



# 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

## Plastic-to-Landfill Waste at the USPS Must Stop!

**-Fred Dieter, Holladay Park**

Two summers ago, my family went to the beach for a little pandemic escape. As we walked along the beach, we found ourselves picking up tons of plastic that had washed up on the beach from the ocean. After returning home, we were inspired to do more. We began focusing on limiting our single-use plastics and recycling everything else.

I have always been sickened by the amount of shrink wrap plastic waste generated by shipping operations at the United States Postal Service and in particular at my 27-route park and loop station, which is one of the smallest of the 26 stations in Portland. I discovered that Trex, a wood-alternative composite decking company, has a recycling program and accepts certain plastic to be repurposed into their decking materials. They even run collection contests at schools. I asked around the station and at union meetings to see if anyone knew of any current recycling partnerships at the USPS but no one did. So, I took it upon myself to begin collecting all the clear plastic my office generated and taking it to the nearest Trex collection depot, a New Seasons. After a while, I was able to get most of the clerks and carriers on board depositing the plastic waste in a bag taped to the side of my coffin. The process is smooth and management has been supportive of my efforts.

In the first year, I collected about 2,400 lbs from my station. That translated to at least 62,000 lbs. of plastic that the Portland USPS is throwing into the landfill every year. I've reached out to everyone I can think of to see about getting a regular recycling program started to no avail. But I know we can do better. If you're interested in starting a plastic collection program at your station, or if you're interested in urging the Portland USPS to step up and responsibly dispose of plastic waste, feel free to reach out!



Fred Dieter shows off his grand recycling efforts at Holladay Park. You can do it at your station, too!

# Paul Swenson- A Living Tale

- Kollin Luman, Tigard Shop Steward

Born on September 15, 1921, Brother Paul Swenson is the oldest living member of Branch 82, at 101 years old! He is a warm-hearted, chatty veteran who served the business community in Portland as a letter carrier from 1946 to 1976. It was an honor to spend an afternoon getting to know Paul, and I am excited to share what I learned about his unique experiences growing up in Portland and throughout his life.

Paul's father owned a farm in southwest Washington in 1921 when Paul was born. His family home got water from the nearby creek, and electricity after his father cut down a big tree, de-barked it, and posted it in the ground near the house to run a line out to the poles on the street. Paul's youngest memories were made here. In 1929, his family lost the farm due to the Great Depression.

Paul's family moved to the St. Johns neighborhood in Portland, where, on June 13, 1931, they attended the opening of Portland's iconic St. Johns Bridge! Paul was nine years old when he attended the ribbon-cutting ceremony, where he saw the Rose Festival Queen cut the ribbon and watched as parade floats and "Jumbo" the elephant crossed the bridge for the first time. He laughed as he told me the story...the best part was when the elephant stopped on the bridge to pee.

He described the scene: "We were at Portsmouth Fire Station when we saw a couple of Rose Festival floats go by, a bunch of the Rose Festival went through St. Johns and then on to the bridge the day the bridge opened. Bringing up the rear of the parade was Jumbo the elephant, the biggest elephant in the US. A nine-year-old kid was really impressed with that big elephant! So, I walked along the sidewalk keeping up with the elephant all the way from Portsmouth through St. Johns and then up onto the bridge. As we were going up the first part of the bridge, the elephant had to pee. That impressed me...it was like a firehose!"

Spanning a distance over half a mile, the St. Johns Bridge is the longest steel suspension bridge in Oregon. For more information about St. Johns Bridge, visit [St Johns \(pdxhistory.com\)](http://StJohns(pdxhistory.com)).

In 1941, Paul's father challenged him to a \$10 bet: that he could outscore Paul on the Post Office Civil Service Exam. Paul accepted the bet and spent some time taking practice tests at the downtown library to secure a win. During July of '41, Paul and his father took the test. Paul's father had a 5-point veteran's preference, so the competition was steep! Paul's studying efforts paid off. He beat his dad's score by seven, two points ahead overall. Paul said, "Ten dollars was a lot in those days! I wanted to win that bet!"

On December 1<sup>st</sup>, 1941 Paul was notified that he had been selected to work at the Post Office. He was excited to start a new career, and then six days later the whole world changed with the bombing of Pearl Harbor on December 7. Like most men of the time, Paul went to the local recruitment center and enlisted in the Navy.

## The WWII War Years 1941-1945

Thousands of men were enlisting at the end of '41, and to hear Paul tell it, the Navy didn't know where to put them all! The

first few days of basic training were spent getting uniforms, physicals, and immunization shots, and then all the men were sent to different training schools. Because he had played the trumpet for four years at Roosevelt

High School, Paul got sent to bugler school. On the first day, the instructor handed bugles to each of the prospective students and instructed them to hold a note for as long as they could. Paul knew how to control his breath from playing the trumpet. He proved he was the most "long-winded" of them all and became a bugler in the US Navy. After completing three weeks of basic training, Seaman Swenson was shipped out to sea on the USS Suwannee, where he would spend the next 22 months of his life in combat.

