

News and Views



Volume 38
Issue 4

News & Views is published bi-monthly - by the Auxiliary for the Auxiliary,
224 38th Street West Des Moines IA 50265

We are a proud member of the APWU Postal Press Association

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

March-April 2022

Ending and Beginning Again

By: Trisa Mannion-President



Bittersweet changes are taking place in this organization. Joyce Tanguay is retiring on March 31. She deserves a great retirement and time to devote to her family and herself. She has volunteered for Red Cross, her church, and many other organizations. She is an excellent National Secretary that I count on every day. If she is responsible for a task or project, it will

be done early, well, and with a smile. She offered to assist her replacement for as long as it is needed. While we are sad to see her retire, we are happy that she gets the opportunity to have that carefree time.

In compliance with the National Constitution, Article VIII Sec. 1, Karen Wolver was appointed by me and approved by the Executive Board. Please welcome Karen to the new position. She has previously served as a state and local officer. She currently serves as District 3 Coordinator. We are happy to have her step up to the new position and use her skills to serve the Auxiliary in this new capacity.

After April 1st, please send all officer changes, requests for supplies, Charter requests, and any other correspondence related to the duties of the Secretary to Karen Wolver. Until that time, Joyce will continue to serve the membership.

This leaves a vacancy in District 3. If you are interested in the position, please refer to the Constitution for a list of expectations and duties, (Article VIII, Sec.5 and 6). Feel free to contact me for additional information. This is an interim appointment. The person selected will face election at the next National Convention, along with all national officers.

You must hold membership in one of the following states: Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, or South Dakota. The candidate must have been a member in good standing for a minimum of one year to be eligible for the office.

Please take a few minutes to thank Joyce for the many years she dedicated to the Auxiliary and welcome Karen as she embarks on this new challenge. Every beginning has an end, and every end is a new beginning.

Inside this issue:

Fifteen Years in the Making Call your Senators	2
Moving On Fifteen Years in the Making cont.	3
CACA Ladies Making a Difference Nilan Scholarship Guidelines	4
Nilan Scholarship Form	5
Let's All do our Part Special Edition Notice	6
APWU Health Plan	7
Human Relations Project Special Edition	8

Fifteen Years in the Making

By: Janice Gillespie-Legislative Aide-Editor

We must get the Senate to pass this legislation.

In 2006, Western Union sent their last telegram, Pluto, demoted to a dwarf planet changed our Science books, and Steve Jobs became the largest individual shareholder of Disney. In addition, the US Senate was one vote away from passing a constitutional amendment banning flag burning, and in 2006, Congress passed the Postal Accountability and Enhancement Act. The PAEA mandated the United States Postal Service to pre-fund retiree's health benefits 75 years in advance. Fifteen years later, the Postal Service is still fighting to remove the 2006 mandate and pass postal reform. In addition, the Postal Service has been unable to pay since 2012, which has resulted in an additional \$5 billion added to their books as debt every year. This unusual obligation by Congress has made a manufactured deficit for the post office.

The postal unions, retirees, and Auxiliary have been trying to pass a reform bill for years. We are close. In May, the Postal Reform Act of 2022 was passed in the House by a bipartisan vote of 342-92. The next hurdle is to pass the Senate. We must get the Senate to pass this legislation. Getting a bipartisan vote in the Senate is an ongoing battle. Fourteen Senators are backing the Postal Reform Bill right now, enough to pass the bill as of this writing. Unfortunately, companies such as FedEx and UPS are fighting with all of their might and money to change the minds of enough Senators for this bill to fail. We need to fight smarter.

The Postal Reform Act addresses five fundamental issues. First and foremost, this bill would eliminate the pre-funding mandate and erase the books' yearly \$5 billion debt since 2012. The Postal Service would be on a better financial path with the passage of this bill.

Medicare integration is also part of the Postal Reform Bill.

Unfortunately, this part of the bill has been the most misunderstood and controversial. Medicare integration would require retirees, when 65 years old, starting in 2025, to apply for the free Medicare part A and part B, which comes with a fee. All current retirees and those who retire before 2025 would be exempt. FEHB, Federal Employee Health Benefit, plans will still be an option. There will be a separate FEHB plan for postal retirees run by OPM. This part of the Postal Reform Act should help the post office financially and still benefit retirees. Right now, those retirees who are eligible for Medicare that did not sign up for Part B and have changed their minds will have to pay the penalty for each year they have delayed. Medicare integration will take away the penalty.

