July– October2026

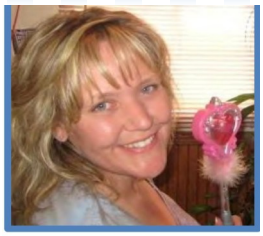
Double Issue

NALC

Branch 442

Swingroom Gazette

Serving: Spokane, Spokane Valley, Cheney, Colville, Fairchild AFB, Ritzville, Coulee Dam and Colfax



President's Report

Sharee Eschenbacher

It is hard to believe how quickly the summer is moving along. As I look back over the past couple of months, I am reminded once again of what makes Branch 442 such a special union. We are a group of people who work hard, stand up for one another, celebrate together, and step forward when our brothers and sisters need us.

There is a lot happening in our Branch right now, and I am encouraged by the direction we are moving.
One of the biggest positives I have seen recently is movement in our grievance process. For quite some time, it felt like the wheels had stopped turning. Grievances were stalled, decisions were taking far too long, and it was frustrating for both stewards and the members who were waiting for their cases to be resolved. I am happy to say that things are beginning to move again. We have received several Step B decisions, and some of them are very meaningful for our carriers.

One decision in particular addresses a situation involving a regular carrier's day off and their T-6 being moved from their route. The decision guarantees compensation to the regular carrier when the circumstances outlined in the decision occur. These decisions are important because they don't just resolve one grievance—they give us guidance and protections that can help carriers throughout our installation. This is exactly why we do the work we do.

Our July meeting, as always, was our Branch picnic, and it was a great success. So many brothers and sisters pitched in to make it happen. From preparing the food to setting everything up, serving, cleaning, and everything in between, it truly was a group effort. We had a beautiful feast, but more importantly, we had the opportunity to spend time together outside of the workplace. I want to thank everyone who contributed. It takes a lot of people working together to make an event like that successful, and Branch 442 once again showed what we can accomplish when we come together.

August brought another special evening—our Retiree Appreciation Night. It was wonderful to see so many of our retirees back with us. These are the people who helped build this Branch and fought many of the battles that gave us the rights and protections we have today. Their knowledge, stories, and continued involvement are something we should never take for granted.

We were also fortunate to have our assigned state officer, James Fowler, with us for the evening. Don Caldwell, from the Portland area and also a member of the NALC Emergency Response Team, joined us as well. It was a great evening, and as always, our retirees made it even more special simply by being there.

I also want to thank everyone who helped clean up the office before the meeting. A special thank-you goes to our Executive Board members, Everitt Hopper and the Dynamic Duo—Team Farnsworth!—as well as everyone who helped prepare the dinner and make the evening possible. There are so many people who quietly do the work behind the scenes, and I want you to know that your efforts do not go unnoticed.

We also have a retirement to celebrate. Chris Pascual is retiring from Hays Park, and I want to wish him all the best in this next chapter. Chris, I hope the fish are biting, the weather is perfect, and the one that got away gets progressively larger with every story you tell!

I also want to take a moment to talk about something that is not quite as easy. Over the past several weeks, our Branch has experienced the loss of two members of our postal family, Tony LeClair and Christian Jordan. I have already spoken about the sorrow surrounding their passing at the stations and during our General Membership Meeting, so I don't want to revisit all of that here. But I do want to acknowledge one thing: when we lose one of our own, it affects all of us.

A union is more than contracts, grievances, and workplace issues. We spend an enormous part of our lives together. We work alongside the same people, share the good days and the bad days, and become part of one another's lives. When one of our brothers or sisters is gone, there is an empty space that cannot simply be filled by another employee walking through the door.

This is also where I want our members to know about an important resource available through the NALC—the Emergency Response Team, or ERT. ERT members receive special training to provide peer-to-peer support following traumatic events. Their role is to provide emotional first aid to members and their families and to help guide them toward available resources when they are needed.

We are fortunate to have our own Steve Thrift serving as a member of the ERT. Steve has received the specialized training necessary to help in these difficult circumstances, and I am proud that Branch 442 has someone willing to step forward and serve our members in this capacity. Sometimes the most important thing we can do for one another is simply be there.
As I look at everything happening in Branch 442, I am reminded that the strength of this union doesn't come from any one person. It comes from all of us. It comes from the stewards who investigate grievances, the officers who give their time, the retirees who continue to support us, the members who show up, and the many people who quietly pitch in whenever something needs to be done.

I am grateful for every person who helps move this

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Colville, Fairchild, Ritzville, Coulee Dam and Colfax: Call Sharee Eschenbacher 509-953-3027

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Notice

By making a contribution to the Letter Carrier Political Fund, you are doing so voluntarily with the understanding that your contribution is not a condition of membership in the National Association of Letter Carriers or of employment by the Postal Service, nor is it part of union dues. You have a right to refuse to contribute without any reprisal. The Letter Carrier Political Fund will use the money it receives to contribute to candidates for federal office and undertake other political spendings permitted by law. Your selection shall remain in full force and effect until canceled. Contributions to the Letter Carrier Political Fund are not deductible for federal income tax purposes. Federal law prohibits the Letter Carrier Political fund from soliciting contributions from individuals who are not NALC members, executive and administrative staff or their families. Any contributions received from such an individual will be refunded to that contributor. Federal law requires us to use or best efforts to collect and report the name, mailing address, occupation, and name of employer of individuals whose contributions exceed $200 per calendar year. Any guideline amount is merely a suggestion, and an individual is free to contribute more or less than then the guidelines suggest and the Union will not favor or disadvantage anyone by reason of the amount of their contribution or their decision not to contribute.

There will always be challenges. There will always be another grievance to fight, another issue to resolve, and another battle waiting around the corner. But when I look around at the people who make up Branch 442, I know we are ready for whatever comes next.
Thank you for everything you do for one another and for this union.

With Union Strength,
Sharee Eschenbacher

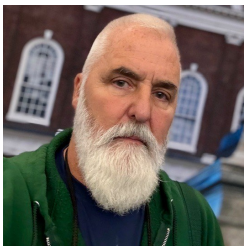
July-August Report

Our Branch website will be on-line soon. There will be several "layers" to it. The general public will be able to visit the main page, which will have many helpful links. Then, there will be a "Members Only" section. To access it, you will need your NALC member number. An easy way to get that is to log into the "Members Only" section of our National site and it is the number above your name that starts with an M followed by 8 numbers. Once you have that, you can set up your password. Inside the "Members Only" section, you will be able to access timely updates from stewards and Branch officers. You'll be able to message your steward or ask questions to anyone on the Executive Board, in private. I have been spending my evenings scanning archived minutes from the E-Board, General and Labor/Management meetings going back many years. I don't know all the technical terms, but we want to add a link so those unable to attend a meeting in person can watch (maybe participate) in the General meeting. There will be training videos from how to update your Red Book to how to deal with a difficult co-worker. It can be anything you want it to be. We are looking for new ideas because we want the site to work for everyone. There will be a final layer and that will be for stewards. Here they will find resources not on the National site, resources specific to Branch 442. Along with meeting minutes, I have been scanning past grievances going back to the 80's. Having quick access to historical data is priceless and will make it easier to make management accountable for what was already asked and answered. As it is now, if we want to know how many times we have grieved and won management working us in the Rural craft, we have to go to the logbook and search every page, year by year, then go downstairs and paw through file cabinets. Now, I can type "Rural" in the search bar and every grievance with that keyword pops up. I cannot tell you how excited I am to complete the scanning process.

Our Picnic is July 19th. I hope everyone reading this article stops for a second and figures out a way to get your family there. It really is a special day. Steve Thrift at the grill, Nichole's BBQ beans, my potato salad and other culinary delights…the kids running through the sprinklers and throwing water balloons…door prizes…the old farts sitting in the shade talking about the good 'ol days (my hand is raised)…and Tracy Pardick will be making an appearance and will be bringing carriers from Coeur d'Alene to join in. So, please come and join us for a relaxing day. I'm hoping Conner McKinnon and Sydney, his beautiful new bride, are there. I couldn't attend their recent wedding and I'm owed some hugs!

While much of my article has focused on the positive things happening around our branch, sometimes we are reminded that being part of the postal family means standing together through life's challenges as well. Recently, one of our brothers was diagnosed with cancer. News like this affects not only the individual and their family, but everyone who works alongside them. In true postal fashion, the carriers and employees at Manito rallied around him with an incredible show of support. The carriers organized a group photo outside the station and a postal "parade" outside his hospital window to lift his spirits and let him know he is not facing this fight alone. Postal vehicles, signs with uplifting messages, and countless well-wishes yelled up to Tony as employees came together to show their support. It was a powerful reminder that we're more than workplace acquaintances -we're a family. On behalf of Branch 442, we send our thoughts, prayers, and unwavering support to our brother as he focuses on his treatment. When one of us faces a challenge, none of us face it alone.