The bugle is used on naval vessels to communicate important messages to the seamen and officers. Due to its massive size, the Suwannee had two buglers on-board who worked under the ship's Quartermaster. (The "self-study" training guide for Navy buglers, an interesting read, may be found at [Manual for Buglers, US Navy](#).) As one might imagine, bugling is not a full-time job, so Paul learned the skills of the Quartermaster: he learned how to read navigational charts, how to use the sextant, the ship's compass and the location of the Betelgeuse (Orion) constellation to pinpoint the Suwannee's location in the ocean. In this role, he was responsible for determining the ship's location in the ocean from the quarterdeck (the pilot deck) and for recording this data in the logbook during his daily watch, making notes about the ship's movement for the Captain's records and reference.

Paul became adept at the responsibilities of Quartermaster, so in 1943 his Captain wrote a letter to the Navy Bureau of Navigation asking that Paul be promoted to Quartermaster 3<sup>rd</sup> Class. Beyond the fact that Paul completed all the responsibilities of a Quartermaster on his watch, his Captain noted in the letter that "Bugler" looks funny in the ship's log. The Bureau of Navigation denied this request stating that the Navy did not have enough buglers to allow Paul to be promoted. So Paul continued to fulfill both the responsibilities of bugler and Quartermaster without receiving the appropriate rank or level of pay. Finally, in 1945, after two more Captains wrote letters to the Navy Bureau of Navigation, Paul was awarded the rank of Quartermaster 3<sup>rd</sup> Class. This is the rank he would retain until he was honorably discharged on November 30, 1945, and from October 5, 1950 to August 4, 1952, when he was reactivated to serve in the Korean War. For more information about the USS Suwannee, go to [USS Suwannee \(CVE-27\) - Wikipedia](#). To learn more about the service ribbons and medals Paul earned during WWII, go to [Suwannee News \(usssuwannee.org\)](#).



Mailman U.S.A., Paul Swenson

**October 26, 1944**

The USS Suwannee was attacked by Japanese kamikazes on October 26, 1944. Swenson was returning to the pilot house after noon chow. As he entered the pilot house, a Japanese plane crashed into the deck of the Suwannee, within 15 feet of Swenson as the crow flies. He was lucky to get the port door secured before the concussion of the blast hit the pilot house. Eight US planes had recently landed on the deck. Within a split-second of the kamikaze crashing his plane into the deck, multiple jet fuel fires sprung up on the ship. The on-board jets were hit with shrapnel and the fuel in the jets exploded into liquid fire. When the concussion of the blast hit the pilot house, the force of it threw Swenson across the span of the pilot house and knocked him out. When he awoke, the flight deck around him was engulfed in flames. Like many other men in the crew, Paul had no choice but to jump ship. He lowered himself down a rope and dropped into the water. Forty miles from the nearest shore, Paul swam with a broken arm to a floating cargo net, and with other crewmembers, towed the net around to “pick up” three other sailors who had been burned in the fires and had nothing to hold onto in the Philippine Sea.

After some time, an escort ship came by to pick Paul and his shipmates up, and they got back on board the Suwannee. Once they were back on board, a sailor named Prairie was handing out packs of cigarettes to the men. Paul said, “I passed the first time, but the second time he came around I took a pack of smokes. I smoked a half a pack in half an hour. I never smoked another one until our ship got repaired in Bremerton. When we got out to sea, we had gunnery practice. My nerves were really shot. To keep from crawling under the table, I smoked one cigarette. That was in 1945. After that, I went off to enjoy the exercise of mail carrying, and that’s why I’m a hundred and one. I don’t know why else...” (Photos of this attack on the Suwannee may be viewed in Life magazine at the following link, on pages 68-70. [LIFE - Google Books](#))

The Suwannee was the first US ship hit by two kamikazes in a single, organized attack. The ship was struck twice in 28 hours. Forty-six US Navy servicemen died in the attack, including six of thirteen in Paul’s navigation crew. Quartermaster 3<sup>rd</sup> Class Paul Swenson was honorably discharged from the Navy on November 30, 1945. He remained in the reserves and returned to serve in the Korean War from October 5, 1950 to August 4, 1952. For information about the NALC Veteran’s group, go to [NALC Veterans Group | National Association of Letter Carriers AFL-CIO](#)

### Letter Carrier Years 1946-1976

When Paul was first assigned to Federal Station in January of 1946, he didn’t have his own route. The carrier on route 72 was near retirement; Paul told me with laughter that he never received

any training. He suspects that the carrier on 72 wanted to keep him “out of his hair” because he told Paul to sort all his mail by the street and go deliver it. So Paul spent the first few months just trying to “sort it all out,” literally. After the carrier on route 72 retired, Paul was assigned to it. It was a business route downtown. Paul woke up early each morning, around 4:30, so he could catch the Broadway Streetcar down to Federal Station and be there by 6am to start his day.



Broadway Streetcar, 1948

Portland’s first streetcar hit the rails in 1889. By 1917, there were a total of 28 streetcar lines in Portland, carrying passengers nearly anywhere they wanted to go in the metro area, eventually stretching routes as far as McMinnville to the West, Vancouver, Washington to the north, Eugene and Corvallis to the south. The Street cars were all powered by electricity. The Broadway Streetcar Line operated from 1910 to 1948. The entire system ceased to exist by 1950, except for the Oregon City Line, that continued to run until 1958. For more information on the historic Portland Streetcar system, and to read the sources cited here, go to [Broadway Streetcar « Alameda Old House History \(alameda-history.org\)](#) and [Streetcars \(pdxhistory.com\)](#).



