



WAKE UP!

President/ Editor
Daniel P. Wheeler

Publisher

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Acton , Amesbury , Andover , Bedford , Beverly, Billerica , Burlington , Chelmsford , Concord , Danvers, Dracut , Gloucester, Haverhill, Holliston, Ipswich, Lawrence, Lowell, Lynnfield, Manchester, Marblehead, Maynard, Merrimac, Newburyport, North Chelmsford, North Reading , Peabody, Reading, Rockport, Salem , South Hamilton, Sudbury , Tewksbury , Topsfield, Wakefield , Wayland , Wilmington , Winchester



Branch 25 President Emeritus, David J. Barbuzzi 1963-2025

President's Message

Many readers of the *Wake Up!* are already aware of the passing of Branch 25 President Emeritus Dave Barbuzzi. Dave passed away on June 16, 2025, at the age of 61. A few people have written about some of the details of Dave's career and life in their columns this month, so I won't go into those details here. Dave's dedication to the city letter carrier was unwavering throughout his career, regardless of the position he held. First to his fellow Burlington Brothers and Sisters as a shop steward in Burlington, then to the members of Branch 25 in the various roles he served in as a branch officer, including his 12 years as president, and finally to the members of Regions 11 and 14 as the Regional Workers' Compensation Assistant (RWCA) for the last few years.

Dave was one of the most determined Union advocates that I have ever known. His determination was perhaps most evident in his work as an arbitration advocate. Dave took all his roles with the NALC seriously, and if I'm being honest, sometimes too seriously; however, that dogged determination was truly on display as an arbitration advocate. For those who may not be aware, the arbitration procedure is the final step in the grievance process—the final stop on the grievance train. An arbitration hearing is essentially like a court trial that you would see in the movies; however, it's conducted in front of an arbitrator instead of a judge, and it's not a formal legal proceeding, but rather one that involves our contract.

I have met and worked with many great arbitration advocates for the NALC throughout my career. I have never met one who took on the responsibility as seriously or thoroughly as Dave did. Each case was personal to Dave. Arbitration cases are as varied as the issues and people involved in those cases. Some are good, while others are not so good. Some are straightforward, while others are anything but. Dave put all he had into each and every case. They were personal to him. He expected to win every time for the NALC and the members. He took it to heart when he didn't. Every arbitration advocate knows that there are many factors that go into a hearing. The fact of the matter is that sometimes it comes down to the arbitrator's feelings, and no amount of preparation or work can change the outcome. I know for a fact that he still carried the ones he didn't win, losses that were no reflection on his work, with him.

I have worked with Dave on several arbitrations over the years, either as a Technical Advisor (TA) or as a witness. No one I have ever seen was as prepared as Dave was going into the hearing. No one took the responsibility of the duty he was charged with as an advocate as seriously as he did. As an advocate, many times the case we are assigned is that of a removal. The Postal Service has terminated someone's employment, and whether or not they regain their job depends on the outcome of the hearing. I can genuinely say that if I were up for a removal, there was no one whom I would trust more with my job on the line than Dave.

Dave carried this work ethic over to his role as RWCA. Workers' Compensation can be a highly complex process. When dealing with the Postal Service and the Department of Labor, it's like navigating double the bureaucratic red tape. Some of these cases can have files thousands of pages long and take years to be adjudicated. Much like an arbitration hearing for a removal has the future of someone's job on the line, a Workers' Comp case deals with something even more important than a job: someone's health. Dave excelled at this job for the same reasons he excelled in arbitration. He was determined to get the best outcome for the members. He was determined to get the right outcome for the members. It wasn't over until he won.

The great Green Bay Packers coach of the 1960s, Vince Lombardi, was once asked by a reporter after a Packers loss how he felt about the loss. Coach Lombardi said, "We didn't lose. We just ran out of time." Dave fought his cancer diagnosis the same way he handled arbitration hearings or his members' comp cases. It wasn't over until he won...until they won. On June 16, when Dave finally yielded to the cancer he had fought so hard against, I like to think that he didn't die but just finally ran out of time. Rest easy Brother! You will be missed!

