



NEWS & VIEWS

News & Views is published bi-monthly - by the Auxiliary for the Auxiliary,
3038 Cloverdale Ct, Grand Junction, CO 81506.

We are a proud member of the APWU Postal Press Association

Volume 35
Issue 7

SEPT-OCT 2019

Color editions of News and Views may be viewed on the Auxiliary Website:
www.apwuauxiliary.org



Children Past and Present

By: Trisa Mannion - President

September is the month when most children in the US are returning to school or have just returned after the Summer Break. United States laws are in place to protect the children in our nation from child labor abuse and gives them the right to an education. It has not been very long since children worked in

mines, factories, agriculture, and as peddlers for very little money and extremely long hours. Children were mangled, uneducated, and many died. Labor unions were the driving force to change the unfortunate past of this country. In the early 1900's thousands were arrested, injured, and even killed while fighting for changes, as it was considered a civil unrest. Troops were sent

in to stop the protesting and marching. We now consider it a right for children to go to school and in several states, it is illegal for them to not attend school until the age of 16. This is another thing the union families have given to our society, a basic education and the right to learn.

Does child labor abuse still occur in this country? Yes! Unfortunately, it still occurs, but not like it does in other parts of the world. We can stop participating in this abuse by purchasing only USA-Made Union-Made goods. Since most of the manufacturing is sent to countries that promote these abuses, it is difficult to find American made and or union-made items. Basically, buy union-made whenever it is possible, as an investment in our society and our children's future and to avoid being a part of the cruelty.

Some of the largest offenders of labor laws are fast food restaurants, agriculture, clothing stores, food processing, manufacturing, and religious cults. Teenagers are often worked past the legal times and hours as prescribed by the Fair Labor and Standards Act. Each state has laws to protect their children also. The website www.youthrules.gov is a good resource for information for us and our children.

As Auxiliary and APWU families, we can be proud of our history. We build this country when we band together and fight for one another. Auxiliary families are strong purposeful families who are volunteering to make this a better place to live and work for all generations.

We have a book that will help you understand the role that families play in union history and the importance of unions to the family. It is called, "Why Unions are Good for You and Your Family". Order one today by sending a check for \$5.00 to Joyce Tanguay, Secretary, 236 Westbrook Street, South Portland, ME 04106-3326. Please make checks payable to the Auxiliary to the APWU.



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Zero to Five Since 2014

By Janice Gillespie-Legislative-Aide-Editor

We are supposed to have nine appointees plus the top two positions for a total of eleven. We now have five. Still four short, but five more than we've had in previous years. I'm referring to the Board of Governors.

The United States Postal Service Board of Governors has specific duties. They control expenditures, review practices, set policies, and conduct long range planning. They handle service standards and investments. These are big deals.

The President appoints, with approval by the Senate, up to nine governors. No more than five can be of the same political party and five is needed for a quorum. The nine governors select the Postmaster General, currently Megan Brennan. Those ten choose the Deputy Postmaster General, who at this time, is Ronald Stroman. These eleven make up the board.

The term of service for the governors is seven years and no more than two terms can be served. They must have certain professional qualifications, such as, experience in public service, law, or accounting. At least four must be chosen based on their demonstrated ability in managing either private or public organizations or corporations that employ at least 50,000 employees.

The Senate recently confirmed Ron Bloom, Roman Martinez IV, and John Barger. They will join Governors David Williams and Robert Duncan who were confirmed in 2018.

So how has the Postal Service functioned without a board these last few years? Who has been making the decisions? Who has been establishing the prices and classifications? A resolution was adopted in 2014 giving the Governors rather than the full board the power to appoint and renew the Postmaster General and decide on prices and classifications. A Temporary Emergency



Committee (TEC) was formed in 2016 which was made up of just one Governor, the PMG, and the DPMG. This was to continue until the board was able to assemble a quorum. That

It will be interesting to see what changes will be made.

should be now.

It will be interesting to see what changes will be made. Will having a functioning board help the postal service turn things around financially? This is important for not only postal employees and Auxiliaries, but their families and communities. Keeping a strong union is critical for our economy. Remember the role of the board. They have a lot of power. Keep in mind, we, union members, auxiliary members, and community members can call, write, e-mail, and tweet the governors to let them know where we stand. Their decisions will effect all of us. They are supposed to be there for the betterment of the Postal Service. We need to be sure that they hear us.



COPA for a Strong Voice

By Dorlisa Elerby-District 5 Coordinator

According to the APWU website, COPA, the union's Committee on Political Action, was created to raise voluntary contributions from our union's active, retired, and Auxiliary members. These monies are used to support the campaigns of candidates for public office.



