You are the face of the post office that everyone sees on a daily basis. You are the ones that get the job done, no matter how late you are out, no matter how many coverages they insist you take, no matter how many packages you have to deliver and no matter how many obstacles they put in front of you, YOU GET IT DONE! If no one else tells you today, THANK YOU, THANK YOU, THANK YOU!



Judith Hyde Scholarship Application

THE PURPOSE OF THE JUDITH HYDE SCHOLARSHIP is to reward the child of a Branch 82 letter carrier for community service as exemplified by Judith Hyde.

Judith Hyde came to know and love a little girl born HIV positive who had been adopted by a friend of hers. After the child died, Judith became concerned about the lack of knowledge among young people concerning AIDS/HIV. She was determined to walk across the United States from Portland to Washington, D.C. to raise awareness about this problem. Although her journey ended in Ohio due to her contracting liver cancer, her goal of community service lives on with this scholarship.

This scholarship consists of \$2000.00 per year up to four years to pay for education expenses at an accredited post-secondary school or technical institute.

SUBMIT THE FOLLOWING TO APPLY FOR THE SCHOLARSHIP:

1. What problem in the community has been of concern to you, and what have you done about it?
Please answer in detail up to two typed pages.
2. A short statement of post-secondary education plans/goals,
3. A short letter of recommendation from a friend or family,
4. A short letter of recommendation concerning your community service,
5. Grade point average on the most recent report card.

Each submission will be judged by a group of letter carriers including one parent of a past Judith Hyde Scholarship winner.

DEADLINE - All information must be submitted by May 2nd, 2022.

Date _____

I am the child of active/retired/deceased letter carrier _____
of Branch 82, Portland, OR. I am a high school senior in the 2021-2022 school year.

Name of Applicant _____

Home Address _____

City _____ State _____ Zip Code _____

Phone # _____

I certify that the foregoing information is correct to the best of my knowledge and that I have included all required items with this application.

Signature of Applicant _____

Mail to: Branch 82 Scholarship Committee, 5265 NE 42nd Avenue, Portland, OR 97218



Thoughts on Black History Month

- Sammy Smith, Director of Retirees

When I was a very young boy I grew up under my maternal grandmother's care, along with my five siblings after the sudden death of my mother. I remember that I wondered how I was going to survive and support myself in the world as it existed in the early 1960s with limited opportunities.

There was a cousin of mine and others who appeared to me to be living pretty well compared to most of the other adults in my world. They had a better living standard. I later learned that these individuals worked for the Postal Service. They wore nice clothes, drove nice cars, had nice housing. Many were college educated with advanced degrees. They worked for the U.S. Postal Service while they sent their children to colleges and universities.

My cousin told me that the Postal Service was called "The University" because so many of the people who did postal work were actual college graduates and professionals who, because of racial discrimination, were not able to secure employment in their field of expertise.

My cousin retired from the Postal Service after a 40-year career that afforded him the opportunity to send three kids to college. I retired from the service after approximately 35 years of being a letter carrier. I managed to raise three sons on my letter carrier income, two of whom went on to become veterans like myself.

I started in 1986 in Santa Monica, CA. I transferred to Portland in '96 as a PTF. There was a lot of good, a lot of camaraderie in Portland. More closeness and more union. More than in just words, there was action. I had never been active in the union in California.

There were never many black employees, carriers specifically. As the shop steward, I was a black man with authority in a white station. That meant I was met with resistance from management, never from carriers. I credit NALC and the leadership of our local office for that. From Baxter to LC to Cook, they were all sensitive to the situation I was in, and I never felt like a victim. The only racism was from the institution of management. I felt there was an attitude of "who do you think you are?". I intuitively knew when it crossed the line. They resented that I was on equal ground as a steward.

What does Black History Month mean to the post office?

Black History Month is an opportunity to highlight the accomplishments and contributions that black Americans have made to making the best postal service in the world. It should be

celebrated, shine a light on it. Black History Month gives us an avenue to celebrate the diversity that the post office has. We are one of the most diverse Fortune 500 companies. Politically, I think that's why we're always in the crosshairs.

We all want the same thing- good housing, good schools, etc.- but greedy people want to exclude "certain people." Politicians feed on that. Some believe that if YOU get something, it takes away from ME. I don't believe that at all.

As a country, we have such big problems. We don't have the luxury of excluding anybody; we need all hands-on deck, all the good ideas, etc. We should not throw away any resources.

BLM

I like their energy. They're young and they have energy. I don't agree with the violence part. I'm all about the peaceful protest, but I'm totally against destroying property. I think most of them feel the same.

It's a continuation of the Civil Rights Movement, where we are now in this day and age, we are running a race. They took the baton and they're going. I don't see BLM as just being a black movement either. I think it's more of a youth movement. It is an uprising of young people who recognize and understand the problems we have with black youth being stereotyped.