In Solidarity,

Dan Wheeler

Executive Vice-President's Message

There have been a lot of questions about when the back pay from our last contract will be processed. According to the NALC website, the Postal Service is still on track to process the back payment by August 29th. The current contract expires on May 22, 2026, when the negotiations process will begin again. Hopefully, the process will be much quicker this time around. The website also shares information about the recent bills going through Congress that started out eliminating some of our retirement benefits and taking back the unused portion of the money appropriated for the new Postal vehicles. On a good note, these proposals were defeated with the help of our legislative department and the Letter Carrier Political Fund, and carriers making calls to their representatives in Congress.

This is another example of how our jobs and benefits can be affected by Congress and the importance of political action. For most people, getting involved with politics is not something they are interested in, but because of the environment we are currently in, it is necessary to seek the support of our representatives. Anything is possible with a new Postmaster General and the current administration in the White House.

We had a good turnout at the last branch meeting in June, that included a cookout with burgers and hot dogs prior to the meeting. This has been a popular event for the past couple of years, a good way to kick off the summer, and I hope it continues. We always have food prior to the monthly meeting, usually pizza, but thanks to Doug Murray and James Metilinos for cooking at the June meeting, and Andy Coan for bringing the grills.

As many of you know, former Branch 25 President and long-time branch officer Dave Barbuzzi passed away in June after a tough battle with cancer. Dave was proud to represent the letter carriers of Branch 25 for well over 30 years, serving as President for over 11 years before accepting a position as a Regional Workers Comp Representative. Dave's knowledge of our contracts and arbitral history was second to none, which led him to be one of the top Arbitration Advocates in the New England Region. Dave was often assigned to cases outside of the Region by the NALC, being assigned by National Presidents Rolando and Renfroe because of his success in arbitration.

His success in the Workers Comp field was also great, helping hundreds of carriers get their claims accepted by

the Department of Labor and receiving large scheduled awards because of their injuries. Anyone who has dealt with the DOL understands how difficult this can be. Dave was instrumental in starting our branch scholarship program by running a golf tournament for many years and cooking at the pancake breakfast with the help of many other carriers and their families. Dave was respected locally and nationally and will be greatly missed.

I hope everyone has had a chance to take some time off and relax this summer. As of this writing, the parties have not come to an agreement to extend the 520 hours annual leave carryover as they have in the past few years. If this does not happen, plan accordingly to use any leave over 440 hours, so you don't lose it. There is a provision where you can buy back annual leave if you have used less than 80 sick leave. I hope to see you at the next branch meeting on September 9th. Keep your head up!

Paul Desmond

Calendar of Events

| | |
|--------------------|---|
| August 28 | 62nd Anniversary of the March on Washington |
| September 1 | Labor Day |
| September 4 | NFL Opening Night Cowboys at Eagles |
| September 9 | Regular Branch Meeting K of C Wilmington 8:00PM Food served at 7:15 PM |

| | |
|-------------------|--------------------------|
| Daniel P. Wheeler | President |
| Paul G. Desmond | Executive V.P. |
| Gilbert Paredes | Vice President |
| Joe Stearns | Secretary |
| James Metilinos | Treasurer |
| Wes Tugman | Health Benefits Rep. |
| Jeremy Provost | Safety Officer |
| Doug Murray | Sergeant At Arms |
| Dan Raske | Chairman of Trustees |
| Bruce Johnson | Trustee |
| Tony Porciello | Trustee |
| Bob Cronin | Trustee |
| Sandi Mannas | Trustee |
| Jeremy Boucher | Assistant Safety Officer |

Your “Wake-Up!” is produced in-house at the Branch 25 Union office each and every month.

PLEASE REACH US AT:

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Executive VP Paul Desmond **pgdbr25@gmail.com**

Secretary Joe Stearns **jesbr25@gmail.com**

Treasurer James Metilinos **jmetbr25@gmail.com**

 **BRANCH 25 RETIREE GRATUITY VOUCHER**

Name: _____
(as it will appear on plaque)

P.O. Retiring from: _____

Phone number: _____

Retirement date: _____

Please note: Retiree must be a member in good standing at date of retirement. Retiree has 4 months from retirement date to remit this voucher to the branch office. Please mail to: NALC Branch 25
2500 Main St, Suite 201, Tewksbury Ma, 01876



(Continued from page 13)

There are a few other small things of note:

- Employees are limited to their own home installation for weeks one through eight. They should not work in another building. This can be waived only for On-the-Job-Instructing (OJI) training. However, following the OJI, the employee should be returned to their home installation.
- Week one through four is *inclusive* of OJI training.
- These limitations for hours cannot be waived. They must be upheld.
- Carriers will receive satchels, a vest, and dog spray following the carrier academy. If these are not received, contact your steward. Our carrier academy is filled with incredible instructors, including Branch 25’s own Wesley Tugman.
- This NEERMP will be added in during the carrier academy, with information divulged to the new employees.