With Union Strength,
Sharee Eschenbacher



Vice President's Report

Steve Thrift

July August As we head into the hot, sometimes smoky summer months we should discuss taking steps regarding our Personal Safety. Taking care of yourself is something we say all the time, but what does this mean, really? Well, if were waiting around for management to tell us, "Hey it's too hot out there today" or "it's to smoky out there today" y'all need to stay inside because the Spokane Regional Clean Air Agency has declared an Air Quality emergency", well that's not going to happen. We all know that we are expected to suck it up and get out there and get those Amazon parcels delivered no matter what the outside conditions are. Heat Index of 110? "Drink Water. Be Safe Out There" Air Quality in the Hazardous for all Individuals Range? "The Mail must go through". Even when management is doing what they are doing as far as Safety education/ standups, reminders and providing water or Electrolyte supplements, cooling bandanas, or masks for the smoky season, it's not enough. Ultimately, it's up to us to utilize those tools and to monitor our own bodies and physical symptoms to ensure our safety throughout the day.

Hydration started yesterday. Last night. Drink water constantly throughout the day, not just chugging a bunch occasionally. Drink water in the morning as you case mail. Coffee, tea, or bourbon… none of these things count as hydrating, ok? If you wait until you're thirsty you've waited too long. And DO NOT BE SCARED to stop and take cooling breaks or to refill your jug at a NomNom or take a moment to get in the shade or be in some air conditioning if you begin to feel Heat symptoms. I know we all have those stickers and that card that goes with our ID badge about recognizing symptoms of Heat Illness. Please don't think that those symptoms progress in some kind of linear fashion. You don't have to move through all the Heat Exhaustion symptoms before you begin to experience Heat Stroke symptoms. So, take even seemingly mild symptoms seriously. Many of us have that "drive on, get it done" mentality but that can get you in the hospital from heat stroke very quickly. Only you can feel what your body is telling you. Make sure you Listen! Get home safely to see your loved ones.

September October

Not gonna lie, this has been a pretty rough summer for us here in Spokane. I am damn tired of smoke, I'm tired of fires everywhere, and I'm tired of people I really like dying way before their time. We lost Tony LeClair from the Manito Station July 12th, we lost Christian Jordan from Hays Park August 14th, and then I found out that retiree Terry Larsen passed away suddenly at his home in Arizona. I was just visiting with him at the July Branch Picnic and now just like that he's gone. Add the fact that we've been breathing smoke from every fire from 3 states as well as Canada all summer but then some Stupid @$$ sets a fire on the single most "Red Flag" day Spokane has ever seen just to see things burn.

I'll spare you the whole long story, but my family spent most of that Saturday trying to get out of Dwight Merkel Sports Complex and to our house so we could evacuate. Thank God for friends and extended family who helped. Got up at 3am the next morning to travel to LA for the NALC National Convention with the rest of the delegation. I know Shari and Dan were under evacuation orders as well. It was a very very useless feeling being in sunny LA while Spokane was on fire and most of my friends and family were under evacuation orders for the whole week. Fortunately, our houses were spared and to my knowledge no active or retired Letter Carriers lost their homes because of that idiot, but some of our coworkers lost a significant amount of homes on their routes (both City and Rural at Northpointe), and Nine Mile Post Office was temporarily relocated to Liberty Park. I must give kudos to the carriers at NP for the way they handled this catastrophe, and also how quickly they got out the mail once they were allowed to access some of those areas most hard hit by the fires.

All of these tragedies served to reinforce to me how quickly our circumstances can change. In the blink of an eye life as we know it can take a drastic turn. For the better OR for the worse, it can come out of nowhere even when we are paying full

. As the NALC ERT rep on this side of the mountains, I have been in continual contact with members who have been affected by these events. I will continue to check in with them and provide whatever assistance I can with moving forward. If you or your families need anything, please reach out to me I will do my best to guide you to the resources that are available to you. Also, I have big shoulders and I'm a good listener if you just need to talk or vent. I'm here for you.

Spokane Strong, Steve Thrift



Director of Retirees

Steve Schultz

Greetings Brothers and Sisters. I recently returned from our State Convention, and while I was there, I spoke with the **State Director of Retirees, Brooks Bennett**. I have known Brooks for 41 years, and we had served as State Trainers together many years ago. Brooks is a very knowledgeable and articulate speaker, and always puts on a very informative class. He had mentioned to me that he was available to do **Retirement Seminars** across the state. I have spoken with him recently about the nuts and bolts of the seminar. It is usually about one and a half hours long, and he would be willing to do it on a Sunday to try and accommodate the carrier's schedule. If we can generate enough interest here, he would be willing to drive over and make a presentation. If you would be interested in attending a retirement seminar, please contact me via call or text at the number listed in the officer section of this Gazette.

I did put a request for feedback in my last article regarding re-initiating the retiree luncheon, to include changing formats, time, locations, etc. I received nothing back, so at this time the quarterly retiree luncheons will continue to be suspended.

I would encourage everyone to get the NALC App if you don't already have it. It's free, and provides much information regarding legislative issues affecting us as letter carriers, as well as updates on current bills before Congress. It also provides you with a safe and easy way to contact your Senators and Representative regarding issues affecting us.

Other than that, things have been pretty quiet. Don't forget to keep yourself hydrated this summer, Be safe and until next time, take care…

GENERAL MEETING May 19th, 2026

President Sharee Eschenbacher called the meeting to order at 7pm

Roll Call: 17 present, 5 excused, 3 absent

Reading of Previous Minutes: General: Moved, seconded, passed **Executive:** Moved, seconded, passed

Secretary/Treasurer Report: Moved, seconded, passed

Reading of Communications: We received a solicitation letter from MK elections to run our union elections. Request from Dave Womack for an endorsement for Congress.

Application of New members: Peter Hampson, Benjamin Rathbun, and Kyle Ward

Initiation of New members: Steven Rodwell, Mary Rose

Reading of Reports:

Director of Insurance: Use your benefits

Director of Safety: No report

Retirees: No report

Trustees: Books are good through March.

Spokane Labor Council: COPE: Met with political candidates seeking endorsements from WA State labor council

Swing room Gazette: Articles due June 15. Send in new pictures if you want them updated. You must write a report if you go to the state convention

Committee Reports:

Legislation: No report

Resolutions: No report

By-Laws: No report

Entertainment/Athletics: Indians game in August. Kickball game at the picnic

MDA: Bowlathon likely the 3rd weekend of October at Valley Bowl

Hospital and Health: No report

Condolences: Anthony Hernandez' Daughter. Gary Shmick's father

Labor Management Agenda Items: Reports of missort mail, loop mail. Suggestion for a refresher training for supervisors on handling threatened carriers. There will be a labor management meeting at the beginning of this month. 10 am start times for CCAs

Unfinished Business: No report

New Business: Motion to donate $1,000 to the WA state memorial fund in honor of our deceased members. Moved, seconded, passed. Motion to donate $500 to the Daniel Horada scholarship fund. Moved, seconded, passed

Good of the Association: Sharee appointed Christian Tangvald as the Fairchild steward, and Jeremie Simpson as the alternate chief steward for the city. We have found a way to scan documents into a searchable database. There was a discussion about removing the pine tree next to the union hall. We will mail out special invites to the picnic for members receiving service pins

Improvement of the Service: No report

Meeting Drawings: Brandon Alexander, Ilya Makarov, neither present

Next Meeting: June 16th 2026

Respectfully submitted, Bryan Eleyet

Executive Board Meeting Minutes

Emergency Meeting

May 19th, 2026

Present: Sharee Eschenbacher, Miranda Riley, Connie Guerrero, Jeremie Simpson, Melissa Franklin

Excused: Bryan Eleyet

Sharee has found an electronic filing system that will allow us to scan documents into a searchable database, which will greatly increase our efficiency with organizing and accessing files and documents

We have an appointment set for Thursday for an estimate on a security fence for the union hall.

We need to call the county to determine the exact property lines

We would need a permit from the city of Spokane to put up a security fence

A police report has been filed for the vandalism to the building

Respectfully submitted,

Bryan Eleyet

Executive Board Meeting Minutes

June 2nd, 2026

Present: Sharee Eschenbacher, Miranda Riley, Connie Guerrero, Jeremie Simpson, Melissa

Franklin, Bryan Eleyet, Excused: Steve Thrift

Putting up private property signs was discussed

The first estimate on a security fence we received was for $23,000. We will get another estimate

on the 16th.

Sharee called the police on 6-1 due to people sleeping on the lawn

We need to get an estimate to replace or fix the front door of the union hall

We had a discussion about adding a Land Acknowledgement to the general meeting

Sharee would like to remind all carriers to ask for a steward when approached by an OIG agent

Sharee tried unsuccessfully to talk to ADT about our security system. The wait times were

untenable

Sharee will discuss standardizing case bars and route cards by color and function at the next

labor management meeting

May books will be closed today

Respectfully submitted

Bryan Eleyet

GENERAL MEETING June 16th, 2026

President Sharee Eschenbacher called the meeting to order at 7pm

Roll Call: 15 present, 6 excused, 3 absent

Reading of Previous Minutes: General: Moved, seconded, passed

Executive: Moved, seconded, passed with a correction to the date of the Emergency meeting held on May 19, 2026.

