



# 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

## Notice:

### Nominations for the Election of Officers

Nominations for the election of officers of NALC Branch 82 will be held at the regular General Membership meeting on October 11th, 2023 beginning at 7:00 pm at the branch hall: 5265 NE 42nd Ave, Portland, OR 97218.

Elected offices to be filled are: President, Vice President, Secretary-Treasurer, Recording Secretary, Editor, four (4) Executive Board At-Large positions, Director of Retirees, Health Benefits Representative, five (5) Trustee positions, and Sergeant at Arms.

Each term of office is for two (2) years, beginning January 1, 2024.

A candidate for office must be present when nominated or have sent a written notice to, and which was received by, the Secretary-Treasurer of their intent to accept the nomination prior to the October Branch Meeting. Any candidate who has been unavoidably detained as determined by the Election Committee may accept nomination up to close of business by the Friday following the meeting, October 13th, 2023.

Candidates may accept a nomination for only one (1) office.

Elections will be conducted by secret ballot. Ballots will be mailed no later than Tuesday, November 15th, 2023 to the last known address of eligible members and must be mailed back to be received no later than 5:00 pm on December 11th, 2023.

The election committee will collect and tally the ballots. Election results will be announced at the December Branch meeting, December 13th, 2023.



# Put on Your Sunscreen

- David Norton, President

As we quickly move into the summer months, letter carriers once again must shift their daily preparations to deal with the heat. The rain gear can probably take a rest for a while, and instead of worrying about hand warmers and winter socks, it is time to drag out the shorts, floppy hat, cooling towel and especially, sunscreen.

Letter carriers face all kinds of potential dangers in their job, but one could argue that the deadliest hazard we face is the sun. We talk a lot about heat awareness. The heat claims lives every year and letter carriers, being out on the street every day, are extra susceptible to heat related illness. As I write this, just days ago, a letter carrier in Dallas, TX lost their life to the heat. It is a serious issue for letter carriers as well as all workers who perform their duties on the street.

But what I wanted to talk about specifically is what the rays of the sun do to you and your skin. Just as we are at risk for the heat, we are also at serious risk for skin cancer. Every day that we are outside delivering our routes we are exposed to ultraviolet (UV) rays from the sun. Prolonged exposure to UV light is the leading cause of skin cancer.

Skin cancer is an abnormal growth of skin cells. They are divided into two main types: melanoma and non-melanoma skin cancer. Non-melanoma skin cancer grows slowly in the upper layers of the skin and rarely spreads to other parts of the body. The second and more dangerous type of skin cancer is melanoma skin cancer. Melanomas, unlike non-melanoma skin cancers, can spread to lymph nodes or other organs in the body. If this happens, it can become hard to treat.

I have had my own battles with skin cancer. In 2020 I had a pretty large basal cell carcinoma removed from the back of my neck. Basal cell cancer is the most common form of skin cancer, accounting for nearly 80 percent of all skin cancers. Basal cell cancers arise from abnormal basal cells in the skin. It is rarely fatal, but it can be locally aggressive. Mine was. A basal cell is removed by having a surgeon cut away the basal cell with a scalpel and burn the area to try and destroy any remaining cancer while cauterizing the wound. They then test the surrounding tissue to make sure that all of it is gone. They had to go back and take more tissue three different times with mine, and the doctor told me it was one of the largest he had ever seen. I took pictures of the process and the wound and I would submit it with this article, but really, it is just too gross for the B-Mike. When it was all done, the hole covered roughly half of the back of my neck, and it took 18 stitches running from the back of my hair line to the base of my neck to seal the wound. I then couldn't move my neck for another three weeks while my stitches healed. I had my surgery on a Friday and came back to work on Monday. Let me tell you, it was difficult always holding my head up and I felt pretty awkward trying to do new employee orientation. Towards the end of it, I somehow got an infection in my stitches. They broke open, and I had to have them pulled out of the inflamed, damaged area. I then had to wear a giant bandage while everything

healed AGAIN. The whole thing was a major inconvenience, and I have a pretty large scar on the back of my neck. Still, I am one of the lucky ones. The American Academy of Dermatology estimates that last year, 7,650 deaths were attributed to melanoma- 5,080 men and 2,570 women. Research indicates that men with melanoma generally have lower survival rates than women with melanoma. I have a history of cancer in my family, and my sister has had to have melanoma removed in the past.

The best way to avoid skin cancer is to try and stay out of the sun. Since that isn't something that is practical for letter carriers, try and do your best to cover up, and wear your sunscreen. Remember, just because it may not be hot and the sun isn't blazing in the sky doesn't mean that the sun still isn't emitting UV rays and you are not being subjected to them. Wear your sunscreen even on cloudy days or find a lotion to wear that has a high SPF in it. The single best thing you can do for your skin is to never get sunburnt. Getting sunburnt just once every two years can triple your risk of skin cancer. Most of us have had sunburns before. Heck, when I was growing up, I thought it was just part of summer. Make sure to check your skin regularly. If you have a strange looking growth, it may be a basal cell. If you have a weird looking mole, maybe one that is raised, discolored, oddly shaped, or is growing, that could be the sign of potential skin cancer. See your dermatologist or your regular doctor about it. Don't just "put it off" like I did. These things can grow rapidly. If I had taken care of my basal cell when I first noticed it, it could have been an easy procedure with no down time and little scarring.

