



# The Pavement Pounder

## Branch 111 NALC

### “The Wasatch Branch”

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edition

Midvale - Millcreek - Murray - Northwest - Orem - Sandy - South Salt Lake - Sugarhouse - Tooele - West Jordan - West Valley

#### NOTICE

### OFFICIAL NOTIFICATION OF NOMINATIONS OF DELEGATES TO THE 2026 NATIONAL CONVENTION

This is an official notice to all members of Branch 111. Nominations for delegates to the 2026 national convention are now open. Nominations were held during the September meeting, and remain open until the December 9 meeting.



You can email your nomination to: [SLCBRANCH111@GMAIL.COM](mailto:SLCBRANCH111@GMAIL.COM). You can self nominate or someone can nominate you. The election of delegates will be held at the branch general membership meeting on Dec.13. The convention will be held in Los Angeles, CA, Aug. 3-7, 2026.

#### Upcoming Dates

#### October

Thursday	2	E-Board
Thursday	9	Branch Meeting
Wednesday	15	Steward Training
Thursday	16	Retiree's Dinner
Saturday	25	MDA Poker Night

#### November

Thursday	6	E-Board
M-F	10-14	Rap Session
Thursday	13	Branch Meeting
<b>(canceled)</b>		
Wednesday	19	Steward Training

#### December

Thursday	6	E-Board
Thursday	13	Branch Meeting
Wednesday	19	Steward Training



**NALC**  
BRANCH 111

## RETIREE'S DINNER



**THURSDAY 16 OCTOBER**

3:30 to 5:30  
CHUCK-A-RAMA  
12344 Minuteman Dr  
Draper

# President's Report

## An Open Letter To Sen. Mike Lee

Senator Lee,

It has come to my attention that you have been disparaging the letter carriers of the United States Postal Service, and I cannot remain silent, nor can I allow derogatory insinuations to go un rebutted. You stated, "The President is correct that universal mail-in voting is rife with opportunities for interference, errors, and fraud.", and further alleged that, "There's simply no way to fully mitigate against the immense risks presented by universal mail-in voting — especially considering how many U.S. Postal Service workers belong to unions that overwhelmingly endorse Democrats, many times more than Republicans... Although unions are legally permitted to endorse, the setup invites opportunities for election fraud. This cozy arrangement puts USPS worker unions — which strongly prefer to endorse Democrats — in a position to manipulate the outcome of elections". This offensive implication presupposes that mail-in ballot fraud is a problem, however the facts prove otherwise.

In 2020, USA Today debunked several claims about mail-in ballots and reported that claims of widespread mail-in ballot fraud were deemed "deeply exaggerated" by experts at the time. A Washington Post analysis cited by USA Today found only a minuscule number of potentially fraudulent mail-in ballots in states with universal mail voting.

In response to your allegations, NALC President Brian Renfroe called it "complete insanity" not to trust letter carriers to deliver ballots without substantial evidence. "Letter carriers, on a daily basis, literally see and handle thousands and thousands and thousands of pieces of mail," he said. "They, frankly, don't have time to worry about what's in a ballot or what's not in a ballot. Their job is to collect that mail and get it back to be processed or to deliver that mail and get it to the right place."

You may not be aware that every United States Postal Service letter carrier takes an oath of office nearly identical to the one you took as a Senator. Our oath reads:

*"I, \_\_\_\_\_, do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservation or purpose of evasion; and that I will well and faithfully discharge the duties of the office on which I am about to enter."*

Why would you assume that our oaths mean less to us than yours does to you? When I swore this oath, I was fully aware that I swore to uphold the sanctity of the mail and to defend such to the utmost of my ability. **Letter Carriers understand their absolute obligation to protect the mail. To assert or to assume otherwise is offensive, discriminatory, and unfair.** To disparage an entire organization on a mere supposition or presumption would be like judging an entire race or gender based on a feeling or belief. And to judge any of the above based solely on the actions of one or a few would be irresponsible in the extreme.

When Utah started allowing mail-in voting 94% of municipalities saw an increase in turnout with mail-in voting, according to the Utah League of Cities and Towns. Thus, vote-by-mail is beneficial to democracy. It allows people to vote who could otherwise not get to a physical polling location and prevents the excessively long lines that make voting impossible (or at least highly improbable) for people who have to work to support their families and can't take four hours off to stand in line.

