



# NEWS & VIEWS

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## JULY-AUGUST 2019

Color editions of News and Views may be viewed on the Auxiliary Website:  
[www.apwuauxiliary.org](http://www.apwuauxiliary.org)

## Summer is the Perfect Time to Organize Auxiliaries

By: Trisa Mannion - President

This is the perfect time of year to hold a Child Labor Seminar for children. The Auxiliary has an entire program with materials to assist in the effort. We have done projects such as: Yummy Pizza, Cords and Ties, Cookies, and Birdhouses. These and many other activities teach children about their basic rights as well as the fundamentals of human rights and worker's rights. They learn the difference between doing chores and being forced to work in unfair and unsafe conditions. These programs are a great refresher for adults that participate too.

Many locals have picnics for the union family so this is a good time to meet prospective Auxiliary members and invite them to your next meeting. The best invitation is a personal one followed by a reminder or an offer to provide transportation to the meeting, so they do not have to walk into the meeting alone.

Many of the congressional representatives are home for the Summer and/or conducting local "meet and greets". This is a perfect time to approach them with the issues currently facing postal families. It is also a great activity to share with your children or grandchildren to learn about civics.

This is also a good time to set goals for the upcoming term of office since a lot of terms begin in the Spring months. Take a few minutes and make a calendar for the meeting schedule. Create your plans to raise funds for human relations projects, such as, Fisher House. Get commitments and build excitement for the best ways to help veteran's families or a local project.

Have any of your members passed away this year? Send in the form for our Book of Memories. Do you have an outstanding member that should be honored as a Bridge Builder? Now is the time to nominate them.

This is a good time to send dues notices to the members that have not paid their dues this year. It is also a good time to review your method for increasing active membership. The national organization has workshops that we will share to help you build your membership.

Remember to attend the Zipline meeting August 6 at 8 pm EDT. See you there! <https://zoom.us/j/368309307>

A special thank you to Anna Braun, Illinois President for inspiring me this month.

Make sure you have done something to make this a better world this week too. We want to leave this world better than we received it. Last thing, enjoy life because no new day is guaranteed.



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# She Was There

Janice Gillespie-Legislative Aide Editor



Just after midnight on March 18<sup>th</sup> 1970 over 200,000 postal workers in 100 US cities went on strike. Wayne Poland, a member of the United Federation of Postal Clerks, in Maine was one of them. I talked to his wife, Doris, who received his call that first night. She was told to take their three young children and go to her mom's. This was for their safety as no one knew just what was going to happen. This wild cat strike began when the NALC voted to walk out. The strikers were outraged that the Members of Congress gave themselves a 41% pay increase while giving postal employees, who were already at the low end of the national wage scale, a measly 4% raise. Most postal workers were eligible for welfare. Americans who had once taken their mail delivery for granted were now anxiously awaiting an end to the strike. Their letters, bills, checks, passports, legal documents, even draft notices were in limbo. President Nixon called out 24,000 military personnel to New York, but they were untrained and therefore ineffective. As many as half of the National Guard were also postal employees and refused to do the work. This walkout, one of the largest ever against the Federal government, shut down New York's financial industry and disrupted the country's communications. Finally, two weeks into the strike, Secretary of Labor, William Usery, began negotiations that ended the strike. Postal employees gained a 6% wage increase retroactive to 1969 and an additional 8% under the Postal Reorganization Act. Striking was still prohibited, but they now could bargain collectively, instead of beg, for wages, benefits, and working conditions and achieved a binding arbitration process for resolving contract disputes. After the strike, five postal unions joined

together to form one union, the American Postal Workers Union. Each of the previous unions had their own auxiliary and those members joined together to make a stronger organization which was the legislative arm of the APWU. The Hatch Act was more prohibitive at that time so the Auxiliary was needed to do all of the fighting in Congress. They made the phone calls, sent the letters, visited members of Congress. They fought passionately for postal workers.



As for Wayne and Doris. Wayne was a member first of the United Federation of Postal Workers then the APWU for fifty-three years. Doris went on to become the President of the National Auxiliary from 2002 until 2012.