Secretary/Treasurer Report: Moved, seconded, passed

Reading of Communications: None

Application for New Membership: Zach Baird, Zach Beeman, Sarah Ereaux, Seth Lanante, Angelica Lewis, Arthur Scullion, and Zoryana Shvachev.

Initiation of New members: Sammy Adolphsen

Reading of Reports:

Director of Insurance: No report

Director of Safety: No report

Retirees: No report

Trustees: Books are current.

Spokane Labor Council: Interviews with political candidates seeking endorsements from WA State labor council. Leslie will attend WA State Labor Council Convention on July 21-23, 2026 in Wenatchee as a delegate.

Swing room Gazette: Next issue expected to arrive in the first week of July.

Committee Reports:

Legislation: Maggie Moran attended the State Convention and participated in the LCCL class taught by John Beaumont from NALC. The class provided helpful information on general lobbying and updates on our bills. All bills, except one, are moving forward and gaining sponsors. Rep. Baumgartner is not currently sponsoring any of them, making that a priority. Maggie will contact his local office this summer to schedule a meeting with him or his staff and welcomes anyone interested in attending. The only bill losing momentum is the Shipping Equity Act, which would allow alcohol to be mailed. It faces strong opposition from lobbying groups. We are also monitoring the executive order requiring states to turn over voting lists or risk losing mail-in ballots. The order is being challenged by 23 states, including Washington.

Resolutions: No report

By-Laws: No report

Entertainment/Athletics: Indians game August 22 is Fireworks night and a QR code for ticket purchases will be share on the Branch Facebook page and on flyers at the stations. Kickball game will be organized at the picnic along with other lawn games July 19; flyers will be sent to stewards to post at the stations.

MDA: Date to be confirmed later this week for Bowl-a-thon at Valley Bowl, tentatively scheduled October 18, 2-7 pm. (continued)

June Meeting Minutes (continued)

Hospital and Health: Tony Leclair, Pam (Orville) Arnold both serious health issues. Cody Tapia welcomed second child.

Condolences: Darin Sauve sibling

Labor Management Agenda Items: Postal e-mail access, CBUs needing to be installed for several stations, Express times, and collection route boundaries.

Unfinished Business: First estimate on a fence for the Union Hall was $23000, the second estimate was $13000, and a third appointment scheduled for another estimate.

New Business: Website building is moving along well, however, no date for going live just yet. Digitizing of the Grievance Archive has begun.

Good of the Association: A link for PowerPoints from previous training sessions is available on the State website **WSALC.org** under Steward Trainings. If you would like access to a video for a specific session, contact Steve Thrift wsalcmedia@gmail.com. Congratulations to Maggie Moran being elected as a Trustee to the NALC State Executive Council for the upcoming fiscal year.

Improvement of the Service: No report

Meeting Drawings: Kyle Munoz and Terry McRoberts, neither present

Adjournment: 7:58 pm

Respectfully submitted,

Miranda Riley

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President Sharee Eschenbacher called the meeting to order at 6:06 PM

Roll Call: 14 present, 4 excused, 4 absent

President Sharee Eschenbacher read a statement of thanks to the retirees, and held a moment of silence for recently passed carrier Christian Jordan.

Don Cadwell with the NALC Emergency Response Team, along with fellow team member Steve Thrift, spoke about the team and what they've recently been doing in Spokane

Reading of Previous Minutes: Executive 7-8: Moved, seconded, passed **Executive 8-13:** Moved, seconded, passed

Secretary/Treasurer Report: Moved, seconded, passed

Reading of Communications: The SLC has received a spreadsheet of candidates for their next election

Application of New members:

Initiation of New members: Peter Hampson

Reading of Reports:

Director of Insurance: No Report

Director of Safety: No Report

Retirees: No Report

Trustees: Books are in order

Spokane Labor Council: No meeting, Washington state convention

Swing room Gazette: Motion to suspend July/August issue and combine with September/October issue, Moved, seconded, passed

Committee Reports:

Legislation: No update from Representative Baumgartner. There is a bill in the US Senate proposing no bonuses for USPS leadership for failing to meet quality of service goals. The NALC does not currently have a stance on the legislation

Resolutions: No report

By-Laws: Will meet soon

Entertainment/Athletics: Indians game Saturday August 22nd.

MDA: Bowlathon October 18th Valley Bowl 2-7 PM. 5 person teams, $25 per person

Hospital and Health: Rick Enright, medical issues. Rob Tayler, minor heart procedure

Condolences: There will be a service Sunday August 23rd for Tony Laclare at the Olmstead Triangle Parks at 11am

Labor Management Agenda Items: Just recently had a meeting, minutes will be posted

Unfinished Business: Motion to accept bid price plus permit costs for chain link security fence around the union hall. Moved, seconded, passed

New Business: Discussion about finding information on candidates in the upcoming NALC elections. James Valor, State Officer reminded members to do their own research. Also discussion on the recent fires' impact on NP. 3 routes had significant impact, one route losing nearly half of its homes. Some routes weren't delivered for 8-10 days due to no access to the area.

Good of the Association: Thank you to Tracy Pardick for taking roll call

Improvement of the Service: No report

Meeting Drawings: Lindsay Bowden, Carl Park, neither present

Next Meeting: September 15th 2026

Respectfully submitted, Bryan Eleyet

Washington State Convention Reports

June 5th– June 7th

New Delegate Article

Brothers and Sisters,

I want to thank everyone who voted to select me for state convention. This was my first and I genuinely had a good time attending the convention. I was able to observe Robert's Rules in action with a room of over 100 delegates. I was selected to be the chair of the sergeant at arms committee. Essentially, my two cohorts and I were in charge of rounding people up when discussions were happening and during the single teller vote we had to remove the visitors from the meeting room. As a new delegate I attended the first class for just new delegates. We were given breakdowns of: the itinerary, the standing rules, the voting rules and the ribbons that identified different delegates including the "Outstanding Service Award" winners. Spokane brought two of our own OSA members with two of our previous state presidents in Steve Shultz and Roger DeShaw.

There were three motions to start the first day. One was made to allow late delegates to participate. The second was made for guests to stay during session. The third was made to exclude medical alerts to the standing rule 13. The body passed all three motions. After these motions we got to hear Matt Parkin speak about the Letter Carrier Political Fund. As much as I hate politics and the money that goes into it, I do acknowledge that a lot of the gains that we need as letter carriers depend on legislation rather than contract negotiations. If we ever want our government to place higher priority on letter carrier safety, let us buy back our CCA time or lower our annuity contribution on table two, we need them to talk to us and hear our plight.

The last portion of the first morning was state vice president Kevin Ernest giving a report from the president meeting held in DC to go over our negotiations. He said that the Postal Service was offering almost exactly what they offered last time. 1.3% general wage increases with a COLA system that still only increases the percentage that each carrier makes of top step pay. The one gain they seemed to have offered was reducing the time between steps down to 40 weeks. The COLA is the big issue for me. We are the only craft who doesn't receive full COLA and I think an arbitrator would agree that the craft who does the hardest work in the worst conditions deserves the same response to inflation that the Postal Service already pays out to all of the other crafts. Additionally, the parties talked about doing a test run on a new schedule of 4 days at 10 hours each. I acknowledge that I would personally prefer to work 4 days, but I think that it would cost our craft far too much in concessions in overtime and penalty. This test will be done in a very few SD&C sites which means that the good folks of branch 442 are safe from the trial period.

My favorite part of the convention was the MDA art auction. I was forced to replace Tracy as one of the "Vanna White" brothers walking around showing off one of the donated pieces. The one I was selected to carry was a print of a cool painting of a mail carrier bundled up walking in the snow. My auction seemed to stall out just shy of $1,000 before I pitted Olympia and Tacoma against one another to win the print. When all was said and done, we raised $2,000 for the painting with several branch 442 members offering a couple hundred dollars to whichever branch ended up with the painting. My new friend, President James Watkins of Tacoma, took the print back to Tacoma.

Thanks again for sending me branch 442 members,

Jeremie Simpson

Washington State Convention Reports

June 5th– June 7th

This year's convention was held at the Red Lion Hotel in Pasco, and was hosted by Pasco Branch #1528. I was assigned to report on the Retiree/Auxiliary luncheon which took place at noon on Friday, and the Banquet which took place Saturday night.

The luncheon opened with welcoming remarks from State Director of Retirees Brooks Bennett. Lunch included a taco buffet and during lunch we were entertained by the Pasco High School Mariachi Band. Brooks then followed lunch with some brief remarks regarding retirees.