I regret all of those days I went out and delivered without sunscreen. We as letter carriers all have time in our days to apply and reapply sunscreen. You have the right to take comfort stops, as many as you need (within reason). I think that taking a little time during the day to help protect your skin is something that everyone can agree is a necessary part of the job. If you aren't already doing it, then you need to start now.

I went through an experience with my skin cancer that was painful, annoying, and left me scarred. But at least it was in a place that was a little less noticeable. What if it was on my face? That is where most basal cells show up. I would HATE to have this discolored, weird scar on my nose. I didn't have to miss much work for my surgery (although I should have taken more time to recover), but what if I did? If my basal cell was a melanoma instead, then I may have had to have a much more invasive surgery or maybe even have chemotherapy. The stakes can be high when dealing with skin cancer.

Letter carriers are some of the most prepared people I know. The seasons come and go, and you are always ready for whatever the weather throws at you. Just like the Postal Service creed says: neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds...but don't forget about the harmful UV rays. A little prevention can go a long way.



## **Retirees' Banquet Returns!**

September 9, 2023

Milwaukie Elks Lodge

Save the date, plan your outfit, and look for info to arrive in your mailbox.



**B·Mike**

# Vice President's Report

- Betty Nash, Vice President

While I worked as a city letter carrier, first in California for four and a half years and 32 and a half years out of the Beaverton Installation, I have known supervisors that were good and honest people. Managers and supervisors that treat carriers with dignity and respect are very scarce these days. They may start out as being reasonable people, but once they go to the Dark Side, things change very quickly. I have heard telecons being held in the back office, where the supervisors are being screamed at and belittled by their postmasters, where they are being called idiots and stupid. I have been able to hear this at my carrier case which was at least 50 feet away, and they had the office door closed! It is true that they are under pressure to improve their numbers or implement the latest flavor of the month, such as a one-hour office time or a 22-minute load time, both of which are not contractual and pulled out of someone's behind.

Most supervisors cave to the pressure and change their names to Ima Jerk. Now when it's time for the estimate process, and a carrier tells their supervisor that they will need 45 minutes of overtime to complete their route, Ima Jerk may respond with, "you had a 99 last week and you completed your route in eight hours so you need to do the same today, because that is your demonstrated performance". What Ima Jerk may or may not know is that a one day 99 means **absolutely nothing!**

If Ima Jerk continues to harp on the one-day 99, you can always ask them to show you in the contract where it states that a one-day 99 establishes a street time for the route? There is no such contractual site. We as city letter carriers know that every day is different. We are not robots, and every day has hundreds of variables.

Now maybe Ima Jerk used to carry mail for a few months, in a different office, many years ago. So this, of course, makes them an expert on your route and every other route in the office. Ima Jerk may throw some numbers at you in an attempt to sound intelligent. Don't let Ima Jerk throw you off of your very straightforward first response: show me in the contract where it states that a one-day 99 establishes a street time for the route.

At this point Ima Jerk may begin to become frustrated with you, but as long as you remember that we must give a "fair day's work for a fair day's pay," you are fine. You are the expert on your route, you know how much you are capable of, you know how you are feeling on this day, maybe those knees aren't as young as they used to be, maybe its going to be over 90 degrees today, maybe the advos are really thick this week, maybe there is construction on the route, or it's garbage day. As I said before, there are hundreds of variables. The PS form 3996 is where this information needs to be documented and then given to Ima Jerk. Let them do their job and either approve the overtime or give you assistance.

This very simple, basic estimate process used to be easy. A simple give and take between professionals that respect each other's knowledge. However, the quality of supervisors has sunk so low that unfortunately many supervisors can actually fail up! This is so sad for all of us.

I see certain names associated with very high-level postal positions, positions with a lot of authority and the ability to do real damage to the workings of the post office. I can recall when Ima Jerk was just a 204b, and now this person is the person in charge of vital postal operations.

I know that there are postal management personnel that will agree with me and question why Ima Jerk still has a job, but they can't do anything about it. I want to say to those in management that agree with me that when you see a potential Ima Jerk in your office, don't let them slide. Bullies don't change; they are only emboldened if there are no consequences for their actions.

If your steward is filing grievances because Ima Jerk is creating a hostile work environment, do something. Demote them, fire them, don't let them rise through the ranks where they will have the ability to do more damage. If this person's name is Ima Jerk now, imagine what their name will be in five years after they have continued with their deplorable ways of treating employees and the contract that is there to protect them.

Will their names be Ima D..., Ima P..., Ima F..... and they will now be your boss, because you ignored their behavior.

To all of the decent postal management people, if you have supervisor Ima Jerk in your office, get rid of them now! Don't let their poison fester in your office. Do your job and put the safety and welfare of the employees first.

To all the hard-working city letter carriers, take care of yourselves and take care of each other. No one knows what you are going through like another carrier. We need to support each other because there are too many Ima Jerks working with us.

If you or your fellow carriers need to contact EAP, remember that the first session is on the clock. Don't wait until the pressure builds up so much that it affects your health and safety. You can call just to talk or get coping methods that will help you to deal with all of the Ima Jerks.