Some of Paul Swenson's service medals.

The vast majority of Portland letter carriers working today do not remember what it was like casing mail prior to the implementation of DPS in the ‘90s. Paul, however, spent his entire 30-year career sorting every letter and flat he delivered. Prior to DPS, routes were shorter than they are today. Until 1950, letter carriers in Portland made two trips per day on residential routes, three trips on business routes. They would case mail in the morning, make the morning trip, take their lunch break, and then do it all again. When residential delivery changed to a single delivery per day in 1950, Paul continued to make two trips daily on his business routes until his retirement in 1976. Six bid assignments in 30 years: two out of Holladay Park and the remainder out of Federal Station. For a brief period of time, Paul was his dad’s Ute man!

Paul told me there were quite a few fathers and sons working together in the same offices when he carried mail. Even when he wasn’t the T-6 for his dad’s route, he spent many years working at Federal Station with him. One thing was unique in the father-son working relationship between Paul and his dad that no other father-son carriers shared in Portland: because Paul served in WWII, his time in the Navy was credited toward his seniority and retirement during his first year as an active carrier.

Prior to the passing of the Social Security Act in 1956, letter carriers who served in the military had their time automatically credited to them as time spent working for the Post Office. The requirement to “buy back” military time only applies to service after January 1, 1957. In the end, not only did Paul win that \$10



bet by scoring higher than his dad on the postal exam, but he had more seniority than his dad for vacation planning and route bidding, after receiving credit for the World War II years! For more information about receiving credit for military service, go to [Creditable Service \(opm.gov\)](https://www.opm.gov).

While the method of delivery has changed a lot since the 1940's, other things about the post office haven't changed much at all. I asked Paul what his most favorite and least favorite things were about working as a letter carrier. He said his favorite things were the exercise he got, working on his own for most of the day, and most of all, playing chess with his carrier buddies during lunch. He would deliver his first run as fast as he could every day so he could hurry back to play chess with his co-workers until the clerks got the second run ready to case and deliver.

Paul is a family man: he was married to his wife until she passed away a few years ago, and they had four children. During the workweek, Paul rode streetcars to work and then after they no longer ran, he took the bus. Karen, Paul's daughter, who he lives with now in the house he bought in St. Johns in the 1940's, remembers that when Paul was on vacation for four or five weeks every summer, the family would camp at different state parks on beaches up and down the Oregon coast. Paul said during some years the whole family jumped in the car and traveled around the US, seeing how far they could go during the vacation. They were able to travel thousands of miles and make great family memories because of Paul's benefits from the Post Office.

Conversely, his least favorite part of the job, and the one that was most difficult to deal with during his career, was the opening supervisor at Federal Station he never got along with. Sometimes the buses ran late, and Paul was late to work on occasion. The supervisor would react by threatening Paul's job. When it got to be too much, and when Paul knew he was going to get an earful from the opener, he would call in sick instead of subjecting himself to the drama. At one point, after giving Paul a hard time about his performance, the supervisor told Paul he was going to go with him and do a route test.

Paul called in sick the next day; he told me he was "psychologically shot" from the ongoing tense interactions with that supervisor. Ultimately, Paul got fed up with it, and he retired the first day he qualified in 1976. He went in that morning and told that opening supervisor it was his last day, he was retiring.

In retirement, Paul has kept the coverage he's had with the NALC



Swenson pictured at home with one of his many awards.

Health Benefit Plan since early in his career. He said he's enjoyed the coverage and it has met all his medical needs. He told me he has never thought about changing his coverage. For more information about the NALC Health Benefit Plan, go to [Mission and History | National Association of Letter Carriers Health Benefit Plan \(nalchbp.org\)](https://www.nalchbp.org).

Paul remembers working with Charles "Nick" Coyle at Federal Station, who was president of Branch 82 from 1945 to 1958. Nick went on to become a national officer and was part of the first contract negotiations between the new United States Postal Service and the NALC in 1971, after the strike. He also worked with Ed Mallon at Federal Station, who succeeded Coyle as branch president and served from 1959 to 1970. I asked Paul what it was like to work with those past presidents, and he said they were always very business-like.

In 1970, when letter carriers around the country were going on strike, Paul made the decision that he would vote to strike if Branch 82 were to join that effort. He also said he was glad he didn't have to do that, and that the strike ended before the branch vote took place. During his 101 years, Paul has seen changes in Portland that most of us can't even imagine. He served our country in two major wars and returned home to serve the Portland business community for the next 30 years as a letter carrier. When he applied to become a letter carrier in 1941, there were not a lot of good jobs available following the Depression. Thanks to his dad and a \$10 bet, Paul enjoyed a career that provided him a living wage, good benefits, and a funded retirement that has continued to provide for him for the last 46 years and counting.