Next to speak was our State Auxiliary President Alessandra Davis. With the change in administration, the auxiliary could be more important than ever. She encouraged everyone to get involved in the Auxiliary at the Branch and State level. She encouraged everyone to attend the silent auction room as some of the funds raised will be used to help send an auxiliary delegate to this year's national convention. She also announced that she would be stepping down temporarily as she is expecting her second child.

This was followed by the presentation of gift cards from a drawing of those who were in attendance. We then thanked the service staff at the hotel. The luncheon then adjourned so we could go back into training sessions.

The Banquet on Saturday evening started with your choice of a fine dinner of pork loin, fish, or vegetarian. This was followed by remarks from NBA Nick Vafiades and State Auxiliary President Alessandra Davis.

We then moved on to the auction of the art work that had been submitted for the Danielle Harada Art Scholarship. The two pieces submitted raised $1,100 for the scholarship program. We had two art pieces submitted for MDA, one being an original print donated by someone from Branch #130 and the second one being an original piece of art by Danielle that was done in 2016 that had been re-donated. The two pieces raised $4,500 for MDA.

The evening then closed with the awarding of the Outstanding Service Award for 2026. For those who have never taken part in this ceremony before, it is a very special part of the evening. The award goes to a member of the union who is involved in and given much of their time to union activities and community services. This year's award went to our past State President Brain Wiggins. Having been a recipient of the award in 2009, I know how special it is to be recognized by your peers for the service you have given.

I would like to thank the branch membership for electing me as a delegate to represent Br #442 at this convention.

Steve Schultz



Peter Hampson being sworn in by Steve Thrift

Washington State Convention Reports

June 5th– June 7th

Convention Report-Saturday Morning

First, let me thank you for letting me represent Branch 442 at the State Convention in Yakima. It's always an honor. Every year, we assign time slots to each delegate to report on. I have Saturday morning. Each morning of the convention starts with the Pledge of Allegiance, the National Anthem and Invocation. We had a credentials report with just over 120 delegates registered. The State issued outgoing officer plaques. Our very own Connor McKinnon received one which was accepted by Simona Farnsworth. A motion was made to increase the host branch allotment from $10,000 to $15,000 starting next year. This will be helpful because I nominated Spokane to host the 2030 convention. We were unopposed. We passed next year's budget and had some discussion on Robert's Rules of Order and then the Golf tournament winners were announced. Our NBA spoke next and took us all the way to lunch. Nick is on the national bargaining committee that is addressing Articles 15, 17 and 31. He said they are working on overhauling the Dispute Resolution Memo. It's clearly broken because we have 2,582 cases backlogged at Step B and no support from our back-up teams. We currently have 85 cases pending arbitration. In our region, which has always been at the forefront of education, he has been training arbitration advocates and improving on the content of steward colleges. He is proud of our Emergency Response Team and is looking for others to train to help fellow carriers in crisis. The New Employee Experience, Retention and Mentoring Program (NEERMP) is having a bumpy start and he's looking for carriers at the station level who want to become experts in the rules of NEERMP. If interested, let me know. This was a very informative convention, and our delegates did us proud! Roger DeShaw, who is one of our beloved retirees, showed up as a guest and made it all the more special. - **Sharee Eschenbacher**

Attending the Washington State Association of Letter Carriers convention is a powerful reminder of the bond we share. We come together as a community, talk shop, and chart the course for our future. The convention carries a profound weight, reminding us that our union is more than just a professional organization-it is a family.

The heart of the gathering was undeniably the memorial service. Standing in that room alongside other carriers from across the state, the atmosphere was thick with a shared, quiet grief. Hearing the names of every carrier who lost their life in the past year, either active or retired, was a deeply emotional experience. Among those was four carriers from branch 442, Frank Coe, Mike Williamson, Tom Shiree, and Russ Buehler. The silence during the service was powerful. It wasn't just a moment of sadness, but a collective show of profound respect. It felt like a promise that no matter how much time passes, the dedication, hard work, and camaraderie of our fallen brothers and sisters will never be forgotten by the union they helped build.

I also have some incredible news to share from the convention. The election for the three Washington State Trustee positions was announced on Sunday of the convention. The election for the state trustee positions was fiercely competitive this year with nine dedicated candidates stepping up to run for office. It takes a proven track record, clear respect from peers across the state, and a deep commitment to the welfare of letter carriers. Congratulations to Maggie Moran for being elected as one of the trustees, from our very own branch, 442! We know you will represent our branch and carriers across Washington State with the integrity, strength, and dedication this position demands. With strong leadership at the state level, we continue to move forward-delivering for our communities and standing together as a union. **Simona Farnsworth**

Washington State Convention Reports

June 5th– June 7th

I would love to say my first experience as a delegate at State Convention was exhilarating, however, honestly speaking, there were moments of excitement and there were also moments of 'what are doing'. The processes of "standard business": reading of reports, nominations for Trustees, and voting on proposed commendations and resolutions was straightforward with some heated discussions sprinkled throughout. The excitement for me was listening to speakers April Sims, President of Washington State Labor Council, AFL-CIO; Mike Caref, National Business Agent Region 2 NALC; and Abe RedCloud, President of Oregon Association of Letter Carriers. Throughout the weekend there was an overarching theme of unity, of course this is expected at a union event.

The training session I attended was titled, Breaking Down the Walls led by Abe RedCloud. The main discussion was true Unionism and Solidarity but started with what makes up the walls we are seeking to break down? As a group we listed actions that divide us: attacking others, smear campaigns, not listening, following blindly just to list a few. Overall, the are many things that can build walls between us. One of the most common issues is division and pitting members against each other.

We participated in an activity that started with dividing us up into teams and providing each team with the same number of balloons and tape. We were then told the team with the tallest free standing balloon tower at the end of the 10 minutes would win. Each team jumped in with inflating balloons, the round balloons were easy, the long balloons were impossible. Then an announcement, 2 minutes will be added to the team I see doing a specific action; however, it was not disclosed what that action was. Then a team joined another team, two minutes were given to the newly formed team, it was like a dominion effect, quickly it was one team with 20 minutes and all the supplies to build the tower. Which could have led to chaos, but some inflated the round balloons, others held balloons together while others taped the balloons in place, and others troubleshot how to inflate the long balloons. The point of the exercise was to get everyone working together towards the goal.

Which led to the next discussion of what is true unionism and solidarity? True unionism means workers sticking together to get fair pay, safe working conditions, and respect. It relies on solidarity; a shared feeling of purpose, interest, or circumstances leading people to stand together and support one another in a common cause. We cannot build solidarity without growth. Disagreements happen but when addressed respectfully it is an opportunity to understand each other better and find commonalities to connect with one another. Together we are stronger and must prioritize learning to adapt and overcome differences for the solidarity of our union. - **Miranda Riley**



Retirees at August Meeting



NALC National Convention Reports

Los Angeles August 3rd– August 7th 2026

I want to thank all my fellow members of BR 442 for sending me to this year National Convention in LA, during the week of Aug 2 thru Aug 8. We flew out early on Sunday at 5am and arrived in LA about 930. We finally got to check into the Motel about 3pm and then we went over to the convention headquarters and got registered as your delegates. The next day at 730 we had our first class and that ended at 9 my class was on military veterans rights. The PO is the 2nd largest employer of veterans with the DOD the first. If you have a service connected disability you have new rights that your NALC gave you, see your steward or call the local BR office, regular business began at 10. National and State are about the same but there are over 5000 folks and all 51 states are there, Puerto Rico is also included, plus guest and National Officers and guest speakers. That morning starts off as usual, the best was Mayor Bass of LA, she is a great friend of letters carriers, then President Renfroe gave his speech, his talk was on how the PO is trying to kill the po, and what the Nalc is doing to save the po and trying to keep this current President is doing to ruin us, he is not a friend of the working class or Union workers. Monday afternoon class was on legislation and let me tell you this POTUS wants to end the po and the federal workers. The hatch act limits on what you can do or say but give to the LCPF(which back in my day was COLCPE) if you can give at least $5.00 a pay period or hopefully more, many of us give more bur please, please GIVE. My Tuesday morning class was over the Health Care Plan, as a retired member I deal with OPM and not HBP. The regular session then began at 10 and we had more speakers and voted or more issues within our NALC. The afternoon class was on the financial reality of the PO, after this class I have to have a open mind on who will save the PO and my fellow brothers and sisters it is us the NALC. Wednesday class was on federal retirement and what you can do to give yourself and good life in the golden years. We know under FERS we have our check from the po that the NALC fought for, we have social security and we have TSP, I hope you all are giving the max. I have been retired 11 years and my monthly income is the same as if I am still working. Wednesday regular business session was more speakers and voting on more issues of the NALC. We also had the list of National Officers, you will get a ballot soon and please vote for your next President and other officers and region 2 as well. The afternoon class was cancelled due to the regular session going pass 3, all of Thursday classes were also canx. Thursday session began early and after some business we had a speaker from New York, Rep Hakeen Jeffries, he spoke about how the POTUS wants to kill the po but his fellow friends in Congress on both sides of the aisle will save the POST OFFICE, both DEM and REP. The letter carrier food drive was also spoke about and also MDA. Thank you my fellow members across the state for your support for both of these. Finally it is the last day and we finished regular business and more voting on stuff and we had to extend the session until 3 to get everything done. I want everyone to know that all of your delegates were at the hall each and every day, I think this was my first convention that all were present, again thank you for sending me to the 2026 National Convention in LA.

