



NEWS & VIEWS

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Be Vigilant - and Watch out for Big Foot

By: Kathy Danek, President

The title might seem a little crazy, but the President of the United States Donald Trump has already signed several executive orders including some we like and some we hate. Yet, in the mark of some historic legislation and executive reversals, he continues to throw up distractions – like spending two days talking about how many people were watching the inauguration. While we all listened to the press as they were under attack as being disingenuous, real action was taking place in the West Wing of the White House.

The press plays an integral role in the transparency and accountability of our nation. We must have access to true and accurate facts, and the ability of the press to check those facts, to make sure our nation is moving in the right direction. That is our individual responsibility. So, be vigilant, be aware, and be involved.

Speaking of involvement, millions of women marched on the Saturday January 21, 2017. They marched in Washington DC, Grand Junction CO, Lincoln NE, Helena

MT, Portland OR, Los Angeles, New York City, Boston, Seattle and many, many more. Additionally, marches took place in more than 20 other nations and on all seven (7) continents. Heck, there was even a group marching in Antarctica. Women, men and children exercised their first amendment rights to have a peaceful protest. There were millions of people all over the world coming together to support the rights of women. Few of us realize that in 1909 women were prohibited from voting in this nation. We don't realize the profound efforts of the women who came before us to ensure our equality in this nation. There are still some cultural issues, including violence against women, pay inequity, health and reproductive issues and more. Thank you to all the men, women and children who believe that each and every one of us needs to be treated equally.



What's next? Did you protest for one day and say, "I've done my part." It takes a constant and pervasive effort to ensure real change. You must stay informed and get involved. Build a relationship with your Congressperson and Senator. Make sure they know the issues affecting us as postal and working families. Don't be afraid to make an appointment and visit with them in your local office. Send them a letter. It might be a thank you for something you can agree. It might be an issue that is

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STAPLES BOYCOTT ENDS - APWU Wins

By: Kathy Danek, President

In a historic move, the USPS cried uncle and ended the budding partnership with Staples. We as Auxiliary members were on the front of this fight, working with our communities to share the APWU position to protect the sanctity of the mail and the jobs of the APWU. THANK YOU to each and every one of you who set up meetings in your local communities, attended rallies, picketed in front of Staples, wrote letters, attended political meetings and who shopped in other places. Your efforts share this great success in stopping the USPS from outsourcing our jobs and jeopardizing the sanctity of the mail.

We didn't do this alone. We needed help from other organizations within our towns, states and across this nation. We were able to build great partnerships including the members of the American Federation of Teachers and the National Education Association. Every year hundreds of thousands of school supplies are purchased and Staples really felt the pinch when teachers joined our boycott and

refused to shop at Staples.

All of this is great and I am so appreciative of our teachers and their support. Now, build on that partnership. Create new partnerships that will ensure the longstanding communication of the US Postal Service. We must preserve, protect and promote the efforts of the American Postal Workers Union.

As labor, we must also support our teachers in the field. Public education is under attack. Education is the great equalizer, the profession that makes all professions possible. Every child deserves a quality public education. Thank you to our teachers for supporting us in "Stopping Staples". I know you can count on us to protect public education as well. Remember, an educated society is the foundation of a strong United States of America.



February 2, 2017



February 14, 2017



February 20, 2017

Submitting Dues to National Treasurer

By: Trisa Mannion, Treasurer

National, state and local treasurers - when you send your dues please include the following information: local that the member is sponsored in, name, and address. Additional requested information is phone and email addresses. Please sort them by the local then last name. If your local or state have a specific date for the membership please include that information so we can try to match your dates.

I prefer typed lists so I can get the information correctly entered since I can easily read it.

The bank has become very particular about not accepting any check that is older than 6 months. They also need them made out to Auxiliary to the APWU or Auxiliary to the American Postal Workers Union.

One of my favorite sayings is "It takes months to find a member and only seconds to lose one." Thanks for the work you do to insure the members get the service we want to give.

National dues are \$5.00 per member, per year. We encourage you to pay for two years.