Postal employees everywhere owe their livelihood to all of these brave unionists and auxiliary members.



# Recognizing Auxiliary Members



**Bridge Builder -  
Patricia Lewis -Virginia**



**Rebecca Kingsley presenting  
Bridge Builder Award to  
Carolyn Denton - California**



**Bridge Builder -  
Clara Hill - Tennessee**



**Bridge Builder -  
Renee Breeden-Arizona**



**Congratulations to our Auxiliary  
Award recipients!**

**Gerri Parker -  
Louisville Kentucky**  
recognized at the  
Kentucky State Postal  
Workers Convention  
for her many years of  
dedicated service to  
the Auxiliary to the  
Kentucky Postal  
Workers Union.



**Rebecca Kingsley present-  
ing Bridge Builder Award  
to Russ Franklin-Utah**



**Phil Warlick accepting the  
Bridge Builder Award from  
Rebecca Kingsley for  
Mike Evans, deceased-  
California**



**L- R-- Kathy Danek, Melanie Kroeger, son  
Tomas, Rodrigo Olivares, and Bonnie and  
Gene Kroeger**

**Bonnie Kroeger - Norfolk  
Nebraska** received the  
Nebraska Kathy Danek  
Auxiliary in Action Award in  
recognition of outstanding  
dedication and organizational  
work Bonnie has done for the  
Postal Workers.

# Former National Officer Mary Lee Brennan Remembered

**By: Trisa Mannion-President**

Mary Lee Brennan's first official act was obtaining the Charter for the St Charles local Auxiliary to the UFPC in 1966. She continued in her service and held the positions of National Vice President, District 3 Coordinator from 2002-2014, Editor of the Spirit Express and Show Me Sister, State Vice President, Missouri State President, and St Charles Local President. I as well as this whole organization will miss her leadership and dedication. She served on several national committees, including the chair of the Constitution Committee.

She was a proud member of SEIU, Service Employees International Union, and a former teacher at St. Charles Borromeo and North American Martyrs schools. She donated many hours to several charities in an effort to assist those in need. In October of each year, rain or shine, she and her dear friend Lorie Davis participated in the "Old Newsboys Day" a tradition in the St. Charles area, to help raise funds for local children's charities. She delivered thousands of individual meals that she prepared at home for Meals on Wheels for many years. Mary Lee also contributed to numerous other charities throughout the year. The Down Syndrome Association of Greater St. Louis was "very close to her heart", as printed in her obituary.

She was an avid writer and loved to share her experience and wisdom. While I was sorting through her papers, I ran across files full of letters that she had written to Congressional Representatives and Senators. She also maintained a file with the responses. She protected the early history of the Auxiliary and loved to share the stories. She had an extreme knowledge of the beginning of this organization to the present day. She helped to maintain history books and photos dating back to 1929.

On a personal level, she was a dear friend to all that shared their lives with her and her family. We served on many committees together and on the national board from 2002-2014. I will miss the calls from her and her final words of "take care Kid".

Ed Brennan, Secretary/Treasurer of the PPA was her dear lifetime friend. The Brennan family still remains active with the Auxiliary. Daughters Michelle Hewett, Missouri State Secretary/Treasurer and Bridget Yurachek, St Charles Secretary/Treasurer will continue in their roles as State and Local leaders.

To the family, we thank you for sharing Mary Lee with us for so many decades. The Auxiliary to the APWU thanks you for your many years of dedicated service and friendship.

**Former National Officer Mary Lee Brennan will be Missed**

**October 28, 1939 to May 12, 2019**



## An End to Prefunding

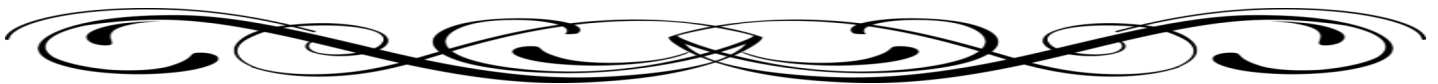
We have all heard about how unstable the Postal Service is financially. We also know that its cause is the unfair prefunding mandate of 2006. This could end with the passing of H. Res. 2382. The USPS Fairness Act introduced by Representatives Peter De Fazio (D-OR), Tom Reed (R-NY), Brian Fitzpatrick (R-PA), and Xochitl Torres Small (D-NM) fully appeals the prefunding mandate. The USPS would revert back to a pay-as-you-go system and be able to focus on investments and innovations to improve its services.