Orville Arnold

Branch 442 retired

God Bless



NALC National Convention Reports

Los Angeles August 3rd– August 7th 2026

First, I want to thank the members of Branch 442 for giving me the opportunity to represent you at the 74th NALC National Convention in Los Angeles. It is an honor to sit in that convention hall and know that I am there carrying the voice of our Branch. I never take that responsibility lightly.

This year, I had the privilege of attending with three first-time national convention delegates from Branch 442: Miranda Riley, Jeremie Simpson, and Simona Farnsworth. Watching them experience their first national convention was one of the highlights of the week for me. They were interested, engaged, and genuinely curious about what was happening on the convention floor. There is something refreshing about watching someone experience this process for the first time. I think they came home with an even greater appreciation for how our union works.

This was not exactly a quiet convention.

There were some very contentious moments on the convention floor, and we had a lot of teller votes. For those who don't know, a teller vote is essentially a counted vote when the chair cannot determine the result by voice vote or when the convention rules require a more formal count. With the number of close and disputed votes we had, the tellers were kept very busy. These votes can take considerable time, and often take more time than we spent debating the issues.

And time became a major issue.

There were many resolutions that we simply did not get to. Delegates had submitted resolutions addressing a wide variety of issues important to letter carriers, but with the amount of debate, voting, and other business taking place, the convention could not get through everything on the agenda. That was frustrating because there were resolutions that delegates had traveled across the country to discuss and vote on that never made it to the floor.

Washington State came prepared with plenty of ideas of our own.

Among the Washington State resolutions were proposals addressing the protection of civil rights and nondiscrimination provisions in USPS handbooks and manuals; allowing non-career federal or postal service time to count toward achieving protected status; paying CCAs when a National Day of Mourning is declared; and improving safety and security for letter carriers through what was called the "Postal Shield" initiative. Washington also supported a resolution addressing route inspection adjustments and the need to suspend disputed adjustments until related grievances have been fully resolved.

Another Washington proposal dealt with locality and area wages. The resolution called for efforts to extend locality pay protections to postal employees in high-cost areas. Interestingly, this resolution was initially disapproved by the NALC Executive Council, but the convention delegates overturned that action and adopted the resolution. That was a good example of why it matters that delegates pay attention, participate, and use the authority given to them by our Constitution.

There was also a Washington State resolution calling for the NALC to make adopted national convention resolutions available to members through the NALC website. I thought this was particularly appropriate. If our members are going to understand how our union has developed and why certain policies exist, they should be able to see the work that went into creating them.

Another important part of the convention was the nomination of candidates for national office. I applaud the enthusiasm candidates displayed and urge every member to do their research before voting. Washington State has a connection to the election process as well. Brother Brian Wiggins of Seattle Branch 79 was selected to serve on the National Election Committee and was elected chairman of that committee. I was proud to see another Washington letter carrier taking on such an important responsibility for our national union.

For me, though, one of the most valuable parts of attending a national convention is being reminded just how big our union really is. At home, we naturally focus on what is happening in Spokane. We deal with our own stations, our own management, our own grievances, and our own challenges. At the national convention, you sit in a room with letter carriers from all over the country and realize that many of the issues we deal with are not unique to Spokane. Carriers in Florida, California, New York, Texas, Alaska, and everywhere in between are fighting many of the same battles.

You also hear ideas that make you think differently about issues we face at home. We don't simply go to sit in a room for a week. We listen. We debate. We learn. We bring ideas home. And hopefully, we come back better prepared to represent our members.

I am especially grateful that Miranda, Jeremie, and Simona were there this year. Seeing new people become interested in the larger workings of our union gives me hope for the future of Branch 442. We need experienced union activists, but we also need the next generation to step forward and learn how this organization works.

Thank you again for trusting me to represent you. Being your delegate is a responsibility I am proud to carry. I came home from Los Angeles tired, probably with a few more opinions than I left with, and certainly with a greater appreciation for the work that happens at the national level.

With Union Strength,
Sharee Eschenbacher
Delegate, NALC Branch 442



NALC National Convention Reports

Los Angeles August 3rd– August 7th 2026

Brothers and Sisters,

Thank you all so much for your votes that sent me to National. If you are a member of the Branch 442 Members page you can see the updates that I posted daily while I was in attendance. At the convention the body votes on proposed constitutional amendments and proposed resolutions that affect how the NALC moves forward as a Union. This year there were: 41 constitutional amendments, 79 National Agreement positions, 37 general positions and 9 legislative positions. We canceled classes for half of the days and extended the closing time on Friday to get through the votes for every single proposal that was printed in the book. There were an additional 50 or so resolutions that were sent to National after the deadline that would have been voted on if there was time. In these resolutions were all of the Washington State resolutions as our State convention was held after the printing deadline. All of these will be printed first in the National convention handbook in Minneapolis for 2028.

There is a lot that went on at the convention that I could write about and did write about as it was happening. For those please join the facebook page and read as much as you'd like. I'm going to focus on something that James Fowler brought up at our August meeting as it seems like the most poignant thing that happened.

There is a lot on the internet about the disagreements that were had at the convention. There is a lot about the division votes and the teller votes. These things did happen. There was a lot of disagreement. I have heard a lot of people attributing this to certain factions causing dissent at the convention. I strongly and whole heartedly disagree. I have many long drawn out conversations, disagreements and arguments with my brother Steve Thrift. I don't think either of us has left any of them upset or feeling differently about the other person, at least not in a negative way. This is what I felt at National. It was the start of movement in a direction that is not the beaten path. It was courage to disagree with the executive counsel and the status quo. It was the table 2 carriers moving into our roles in the NALC. It was the body becoming more representative of the workforce and less representative of step P and those collecting their annuity checks. It was vigor. It was hope. It was fight. Progress was made to move this Union to reflect our hopes and our values as the class of labor who has moved into the majority of the Postal workforce. It is now up to each and every one of us to keep the momentum and push our Union back to a place of Power. It's time to get back to the aggressive and militant Union that made this job a career people went to interviews with 500 people with nothing but hopes and aspirations. Or, we let the momentum die. We depend on the next person to do what needs to be done instead of jumping in line and grabbing a sword.



Don't let future you down. Get in the fight.

In solidarity,

Jeremie Simpson

NALC NATIONAL ELECTION

2026 National Officer Election

The National Election Committee has established the ballot order for the 2026 NALC national election. The election will be conducted by mail ballot. The American Arbitration Association will prepare, print and mail the ballots and tabulate the votes under the oversight of the National Election Committee.

PRESIDENT

1. James Henry — Garden Grove, CA, Br. 1100
2. Lew Drass — Huntsville, AL, Br. 462
3. Nicole R. Rhine — Lincoln, NE, Br. 8
4. Michael Caref — Chicago, IL, Br. 11

VICE PRESIDENT

1. Mark S. Camilli — Northeastern NY, Br. 358
2. Kimetra Simpson-Lewis — Dallas, TX, Br. 132

ASSISTANT SECRETARY-TREASURER

1. Larrissa Parde — Lincoln, NE, Br. 8
2. Esteban Ramirez — San Antonio, TX, Br. 421

DIRECTOR, SAFETY & HEALTH

1. Shawn Boyd — Dallas, TX, Br. 132
2. Rob Kosier — Milwaukee, WI, Br. 2

DIRECTOR OF LIFE INSURANCE

1. James W. "Jim" Yates — Long Island Merged, NY, Br. 6000
2. Phillip C. Rodriquez — Salt Lake City, UT, Br. 111

NATIONAL TRUSTEES — FOUR POSITIONS

1. John A. Cruz — Brooklyn, NY, Br. 41
2. William Heller — Knoxville, TN, Br. 419
3. Sandra D. Laemmel — Detroit, MI, Br. 1
4. Jeffrey Wagner — West Palm Beach, FL, Br. 1690
5. Howard K. Komine — Honolulu, HI, Br. 860
6. Elise M. Foster — Chicago, IL, Br. 11
7. David J. Grosskopf Jr. — Buffalo-Western NY, Br. 3
8. Charles P. Heege — New York, NY, Br. 36

EXECUTIVE VICE PRESIDENT

1. Manuel L. Peralta Jr. — Garden Grove, CA, Br. 1100
2. Corey Walton — Nashville, TN, Br. 4

SECRETARY-TREASURER

1. Raquel "Rocky" Acasio — San Diego, CA, Br. 70
2. Mack I. Julion — Chicago, IL, Br. 11

DIRECTOR OF CITY DELIVERY

1. David L. Mudd — Louisville, KY, Br. 14
2. Christopher Jackson — Garden Grove, CA, Br. 1100

DIRECTOR OF RETIRED MEMBERS

1. Daniel Toth — Lorain, OH, Br. 583
2. Anita Guzik — Los Angeles, CA, Br. 24

DIRECTOR, HEALTH BENEFIT PLAN

1. Henry Cordero — Beverly Hills, CA, Br. 2293
2. Kevin Sommers — State College, PA, Br. 1495
3. Stephanie Stewart — Central Iowa Merged, IA, Br. 352

REGION 2 NATIONAL BUSINESS AGENT

Branch 442 is in Region 2. Our NBA candidates are:

1. Nick Vafiades — Longview, WA, Branch 2214

2. Debbie Dixon — Olympia, WA, Branch 351

YOUR VOTE MATTERS

When your ballot arrives, take the time to research the candidates and make your voice heard. Watch your mailbox for your NALC national election ballot.

