



B·Mike



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An Injury to One is an Injury to All

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Portland, OR

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



Retiree Banquet 2025

Congratulations to Bill Donigan and Rocky Caputo who both received service awards. Thank you to National Assistant Secretary-Treasurer Mack Julion for joining us from DC.



Fall Updates

David Norton, President

October is the first full month of autumn and one of the best months to deliver mail. As the weather cools and the leaves fall, it strikes the perfect balance of a lessening of the summer heat while still giving you some nice days, and the mail is still light enough before the rush of peak season. Outside the occasional jump scare of unsuspecting Halloween decorations on your route, and those damn fake spider webs you inevitably walk into, October hits all the marks of a pleasant delivery month.

It is also the calm before the storm. October is a great time to prepare yourself for what is to come. While you are putting away your lawn chairs, stuffing your bathing suit into the back of the closet, and rummaging around for your holiday decorations, it is also a good time to take stock of what is going on around the post office, look ahead for what's to come, and generally get ready for the weather to get colder and for the days to get shorter.

Peak season approaching

The start of October is the start of many things, but it is also the run up to peak season. Peak season is basically the end of November through the holiday seasons to Christmas. Peak season used to be when the mail gets heavier, and that used to start in October. Now, the mail volume doesn't really ramp up until political season (if there is one), or the weeks leading up to Christmas. And of course, it is all about the parcel volume now. It is the packages that make peak season what it is. This is still when the Postal Service makes most of their money, and decisions are made based on the numbers they collect from peak season. September 30th is the end of the Postal Service's fiscal year, so this is also when management tends to roll out some of their agenda items for their new fiscal year. We are already seeing some of those things.

Attendance

Attendance continues to be an emphasis going into peak season. If there are sick calls in your office that management has not been doing anything about, expect them to clamp down on attendance. We have been seeing this in many offices. Of course, this renewed emphasis coincides with the colder weather and cold and flu season, but hey, this is management we're talking about. If you have been needing to call out, and you have a condition that is FMLA eligible, then you should get FMLA. It just makes the relationship between you and your boss easier. They can't discipline you for absences that are covered by FMLA. (I mean, I guess they could try, but they would lose.) It is worth the extra time to get yourself covered.

Scanning

Several offices have been under siege with scanning discipline. This includes alleged missed parcel scans as well as RedPlum scan failures, and even scanning in the office after 15:00. They are obsessed with scanning, and while they may be more interested in having a good scan percentage in their office so they don't have to hear about it from their boss, I understand the practical reason for

scanning. Several scans, especially parcel scans, give the customer added transparency to where their parcel is and if it has been delivered. Scanning is part of your job, regardless of what you think of it. They are paying you to take the time it takes to make sure that everything that needs to be scanned is scanned. That being said, we are all human and sometimes people make mistakes, or maybe the stupid scanner didn't pick up the scan. Either way, management needs to prove that you actually missed the scan before they can discipline you for it, something that management doesn't often do. If you think that you scanned everything in your hamper for that particular day, be sure to say so in your investigative interview.

Route adjustments

As I write this, management is finishing up a 6-day route count at the Beaverton S&DC (Evergreen). That is the last 6-day route count and inspection in Branch 82 that is scheduled this year. Oak Grove Station was on the 6-day route count team's list, but that inspection was cancelled. That means that everyone can rest a little easier knowing that management isn't going to blow up their station this year, although no one is safe in the spring.

We are currently working on the joint reviews of adjustments that have already taken place: Piedmont, Kenton, Sellwood, Parkrose, Gresham, and Hillsboro. There are several stations that need some adjustments of one form or another, but being subjected to management's 6-day route count and inspections have only given us a poor product littered with their agenda. When we grieve it, we are left with the options of sending it up to the Dispute Resolution Team (DRT) which is backed up and could take a while before they get to the case, or try and negotiate with management. So far, we have been able to get them to agree to let us review and readjust jointly. That takes some time and work, but at least we are not left with a poor adjustment in an office while we wait on a grievance decision from DRT which could take a year. If you are one of the offices that received a lousy route count and inspection, and you have an overburdened route, please be patient. We are conducting these joint reviews, and we are working on a solution right now.

Staffing

Right now the staffing in the city of Portland remains good as we have more PTFs than I have ever seen in my career. There is no sign of management cutting off the hiring, so that means that we should still continue to bring on new people throughout the year. It is amazing to me that offices are still going off-assignment, even with the number of people we have in the city. Management still can't figure out how to properly utilize everyone. With all of the PTFs in Portland combined with carrier retirements slowing down, it means it is taking longer for PTFs to convert. Right now we are looking at PTFs converting at around 18 months. I know that people want to convert as quickly as possible, and there were just recently people that converted in less than a year. It wasn't

long ago that people converted in much less than a year. Those days are over, at least for now, and we are back to where we have been in the past, with decent staffing and PTFs that hover around two years before they convert. 20 years ago, that was me. This is only a problem in Portland; in other Associate Offices, they still hire CCAs and struggle with staffing in those offices. We have mandatory overtime carriers getting drafted on their SDOs. While those places are still trying to hire more people going into peak season, and things are getting better, the staffing dynamic is much different compared to Portland and places where they hire directly to PTF.