Again, come hang out with us in September and at our MDA event. Our Vice President Gilbert Paredes is crushing our fundraising and securing donations. Rounds of golf, wine tastings, gift cards, and more can be won. We hope to see everyone there!

If anyone is interested in a breakdown regarding the One Big Beautiful Bill Act’s “no tax on overtime” (spoiler, you’re still paying taxes on it!), get a hold of me! I’ve read the bill’s plaintext. For our top step carriers, you’d need to work 12.34 hours of regular rate overtime (1.5x) a week to qualify for maximum overtime deductions on your taxes. Happy to anyone with any questions they have.

James Metilinos

The opinions expressed in the Wake Up! are those of the authors. They do not reflect the opinions or views of Branch 25 or the National Association of Letter Carriers.

Recent Retirees



Newburyport's Ann Carter recently retired after 40 years of carrying mail. Congratulations and best of luck in your retirement!

Welcome New Members

We would like to welcome the following new members to Branch 25. Please help us in welcoming them and help them out in your stations.

| | |
|---------------------------|------------|
| Jesse Bondi | Andover |
| Jarett Yandali | Beverly |
| Kenneth Boyd | Billerica |
| Matthew Mailloux | Billerica |
| Stephan Papagno | Billerica |
| Thomas See | Billerica |
| Kyle Stephens | Concord |
| Nicholas Gamache | Dracut |
| Joshua Carnevale | Gloucester |
| Cody Lorentzen | Gloucester |
| Michael Aiello | Haverhill |
| Anishkumar Ananthkrishnan | Lawrence |
| Jeremy Corporan | Lawrence |
| Hennessy Garcia | Lawrence |
| Jesus Casanas | Lawrence |
| Starling Guerrero | Lawrence |
| Juan Urena | Lawrence |
| Ashlon Murray | Lowell |
| Jennifer Sinclair | Manchester |
| Johnny Clerisson | Marblehead |
| Robert Howard | Marblehead |
| Justin Pittman | Marblehead |
| Baez Gracia | Tewksbury |

SAVE THE DATE



Muscular
Dystrophy
Association

FUNDRAISER

SUNDAY OCTOBER 19, 2025

CORNHOLE

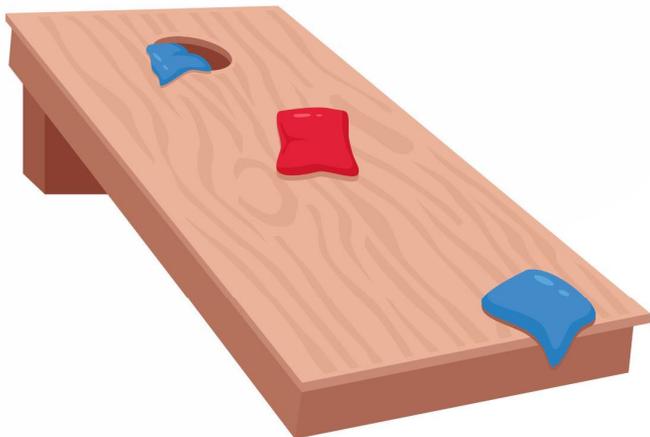
TOURNAMENT

RAFFLE PRIZES

50/50 DRAWING

Knights of Columbus

Wilmington, MA



Prioritizing children's emotional health is essential—not only for their happiness today but also for their long-term development and success. Emotional well-being in childhood lays the groundwork for strong mental health, resilience, and healthy relationships throughout life.



Nurturing *Emotional* Well-Being in Children

Key Benefits of Supporting Emotional Well-Being in Children:

- **Builds Resilience:** Helps kids manage emotions and adapt to challenges.
- **Boosts Mental Health:** Reduces the risk of issues like anxiety and depression.
- **Strengthens Relationships:** Supports better communication and stronger bonds.
- **Improves School Performance:** Emotionally healthy kids are more focused and engaged.
- **Encourages Positive Choices:** Leads to fewer risky behaviors and healthier habits.

