



NEWS & VIEWS

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APWU Calls for National Day of Action

By Kathy Danek President



The National Auxiliary is joining the APWU in the National Day of Action. Auxiliary members from all over this country are being encouraged to join the APWU, the NALC(Letter Carriers), NPMHU(Mail Handlers) and the NRLCA (Rural Letter Carriers) on November 14 to tell the Postmaster General and the Board of Governors to “STOP DELAYING AMERICA’S MAIL”.

Devastating cuts in service to the American people are so severe that they will “forever damage the US Postal Service” - according to the presidents of all four unions.

- ◆ On January 5 2015, the USPS is slated to lower “service standards” to virtually eliminate overnight delivery—including first class mail from one address to another within the same city or town. All mail (letters, periodicals, packages) through the country will be delayed.
- ◆ All mail, including medicine, online purchases, local newspapers, church bulletins, bill payments, sale notices, throughout the country will be delayed.
- ◆ Beginning January 5, 2015, 82 Mail Processing and Distribution Centers are scheduled to close or “consolidate operations.”

“These cuts will cause hardships on customers, drive away business, cause irreparable harm to the US Postal Service, and lead to massive schedule changes and reassignments for employees” the presidents’ wrote.

Here are some reductions that have already occurred :

- Since 2012 more than 140 plants have closed

- As a result, mail is delivered much later in the day and well into the evening.
- Retail work is being sent to Staples, at more than 1500 stores throughout the country.
- Door delivery is being eliminated in most new housing developments
- Six day delivery is still under a constant threat.

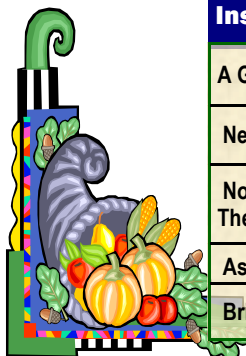
WHAT CAN YOU DO – First, contact your local APWU president and find out if they have scheduled a march or demonstration. Get the time and place and plan to participate. Then, call all of your Auxiliary members and enlist them and their families and friends to help send a message to STOP DELAYING AMERICA’S MAIL.

The four unions are working together at the national level to produce flyers, posters, T-shirts and press releases, and they are encouraging their members to work together to organize local events. A special web page, www.StopMailDelays.org, has been created to share information and resources. Flyers are now available for Auxiliary and union locals and branches to distribute to their members. Information about local activities can be printed on the back. They can be downloaded from the APWU’s website.

Please join in fighting these outrageous service standard cuts and protect our USPS—a national treasure. Make sure to send reports of your activity to President Danek.

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The gift of reaching out— Making things better for others

By: Bonnie Sevre, District 3 Coordinator

Have you seen a little girl who can't speak, but her sparkling eyes say she is in awe over the doll that was in a package addressed to her; or the little boy who opens his package which contains that fire truck he has been admiring in the department store but knows his family cannot afford?

The holidays are rapidly approaching and it is a time we like to do something for those less fortunate. There are many ways in which we can get involved. Many of your auxiliaries already have programs in place to help children and families during this holiday season.

For those of you who don't have a specific human relations project you are working on you can check resources in your community of worthwhile charities. Or perhaps you would like to start your own project to help those in need. Local food shelves are always in need. Or perhaps have a clothing drive for homeless youth. Adopt a family is another way to bring cheer to a family over the holidays. Visit a nursing home and bring a tin of homemade cookies. These are just a few suggestions of ways we can get involved and bring a little cheer to those who otherwise would do without.

We would love to hear from you and about your human relations projects. We would like to include your stories with pictures to share with other auxiliaries around the country.

You will be amazed at the satisfaction you feel being able to reach out and help in some small way!

Share your Blessings

with those in need



Nilan Continuing Education Scholarship—

By: Debra Stewart, Education Committee Chair

Education is a vital part of our everyday life. Are you are thinking about going back to school to continue your education? Why not apply for the Auxiliary's 2015 Nilan Adult Continuing Education Scholarship.



We believe education is the key instrument in opening doors of opportunity. It can enable one to advance, enrich lifestyles, and develop skills necessary to improve ourselves in today's world.

Look for the Auxiliary's Nilan Adult Continuing Education Scholarship application along with the Rules and Guidelines for 2015 in the February News and Views. It will also be available on our website. An essay must be accompanied with the official application form. Essay topic will be chosen by the National Executive Board at their January 2015 meeting.