*In Memoriam*

**BRIAN NEMECEK**





# Pledge Solidarity with Strike-Ready UPS Teamsters

-Jamie Partridge, retiree

Over 340,000 Teamsters at UPS are gearing up to fight for better pay and treatment on the job when their contract expires on August 1, 2023. If the company doesn't respond to their demands, they are preparing to take part in the largest single-employer strike in U.S. history, which will impact six percent of the economy. A UPS Teamster victory will have a profound impact on U.S. working class confidence and power.

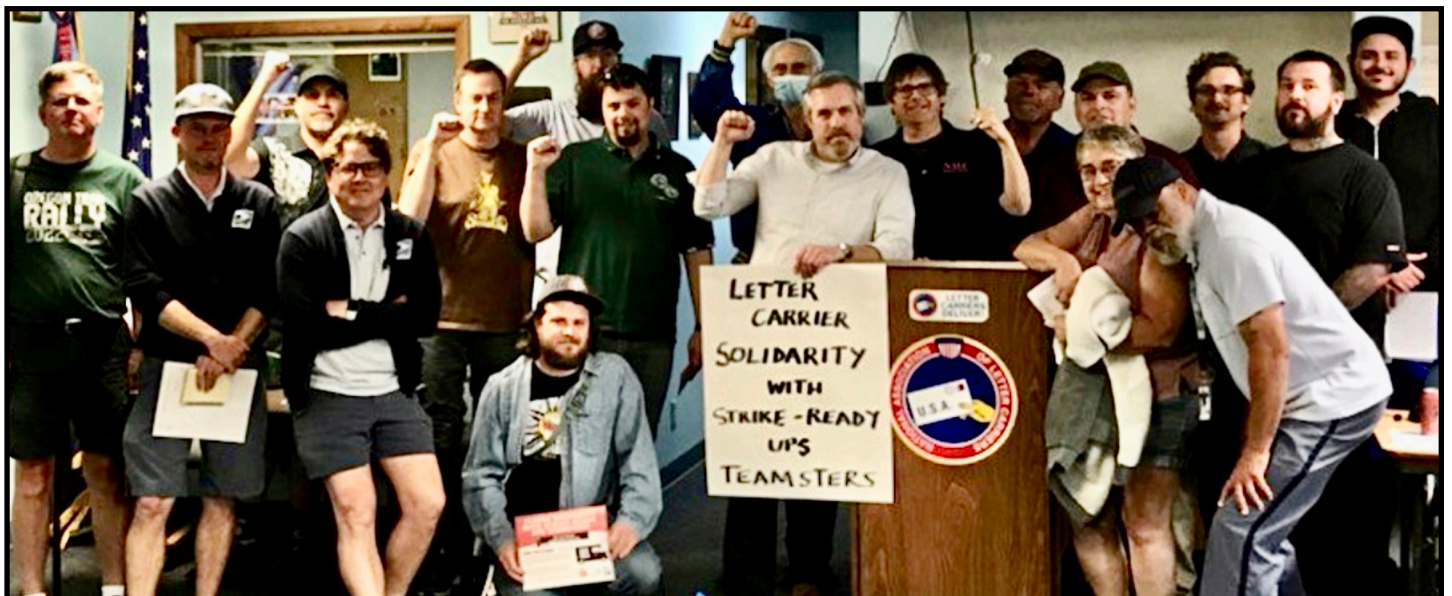
In particular, since the next NALC contract is still unsettled, the UPS Teamsters settlement will have an impact on letter carriers. UPS Teamsters do the same work- sorting and delivering parcels- and set the industry standard. The Postal Reorganization Act (Title 39, US Code 101) mandates that "As an 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."

The demands of UPS Teamsters- to abolish their two-tier workforce, mandatory overtime and excess surveillance and to significantly raise starting wages- are demands of letter carriers as well, and what they win will positively influence what we can win.

The Oregon Strike-Ready Coalition is calling on workers everywhere to pledge solidarity with UPS Teamsters.

- 1) Join the picket line
- 2) Bring food, drink, supplies, signs, chants, comrades, and solidarity
- 3) Contribute to the strike fund
- 4) Help distribute solidarity pledge cards and posters for windows and bulletin boards
- 5) Spread the call for solidarity pledges on social media, union/community newsletters and emails.
- 6) Talk to UPS drivers – tell them we have their back, we're counting on them to fight for a good contract, and what they win, we win.

Sign the Pledge here - <https://actionnetwork.org/forms/pledge-solidarity-with-strike-ready-ups-teamsters> or scan and sign here.



Branch 82 members show support for UPS Teamsters after the June General Membership meeting.



# Secretary-Treasurer's Report

- Matt Pierce, Secretary-Treasurer

Hello again from the desk of your Secretary-Treasurer. I hope and trust that this finds everyone well. One of the things I love most about the NALC is how diverse we are. It's a fair assumption that in our hundreds of thousands of members we have every race, adult age, creed, religion, national origin, wealth, and orientation that this beautiful tapestry called America has.

Branch 82 is also a microcosm of this greater diversity. We represent in our branch around 2,000 members in an area home to approximately two million people. We are a perfect mini slice of the greater Portland area and equally diverse. We are made up of not only all of the above groups, but also those of every political stripe, interest, and opinion imaginable. Branch 82's membership is made up of people with a wide array of political opinions. This is one of our greatest strengths. Respectful difference of opinion and beliefs is the hallmark of any great democracy, like that of the NALC.