I believe that BLM has been effective. Maybe phase one is through, but I don't think they're finished. I think they've learned from their mistakes, and they still have work to do.

How can letter carriers honor Black History Month?

Just be your best and represent letter carriers well and black letter carriers well. Just do a good job. That means giving great service. When I first started, most of the guys were older with many years of service. I was a younger vet, a Vietnam vet. Most of them were older and nearing retirement, some had Purple Hearts. They told me not to worry about management, don't worry what they say. You must take care of your customers. It's the people's post office. You have to appreciate those people. That's who your first commitment is to. When you take care of them, they take care of you. Take pride in your work.

To celebrate Black History Month, it means that YOU SEE US. You appreciate us for what we do. That's important to me. People want to be seen and appreciated and loved. We all have that in common.

Hello Again From The Office Of Your Secretary-Treasurer

- Matt Pierce, Secretary-Treasurer

I hope that all of you and your families are in the best of health. Due to COVID-19 and specifically omicron, we are currently in another difficult and strange time in the long history of the Postal Service. But I have no doubt that the letter carriers of Branch 82 will again rise to the occasion. By the time you read this, you will be delivering COVID tests which are vital to the health of this country and a step towards us finally putting this dark time behind us. It makes me proud of all of my fellow carriers to know that when the government really needs something reliably delivered to every household in America, they of course rely on letter carriers. I know that all of you will do your best to once again make the country proud of their Postal Service. When this is all behind us we will hopefully look back on hundreds of millions of COVID-19 tests as yet another thing the post office successfully delivered.

Over the almost 250 years of the post office, letter carriers have been tasked with delivering some weird and wonderful things. I'm sure several of you have heard of the legendary story of when the USPS delivered a bank one brick at a time. The building is known to history as the "parcel post bank." It was built as the bank of Vernal, Utah and later morphed into a Zions Bank and still stands today. The story begins in 1916 when entrepreneur W.H. Coltharp wanted a bank exterior of durable fired bricks for his new Vernal bank. Coltharp wanted the best bricks in the area which unfortunately were produced in Salt Lake City over 170 miles by road away. Coltharp soon discovered that the cost of transporting the bricks to Vernal would have been four times the cost of the bricks themselves. This is when he happened across a brand new service the post office had just started in 1913, parcel post. He soon realized that shipping all of the bricks by parcel post would be less than half the cost of going with a freight company. So to meet the post office requirements they wrapped each brick individually and put them in crates of 10 to keep each package under the 50lb limit. Somewhere around 40 crates were shipped each time, and each shipment weighed roughly one ton.

Because of the way the post office moved the mail, they had to go the long way around. First by railroad to Mack, Colorado, narrow-gauge railway back into Utah, freight wagons and ferryboats the rest of the way for a total of 427 miles. It cost the post office a fortune. Perhaps funniest of all was that due to postal regulations they couldn't just drop them off at the bank building site. All the shipments had to come into the post office and be handed over the counter. As you can imagine, pretty soon, with literally tons of bricks coming in, there were cases of bricks stacked all around the

building. The post office tried to stop the mass mailing by making a new rule and setting a limit of 200 pounds a day from one person to the same recipient, successfully stopping it from ever happening again. But by the time the rulemaking process was complete and implemented, the bank of Vernal was already built. Sources differ on how many bricks were shipped, many sources say it was 80,000 bricks. The U.S. Postal Service historian says it was a little more than 1,500 50lb crates, meaning around 15,000 bricks. Either way it was a lot. When those carriers said they had the heaviest route ever they weren't kidding.

In 1958, world-renowned jeweler Harry Winston decided to donate the Hope Diamond to the Smithsonian Institute. It is the largest-known deep blue diamond in the world. He decided the best and safest way to get the diamond there was by mail. He only paid a mere \$2.44 for the postage. Considering that today the diamond is valued at between \$200-\$300 million dollars, that certainly shows a lot of trust in the USPS.



Speaking of priceless things sent through the mail, there are the famous stories of babies being mailed. In 1914, five-year-old May Pierstorff was sent from Grangeville, Idaho to visit her grandmother in Lewiston, Idaho about 73 miles away. According to the story, when it came time to buy tickets, Pierstorff's parents discovered that sending their daughter through parcel post, live animal rate was cheaper than buying fare. Pierstorff, who weighed less than the 50-pound weight limit, was sent through the mail at the chicken rate. Before Pierstorff boarded the train, her parents clipped 53 cents to her coat and sent her on her way. Upon arrival in Lewiston, the postmaster personally delivered the young girl to her grandmother's house. Lest you think this was

incredibly irresponsible, little May wasn't just shoved into a canvas sack alone and sent on her way. She was accompanied on her trip by her mother's cousin, who worked as a clerk for the railway mail service. It's likely that his influence (and his willingness to chaperone his young cousin) is what convinced local officials to send the little girl along with the mail. Either way the fun came to an end six years later, when the practice of shipping humans through parcel post became illegal.