The APWU needs a strong voice in political affairs. We must support elected officials who advance our goals and help defeat those who oppose them.

Building a strong COPA fund has always been and is now more than ever a major priority for the APWU, and therefore, the Auxiliary. Tens of thousands of members have raised millions of

dollars to support candidates who stand up for working families. Money talks.

Thanks to the generous contributions of union members, Auxiliary members, and a large percentage of our retirees, legislators are aware that the American Postal Workers Union is a political force to be reckoned with.

The challenges we face are great. We must increase our COPA funds to help elect candidates who support a vibrant public Postal Service and who support the goals of working people. Every APWU member, retiree, and member of the Auxiliary to the APWU who contributes to COPA is vitally important- no matter the size of his or her contribution.

SEPTEMBER

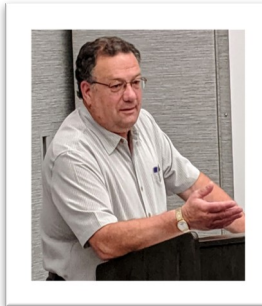


A Sure Thing

By Janice Gillespie- Legislative-Aide-Editor



I love the PPA. The Postal Press Association once again held a dynamic conference filled with classes taught by union activists, professionals, and writers. Informative general sessions and even a movie night was *on the board*. It was a *trifecta* of education, shared experiences, and unionism. Kudos to Tony Carobine, PPA President, who orchestrated the whole assemblage.



Tony Carobine teaching Legal Issues class

The PPA, created in 1964, consists of union representatives of all APWU

crafts, auxiliaries, and retirees.

They are dedicated to assisting union leaders, editors, and news contributors in perfecting their communications. It is *across the board* one of the largest and most respected labor media organizations in the United States. It is a non-partisan alliance that stays out of all internal politics and concentrates on assisting it's members in communicating with their memberships. We can take great pride in being a part of such an amazing organization. Check out their website at www.apwupostalpress.org. There you will find a plethora of information from labor history to current issues.

This year's conference was held at the Prairie Meadows Events and Conference Center, Racetrack, and Casino in Altoona Iowa. This is an all-union non-profit facility that greatly contributes to the surrounding communities. In other words, a good location for a union event. One of many well thought out details.

A total of twelve workshops were offered with two additional learning sessions covering everything that encompasses journalism and all forms of communication. Geared toward Presidents, editors, activists, and contributors to union and Auxiliary publications and websites these classes left nothing out. The instructors were labor educators from the University of Iowa Labor Center, publishers, professors, and other union

leaders. Tony found the *best of the best across the board*. I, of course, wanted to take all of the classes, but, as with everyone else, I needed to *pick six*. All of the delegates ended up with *full race cards*. The workshops were educational, interactive, fun, and insightful. I learned from every instructor and got to know some participants better and met many new friends. They are my future resources and I am theirs. The class on legal issues was eye opening. It's good to know that the PPA is always available for needed advice. The photojournalism class taught the importance of pictures and the role photos play in getting our message out. In addition to the hands on writing and editing lessons, a *favorite*, we learned how to improve our public speaking, build a better website, how to use the many areas of

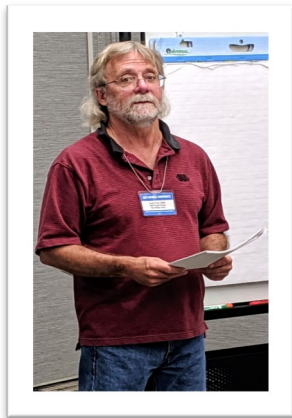
All delegates had full race cards.

digital media, and organizing to achieve public support. The Social Justice class was *neck and neck* with the class on learning from the past.

A session on privatization and what it means was informative and well received. It is imperative that we understand the ramifications of selling off the "people's Postal Service" to "for profit" corporations and how it would adversely effect virtually everyone. The more knowledge we have the better we are able to educate the public. The Op-Ed class helped us to see the benefits of broadening our scope to include major media channels. We can reach a larger audience with the use of opinion-editorials and letters to the editors. Presented by the Institute for Policy Studies, this course gave us tips to combine our own experiences with facts in order to write more compelling articles.