Office time/ load time

I have written about this several times before, but management has really been unreasonably pushing carriers to get out of the office and load their vehicles as quickly as possible. Their goal was 60 minutes in the office with a 22-minute load time. Now many offices are saying that carriers should only be in the office 30 minutes! Surprise, no one is making that. It still hasn't stopped management from harassing carriers to make this impossible "goal." They call this working to what you earn. "Earn" is basically management's version of mail math: your volume of flats versus how long it should take you to put it up, ignore all the other functions you are required to perform in the morning, skip your break, and then viola, that is how long you should be in the office. No peeing required. I realize that carriers are spending less time in the office nowadays, and I also realize that our mail volume has dropped, and maybe there are some days that you can get out of the office early. That doesn't mean that 30 minutes is going to be achievable every day, and if you are using the Load Truck feature, how are you supposed to only take 22 minutes to load everything into your vehicle? Management knows that they cannot impose these expectations on carriers as there is no contractual basis for them, so they call it a goal and push everyone to make it. Getting out of the office in 60 or 30 minutes is not a requirement, neither is loading your vehicle in 22 minutes. If you are being harassed over not making their "goal," then I would like you to write a statement and give it to your shop steward. Their goals cannot be used as a harassment tool, and carriers shouldn't have to take it.

Other stupid management ideas

There are several offices where management is looking into the idea of moving to one single piece of casing equipment. I guess that would mean that every route would only have one five or six-row piece of casing equipment. You know the middle one? Yeah, just that one. Right now, most walking routes are two pieces of equipment with some mounted routes being three pieces of equipment. Moving to one single piece of equipment is just going to make it harder for carriers to case up their route, keep it organized, or God forbid, case in a spur. It wouldn't even save much space. Supposedly, this idea is coming from the Postal Service's area vice president or headquarters. You know, someone who hasn't actually cased, delivered, or even touched a piece of mail in

decades. The plan is stupid, and Branch 82 intends to fight it. The M-41 Handbook clearly spells out what a carrier case should look like, and we intend to hold them accountable to that. This is just one more example of management coming up with an arbitrary, pointless plan that does nothing to help facilitate mail delivery but instead makes life harder for those who are actually doing the work.

Looming government shutdown

By the time you read this article, more than likely, the United States Government will be shut down. If this is the first time you are going through a government shut down as a letter carrier, please know that we will not be furloughed or forced to work without pay like other federal employees. Mail delivery will continue uninterrupted, and letter carriers will not be affected. This is one of the benefits of being an essential employee. The United States government views our jobs and the mission of the USPS as vital to this country. That doesn't mean that letter carriers will not be affected; retired USPS employees that rely on the Office of Personnel Management (OPM) for their annuity checks will have to bear with the long delays due to those employees being furloughed.

Insurance clowns

Lastly, I would like to address some people that have been showing up to post offices with the goal of selling employees on certain investment funds. Whether it is taking money out of your TSP or buying their life insurance, this is almost always a bad idea. Don't do it. As an employee of the USPS, you have plenty of investment options through your TSP that cost you nothing. When you first sign up as an employee you also have options for life insurance through the USPS. If you missed out on that, you can elect to purchase life insurance or additional coverage through the NALC's Mutual Benefit Association (MBA). These are also much cheaper and are run by a credible organization. These outside people trying to weasel their way in to post offices are not USPS employees, and they shouldn't even be allowed on the premises. They are there because they know that you have defined benefits and employer matching, and they can profit by getting you to invest with them.

If you see these people in your breakroom, tell your manager or postmaster they should not be there. If your manager or postmaster is the one who let them in (which they should not be doing), then tell them yourself that they are not allowed to be on postal premises and be sure to let your co-workers know that these people are not there for their benefit.

So, this is a little bit of what is going on around the branch, while the season changes.

Fall is really a beautiful time of the year and a wonderful time to be a letter carrier. Watch out for those slick leaves and don't overdo it on the Halloween candy. See you next time.



**Fill the Satchel
for MDA**
October 1st - 31st
NW Priority Credit Union



Last Punch Bunch

James Styles
Newberg

Congratulations!

Retiree Luncheon

October 15
IHOP
4931 SE 82nd Avenue
Portland, OR 97266
NOON
(third Wednesday of each month)

Retired and active letter carriers are welcome
and encouraged to attend!

Carrying Mail, Caring for the Community

Betty Nash, Vice President

Letter Carriers are a part of each community and neighborhood that they service. Most customers take the service that carriers provide for granted and just assume that their carrier will be there each day. Carriers go unnoticed for the most part, because we deliver the mail as quickly and efficiently as possible then go on to the next delivery.

Carriers deliver the important medicine that our customers need, even if it's 103 degrees outside and of course much hotter inside our ancient vehicles. Customers receive their wedding invitations even though it's been raining from dawn to dusk. If the wind is so strong that it knocks the chairs off of your front porch, don't worry, you will still get those important packages that you ordered. Even if most people are staying off of the roads because of the snow, you can still count on those unsolicited requests for money from various organizations to get to your home.

To most carriers that have been on their route for more than a few months, their customers are no longer just customers, they are **our people**. We take responsibility for them. If someone forgets to close the trunk to their car, we will either just close it or let them know that it's open. If we notice that an elderly customer hasn't picked up their mail for a few days, we usually ask a neighbor if they have seen them or if they went on vacation. We check on them in some way. I hate to say it but sometimes we are the only ones that notice when a person hasn't been seen in a few days.