We are all part of the weird and wonderful history of the USPS and I hope soon that all of this COVID-19 sickness and struggle will be just another story that old-timers tell the younger carriers about how times were back in the day. Until then please stay well and take care of each other.

Matt



B-Mike

Crossing the Mystic River

- Jon Cabral, Chief Steward & Recording Secretary

Hello everyone, my name is Jon Cabral. In addition to being elected the Recording Secretary for Branch 82 in the last election, I have also been appointed Chief Steward for the City of Portland as announced by President Norton in his last B-Mike article. I would very much like to thank everyone who voted for me in the last election and everyone who voted in general for participating in the democratic process. I would also like to thank President Norton for the opportunity to serve as the Chief Steward as well as John Kunz for his years of dedicated leadership as reflected in the many hours spent mentoring myself and countless others.

For those of you who don't know me, I've been a letter carrier for six years and a main steward for five years, and I've spent nearly my entire career carrying at the Parkrose station.

Being a letter carrier at a station with 60+ routes makes carrying the mail hectic enough, but it also makes you realize how drastically important the role of the shop steward is. My first encounter with a station level steward in Branch 82 was during my OJI training at Creston station, where I met Randall Hoxie. Randall had such a profound impact on me in terms of how much care and support he gave, setting the bar extremely high for what I would come to expect out of others, then later out of myself. When I was reassigned to Parkrose, I felt like I was being thrown into a hurricane. It didn't take long to see that Chuck Solomon, a seasoned carrier and a dedicated steward, was overworked and could use whatever help he could find. I knew that I would eventually want to do whatever I could to be part of the solution, and later that year, thanks to my fellow CCAs, I was nominated and eventually elected as one of the four stewards at Parkrose. Chuck was extremely patient with me and taught me anything I wanted to know, which was anything and everything. He spent so much of his free time after work to make sure that all my questions were answered, and that I would be prepared to start helping out. I will forever be grateful for the example that Randall and Chuck set for me, encouraging me to become the best steward possible for my fellow carriers.

In addition to being a Station Level Shop Steward at Parkrose, I have also helped out from time to time with informal and formal grievances from other offices around the city. I was elected an

Executive Board Member at Large to the Branch 82 Executive Board, which I served on from 2020-2021, and have been a delegate at multiple State and National Conventions as well as having attended many regional assemblies. I have also worked as a National Assigned Assistant (NAA) for our regional union, Region 2, under National Business Agent Nick Vafiadas. While there, I would handle small problems, help with organization/

filing, and be sent out to smaller installations in Oregon that needed help, mainly Hood River and Toledo. I also worked as an NAA for our National Union under President Fred Rolando, assisting with the consolidated casing initiative, and was lucky enough to be able to work at our National Headquarters in Washington DC, which is an experience I will never forget.

Before moving to Portland in 2015 and becoming a letter carrier, I lived all up and down the East Coast, from New Jersey where I was born, to South Carolina, to New England, which is where I got my first job. It was a good union job where I was represented by Teamsters Local 25 and worked as a pre-loader at a UPS facility outside Boston, MA. It was a part time job that provided me with free health insurance, in addition to many other great benefits, further proving to me the significance of being in a union and how much of an impact they could have on the quality of life for workers. These were ideals that were certainly not instilled in me by my family, as they all had very mixed views about

what role a union should take in the workplace. It took some time and on occasion a lot of arguing, but they all eventually came to understand the power of collective bargaining. I worked at UPS while going to school full time for Architecture in Concord, NH. The early hours of the job allowed me to spend nearly the rest of each day going to class and eventually earn my degree.

Once I graduated, I decided to pursue other interests in playing music. I was fortunate enough to play in a band that allowed me to tour the country, get flown out to LA to play festivals, and record music I enjoyed listening to, as well as playing. This is how I ultimately discovered Portland, falling in love with the city immediately. I knew at the very least the West Coast is where I eventually wanted to be, a goal that I am extremely happy to have later achieved. A couple of years after living the band life, I decided to go back to school, this time moving to Boston proper,



and attending Boston Architectural College, which was situated on Newbury St., in the middle of the high fashion district of Boston. I was very lucky to have lived and gone to school there, as the city was littered with my favorite style of Architecture, Brutalism, which included my school and Boston City Hall. While furthering my education full-time in Boston, I also worked full-time as a delivery driver at a Freightliner Dealership. It was here where I really found a love for driving. Not for the actual driving itself, but for the places and people the job would take me to, and all of the knowledge I would gain of the city and its surrounding areas, frequently driving clear across New England.