2017 Standard Mileage Rates for Business, Medical and Moving Announced

IR-2016-169, Dec.13, 2016

WASHINGTON — The Internal Revenue Service today issued the 2017 optional standard mileage rates used to calculate the deductible costs of operating an automobile for business, charitable, medical or moving purposes.

Beginning on Jan. 1, 2017, the standard mileage rates for the use of a car (also vans, pickups or panel trucks) will be:

53.5 cents per mile for business miles driven, down from 54 cents for 2016

17 cents per mile driven for medical or moving purposes, down from 19 cents for 2016

14 cents per mile driven in service of charitable organizations

The business mileage rate decreased half a cent per mile and the medical and moving expense rates each dropped 2 cents per mile from 2016. The charitable rate is set by statute and remains unchanged.

The standard mileage rate for business is based on an annual study of the fixed and variable costs of operating an

automobile. The rate for medical and moving purposes is based on the variable costs.

Taxpayers always have the option of calculating the actual costs of using their vehicle rather than using the standard mileage rates.

A taxpayer may not use the business standard mileage rate for a vehicle after using any depreciation method under the Modified Accelerated Cost Recovery System (MACRS) or after claiming a Section 179 deduction for that vehicle. In addition, the business standard mileage rate cannot be used for more than four vehicles used simultaneously.

These and other requirements are described in [Rev. Proc. 2010-51](#). [Notice 2016-79](#), posted today on [IRS.gov](#), contains the standard mileage rates, the amount a taxpayer must use in calculating reductions to basis for depreciation taken under the business standard mileage rate, and the maximum standard automobile cost that a taxpayer may use in computing the allowance under a fixed and variable rate plan.

Remember to File Your 990N

The *e-Postcard* is due every year by the 15th day of the 5th month after the close of your **tax year**. For example, if your tax year ended on December 31, the *e-Postcard* is due May 15 of the following year. If the due date falls on a Saturday, Sunday, or legal holiday, the due date is the next business day. **You cannot file the *e-Postcard* until after your tax year ends.**

President's Report

Continued

important to your family. Don't wait until things are acted upon. Get involved today to help shape policy that will help our families and our postal jobs.

So here is what we need to do:

1- We still need to find ways to restore sensible delivery standards for the USPS. Two and three day delivery across the towns we live in is ridiculous. We have the technology and should restore the jobs to make this happen. The movement to extremely large plants did not address the inability to transport mail to and from these plants. Mail is important, it's trusted and it's our jobs.

2- Get involved in local politics. Policies are made at the local level. Support candidates for school board, city council, county commissioners, state senators and representatives who are labor friendly. You might walk precincts, make phone calls, put up yard signs. It is truly

grass roots politics for our everyday lives. There wasn't just a massive take over in Washington DC. It happened in states and cities all over this country. Your involvement in every local, state and national election is imperative to protect and build policies that affect working men and women.

3- Make sure you vote in EVERY election. Work to register others to vote. Create relationships with these men and women to make sure they stay informed on working family issues. Create a calling list to get their help. Draft sample letters of support for candidates, issues and so on.

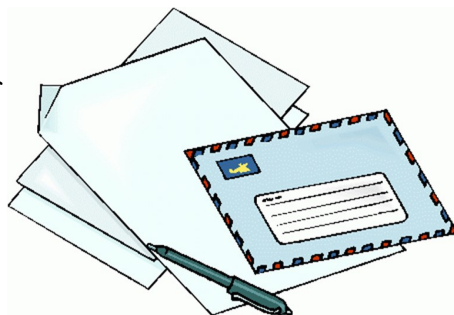
Finishing up, this is a call to action for our Auxiliary. – don't get caught looking for Big Foot while Congress votes to destroy our jobs, benefits and rights. We need each and every one of you to know the issues, share the issues and work to enact the issues that affect members of the American Postal Workers Union and all working families. Thank you to each of you for your very hard work. Our job is not finished and the work is not easy. Together we can succeed.