Swenson saw the Post Office Department become the United States Postal Service, and he said he appreciated the raises and additional benefits letter carriers received when we gained collective bargaining rights. Today, Paul is a joy to visit with: he is chatty and funny and willing to share stories about his life. He is quite mobile for a man of his age, and he attends the annual Branch 82 picnic when it fits his busy schedule.



Paul Swenson, his daughter Karen, Kollin Luman, and President David Norton all enjoyed chatting over lunch with James Cook, serving as photographer.

I encourage each of you reading this to take the opportunity to visit with Paul at the picnic or the monthly retiree luncheons (which he also attends when he is able). Information about these events is in the B-Mike. If you are reading this article in print, go to [nalcbranch82.org/b-mike](https://nalcbranch82.org/b-mike) to access the electronic version where the hyperlinks in the article will take you to the additional information and resources cited.

Kollin Luman is a current NALC Leadership Academy attendee. He wrote this piece for his Leadership Academy project.



# *Last Punch Bunch* Julie Burlingame- Oak Grove



A handshake with President Norton and one final timecard swipe, and off she goes into retirement.

## **Congratulations, Julie!**

## **Ordering Uniforms?**

If it's time for you to order your uniforms again, please consider ordering at least one item to donate to the Branch 82 uniform closet. The new CCAs and PTFs really want to fit in when they get to their new offices.

They want to feel like part of the team.

If you could afford to order maybe one shirt or a couple of hats, anything would be very appreciated. All sizes are welcome, but men's shirts are especially needed.

## **Thank you.**



The crowd at the last retiree lunch wants to invite you to the next one. See you March 15th!

## **Retiree Luncheon**

March 15

IHOP

4931 SE 82nd Avenue

Portland, OR 97266

NOON

(Third Wednesday of each month)



**B-Mike**

# Little Miracles

- Ann White, Guest Writer

It was one of those days that just kept unfolding with unexpected events. It was hot, dry, and windy, and we were alerted to high fire danger and potential rolling blackouts. We had planned our neighborhood's final block party of the season for that evening. We had invited the Tualatin Valley Fire and Rescue (TVFR) team to join us for a delayed celebration of "National Night Out." An opportunity for neighbors to thank our First Responders. Due to the weather conditions, I had gotten a call from the public relations office saying they were so sorry, but they would not be able to attend this evening's event because they were on high alert.

That afternoon, I was taking my dog, Dixie, out for a short walk to check the mail. Our mail lady, Tiffany Dailee, was pulling up to our boxes, so we kept walking, and I planned to get the mail on the way home. As Tiffany was pulling out of our complex, she told me she thought she saw smoke coming from the ground in front of one of the houses on a nearby street.

Dixie and I headed over to see if we could spot anything unusual. The wind was hot and dry and whipping around. As I walked down the street, I couldn't see a fire. However, I could smell smoke. I called a neighbor, Lori, and she came over within minutes. We walked up and down, looking for the source, but the wind kept shifting and confusing us.

Lori was the first to spot the source when she spied some smoking bark dust. We saw some black spots and a few sparks - the outdoor electrical lighting system was on fire underground and spreading toward the house. There was a young man who had been taking care of the owner's dog getting into his car in the driveway and about to leave the house. We appraised him of the situation, and he called the fire department. The homeowner was out, so he called her and told her what was happening. We accessed the garage and cut the power to the house via the fuse box, and then he brought the dog out of the house while we waited for the fire department. I called another neighbor, Roger, one of the most helpful people you will ever meet. I asked if he could bring his fire extinguisher over.

In the meantime, another neighbor just pulled into his garage

across the street, and I ran over to see if he had a fire extinguisher. He reached for his garage extinguisher and immediately brought it over. About that time, two firetrucks arrived with five efficient, handsome firemen. They got to work putting out the smoldering fire that had spread underground and threatened the home. Roger, with his extinguisher, pulled up behind the fire trucks but soon went home, leaving the rescue operation to the professionals.



West Slope carrier Tiffany Dailee went above and beyond when she took action to prevent a customer's home from catching on fire.

Meanwhile, Lori recognized one of the firefighters as the son of her dog groomer. She said "hello" to Bobby, who had been a model before his career as a fireman. She took a photo of him and sent it to his mom. I asked Lori, "Who is your groomer?" And wouldn't you know it, that was my dog's groomer too. The young man from the afflicted house (who lives in another area) said she was his dog's groomer too. What a small world we live in. We are so interconnected.

The weather conditions were ripe for a disaster. Many of the homes in our community are surrounded by trees and neatly tended bark-dust flower beds. Had Tiffany not drawn our attention to the smoke and Lori and I not looked further, there could have been a conflagration that would have impacted our whole community.

I am grateful for our neighbors who are there in a heartbeat to help one another. I am grateful to all who have well-equipped tools and fire extinguishers handy in an emergency! I am grateful to our First Responders who came to our rescue and prevented what could have been a dangerous situation. They couldn't come to our party in the evening, but they showed up when we needed them the most.

I am grateful to Tiffany. She later disclosed that she had poured out her whole big bottle of water - her daily allotment - on the fire. Since she thought it was just a bark dust fire, she assumed the water had put it out. Tiffany, who has served our community for over twenty years, spoke up and said something. You know the saying. "If you see something, say something."