After getting a few semesters under my belt in Boston, I was lucky enough to meet my future wife while attending school, and lucky further still, that she was a world traveler, whose home-

town was just outside of Seattle. It made the decision to move to Portland that much easier. The only thing I was super nervous about was the fact that , no matter where of all of the places I lived throughout my life, I had never lived more than 45 minutes from the ocean, but usually much closer, normally no more than 15-20 minutes. The ocean always played a large role in my life, and I was concerned that I would feel claustrophobic living in a place that was well over an hour away, and not being readily available at the drop of a hat. My wife reassured me that I would be fine, and that the city of Portland is completely surrounded by large bodies of water. Almost seven years later, I couldn't be more pleased with my life in Portland. Even on the rainiest day I love this place, although I'll never get over the way people drive in the snow around here. I look forward to seeing more of it while serving as your Chief Steward.

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	Eric Matras	503-493-5903
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Veterans Rep	Bruce Hall	503.285.8468
MDA Rep	Abe RedCloud	503-493-5903

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Casey English	503-493-5903
Dave Esch	503-493-5903
Ted Lulich	503-493-5903
George Wallenstein	503-493-5903

ACTIVE DUTY

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

Noah Duarte, son of Ricardo Duarte (St. Helens) Army, Ft Hood, Texas

Greg Gerard, son of George Gerard (Beaverton) Navy, Virginia Beach

Casey James, (Waterfront) Army, Jordan

Roberto Jimenez, (Creston) Army, Qatar

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

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

Zachary Padaca, son of Eleanor Padaca (River District) Navy

Bill Quigley Jr, grandson of Ken Quigley (Gold Card Member) Army, Iraq

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

Dean Schuchardt, son of Patricia Schuchardt (Multnomah) Army

Tom Totten, son in law of Lee Travis (retired) Army, S. Korea DMZ

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

STARLIGHT PARADE RETURNS!

June 4th 2022

Starlight Parade!!!

That's right, it's BACK!!!! I received notification that the City of Portland is bringing back all the Rose Festival parades this year, and the first one is the Starlight Parade!! The parade will be on Saturday, June 4th, 2022!

So now it's time to decide what we as Branch 82 want to do for the parade. I'm thinking that we just do a walking unit this year to gauge the interest in participation for the parade.

I will still need some VOLUNTEERS to help make hats and other stuff for the walkers for Branch 82. So PLEASE contact me (831-331-0798) or the branch to let us know if you are willing to help work on parade stuff on a few Sundays to help get us ready for the big night.

I really hope that we can get some interest and volunteers because I'd really like to get our solidarity spirit for the Starlight Parade back! LET'S DO THIS, BRANCH 82!!!

In Solidarity,
Abe RedCloud



Presidents' Day and Patriotism

- Bruce Hall, Veterans Representative

Presidents' Day is celebrated on February 21, 2022, this year. This is a day we remember some of the great leaders of our great nation, such as George Washington and Abraham Lincoln. Let's also remember our veterans who have served so that we have a democratic nation where we have the freedom to elect these leaders.

2021 continued to be a year of turmoil that forced us to restructure the way we live and do things. We have not been able to socialize and congregate so that we could work together to accomplish most of our normal life programs, projects, and plans. We had to deal with isolation, distress, and a depressed economy. We also saw a lot of doom and gloom. There has been much political unrest, lawlessness, and divisiveness throughout our nation. We have a divided nation on many levels. People seem to blame others for what is happening instead of accepting responsibility for things they have done wrong. Now is the time to self-examine our individual lives and strive to work together to reunify our great nation, respecting one another, while making decisions that are good for improving our nation.

Let's show that our patriotism is a fundamental basis for our great democracy. It is the catalyst that drives us to work together to make this a better nation for all. Hopefully, the following acronym on PATRIOTISM will reinforce some of its ideas:

- *Participate with others to help one another
- *Activate your feelings and emotions positively
- *Thank everyone who has had a part in our freedom
- *Remember those who have given so much
- *Idolize those who have paid the price
- *Organize to ensure our freedom
- *Transform apathy into activity
- *Interact with others to maintain our freedom
- *Sacrifice to help others who have sacrificed more
- *Memorialize all who have paid for our freedom

As we think of these various aspects, let's remember what veterans have done to pay for freedom in the past, and let's see how we can help them.

There are numerous veterans' organizations available. If you are a veteran, consider joining one. Most of them are constantly fighting to protect veterans' rights and benefits. It is a political battle, and they need all the support they can get. They also can help veterans with claims, as well as physical needs. There is strength in numbers!

Your membership in a veterans' organization will be very helpful in supporting their efforts to obtain and maintain veterans' rights and benefits, because without the support of veterans, these organizations will eventually disappear. Even if you can't be very active, your support is essential! We need to support these organizations so they can help veterans and their communities. These organizations promote patriotism throughout our nation. If you need information about organizations, give me a call at 503-285-8468.