I encourage you to support democracy, change your stance on Americans having a process that will allow more of them to vote, and stop disparaging the great letter carriers of the United States.

Your constituent,  
Michael J. Wahlquist  
-President, NALC Branch 111

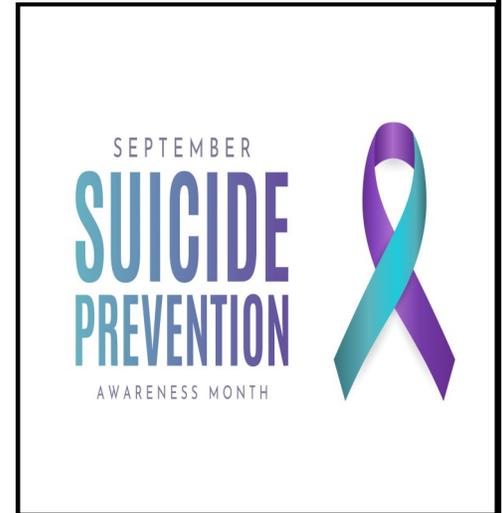
## September is Suicide Prevention Month

This is something that hits close to home for me. I've been involved in the recovery community here in Utah for many years, and I've had the opportunity to walk with people through some of the darkest moments in their lives. I've been close with people who have lost everything. Their families, their marriages, their jobs or their homes, just trying to find a reason to hang on for one more day. The truth is, sometimes they don't find it. I've lost more friends than I care to count to suicide. It never gets easier. I've also seen what's possible. I've seen people do amazing things, rebuild their lives, and not just survive but thrive. I know it can be done. I've seen it with my own eyes.

If you're struggling, please know this, **you matter. You are loved. You are not alone, even when it feels like it.**

There are resources out there, and they make a difference.

- ♦ 988- The Suicide & Crisis Lifeline is free, confidential, and available 24/7. Call or text anytime.
- ♦ EAP- Letter carriers and their families can call 1-800-EAP-4YOU for support.
- ♦ If you're reading this and struggling, you can always reach out to me personally. My number's on the back of the *Pavement Pounder*.



I'm proud to be one of the original 30 charter members of the NALC Emergency Response Team, the need was so great that we've grown to 60 members nationwide. Every single one of us would drop what we're doing to help a carrier who's struggling.

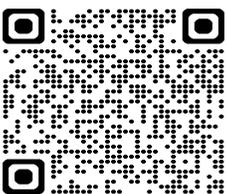
The crisis is growing. We all know that being a letter carrier is hard. It wears on you. The physical, mental, and emotional stress adds up. The numbers are alarming, there were 201 suicides reported among postal employees in FY 2023. That's up from just 47 the year before. That makes the estimated suicide rate 31.6 per 100,000 postal workers. That's more than double the national average of 14.2, according to the CDC. These aren't just stats, they're our friends, our coworkers, our brothers and sisters. This is a crisis, and we need to treat it like one.

There are real reasons why postal workers are at higher risk. Many letter carriers are veterans. A lot of us deal with chronic pain or injuries. The job can be isolating and we face constant pressure and demanding workloads. It's a lot to deal with and for some, it becomes too much. That's why we have to check in on each other.

If you are struggling, please reach out. If someone around you seems off, ask how they're doing. Really ask. Don't assume someone else will. Sometimes just being willing to listen makes all the difference. A kind word, a phone call, a little compassion, it can literally save a life.

**Let's look out for each other. That's what solidarity really means.**

In Solidarity Always,  
Mike Hansen  
Executive Vice President



**WATCH FOR THE LAUNCH OF OUR  
NEW WEBPAGE AT [BRANCH111.COM](http://BRANCH111.COM).**

## Statements

We often go to our stewards when there has been a violation or we have been treated poorly by management. More often than not, when this happens, our stewards will ask us to write a statement. **Statements are a crucial element of our case files.** Therefore, we need them to be as detailed as possible, as if you are telling someone who doesn't know you. Because most likely someone who doesn't know you is going to read it if the grievance goes up further in the process. Please remember the following when writing statements for your stewards:

- ◆ Who did what? Which member of management committed the violation? Who was around to witness said violation?
- ◆ What happened in as much detail as possible.
- ◆ When did this happen? A date and time or approximate time. Please date the statement when it was written as well and sign it.
- ◆ Where did this happen? (e.g, workroom floor, manager's office, on the street at a certain address, etc)
- ◆ Why did this happen, or what triggered this event, to the best of your knowledge?
- ◆ Tell the sequence of events like a story.