Movie night was a *sure win* with the documentary film "Fahrenheit 11/9" by Michael Moore. A discussion afterwards concerning the show's subject matter rounded out

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Award Winners: 2019

By Arline Holmes-District 6 Coordinator

A Bridgebuilder is a person who has been an asset to the APWU and Auxiliary. They recognize where they are needed, what needs to be done, and then proceed to get the job done. They have gone above and beyond for the good of the organization. We want to congratulate our award winners for their achievements, for going the extra mile, and extending themselves beyond expectations...for taking on the task when they did not have to. There is a Bridgebuilder working hard near you, don't forget to nominate them for 2020 no later than December 31, 2019. We thank and congratulate our current and past winners.

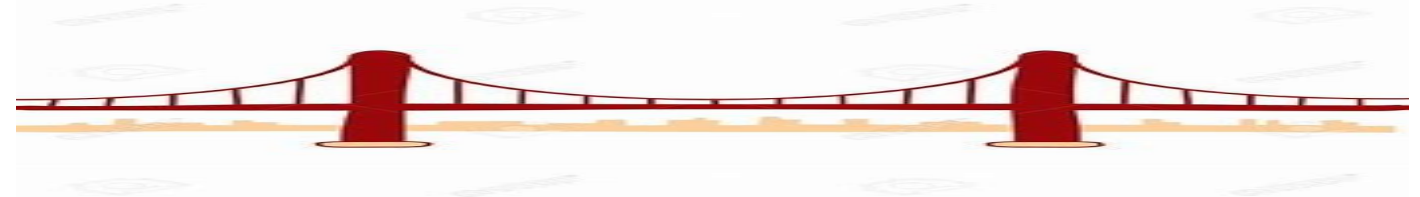
- ◆ Renee Breeden-Arizona
- ◆ Carolyn Denton-California
- ◆ Clara Hill-Tennessee
- ◆ Kathy Danek-Nebraska
- ◆ Julio Carios-Colorado
- ◆ Valarie Stone-Oregon
- ◆ John Wald-Washington



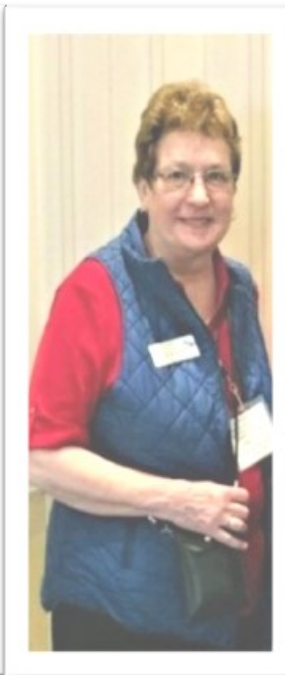
- ◆ Russ Franklin-Utah
- ◆ Mark Graham Ohio
- ◆ Patricia Lewis-Virginia
- ◆ Renee Brown-Indiana
- ◆ Lance Coles-Iowa
- ◆ James "Woody" Correll-Idaho
- ◆ Sharon Collin-Maine



There is a future Bridgebuilder working hard near you.



Renee Brown - Indiana



Sharon Collin-Maine



Lance Coles-Iowa



Mark Graham - Ohio

Opening Day September 4th

By: Janice Gillespie-Legislative Aide Editor

A panel has been selected. Interest arbitration hearings will begin on September 4th. The law requires three arbitrators to be chosen when the USPS and the APWU are unable to reach a new collective bargaining agreement. Management chooses one, the union chooses one, and the third is a neutral arbitrator agreed upon by both sides. This impartial member, Stephen B. Goldberg, is the panel chair. He has decided many national disputes between the USPS and the APWU. Phillip Tabbita, Manager of Negotiation Support and Special Projects, is the APWU appointee. He has extensive experience with contract negotiations since the early 1980's. The Postal Service has chosen Robert Dufek, a management attorney, who has been managements choice in interest arbitrations for decades.



So, what is everyone asking for? The union is demanding fair and retroactive wage increases and cost-of-living allowances, closing the gap of the multi-tier wage system, protections against layoffs, more career jobs, less sub-contracting, less excessing, and more PTF rights. This is, of course, for all of us. We need postal jobs to be solid good wage and benefits earning employment for our families and our communities. If our jobs and union remain strong that helps to strengthen our economy and collective bargaining as a whole.

Management basically wants to eliminate all of the above mentioned.

These hearings can take several months. We can all be very thankful that we have a strong union fighting for what is right.