Since the USPS has a large number of veterans as employees, the

NALC has developed an NALC Veterans group as a way to thank letter carrier Veterans for their service and provide them with a meaningful forum. If you would like to become a member of the NALC Veterans group and receive a pin, you can send a postcard to: National Association of Letter Carriers

NALC Veterans Group
100 Indiana Ave. NW
Washington, DC 20001-2144

Include the following information: Name, Address, City, State, Zip, NALC branch number, branch of service, and indicate if you belong to any of the following: American Legion, Disabled American Veterans, Veterans of Foreign Wars, or any other veteran related group.

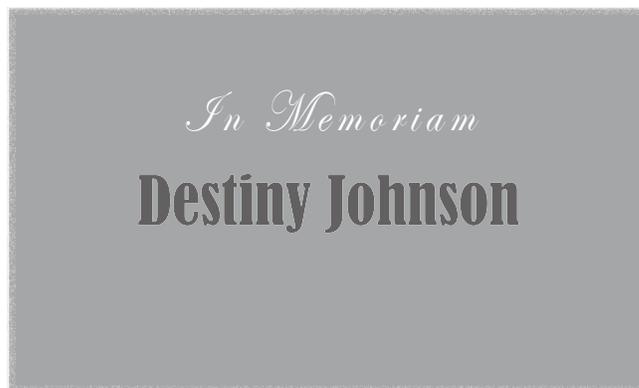
This is a way that the NALC shows that veterans have contributed and are contributing much to our country through their service. Many have continued their service by working for the United States Postal Service. We have several Branch 82 members and members of their families who are on Active Duty. We have been printing their names and branch of service and duty stations for several years now. We appreciate all they have done and are doing to serve our great nation.

We would like to get to know the people on this list a little better. We would like members to submit a biographical sketch of these people who are on Active Duty. Let us know when they entered the service, how long they have served, what their Military Occupational Specialty is, where they have served, what they do, what unit they are in, any special needs they might have, or anything of interest. Also include their e-mail or postal address if they would like communications from union members.

Please send these biographies to me at vfwbruce@gmail.com or mail to Bruce Hall, 8017 N. Washburne Ave., Portland, OR, 97217-7251.

Hopefully, this information will make us more enlightened as we endeavor to know and support our military.

Patriotism will tie us together in a concerted effort to make America strong and help us remember that FREEDOM IS NOT FREE!!



B·Mike

meet the stewards VALENTINE EDITION



Hello! My name is Theresa Dunas, I am the head steward at Piedmont station. This is my fourth year as a steward. In 2016 I got my wonderful job with the Post Office. I started as a CCA at Creston and then was transferred to East Portland where I started my steward career.

I bid to Piedmont in the middle of my term last year so was not a steward at the time. I thought, "man this is nice! Do my route and go home!" But when Jim Baxter passed away it really affected me. I thought a lot about the future of the union, and how the folks at Branch 82 had helped me as a letter carrier. And soon like when Batman flashes the Bat-Signal, I felt the call to justice! So, in the fall I ran for head steward and here I am, filling out more 8190s!

When I started out as a steward, I was writing 8190s and looking at clock rings. I thought, "this is easy, I can write." But being a steward is more than filling out paperwork. The most important duties of a steward are organizing and uniting folks in the workplace. Which is why my favorite part of my job is seeing my coworkers thrive and succeed. When they tell me about buying a house, going on a nice vacation or that they are thankful for their health insurance- I feel a sense of pride that we all have a job that not only supports us but that we can feel secure in that job.

In my free time I enjoy being a professional taster for all the food that Ryan cooks, spoiling my four obnoxious pet birds and finding new hobbies I have neither the time nor the money for!

Hello Branch 82!

I'm the alternate steward at Piedmont station. I bid there this past July after spending the first five years of my career at Sellwood where I was an alternate steward for four of those five years. I was interested in union representation from the beginning once I experienced the work environment and understood how important the union is to protecting the integrity and dignity of our everyday working lives. The move to Piedmont presented me the opportunity to take on more responsibility and work with my partner, Theresa. So how could I turn that down?

Being a shop steward has been an incredibly fulfilling experience for me. Educating carriers on their rights and being there as a daily resource is very gratifying and motivating. In the beginning, I didn't realize I was signing up for what could be a 24/7 job at times, but getting results and building community at Piedmont has made it more than worth it.

Moving to a smaller station has presented new challenges for sure. Staffing changes and vacancies are felt that much more acutely and of course space is at a premium, but the positives of a small tight-knit crew outweigh all that. It's easier for folks to get to know one another on a personal basis, and I've really enjoyed how everyone at Piedmont supports one another personally and professionally. It's an awesome group of carriers, and the Piedmont neighborhood has so much to offer. I worked in this part of town many years ago in a former life and getting reacquainted with it, and seeing all the positive changes, has been a lot of fun. It's a true community.

While taking on responsibilities at my new station takes up PLENTY of Theresa's and my personal time, I still find room for the things I like to do outside work. Like Theresa said, I love to cook. It's one of the most relaxing things in the world to me. Beyond that, it's reading, video games, chess, poker, and tending to our four pet birds. They are a constant job of their own but help keep me sane.