Quick Tips for Parents and Caregivers:

- **Model Healthy Emotions:** Show how to express feelings and handle stress.
- **Promote Open Communication:** Make space for honest conversations.
- **Keep Routines:** Structure builds a sense of security.
- **Get Moving:** Physical activity lifts mood and reduces stress.
- **Limit Screens:** Encourage real-life interaction and play.

By actively supporting your child's emotional well-being, you're laying the foundation for a lifetime of resilience, confidence, and connection. Even small, everyday efforts can make a meaningful impact. For additional guidance on nurturing children's emotional health, reach out to the EAP or visit [EAP4YOU.com](https://www.eap4you.com).

The Taxman Cometh

On July 4th, the *One Big Beautiful Bill Act* was passed and implemented into law, sold on the premise of having “*a little something in there for everyone.*” Let’s be clear: this bill is a trojan horse, the bulk of the bill existing to pad the profits of billionaires and CEOs, our representatives in Washington doing good work for their true masters. While most provisions of the bill were passed with the goal of supporting our billionaire elite, our representatives at least had the foresight to throw a few morsels at the feet of the working class in this country, chief among them a provision that includes “no taxation” on overtime, probably the most important inclusion for letter carriers.

There’s been a lot of confusion and misinformation on this inclusion in the bill. I’m sure many of you, like I, have been digging around trying to clarify how this will impact us in the coming years, so let’s go through this together to understand how, exactly, we as letter carriers are going to benefit from this part of the bill. Most important to understand is the “no taxes” on our overtime will be in the form of a tax deduction; employers will still withhold taxes normally in regards to our wages. This means that when you file your taxes the following year, you will be eligible to deduct your overtime wages. Important to know is that this deduction is allowed for both those who itemize and take the standard deduction. Additionally, you will not see an impact until it is time to file your taxes, wages throughout the year looking more or less the same.

Next, there’s a limitation to what we can actually claim. The limitation is **\$12,500** annually, with an income cap of **\$150,000**. For those of us who are married these limitations are doubled. For joint filers, the deduction cap doubles to **\$25,000** and the income phase-out starts at **\$300,000** – regardless of which spouse earned the overtime. There are, however, diminishing returns for income that goes over the cap, specifically preventing \$100 claimable for every \$1,000 over the income cap that they earn. For example, an employee that earns \$151,000 would only be able to claim \$12,400 in overtime for that year.

Another important limitation to consider here is what actually constitutes “overtime.” For the purposes of the bill, “overtime” is defined by the Fair Labor Standards Act of 1938, which specifically references overtime as “*a rate of not less than one and one-half times the*

employee's regular rate of pay for all hours worked over 40 in a workweek.” This is important to know for many industries represented by unions, in that **contractual** overtime is not recognized here, and at the bare minimum the rate must be at least at a 1.5x rate of your normal wage. Considering that regular carriers are at least guaranteed 40 hours a week, most overtime worked for us should be eligible to be claimed on said tax year worked.

This does mean unfortunately that Sunday premium worked by PTFs is not eligible as it is paid out at a 1.25x rate, and if said PTF (or CCA) works over 8 hours a day multiple days a weeks, but does not work over 40 in that week, they will be unable to claim that overtime the following year. Daily overtime without 40+ weekly hours does not qualify for the deduction.

The provision in the bill begins 2025 and will end 2028 unless extended. This is important to know however, because it does mean that all quantifiable overtime worked this year so far in 2025 will be covered when filing taxes next year.

The most important limitation of the bill to consider; is that only the *premium* portion of the overtime is eligible to be claimed. For example, a step P carrier at a normal rate making \$38.97 an hour, will make \$58.46 an hour while on an overtime status. What’s important to know here is that **ONLY** the .5x rate will be eligible to be claimed as untaxed, (*e.g., the ‘half’ in ‘time-and-a-half’*) in this situation, specifically the **\$19.49** of the overtime premium.

The **\$38.97** earned while in an overtime status will be taxed as normal. This does mean that carriers further along the PayScale will see a larger benefit than, for example, a step B carrier, as definitionally they will make less while on an overtime status.