The Nilan Scholarship



By Rebecca Kingsley-District 2 Coordinator

Scholarships are coveted and sought out by those in high school and college. There are many to choose from for those who are willing to seek them out. Scholarships for adult learners are harder to come by. Even so, there were no applications submitted for the 2019 Nilan Scholarships. The next Scholarship for \$500 will open up after January 1. The essay topic will remain the same "How Will Continuing Education Help you with Assisting the Union?" This is a good opportunity for adults who want to continue their studies. So, if this offer

This is a Good Opportunity!

isn't for you, spread the word. All applicants should be an Auxiliary member in good standing for a minimum of one year. Essays shall be double spaced, typed and between 175 to 200 words. They need to be post-marked after 1/1/2020 and no later then 7/1/2020. Mail to : Nilan Scholarship, C/O Rebecca Kingsley, P.O. Box 93686, City of Industry, CA 91715-3686. For further information please contact Rebecca Kingsley, Chairperson or your District Coordinator.

Cont. from page 3

the evening. A fun photography contest invited participation with a "photo finish" It was great seeing everyone's entries on the big screen. The winners received a framed copy of their work. The closer on the home stretch was an awards banquet that recognized those who had submitted outstanding articles, photos, and/or cartoons. Our very own Michelle Hewett won first place for the Best Non-Postal Labor Story. You can find her article in the St. Charles Auxiliary spirit. Honorable Mention for overall Excellence as the Editor of the Auxiliary Spirit went to Mary Lee Brennan. Winning an award from the PPA is quite an honor.

This biennial conference is *right on the money* for all new and veteran unionists and Auxiliary members. Presidents should seriously consider attending the next one in 2021 along with their editors and as many delegates as possible. Give your union and auxiliary a *leg up* in communications. Everyone will benefit. Tony always puts on a conference that is a *sure thing*.



2019 PPA Award Winners

Ask John? *About the Health Plan*

John Marcotte - Health Plan Director

Are You an ‘Extreme Early Bird’?

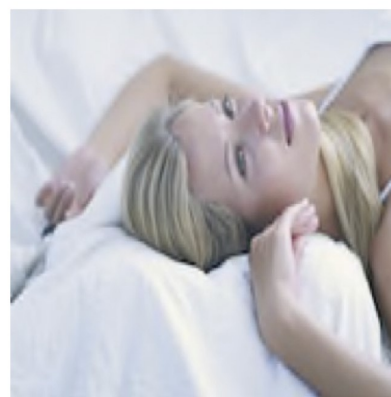
Early to bed and early to rise? In its extreme form, this tendency is more common than previously believed, according to a new study. Going to sleep at 8 p.m. and waking up as early as 4 a.m. is called advanced sleep phase. It was believed to be rare, but this study concluded that it might affect at least one in 300 adults.

In advanced sleep phase, your body clock (circadian rhythm) is on a schedule hours earlier than most other people's. You have premature release of the sleep hormone melatonin and shift in body temperature. Advanced sleepers also wake more easily than others and are satisfied with an average of five-to-10 minutes extra sleep on nonworking days, compared with the 30-to-38 minutes more sleep that other people would take advantage of, according to study senior author Dr. Louis Ptacek. He's a professor of neurology at the University of California, San Francisco.

Advanced sleep is not the same as early rising that develops with normal aging, or the waking in the early hours linked to depression. "While most people struggle with getting out of bed at 4 or 5 a.m., people with advanced sleep phase wake up naturally at this time, rested and ready to take on the day," Ptacek said in a university news release. "These extreme early birds tend to function well in the daytime but may have trouble staying awake for social commitments in the evening," he added.

In order to determine the prevalence of advanced sleepers, the researchers analyzed data from more than 2,400 patients

at a sleep disorder clinic. Of those, 0.03% was determined to be advanced sleepers. This is a conservative estimate, the study authors explained, because it did not include patients who didn't want to participate in the study or advanced sleepers who had no need to attend a sleep clinic. The researchers also said that all of the advanced sleepers in the study reported at least one close relative with the same early sleep-wake schedule. "We hope the results of this study will not only raise awareness of advanced sleep phase and familial advanced sleep phase, but also help identify the circadian clock genes and any medical conditions that they may influence," Ptacek said.



MORE INFORMATION: The report was published Aug. 6 in the journal *Sleep*. The American Sleep Association has more on advanced sleep phase. -- Robert Preidt

SOURCE: University of California, San Francisco, news release, Aug. 6, 2019
FRIDAY, Aug. 16, 2019 (HealthDay News)
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Trading Humans



By Karen Wolver-District 3 Coordinator

The definition of trafficking is to deal or trade in something illegal. Trafficking humans is trading people for the soul purpose of forcing them into work or sex slavery for the benefit of the trafficker. It's hard to believe that this practice is still occurring in this day and age, but it does.