Piedmont CCA Frances Riker



Piedmont carrier Ryan Gray

Hello, Piedmont



Piedmont carrier Mark Ashmore



100% ORGANIZED OFFICES

Aloha
Collections
Creston
East Portland
Forest Park
Gladstone/Happy Valley
Holladay Park
Hillsboro
Kenton
Lake Oswego
Midway
Parkrose
Piedmont
River District
Rose City Park
Sellwood
St. Helens
St. Johns
Tigard
Waterfront

INJURED AT WORK?

Call BRANCH 82 OWCP REP
Mike O'Connor

Wednesdays and Thursdays
503 493-5903

MCKANNA, BISHOP, JOFFE

Attorneys

1635 NW Johnson Street

Portland, Oregon, 97209

Telephone: 503 226-6111

Fax: 503 226-5121

John S. Bishop Elizabeth A. Joffe

Elizabeth A. McKanna

Legal Assistant

Marla R. Menkins

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 2nd Wednesday, 7:00PM

Retiree Luncheon 2nd Tuesday, 11:30AM

Stewards Council 3rd Wednesday, 7PM

Executive Board 4th Wednesday, 6:30PM

All members are welcome, unless otherwise noted.

All meetings are held at the NALC Branch 82 Office,

5265 NE 42nd Avenue.

Retiree Luncheons are held at

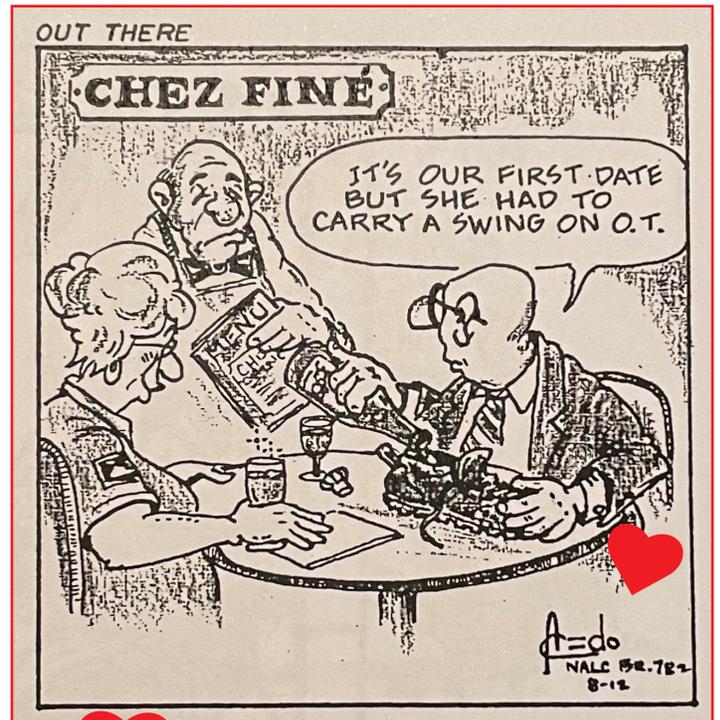
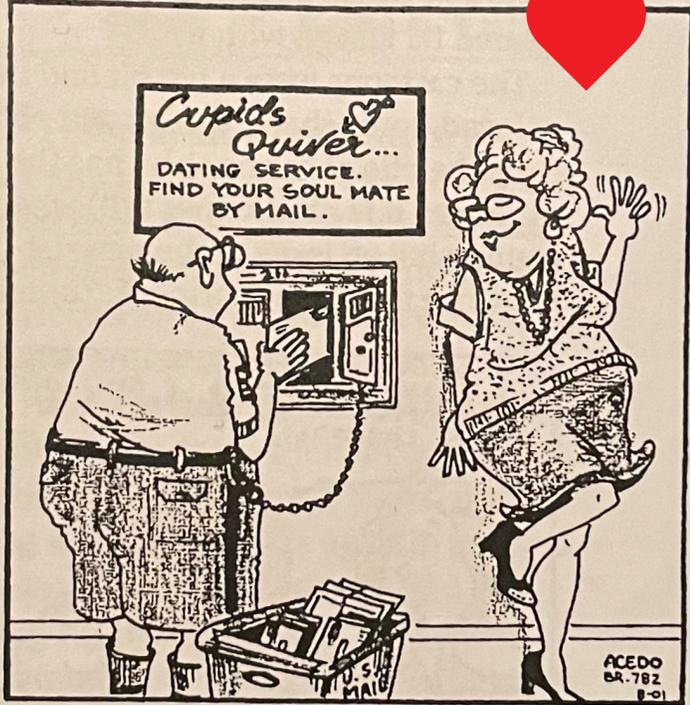
Izzy's EastPort Plaza, 3846 SE 82nd Avenue

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. If you have questions or to request a deadline extension, call 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.