How to Write Effective Letters to Congress

Real Letters Are Still the Best Way to Be Heard by Lawmakers

If you have been watching what has been happening in the U. S. Congress since the new Congressional term began in January many changes are taking place with our Republican President and Republican controlled House and Senate. Many actions which will affect government workers, as well as retirees, are being proposed. We may want to write our Congressmen and women and let them know our views. Below are some suggestions on how to write a letter and what to include in your letter:

Concise, well thought out personal letters are one of the most effective ways Americans have of influencing law-makers. But, members of Congress get hundreds of letters and emails every day. Whether you choose to use the Postal Service or email, here are some tips that will help your letter to Congress have impact.



The above addresses should be used in emails as well as those sent through the Postal Service.

The Supreme Court justices do not have email addresses but they do read letters from citizens.

Some things you should do in writing your elected Congressmen are:

It's usually best to send letters to the representative from your local Congressional District or the Senators from your state since your vote helps elect them (or not) and that fact carries a lot of weight.

Your letter should address a single topic or issue. Typed one-page personalized letters are best.

- Say why you are writing and who you are. (If you want a response, you must include your name and address even if using email.)

- Provide more detail. Be factual but not emotional. Provide specific information about how the topic affects you and others. Cite the correct title or number if a certain bill is involved.

- Close by requesting the action you want taken: a vote for or against a bill, or change in general policy.

The best letters are to the point, courteous, and include specific examples.

How to address members of Congress:

The Honorable (full name)
(Room #) (Name) Senate Office Building
United States Senate
Washington, DC 20510

Dear Senator:

The Honorable (full name)
(Room #) (Name) House Office Building
United States House of Representatives
Washington, DC 20515

Dear Representative:

1. Be courteous and respectful without "gushing."
2. Clearly state the purpose of your letter. If it's about a certain bill, identify it correctly.
3. Say who you are, including your name, address, phone number and email address.
4. State any professional credentials or personal experience you may have, especially those pertaining to the subject of your letter.
5. Keep your letter short - one page is best.
6. Use specific examples or evidence to support your position.
7. State what it is you want done or recommend a course of action.
8. Thank the member for reading your letter.

In your letter **DO NOT**:

1. Use vulgarity, profanity or threats. The first two are rude and the third one can get you a visit from the Secret Service.
2. Fail to include your name and address, even in email letters.
3. Demand a response.

Cite these legislation identifiers when writing to members of Congress:

House Bills: "H.R. _____"
House Resolutions: "H.RES. _____"
House Joint Resolutions: "H.J.RES. _____"
Senate Bills: "S. _____"
Senate Resolutions: "S.RES. _____"
Senate Joint Resolutions: "S.J.RES. _____"

While more difficult than sending a letter, visiting your Members of Congress, or the staff, face-to-face is the most effective way to actually influence them.

Why We Still Need an “Active” Auxiliary Today!

David Johnson, Omaha, NE Auxiliary APWU

(This article is excerpts taken from David Johnson's keynote speech given at the Nebraska State Postal Workers Convention in La Vista, Nebraska April, 2013. Mr. Johnson is a past national officer of the APWU.)

In the 1960's postal workers had COLLECTIVE BEGGING. It was a time when the Auxiliary had more power in Washington D.C. than the organizations. Because postal workers were under the Hatch Act they could not support, they could not contribute, nor could they work for any candidate what so ever. However, the Auxiliary could and they led the fight back in the early years. This was a time when the National President of the Auxiliary, the late Maggie Reimann, would call the Auxiliary Presidents into Washington D.C. She knew just how to work the halls of Congress. Not only did she have the know-how, she set guidelines, made telephone calls and educated the Auxiliary officers and members - at that time the Federation of Postal Clerks. She would call them in to Washington, D.C. The National would pay their way and they would go to both sides of the House - Republican, Democrat or Independent and they would fight for the political freedom of federal employees. It was the Auxiliary who in the 1960s would fight to get legislation for the right to collective bargaining. It was the Auxiliary that fought for postal workers to be un-hatched and at that time also trying to get legislation passed for the right to strike. ***The Auxiliary was the only hope for political freedom!***