(continued on page 9)

I will leave you all with a table to better understand how “no taxes on overtime” will impact us.

| BEFORE the bill | AFTER the bill |
|---|---|
| \$100,000 gross income (\$10,000 is overtime) | \$100,000 gross income (10,000 is overtime) |
| -\$15,570 standard deduction | -\$15,750 standard deduction |
| = \$84,250 taxable income | -\$10,000 overtime |
| | = \$74,250 taxable income |
| ~\$13,614 of federal taxes | ~11,249 of federal taxes |

In this situation we see \$2,365 shaved of our federal taxes, reducing the tax burden owed, or resulting in a larger refund sent back.

THANK YOU FOR YOUR ATTENTION TO THIS MATTER

Wesley Tugman



“Remembering President Emeritus Dave Barbuzzi”

As I am sure many are aware, our brother President Emeritus Dave Barbuzzi passed away on June 16th, 2025, at the age of 61. Dave was not just a leader in our Branch, but a leader for our brothers and sisters all around the country helping carriers in Region 11 and 14 as the Regional Workers’ Compensation Assistant (RWCA). I considered Dave an important part of my career as a Union Activist.

Dave helped me tremendously when I reached out as a CCA in 2021 when I became the Alternate Steward for my office in Salem. In 2022, I remember Dave calling me one night to ask me to join the Branch 25 Executive Council as a Trustee. At the time I was pretty new to the union world, and I was not sure I was ready for something like that. Dave took the time to explain the responsibilities that would come with the position and believed that I would do great at it. Dave continued to help me and provide advice on what I should be doing to be a better Steward and Officer of Branch 25. He encouraged me to improve myself and continue expanding my knowledge to better serve our brothers and sisters in the Branch. Anytime that I would have a chance to talk to him at rap sessions, the convention or branch meetings, he would take the time to provide more insight to help me continue to grow. If not for Dave, I probably would not be where I am today as a Union Rep and Vice-President of the branch.

Dave fought for letter carriers, trained new union leaders, and never stopped doing what was best for our members. Dave cared deeply about this branch and our brothers and sisters.

We owe a lot to Dave. His leadership helped shape me and I am sure many others. His memory will live on through the work we continue to do in our Branch.

He will be deeply missed but never forgotten,

Gilbert Paredes

David J. Barbuzzi 1963-2025



David J. Barbuzzi 1963-2025



NALC Br 25

Monthly Treasurer's Report

James Metilinos, Treasurer

| | |
|---|-------------------|
| Total Beginning Balance as of April 30, 2025 | 521,506.26 |
| Check Book balance as of April 30, 2025 | 102,202.30 |

Following Report is for the months of May and June 2025

| | |
|--|------------------|
| Money taken in during May and June 2025 | 93,621.22 |
|--|------------------|

| | |
|---------------------------------|-----------|
| National Dues | 90,408.99 |
| MDA Fundraising | 214.00 |
| Dues DiCecca | 154.85 |
| Dues Bossi ** | 1,172.38 |
| Berkshire Hathway Reimbursement | 1,671.00 |

| | |
|---|------------------|
| Money spent during May and June 2025 | 64,569.97 |
|---|------------------|

| | | | |
|-----------|-----------------------------------|-----------|-----------|
| Breakdown | Time on union business | Net | 30,463.64 |
| | Mileage | | 3,343.41 |
| | Reimbursed Expenses | | 367.52 |
| | Per Diem | | |
| | Payroll Taxes and W/H Transmittal | | 14,928.36 |
| | Fed Taxes 941/43/44 | 12,276.32 | |
| | Fed Unemp 940 | 35.25 | |
| | MA Income Tax | 2,048.73 | |
| | MA Unemployment | 182.64 | |
| | MA PFML | 385.42 | |
| | Paid To Affiliates | | 1,017.00 |
| | Mass AFL-CIO | 1,017.00 | |
| | North Shore Labor | | |
| | Operating Expenses | | 14,450.04 |
| | Attendance Drawing | 200.00 | |
| | Bank Fees ** | 586.19 | |
| | Condo Fees | | |
| | Copier Lease | 998.65 | |
| | Donation | 100.00 | |
| | Hall Rent | 700.00 | |
| | Hotel | 2,778.08 | |
| | Insurance | | |
| | MDA 50/50 Raffle | 107.00 | |
| | Meetings & Functions | 543.05 | |
| | Member Supplies | | |
| | Miscellaneous | | |
| | Office Supplies | 2,369.49 | |
| | Postage | 2,448.90 | |
| | Retiree Grantee | | |
| | Scholarship | 1,000.00 | |
| | Subscriptions | 707.62 | |
| | Taxes | | |
| | Telephone | 717.99 | |
| | Training | 200.00 | |
| | Travel | 280.13 | |
| | Utilities | 262.94 | |
| | Website | 450.00 | |