That is why it has saddened me greatly that our office has been contacted by multiple members this week who wish to end their membership in the NALC due to our support in the upcoming Pride event. I am a little shocked to learn that support of the Pride movement is controversial at this point. Branch 82 has been supporting Portland Pride Parade for at least the last 20 years, if not longer.

The United States Marine Corps is celebrating Pride this year. Yes, the U.S. Marine Corps of R. Lee Ermey, Audie Murphy, John Glenn, my father, and many of you; that Marine Corps. It says right on their website: "In the past and today, Marines who are LGBTQ have served and fought valiantly for our Nation. Their readiness and willingness to serve make our Corps stronger and the Nation safer. Throughout Pride month, we recognize Marines who are LGBTQ for their contributions to the Corps as their hard work, courage, and determination are part of the success of our diverse team. As we commemorate and recognize the service of LGBTQ service members, the Marine Corps continues to focus on building readiness and lethality that come from the strength of diversity, equity, and inclusion." As an aside, if you're looking for a movie, I think R. Lee Ermey does a great job in Saving Silverman of playing an older man who comes out as gay and marries Jack Black at the end.

So, if the USMC supports Pride month to help "building lethality," it can't be politically divisive to our more conservative members if Branch 82 supports it as well, can it? I guess I am more naive than I thought; in today's political climate, apparently it can be.

As I mentioned, my father was a Marine. In fact, his death, 12 years ago this month, was actually ruled a combat fatality. It was discovered on autopsy that the multiple intestinal parasites he

got while living, fighting, and eating in the Vietnam jungle had permanently damaged a necessary part of his liver. This ultimately led to his unexpected rapid liver failure and death at the age of 60, mere months after he had otherwise been healthy.

When I was growing up my father was a State Police Detective, and my mother was a stay-at-home parent. I grew up in McMinnville which was at the time a conservative town. We spent most of our free time on a piece of land south of what is now Spirit Mountain Casino. Suffice it to say I grew up in a conservative family in conservative places. Lest you doubt my rural Oregon conservative bona fides, I got my first gun when I was five, my first motorcycle (a Honda Trail 50) when I was six, and as I like to joke, my first helmet when I was eight. This isn't true; I got a helmet at age six. I actually got specialty throwing knives when I was eight.

For whatever reason, rather nature or nurture, I was always much more liberal than the rest of my family. I distinctly remember going around and around with my father and other family about Measure 9. For those who don't know, Measure 9 was an Oregon Ballot Measure citizens' initiative in 1992 concerning LGBT rights in the state of Oregon. It sought to amend the Oregon Constitution to prohibit anti-discrimination laws regarding sexual orientation and to declare homosexuality to be "abnormal, wrong, unnatural, and perverse." It was defeated in the 1992 general election, receiving 44 percent of the vote.

Cut to 2005. By this time, my father had retired. To fill her time my mother joined a group of quilting ladies in Carlton who make specialty quilts for kids in foster care. One of the members of this group was a wonderful woman who is a lesbian. My mom and all these terrific ladies quickly became fast friends. My dad, who was also always looking for something to do, became very close to many of them. Helping them with various projects around the house and driving them to appointments, having them over for dinner, etc...

Now let's jump to March of 2011. My father was in the hospital suffering from several severe conditions due to his sudden liver disease. He was visited by my mom's friend and her long-time partner with whom by this time he had grown close. So close that he told them that if he didn't get better, he wanted them to have his wedding ring to use when it was finally legal for homosexual couples to get married in Oregon. He was aware that at the time they probably didn't have money for a ring since one of them had become unable to work due to health issues and hadn't been able to get on disability. The partner was a part-time school teacher. He knew that they loved each other and that they wanted to get married. He knew he couldn't make marriage legal, but he could prevent a ring from being a financial impediment when it finally was.

# Retiree's Report

- Sam Smith, Director of Retirees

My father had come to know them as people, not as some hypothetical “other.” That love between consenting adults is the same regardless. That this couple wanted what all members of the LGBTQ+ population and all people everywhere want. To love and be loved. To be their own selves. To find and connect with other consenting adults like them and to be accepted by the community at large.

While my dad did make it out of the hospital that time, he died a few months later, before he could get a transplant. The couple got the ring, and due to a Supreme Court ruling almost exactly two years later, they were finally able to get married.

The story of his ring doesn't end there. When I got engaged four years later in 2017 to the world's most patient woman, the couple heard about it and got my number from my mother. They called me up and told me that they really wanted me to have the ring back. I said, “Absolutely not. It was his to give away to whomever he wanted. I don't need it. He wanted you to have it.” They said no. Their disability had gotten approved and that they had money now and bought a different ring and they really, really wanted me to have my dad's. They then started telling stories about what a wonderful and kind man my father was to them and we all started to cry. They said it was theirs to give away and they were not getting off the phone until I said yes. So, I agreed to take the ring.

