

# News and Views



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[www.apwuauxiliary.org](http://www.apwuauxiliary.org)

## March-April 2024

### Preparing for Conventions

By: Trisa Mannion-President



Let's review a few of the things that we need to do at conventions to be successful. *Notify members at least 30 days ahead of the convention that you are meeting. This process is commonly called the convention call.* It should include the following: date, time, place, and expected events. If you are conducting an election voting on delegates to the National Convention,

that must be clearly stated.

If you pass resolutions to be considered at the National Convention in Detroit, Michigan, July 15-18, the resolutions must be sent to the Auxiliary National Secretary. The President and Secretary of your organization should sign it. Please send a digital copy, if possible, to the President, Secretary, Treasurer, and Editor. The resolutions must state the article, section, and subsection being changed. If you need guidance or an example, don't hesitate to contact me or visit [apwuauxiliary.org](http://apwuauxiliary.org).

COPA collections require specific handling. We have a COPA Policy that needs to be strictly adhered to for compliance with the FEC regulations. Ask if you are not aware of this policy. You need to account for every dollar collected on the COPA sheets that are available on the website. You can print them at any hotel business center or at home before leaving for the convention. If you are responsible for this money, you need to keep it secure.

After you elect delegates to the National Convention, send

the credentials to Secretary Karen Wolver. They require the signature of the President and Secretary. If that person cannot attend, then ask about a different option. Check your state or local constitution for details on electing delegates. MAL members do not need to be elected, but you still need to submit your credentials.

We want to process the new and renewing members on a timely basis. Please send them within ten days of the close of the state convention. It is preferred the list is in order by

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# Delivering LATE for America Plan

By: Janice Gillespie-Legislative Aide-Editor

Post offices and plants closing, mail being shipped hundreds of miles away to be sorted and returned, outgoing mail being held overnight, staff reductions, routes eliminated, and long retail lines resulting in delayed mail and customer dissatisfaction. We are on a path towards privatization.



Postmaster General Louis DeJoy calls his plans to destroy the Postal Service, as we know it, his ten-year Delivering for America plan. The Board of Governors he leads is planning for sixty hubs nationwide to replace and combine the current hubs, plants, and stations. The Board of Governors is not looking back at the failures they should be learning from. Plant closures only amounted to delayed mail when implemented years ago.

We are losing facilities through new “modernization” plans. Due to management’s new system, mail now processed in Casper, Wyoming, will be sent to Billings, Montana, 280 miles away. Mail in Charleston, West Virginia, will be sent and sorted over 200 miles in Pennsylvania. El Paso, Texas, will be sending their mail to New Mexico, and mail that is now sorted in Grand Junction, Colorado, will travel 252 miles to be sorted in Denver. Over 112 facilities countrywide will be affected. The list is exhausting. These changes, already initiated in some areas, will cause even more delays in

mail delivery.

DeJoy is treating the Postal Service as if it is a business rather than a service. He is eliminating truck routes that are not always full to capacity. This means outgoing mail will sit overnight in many post offices. In my day, the post office motto was every piece every day. First-class mail was never left overnight. That was a firable offense. DeJoy’s solution to delayed mail due to transportation routes is to lower expectations. The USPS predicts first-class local mail that used to have a one or two-day delivery to be two days if mailed within sixty miles of the destination. All other mail will increase by two to three days due to the increased time in transit. The changes in service standards were implemented in October 2023. Still, with mail traveling hundreds of miles just to be sorted and returned, even local mail will have increased delivery times.

Outgoing mail will be picked up in certain areas, especially rural areas, once daily in the morning. All mail brought in that day after the early truck leaves will be held over. How is that going to help our customers? A sympathy card, mailed in the afternoon from a customer in Grand Junction, Colorado, to a friend across town, would sit overnight before being shipped over 200 miles to Denver to be sorted and then back

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## THE FREEDOM TO VOTE ACT (H.R. 11, S. 2344)

Show your support for enhanced voter rights! The Freedom to Vote Act requires states to allow mail-in ballots, makes election day a federal holiday so everyone who wants to can go to the polls, mandates two weeks of early voting, expands voter registration, limits voter roll purges, and more . Encourage those you know to check their registrations to be sure they have not been purged without their knowledge. Call your members of Congress to support this bill. Make that call today and urge others to do the same. Voting is a fundamental right!

cont. from page 1

State, Local, Last Name, and First Name.