| | |
|--|-------------------|
| Ending Check Book Balance as of June 30, 2025 | 131,253.55 |
|--|-------------------|

| | |
|---|-------------------|
| Total Ending Balance as of June 30, 2025 | 552,808.80 |
|---|-------------------|

| | |
|------------------|-----------|
| For Month | 31,302.54 |
|------------------|-----------|

** Bank cancelled
and reapplied
dues check.

Treasurer's Report

(Hopefully everyone is enjoying their summer; we look forward to our first meeting back on September 9th. Don't forget to mark your calendars for our Branch 25 Cornhole Tournament on October 19th! We're raising money for the Muscular Dystrophy Association, with a cash prize for our winner(s) and plenty of prizes that will be raffled off.

Two memorandums were released in July that touch on the changes to the New Employee Experience, Retention and Mentoring Program (NEERMP) as well as Article 8, *Work Hours*. I plan on keeping this article relatively short since we're publishing my treasurer's report, but I'll give some concise information for anyone who is still unsure:

Article 8, Signing Overtime Lists:

There will be two new lists. The *Daily Overtime List*, for anyone desiring to work up to twelve (12) hours on a regularly scheduled day. This does not include non-scheduled days (NS). There is now a *Non-Scheduled List*, which allows employees signing this list to work up to eight (8) hours on their non-scheduled day only. Additionally, you may opt to sign both lists, which is what our prior overtime desired list was. Note, you cannot sign the NS day list and work assignment or no list, nor daily overtime and work assignment: strictly NS and daily only. Both lists must maintain equitability, but not between the two. This means employees should be distributed fair overtime opportunities on whichever list they are on. Management is not required to balance both lists together. Lastly, an employee desiring to sign both lists will have their equitability split on NS days if they work over eight hours. For instance: you work ten hours, two of which are penalty on an NS day. Eight hours are tracked on the NS day list and two are tracked on the daily overtime list. Please, call the hall if you do not understand or are concerned overtime equitability may not be done properly in your office.

Secondly, and potentially more importantly, is the implementation of the NEERMP in the branch. This does a few things; namely, guaranteeing a day off for PTF and CCA employees, posting schedules, and limiting work hours for new employees on the rolls.

Regarding day offs, management must schedule a CCA or PTF one day off minimum per service week, excluding December. If you have a hold down, this should be the

day of the regularly scheduled route. If you do not, this is discretionary to management.

For schedules being posted, management must produce a schedule by Wednesday of the preceding service week and post it somewhere available to all employees. The schedule must include start times, what route you will carry, and anticipated day offs. It's important to note, the anticipated language is important. I've already witnessed in several installations the day off or route being changed last second. In one installation, management moved a carrier from one zip code to another without explanation or justification. M-02010 indicates this should be treated as the *exception*, not the normal. If management is changing your days off or routes, please inform your steward or contact the branch. This should not be the norm.

Lastly, hour limitations. The chart below shows the limitations for new employees.

| <i>New Em- ployees</i> | Week 1 - 4 | Week 5 - 8 | Week 9 - 11 | Week 12 |
|----------------------------|-----------------------|-----------------------|------------------------|--------------------|
| Daily | 8 | 10 | 11.5 | 11.5 |
| Weekly | 40 | 56 | 60 | 80.5 |

(continued on page 4)



NALC Member Recognition



Back in June, I had the privilege of handing out two 55-year NALC membership pins to a couple of retired Lawrence letter carriers. John Dizazzo and Louis Caredeo both started at the PO in 1966, Louis in February and John in May. Both John and Louis are veterans. John served in the Marines before starting his postal career, and Louis served in the Navy. Both carriers were part of the 1970 Postal Strike as well. John delivered in Methuen and retired in 1997. Lou delivered in North Andover and Methuen, retiring in 2004. John and Lou are lifelong friends who attended school together and worked together as mail carriers for over thirty years.