Our Deepest Sympathies to:

The family of Lorraine Dalman, of Deland FL who passed away in October. Dalman served as Legislative Aide Editor and Secretary of the National Auxiliary in the 70's and 80's. She was originally from Michigan, and moved to Florida after her retirement. She was always supportive and maintained her membership in the Auxiliary until her death.

AND

John R Smith, former APWU Retiree Director on the death of his wife Ida. They were from Dayton Ohio.

AND

The family of Gilbert Ybarra, APWU NBA from California who was tragically killed in a motorcycle, vehicle accident on the way to an

A Little bit of Labor Ed

Newsies—and the fight for Child Labor By Rebecca Kingsley, District 2 Coordinator

There were countless trades in the business districts, Wall Street, and where ever a buck could be made. With these trades were workers who stuck together. This article is not about tens of thousands of kids were on the street and not in school. Nor is it about the many union organizations and movements to create laws prohibiting child labor, Instead it demonstrates that every small voice in unison can create a large roar. That the desire for fairness is so large that even kids knew something must be done to right wrongs. Granted it was, as you'll see a bit topsy turvy, in the end there was some success. Read below to discover the story of the Newsies—and the fight to implement child labor laws.

As a parent, it seems unfathomable that we would not be able to get in touch with our child as they played in the neighborhood. When I was a child - the rule was “you better be home when the street lights turn on”. Today, if my son doesn't contact me within 15 minutes of a text, I'm calling “why didn't you answer my text?” That's how we communicate as a family today.

But at the turn of the 20th century - in the early 1900's as you walked through the city you might witness scores of children sleeping in alleys, on staircases or in vacant lots. This was the norm in Chicago in the 1900's. These children banded together out of necessity for safety. It was about survival. Food and clothing was sparse, while stealing them might have been an option, they were still able to find jobs. They could shine shoes, run errands, carry messages or sell newspapers.

The Newsies were by far the most notable of these young boys. Newsies sold the papers on the street. They paid fifty cents for a bundle of one hundred papers and sold them for one cent each . And when the two largest newspapers - the Journal and the World tried to raise the cost of the bundle of papers to sixty cents, thousands of boys who sold these papers on the streets came together to stop them. Boys from Manhattan, Brooklyn, Harlem, and across the rivers to Long Island City, Newark, and from states such as New Jersey, Connecticut, Massachusetts and Rhode Island all came together for the common goal. Things got rough. Unethical tactics were being used against these kids who ranged in age from 8 to 18. The Newsies had a purpose. They knew that the 10 cent difference didn't mean anything to a millionaire, but it was a 10% decrease in earnings for them. Those earnings provided for the basic necessities in life.

What they wanted was for the big papers to go back to the 50 cent cost, nothing more. It became a David vs Goliath. There was news coverage and sympathy for the boys with people around the nation hanging on to every headline. There were different accounts in history where some accounts labeled these kids as ruthless, dirty, orphaned hoodlums. But reality of this strike was the perception that it was a good cause which fought for fairness. The Newsies were uneducated but street smart, they tried to organize but were unorganized and things had gone from o.k. to almost disastrous. Distrust was rampant, even among the leaders of the Newsies. Some even wondered if one of their leaders betrayed them - that the big papers had bought him off. The newspaper world seemed to be out of control, the Journal and the World newspapers did take a hit.

But some good had come from this chaotic scene. While the wholesale price of the papers did go up to 60 cents per 100 papers, the newspaper company's agreed to refund the cost of unsold papers so that the Newsies didn't lose out on the cost of unsold papers. This compromise was agreeable to all. After two weeks of striking, things were back to normal. Kids were back to playing ball. Girls skipping rope, boys were drinking coffee and eating frankfurters, thus kids being kids. Until the sound of the dock door.

In all a lesson was learned. The campaign for child labor laws was in motion. It's a part of history where we can say, I'm so glad my children don't have to go through that. But when you think out of the box, you have to think, good for them. Perhaps a bit of pride to know that truth is strong, the need for justice can band people, yes even kids, together. It's a lesson and story (or watch a movie) that we can safely share with our children, and their

A Note of Thanks to :

Saint Charles MO Local Auxiliary for their donation to the Auxiliary's Wounded Warrior Amputee Softball Team 2012-2014 Project. More than \$38,000 was raised thanks to the generosity of APWU and Auxiliary members.. They were inadvertently omitted from the list printed in the October 2014 News and Views.