Detailed and effective statements will greatly help our grievances and paint a clear picture to the stewards, DRT, and Arbitrators.

In Solidarity,  
Destiney Carrillo  
Vice President  
Branch 111

### Health Benefits

Jimmy Kerekes

Our National Health Plan Director mentioned in the last newsletter that since 1975 health benefit representatives like myself have received training every two years. That's 50 years. It's also been 75 years since the start of the Health Plan. The history of it is interesting. Take time and read it. The NALC has a great history too.

It's a proud knowledge to see what predecessors established for us. They are pioneers of their time and situations. They have laid a great foundation. We are now in our time and need to help make it better so future people can stand on a firm foundation. As far as I know the union and the health plan have always moved forward. There have been bumps along the way.

We are fortunate to have the benefits we are able to receive. For example, we have 7 health plans available to choose from. Many places may only have one or two.

I'm coming upon 50 years of union membership soon. There have been many great things during those times. I've received help from co-workers and others. It's helpful sometimes to share our burdens, we all have some. It's good to have the activities we hold throughout the year. May we find ways to have the good outweigh the

other. Opposition is in all things, that's the way it is. The good and the other are learning processes.

Not much health information to report. But Silver Script members, you can submit for your \$600.00 reimbursement. Maybe some extra cash for upcoming Holidays.

Also, at the union meeting, I mentioned Network hospitals and doctors sign contracts for network participation. Those contracts may only be good for one or two years. You may want to check with your providers twice a year to make sure they are still in the network. Those contracts can expire anytime during the year, depending on when they sign and renew.

New 2026 coverage information will be coming soon. Hopefully I'll have good news. It's sad that they are probably raising Medicare Part B premiums again. Probably in the \$200 plus range. Our COLA increase probably won't help offset that very much.

Hope to see you in the upcoming activities.

P.S. Our local Br.111 is 133 years old. Established in 1892.

**NALC BRANCH 111**  
**Minutes of the Regular Union Meeting**  
**August 14, 2025**

**Convened** at 6:35 pm

The meeting was also broadcast over Zoom for those unable to attend in person.

**Conducting:** Mike Wahlquist, President

**Pledge of Allegiance** conducted by Mike Galvan

**Roll Call** by Steve McNees

**Minutes** of the July 2025 union meeting were posted.

With no objection the minutes will be filed for future reference.

**Reading of the Communications** by Steve McNees

• Formal Endorsements for Murray City Council were sent to Dale Cox (Dist. 2) and Ben Peck (Dist. 3) • Received a thank-you card from Ben Peck for endorsing him for the office of Murray City Council District 2 • Stormy Blood was given notice that she has been removed from administrative duties as Shop Steward in branch 111. She retains the title of Shop Steward. • PTR route 88004 (Main Office) was scheduled for reversion, but management changed their mind and it will be posted.

• Retirement applications have transitioned to OPM's Online Retirement Application. They will only accept applications online effective July 15, 2025. • President Renfro sent notice that it is a violation of our Constitution and MBA to take any action or make any statement whose purpose is to undermine the MBA or encourage a rival to the MBA. Such as advertise or speak in meetings. • President Renfro responded to a branch having a policy that exempts dues payments while on OWCP. Article 7, Section 3(b) CGSFB does allow this.

**Application for Membership** by Mike Wahlquist

• Antone Neilson, Stephanie Hepner

**Guest Speaker**, Rachel Lewis is running for South Jordan City Council. She is against HR276. She worked for Workman's Compensation. She agrees with our need for a place to park with new construction. She agreed a new ordinance should provide us with reserved parking.

**LETTER CARRIER POLITICAL FUND** (LCPF) by Josh Thibodeau – not present

**MDA COORDINATOR** by Nathan Chester

• Was a great night at the Bowling Night with many sponsors from active and retired members. \$3,600+ was raised for MDA. Total so far this year is \$6,600. • Next is raffles at the Steak Fry and Poker Night.

**DIRECTOR OF VETERAN AFFAIRS** by Jimmy Fleming

• The VA has terminated the union contract for most bargaining unit employees. • Any veterans going to a medical appointment, now have the VA Health and Benefits Mobile App that will calculate the distance for your travel and let you know if you qualify for the mileage reimbursement.

