



NEWS & VIEWS

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2016 National Convention – Florida Here We Come 100 Years of Auxiliary – Our History, Our Future

By: Kathy Danek, President

As we bang the gavel at the 2016 National Convention in Orlando FL, we will embark on a look at our past, a celebration of our present, and planning for our future. We take these three approaches with respect, joy and hope. This will begin the 100th year of the Auxiliary – dating back to 1916 and five labor organizations. They encompassed the five different crafts of the current APWU. Clerks, maintenance, special delivery, motor vehicle, and mail handlers. On July 1, 1971 the merger brought together the two largest unions of the United Federation of Post Office Clerks (representing those who worked windows and behind the scenes mail processing) and the National Postal Union (which claimed members in each craft). Three additional unions of the National Federation of Motor Vehicle Employees and the National Association of Post Office and General Service Maintenance Employees and the National Association of Special Delivery Messengers.

But it was much more – the Railway Postal Clerks who took the mail across our nation on the trains and transferred the mail on the fly. Or the Pony Express that transported mail on horseback, station to station across



the country in the time of the old west. If you have time, take a trip to Washington DC and stop by the Postal Museum across the street from Union Station. It is remarkable to watch how our communication in this country – facilitated by the Post Office – built this great nation. It's a legacy worth celebrating. It's also a legacy worth protecting and a future that is a beloved and important public service.

We hope you will take time to join us at the national convention in Orlando August 22-25 at the Swan Hotel and Convention Center. We will definitely celebrate our history. We will also hold a convention to mold our future. Secretary Patricia Lewis is working on getting credentials out to locals who sent delegates to the 2014 Convention. She will also be mailing credentials to each state president. If you haven't received your credentials, drop her a note via US Mail and/or email requesting credentials. You can also visit our website and request credentials. Credentials must be validated – signed by the organization who elected the delegates (signatures of the president and the secretary). Members at Large and Locals Without Leaders will have their credentials submitted to the credentials committee and signed by the National Organization.

We will be considering resolutions from the locals, states, and national executive board. When you meet in state conventions or at your local auxiliary meeting you should consider creating a resolution that would identify where

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Auxiliary Achievement Award

In 2012 the Auxiliary Achievement Award was introduced. This is a program designed to recognize the time and commitment made by all members of the Auxiliary. Filling out the form makes us aware of all the activities we are involved in with the Auxiliary. The Auxiliary Achievement Award will give Auxiliary members an opportunity to be recognized for their involvement and achievements.

This is an ongoing program. As you accumulate more points you will achieve new pin levels with a total of ten levels. Many of you submitted forms before the 2014 National Auxiliary Convention in Chicago. Be sure to fill in the form again so you can move up to new pin levels at the 2016 Convention! For those of you who have not previously sub-



mitted forms, now is a good time to do so. We hope to see lots more forms submitted this year!

The Auxiliary Achievement Award form is on the auxiliary website. You can print out the form to fill in. If you do not have a computer or internet, contact one of the Auxiliary Officers and they will see that a form is mailed to you.

Completed forms should be sent on or before July 15th to Bonnie Sevre, 2836 Highway 88, St. Anthony, MN 55418, or they can be emailed to bsaux@aol.com.

Individuals who achieve new pin levels will be recognized during the National Auxiliary Convention in Orlando, Florida at our luncheon on Wednesday, August 24, 2016. For anyone not at the convention we will mail your pin to you.

2016 Nilan Scholarship

You are Eligible to win our 2016 Nilan Scholarship!

Did you know that as a recipient of this News and Views (and a member of the Auxiliary for the past year and this new year) you are now eligible to apply for our **\$750.00 Nilan Adult Continuing Education Scholarship**? Whether you are interested in improving skills you already have in computers, writing, languages, music, etc., or have a wish to learn something completely new, this scholarship is a good way to go. It is completely free—no paying back—and will be available to you for the fall of 2016. So why not set a goal to enter? You could be our next winner.