November—notable days to celebrate everything

By: Colette Phillippe, District 1 Coordinator

Well, it became my turn to write an article for the newsletter and if you all know me, this is not my strong suit. But as I was sitting here trying to think of what to write about, I Googled November Happenings. All of these dates popped up with some very interesting subjects for each day of the month.

Did you know that Nov. 1 is All Saints Day and Book Lover's Day. Nov. 3 is Sandwich Day and House Wives Day. Not only do we observe this month as the month for Child Safety Protection Month and Native American Heritage Month, but there is a whole lot of other interesting things to know about the month of November. Check it out at: <http://www.holidayinsights.com/moreholidays/november.htm>



Veterans Day

Date When Observed: November 11th
Veteran's Day honors all members of the Armed Forces who served this country valiantly, and in a very big way.

They served and fought to protect us, to keep our country safe, and to preserve our way of life. Veterans gave their time, and risked their lives for you and me. In some cases, they made the ultimate sacrifice.

National Deviled Eggs Day

When: Always November 2

On *National Deviled Eggs Day* all of you devils must go forth and consume deviled eggs on this very special day.

Certainly, the whole purpose of this day is to make and eat Deviled Eggs. You can use your favorite recipe, or (hopefully) find a restaurant serving them in recognition of this day.

Make plans on getting your fill of Deviled Eggs on *National Deviled Eggs Day!*



Clean Out Your Refrigerator Day

When: Always November 15th

Clean out Your Refrigerator Day is today.

What's that in the back of the refrigerator? I don't want to find out. Don't open it..... the odor may overwhelm you!!! Hold your breath, scrunch your nose if you must, and get to the task.

Everything in your refrigerator was once a fresh, healthy food, ready for your consumption. It may have been a tasty leftover, intended for later enjoyment. Unfortunately, over the course of weeks or more, things get pushed to the back of the refrigerator and slowly transform into something impossible to identify.

We've all run across items in the refrigerator that once were tasty food, But, now, they are some dried out, mold covered nasty, that you remove and dispose of at arm's length.

Who wins the prize for the worst refrigerator surprises? Most often, it's workplace refrigerators.

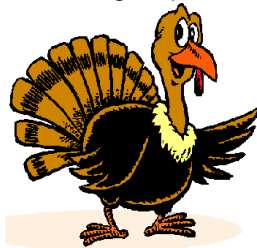
Use this day to clean out your refrigerator, top to bottom. When it comes to food safety, we fall back to the old saying "When in doubt, throw it out!"

Great American Smoke out Day

When: Third Thursday of the month. *Great American Smoke out Day* is today. Let's finally kick the habit. The goal of this special day is quite obvious: to get people to quit smoking, resulting in fewer health problems, and less cancer and emphysema deaths resulting from smoking and secondary smoke.



Quitting smoking is not an easy task. As an ex-smoker, this writer knows how hard it is to quit smoking. Often (usually), it takes repeated efforts. That's okay, as long as you keep trying until you finally succeed. The health benefits and the prospect of a longer life are crystal clear. The American Cancer Society encourages all smokers to give up the "butt" today. Join millions of other Americans today and take a big step to a happier, healthier, longer life.



A Bountiful Thanksgiving Tradition

Tucked between the two monster sized holidays of Halloween and Christmas, Thanksgiving receives far less attention. But Thanksgiving is a very important holiday, especially in the busy lives of Americans. It is a time to kick back and relax, watch a football game or go to a movie, and enjoy a huge feast. It's also time for us to give thanks to our God, for the things he has bestowed upon us and upon this great nation. There is no nation in the world that has more to be thankful for than us.

Thanksgiving History:

The first Thanksgiving was celebrated between the Pilgrims and the Indians in 1621. That first feast was a three day affair. Life for the early settlers was difficult. The fall harvest was time for celebration. It was also a time of prayer, thanking God for a good crop. The Pilgrims and the Indians created a huge feast including a wide variety of animals and fowl, as well as fruits and vegetables from the fall harvest. This early celebration was the start of today's holiday celebration. Like then, we celebrate with a huge feast.