I had the privilege to attend a human trafficking workshop last month and I want to pass along some information to you regarding what to look for and how you can help. Pay attention in public restrooms, places of business such as nail salons or car washes, airports, bus and/or train stations, waiting rooms, and parks. Virtually anywhere there are people. Yes, here in the United States.

Try to be watchful of someone who looks in distress, but who refuses to accept assistance, looks fearful, timid, and unable to make eye contact. People who have lost all sense of time and are physically exhausted. Some victims may have unusual scars, brands, or tattoos. Some will show signs of drug or alcohol addiction. They may not be allowed to speak for themselves, are

transported to and from work or lives and works in the same place. Are there signs of physical or sexual abuse, neglect, malnutrition, or dehydration? Do they seem to have a coached story as if they are lying about their age and situation or are unable to articulate their home or destination address?

If you get to know this person personally, you could ask some of the following questions: Do you have your ID/passport? Who has it? What kind of work do you do? Are you being paid? Can you leave if you want? Where do you sleep and eat? Have you contacted your family recently? Do you have to ask permission to eat, sleep, or go to the bathroom? What would happen if you didn't do what you were told to do?

If you feel the only way to help someone is to call 911, do so. Otherwise contact the National Human Trafficking Hotline at 1-888-373-7888 or text INFO to BeFree (233733). For more information, contact the Attorney General's Office in your home state and ask for the Crime Division. They will be able to help you and provide you with information you need.

Mark Your Calendars

All Craft Conference Las Vegas Nevada

Please join us in our support of the APWU

Oct 25-31

Bally's

3645 S Las Vegas Blvd
Las Vegas Nevada 89109

Oct 29

Special Class

*Successful Organizing Practices and
Officer's Training*

APWU Health Plan Conference Portland Oregon

Oct 26-29

The Bensen
309 SW Broadway
Portland Oregon 97205

Help us support the
APWU Health Plan

**If you can attend either event please
contact President Trisa Mannion at
(970) 245-3912**



How would you like to zip line without leaving home?

Our next scheduled Zip Line Meeting
WHEN: Oct. 1 2019

TIME: 8:00 Eastern Standard Time

This is the perfect way to become more involved in your

APWU AUXILIARY

and you get to cross zip lining off your bucket list.

Join from PC, Mac, Linux, iOS or Android:

<https://zoom.us/j/368309307>

Or iPhone one-tap : US: [+16699006833](tel:+16699006833),368309307# or
[+1646588656](tel:+1646588656),368309307#

Or Telephone: Dial (for higher quality, dial a number based on your current location):

US: [+1 669 900 6833](tel:+16699006833) or [+1 646 558 8656](tel:+16465588656)

Meeting ID: 368 309 307

2018-2020 Human Relations Project

By: Karen Wolver-Human Relations Chair

We make a living by what we get, but we make a life by what we give.” ~ Winston Churchill

A new Fisher House in Omaha, NE is underway, making it the 85th house in the US and Europe!

Officials believe the Fisher House



will serve hundreds of veterans' families from across Nebraska and Western Iowa on a yearly basis. That is a particularly important benefit for the region's rural veterans and their families, who often have had to face increased financial burdens due to the distances they have to travel to receive care from the Omaha VA hospital. U.S. Senator Deb Fischer said this fact alone makes the Fisher House a much-needed addition to the Omaha VA campus. She lauded the efforts of the many individuals

involved in making what was once a dream a reality.

For four Wednesdays this summer, crowds gathered at Veridian Credit Union's branch on West Maple in Omaha for free hotdogs. For each person through the line, Veridian donated \$1.03 to Fisher House Foundation-an amount that corresponded with KXKT's dial position, 103.7, which came up with the idea and supported the efforts on air throughout the fundraiser. What a great idea! Maybe it's something we as a group can build on and raise more money ourselves for them!

Please keep me posted on all you have been doing and send me pictures.

A special thanks goes out to Anna Braun for keeping the Auxiliary Facebook page up to date with all of the new houses being built in the states! We really appreciate all you do!



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Loud and Clear



A call to action generated over 5,000 calls to representatives in Washington, DC. Every one of the 435 Representatives in the House were contacted. Postal workers, auxiliary members, and community supporters from all over the country stepped up. All of us urging the same thing. We need our representatives to co-sponsor the USPS Fairness Act (H.R. 2382). This would put an end to the prefunding mandate for retiree health care and help put the postal service on the road to sustainability. So far, 207 Representatives have signed on to support this bill. Well done! Together we are strong. Together our voices are loud and clear.