OUT THERE





Last Punch Bunch

Sladomir Badowski - Evergreen

Betty Nash - Evergreen

Tom Richardson - Collections

Damien Spangler - Evergreen

Jeff Summers - Waterfront

Congratulations!!!



Jeff Summers



Betty Nash





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Stewards: Thinking Like an Organizer

Submitted by Jamie Partridge, retired (with props to Labor Notes)

Carriers rely on good stewards to stand up to management, to know the contract, and to help find solutions even when a workplace problem isn't covered under the collective bargaining agreement. Union stewards are expected to wear many hats: communicator, advocate, shop floor lawyer, negotiator, mediator.

It can be overwhelming to take on all this work by yourself. Why go it alone when you could think like an organizer? This means instead of doing all the work yourself, you find ways to spread the work around.

Organizing is a mindset. Get in the habit of asking yourself this question constantly, whenever you're thinking about all the union tasks you have to be doing: "Is this an opportunity to get more people involved?"

FOR EXAMPLE

Jessica, a career carrier who's been on the job for a while but has never gotten involved in "union stuff," comes up to you to say that she worked the holiday during the last pay period but didn't get the contractual double pay. You (the steward) go to talk to George, the supervisor, in his office. George says it was a mistake, and Jessica will get the pay two checks from now. You return to Jessica and share the response.

That seems pretty simple. Management presented a solution, and you didn't even have to file a grievance. Case closed, right?

But let's return to the question: was this an opportunity to get more people involved? We can ask it each step of the way.

MISSED CHANCES

If you had been thinking like an organizer when Jessica came to you with the problem, you could have asked, "Do you know if anyone else is having this problem?" Or even better, "Will you help me talk with other people to see if they're having this problem too?"

Can we make a plan to talk to everyone in our station over the next two days?"

Maybe Jessica would have told you it wasn't her job. But we miss all the shots we don't take! One of the problems with many "service-oriented" unions is that they don't ask enough of their members or give them clear ways to get involved.

And when you went to talk to management, what if you had brought Jessica with you? You want her to feel like—and be—a part of the process. The main work of the union shouldn't happen behind closed doors. This way she would hear management's response straight from management—and she would see what you do, what it looks like to speak up. Who knows? Maybe Jessica could become a steward herself one day. This would be a good way to get her feet wet.

And when you came back to Jessica with the resolution, what then? You could have asked her what she thought about it. If she thought it wasn't good enough? Now you would have an opportunity to brainstorm together what could be done about it. If she was fine with it? Now you would both have an opportunity to share a small win with co-workers. Ask Jessica to help get the word out!

LONG-TERM PAYOFF

Adopting an organizing attitude isn't "one quick trick" to make the steward's job easier. In fact, this approach often means more work in the beginning.

But it's work that will start to pay off as other members shoulder some of the burden you've been carrying and as the union becomes a more dynamic presence in your workplace.

And while avoiding burnout is one good reason to take this approach, there's an even more important reason: the union gets stronger when more members are involved and the steward isn't standing alone.



President Norton swears in the new group of Branch 82 stewards for 2022.

**NALC Branch 82
Membership Meeting
January 12, 2022**

Call to Order: 7:10

Pledge of Alliance: Bruce Hall

Deceased Members:
Destiny Johnson

Moment of Silence

Roll Call of Officers:

President David Norton, Vice President Betty Nash, Secretary Treasurer Matt Pierce, Chief Steward John Kunz, B-Mike Editor Suzanne Miller, Recording Secretary Jon Cabral, Health Benefits Officer Eric Matras, Director of Retirees Sam Smith, Sergeant At Arms Chuck Solomon, Executive Board Members at Large Randall Hoxie, Janelle Lee, Trustees Lois Brumfield, Casey English, Julius Fildes, Sallie Williamson, Ted Lulich, Safety Officer Don Cadwell, LCPF Representative Sue Canfield, Veterans Representative Bruce Hall, MDA Representative Abe RedCloud

Officers Absent:

Brumfield, Canfield, Kunz, RedCloud

Norton informed the membership that John Kunz is stepping down as Chief Steward and that Jon Cabral will be taking over.

First Time Members:

Norm Fitch – Multnomah

Reading of the Minutes: Motion:

English made a motion to dispense with the reading of the minutes.

Seconded: Eric Matras, carried.

Communications

Membership Report:

Regular: 1167, CCA: 228

Retiree: 520, Gold Card: 73

Management & Other Crafts: 35

New Members: CCA-50

Total Membership: 2023

Non-Members: 44, Organized: 96.94%

Retired:

Sladimir Badowski – Evergreen

Damien Spangler – Evergreen

Jeffrey Summers – Waterfront
Richard Brumfield – Lake Oswego
Debby Totten – Multnomah
Thomas Richardson – Collections
Betty Nash – Evergreen

Canceled:

Francisco Gutierrez– Kenton,
Anna Polen– Collections

Separated:

Angela Boldt– Lents, Samantha Pyper – Waterfront, Nicole Sheffer– St. Helens, Justin Ammerman– Multnomah, Matthew Drake– Tigard, Tommy Hansen – Creston, Christopher Lowe – Troutdale, Stephen Mak – Rose City Park

Secretary Treasurer's Report

**Financial Transaction Report/
Review**

Budget Report:

Motion: English made a motion to pay the bills. Seconded: Multiple members seconded from the floor. Carried.