Today, most of us enjoy Turkey with "all the trimming". The "trimming" include a wide variety of foods that are a tradition for your family. Those traditional foods often replicate the foods at the first Thanksgiving feast. While others, are traditional ethnic or religious groups' recipes, or a special food item that your family always serves at Thanksgiving dinner. (continued on page 5—November Holidays.)



The United States—the greatest Nation on Earth By Kathy Danek, President



Some would say there were winners and losers in the Election on November 4 of 2014—and they might be right. Elections were won and lost. After all, we can't elect two Representatives or Senators at the same time to represent our individual districts and states. Leadership would demand that one person take responsibility for serving their constituents. And voters took responsibility for casting their ballots.

But we are the greatest nation on earth. Our election process exemplifies the PEACEFUL TRANSITION OF POWER. It is done through ideals, debate, education and freedom of expression. Nowhere else in the world could you witness a super power deferring to the collective voices of individuals. It truly is Democracy in action.

In 2008, then President Elect Barack Obama stated in his acceptance speech, *"We are not RED STATES AND BLUE STATES – we are the UNITED STATES OF AMERICA."* He went on to say, *"The road ahead will be long. Our climb will be steep. We may not get there in one year, or even one term, but America – I have never been more hopeful than I am tonight that we will get there. I promise you: We as a people will get there."*

There will be setbacks and false starts. There are many who won't agree with every decision or policy I make as President, and we know that government can't solve every problem. But I will always be honest with you about the challenges we face. I will listen to you, especially when we disagree. And, above all, I will ask you join in the work of remaking this nation the only way it's been done in America for 221 years – block by block, brick by brick, callused hand by callused hand."

This was a call to our nation to come together that has been practiced since John Adams took over the oval office from President George Washington. AND that transition of power is done – not with guns and death, but with the power of individual votes cast in every village, city and state throughout our nation. It's an ideal worth fighting for – worth sacrificing for. It truly makes us the greatest nation on earth.

Whatever our differences, we are fellow Americans. And please believe me when I say no association has ever meant more to me than that."

The peaceful transfer of power is witnessed by every nation in the world. They watch in AWE as the our newly elected leaders meet to discuss the upcoming term. One person leaves the office – while another enters. It's been happening for 227 years. So many things divide us as individuals. We have different jobs, religions, family situations. We are old, young, diverse in race, creed, education, sexual orientation and wealth. And we are men and women. But all of us – ALL OF US are Americans.

And we as Americans – should embrace our democracy. Listen to our leaders – Come together as a nation and work to solve our problems. After all, we are the United States of America and WE ARE the GREATEST NATION ON THIS EARTH.

November Happenings— Continued from page 4

Then, to top it off, pumpkin pies, apple pies, an even mince meat pies are bountiful around the table. American Thanksgiving traditions revolve around a huge and lavish meal, usually with Turkey as the centerpiece. For those who do not like Turkey, a Roast or Prime Rib is common. As tradition has it in most families, a special prayer of thanks precedes the meal. In many homes, family members will each mention something they are very thankful for. **Did you know?** Potatoes were not part of the first Thanksgiving. Irish immigrants had not yet brought them to North America.

After the first Thanksgiving, the observance was sporadic and almost forgotten until the early 1800's. It was usually celebrated in late September or October. In 1941, Congress made it a national holiday and set the date as the fourth Thursday in November.

Together. Better Health.®

Health Plan Highlights

- Office visits (including specialists) \$18 copay* (HO)
- Urgent care centers \$40 copay (HO)
- No upfront deductible, coinsurance or copay (CDO)
- Maternity covered at 100%*
- Use LabCorp and Quest Diagnostics for 100% coverage (HO)
- Diabetes and hypertension management (HO) covered at 100%*
- Preventive care and screenings covered at 100%*
- Routine dental covered at 70% (HO)
- Secure on-line access to healthcare data
- Almost 1 million providers
- Get care nationally and abroad
- No referrals needed

High Option Highlights

- Copays*: \$18 for office visits (including specialists); \$40 for all urgent care centers; \$8 for generic drugs
- Deductible: \$275 self/\$550 self and family (in-network)
- Use LabCorp and Quest Diagnostics for 100% coverage
- 100% coverage (in-network):
 - Preventive care and screenings
 - Maternity
 - Accidental injury (within 24 hours)
 - Diabetes Management Program
 - Hypertension Management Program
 - Weight Management Program
 - Tobacco Cessation Program
- Cancer Centers of Excellence paid at 95%
- Routine dental coverage
- Discount vision program
- Extra dental discount when Health Risk Assessment is completed
- Hearing aid benefit