We have heroes living amongst us. Tiffany saved our community. It was a series of little coincidences that morphed into a miracle, and we were saved by grace. It was a great day!



# 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 your 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 Friday, May 5th, 2023.

Date \_\_\_\_\_

I am the child of active/retired/deceased letter carrier \_\_\_\_\_  
of Branch 82, Portland, OR. I am a high school senior in the 2022-2023 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





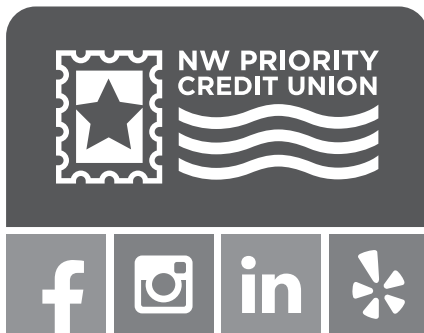
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# Women's History Month

# PROPOSED RESOLUTION

## Resolution: Solidarity with UPS Teamsters

Whereas: the Postal Reorganization Act (Title 39, US Code 101) mandates that "As an employer, the Postal Service shall achieve and maintain compensation for its officers and employees comparable to the rates and types of compensation paid in the private sector of the economy of the United States", and

Whereas: the wages, benefits and working conditions of UPS warehouse and delivery workers set a standard in our industry, and

Whereas: the demands of UPS Teamsters – to abolish their 2-tier workforce, mandatory overtime and excess surveillance – are demands of letter carriers as well, and what they win will positively influence what we can win, and

Whereas: UPS Teamsters -- with a new, militant leadership -- are likely to go on strike August 1st, 2023 after their current contract expires, and

Whereas: Parcels now handled by UPS will be diverted to the USPS during a strike, and

Whereas: UPS strike-breakers may be delivering parcels to USPS stations during a UPS strike, therefore be it

Resolved: that NALC 82 declare our solidarity with any concerted actions, including a strike, by UPS workers, to improve their wages, benefits and working conditions, and be it further

Resolved: that NALC 82 members develop, promote and engage in creative activities to support UPS workers in their concerted actions, and be it finally

Resolved: that this resolution be forwarded to the Oregon State Association of Letter Carriers 2023 convention and to the national NALC Executive Council for concurrence.

Submitted by Jamie Partridge, Stephen Schmidt, Rogue Robertson, Adam Wurster, Willie Groshel, Mark Flegel, Emily Johnston, Colin Moore, and Tom Richardson

Women's History Month has been observed in the United States every March since 1987. What year did Branch 82 have its first woman letter carrier? Did you know her? Were you the first woman to work at your particular station? Did you know anyone who served in the Ladies Auxiliary?

I know these stories are out there, and I want to present them to the B-Mike audience. I've reached out to many women about sharing their unique experiences. Well, now is the time! Find your photos and your memories, and contact your friends and co-workers to get their memories too.

We've come a long way since letter carriers were all mailmen, but this is all fairly recent history.

**I want to hear from you!**  
Please contact me via email, [smiller.eightytwo@gmail.com](mailto:smiller.eightytwo@gmail.com) or call the hall, **503.493.5903**.

Your Editor, Suzanne Miller



# Closets are for clothes

Single gay male seeks ideas for Pride Parade outfits and/or costumes...  
Next Pride Committee meeting - Thursday, April 13th \* 7PM  
Zoom Code: 880 6173 1039 \* Passcode: Pride



**The Pride Parade is Sunday, July 16th**

# Branch 82 MDA Raffle!!



**Details:**

**Price:**  
Tickets are \$5 each or 5 tickets for \$20

**Dates:**  
Tickets on Sale Feb 15th - June 14th

**Drawing:**  
Drawings will be at the general meeting on Wednesday June 14th. You do not need to be present to win. 1st ticket drawn = first pick, 2nd ticket drawn = second pick and so on. If not present, I'll text/call you.

**Tickets:**  
You can get tickets at the Branch 82 union hall or through the steward at your office.

**Questions:**  
Text/Call Abe at 831-331-0798  
Or call Branch 82 at 503-493-5935



**That's 15 total Prizes which gives everyone a better chance at Winning!! Total worth is \$1,000!! Get your tickets today to support MDA and maybe win a prize!**



# MDA Report

- Abe RedCloud, MDA Rep



Well aren't we all just "Marching" along in this year as it's MARCH!! Ha ha..... oh, come on it wasn't THAT bad of a joke.....was it? Ok, it was! Lol..... Ok, marching along to something else.....get it? Lol..... Ok I'll stop..... So, we currently have two MDA events going, well one going and one to prepare and fundraise for.

## CURRENT EVENT: MDA RAFFLE:

First off, I need to make a correction from last month's article. I had said that the station that has beat everyone fundraising the past few years is Beaverton, I meant to say EVERGREEN station. Please forgive me, everyone, for my mistake. Evergreen stewards and carriers are beasts and raffle-ticket-selling masters! Can anyone beat them this year? Remember that the top fundraising station gets a prize! Hmmm.... how about this? **We are also going to give a second-place prize!!!** That's right, the station that comes in second for selling the most tickets gets a prize as well!!