An integrated delivery network insuring a continued 6-day delivery is a much-needed part of the reform bill. Every year, the Postal Service has had to go to Congress to get the language for our six-day delivery through appropriations. Making six-day delivery part of the law will end our yearly "begging." Also, in this part of the bill, letters, flats, and parcels are all part of one integrated system. FedEx and UPS want nothing more than to push the post office out of the package delivery business so they can raise their prices, meaning profits. This bill allows the post office to continue serving the American people six days a week, including delivering their packages.

More transparency is good for the Postal Service and the public. The Postal Reform Act does not address service standards, but it requires that the post office regularly report



cont. on page 3



Call **844-402-1001**

Tell your Senators to vote "Yes" on
the Postal Service Reform Act of 2022

Moving On

“Past” National Secretary –Joyce Tanguay



For some people, if they look back 14 years, not a whole lot has happened. For me it has been a whirlwind of activity starting in 2008. One phone call from the Portland Maine Area Local 458 President, Scott Adams, (my son), paved the way for me that would keep me busy doing things I never

expected. Let me explain the call. Scott, “Mom, I need you to help with a mailing for the Local.” Me, “O.K.” (we do anything for our kids). Scott, “And, by the way, I signed you up for the Auxiliary.” (I guess you must be an Auxiliary member to help the Union?) Me, “What is the Auxiliary?” Scott, “I don’t have time to explain but will get you in touch with Doris Poland.” Me, “Who is Doris Poland?” Scott, “the National President of the Auxiliary to the American Postal Workers Union. We have a rally in a couple of days, and you can meet her there. Gotta go. Will get the mailing over to you.” I hang up very confused. A couple days later I attended the rally, met Doris and the rest is history.

I was appointed District 7 Coordinator shortly after that and

have been on the Board, ever since. I became National Secretary in 2018. I have attended rallies, picket lines, national conventions, state conventions, all craft conferences, health plan seminars, union meetings, Auxiliary meetings, virtual Ziplines, Zoom calls and many many Budget Committee calls. I have made phone calls and written letters in support of our Postal Service. I have mailed out many birthday, sympathy, get well and thinking of you cards. All in the name of the National Auxiliary or the American Postal Workers Union.

I am writing this because as I have made the decision to “move on” I want to say thank you to all the Auxiliary and Union members who have been so welcoming and supportive of me over the past 14 years. I have made so many new friends and have learned so much and am very thankful to all of you. I will continue to be an Auxiliary member and support the American Postal Workers Union and the Postal Service. And, who knows, maybe we will meet again at some rally, picket line, convention, conference, seminar, or meeting. Until then, God bless you all.



cont. from page 2

issues affecting the service. National APWU President Mark Dimondstein has stated that the union wanted service standards to be included but conceded that they would have to address those issues later to get this bill passed. Service standards are contentious, therefore including that issue would have killed this bill.

Another valuable part of the Postal Reform Bill is that it will enable the Postal Service to negotiate with government officials to offer non-postal services. Non-postal services would entail money-making endeavors such as selling hunting and fishing licenses, making copies, offering banking, internet connectivity, or fueling stations. The list is endless.

All postal unions back this reform bill along with the Auxiliary, postal management, and the public. It was well-received in the House, but the Senate will be tough. This bill

will hit the Senate floor anytime now. Hopefully, by the time this issue is delivered, it will be in the hands of President Biden. Unfortunately, Congress isn't known for its speed in pushing bills through. President Biden supports and has promised to sign the Postal Reform Act once it gets to him.

In closing, as soon as you get this, please check APWU.org to see the status of this bill. You can also contact your District Coordinator or any of the General Officers. The phone number to call your Senators is on page 3 and on the APWU website. Make the calls and educate your friends and neighbors so they can make the call as well.

Keeping a viable, financially solvent Postal Service is for everyone: union members, Auxiliary members, retirees, and the American people. This fight benefits all of us, so lets all of us fight.