Ballot order was determined by random drawing conducted by the National Election Committee on August 17, 2026. Committee Chair: Brian Wiggins, Seattle, WA, Branch 79.

ELECTION NOTICE

NOMINATIONS

Nominations for the election of Branch Officers and delegates for the 2027 WSALC State Convention will be held at the regular branch meeting on September 15th, 2026, at 7:00pm, at Progressions Credit Union, 2919 E Mission Ave, Spokane WA 99202. The Branch Officer positions are as follows:

Branch President (2-year term)
Branch Vice President (2-year term)
Secretary/Treasurer (2-year term)
Recording Secretary (2-year term)
Sargent at Arms (2-year term)
Trustee, 3 positions (2-year term)
Director of Insurance (2-year Term)
Director of Retirees (2-year term)
Spokane Labor Council, 3 positions (2-year term)
Gazette Editor (2-year term)
Director of Safety (2-year term)

The Branch President, Vice-President, and Secretary -Treasurer will be delegates, by virtue of their office. The Secretary-Treasurer will automatically place into nomination for delegates those members that have attended four (4) or more general meetings within the past year (October 2025 through September 2026). Other members that wish to have their names nominated will be able to do so at the September 15th, 2026, meeting

Nominees must accept nominations at the time made, or, if absent, in writing.
Nominations may also be made in writing but must be received by the Branch Secretary-Treasurer no later than September 15th, 2026.
Upon nomination for Branch Officer or Delegate, the member must verify that he/she has not served in a supervisory capacity in the twenty-four (24) months prior to the nomina-tion.
Ballots will be mailed to all members of Branch 442 no later than October 23, 2026. Ballots must be returned by 3:00 pm on November 16th, 2026.

Maggie

Democracy Delivered

Our Role in Elections

Love it or hate it, election season is coming. That means extra work for mail carriers. It also means extra scrutiny. But, as always, we are up to the task.

For hundreds of years now, we have protected the sanctity of the mail. As carriers, we know that it is not only against regulation but it is against the law to “secret, destroy, detain, delay, or open” the mail. We honor this obligation daily and that doesn't change when it comes to campaign or election mail.

So when elected officials suggest that voting by mail is not secure or trustworthy, I get angry. That feels like a personal attack. Year after year we prove that voting by mail is efficient and secure; but still there are some who question our integrity and pull us into partisan politics.

In March, President Trump signed an executive order directing the Postal Service to only deliver ballots to certain people on a federal list. In response, the USPS created a terribly problematic “proposed rule" to attempt to do just that. The NALC joined in strong opposition* to the executive order and the "proposed rule”; and, for now, a federal judge has blocked its implementation.

So, presently, it appears to be elections as usual. I have no doubt that this election cycle we will once again do what we do best - deliver the mail with integrity and efficiency for the American people. It may sound hokey, but let us be proud of our role as a conduit for suffrage! Our work gives access to the ballot to everyone - especially important for people who have transportation, mobility, and schedule issues.

So when the political flyers, voter guides, and ballots start showing up, hold your head high and keep doing what we do best - *delivering democracy securely and honorably to each doorstep.*

*The NALC’s comments on the “proposed rule” can be found at:

They're worth a read.

-Maggie Moran

Maggie

An Ode to Voting By Mail

A special envelope is delivered
In Autumn of the even years.
How exciting to open the mailbox
Huzzah! My ballot has appeared!
It's so easy and accessible,
I hardly have a reason
Not to color in the bubbles.
I can do it while I'm eatin'.
I can vote from my own home
With voter guide alongside.
I can vote with a cat in my lap,
No need to wait in line.
I can vote when my back hurts too much
And if I cannot drive.
The ballot comes right to my mailbox;
I don't have to get a ride.
I do not know my polling place
And I really do not care;
Because I vote in my comfy clothes
And extra messy hair.
At home I sit and finger through
The voter's guide I got.
I don't feel rushed or overwhelmed.
I give each vote a lot of thought.
Imagine! Countrywide
Each one of us sits down
With our ballot from the mailbox.
All of us equal--black and white and brown.
Every zip code, every home:
Be it apartment, house, or farm
Has a ballot show up safely
To the mailbox, like a charm.
I love to vote by mail!
Call me silly! Say I'm a snore!
But I just get all choked up
When democracy is delivered to my door.
Maggie



Rep. Michael Baumgartner

528 E. Spokane Falls Blvd. Suite 115

Spokane, WA 99202

509-353-2374

Dear Congressman Baumgartner,

I am your constituent and a mail carrier in your district. I am writing to urge you to support legislation to improve the health and safety of USPS mail carriers. We work hard serving the American public every day, often in difficult conditions.

Specifically, there are five bills I am asking you to support:

- HR 1065-Protect Our Letter Carriers Act
- HR 1522-Federal Retirement Fairness Act
- HR 491-Equal COLA Act
- HR 3170-Improving Access to Workers' Compensation for Injured Federal Workers Act
- HR 3011-USPS Shipping Equity Act

The work we do is essential to our communities and I hope I can count on your support. Thank you for your time and service to the public good.

Sincerely,



Contract Negotiations are Happening Now–Make Your Voice Heard

As we are all aware, contract negotiations are currently underway. Now is the time to let our key leaders know what bargaining issues are most important to us. Whether you stick to the priorities outlined on the "Fair Contract Now" information sheet published by the NALC, or have your own priorities, I encourage you to reach out to key leaders. Have your voice heard!

What follows is a sample letter/email and a list of key leaders' contact information. I have attempted to simplify things by providing an outline. Please adjust it how you see fit. The letter can also be altered to leave as a voicemail message, if that is your preference. You could even write, email, and call if you feel so inclined! I have identified who, I believe, are key leaders who may be able to advocate for mail carriers throughout the bargaining process. Please feel free to expand this list or to choose just a couple to write or call.

I know that we often feel helpless to influence the bargaining process. But, we do have power.

Let's tell our leaders in the NALC, the USPS, and the government what we think!

-Maggie Moran

Sample Letter/Email to Key Leaders re: Contract Negotiations

[*Date*]

[*Name*]

[*Address*]

TO: [*Key Leader's Name, Title*]

RE: Support a Fair Contract for America's Letter Carriers

My name is [_____] and I am a mail carrier in Spokane, Washington. Our Union and USPS leadership are currently in contract negotiations. I am writing to you to urge you to do what you can to ensure that we receive a fair contract. This includes a higher starting wage and an increase in wages across the board, a full career workforce, and top pay in a shorter amount of time. [*Add any other issues/ideas*]

I have been a mail carrier for [_____]. [*Why is your work important? Examples: delivering passports, medications, ballots, community connection*]

[*Make it Personal: describe your route, your career, your motivations. Tell a story and how a better contract would affect you and your family.*]

The work mail carriers do is essential and foundational to the success of America's Postal Service. We should be compensated well for the incredibly difficult and demanding work that we do every day.

Thank you for your dedication to public service and for your consideration of my concerns. I look forward to hearing back from you.