Applications are available on the Auxiliary to the APWU website. All you need to do is:

Fill out the official application form

Write an essay on the 2016 topic:

“Why is it important to buy U.S.A. made products?”

All essays must be typed, double-spaced on white paper and be between 175-250 words.

Send your **application and essay** together in an envelope via **“certified mail, return receipt requested”** to:

Debra Stewart
6400 Guilford
Fort Worth, TX 76119

Entries must be postmarked on or before **July 1, 2016**.

You will be notified by mail whether or not you have won.



Thank you, Lisa Beer for Stepping Up and Taking Charge Lehigh Valley Local, Pennsylvania

By: Joyce Tanguay, District 7 Coordinator

Just when we, as District Coordinators for the Auxiliary to the American Postal Workers Union and our General Officers, think that we are spread too thin to cover all our conventions someone steps in and takes charge. When I got my assignment for my conventions I realized that I would be unable to attend the Pennsylvania State Convention in Lancaster, Pennsylvania the week end of April 1st. I remembered that Auxiliary member Lisa Beer was always at the Pennsylvania conventions keeping busy doing whatever needed to be done. As I was thinking about calling her the phone rang and there she was on the other end of the line ask-

ing if I was coming and could she help with anything. Perfect timing? I sent her the materials and she got new members, renewed memberships, raised money for CO-PA, collected for the Feeding America Backpack Program and did everything that I would have done had I been able to go. We are all busy but this Auxiliary member was not too busy to step up and take charge. Thank you, Lisa.



President's Article

continued

you would like to see the Auxiliary spend it's time. It also is a time to review our Constitution and By-laws and see if we need any changes in the document. This is your Auxiliary and this is your opportunity to shape the future.

Don't forget to review the committees and select your choices. We need people to make up every committee. We'll try our best to get you on a committee that interests you, but remember we need all the work completed and we only have four days to do this work. So look them over and select a couple of options.

Finally, I want to finish with a huge thank you. We are fortunate to be supported by the American Postal Workers Union. We serve in communities, states and across this nation to build support and make them better places to live and grown. And we appreciate the vast communication network called the US Postal Service that binds this country together. We could do none of this without each one of you. If your dues are not paid, please make them current. If you have friends and family who could grow our Auxiliary, sign them up. AND reread the Constitution to understand who can be a member in the Auxiliary. It's all about you and the Auxiliary. We're an organization with something for everyone and we are glad to have you as our member. Thanks and see you in Orlando at the National Convention.

Deepest Sympathy

Rebecca Kingsley, District
2 Coordinator, on the pass-
ing of her father

Debra Stewart, District 4
Coordinator, on the passing
of her mother

Carol McGuire, Minneap-
olis, MN Area Local on the
passing of her husband,
Philip "P.J." McGuire

Committee Countdown - Which One is Right for You?

By: Kathy Danek

Exactly what makes a National Convention exciting and educational? Is it the work? Or maybe it's the location; or still, maybe it's the people. Well, the answer is ALL OF THE ABOVE!

Those of you who have attended a National Convention can share the experience of the first time jitters. As a matter of fact, getting up and speaking at the microphone may seem like an impossibility. But actually it's the first step in being an active participant in this event.

Enhance your experiences, take a chance and be a member of one of the many committees needed to maintain our Auxiliary. Committees not only enable you to learn more about your organization, but they also introduce you to members from across the nation to share ideas from your own states and locals. Many lifetime friendships share a beginning at a National Convention committee meeting.

The Committees are:

- Resolutions – Constitution
- Resolutions – Miscellaneous
- Consolidated Report
- Rules
- Political Action
- Courtesy and Greetings
- Auditing and Finance
- Nominations and Elections
- Human Relations
- Planning and Ideas
- Credentials

For those of you who enjoy learning about the guidelines of the Auxiliary I would recommend the CONSTITUTION AND BY-LAWS COMMITTEE. Resolutions come from all over the country, as well as our Executive Board. The committee studies these resolutions and can recommend them for consideration by the entire delegation or kill the resolutions in their committee. The committee may also suggest their own substitute amendments to the delegation.