**Executive Board Expenditure
Recommendations:**

That the Branch President be allowed to select four delegates to attend the Oregon AFL-CIO convention which will be held in Portland in March.
Carried.

Unfinished Business:

Norton informed the membership that today is the last day to get in the \$100.00 deposit for the National Convention.

Trustee's Financial Report:

Resolutions and Bylaws

Judith High Scholarship Report:

Next month we are going to put the application in the B-Mike.

Labor Management Report:

There's one removal in the branch right now, and we are seeing a ton of discipline. CCAs are converting at a pretty good rate. We are just finishing up route adjustments at Parkrose. Staffing is really rough right now, and the post office is hiring, but COVID cases are on the up, and whole stations are being negatively affected.

There are new COVID guidelines coming out and there are mixed messages coming out of management on enforcement. Norton said that the Medical Unit in this district is short staffed because they are taking on extra work from the Washington district.

Health and Safety Report

Food Drive Report:

No word from National as to whether it's happening or not.

Veteran's Report:

Hall reminded the membership that anyone is welcome to sign up for the VFW newsletter. They go over what's going on in congress in terms of veterans issues.

Labor Solidarity Report:

Partridge reported that there is a lot of strike activity. Fred Meyer got their tentative agreement. The City of Portland may have a strike on their hands as early as February. Eugene and Beaverton Starbucks are filing to hold a vote to unionize.

Hospitality Committee Report

Good of the Association

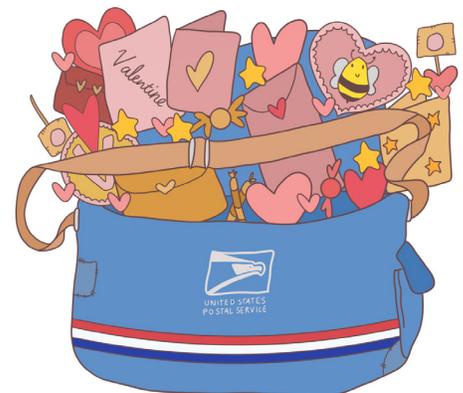
For the Betterment of the Service:

Kitty Award: Jim Falvey won \$86.

Jackpot: \$580.00 was unclaimed by John Brady, retired.

Treasure Chest: \$350.00 was unclaimed by Tom Sullivan, retired.

Adjourned: 8:02



B-Mike

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The next General Membership meetings will be held
Wednesday, February 9 and Wednesday March 9,
both at 7pm. These will be in-person meetings at the Branch 82
 Union Hall. (We will not be serving dinner at this time.) We are
 following CDC guidelines and state and local restrictions regarding
 COVID. All meetings are subject to change.

Six-Day Count Cafe			
	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
Sat	 Corned Beef Hash Garden Veggie Omelet Hash Browns Poached Eggs	 Split Pea Soup Spinach Salad Cheese Ravioli Spaghetti & Meatballs	 French Onion Soup Waldorf Chicken Salad Grilled Salmon Mashed Potatoes
M	A Piece of Toast	A Nice Crispy Cracker	Several Tasty Peas
Tu	A Sweet Orange Slice	Frosty Ice Cube Soup	Two Bean Salad
W	Your choice - A Wheat Check <i>or</i> A Rice Check	12 Sesame Seeds, Roasted	A Mouth-Watering Steak Bite
Th	A Tall Glass of Refreshing Water	Fish & Chip (sans Fish)	Garlic Clove <i>(Please specify raw or cooked)</i>
F	A Farm Fresh Pumpkin Seed	Seared Ahi Tuna Scent	Thai Lime <i>(either half)</i>
Sat	Donut Hole Half	All-You-Can-Eat Grape <i>(limit one - that's all you can eat)</i>	A Delicious Frito
M	Steak & Eggs, Vegetable Frittata, Breakfast Burrito, Pancakes, Home Fries, Belgian Waffle, Poached Eggs, Huevos Rancheros, Chicken & Waffles, Spicy Sausage Patties	Veggie Pot Pie, Potato Leek Soup, BBQ Chicken Pizza, Cobb Salad, Cheese Ravioli, Jumbo Prawns, Clubhouse Sandwich, Tomato & Basil Bisque, Italian Wedding Soup	Baby Back Ribs, Mac & Cheese, Grilled Vegetables, Jasmine Rice, Red Iceberg Salad, Steak Tartare, Broiled Lobster Tails, Peking Duck, Seafood Paella, Chicken Parmesan