I hadn't planned on having a standard gold band wedding ring. I had planned on getting a rubber or silicone one to wear sometimes. My future wife was totally fine with it as well. As many of you know, I'm a little accident prone. She was sure that I would catch it falling off a ladder, electrocuting it, or smashing it and end up losing my finger. She said something along the lines of “I love and trust you completely except when it comes to injuring yourself. So no ring is the way to go.” But now I proudly wear a gold wedding band.

I'm actually glad to have it. It was a little weird when I hit my forties and my dad moved into my mirror, and now when I look down, I see his left hand. But I like it because it reminds me that people can change. That their opinions aren't set in stone. And in the end love wins.

So, to those of you for whom this is the last issue of the B-Mike you will receive because you are no longer a member, I say goodbye. I don't really understand or agree with your decision, but I do respect your right to make it. Know that your brothers and sisters will accept you and welcome you back whenever you want to return.

Happy Father's Day, Dad. Thanks for teaching me so many things, right up to the end. To the rest of you, I remain yours in solidarity, Matt.

When we honor our retirees, we are also paying tribute to our history. The name of our branch pays honor to a letter carrier named Charles N. Coyle. The Charles Coyle Branch 82, NALC.

Our union hall is named the Bud Stroh Hall after retired carrier and former branch officer Bud Stroh.

Our scholarship fund is named for carrier Judith Hyde and awards one lucky high school graduate \$8,000 to attend college.

We honor all our retirees each month as we gather together to share the current events in our lives as well as memories of what is sometimes a long history of working together. Many of our retirees started as PTFs together, and today in retirement they still nurture that long-standing friendship.

If you have not yet attended one of our monthly luncheons, please do. We meet the third Wednesday each month at IHOP, 4931 SE 82nd Ave at noon. You might even win a free lunch! Or you might not, but the vibe and the conversations along with the food are always good, and you do not have to blow your budget.

We will also honor our retirees on September 9, 2023, at Milwaukie Elks Lodge with a banquet. More information will be sent to each retired Branch 82 member. I hope to see you all there!

## Retiree Luncheon

July 19

IHOP

4931 SE 82nd Avenue

Portland, OR 97266

NOON

(third Wednesday of each month)



**B-Mike**



# Independence

- Bruce Hall, Veterans Representative

We celebrate the independence of the United States of America on July 4th. Our independence was gained in 1776 at the cost of 25,324 lives. Our great country has gone through several wars, and a great number of our military people have given their lives.

This year as we celebrate our nation's Independence, I would like to mention some events of national importance for us to remember as we consider the sacrifices that were made so we can celebrate our freedom. Before I list these events, I would like to mention a very recent important event in our nation's history. In 2021, President Joe Biden signed a bill creating a new federal holiday on June 19, known as Juneteenth. This stems from June 19, 1865. Even though the Emancipation Proclamation freed the slaves in the South in 1863, it could not be enforced in many places until after the end of the Civil War in 1865. It is the day that federal troops arrived in Galveston, Texas with the news that the enslaved were now free. Juneteenth has been celebrated by many people for years, and now we have a federal holiday to remember the sacrifices that were made by slaves in the United States. The federal holiday will be celebrated the third Monday of June each year While June 19 is the actual date when all the people and the entire country actually became free. Now here is the list of other important events:

1. The 247th anniversary of our Independence!!
2. The 211th anniversary of the War of 1812
3. The 158th anniversary of the Civil War (1861-1865)
4. The 105th anniversary of World War I (1914-1918)
5. The 70th anniversary of the Korean War (June 25, 1950- July 27, 1953)
6. The 78th anniversary of World War II (1941-1945)
7. The 60th anniversary of the Vietnam War (1958-1973)
8. The 28th anniversary of Gulf Wars (1990-1995)
9. The 12th anniversary of Iraqi Freedom (2003-2011)
10. The 9th anniversary of Afghanistan War (2001-2014)

The Afghanistan War has the distinction of being America's longest war. It lasted 13 years. We still have troops in Iraq in training and support rolls, and a significant military and paramilitary presence will remain in and around the war-torn nation of Afghanistan.

As we consider all the veterans involved in these wars and remember that "All Gave Some and Some Gave All," we see that the cost of freedom is high!

The cost doesn't stop with the soldiers that were killed. Many veterans were not killed but did sustain injuries and illnesses. Our country has committed to caring for these veterans. However, it seems to be a continual battle for many veterans to obtain the care that they need. The VA is still in critical condition but is improving. It's a big job, but hopefully veterans will receive the care they need and deserve in a timely manner.

There are a couple of major bills affecting veterans' health care that have been passed by Congress in the last couple of years: the VA Mission Act of 2018 and the Blue Water Navy Vietnam Veterans Act of 2019. The VA Mission Act of 2018 improves the care that veterans get through the VA by utilizing the capabilities of the private sector when needed. It helps recruit the best talent for the VA, which veterans deserve, and it also extends caregiver benefits to every veteran who needs it. The Blue Water Navy Vietnam Veterans Act of 2019 gives benefits to tens of thousands of Vietnam veterans, and also expands benefits to military dependents, veterans of the Korean DMZ, and those exposed to toxic hazards in Southwest Asia.