MISCELLANEOUS RESOLUTIONS are also submitted from across the nation. Those resolutions included such as the new logo, endorsements of political candidates, the TWO-CAN-DO projects, Labor Education, legislation and so on. Both resolution committees give you the opportunity to learn how to write a resolution, amend a resolution and support or defeat a resolution.



For those with a political interest perhaps the NOMINATIONS AND ELECTIONS COMMITTEE is your forte. Your responsibilities include setting up the nominations according to the Constitution, putting together the ballot, running election and making certain each delegate receives the proper number of votes as accorded by the Credentials committee. You then count the votes and present the elected officers and vote tallies to the delegations.

The CREDENTIALS COMMITTEE is responsible for the assignment of appropriate voting

strength for each delegate. Upon arrival at the convention, delegates are asked to present credentials bearing the signatures of the President and Secretary of their state or local Auxiliary. The Treasurer verifies the dues. After all of this the delegates are seated (allowed to be on the convention floor and vote). A daily credential report of the number of delegates present and voting strength is given to the delegation. Guidelines for the voting structure are in the National Auxiliary Constitution and By-laws.

Financial wizards may prefer to be on the AUDITING AND FINANCE COMMITTEE. An independent audit of the National Auxiliary Treasurer's books is done and presented to the convention. The committee looks over the books and records as well as the auditor's report and reports back to the convention their findings. The Finance Committee also makes recommendations that could be helpful to the National treasurer.

For those who want to know everything that went on in the past two years, consider being on the CONSOLIDATED REPORT COMMITTEE. They look over the prepared consolidated reports of the officers and committees from the National Auxiliary Executive Board.

RULES COMMITTEE members meet to decide the schedule of convening and recessing each day of the convention. Rules for delegates' participation at the convention are also a responsibility of this committee. Usually rules from previous convention are submitted to the committee for them to study, amend and recommend to the delegation.

The POLITICAL ACTION COMMITTEE members use innovative ideas to raise additional COPA dollars from the Auxiliary. Other legislative activity may also be directed from this committee.

COURTESY AND GREETINGS COMMITTEE – I guess if you like to spread sunshine, this is the group for you. Salutations, greetings, and gifts are presented under the direction of this committee. Special courtesies are extended through this committee as well as condolences, get well wishes and so on.

The HUMAN RELATIONS COMMITTEE work to raise

Continued on page 5

How to Obtain Credentials

Delegates and alternate delegates representing auxiliaries are elected at their state convention or local meeting. The delegate must be in good standing (dues paid up to date). State delegate credentials are automatically sent by the National Secretary to the State Auxiliary President approximately four months before the National Convention. Included with the credential cards are instructions for filling them out and a deadline for returning them to the Secre-

tary. State Auxiliaries receive several sets of cards, original and duplicate, for at least three delegates and three alternate delegates. Locals wishing to send delegates must send a letter to the National Secretary requesting credentials approximately 90 days in advance of convention. Likewise, members-at-large must also send a letter to the National Secretary to request credentials. Locals will receive sets of cards for delegates and alternate delegates. The delegate should complete both the original and duplicate credential card. It is important that the cards be legible, so the National Auxiliary recommends that credential information be printed. At the bottom of the card is a space for committee preference and the delegate is encouraged to indicate a preference. If the delegate is unsure of hotel information, the hotel information may be left blank and filled in at the convention upon registration. Both cards must be signed by the president and secretary of the organization the delegate is representing, or by the member-at-large. The original delegate/alternate credential cards are mailed back to the National Secretary before the deadline, which is no later than 30 days before the convening of the National Convention. The duplicate card is retained by the delegate/alternate. The delegate must present the duplicate at the registration booth at the convention. If the delegate can't attend the convention, then the alternate may present the alternate duplicate at the registration booth and be seated instead of the delegate. For further information about credentials see Article V, Section 4 of the National Auxiliary Constitution or contact the National Secretary.