The 1960s was a time when a Post Office Clerk in some large cities with a family of four had a salary which was below the poverty level - some were on food stamps, some worked two jobs. A clerk's salary in 1970 was \$6,100 per year. It took twenty-one years to reach \$8,400 and that was the highest level a clerk could become in 1970. This was also a time when Congress voted themselves a forty one percent (41%) pay increase and limited employee wages to five-point four percent (5.4%). Now this 5.4% went to all federal employees. So, whenever the Auxiliary was out lobbying on behalf of Postal Workers they were also lobbying for wage increases for all federal employees.

In March of 1970 postal workers walked out on strike. This was a frightening time. Families were divided - some family members crossed the picket line and others did not. The news media was out - they were looking for spokespersons to say why the postal workers were striking, and when they heard some of the stories they were shocked.

The chant rang out, “No Raise - No Work”. In New York City - Wall Street, the financial capital of the world, was shut down, over 9,000 youth did not receive their

draft notices and income tax refunds were being delayed. President Nixon called out the troops, at that time 25,000, to work in the New York Post Office. Those postal workers who did cross the picket line, and the foreman, tried to teach the National Guard and United States Army how to work the mail “**to no avail**”. So, President Nixon called on the Union leadership and said, “Tell



your members to go back to work and we will negotiate”. Union leadership refused to negotiate. Eventually there were restraining orders and the Union was being fined \$100,000 a day (which was later dropped). George Meany of the AFL-CIO worked out an agreement along with Secretary of Labor George Schultz and the Postmaster General agreed to negotiate when postal workers returned to work. By April 16th the Post Office Department and the exclusive Unions agreed on a reorganization plan with legislation proposals to submit to Congress. Now in order to get this legislation passed, what are postal workers going to do? They are still under the Hatch Act so time to call in the Auxiliary again. The word went out to the Auxiliary and they were prepared and educated to do lobbying in Congress and back at home. Back in those days the Auxiliary knew who their Senators and Congressmen were. They would have luncheons and invite their Legislators and share with them the legislative goals of postal employees. And **we need to see that day again!**

If you're following what's going on in Washington D.C. you should know that federal postal workers need the Auxiliary more today perhaps than they did in yesteryears because they're still out there hitting the clock and can't do some of the things the Auxiliary can do because they can go to your Senator or Congressman and get in the door even when we can't go; when we go as union officials, yes even today. I urge every local and State to support the Auxiliary not only with money but get behind them. When Kathy Danek, current President of the Auxiliary to the American Postal Workers Union, speaks - listen to her.

Please support the Auxiliary. I know the importance of enforcement of the Collective Bargaining Agreement. **But remember what Congress gives they can take away!**



In just 10 weeks, cholesterol, blood pressure and weight improved among women in study

TUESDAY, Jan. 10, 2017 (HealthDay News) -- Walking at moderate intensity may lower the risk of heart disease, a small study suggests.

"We know walking is an excellent form of exercise, but research has been mixed on how successful a walking program can be in changing biological markers such as cholesterol, weight, blood pressure," said Pamela Stewart Fahs. She is associate dean, professor, and chair in rural nursing at the Binghamton University Decker School of Nursing in New York.



For the study, Fahs and a graduate student tracked 70 women in a rural area of New York state. The study participants were asked to walk briskly at least 150 minutes a week for 10 weeks. The women ranged in age from 29 to 79, and had an average age of 55. At the start of the study, the researchers calculated the women's risk of a heart attack within the next 10 years. Halfway through the 10 weeks, the participants were given an incentive via a raffle to increase their steps.

At the end of the 10-week period, the investigators checked the weight, blood pressure and cholesterol levels of the participants. All of these factors had improved, suggesting that walking can help lower heart disease risk in a short time, according to the report.