**LEGISLATIVE** by Chad Mortensen

Met a candidate who will be running against Blake Moore in District 4. He said it is just a republican democracy.

We need someone to represent everyone, not just a single

party. • Erika Carlson is running for SL Dist 5. • No place to park is only one of the issues we need to push. Most of the new construction is door to door delivery. We need to ensure our ability to deliver the mail.

**TRUSTEES** by Chad Mortensen

• They met Tuesday and got caught up with everything. All warrants were turned in. Some warrants twice.

**COMPENSATION** by Bob Jewell

About 5 at the meeting are registered with OWCP through ECOMP. It is not a question of if you will get hurt, but when you are going to get hurt. You will want COP and bills paid if you get hurt. • If you register you can complete your CA-1 on your phone while you are still out on your route. • Bob can get you a CA-16 if you aren't registered and management doesn't give you one. • Carriers are filing CA-7s before their COP runs out. There are many procedures that can limit or stop benefits if not done in the right order or on time. Call Bob, he can walk you through the process.

**HEALTH BENEFITS** by Jim Kerekes

Some life insurance is free. • Medicare Advantage plan is through Aetna. • Doctors should be in the network to get more money. You need to know if the doctor you are going to is still in the network (they have short term contracts that can change if they don't renew their contract.

**ORGANIZER** by Justin Lindquist -not present

**SAFETY AND HEALTH** by Justin Lindquist –not present

**DIRECTOR OF RETIREES** by Jeff Asay

• Jason Hill retired. He was presented his retiree watch and retiree pin. • Mike Hansen will have tickets at the Steak Fry for the retirees and their one guest (both are free). There will be no retiree drawings this year. • The Retiree Dinner is at the Chuck-a-Rama in Draper on Oct 16<sup>th</sup> from 3:30-5:30pm. Come early if you can.

**THE STEAK FRY IS AT SUGARHOUSE PARK – NOT MURRAY PARK Aug 23 at 6pm.**

**TREASURER** by Mike Madsen

• July income was \$37,294. Expenses were \$43,987 for a difference of negative \$6,693. The PPR account currently has \$65,000.

**VICE PRESIDENT** by Destiney Carrillo

Steward training is next Wednesday. • July 1<sup>st</sup> the new language of Article 8 became effective. You need to check to make sure you overtime is being processed correctly.

**EXECUTIVE VICE PRESIDENT** by Mike Hansen

• Back pay should show up Aug 29<sup>th</sup>. • Mike will check the lists of people who have gone past 12 hours in the last three weeks to make sure everyone going over 12 hours is getting paid double time and a half. • Anyone who wants to help with the Steak fry setup, meet at our office Wednesday to assemble new stoves. Stewards dinner is Sept. 3<sup>rd</sup>, 7:00pm, at the Bees game in the Vista Patio above the first base side, in the new Bees stadium. Please RSVP (it is expensive) if you are going or have to change plans and are not going.

(continued next page)

August minutes (continued):

**PRESIDENT** by Mike Wahlquist

• Tony Cline: the Airport Facility lost their lease and has to move but they don't have a place yet. • They need more parking at the new building. • Sept 20<sup>th</sup> the airport employees move to the Annex. The 2 Zone will move to the Foothill Station. The buildings have to meet OSHA guidelines (grievable). • Town hall meetings will be held for employees in the three sites. • Some routes will get longer while some may get shorter because of new travel times. • The Steak fry was getting better meat in the last couple years (no longer exists), a new place will be used this year. • **THE STEAK FRY IS AT SUGARHOUSE PARK** on Aug 23<sup>rd</sup>. Enter off of 21<sup>st</sup> South then drive to the east side of the park. \$12/person (plus one adult guest). • A Steward was removed from their administrative representational duties (still the steward). Mike explained the rules and process for appeals.

**SPECIAL ORDERS:** No new orders.

**UNFINISHED BUSINESS:**

• A motion to move the Branch Pool Party to Sundays was postponed last month. It was reported today that the Murray Park Pool is closed on Sundays. No action was taken.

**NEW BUSINESS:** No new business

**GOOD OF THE ASSOCIATION:** none

A motion to endorse Rachel Lewis for the South Jordan City Council was made and passed.