CACA Ladies Making a Difference

By: Trisa Mannion-President

We talk a lot about community outreach to other organizations, clubs, social groups, and those with similar interests in this organization. We want to get the message out about pertinent issues to all groups to encourage more people to vote, write letters, or inform them about things in the United States Postal Service. In addition, we encourage the members to become active in human relations, civic matters, politics, and the passage of legislation.

Not too long ago, a call came about some ladies who had signs outside the Grand Junction, Colorado, downtown Post Office. The caller asked if they were Auxiliary members and if we had decided to rally. The simple reply was yes, we have a rally planned but not today. After a conversation with the ladies carrying signs and asking for the removal of PMG DeJoy, it was discovered that they

were friends of someone who had been asking for help in the various groups in the city. This group values the Postal Service and does not want to see the actions by the PMG continue. They decided to make a difference and set up a protest. They continued to assist with the planned rally and were welcomed by the APWU members, retirees, and Auxiliary members present.

Coffee and Civic Action is the group's name that manned that corner for several days, despite the weather. They have continued to write letters, make phone calls, and help rally for the preservation of the Postal Service. They are a prime example of a successful coalition between the Auxiliary and another civic group. We thank and salute their efforts to make this a better country.



CACA at Rally 2020

Essay Topic: *Why is diversity important in the union?*

INSTRUCTIONS FOR THE 2022 ESSAY

All essays must be:

Typed, double spaced, on white paper, between 175 and 250 words

Essay must be accompanied by the official application form.

Completed applications and essay must be sent via Certified Mail, Return Receipt Requested To:

Rebecca Kingsley, Chairperson
P.O. Box 93686
City of Industry, CA 91715-3686
E-mail: rkingsley@apwuauxiliary.org

Must be postmarked by:
On or before July 1, 2022

Scholarship Official Application Form

Applicant's name: _____

Mailing Address: _____

City _____ State _____ Zip _____

Telephone # _____ SS # _____

Last school attended _____ Date _____

College or vocational school you plan to attend and

Course of study or degree completed _____

School name: _____

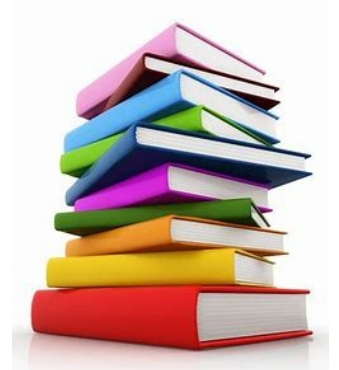
Address: _____

City _____ State _____ Zip _____

Sponsoring APWU Member's name _____ Tel.# _____

Name of Local & State _____

Signature of Applicant _____



Applicant must be an Auxiliary member in good standing for at least one year.

PERSONAL INFORMATION

(optional - to be used for information for a press release if your entry is selected as our winner)

Spouses Name (if applicable) _____

Children's Names & Ages _____

DOB _____ Sex: M ___ F ___ Current Occupation _____

Hobbies, special interests: _____

Community Involvement: _____

Additional Comments and Future Goals: _____

Let's All Do Our Part

By: Lisa Beer-District 7 Coordinator



Every year April 22nd is celebrated around the world. Why, do you ask? Well, it's Earth Day! But how many people are aware of Earth Day or how it was started.

The first Earth Day was April 22nd, 1970, when a senator from Wisconsin named Gaylord Nelson proposed the idea. He chose April 22nd because it doesn't interfere with Easter or college exams. His original thought was to hold environmental "teach-ins" on college campuses. However, Earth Day has become so much more. It has become about protecting the planet from pollution and many other environmental issues. Earth Day is about protecting this planet we live on for future generations.

How can you help? Recycle, plant a tree, take part in an Earth Day celebration, pick up litter, conserve energy and water. Oh, did I mention recycling? Recycling is one of the easiest ways everyone can help. Did you know that one reusable bag can prevent the use of up to 600 plastic bags? I am sure some of you remember your children coming home from school with what looked like one twig from an evergreen tree to be planted (I have one growing in my backyard). It may have been a packet of flower seeds for the yard for some kids. Still, others may have brought home a shriveled-up piece of what looked like cardboard embedded

with seeds. Learning to grow plants is one way our children are taught about Earth Day and are encouraged to get involved with helping our planet, along with recycling events within their school. If our children can do it, so can you.