I had a customer that would regularly come out to the mailbox to talk. He was very sweet and he always had a kind word, and when I didn't see him for a few days I called for a "welfare check." Unfortunately, this veteran was found dead in his home. No one had checked on him, he was alone. It breaks my heart to know that this man had served his country, and he didn't have a support system that noticed his absence. In my career, I have had to talk a teenager out of committing suicide- she didn't feel that she had anyone to talk to but she felt comfortable talking to me because she saw me everyday and we talked for a few minutes as she picked up her family's mail. I have helped customers with dementia find their way home because they forgot where they lived.

I know that each letter carrier will have encounters with **their people** that help in small ways and other experiences that will change lives. Each time I read the Postal Record, I make sure to read the Proud to Serve section. There are stories of brave carriers helping customers in so many ways. Providing first aid, CPR, and alerting homeowners of danger. I am so proud of these examples of heroism by your everyday, almost invisible carriers, just doing their job and taking care of **their people**.

We are the good guys. We help when we can, we are trusted, we are needed. We have value, and we are essential to our communities and **our people**.



House Divided

Matt Pierce, Secretary-Treasurer

Hello from the desk of your Secretary-Treasurer. “A house divided cannot stand.” This biblical phrase from the King James translation of the gospel of Mark 3:25, famously used by Abraham Lincoln in his “House Divided” speech, warns that a lack of unity ultimately always leads to collapse. A group or entity suffering from internal conflict, disunity, or disagreement will ultimately fail because the division weakens its ability to function and achieve its goals.

I hope that as a union we don’t suffer such a fate. As many of you probably know, there are now several internal “groups” inside both the NALC and Branch 82. I was very pleased to hear that when we had Mike Caref and separately James Henry with Corey Walton, both of whom have announced their intention to run for National President, they all stated that they don’t believe that there should be separate groups within the NALC. They, like me, do understand why these groups formed.

You will find few people who are more displeased with how our last contract was handled and settled than me. The terms were bad, the delay was unforgivable, and the complete lack of communication was ridiculous. But it is what it is. Brian Renfroe is our legally-elected president of our union. The last contract sits squarely on him. Fortunately, as a fully democratic union, we can voice that displeasure when we nominate and elect a president at the next national convention.

As anyone who has spent any time with me at the union hall knows, I can go on and on about my displeasure with the last contract and with the way national does things in general. But this does not make me separate from the overall NALC; it makes me squarely in the middle and a part of it. We’re a fully democratic union. Just as I would defend someone’s right to complain about me or the way I do things, I have the right to complain openly about other officers. I can also put forward resolutions or contact my officers with suggestions, etc. But I do all of this as just a regular member of the NALC, not a member of some “outside,” but still inside, group.

I really hope that now that we have a contract and we know when we are going to elect an NALC president for their next term, that we can stop this false dichotomy of separate groups inside our union and our branch. I want what’s best for our members. Whether that means a \$5 raise for the bottom steps and none for me. Or a better work life balance than I had as a PTF for over three and a half years. We should all want the best ideas for how our union operates and handles grievances, etc. Separate groups with their own internal ideas do not change the NALC. The NALC is changed when members put forward to everyone their best ideas and thoughts to be discussed and voted upon by everyone.

This is no different when it comes to training. You don’t like the way I (we) train? Volunteer to do a training at steward council. Don’t like what we train on? Raise your hand, and let’s talk about it. We all are always looking for better ways to train our members. We don’t do it a certain way because we are married to it. Rather, it seems the best way after many years of successfully doing it. Got a better way? Please let us know.

I think our national constitution says it best when it lays out the purpose of subordinate branches.

“The objects of this Branch are to unite all employees who are eligible for membership under Article 2, Section 2, of the National Constitution into one harmonious body for their mutual benefit”

I couldn’t have said it better, and I hope that going forward that is the goal of all members of Branch 82.

Until next time, Matt



After nine years at St. Johns Station, Lucas Richardson successfully got his transfer to St. Helens. The carriers at St. Johns wanted Lucas to know that he will be missed. Good luck, Lucas!



B-Mike

The Primary Purpose of the NALC and Branch 82

Brad Melland, Branch 82 Office Manager

On the National level, our primary purpose is to negotiate the National Contract and oversee any arbitrations that are processed from the local and regional levels.

On the local level, our primary purpose is to negotiate the sections of the contract that are designated as local agreements. The local branch and the shop steward level is also where grievances of violations of the contract are initiated. If a grievance is not settled at the office level or the branch level, it is forwarded to the regional (NBA) level and then to arbitration at the national level.

All these stages are negotiations. By no means does management always yield to the union, nor does the union always yield to management. There are also procedures that need to be followed as set down by the handbooks that are created by the history of grievances settled by the NALC and postal management and by federal laws. If you want to learn more about the process that the NALC has followed, look up *Carriers in a Common Cause* which can be found on the NALC website.

Another purpose is to train the members, stewards, and officers. Attending the branch meetings is a way to learn what is going on in the branch and on the national level. It is also a way to meet other carriers from other stations within the branch. By attending the meetings, you will also earn the right to be elected as a paid delegate to the State level and National level conventions where you can meet carriers from others branches around the state and the nation. If you attend these conventions, you will be exposed to many different perspectives of what is going on in the Union and in the USPS. Branch 82 also provides training sessions on the third Wednesday of each month for stewards and other members who are interested in learning about the contract and the grievance process. If you are a steward, you are paid to attend these training sessions. This is unique within the NALC; not all branches or unions can afford to offer this amount of training.