**IMPROVEMENT OF THE ASSOCIATION:** none:

**DRAW AND ADJOURN:** 7:46pm

- \$50 DRAWING WINNERS: Spencer Heinz, Connor Lawrence
- RETIREES – \$25 (Lavon Christensen was not present). Next month it will be \$50.
- PROGRESSIVE A - \$25 (Kim Jensen was not present). Next Meeting it will be \$50.
- PROGRESSIVE B - \$175 (Brad Cook was not present). Next Meeting it will be \$200

**NALC BRANCH 111**

**Minutes of the Regular Union Meeting  
September 11, 2025**

**Convened** at 6:38 pm

The meeting was also broadcast over Zoom for those unable to attend in person.

**Conducting:** Mike Wahlquist, President

**Pledge of Allegiance** conducted by Mike Galvan

**Roll Call** by Steve McNees

**Minutes** of the July union meeting were posted. With no objection the minutes will be filed for future reference.

**Reading of the Communications** by Steve McNees

• Effective 9/20/2025 the carriers in the following 2 zones will be moved: 1) SLC-Airport Station will be temporarily moved to the SLC-Downtown Annex at 1795 W 2100 So. 2) The SLC-Downtown Zone 84102 will be permanently moved to the SLC-Foothill Station at 2255 Sunny-side Ave. • All non-scheduled days and start times will remain the same. Form 50s will all be updated. • We now have a Sales Tax Exemption Certificate. • We received the appeal of Stormy Blood regarding the removal of steward duties. The entire appeal was read.

**Application for Membership** by Mike Hansen

• Jacob Manchego, Aspyn Brown, Robin Hartung, B Paterson, Sydney Pazdalski, Lydia Vega, Vaughn O'Daniel, Noah Fehlberg, Jared Willis, Terry Smith, Will Holmes, Samuel Scherzinger, Brian Fortie, Meyrali Madadov, Emily Turnbough, Arthur Collard, Meghan Simon, Mari-cela Escobedo, Terri Capurro, Austin Anderson, Ethan Nielsen, Michael Pacheco, Bryce Brown

• **Guest Speaker**, Peter Crosby. He is running in House

District 1, against Blake Moore. His and his wife's families served in the military. He believes we have a responsibility to serve. He worked at USU for 10 years doing research and is now in the public sector supporting education. He would like our support. He is running in support of labor. He supports Mail-In ballots because it has proven to be safe/secure. He has a web site if you want more information.

• **Guest Speaker**, Erika Carlsen. She is running to represent SLC District 5. Have you ever seen a ball game at the old Bees Stadium (most raised their hands)? She has built a Ball Park Action Team to create a community center with small businesses to support the residents there. She has a background in public affairs and an intern for AF-SCME.

**LETTER CARRIER POLITICAL FUND** (LCPF) by Josh Thibodeau – no report

**MDA COORDINATOR** by Nathan Chester

• Good turnout to the steak fry. We sold a lot of raffle tickets and made about \$1,300.

**DIRECTOR OF VETERAN AFFAIRS** by Jimmy Fleming

It is 911 today. We are in difficult times politically. If you need help, talk to someone.

**LEGISLATIVE** by Chad Mortensen

It is super busy now. He has been meeting with candidates and walking to endorse Labor candidates. • We shouldn't be deciding on who to vote for because of an "R" or a "D" in front of their name. Find out what each candidate supports. Let them know what you think is important.

(continued next page)

(September minutes continued)

Candidates really do want to know what is going on and how you feel.

**TRUSTEES** by Chad Mortensen

• They met Tuesday. All warrants were complete and paid. If you have any questions about where our money goes, there is a record of it. Ask questions if you want to know.

**COMPENSATION** by Bob Jewell

A carrier was referred to Bob but she waited too long (3 months) to contact Bob. If she had called immediately, he could have gotten her COP. She still can't work, but he helping her file a claim to get wage compensation. • We need to contact those who are not at work because of an injury to make sure they are filing proper paperwork timely. Bob's phone number is 801-244-0929.

**HEALTH BENEFITS** by Jim Kerekes

• The health benefits plan has some new packets coming out. • If you are enrolled in a USPS health plan you can change your current plan by going to opm.gov. • He will have more info on the 2026 open season soon.

• Open season may be a problem because of all of the OPM employees who were laid off by DOGE.