Some fun Earth Day facts:

The first Earth Day, 1970, remains the largest single-day protest in human history.

On the first Earth Day in 1970, President Nixon and the first lady planted a tree on the south lawn of the White House.

The largest funding for Earth Day is organized labor. UAW (United Auto Workers) was the largest contributor to the first Earth Day.

On April 22nd, 2016, Earth Day, the Paris Agreement was signed by the U.S. and 120 other countries.

Earth Day 2020 was the 50th Anniversary of Earth Day. The large event was scheduled in Washington D.C but was canceled due to the pandemic.

The theme for Earth Day 2022 is "Invest in our Planet." So, when April 22nd rolls around, stop and take some time to smell the roses, the ones that might not be there in the future if we don't all do our part, so think about what you can do to help with environmental issues. Can you recycle more, turn off lights when not in use, shut down your computer when not in use, organize an event, educate another person on Earth Day? Whatever it is, remember, every little bit helps.

Special Edition-April 2022

Watch your mailboxes in April for the extra edition of the News and Views! This issue will be filled with information on the National Convention. We will share as much of the who, what, when, and how of the convention as we can. The dates to save are August 15-18, 2022. The Auxiliary will be following the decisions made by the APWU and the guidelines set by the CDC.

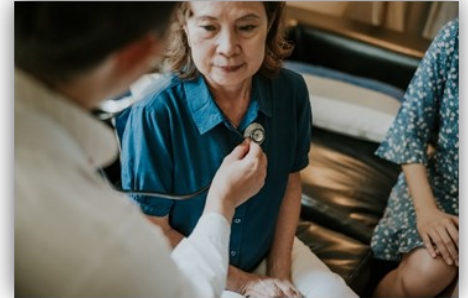
You Don't Have to Smoke to Get Lung Cancer

Tobacco use is far and away the leading cause of lung cancer, but non-smokers are also at risk, experts say.

People who smoke have the highest risk, and smokeless tobacco is also a threat. About 90% of lung cancer cases could be prevented by eliminating tobacco use, according to the [World Health Organization](#).

Exposure to secondhand smoke can increase the odds of developing lung cancer. Other risk factors include a family history of lung cancer and exposure to radon gas, asbestos and other cancer-causing substances. Some lung cancer patients don't have any obvious risk factors. If you do smoke, however, you can reduce your lung cancer risk by quitting.

Dr. J. Taylor Hays is associate director of the Mayo Clinic Nicotine Dependence Center. He said, "Even if you're in your 60s or 70s, we know that by quitting smoking you add years of life, and reduce the chronic health impacts and symptoms that occur from smoking."



Symptoms of lung cancer include shortness of breath and persistent cough, chest pain, coughing up blood, weight loss, bone pain and headache.

These symptoms often appear only when the cancer has spread into other areas of the body.

"One of the problems with lung cancer is that by the time a patient is diagnosed with lung cancer — 80% of the time — the lung cancer has spread," said Dr. Karen Swanson, a pulmonologist and critical care specialist at the Mayo Clinic in Phoenix. "Unfortunately, when tumors grow within our lungs, it's not something our bodies can sense or feel. So we miss it at its earliest stages, unless we screen." Screening with an annual low-dose CT scan is recommended for those who are at high risk. "Patients should talk to their primary care provider about lung cancer screening, especially if they have any history of smoking," Swanson said.

How Can APWU Health Plan Help?

Both High Option and Consumer Driven Option members can enroll in the Tobacco Cessation Program at no extra cost!

High Option Members: call Cigna/CareAllies at 1-800-582-1314 to enroll.

Consumer Driven Option Members: call UnitedHealthcare at 1-800-718-1299 to enroll.

APWU Health Plan also covers Lung Cancer Screenings at no additional cost for adults ages 50-80 who have a 20 pack-year smoking history. So if you're concerned that you might have lung cancer call your primary care provider today to schedule a lung cancer screening!