"I believe there is a need to test for effects of a built-in challenge within a program to see if that helps motivate participants to participate longer and/or produces more successful outcomes," Fahs said in a university news release. Since research such as this is often done in urban or suburban settings, "work needs to be done to see how best to keep rural women engaged in meaningful exercise for longer periods of time," Fahs added. The study was published recently in *Creative Nursing*.

More information:

For more about walking as exercise, visit the U.S. Centers for Disease Control and Prevention.

-- Randy Dotinga

SOURCE: Binghamton University, State University of New York, news release

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(800) 222-2798



www.apwuhp.com

Child, Inc. - Human Relations Project 2016-2018

“People who give will never be poor” ~Anne Frank~

Dear Auxiliary Brothers and Sisters,

It's that time again when the Auxiliary to the American Postal Workers Union asks for your help in supporting our Human Relations Project. At every convention the delegates vote on a project that runs until the next convention. For the 2016 to 2018 project the delegates voted unanimously to support **Child Inc.** out of North Chesterfield, Virginia.

Child Inc. was founded by Jeanne Clarke in 1964. It is an international nonprofit organization with a steadfast vision: to provide children living in poverty with the basic needs and education that they would otherwise go without - the tools that they need to break the cycle of poverty, one precious life at a time. Although Child Inc. is in 22 other countries besides the United States your donation will be used to assist the children here in this country.

Along with regular donations **Child Inc.** accepts sponsors for just \$28 a month but at this time we are just asking for a donation to this very worthy cause. If you are interested in sponsoring a child you may check out the website at www.childrenincorporated.org.

No amount is too small (or too large) and checks may be made out to **Auxiliary to the APWU** and mailed to **Trisa Mannion, Treasurer, Auxiliary to the APWU, 3038 Cloverdale Ct, Grand Junction, CO 81506.**

We are very excited about this project and hope that we can count on your support.

Human Relations Committee

Global Women's March - January 21, 2017

By: **Bonnie Sevre**

Around the globe on January 21st women were marching for many different issues. Some were worried about losing their health care if the Affordable Care Act is repealed, others were concerned about issues such as climate change, closing of Planned Parenthood Clinics, pay equality for men and women, overturning Supreme Court rulings such as Roe v Wade, same sex marriage, to name a few. Many of our auxiliary members were able to participate in these marches across the country.

I spoke with a lady from my church who had the privilege to take a bus to Washington, DC from Minnesota to participate in the march. She shared what an awesome experience it was to be in such a march. Her comment was that some of the signs were inappropriate, but she stated that everyone was friendly, respectful, and kind. Around the globe there was not a single arrest.

Some individuals have been very upset about this march coming the day after the inauguration of our 45th president of the United States of America. This wasn't necessarily a march protesting our new President, but to make our President and Congressmen aware of the issues that are of concern to the women of this country. If we look at history peaceful protests are the way we get certain legislation passed in this country. If we do not speak up our voices will not be heard.

If any of you participated and have pictures of the women's march that you would like to share, please send them to our national treasurer, Trisa Mannion to include on our web page. I would also like a copy.



Trisa Mannion, left, marching in Women's March in Grand Junction, Colorado

2016-2018 Human Relations Project

By: Joyce Tanguay - Human Relations Chair

Be true to yourself. Make each day a masterpiece. Help others.

Children Incorporated.org

Many of us have children or grandchildren and for those of you who don't I'm sure you must have friends who do. Have you ever stopped to think about what it would be like if any of those children did not have enough food to eat, clothes to wear, no healthcare and they couldn't go to school? It is so difficult for most of us to imagine that there are actually children here in the United States who fit that "profile."

It doesn't have to be that way. **Child Inc.** relies on donors to give children hope and opportunity. Your gift to **Child Inc.** can provide children with all these basic necessities making a positive impact on their lives. The life changing work **Child Inc.** does is not possible without you.

No donation is too small and checks may be made payable to Auxiliary to the APWU and mailed to Trisa Mannion, Treasurer, Auxiliary to the APWU, 3038 Cloverdale Court, Grand Junction, CO. 81506

Please take a minute of your the time to go to <https://childrenincorporated.org> for more testimonials and information.



February

2017

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