You can call me if you hit a snag and need help. I try to be available during reasonable times of the day and evening. Please keep in mind that my time zone is the Mountain Time Zone.

The Auxiliary Handbook is an excellent reference manual that can answer questions. If you do not have a Handbook, contact Karen Wolver, Secretary.

Assist where the APWU needs help, which can mean anything from registering delegates to hosting a hospitality room.

The National Human Relations Project is Sleep in Heavenly Peace. Raising funds for this project can be done at your convention or at home.

This last thing is important too. Have fun! Enjoy the friendships that you make and the fulfillment of helping others.



# LET'S BUILD A BETTER POST OFFICE

Say no to long lines, delays, and reduced post office hours

## SIGN THE PETITION

We call on you to make every effort to keep our post office open and available to provide the "prompt, reliable, and efficient" service we deserve under the law.

NAME:		EMAIL:	
ADDRESS:	CITY:	STATE:	ZIP:
NAME:		EMAIL:	
ADDRESS:	CITY:	STATE:	ZIP:
NAME:		EMAIL:	
ADDRESS:	CITY:	STATE:	ZIP:
NAME:		EMAIL:	
ADDRESS:	CITY:	STATE:	ZIP:
NAME:		EMAIL:	
ADDRESS:	CITY:	STATE:	ZIP:
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NAME:		EMAIL:	
ADDRESS:	CITY:	STATE:	ZIP:
NAME:		EMAIL:	
ADDRESS:	CITY:	STATE:	ZIP:
NAME:		EMAIL:	
ADDRESS:	CITY:	STATE:	ZIP:



JOIN THE CAMPAIGN:  
[www.betterpostoffice.org](http://www.betterpostoffice.org)

[www.betterpostoffice.org](http://www.betterpostoffice.org)

# Earth Day

By: Kath Walker-District 3 Coordinator

Earth Day began in 1970 after the publication of Rachel Carson's book *Silent Spring*, which raised public awareness and concern for the environment. Her book also made the case for the link between pollution and our health. Groups that were protesting a variety of ecological issues became united on that first Earth Day. That led to the creation of the US Environmental Protection Agency and the Clean Water Act, among other groups and laws. Earth Day 2024 is unwavering in its commitment to reducing plastic use for our health and the planet.

That is easier said than done but not impossible. Plastic is everywhere, including in our food. Researchers estimate that Americans could consume at least 11,000 pieces of microplastics annually. Only 5 percent of 51 million tons of plastic were recycled in 2021. Globally, one million plastic

bags are used per minute, and only one percent are recycled. They are used on average for 12 minutes and take 1000 years to break down.



On a personal note, my husband and I have metal water bottles and have switched to plastic-free laundry detergent. These are small steps, but if we all make changes, they will add up. We can turn this around! Two websites that have a lot of good information and ideas are: [www.earthday.org](http://www.earthday.org) and [www.nrdc.org](http://www.nrdc.org)



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to Grand Junction for delivery. How does that make sense? A first-class card that used to be delivered overnight would now take three or four days. And we've had five price increases since DeJoy was approved for the Board. We are charging our customers more for less.

The staffing, or the lack thereof, has been an issue for the postal service for years and is worsening. The turnover rate for non-career workers has gone from 38.5% in fiscal year 2019 to 59% in fiscal year 2022. All of the planned consolidations are going to displace a great many postal workers. Some will have to travel farther to work; for some, the only alternative may be to change crafts, such as a clerk moving to the carrier craft.

Understaffing affects every area of the Postal Service. The long lines at retail units are getting longer with no end in sight. Sales and Services Associates, window clerks, cannot give the service our customers deserve when they have continuous lines out the door.

I know this all sounds like gloom and doom, but we can take some action. The National APWU has adopted a campaign, "Let's Build a Better Post Office," to inform Congress and educate our customers on what is happening to their post office. That's right, their post office. The USPS is the people's post office.

The Auxiliary is perfect for this campaign. It is what we do. We want everyone to get petitions signed, join or arrange for rallies, talk to their elected leaders via email, phone, letters, or in person, and talk one-on-one with their family members and friends about the truths happening at their post office.