You can get tickets through your steward at your station as well as directly from Branch 82, so go get some tickets to possibly win an awesome prize and help support the MDA!

Check out the flyer opposite this page for all the info.

## UPCOMING EVENT: BRANCH 82 LABOR BOWL:

New info for the Labor Bowl!!!!

**LABOR BOWL SHIRTS:** After digging through the old MDA event boxes, I found a bunch of Labor Bowl Shirts! There is a limited quantity so there will not be enough for everyone to get one. I will offer Labor Bowl shirts to people that pre-register with me, want a shirt, and will wear the shirt at the Labor Bowl. First come, first serve. So, get that team together and pre-register. If you are an individual bowler without a team, let me know and I will find you a team and get you pre-registered.

**THEME:** The theme for this Labor Bowl will be HAT party! The best hat (voted on by the people present) will win a prize! Hats can be store bought or self-made, so get to brainstorming for that noggin of yours!

All other info is in the flyer on this page. More info (same as last month) follows.

Remember when I said that there will be pizza and soda while you bowl? Well check out the entry form next to my article. If you can

get me your team registration with five bowlers on it by May 10, then you get to pick your own pizza and soda that will be delivered to your lane! That's right! You don't have to scramble when pizza comes out and get there too late to get pizza you don't like. You get to choose your toppings and it comes to you! But this is only if you pre-register a team of five. You will also have your lane already planned ahead of time so there's no moving around or issues with your lane. So, get your registration in early!

There are only 20 lanes available. So, space is limited! Worried about paying \$60 to bowl? Don't be. Ask your station at a standup once a month, starting now, to donate \$5 to MDA to help pay for your bowling team to bowl. Do this once a month and that gives you three separate opportunities to help pay for your bowling. You might not have to take anything out of your pocket other than the \$5 you donated with everyone else. And you could bring home a trophy to your station if you win!

Are you a CCA/PTF and really want to participate, but afraid that you will have to work that Sunday? Talk with your supervisor/manager and steward about being scheduled the Sunday before and after the Labor Bowl so you can participate! I'd say around April 21 would be the best time to ask about this.

Do you have something to donate for the silent auction? Please contact me or Branch 82. Items can be homemade or store bought, just as long as they are something that you can see being sold at a store. Have a friend that owns a business? Ask them to donate gift certificates, etc. With your help getting donated items, we can raise more money for MDA!

In Solidarity,  
Abe RedCloud

That's right! **The NALC Branch 82 Labor Bowl** is BACK!!!!

Here's the info:

**Where:** Kingpins, 3550 SE 92nd Ave, Portland, OR, 97266

**When:** Sunday, May 21st

**Times:** Registration 10:30am-11:30, Bowling 11:30-1:30pm

**Price:** \$60 per bowler (includes pizza, Soda, shoes, bowling)

**Prizes:** Door prizes for everyone! 1st place men's, 1st place women's, and lowest score get a special prize!

**Silent Auction:** 10:30am - 1pm (Please bring an item to add to the silent auction to raise more money for MDA! Store bought, self made, baked goods, etc.)

**Teams:** Make a team of 5, get your names to Abe or Branch 82 and your team gets to pick your own pizza and soda!

**Single Bowlers:** If you want to bowl, but won't have a team, call Abe or Branch 82 and we will get you on a team.



**B·Mike**

# Spring Into Action

- Bruce Hall, Veterans Representative

The first day of spring falls on March 20, 2023. But on Groundhog Day, February 2, 2023, Punxsutawney Phil came out and saw his shadow, so we are supposedly in for an additional six weeks of winter. Even with a longer winter, spring will come. Even with the pandemic, the administering of the vaccine should allow us to have a relatively normal time of changing from a season of dark, dreary, depression into a new season of bright, new, optimism. Change is not easy, and we need to constantly know what is changing, how it's changing, and how we should handle change. We need to be alert, educated, and ready to spring into action when necessary to insure that we take care of our veterans. We need to continually contact our congresspeople and ask them to do all they can do to insure that we take care of our veterans. If you would like to keep up on specific legislation or VA benefits, you can contact VFW's Washington Office at [vfwac@vfw.org](mailto:vfwac@vfw.org). A member of VFW's National Veterans Service will respond as soon as possible.

Unemployment is a big problem for veterans as troops have returned from the war, and the military is in the process of reducing the number of troops. There are a couple of websites available to veterans to aid in job searches: [www.WorkInOregonVeterans.jobs](http://www.WorkInOregonVeterans.jobs) and [www.hoh.greatjob.net](http://www.hoh.greatjob.net).

Another big problem in our society is emotional pain and suffering. Nearly one in every five American adults has a diagnosable mental health condition. Plus many people sustain traumatic brain injuries, which affect emotional functioning. Also many more are addicted to drugs and alcohol, which affects their mental condition. Often our friends, neighbors, co-workers, and even family members are suffering emotionally and don't recognize the symptoms or won't ask for help.