It is important for members to get to know their rights and responsibilities under the contract. This will help the shop stewards with their grievance obligations. They cannot see everything that goes on in the workplace. When carriers know their rights under the contract, they can keep the stewards informed so they can get grievances filed in a timely manner. They only have 14 days from the time the violation occurred to file a grievance. Management does not care if the steward didn't know about it in time. It is a matter of the entire branch membership working together to keep the stewards informed

so they have time to investigate and prepare the grievance for filing in a timely manner.

I know this next part may sound a little corny, but bear with me. I remember the words of President John F. Kennedy in his inaugural address, where he said, "Ask not what your country can do for you – ask what you can do for your country." I feel that pertains to our union also. I believe President Kennedy was encouraging Americans to be an active part of the good things that the country accomplishes. Don't just look at what the union can do for me, but what opportunities are there for me to be a part of all the good that we can accomplish in "this union."

The good that the union does is not just restricted to the contract. We do fundraising events for the NALC's national charity, MDA. (In 2024, Branch 82 raised \$20,715 for MDA.) We organize picnics, holiday parties, information events, and more. We also try to work with other unions and organizations when appropriate. These events take a great amount of coordination and preparation. This must be woven into the primary functions of the branch.

With the current climate that has shackled this country, we have to be very careful and wise in how we proceed. We can't afford to be squabbling amongst ourselves. We need the talents of all of our members working together to ensure that the USPS remains the best postal service in the world and the City Carrier craft remains the best part of that postal service.

One thing that is very concerning to me is, I have been a member of the NALC for over 44 years, and this is the first time I have seen a concerted effort within the NALC and within my branch that seems determined to destroy the very organization that has fought and won all of the benefits that carriers now enjoy. (Again, refer to *Carriers in a Common Cause*.)

We are not a social organization. Our job is to promote the betterment of letter carriers and enforce our contract which relates to hours, wages, and working conditions. The NALC is not perfect, but can you imagine this job *without* a union? There are so many talents and skills within this branch, our branch. Why wouldn't we use those talents to work together and make Branch 82 even stronger and more successful than it already is? (Branch 82 is an extremely successful and effective branch.) Making this union weaker does not benefit anyone. I hope we can stop working against ourselves and start working together.



Retiree Banquet Recap

Sam Smith, Director of Retirees

Last month and for the third time in my tenure as Director of Retirees for our local Branch 82, I had the pleasure of putting together our annual Retiree Banquet. The work and the planning involved a lot of effort from many people whom I admire, and I am deeply grateful for their care and support.

Our annual banquet again featured a guest speaker from NALC National Headquarters. For the year 2022, our speaker was NALC National President Brian Renfroe, and for the year 2023 NALC Director of Retirees Dan Toth addressed our body of over 100 retirees and guests. Most recently on September 6, 2025, our guest was current NALC Assistant Secretary-Treasurer Mack I. Julion along with NALC Legislative and Political Organizer John Beaumont.

We are always grateful and appreciative to NALC National for our guest speakers, however, at our Retiree Banquets, the stars are our retirees and Gold Star members as we show gratitude for their years of service and loyalty to this great union. Thank you to everyone who attended our banquet and to anyone who has positively contributed in any way as we celebrate our Gold Cards past and present. The Retiree Luncheon has been successful as well, and we have had steady increased growth in our monthly attendance.

Be sure you mark your calendar to remind you that our next Retiree Luncheon is October 15, 2025 at 12 o'clock noon at IHOP, 4931 SE 82nd Ave. One lucky retiree will get their lunch absolutely FREE courtesy of NALC Branch 82.

Respectfully,
your Director of Retirees,
Sammy Smith



B-Mike

Branch 82 Non-Members

Beaverton

Jessica Cronin
Robert Gardner

Canby

Kristyann Stafford,
Keith Wery

Creston

Rex Paschall

Forest Grove

Thomas Breadon
Emilia Brodeur
Daniel Ford
Sheila Root

Gresham

Mary Bobnick
Marc Detweiler

Kenton

Justin Zimmerman

Lake Grove

Sean Sharafi

Lake Oswego

Stephen Block
De Bui
Rob McCourt

Lents

Steve Bonagofski
Albert Chan
Jeffrey Smith

McMinnville

Sasha Ackley
Elizabeth Krieger
Darren Perry

Multnomah

Margaret Berry
Michael Jensen-Alcantar
Anthony Maenza
Kevin Noble
Aldo Sedono

Newberg

Benjamin Siefken

Oak Grove

Vickie Rauer
Peter Sullivan
Jared White

Oregon City

Dustin Birdsong
Eric Ridley

Tigard

Anthony Maenza

West Linn

Robert Hawkins

West Slope

Christopher Cook
Patrick Dyche



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Soapbox Derby Entry Pays Tribute to USPS

Julius Fildes, Waterfront

If you know me, you know I'm a big fan of the Portland Adult Soapbox Derby, which takes place in Mount Tabor Park every August. It's a truly original and creative Portland phenomenon and one of the best events that happens in our city. (Btw, it's "adult" because, for safety reasons, racers must be 18 or older.) It's also free to attend and powered almost entirely by volunteers (and gravity, naturally). I try to volunteer every year, and 2025 was no exception.