## No More Earnings Cap

H. Res. 1170 and S. Res. 478 if passed would lift the earnings cap on Social Security taxes. Under this bill all income over \$250,000 would be taxed and low-income earners would see an increase of their benefits by as much as \$1,300. Senior citizens would benefit as cost-of-living adjustments would be calculated by using the Consumer Price index for the elderly. This would more accurately reflect their spending habits. This same bill proposes benefits to students under the age of 22 who are enrolled in college full time and are survivors of disabled workers.

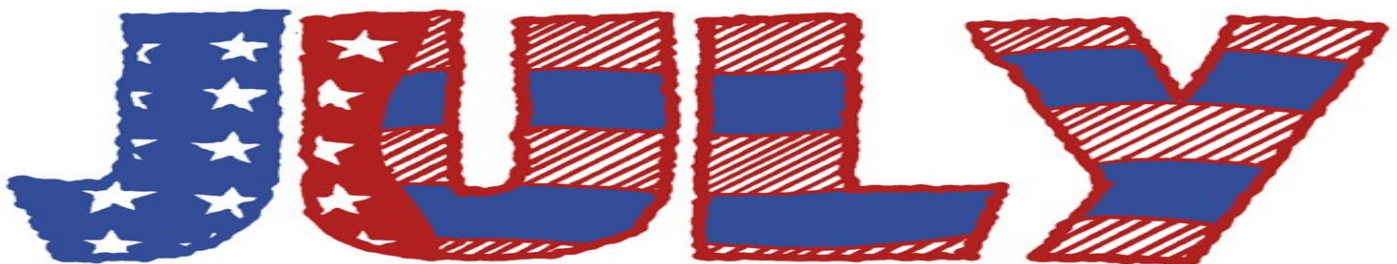
## Social Security Fairness

There are two parts to the Social Security Fairness Act. It repeals the Government Pension Offset and the Windfall Elimination provisions. Currently, the GPO reduces the Social Security benefits to spouses or widows by two-thirds if they are receiving a retirement or disability pension based on prior employment, during which they did not pay into Social Security. The WEP affects those who receive a pension from employment where they did not pay into Social Security. Those who have met the requirements for Social Security would no longer be penalized for previous employment under the Civil Service Retirement System.



## Postal Press Association

The 2019 Biennial Conference will be held August 1-3 with pre-conference sessions held on July 31. I have signed up for my third time and am looking forward to the classes. Experienced instructors teach twelve workshops throughout the four days with a couple additional sessions. They cover topics such as all avenues of communication, photography, interviewing, public speaking, legal issues, labor history, and more. Perfect for all union and auxiliary officers and members. This year's conference will be held at The Meadows Events and Conference Center in Altoona Iowa. Check their website for registration information. [www.apwupostalpress.org](http://www.apwupostalpress.org).



# The Risks of High Blood Pressure

By: John Marcotte - Health Plan Director

## High blood pressure threatens your health and quality of life

In most cases, the damage done by high blood pressure (HBP, or hypertension) takes place over time. Left undetected (or uncontrolled), high blood pressure can lead to:

**Heart attack:** High blood pressure damages arteries that can become blocked and prevent blood flow to the heart muscle.

**Stroke:** High blood pressure can cause blood vessels in the brain to clog more easily or even burst.

**Heart failure:** The increased workload from high blood pressure can cause the heart to enlarge and fail to supply blood to the body.