Here are five signs that may mean someone is in emotional pain and might need help:

## 1. Personality changes:

You may notice sudden or gradual changes in the way that someone typically behaves. People in this situation may behave in ways that don't seem to fit their values, or the person may just seem different.

## 2. Uncharacteristically angry, anxious, agitated, or moody:

You may notice the person has more frequent problems controlling their temper and seems irritable or unable to calm down. People in more extreme situations of this kind may be unable to sleep or may explode in anger at a minor problem.

## 3. Withdrawal or isolation from other people:

Someone who used to be socially engaged may pull away from family and friends and stop taking part in activities that used to be enjoyable. In more severe cases the person may start failing to make it to work or school. Not to be confused with the behavior of someone who is more introverted, this sign is marked by a change

in a person's typical sociability, as when someone pulls away from the social support typically available.

## 4. May neglect self-care and engage in risky behavior:

You may notice a change in the person's level of personal care or an act of poor judgment. For instance, someone may let personal hygiene deteriorate, or the person may start abusing alcohol or illicit substances or engaging in other self-destructive behavior that may alienate loved ones.

5. Overcome with hopelessness and overwhelmed by circumstances: Have you noticed someone who used to be optimistic and now can't find anything to be hopeful about? That person may be suffering from extreme or prolonged grief, or feelings of worthlessness or guilt. People in this situation may say that the world would be better off without them, suggesting suicidal thinking.

The VFW sponsors a program called CHANGE DIRECTION in an effort to deal with mental health wellness. If we recognize that someone is having emotional pain or suffering, we need to reach out, connect, inspire hope, and offer help, showing compassion and a willingness to find a solution to their problems.

In order for us to help others, we need to practice Healthy Habits of Emotional Well-being.

1. Take care of ourselves, eat, sleep, and be active
2. Get checkups for our emotional well-being
3. Engage and connect wisely, have healthy relationships
4. Relax, reduce stress in our lives
5. Know the five signs of emotional suffering

If everyone is more open and honest about mental health, we can prevent pain and suffering, and those in need will get the help they deserve. For more information, go to [changedirection.org](http://changedirection.org).

This is tax season, so I would like to mention a couple of things about TAXES. The IRS Volunteer Income Tax Assistance (VITA) and the Tax Counseling for the Elderly (TCE) programs offer free tax help for qualified taxpayers. Call VITA at 1-800-906-9887 or TCE at 1-888-227-7669 for more information and qualifications, or go to [www.aarp.org/money/taxes/aarp\\_taxaide](http://www.aarp.org/money/taxes/aarp_taxaide). The only free online tax preparation and filing assistance for veterans, active-duty military, and all qualifying taxpayers can be found at [www.myfreetaxes.com](http://www.myfreetaxes.com).

Also, veterans may qualify for Oregon State Property Tax exemptions or deferrals. 1. Disabled veterans having a disability of 40% or more can qualify for a state property tax exemption for a portion of their property's assessed value (call 503-988-3326 or online [www.oregon.gov/dor](http://www.oregon.gov/dor)). 2. Disabled veterans and veterans over 62 may qualify for property tax deferral (call 1-800-356-4222).

Volunteer to help others by springing into action. We can join veterans' organizations or others such as churches, neighborhood



associations, schools, etc. in order to use our talents to help others. There are so many opportunities to volunteer. Helping others will make volunteering a rewarding experience.

It seems like everything in today's world is political. The military is no different, therefore, it is vital that we continually watch the activities of our legislature. Veterans organizations like the VFW and American Legion are constantly working on veterans' issues with our president and congress. The legislative priority goals for 2023 include: providing sufficient funding for all VA programs, protecting quality of life programs for military service members, retirees and their families, improvements in transition and employment tools for separating service members and veterans, and continued oversight and improvement to the VA disability claims system. We must remain vigilant and remind congress that cutting any benefits earned by veterans, service members and their families is not acceptable. Let your senators and representatives be aware of your veterans' issues! **SPRING INTO ACTION**, contact your congresspeople!



Michael Deschaine seamlessly delivers out of Sellwood, despite February's unexpected winter blast.



Dave Esch, Parkrose, is clearly not afraid of a little February snow.

## 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

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

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

*In Memoriam*

**GLEN FORAYTER**

**GARY GREEN**



**B·Mike**

## 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
LCPF Rep	Sue Canfield	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
Dave Esch	503-493-5903
Ted Lulich	503-493-5903
George Wallenstein	503-493-5903

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Legal Assistant

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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 2<sup>nd</sup> Wednesday, 7:00PM

Retiree Luncheon 3<sup>rd</sup> Wednesday, noon

Stewards Council 3<sup>rd</sup> Wednesday, 7PM

Executive Board 4<sup>th</sup> Wednesday, 6:30PM

All members are welcome, unless otherwise noted.

All meetings are held at the NALC Branch 82 Office,

5265 NE 42<sup>nd</sup> Avenue.

Retiree Luncheons are held at

IHOP, 4931 SE 82nd Avenue.