One of the highlights for me this year was spotting a derby car that was a near-perfect miniature replica of an LLV, complete with rivets, sliding doors, stripes, and eagle head logo. This postal-themed gravity racer was the creation of Tony Abraham and Andrew Kerslake, with plenty of help from their respective spouses, Monica Sikka and Miranda Kerslake. They even made replica carrier shirts to wear during the race.

I recently spoke with Tony about their creation and their experience at the Derby, starting with what inspired them to create a car modeled on a postal vehicle and how they achieved such an accurate look.

"Last year, we made a car that was a replica of a Tri-Met bus, and the LLV is in that same vein," he told me. "It's a public institution. What do people like to see coming down the road? They like to see the bus coming, and everybody knows their letter carrier and likes seeing them arrive. It makes people happy. Those LLV's have been around as long as I have - 40 years. I started with reference images online, but the best source was my local post office - just going down and looking at them."

As for the race itself: "We didn't win, but the reception was great. Kids loved it and wanted to sit in it. We also met some postal employees who really liked it. That reception made it all worthwhile."

Like many of its motorized counterparts, the Derby LLV has now been retired. Tony and Andrew will re-use the chassis for next year's entry. I for one am very interested to see what they come up with.

Next year's Derby will be on August 15, 2026. If you want to participate, volunteer, or know more, visit www.soapboxracer.org, or just catch me at a branch meeting.

Carry (and Derby) On!



B-Mike

Veterans Day, Honoring All Who Served

Bruce Hall, Veterans Representative

Veterans Day is Tuesday, November 11, 2025. Each year on November 11, we honor veterans and remember their service to our great nation. In past years, I've written articles on the history of Veterans Day, but I decided to mainly encourage everyone to take time to remember and honor veterans on this day.

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

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

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

1. VANCOUVER VETERANS PARADE--This event will be held on Tuesday, November 11, 2025. There will be a ceremony at The Marshal House on Officers Row at Ft. Vancouver at 9:30am. The parade starts at 11am at the corner of Evergreen Way and East Reserve, and goes on Evergreen to Ft. Vancouver Way, then South on Ft. Vancouver Way to East 5th St., then East on 5th, ending in front of the Pearson Air Museum. There will be a Community Military Appreciation Open House at Pearson Air Museum at 11:00am-3:00pm. For more information, call 360-992-1804.

2. VETERANS DAY VIGIL--This event will be held at the Praying Hands Memorial at the University of Portland at 11:00am on November 11, 2025.

3. PORTLAND VETERANS DAY PARADE--The parade was discontinued in the Hollywood Neighborhood, and the Portland

Veterans Day Parade that has been held on MLK Blvd. for the past three years has been cancelled this year due to lack of sponsorship. Hopefully it will come back next year.

Another event that I would like to offer in the month of October is called **A DAY TO CHANGE DIRECTION!** A staggering 20 veterans commit suicide every day, along with other persons in our society, and if you've watched the news lately, there has been a disturbing increase in teenage suicides. The VFW is committed to helping change the narrative and stigma surrounding mental health issues in America. In order to raise awareness, foster community engagement, improve research, and provide intervention for those affected by invisible injuries and emotional stress, the VFW has teamed up with other organizations to combat this critical issue. We will have an evening on October 21, 2025, where we will sponsor a gathering together of interested people where we can encourage all Americans to pay attention to their emotional well-being as well as the emotional well-being of others.

Date: October 21, 2025

Time: 6:30 pm Information provided about mental wellness

(Time with veterans sharing experiences.)

Place: The Well Church, 4340 N. Lombard St.

Please RSVP by October 20, 2025, to Bruce W. Hall 503-285-8468 or email: vfwbruce@gmail.com.

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

Have a memorable Veterans Day.

ACTIVE DUTY

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

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

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

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

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

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



Top Gun Vs. Loan Sharks

Nancy Scudder, Retiree

Years ago, a young neighbor who regularly maxed out her credit cards on comfy furniture and great clothes came over to tell me she'd consolidated all her debts. She'd gotten a letter in the mail offering her one easy place to pay. She was so happy her credit card debt was all 'cleared' and now she only owed money to one company. I said that was great and asked her how much interest she'd have to pay. She said she didn't know... the letter didn't say.

I tried to find an answer to that question and found out a company could charge up to 36% interest or more depending on the debtor's credit score and other factors. They can charge steep fees, 'discount' points, and penalties for early repayment. I had visions of gangster loan sharks breaking her legs since she couldn't pay the 'vig.' What a trick they were playing on my desperate, spend-thrift buddy.

More recently, I learned that military personnel are four times more likely to be victims of payday lenders than the general public. Wow, and I thought child abusers, elder abusers, and animal abusers were the lowest forms of life. These financial predators locate themselves close to military bases and prey on young people who are away from home for the first time, far from family and friends. They use attractive marketing techniques to entice soldiers, sailors, and aviators to sign up for their loans. And they charge them high fees and interest rates.

We've all seen action movies where a young soldier fights against

all odds against a heinous enemy. But, has Tom Cruise ever fought these seemingly legit vultures who feed off of kids who just want to serve their country? I can't remember him pinning a guy in a three-piece suit to the wall and saying, "Your ego is writing checks your body can't cash!"