## Grassroots efforts work

Grassroots efforts work. We have had successes in the past. Staples, the Hero's Act, and more recently, the Postal Service Reform Act of 2022 come to mind. We can do this, but we need help. Help from the communities that will be affected, which is all of them. Education is key. People need to know what is happening and why. And we must make it personal. Someone in Fort Myers, Florida, may not be concerned about the mail in Maine, but let them know that their mail will travel 139 miles to Tampa to be sorted, and they might take notice.

Information and petitions can be found at [www.apwu.org](http://www.apwu.org). A sample petition is on page three of this issue. Your national officers are a good resource for this campaign, as well. Reach out to your coordinators. A questionnaire can be found at [www.betterpostoffice.org](http://www.betterpostoffice.org).

All signed petitions can be sent to Trisa Mannion, President, 3038 Cloverdale Court, Grand Junction, CO 81506-1960.



# Book of Memories

Auxiliary to the American Postal Workers Union  
Please Print or Type

In Memory of: \_\_\_\_\_

Last known residence: City: \_\_\_\_\_ State: \_\_\_\_\_

List any titles held in APWU or Auxiliary:

\_\_\_\_\_

Please list name **EXACTLY** as you want it to appear in the Book of Memories

Submitted by: \_\_\_\_\_

Local/State APWU, Auxiliary: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Send Family acknowledgement card to (if different):

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Remembered by \_\_\_\_\_

**(This line must be completed)**

\$10.00 Minimum Donation Suggested      Amount Enclosed: \$ \_\_\_\_\_

Make checks payable to:      *All proceeds go to the :*  
Auxiliary to the APWU      *Nilan Continuing Education Scholarship*  
Karen Wolver Secretary  
4631 NE 29th St  
Des Moines, IA 50317-4833

*If you have any questions regarding this form, please contact  
Janeil Payne, Committee Chair [jpayne@apwuauxiliary.org](mailto:jpayne@apwuauxiliary.org) or (503)931-3441*



Forms must be received by June 15, 2024 to be honored at the 2024 Convention

# How much do you know about St. Patrick's Day?

1. St. Patrick is the patron saint of Ireland.  
True/False
2. St. Patrick was Irish.  
True/False
3. Where was St. Patrick born?  
Ireland  
Great Britain  
America  
France
4. St. Patrick banished the snakes from Ireland.  
True/False
5. The first St. Patrick's Day parade was held in?  
Ireland  
Great Britain  
Canada  
Florida
6. Corned Beef and Cabbage has always been an Irish Meal?  
True/False
7. St. Patrick's Day is celebrated on March 17<sup>th</sup>.  
True/False
8. St. Patrick was kidnapped at the age of 16 and used as a?  
Farmer  
Blacksmith  
Slave  
Minister
9. We celebrate St. Patrick's Day on the date that he?  
Died  
Was born  
Banished the snakes  
The first parade was held
10. The original color associated with St. Patrick's Day before green was adopted was.  
Red  
Pink  
Blue  
Orange
11. Chicago is famous for dyeing its river green on St. Patrick's Day?  
True/false
12. The national plant of Ireland is?  
rose  
daffodil  
shamrock  
mum

1.True 2.False 3.B 4.False 5.D 6.False 7.True 8.C 9.A 10.D 11.True 12.C

**To the family of  
Ed Brennan  
Past President of the PPA  
Ed was an icon in the APWU family**

**To Karen Wolver  
National Secretary  
for the loss of her  
husband Neal**

**To Christine Sarcone  
Past President DMI Auxiliary  
for the loss of her  
husband Mark**





# Ask Us! WHY YOU SHOULD QUIT SMOKING

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Are you ready to quit smoking? Maybe you want to but lack the motivation or willpower to finally do it? It's a good habit to focus on the reason *why* you want to quit. Is it because of family? Maybe you're worried about your health? Every smoker has their own personal reasons for quitting. Here are some common ones. Think about what is most important to you.

## Your Health

According to the Surgeon General, quitting smoking is the single most important step a smoker can take to improve the length and quality of his or her life. As soon as you quit, your body begins to repair the damage caused by smoking. Of course, it's best to quit early in life, but even someone who quits later in life will improve their health.