Dan Wheeler



A group of Lawrence retirees joined John and Lou to help celebrate their NALC membership. Pictured left to right in the back row are: John Bradley, Dianne McLaughlin, Cliff McLaughlin, John Dizazzo, Lou Caredeo, Denise Doyle, & Kevin Doyle. Pictured in the front row are: Jeannie Dolan and Joy Howlet



Secretary's Report

“Reflection”

As most of you know we lost Dave Barbuzzi on June 16, 2025. He lost his battle with cancer but handled it the same way he did his NALC career, with a fighting spirit. From the moment he found out about his illness he told me he would fight like hell to go on and get the most of life. There is no doubt that he did that on a daily basis. I know his goddaughter Jessica and they both would tell me about their monthly dinners they were having together. I heard of his trips he was taking with his wife Jean. Cooking with his sons and their families. His conversations with his grandchildren, who were his pride and joy. I saw Dave the week before he passed when he was in the hospital. His attitude was the same as always... just another thing to fight off.

His work with the NALC was the same as life for him, 100 percent all the way. His career in the Branch ran the gauntlet, steward, sergeant at arms, asst secretary, secretary, executive vice president and then president for 12 years. During his time with the branch, he also served other jobs for the NALC like arbitration advocate and backing up the B-team. In 2023 he was appointed as RWCA (Regional Workers' Compensation Assistant) for regions 11 and 14 and was extremely successful at his job. He helped me with a comp case and made a nightmare situation very easy to deal with. The number of people he helped and aided over the years is infinite. He also had was instrumental with the Branch 25 scholarship fund as well as the branches pancake breakfast. He was an expert omelet maker. Last year he was bestowed with the title of President Emeritus of branch 25 for his service to the branch.

Dave had many passions in his life from photography, cooking, disc jockeying and his dogs. Nothing was more important to him than his family. All my thoughts go out to his wife Jean. His son Anthony and his wife Lisa and their children Sasuke, Ryuk, and Kairi. Also, his son Dominic and his girlfriend Nicole. His love for them was second to none as well as all his family.

At last year's convention in Boston Dave opened up the convention on day 1 by leading everyone in the pledge of allegiance. He said this was a huge honor and thrill for him to do this. We were proud as a branch to get to see him do it. One night at the convention Dan

Wheeler, Tony Bossi and I were going to dinner at Rino's place in East Boston. I saw Dave during the day, and he asked if anyone had plans that night. I told him where we were going, and his eyes lit up. He told me it was one of his "food bucket list places to go". So, the picture you see in this issue is all of us outside the restaurant. We had a great time sitting around eating and shooting the breeze. Also, if you know Dave then you know going out to eat can be a challenge. Not too many places can live up to the "Dave" satisfaction qualification. I was happy to hear him say it was good, which for Dave was a high grade. We also had a branch dinner that some of his family attended as well.

I titled this article reflection for a few reasons. One is to reflect on the life and career of Dave Barbuzzi, which I only barely touched upon. Another is to hope that all who read this take a step back and reflect on their own lives. Stop for a moment and look at life and see what you have. Don't take anything for granted, enjoy and treasure every moment. Even a long life can feel short, so make those short times count. Put everything you have into those moments, and you will have great memories for you and those you love. Our memories of Dave will live a lifetime.

Lastly I sit here finishing this article on July 26, 2025. This date is also the 250th anniversary of the USPS. We are actually 1 year older than the USA. It goes to show that letter carriers have truly been representing this country literally from before its start. The job has changed how we do it, but the bottom line has not, we just keep giving our customers the best service we possibly can. We have been and I am sure always will be the most trusted agency in the federal government. This is because of the hard work and connections we make every day with those we deliver to. Happy birthday USPS but remember they wouldn't have made it here without us. I have included a picture we took at our office for our 250th anniversary.

As I always end this, if you have moved, please update your address with the branch. You can call, write, or email me at JESBR25@gmail.com. See you at the branch meeting on September 9th.

Joe Stearns

WAKE UP

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at the next meeting
September 9, 2025
K of C Wilmington
8:00 PM



Congratulations to scholarship winner Sara Davdai, daughter of Myagmajarv of Dracut,. Sara is a graduate of Stoneham High School and will be attending UMASS Amherst this fall where she will major in Public Health Monitoring and minor in Biology.