Soldiers have a lot of hoops to jump through to become proficient in their new jobs. The last thing they need is to worry about their finances and mounting debt. Military One Source at <https://www.militaryonesource.mil> has programs, resources, and tools designed for military personnel to manage money and invest wisely. The program helps soldiers track spending, start an emergency fund, and calculate their net worth. Also, National Foundation for Credit Counseling at <https://www.nfcc.org/who-benefits/military-and-veterans/> offers free credit counseling for veterans.

As for my former neighbor, she filed for bankruptcy twice and felt that solved her problem. Unfortunately, that hurt her credit rating and probably resulted in higher interest rates for her. She could have benefited from meeting with a fee-only financial planner to help her get control of her debt and her spending.

Both veterans and civilians may need guidance to fight the domestic enemies - predatory lenders - who try to trap them into a lifetime of debt. Resources like American Consumer Credit Counseling at <https://www.consumercredit.com/credit-counseling> can help everyone win the battle for financial freedom.

Congratulations to these carriers who received service awards!



Cindy Knapp, Waterfront, 45 years



Kris Kellogg, Waterfront, 40 years

PROPOSED RESOLUTIONS

To be considered by the membership of NALC Branch 82 and, if adopted, forwarded to the Oregon State Association of Letter Carriers for concurrence at the next State Convention and to the National Association of Letter Carriers for consideration at the next National Convention:

Extend Article 30 Local Implementation Period

Whereas: Since its creation in the 1973 Agreement, the 30-day window to negotiate local memoranda of understanding has remained unchanged; and

Whereas: The NALC has, in recent past, encouraged branches to merge, increasing the number of installations they must negotiate with during the local implementation period; and

Whereas: Increasing the number of installations being negotiated with, without increasing the time allowed to negotiate, puts strain on branches that could cause the quality of their bargaining to decrease; therefore, be it

Resolved: That the National Association of Letter Carriers, AFL-CIO, shall negotiate with the United States Postal Service to increase the length of the Article 30 local implementation period.

Submitted by Casey English, Rose City Park

To be considered by the membership of NALC Branch 82 and, if adopted, forwarded to the Oregon State Association of Letter Carriers for concurrence at the next State Convention and to the National Association of Letter Carriers for consideration at the next National Convention:

USPS to Provide Flash Drives in Certain Situations

Whereas: Article 31 presently permits the United States Postal Service to charge the Union for reimbursement of costs incurred in obtaining information requested by the Union; and

Whereas: Handbook AS-353, Guide to Privacy, the Freedom of Information Act, and Records Management states that the Postal Service shall not charge for the first 100 pages of information requested (totaling \$15 at the current rate of 15 cents a page), or the first two hours of search time spent responding to a request (totaling \$84 at the current rate of \$21 per half- hour); and

Whereas: AS-353 states that the Postal Service shall waive fees if the cost does not exceed \$25; and

Whereas: The total maximum amount of fees not charged or otherwise waived is \$124 at the current rates, which is less than the cost of a USPS-approved flash drive; therefore, be it

Resolved: That the National Association of Letter Carriers, AFL-CIO, shall negotiate with the United States Postal Service to include language in Article 31 which requires the Postal Service, in cases where they anticipate they will need to charge the Union for costs to reimburse expenses incurred while responding to an information request, to provide the Union upon request with a USPS-approved flash drive free of cost and permit the Union to make its own digital copies of documents instead.

Submitted by Casey English, Rose City Park





Above: Kollin Luman presents Casey English with a certificate of recognition for completing all four years of steward college. Below: President David Norton acknowledges Richard Shay for also completing four years of steward college. Congratulations to you both!



Branch 82 General Membership Meetings: How to Attend Online

Rules:

1. To ensure that we stick to the union concept of one person/one vote, only one person may be logged in and voting on any one device.
2. The camera on your device must be turned on at all times and your face visible in it when voting and speaking. This is to ensure that no one can log-in on multiple devices and vote on each. If you need to step away, leave your camera on. Violators will be removed from the group.
3. Your name, as is known to the branch, must be displayed at all times. This allows for the above-board assurance that all people present and voting are members in good standing. It also helps with the proper keeping of minutes and attendance.
4. To assure that nothing controversial, offensive, or distracting is displayed, the only backgrounds allowed are the natural one behind you or a heavily blurred background. No advertising is allowed. A member displaying any other background will be removed.
5. To avoid interruptions and confusion, please be sure that your microphone is muted when you are not speaking. Violators will be removed.
6. Please use the digital "raise hand" feature to vote, and leave it up until told to take it down to assure that votes are properly tabulated.
7. You must register in advance by 5pm the Monday prior to a Wednesday meeting to attend the online meeting. This is to allow time to verify that everyone attending is a member in good standing.
8. Due to various state, federal, and local laws on recording people without their permission as well as allowing people to speak freely, no recording or dissemination of the meeting is allowed. Violators will be banned from attending the meetings online.

Instructions:

First, members must download the Microsoft Teams app from their respective app store.

Members will go to the Branch 82 website (nalcbranch82.org) and click on the link which will take them to the Teams event page for the meeting.

Next click the "Register" button and complete the form with first and last name, email, and station/ retiree.

Members will be sent a registration confirmation email which will have a link to the meeting itself.

When they want to join the meeting, members will click on the meeting link in their email which will open up Microsoft Teams.