## 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, 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.



# NALC Branch 82 Membership Meeting, February 8, 2023

**Call to Order:** 7:02

**Pledge of Alliance:** Bruce Hall

**Deceased Members:**  
Glen Forayter, retiree- Creston

**Moment of Silence**

**Roll Call of Officers**  
Officers Absent: Cabral, Canfield

**First Time Members:**  
Thomas Harris- Rose City Park,  
David Lewis- Piedmont,  
Blake Riggs- Midway,  
Pete Strolis- Rose City Park

**Reading of the Minutes:**  
Lois Brumfield made a motion to dispense with the reading of the minutes and accept them as printed in the B-Mike. Seconded, Dave Esch. Carried.

**Communications**

**Membership Report:**  
Regular: 1151, PTF: 22, CCA: 182, Retiree: 520, Gold Card: 74, Management & Other Crafts: 45, New Members: CCA-20. Total Membership: 1994, Non-Members: 34, Organized: 97.6%

**Retired:** Tyra Dorton- Creston,  
Brian Robirds- Collections  
**Separated:** Robert Bailey- Kenton,  
Nathan Hanson- Lake Grove,  
Sierra Peck- Gresham

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

**Unfinished Business:**  
President Norton reminded delegates to the upcoming state convention that they need to report their intentions to Branch 82 by next week.

**New Business:**  
Jamie Partridge made a motion to support the upcoming Postal rally on Feb 20. Seconded: English. Carried.

Betty Nash asked the membership to consider donating new clothing items to

the uniform closet. New and gently used items are greatly needed, especially in larger sizes.

**Resolutions and Bylaws:**  
Resolution and Bylaws Chairperson Jim Falvey read a resolution on Solidarity with UPS Teamsters.

**Judith Hyde Scholarship Report:**  
Ted Lulich reported that applications are due May 5. The application can be found in the B-Mike. The winner will receive \$2000 per year for four years.

**Health Benefits Report:**  
Eric Matris explained that there are changes coming to Federal Health Benefits. The Postal Service Health Plan will move from three options to six.

**Pride Parade Report:** Esch announced that Pride registration will open March 31. The parade has moved from Father's Day for the first time in 30 years. It will be held July 16. There will be a Zoom planning meeting on February 20.

**Labor Management Report:**  
Norton reported that there is one removal and three 16.7s in the branch. All CCAs will be converting to PTF on February 11. Starting then they will hire directly to PTF in McMinnville, Oregon City, Portland and West Linn. Branch 82 will continue working to make that happen in the other areas they represent. Norton, Julius Fildes, and Richard Shay discussed updates with the route adjustments. Norton added that carrier academy classes are full, and Branch 82 is always looking for available casing equipment.

**Health and Safety Report:**  
Cadwell encouraged everyone to reach out to him with any safety issues, including equipment and building maintenance issues. He mentioned that Sellwood will be having a hiring fair.

**Legislation Report:**  
Norton brought up how President Biden thanked unions in his State of the Union speech. He discussed the Social Security Fairness Act and thanked Matt Pierce for his recent article on the debt ceiling.

Pierce reminded the membership that regardless of debt ceiling issues, the post office is not ceasing to contribute to the G-Fund.

**MDA Report:**  
RedCloud spoke about the upcoming MDA raffle as well as the return of the Labor Bowl to be held May 21 at King-Pins in SE.

**Starlight Parade:**  
RedCloud discussed the plans for the float for the upcoming parade. New this year, the float will also be shared with the Pride Parade.

**Retirees' Report:**  
Sammy Smith announced that the Retiree Luncheon is back and happening the third Wednesday of each month at IHOP.

**Veterans' Report:**  
Bruce Hall said he went to Eugene to hear the state winners of the VFW sponsored essay contests. He also attended a mid-winter VFW conference where they stressed veterans' mental health issues. There's free help at VA.gov.

**Labor Solidarity Report:**  
Norton discussed the three-day city laborers strike. Partridge added information about other local organizing efforts such as New Seasons, Starbucks, and nurses. This year's Labor Day picnic will be held at the Clackamas County Fairgrounds in Canby.

**Good of the Association:**  
Lulich offered information about a possible new uniform rep. He said prices are going up on March 1. Norton reminded folks that we need members to sign up for hospitality for general membership meetings and steward council meetings. He thanked Samuel Couser for organizing pizza for tonight's meeting.

**Kitty Award:**  
Char Bryce, Oak Grove won \$102.  
**Jackpot:** \$595 went unclaimed by Tim Parsons, Lake Grove  
**Treasure Chest:** \$180 went unclaimed by Kiersten Reed, St. Helens.

**Adjourned:** 8:37

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**B·Mike**

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The next General Membership meetings will be held  
 Wednesday, March 8 and Wednesday April 12, both at  
 7pm. Dinner will be served prior to the meeting.

# IT'S A POSTAL SCAVENGER HUNT!



You could be the lucky winner of  
 this rare philatelic treasure, the  
 misprinted Otis Presley stamp!

*All you need to do is track down these everyday  
 commonplace items and bring them to Pushing  
 the Envelope headquarters to claim your prize!*  
 See page 49 for details

- Suspicious package
- Breakfast cereal
- Wanted poster
- Bobblehead
- Safety pop
- Ashtray
- Ducky
- Brick



BY KERRY WAITE & TERRY KAWOTT  
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