Consumer Driven Option Highlights

- Personal Care Account (PCA) provides 100% coverage for the first \$1,200 of your annual medical expenses for self only coverage or \$2,400 for self and family coverage
- No upfront deductible, coinsurance or copay until PCA is exhausted
- Completing Health Risk Assessment adds \$75 self/\$150 self and family to PCA
- 100% coverage (in-network):
 - Preventive care and screenings
 - Maternity
 - Diabetes Management Program
 - Tobacco Cessation Program
- Healthy Back and Pregnancy Programs
- Cancer Centers of Excellence paid at 90%
- Dental and vision coverage available under PCA
- Plan SmartChoice Winner three years running

*100% coverage for in-network providers; additional out-of-pocket costs for out-of-network providers

www.apwuhp.com



High Option Premiums 2015

	Self Only (471)	Self and Family (472)
APWU Career		
biweekly	\$42.65	\$105.20
Postal Retiree		
monthly	\$140.12	\$316.83

Consumer Driven Option Premiums 2015

	Self Only (474)	Self and Family (475)
APWU Career		
biweekly	\$9.26	\$20.84
APWU Career (Less than a year in FEHB)		
biweekly	\$36.58	\$82.30
APWU Non-Career (PSE)		
biweekly	\$46.31	\$104.18
Postal Retiree		
monthly	\$100.34	\$225.73

BRIDGE BULDERS AWARD NOMINATION FORM

Please send (via US. Mail, fax or email) completed form of nomination to Clara Hill,
2710 Waverly St, Knoxville, TN 37921 or contact her at Wavechill@att.net, fax # 865-637-1867
Deadline December 31st

THIS FORM MUST ACCOMPANY YOUR NOMINATION.

LETTER OF NOMINATION IS OPTIONAL, BUT IF IT IS SENT, IT MUST BE DATED AND SIGNED!

If more space is needed, please attach a separate sheet of paper!

All Nominations will receive a letter of acknowledgement from the committee.

	Please write answers in this column	
1. Name of person being nominated:		
2. City and State that nominee is from:		
3. Which of the following areas has the nominee been active in? (Check one or more that apply)		
a. Assisting the Union/Auxiliary___	b. Human Relations___	
c. Legislation___	d. Political Action___	
e. Public Relations___	f. Organizing/Recruiting___	
g. Other___ Please specify:		
4. Please give details of what they have done in the above areas:	Please tell us about any Community Service or Activity they are or have been involved in:	
5. Has nominee been or is an Officer in the APWU/Auxiliary?	6. Offices held and what level (state/local, etc.)?	
	State	Local
7. How many years has this person been a member?		
<i>Optional question please included with any further details.</i>		
8. Is their family involved?		
(Please give a brief description of involvement.)		
9. Did they chair any committees for their local or state? (Please give details.)		
10. Did they implement any new programs at the state or local level? (Please give details.)		
11. Name, address and local of person submitting this nomination.		
Date submitted:		
Submitted by (name & Local)		

Bridge Builder Nomination Form (revised) 9/16/2014



November 2014

THINGS TO REMEMBER:

- Check the "Dues Expired" date on your envelope label. If your dues are not current, please send a check for \$5.00 per year for National dues. Mail them to:
Treasurer Trisa Mannion at
3038 Cloverdale Court, Grand Junction, CO 81506
- State and Local dues should be paid to your state and local treasurers.



Veterans Day

AIR FORCE	HEROES	SACRIFICES
ARMISTICE DAY	INFANTRY	SHIPS
ARMY	JEEPS	STRIKES
ARTILLERY	KOREA	TANK
ATTACK	MARINES	TREATY
BASE	MIA	TROOPS
BATTLE	MILITARY	VALOR
BIVOUAC	MILITIA	VICTORY
CAVALRY	NATIONAL GUARD	VIETNAM
DEFEND	NAVY	WAR
DESERT STORM	PEACE	WWI
FREEDOM	PLANES	WWII
HELICOPTERS	POW	

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Veteran's Day
November 11 2014
Thank you
for our Freedom



Check us out on the web at www.apwuauxiliary.org

Auxiliary News and Views