They will put their first and last name and station in the name field (FORMAT: Jane Carrier - Creston), then click join, and that will take them to the lobby.

Once they are in the lobby, the sergeant at arms will admit them into the meeting.

In Memoriam

ROGER VIDLUND



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 Ryan Mills	503.493.5903
Sergeant At Arms Chuck Solomon	503.493.5903
Safety Officer Don Cadwell	971.322.9701
Director of Retirees Sam Smith	503.493.5903
Health Benefits/ MBA Officer Eric Matras	503.493.5903
Veterans Rep Bruce Hall	503.285.8468
MDA Rep Abe RedCloud	503.493.5903

Executive Board At Large

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

Trustees

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

INJURED AT WORK?

Call BRANCH 82 OWCP REP

Mike O'Connor

Wednesdays and Thursdays

503 493-5903

Ask for Mike!

MCKANNA, BISHOP, JOFFE, LLP

1635 NW Johnson Street
Portland, Oregon, 97209
Telephone: 503.226.6111
Fax: 503.226.5121

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 Meeting

second Wednesday, 7:00PM

Retiree Luncheon

third Wednesday, noon

Stewards Council

third Wednesday, 7:00PM

Executive Board

fourth Wednesday, 6:30PM

All members are welcome unless otherwise noted.

All meetings are held at the NALC Branch 82 Office:

1515 NE 106th Ave, Portland, OR 97220

Retiree Luncheons are held at

IHOP, 4931 SE 82nd Avenue, 97266.

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 (NOLC), 1515 NE 106th Ave, Portland, Oregon 97220. Phone 503-493-5903. Office hours: M-F 8:00am-5pm, Sat 8:00-11:00am. The B-Mike is published monthly and mailed to the Branch 82 mailing list. The B-Mike is published to promote the objectives of this Branch and to provide better communication with our members. Individual opinions expressed herein are not necessarily those of the Branch Officers or Branch 82, unless identified as such. The editorial committee reserves the right to edit or refuse publication of any article. Articles for publication must be in Word or PDF form and received by the 15th of the month. E-mail articles to: smiller.eightytwo@gmail.com. If you have questions or to request a deadline extension, contact the editor in advance. The advertising deadline is also the 15th of the month. All ads must be in PDF form or have prior approval of the editor. Mail to the B-Mike, c/o Branch 82. For rates and further information, call 503-493-5903.



NALC Branch 82 Membership Meeting, September 10, 2025

Call to Order: 7:07

Pledge of Allegiance: Bruce Hall

Roll Call of Officers

First Time Members:

Aidon Granville, Beaverton Main
Hilde Schroeder, Kenton Station

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, Eric Matris. Carried.

Communications

Membership Report: Regular: 1180, PTF: 202, CCA: 32, Retiree: 492, Gold Card: 93, Management & Other Crafts: 50, New Members: CCA-7, PTF- 7, Non-member signed: 2. Total Membership: 2049. Non-Members: 41, Organized: 97.2% **Retired:** Jeremiah Campion, Collections; James Styles, Newberg
Canceled: Gregory Eldridge, Holladay Park, mgmt; John Scaccia, Collections, mgmt; Ashley Norris, Collections, mgmt; Joshua Baker, craft transfer. **Separated:** Jedidiah Applegate, Evergreen; Joshua Cady, Creston; Molly Cooper, Lake Oswego; Jeffrey Mooney, Creston; Stephen Sherling, West Linn; Matthew Sleeman, Lents; Antoneta Zaneva, Tigard; Brenda Benson, Lents; Jax Mardock, Hillsboro; Anthony Powers, Piedmont; Michelle Zimmerman, Lake Grove; Ian Benjamin, Kenton; Richard Giofu, Kenton; Genevieve Melko, River District; Ryan Sternke, Creston; Shadric Hasselaar, Newberg; Stephen Jordan, Lake Grove; Jaemyn Sellers, St Helens; James Kramer, Multnomah; Angileah Miner, Parkrose; Rowan Sonberg, Multnomah; Howard Weber, Oak Grove; Paul Hess, Troutdale; Blake Johnson, Tigard; James Lyons, Parkrose; Teodor Runcan, Beaverton Main; Joshua Martinez, West Slope; Nicholas James, Oregon City; Joshua Miller, Kenton; Evan Roche, St Johns; Robert Walker, Newberg; Valerie Franco, Aloha; Jeff Huang, St Johns; Paige Kubiak, East Portland; Jessie Miller, Gresham; Nelson Rutherford, Rose City Park; Jade Torri-son-Sandefur, Creston

Secretary-Treasurer's Report: Wyatt Austin made a motion to pay the bills. Seconded, English. Carried.

Executive Board Expenditure

Recommendation: Motion: \$500 to Abe RedCloud to spend on the MDA raffle at RAP (to be paid back). Discussion. Carried. Motion: Reimburse Matt Pierce \$600 he spent to buy a new grill before the branch picnic. Discussion. Carried.

Unfinished Business: President Norton recapped the two picnics held over the summer.

New Business: Secretary-Treasurer Pierce went over the mid-year budget. Norton opened nominations for the 2026 State and National Conventions. Jamie Partridge made a motion to endorse Friends of Preschool For All. Seconded: Dave Medford. Discussion. Carried. Norton closed the nominations for State and National conventions.