This legislation sounds great, but many labor groups believe it is a step towards privatization that will result in more costly, less effective care, and will bleed veterans' facilities of patients and resources. I attended a meeting concerning this topic on March 29, 2023. The main speakers were Steve Early and Suzan Gordon who authored a book along with Jasper Craven. The book is titled "Our Veterans." It is a good book recommended for your reading on this subject. The bills passed in 2018 and 2019 created a commission to look at closing VA facilities and give the Secretary of Veterans Affairs the authority to close facilities without consulting congress. We need to monitor this bill closely. We need to continue to petition our legislators to provide the care to our veterans that they deserve for the price they have paid to fight in the wars that the legislators have authorized over the years. **THE COST IS HIGH, BUT IMMEDIATE CARE IS NEEDED!!!**

The VA made adjustments to provide care during the COVID-19 pandemic. Many services are provided online. They allow veterans to receive their care without exposing them to COVID-19. Our main concern is about the care of veterans; however, another great concern is for our great country, which is in a state of unrest and discord with protests and civil disturbances. Everyone is looking for answers. We need to review our history and not try to eliminate it, but learn from our mistakes, and make changes under the auspices of our initial Declaration of Independence which says that all men are created equal, that they are endowed with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness. To secure these rights, governments were instituted among men, deriving their just powers from the people. We need to work together to come to a just and peaceful solution. We need to do unto others as we would have others do unto us. As another great man said, ask not what my country can do for me, but what can I do for my country.

**REMEMBER** the freedoms we have gained; **RECALL** the sacrifices made in obtaining these freedoms; and **RESTORE** meaning to patriotism as we celebrate our Independence!!

As we move into summer, many of us will be taking vacations.



If you travel along the highways in Oregon, you might note the signs that honor veterans. I'll list a few you might look for:

- WWI Veterans Memorial Highway: US Hwy 395
- WWII Veterans Memorial Highway: US Hwy 97/SR 126
- Korean War Veterans Memorial Hwy: I-5
- Purple Heart Trail: I-25
- Vietnam Veterans Memorial Highway: I-84
- Persian Gulf, Afghanistan, Iraq Veterans Memorial Highway: US Hwy 101
- Sunset Highway: US 26 (Honors 41st Infantry Division)
- US Hwy 20 is being designated as the National Medal of Honor Highway going from Boston, Massachusetts, to Newport, Oregon, 3365 miles long

As we celebrate our INDEPENDENCE and travel on vacation, let's REMEMBER FREEDOM IS NOT FREE and honor those who have made these things possible!

Celebrate your independence by not being Apathetic; rather be Active and show Appreciation.

## 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



## Last Punch Bunch

Michael Birtchet - Waterfront



How I thought my Final Punch would go at my retirement



How it will be now that our scanners handle our clock rings

# Pride Report

- Dave Esch, Pride Committee Chair

This year's Pride celebration in Portland is significantly different from years past for a few reasons. Most obviously is that it's probably the first time in most folks' memories that it doesn't coincide with Father's Day. It will take place on Sunday, July 16th providing an opportunity for people who would have previously been unable to attend because they had plans with their dads. The date change could negatively impact attendance this year, but if it continues to be on the third Sunday in July it could potentially benefit overall attendance in the future. My biggest worry is there might be some spectators and attendees so accustomed to it happening on Father's Day that they'll show up on June 18th only to discover that there is no parade <insert sad face emoji>.

Secondly, last year Branch 82 chose to march independently from the AFL-CIO contingency, mainly because we wanted to stand out and be autonomous. This year we are rejoining our union siblings in solidarity against a barrage of anti-LGBTQIA+ legislation sweeping the country, some of which is on our own doorstep here in Oregon. House Bills 3044, 2477 & 2186 and State Bills 452, 453, 749 & 897 are predominantly focused on restricting the rights of trans-youth and their parents with regard to education and healthcare. The American Civil Liberties Union is currently tracking a whopping 491 bills across the United States.

The states getting the most attention with discriminatory laws and anti-LGBTQIA+ rhetoric are Tennessee and Florida. Florida Governor Ron DeSantis and his "Don't Say Gay" campaign and conflict with Disney is making headlines on a daily basis, not to mention that he's now running for President in 2024. DeSantis announced in a public statement, referring to an anti-trans law recently passed in Florida, "We never did this through all of human history until like two weeks ago. They're having third graders declare pronouns? We're not doing the pronoun Olympics in Florida."

In a world where we have been historically conditioned to associate pink with girls and blue with boys, the idea that people's pronouns are no longer just "he" or "she" and don't necessarily correlate to one's biological sex has been a challenging thing for a lot of people to understand. This ignorance is not limited to conservatives either, as there exists some trans-phobia even within the gay community. My own understanding of trans individuals has evolved over the years thanks to meeting and making friends with coworkers and friends who identify as trans. To me,

it's all about being open-minded, raising awareness, and being willing to treat all other human beings with dignity and respect.

It wasn't so long ago that homosexuality was defined as a psychological disorder in medical journals, but science has dispelled that myth, and society as a whole has evolved beyond that. There is science to support the distinction between biological sex and gender, but explaining that requires more space than I have in this article. In a nutshell, biological sex refers to the anatomy you're born with that a doctor determines to be male, female or intersex. Gender is a lot more complicated than that, and has many sub-definitions relating to identity, expression, and psychology. Ideas about gender have been historically constricted due to the fact that, among other things, it is a social construct. But gender

is more nuanced than that, and has many facets, including how we feel, how we are raised, and how we present ourselves to others. When people are allowed the freedom to define who they are, rather than being defined by others based on what they see and think,

then people can be their true authentic selves.