SOURCE: Mayo Clinic, news release, Jan. 19, 2022



APWU HEALTH PLAN PARTNERS WITH POSTAL AND FEDERAL FAMILIES TO CREATE A LIFESTYLE DEDICATED TO HEALTHY LIVING. WE ARE COMMITTED TO PROVIDING OUR MEMBERS WITH INNOVATIVE HIGH-QUALITY PRODUCTS AND SERVICES.



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



We all know that the USPS is the largest company to employ our Veterans. While those at Fisher House have helped more than 370,000 families, I wonder how many of those families are or have been a part of our own APWU family. It has been a meaningful organization to be a part of and to be able to give generously to for the last four years.

We not only give to help others, but we also give to help those within our circle of life. A saying goes, “The older we get, the smaller the circle becomes.” Yet, as I get older, I see more brothers and sisters stepping up to many different tasks within our union family to help keep the movement growing.


While I consider the APWU a circle in my life, we ask our circle of friends to start thinking outside the box. We are looking for another great organization to host as our next Human Relations Project.

We all have challenges and problems in our life, but when you look in the mirror or see your brothers and sisters struggling in their own lives, can you think of an organization that could help them, or yourself for that matter, on a national level?

The wonderful thing about choosing our next Human Relations Project is bringing different ideas to the table and talking to others about our deepest concerns. So whether we choose an organization for children, the elderly, veterans, human trafficking, mental health, suicide, food inequity, or a host of other needs, we can all be sure that our fundraising efforts will go towards a compelling cause.

What thoughts do you have that you could share with us? We need to present our ideas at the next convention right around the corner. If you are like me and do not write it down, the thoughts will disappear. So do not let your ideas disappear! Please send us an email and let us know what you are thinking.

Our Fisher House Project has been a great success and we’re not done yet. Please send all money collected to Treasurer Bonnie Sevre. Thank you to all for your support. Together we are unstoppable.



Please send in the name of your loved one who has passed away with a \$10 donation to the Nilan Scholarship for the Book of Memories celebration at the National Convention. Information and the form can be found on our webpage: apwuauxiliary.org

National Officers

PRESIDENT Trisa Mannion
970-424-5131 (fax) **970-424-5856**
3038 Cloverdale Ct
Grand Junction, CO 81506-1960
tmannion@apwuauxiliary.org

SECRETARY Joyce Tanguay
207-289-6775 (cell) **207-409-6032**
10 Juneberry Lane
Scarborough, ME 04074-7404
jetanguay@apwuauxiliary.org

TREASURER Bonnie Sevre
612-788-3440 (cell) **612-889-4111**
2836 Highway 88
Minneapolis, MN, 55418-3243
bsevre@apwuauxiliary.org

LEGISLATIVE AIDE EDITOR Janice Gillespie
515-664-1154
224 - 38th Street
West Des Moines, IA 50265-3917
jgillespie@apwuauxiliary.org

DISTRICT 1 Vacant
Please contact President Mannion
AK, ID, MT, OR, WA,
tmannion@apwuauxiliary.org

DISTRICT 2 Rebecca Kingsley
562-355-3308
PO Box 93686
City of Industry, CA 91715 -3686
AZ, CA, CO, HI, NM, NV, UT, WY
rkingsley@apwuauxiliary.org

DISTRICT 3 Karen Wolver
515-771-7183
4631 NE 29th Street
Des Moines, IA 50317-4833
IA, KS, MO, MN, NE, ND, SD
kwolver@apwuauxiliary.org

DISTRICT 4 Debra Stewart
817-534-9130 fax **817-534-2279**
6400 Guilford,
Fort Worth, TX 76119-7111
AR, LA, MS, OK, TX
dstewart@apwuauxiliary.org

DISTRICT 5 Donnita Cameron
248-878-6538
13342 Dena Dr
Warren Mi 48088-6654
IL, IN, KY, OH, MI, WV, WI
dcameron@apwuauxiliary.org

DISTRICT 6 Arline Holmes
804-266-2451
8205 Tarkington Dr
Richmond, VA 23227-1448
AL, FL, GA, NC, SC, TN, VA
aholmes@apwuauxiliary.org

DISTRICT 7 Lisa Beer
610-762-5759
3006 N 5th Ave
Whitehall, PA 18052-7404
CT, DE, ME, MD, MA, NH, NJ, NY, PA, RI, VT
lbeer@apwuauxiliary.org