**ORGANIZER** by Justin Lindquist -not present

**SAFETY AND HEALTH** by Justin Lindquist –not present

**DIRECTOR OF RETIREES** by Jeff Asay

• He and Mike Wahlquest tried to deliver some Gold Cards but were not able to locate Lee Mortensen. If you have a current address or phone number, please call the office and let us know. • The Retirees dinner is Oct. 16<sup>th</sup> 3:30-5:30 at the Chuck-a-Rama in Draper. One member and a guest are free. It will be the only place this year that retiree prizes will be given out (cash). • Open season (active or retired), if you are thinking of making a change to your health plan, you should check now to make sure that you have an active login for OPM (opm.gov). If you can't get online with OPM you can still file a form 2809. Call Jeff if you need help. • If you live near a retiree that may not drive in the dark, maybe you could offer them a ride to union meeting.

**TREASURER** by Mike Madsen

• PPR money has been used for the last 3 years to pay for training. It may be coming to an end. Since it started, we have brought in about \$181,000. We've spent about \$115,000 with \$62,269 left. • August income: \$31,924, expenses: \$30,281, net income: \$1,642

**VICE PRESIDENT** by Destiney Carrillo

• The Steward Dinner was on Sept. 3<sup>rd</sup> at the new Bee's Ball Park (good game). Steward of the Year went to Mike Galvan, with runner ups Connor Lawrence and Donovan Mamo. • No Steward Training this month. • There will be training on Sept. 24<sup>th</sup>, on Zoom only, at 630-800pm. The subject will be "writing statements". Anyone who is interested can participate (not just stewards).

**EXECUTIVE VICE PRESIDENT** by Mike Hansen – no report

**PRESIDENT** by Mike Wahlquist

• First time in 24 years we have had an appeal submitted. Art 11 of the constitution, appeals procedure, was read. A response to the appeal will be sent to National.

**SPECIAL ORDERS:**

• Nominations for delegates to national convention will remain open through the December meeting. Nominees were: Jimmy Kerekes, Aaron Johnson, Spencer Heinz, Donovan Mamo, Michael Galvan, Chad Mortensen, Adam Tobler, April Pettley, Stormy Blood, Trey Terry, Elisha Satini, Connor Lawrence, Kortney Chatterton, Isaias Ahumada-Velazquez, Trevicas Hom, Keith Warner, Mike Simonsen, Gillian Morris, Fernando Palafox, Gareth Davies, Troy Scherzinger, Destiney Carrillo, Jay Reupena, Tracey Uresk, John Mister, Amie Gallow, Josh Thibodeau, Nat Chester, Mike Hansen, Brock Lister, Corbyn Alvey (accept?), Levi Andrus, Brent Console

**UNFINISHED BUSINESS:** none

**NEW BUSINESS:** none

**GOOD OF THE ASSOCIATION:** • A motion was made to send Mike Lee a letter correcting his improper and offensive opinion that we may be corruptible in our delivery of ballots. The motion passed. • A motion was made to endorse Erika Carlsen for Representative of SLC District 5. The motion passed. • A motion was made to cancel the November branch meeting due to a regional assembly and near to Veterans Day. The motion passed.

**FOR THE IMPROVEMENT OF THE SERVICE:** none:

**DRAW AND ADJOURN:** 8:18 pm

• **\$50 DRAWING WINNERS:** Donovan Mamo, Kim Mortensen

• **RETIREES – \$50** (Kathy Taylor was not present). Next month it will be \$75.

• **PROGRESSIVE A - \$50** (Hollister Hong was not present). Next Meeting it will be \$75.

• **PROGRESSIVE B - \$200** (Mitchell Burnside was not present). Next Meeting it will be \$225

National Association of  
Letter Carriers  
2261 South Redwood Road,  
Suite 14  
Salt Lake City, Utah 84119

Non-Profit  
U.S. Postage Paid  
Salt Lake City,  
UT  
Permit No. 1981

MDA

BRANCH 111 DONATED

\$5,025 for Quarter 3

Our activities were Bowling Night and Steak Fry Raffles

Thanks for your support and generous donations!



Congratulations to  
the following:  
Steward of the Year-  
Michael Galvan  
Runners-up:  
Connor Lawrence  
and Donovan Mamo  
Thanks for your dedi-  
cation and hard work!



**Branch 111 Officers**

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Mike Wahlquist  
385-216-0476

**Executive Vice-President**

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801-628-1848

**Vice-President**

Destiney Carrillo  
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Mike Madsen

**Secretary**

Steve McNees

**Sergeant-at-Arms**

Mike Simonsen

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Kirk McLaughlin  
Kortnie Chatterton