Then there's poor old Tennessee and their conservative population being frightened by men in dresses. A law recently passed in the Volunteer State prohibits drag performances in public areas or areas where children could view them. I have to wonder, though, does this mean that reruns of Flip Wilson and Bugs Bunny in drag will be banned as well? It seems that no one ever had a problem with a cartoon character or a straight person in drag, so this law clearly only seeks to discriminate against homosexuals.

This brings us to the reason Portland Pride will absolutely never be the same. This will be the first year without our beloved Darcelle XV, but Walter Cole and his alter ego will always be with us! His legacy will live on in so many ways in the City of Roses. Our community and people were truly blessed having had his indelible influence on all of us! If the attendance at his celebration of life is any indication, then Portland will always be a safe haven for those folks who help make Portland the weird city that we all love so much!

Please consider showing your solidarity and pride by participating in this year's Pride Parade with Branch 82 and the AFL-CIO. We need you now, more than ever!!!! Oh, and did I mention that this year we have hijacked the float from the Starlight Parade? It will look FABULOUS!!!!

**WHAT: THE PORTLAND PRIDE PARADE**  
**WHEN: SUNDAY, JULY 16, 2023 11:00AM**  
**WHERE: NORTH PARK BLOCKS**

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# MDA Report

- Abe RedCloud, MDA Rep

HAPPY JULY, NALC BRANCH 82!!!! I hope your summer is going well and you all had a fun and safe Fourth of July! Missing fingers and toes are a bummer.....at least that's what I've been told. OUCH!! Well let's get on to the important stuff.

## LABOR BOWL:

Ok so final totals are in. The official total that we raised for the 2023 MDA Labor Bowl was \$7,162!! That is an AMAZING total for not having this event for three years! And the response was AWESOME! I've NEVER had this event sold out before the actual event! We would have about half to three-fourths of the lanes pre-registered and the day-of everyone shows up. So THANK YOU to all the people that made this event as perfect as it was!

## MDA RAFFLE:

We also did EXCELLENT raising money for the MDA with our raffle! All together we sold 903 tickets!!! WOW!!! And total money raised was \$3,585! A BIG THANK YOU to everyone that sold tickets and to everyone that bought tickets! Without all of you stepping up, this would not have been possible. And now I'll share with you the station winners for most tickets sold at a station and of course all the ticket winners:

### Top Selling Stations:

- 1st Place = Evergreen selling 270 tickets!!
- 2nd place = TIE!!! Rose City Park selling 100 tickets and Hillsboro selling 100 tickets
- 3rd place = Kenton selling 80 tickets

### Winners:

- 1st place = Tim Gann – Hillsboro = Drone
- 2nd place = Aimee Anderson – Sellwood = RC car
- 3rd place = Heather Riggs – Rose City = Foosball Table
- 4th place = Steven Hecht – Sellwood = Phone Charger
- 5th place = Justin Wallace – Aloha = Mini Fridge
- 6th place = John Aguiqui – Kenton = Tiki Speakers
- 7th place = Ching Lee – Evergreen = Amazon Echo
- 8th place = Richard DeYoung – Beaverton = Phone Charger
- 9th place = Steven Loescher – Evergreen = Headlight
- 10th place = Joyce Rambo- Aloha = Phone Charger
- 11th place = Dharmawan Wongsomadi – Hillsboro = Heated Vest
- 12th place = Michael Birtchet – Waterfront = Headlamp
- 13th place = Shad Vanderhoof – Evergreen = Heated Vest
- 14th place = Loren Gassner – St Johns = Headlamp
- 15th place = Ian Chachere – Rose City = Heated Vest

**Congratulations to all the winners!!!!**

So combining both events together plus a few interest payments gets our total in the MDA bank account to \$10,754.53!

Well that brings us to the end of this article and the end of our MDA events until October when Fill the Satchel will be running! I'll remind you all in September about that event. Until then I hope you all have a great summer! See you in the fall.

In solidarity,  
Abe RedCloud



Dharmawan Wongsomadi,  
Heated Vest



Justin Wallace, Mini Fridge



John Aguigui, Tiki Speakers



Ian Chachere, Heated Vest



Heather Riggs, Foosball Table



Tim Gann, Drone



Loren Gassner, Headlamp



Shad Vanderhoof, Heated Vest  
with steward Abdul Al-Samarie



## 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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And Employees in

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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, June 14, 2023

**Call to Order:** 7:08

**Pledge of Alliance:** Bruce Hall

**Deceased Members:**

Brian Nemecek - Creston

**Moment of Silence**

**Roll Call of Officers**

Officers Absent: Betty Nash

Excused Members/Officers: Kollin Luman

**First Time Members:**

Brice Claggett – Kenton

Joseph Couch – East Portland

Randy Kintz - Gresham

Jennifer Kuhl – Rose City Park

James Little – SW DCU

Jarod Pale – Rose City Park

**Reading of the Minutes:**

Casey English made a motion to dispense with the reading of the minutes and accept them as printed in the B-Mike. Seconded, Cody Harris. Carried.