Sincerely,

[*Your Name*]

Mail Carrier, [*Station*]
NALC Branch 442

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Washington, DC 20260
pmgceo.usps.gov

Deputy Postmaster General, DouglasTulino
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Washington, DC 20260
dtulino@usps.gov

USPS Board of Governors
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Washington, DC 20260
bog-inquiries@usps.gov

Representative Michael Baumgartner
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Washington, DC 20515
202-225-2006

Senator Patty Murray
154 Russell Senate Office Building
Washington, DC 20510
202-224-2621

Senator Maria Cantwell
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Washington, DC 20510
202-224-3441

Representative Nikki Budzinski
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Washington, DC 20515
202-225-2371

Representative Jack Bergman (founding member of the Congressional Postal Service Caucus)
566 Cannon House Office Building
Washington, DC 20515
202-225-4735

Representative Chris Pappas (founding member of the Congressional Postal Service Caucus)
452 Cannon House Office Building
Washington, DC 20515
202-225-5456

Representative Andrew Garbarino
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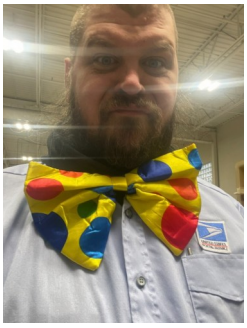
2344 Rayburn House Office Building
Washington, DC 20515
202-225-7896

***Most House Representatives and Senators have an email form on their respective websites if you want to send them an email.**



July/August Article

Regal Steward

Regal Brothers and Sisters,

I have been racking my brain about the article this month. As you all know the no-lunch change that was brought in by Robert Nicholson has stuck through the overhaul of management members that came, went, and came back. Almost every call or request that I get from Regal is regarding this issue. I had a very spirited talk about this issue with one of our brothers just this week. His concern is valid. Your anger is valid. Your management team is coming out in the stand-up talks telling you that you guys are 90+ hours under budget each week. Telling you how awesome you are doing. At the same time forcing everyone who works overtime to be away from their home for an extra 30 minutes a day without even considering the Step-B decision that was specific to Spokane. “Management will rescind any blanket statement about the no-lunch request process and go back to allowing no-lunches to be approved in a manner similar to how it has been in the past.” I have read the file that went to the B-Team. Tracy put a ton of work into that file physically showing that you all have taken no-lunches and one-punch lunches at the Regal Station for years. The undisputed facts sheet was filled with Adam Williams agreeing that this was the case.

Upper management is stealing your home time from you. Please do not become complacent in losing that time and that ability because the process is moving slow. We are doing everything we can to move things along so that these grievances will be addressed. Please continue to ask for no-lunches everyday that you wish to go home earlier. Please fill out the forms. Please stay vigilant. Show up to meetings and voice your concerns. Complacency and comfortability have become far to common in the rank and file of our Union. Get involved and help shape the future.

As always use the steward request forms that were made every time you need me to come speak with you. Text me or call me when you need answers.

In Solidarity,

Jeremie Simpson

Regal Station September/October article

Happy nearly Fall brothers and sisters. Not much has changed since the last article was sent in. Management is still stuck on the no-lunch train. There has been one investigative interview about anyone not participating in their no-lunch denial process. There has been zero discipline or signs of discipline for those who refuse to let management take this practice from them. This does not mean that there will never be one issued, however the best indicator of the future is the past. Stand up for what you feel is right and have full confidence that I will be standing firm in your corner.

For those of you who missed the stand-up I came up for I will be spending my Regal steward money on prizes to give away for meeting participation. The general meeting is always the third Tuesday of the month. Every time you attend a meeting in a quarter I will put your name in a drawing. I will draw the first winners after the September meeting. As of now Mr. Robert Borden will be the only person with his name in the hat and will win everything if nobody else shows up in September.

Your attendance at these meetings is critical in directing the Union in a direction that represents who you are and what you want done with your dues. Participation is an essential part of exercising our Union muscle. If we don’t use them we will not have them.

In Solidarity,

Jeremie



July/August Article

Happy days Brothers & Sisters, Leslie Phelps main steward at Shadle Garland Post Office. Summer is finally here which means that we're already half way through the year! I have a feeling that this summer is going to be a hot one. Remember to start hydrating before and after your route when it gets above 80 degrees and don't forget to take some comfort stops. Overworking can lead to overheating so listen to your body and take care of yourselves out there.

I wanted everyone to know that my alternate steward Cyrus Haste will be stepping down and Rhonda Mason will be my alternate steward until this years election. Having another steward that does not have the same color code as me should be a little more helpful for when I can not be there. If I am not at the station for whatever reason please reach out to her!

If you're reading this before July 3rd I wanted to remind everyone that we will be holding a potluck on July Friday the 3rd for 4th of July. I will have a signup sheet soon at my case so write your name and what you're bringing.

As always, thanks for reading my article!

September/October Article

Hello Brothers, Sisters and Siblings! Leslie Phelps here, main steward at the Shadle Garland Post Office. Summer is coming to an end meaning those chilly mornings, dew on the grass and afternoons toasty where you have to take a layer of your clothes you wore that morning because it was too cold.

If you are not aware already, I am a delegate on the Spokane Labor Council. I was given the opportunity to attend the Washington State Labor Council Convention on July 21-23rd. It was my first time attending and hopefully won't be the last. Over the first 2 days there were workshops to choose from and I chose to attend the following: Protecting Democracy Through Collective Action, Peace Keeper Training for Union Activists, Solidarity Under Pressure and Building Power Through Constituency Leadership and Organizing. I chose these 4 workshops because I thought I would be able to use the information towards my stewardship skills back at my Post Office and also be able to spread information along where I see fit. One of my favorite workshops I took was Solidarity Under Pressure because I think that resonated with me the most in my daily Stewardship. When solidarity is under pressure in the Union that's how cracks form and when the cracks can no longer hold then it all comes crumbling down. The point of a Union is to have solidarity and being able to strengthen that starts at the core which is my personal Post Office. I have been the main steward for about 3 ½ years and I feel like my members/coworkers keep entrusting me to continue my stewardship which promotes solidarity. Another favorite time I had at the convention was Peace Keeper Training for Union Activists. This workshop was very group oriented and that's what made it the most interesting and memorable one. I was thinking of taking this workshop because sometimes I feel like at my Post Office I can somewhat be the peacekeeper between management and my coworkers. This workshop was more about going to rallies or protests where there needs to be a peacekeeper. I was able to learn skills that could help me with my stewardship at work but also if I choose to be a Union Activist outside of work then I now have the tools to help lead and stay safe.

I was also able to attend the Women's Committee Luncheon on the second day. The third day was spent in the main room and the body voted on the rest of COPE and resolutions. All and all I had a wonderful first experience and I am looking forward to next years convention.



HAYS PARK

I want to begin this article by expressing my sincere gratitude to all of you. It was a true honor to represent our local branch as a delegate at the recent National Convention. Standing on the floor amongst brothers and sisters from across the country was a powerful reminder of the strength, solidarity, and dedication that defines our craft. I am deeply grateful for your trust and support in allowing me to represent our branch on the National stage.

Returning home from the convention, however, brings a heavy heart as we navigate a profound loss within our own station.

As many of you know, we recently lost our dear friend and brother Chrisian Jordan. Christian was more than just a dedicated carrier; He was a cornerstone of our office, someone who brought reliability, warmth, a smile, and a steady presence to route 18 and the floor every single day. Losing a member of our team leaves a void that is deeply felt by everyone who worked alongside Christian and the community members he served so faithfully. Our thoughts, prayers, and deepest condolences remain with Christian's family and loved ones during this incredibly difficult time.

In our line of work, the bond we build on the workroom floor and along our routes creates a family. And just as we grieve together, we also take strength in celebrating the milestones of those who have dedicated their lives to this service.

This month, we also say a heartfelt congratulations and thank you to Chris Pascual, who is officially hanging up the satchel and entering a well-deserved retirement. After 28 years with the Postal Service and 4 years with the Navy, Chris leaves behind a legacy of hard work, reliability, and camaraderie that set the standard for all of us. Thank you for your decades of commitment, your mentorship, and the friendship you've shared with us over the years. We wish you endless happiness and good health in this next chapter. On a personal note, to Chris; I'm gonna miss those nutty cups, cake, and salsa from Betty!

Servicing our community alongside each of you remains the privilege of my career. Thank you to everyone for your continued dedication to each other and to the mission we share every day.

Simona Farnsworth

Sunset Hill

Hello everybody I hope you are all doing well sunset has been doing well with Andrew Bonesteel, our acting manager. He is getting things done too bad Randy Hughey is coming back (lol) he is okay, I guess! Besides that, I hope you guys stay busy and helping the new hires and filling them with all our knowledge I know it's kind of hard with them starting at 9/10am but please try, we have all been there before. Onto the weather it is getting hot and even though some of us may be more aware of what to expect cca are not so please make sure they have water, cooling towels and getting electrolytes tell them to take breaks and not to sit in the vehicles (LLV or anything without a air conditioner) sit in the shade if they see a sprinkler go cool off in there. Well, that's all I have for now be safe and stay cool!

Connie Guerrero

Shop Steward

Howwwwwdy Ho!

Hello brothers and sisters of Branch 442! I am just introducing myself this month. I have been an alternate steward at Metro for the last year and a half. I started to help Jeremie Simpson with some of the burden of stewarding such a large station by himself as he did a lot for the station during the dark times of COVID and wanted to give back a little. Surprisingly, Tonja and I started at the same time and hey, the more help the better. Under his tutelage I have learned quite a bit and have to say I like the direction the union is going at the local level. I look forward to meeting more of you at the BBQ in July or at one of the sporting events Zach Smith has been planning.