Committee Countdown - *continued*

money for the current human relations project. The committee comes up with ideas for the Auxiliary's project for the next two years until our next national convention. The Wounded Warrior Amputee Softball Team and the Feeding America Backpack Project are a couple of the organizations we've had as our human relations project. Those interested in projects for charitable giving, this might be the committee for you.

And of course, I've saved the best for last. **PLANNING AND IDEAS COMMITTEE** sets the direction for the future. This is the committee of vision – the maker of dreams. From the notebooks of this very committee came the Nilan Scholarship, the Auxiliary cookbook and our new logo.

Committee participation allows us to share ideas. It enables our delegation to learn more about each other and about the actions to be taken. Give a little of your time on a committee. It will make the week fun, informative and filled with excitement. We will enrich our knowledge of the Auxiliary. But mostly, we will find out more about ourselves by sharing with others the gift of our ideas.

So don't forget to fill out that little line on your credential that says,

COMMITTEE PREFERRED: _____



ASK CLARA

About the Health Plan



Gaps in Care Can Harm Patients After Heart Attack

Waiting too long for first medical appointment after hospital discharge can have consequences, study finds

Heart attack patients who wait a long period to have a follow-up medical appointment after leaving the hospital are less likely to take their medications as prescribed, endangering their health. That's the finding of a new study of 21,000 Medicare patients over 65 who survived a heart attack. One heart doctor said timely care is key to a good recovery for these patients. "Many patients with heart attack are treated with coronary stents, and in those patients, missing their medications for more than a couple of days can be life-threatening," said Dr. Lawrence Ong, a cardiologist at Southside Hospital in Bay Shore, N.Y. The new study was led by Dr. Tracy Wang, of Duke Clinical Research Institute in Durham, N.C.



The researchers noted that of the estimated 1 million Americans hospitalized with heart attack each year, 470,000 are expected to have another heart attack or serious heart problem. Patients are typically given medications to reduce this risk. But, many patients stop taking these drugs as prescribed, which puts them at increased risk for hospital readmission and death. Quick follow-up care after hospital discharge should help patients get the medications they need. But just how timely is that care?

In the new study, Wang's team found that the median time to the first follow-up visit after a hospital discharge was two weeks, but wide variation was seen between patients. For example, 26 percent of patients had their first follow-up visit within a week of leaving the hospital, while another 25 percent had that first appointment within one to two weeks. However, a full third of patients waited two to six weeks for their first appointment, and 16 percent waited even longer than six weeks, the study found. The percentage of patients who took recommended medications -- drugs such as the blood thinner aspirin or a cholesterol-lowering statin -- ranged from 63 percent to 69 percent at 90 days and 54 percent to 64 percent at one year after hospital discharge, the study found.

All of those drugs are aimed at helping patients avoid a second heart attack, the experts noted. The rate of "medication adherence" was similar for patients who had their first follow-up outpatient visit within one to six weeks of leaving the hospital, the study found. However, those who waited more than six weeks for a follow-up visit were less likely to be taking their drugs as required, the researchers reported. Dr. Hal Chadow is director of cardiology at Brookdale University and Medical Center in New York City. He agreed that timely care after a heart attack can reduce illness and death in patients. But he also said there are many reasons why a patient might not take their medications. For example, "recent studies have shown that 1 in 5 Americans are unable to afford their medications," Chadow noted. Many patients may also be in "denial" about whether failing to look after their health as directed could have serious consequences, he said.

Many others have a "lack of education regarding their underlying condition and the important role that medications play in reducing recurrent events," Chadow said. The study was published online March 23 in the journal *JAMA Cardiology*.