Trustee's Financial Report

Resolutions and Bylaws: Resolutions and Bylaws Committee Chairperson Julius Fildes read two proposed resolutions submitted by English: one for USPS to provide flash drives for requests for information, and one to extend the period for local negotiation. Norton said we have previously asked to extend the negotiating period but were told no by national.

LCPF Report: National Legislative and Political Organizer John Beaumont addressed the membership about LCPF and what's happening in DC and nationally. He described how other federal unions are losing their contracts and representation. He said TSA lost collective bargaining, and AFGE representation must now be done off the clock. If that happened to NALC, we could not afford to continue work on a lot of grievances, and collective bargaining would be at risk. LCPF took the big hits out of what he called the "Big Horrible Ugly Bill," including attacks on Medicare. The Retirement Supplement was protected, but there are four more chances to take a cut at Medicare. NALC must be vigilant. LCPF will make sure reps don't get reelected if they don't work with us. Beaumont said that during this current administration, it's more important than ever for every member to contribute to the Letter Carrier Political Fund.

Pride Parade Report: Pride Rep Dave Esch said this year's Pride Parade was a great success, and he thanked everyone who turned out and participated. Norton thanked him for all his work.

Labor Management Report: There are currently four removals in the branch and two last chance agreements. Many are attendance based. Chief Steward Jon Cabral discussed the arbitration decision regarding ELM 432.32 violations (when mgmt works a PTF or non-work assignment carrier beyond 11.5 hrs). It took a year to get to arbitration, but the arbitrator awarded a choice: 100% pay or AL credit for hours worked. Norton spoke about the new route adjustment process, and he thanked English and Richard Shay for helping out with route adjustments.

Health and Safety Report: Safety Officer Don Cadwell spoke about the recent district-wide meeting for safety. He said safety captain meetings on zoom are back, every other week on Friday. Safety captains should contact Cadwell if they are not attending meetings. This month is suicide prevention awareness month.

MDA Report: Abe RedCloud announced the "Fill the Satchel" fundraiser at NW Priority Credit Union running throughout October. Our goal is to raise \$10,000.

RedCloud introduced Andrea Kidd, President of the Oregon Auxiliary. She said the auxiliary has been around since 1905, and it originally existed to help with legislation. Any member or spouse can join.

Retiree's Report: Sammy Smith said we had our annual retiree banquet at Milwaukie Elks Club, and he thanked everyone for helping to make it a success. He said two gold cards were awarded. He spoke about the retiree luncheon at IHOP and invited everyone.

Veterans Report: Hall reported on his 80th birthday party back in July and said it was the most special birthday he has ever had. He spoke about the MIA/POW Remembrance Day in September. The Portland Veterans Day Parade is cancelled because they didn't have enough sponsors. He said they hope they can get it going again next year. And, "Go Tigers."

Labor Solidarity Report: Norton said kids in the Evergreen School District are not going to school because teachers are on strike. Partridge discussed Starbucks and New Seasons workers gearing up for massive strikes in the fall. Partridge talked about the Oregon AFL/CIO Convention. He said it was the largest delegation ever, and SEIU was brought in to AFL/CIO. He spoke about the ICE response hotline.

Good of the Association: Norton thanked Danny Rodriguez for bringing pizza to tonight's meeting. He reported that two members attended the meeting online. Pierce reported 59 total nominations for the national convention, 61 for state.

Kitty Award: Brandon McCabe won \$93.

Jackpot: \$185 went unclaimed by Melissa Freeman, Troutdale. **Treasure Chest:** \$290 went unclaimed by Daud Ibrahim, Parkrose.

Adjourned: 8:49



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NATIONAL ASSOCIATION OF LETTER CARRIERS
 Branch 82
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Next general membership meetings:
 October 8, 7 PM
 November 12, 7 PM
 Dinner served prior to each meeting.
 NEW LOCATION: 1515 NE 106th Ave, 97220

Carl's Carrier Canteen

May I suggest the
 204B-urger?



Our Founder, Carl



SANDWICHES

Served with Caser salad or Tub o' Nixies

SCANNER GRILLED BULK RATE SANDWICH **\$8.99**
 Topped with bbq rubber bands and CFS sauce, on fresh flats.

OUR FAMOUS BACKHAND BURGER **\$7.99**
 Half pound of Grade A ground round dater, slice of raw bulk, sun-dried rubber bands, DPS sauce on toasted half-tray.

GRILLED UBBM EXPRESSWICH **\$7.99**
 An assortment of scanner grilled undeliverable BBM with spicy pink cards, on whole waste or rye, includes a "Late Leave/LLV Latte" (before noon only.)

MANAGER'S SPECIAL **\$9.99**
 Stuffed Advo with melted full coverage Bi-Mart cutlets, topped with a mountain of fried PTFs, served on paper or plastic tray.

Also try

NSN NOSH (Sorry, unavailable) **\$x.xx**

THE PEANUT *(for senior carriers only, please)* **\$.99**
 Dash of razor thin Norm Thompson cards topped with shredded 3996s, drizzled with purple ink, Halt and our own Barcode dressing.

POLITICAL BAKALAVA **\$3.99**
 Wad of really, really thin stuff, all stuck together.

And don't forget!
 Doggie bags.
 Beer by the case.

A PUSHING THE ENVELOPE
 CLASSIC FROM NOVEMBER 2000

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