Until next time,

Shawn Gilliland, Metro

Hello everyone,



I'm Zak Smith, one of the alternate stewards out of Metro and the Sports, Media, and Activities Co-ordinator for Branch 442. I wanted to share some upcoming events and keep everyone in the loop.

August 22: Spokane Indians Game.
Branch 442 teamed up again with the Spokane Indians this year to offer discounted tickets. Rhonda Mason was there with us to celebrate her birthday, the Indians announced her birthday and gave her a cool little button to wear. We sold roughly 25 tickets and had a great time, even with an Indians Loss (15-13)! I hope we can get more attendance for another game next year.

October 18th: MDA Bowlathon.
The MDA Bowlathon has been moved to October 18th! It will be located at Valley Bowl on Sprague from 1pm to 5pm (ish) we have the entire alley so we can have a max of 25, 5 man, teams. $25 a person ($125 per team) Please talk to your Steward as soon as you can. If you have a business route or have connections, please ask your Steward about donation forms so we can have even more baskets and items to raffle off. All proceeds will go to MDA!

In November we will be partnering with the Spokane Chiefs for a discounted Hockey Game! Keep an eye out for the date!

Hope to see a lot of you out at these events—it's always a great chance to connect and have some fun together.

Zackary S. Smith

Welcome to the hopeful end of the hot days, and the beginning or autumn. I'd like to take the time to welcome the new CCA Alex that we traded with regal for Jen Lentz as well as the new unassigned regulars we have had transfer in. I know things between managment and carriers never seem to be copesetic however we need to continue to have each other's backs as well as continue to prove that a unified body will not be broken. CCAs remember to check the opt sheet every week to ensure you are getting hours, and if anything seems off or funny always remember to talk to your stewards so we can help identify, teach and assist you with your careers.

Chris Crawford Spokane Valley Steward

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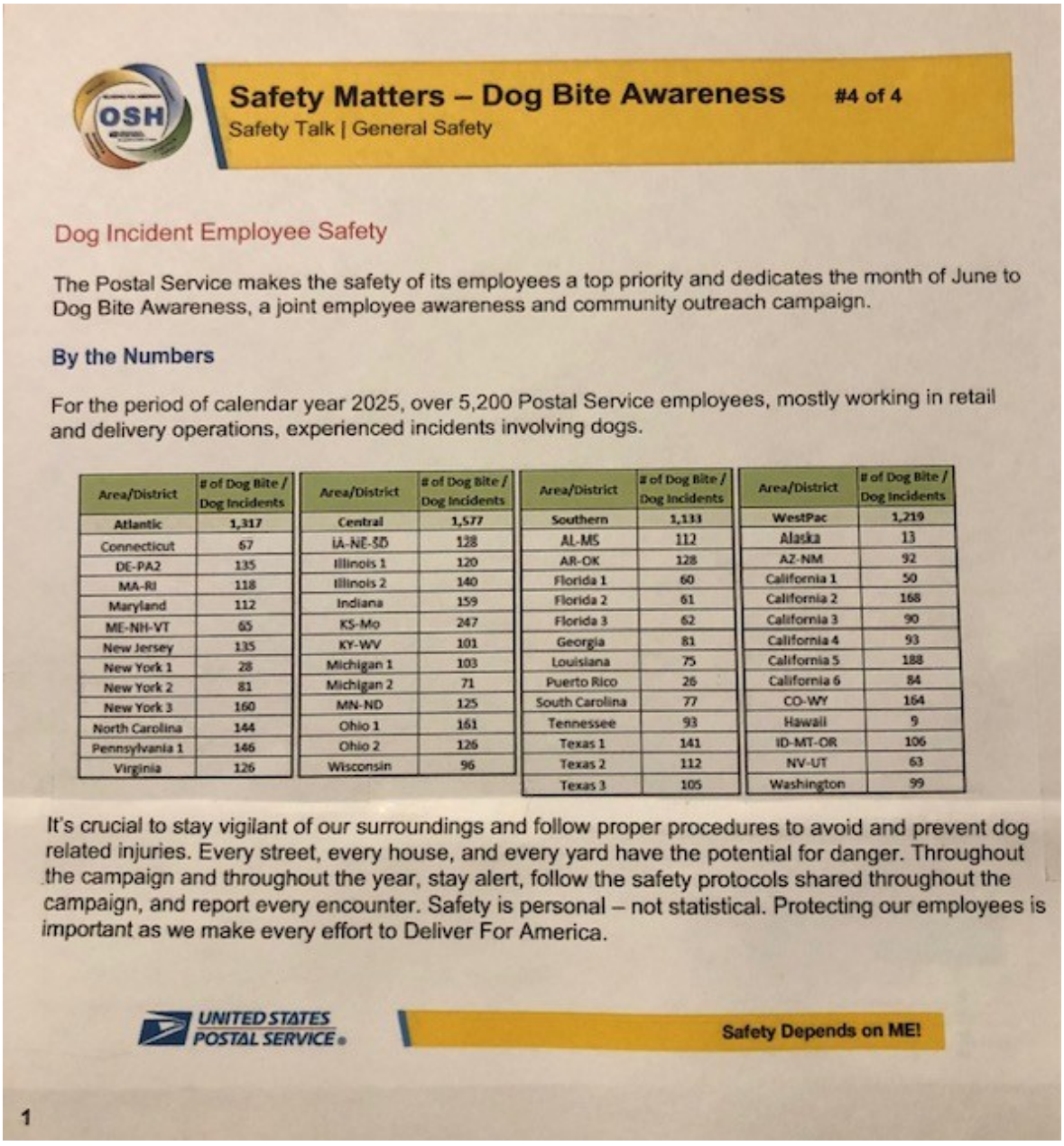
	2025	2026
Hays Park	653	335
Hillyard	1077	875
Manito	2396	2444
Metro	3575	2452
Northpointe	5349	3454
Regal	1824	1228
Riverside	972	484
Shadle	3092	2011
Sunset	2309	2309
Valley	4549	3424
TOTAL	25796	19016

Thank you to all for your efforts put into this year's Stamp Out Hunger Food Drive. Your hard work impacts our local community more than you think.

All donations collected go to our local partner, Partners Inland Northwest (PINW). PINW is the largest social services agency in Spokane Valley that services the greater Spokane area; providing nutrition boxes to senior citizens, and weekend meals to Spokane Valley students, or helping neighbors fill the gap. Thank you



Safety Matters – Dog Bite Awareness #4 of 4

Safety Talk | General Safety

Dog Incident Employee Safety

The Postal Service makes the safety of its employees a top priority and dedicates the month of June to Dog Bite Awareness, a joint employee awareness and community outreach campaign.

By the Numbers

For the period of calendar year 2025, over 5,200 Postal Service employees, mostly working in retail and delivery operations, experienced incidents involving dogs.

Area/District	# of Dog Bite / Dog Incidents
Atlantic	1,317
Connecticut	67
DE-PA2	135
MA-RI	118
Maryland	112
ME-NH-VT	65
New Jersey	135
New York 1	28
New York 2	81
New York 3	160
North Carolina	144
Pennsylvania 1	146
Virginia	126

Area/District	# of Dog Bite / Dog Incidents
Central	1,577
IA-NE-SD	128
Illinois 1	120
Illinois 2	140
Indiana	159
KS-Mo	247
KY-WV	101
Michigan 1	103
Michigan 2	71
MN-ND	125
Ohio 1	161
Ohio 2	126
Wisconsin	96

Area/District	# of Dog Bite / Dog Incidents
Southern	1,133
AL-MS	112
AR-OK	128
Florida 1	60
Florida 2	61
Florida 3	62
Georgia	81
Louisiana	75
Puerto Rico	26
South Carolina	77
Tennessee	93
Texas 1	141
Texas 2	112
Texas 3	105

Area/District	# of Dog Bite / Dog Incidents
WestPac	1,219
Alaska	13
AZ-NM	92
California 1	50
California 2	168
California 3	90
California 4	93
California 5	188
California 6	84
CO-WY	164
Hawaii	9
ID-MT-OR	106
NV-UT	63
Washington	99

It's crucial to stay vigilant of our surroundings and follow proper procedures to avoid and prevent dog related injuries. Every street, every house, and every yard have the potential for danger. Throughout the campaign and throughout the year, stay alert, follow the safety protocols shared throughout the campaign, and report every encounter. Safety is personal – not statistical. Protecting our employees is important as we make every effort to Deliver For America.

UNITED STATES POSTAL SERVICE

Safety Depends on ME!

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NALC BRANCH 442

SPOKANE, WASHINGTON

Serving Spokane Area Letter Carriers Through Representation, Education, and Solidarity

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Main: Jose Ruales 669-285-7562
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