**Communications**

**Membership Report:**

Regular: 1120, PTF: 161, CCA: 110,

Retiree: 525, Gold Card: 73, Management

& Other Crafts: 44, New Members: CCA-

10, PTF- 29. Total Membership: 2045.

Non-Members: 38, Organized: 97.29%

**Retired:**

Patrick Bergquist – River District

Ronny Bernier – Newberg

John Joerres – Hillsboro

Richard Underwood – River District

**Canceled:**

Steven Lusk – Multnomah, mgmt

Erika Ferrer – Evergreen, craft transfer

Skyi Pekins – Collections, craft transfer

**Separated:** Myungjun Park – Multnomah

**Secretary Treasurer's Report:**

Harris made a motion to pay the bills.

Seconded, English. Carried.

**Unfinished Business:** President Norton reviewed the Starlight Parade.

**Trustee's Financial Report:**

English said they have reviewed everything from the beginning of the year and tagged all of the new equipment gained over the last year.

**Judith Hyde Scholarship Report:**

Suzanne Miller announced the winner of the scholarship, Brandon Lee, son of Beaverton Carrier Jinyuk Lee. Norton said he will be going to Yale, and he started a non-profit to provide instruments to children who can't afford them. The scholarship is for \$2,000 a year up to four years.

Ted Lulich discussed how he is thankful to have been on the committee for nearly 20 years, stating the scholarship has a huge impact on students and their families. He also thanked Jim Falvey for finding a way to fund the scholarship.

**Pride Parade Report:** Dave Esch talked about repurposing the Starlight Parade float for the Pride Parade. He said there are several state bills that are anti LGBTQ+, and this year we will be joining the AFL-CIO in the parade. Norton reminded the membership that we need volunteers for the work parties and people to come march in the parade.

**Labor Management Report:** Norton reported that there are currently two removals in the branch, and we just converted 11 people. There was recently another well-attended job fair. He spoke about issues in various stations involving attendance, 3996's, and changing start times.

**Health and Safety Report:**

Don Cadwell said OSHA has been fining a lot of our offices in the city of Portland, some for tens of thousands of dollars. He said mgmt is falsifying safety training records in HERO. National knows about it, and we are grieving it. We have a new EAP coordinator named Steve, and we are trying to get him out to the stations to spread the word. Carriers should keep sending in 1767's and letting us know when safety issues arise.

**Legislation Report:** Norton said there isn't much new other than a bill reintroduced in the House for the USPS to be able to deliver beer and wine.

**MDA Report:** Abe RedCloud spoke on

the Labor Bowl. We filled all 20 lanes, and next year we are going to try and fill all 32 lanes. The unofficial total raised is \$7,202. Evergreen sold the most tickets, over 200.

**Starlight Parade:** RedCloud thanked everyone who volunteered on the float or who walked, George Wallenstein for the use of his trailer, and Randall Hoxie for driving that trailer through downtown Portland. Norton thanked RedCloud for everything he did as well, and Lulich mentioned that RedCloud is Letter Carrier of the Year.

**Food Drive Report:** Norton reviewed that we did not have a food drive, but we donated \$5,000 to the Oregon Food Bank, and National matched that donation.

**Retirees' Report:** Sammy Smith reminded the membership of the retiree luncheons held every month at the IHOP on 82nd, and we are finalizing details for the Retiree Banquet to take place in September.

**Veterans' Report:** Bruce Hall said he has collected 705 flags for proper disposal at the funeral home. He discussed how the Veterans Parade will use the same route as last year.

**Labor Solidarity Report:**

Norton and Jamie Partridge spoke on the possible upcoming UPS strike and the five-day Providence nurses strike.

**Good of the Association:**

Sallie Williamson asked for donated leave on behalf of a River District carrier, Mae Ling, who is dealing with a medical crisis that could last six months or more. Norton thanked Milo Lopez-Maya for providing the food for the meeting.

**Kitty Award:**

Casey English, Rose City Park, won \$84.

**Jackpot:** \$595 went unclaimed by

Rose Bent, Lents.

**Treasure Chest:** \$210 went unclaimed by Brandon McCabe, Beaverton.

**Adjourned:** 8:23



**B-Mike**

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NATIONAL ASSOCIATION OF LETTER CARRIERS  
 Branch 82  
 5265 NE 42nd Ave  
 Portland, Oregon 97218



The next General Membership meetings  
 will be held Wednesday, July 12 and  
 Wednesday, September 13, both at 7pm.  
 Dinner will be served prior to each meeting.  
 There is no meeting in August.

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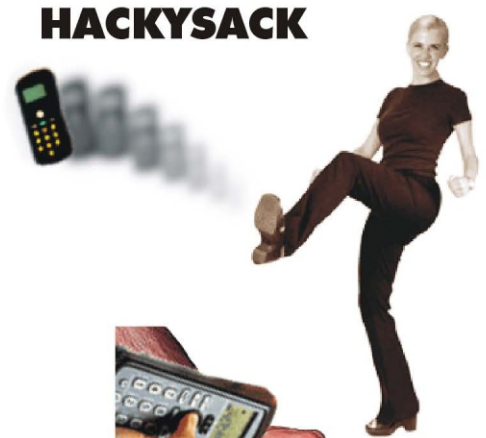
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