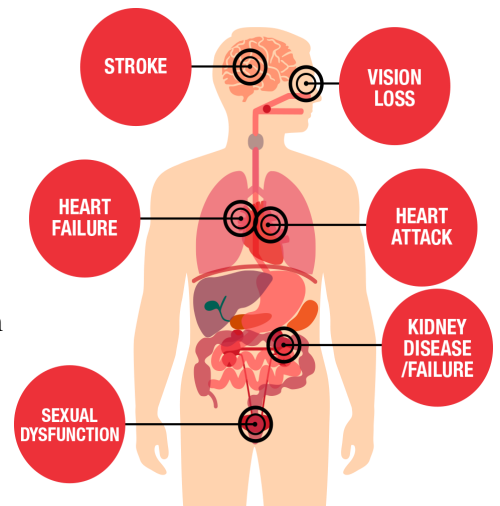
**Kidney disease or failure:** High blood pressure can damage the arteries around the kidneys and interfere with their ability to filter blood effectively.

**Vision loss:** High blood pressure can strain or damage blood vessels in the eyes.

**Sexual dysfunction:** High blood pressure can lead to erectile dysfunction in men or lower libido in women.

**Angina:** Over time, high blood pressure can lead to heart disease or microvascular disease (MVD). Angina, or chest pain, is a common symptom.

**Peripheral artery disease (PAD):** Atherosclerosis caused by high blood pressure can cause a narrowing of arteries in the legs, arms, stomach and head, causing pain or fatigue.



## Your best protection is knowledge, management and prevention

**Know your numbers:** The best way to know if you have high blood pressure is to have your blood pressure checked. Ideally, your blood pressure should be no higher than 120/80.

**Understand the symptoms and risks:** Learn what factors could make you more likely to develop high blood pressure and put you at risk for serious medical problems.

**Make changes that matter:** Take steps to reduce your risk and manage your blood pressure. Make heart-healthy lifestyle changes, take any medication as prescribed and work in partnership with your doctor.

## High blood pressure and hypertensive crisis

If your blood pressure readings suddenly exceed 180/120 mm Hg, wait five minutes and then test your blood pressure again. If your readings are still unusually high, contact your doctor immediately.

Blood Pressure	Systolic (Upper#)	Diastolic (Lower#)
Normal	Under 120	Under 80
Prehypertension	120-139	80-89
Hypertension (Stage 1)	140-159	90-99
Hypertension (Stage 2)	Above 160	Above 100
Hypertensive Crisis	Above 180	Above 110

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How would you like to zip line without leaving home?

Join Us

For our next scheduled Zip Line Meeting

WHEN: August 6 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.

(We won't tell anyone that you did it from your sofa)

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/368309307>

Or iPhone one-tap : US: [+16699006833](tel:+16699006833).,368309307# or [+16465588656](tel:+16465588656).,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



To the family of Harry Bowers who passed away  
June 19, 2019

To Ed Brennan, Michelle Hewett, Bridget  
Yurachek, and the rest of the Brennan family for the  
passing of Mary Lee Brennan and Eileen Brennan.

## 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**

I love hearing about all of the different ways we have been helping Fisher House. Gloria Adams and Harry & Sondra Bowers from North Carolina State Auxiliary have been busy collecting items for the Fisher Houses located in Ft. Bragg and Camp Lejeune. They contacted each Fisher House and asked them what their current needs were and then started collecting. Along with the much-needed items they also gave \$100.00 to each house.

If your Auxiliary has been doing activities for our 2018-2020 Human Relations Project, please be sure to share these activities and accomplishments. If you need help locating a Fisher House in your state, visit them at [www.fisherhouse.org](http://www.fisherhouse.org), or contact me. I will try my best to share photos and record your activities in future News & Views. Please be sure to “like” and visit our Facebook page which is an easy way to share your news with us quickly.

So far, we have raised over \$9,000.00 from several Local APWU offices and Auxiliaries. It is our goal to present them with a large check during our 2020 National Convention. We prefer all monies be sent to Bonnie Sevre (National Auxiliary Treasurer) to help us reach our goal of \$20,000.00. Just make the check payable to Auxiliary to the APWU when submitting money.

Again, thank you so much for all that you have been doing to accomplish our goal. You are truly appreciated and valued.



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