More information: The U.S. National Heart, Lung, and Blood Institute has more about [life after a heart attack](#). -- Robert Preidt

SOURCES: Hal Chadow, M.D., director, division of cardiology, Brookdale University and Medical Center, New York City; Lawrence Ong, M.D., interventional cardiologist, Southside Hospital, Bay Shore, N.Y.; *JAMA Cardiology*, news release, March 23, 2016

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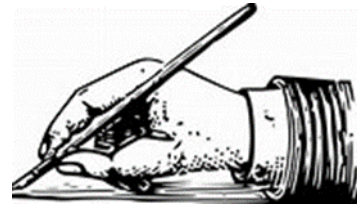
Reminders and Requests

Human Relations Backpack Project

Many auxiliaries have raised money for backpack projects in their city or state. Be sure to fill in the form provided on the auxiliary website so that you receive credit for your work and also to let the National Auxiliary know of the activities going on across the country. It will also allow us to arrive at a total of the monies raised for the Backpack Project over the last two years. Please submit your forms to Trisa Mannion, 3038 Cloverdale Ct, Grand Junction, CO 81506 on or before July 15th 2016.



Submit your Resolutions



Resolutions that you wish to be considered at the National Auxiliary Convention must be signed and submitted to the National Auxiliary President, Secretary, Editor and Treasurer by July 1st, 2016. This insures that your resolutions make it onto the auxiliary website and into the Consolidated Report.

More information on how to write a resolution can be found the on pages 84-85 in the Auxiliary Handbook. The handbook is found under forms on the Auxiliary website, apwuauxiliary.org.

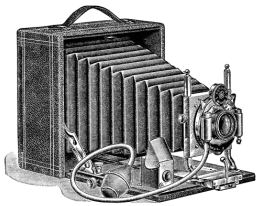
Memorial Day



May 30, 2016

Old Photographs

We are looking for photos that you might have of auxiliary functions of your state or local auxiliary in action over the past 100 years. We would like to put together a slide show for our next convention in 2018 and would love to have pictures representing our entire country. Any pictures you would like to include please send to Kathy Danek,



our auxiliary president, 4261 Knox, Lincoln, NE 68504-1955

Equipment Fund

We will continue accepting donations to our equipment fund. Our Risograph copier which is used to print the paper is very old and we can no longer get replacement parts. The newsletter is our primary form of communication with our members.

Bring your
scrapbooks and
display boards
to the
convention!





May 2016

PLEASE NOTE!

Remember to file your 990N—Notice change in filing

The 990 N is due every year by the 15th day of the 5th month after the close of your tax year. To file the 990N you must now go to irs.gov. Please direct any questions you have to our treasurer, Trisa Mannion. More detailed information regarding the filing of the 990N will be in the June issue of News and Views.

Dues Expired Notice

The dues expired notice on your News and Views address label is current through dues submitted by March 1st. Dues must be received by the treasurer 20 days prior to the National Convention so they are current during the proceedings.

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

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Human Relations Backpack Project

Joyce Tanguay, District 7 Coordinator
Rebecca Kingsley, District 2 Coordinator
Bonnie Sevre, Legislative Aide-Editor

The checks are still coming in and we are most appreciative. If you are raising monies for your own state or community please remember to fill out the donation form and send it to Trisa Mannion, Treasurer, Auxiliary to the APWU, 3038 Cloverdale Court, Grand Junction, CO 81506 no later than July 15th or bring it with you to the National Convention so that we can include the amount in our total at the end of the Convention. Checks are made payable to: Auxiliary to the APWU. If you need a donation form contact Joyce Tanguay. (Contact information at bottom of National Officer Listing, this page)

Care to Donate?

Please make checks payable to:

National Auxiliary APWU

and mail to:

Trisa Mannion
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Grand Junction. CO 81506

www.apwuauxiliary.org



Auxiliary News and Views