## Your Wallet

It's expensive to smoke cigarettes. In some places, a pack of cigarettes costs more than \$10—and prices keep rising. Even if a pack costs "only" \$5 where you live, smoking one pack per day adds up to \$1,825.00 each year.

## Your Convenience

Smoking is a hassle. More and more states and cities have passed clean indoor air laws that make bars, restaurants, and other public places smoke-free. Are you tired of having to go outside many times a day to have a cigarette? Is standing in the cold and the rain really worth having that cigarette? Wouldn't it be easier if you could choose to go outside only when you want to and not when you need to?

## Your Quality of Life

Here are some ways being a nonsmoker may affect your life:

Because smoking interferes with your sense of taste, food tastes better when you quit.

Your sense of smell also improves, so get ready to really enjoy the scent of flowers or fresh-cut grass.

You'll be able to make it through a long movie or an airplane flight without craving a cigarette.

Within a few weeks after quitting, your smoker's cough will disappear and you'll have more energy.

## How Can APWU Health Plan Help?

Both High Option and Consumer Driven Option members can enroll in tobacco cessation programs at no extra cost when you stay in-network:

**High Option Members:** You can enroll in Quit For Life and get access to telephonic and/or online counseling sessions and group therapy sessions. Visit [www.quitnow.net](http://www.quitnow.net) and click on **Get Started** to enroll!

**Consumer Driven Option Members:** call UnitedHealthcare at 1-800-718-1299 to enroll in a tobacco cessation program that offers counseling and educational sessions with UnitedHealthcare.

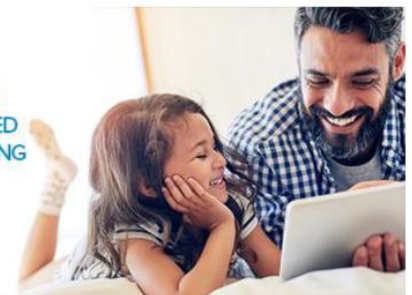
APWU Health Plan also covers Lung Cancer Screenings at no additional cost for adults ages 50-80 who have a 20 pack-year smoking history. So if you're concerned that you might have lung cancer call your primary care provider today to schedule a lung cancer screening!

Also, most FDA-approved medications are paid at 100% so don't hesitate to take advantage of this benefit!

**Source:** <https://www.lung.org/quit-smoking/i-want-to-quit/reasons-to-quit-smoking>



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

## *Sleep in Heavenly Peace*

By: Janeil Payne-Human Relations Chair

### Sleep in Heavenly Peace, “No Kid Sleeps on the Floor in Our Town”



Time marches on, and we are rapidly approaching the 2024 National Convention in Detroit, Michigan, in July. The Auxiliary has actively supported our Human Relations Project-Sleep in Heavenly Peace. Locals and States have held raffles, collected bedding, participated in building beds, helped deliver beds within their communities, or sent donation checks to our National Treasurer to be a part of the donation we will make to SHP in July at the convention.

This organization builds beds for kids from three to seventeen years old who do not have a bed to sleep in. From the humble start in a garage in Kimberly, Idaho, to the end of 2023, they have built over 190,000 beds for needy children! Sadly, there is still a great need for more beds, as 3-4 % of children in the United States do not have a bed in which to sleep. More information on Sleep in Heavenly Peace can be found on their website, [www.shpbeds.org](http://www.shpbeds.org). Volunteers can sign up for a build or help deliver beds on this site.

We are asking everyone for donations once more to help support the efforts of Sleep in Heavenly Peace in living up to their motto, “No child sleeps on the floor in our town!” Wouldn’t it be wonderful if all children in the United States had superior-quality warm beds to sleep in? Your donation can go a long way in helping this organization achieve this goal.

Please write your checks to the Auxiliary to the APWU and send them to Bonnie Sevre, Treasurer, Auxiliary to the APWU, 2836 Highway 88, Minneapolis, MN 55418. Specify that this is a Sleep in Heavenly Peace donation and which state or local the donation is coming from. No donation is ever too small. Please have donations sent in time to reach Bonnie by June 1, 2024, so that we can provide proper acknowledgment at the July convention.

We appreciate each one of you for all your support.



Rita Pieffer and Laura Christensen Des Moines IA dropping off donations

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