

# News and Views



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

## November-December 2020

### What do you Mean Voting was a Giant Party?

By: Trisa Mannion-President

Ever wonder about the history of voting in this country before we had machines, cars, or much of any technology? The history books are full of stories about voting in America in the early days. The mainstay is that it was only white men that could vote.



The early days of voting had about an 85% turnout. Campaigning and heavy drinking could be why so many men showed up to vote despite the hardship of travel. It was quite the

party for the men of the land. Voice votes were the method used then. Does this remind you of the Party Conventions to nominate their candidates?

Paper ballots came into play when men decided to scribble names on a paper and drop them into a box. The local newspapers began to offer a printed ballot. It did not take long for the parties to provide a straight-ticket ballot with only their particular party's candidates. Pre-printed versions nicknamed a ticket because they resembled the train tickets in use at the time. None of these were provided or approved by any of the government entities but were accepted anyway.

The next innovative stage was the punch cards that quickly gave way to the optical scanners. I bet you all remember the hanging, pregnant and bulging chads in Florida in 2000. Optical scanners are faster, more accurate, and relatively inexpensive to operate. We still

use the optical scanner today.

No matter how you choose to vote, whether in person or by mail-in ballot, I sincerely hope you have voted or plan to vote by November 3. We have some very distinctive candidates and choices this time. I would ask you to consider the fate of the United States Postal Service. The polls have been wrong in recent history, so don't trust them, even if your candidate of choice is winning. We have several Senate seats up for grabs this year too. My husband won a City Council vote by two votes out of thousands of votes cast. I know for a fact that every vote matters. Your vote matters!

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# Choose to Vote

By: Janice Gillespie— Legislative Aide-Editor

The economy, Social Security, health care, taxes, gun control, the pandemic, foreign policy, racism, ethnic inequality, immigration, climate change, women's rights, and education are just some of the topics for debate these days. The list of issues in the current election is endless. The US is in disarray, and it is mind-boggling to think that one person or administration has all the answers, even though they tell us they do.

The fact that this country is in such chaos means this election is more important than any other in history. I have listened to many discussions from both sides of the aisle, and I have some thoughts. I believe the election in 2016 was an eye-opener for many people. Some felt that both choices for the presidency were inadequate and, therefore, didn't exercise their right to vote.

Our economy is the worst in nearly a century. This recession from the coronavirus has triggered more than 22 million job losses, millions of pay cuts, and mile long food lines. Social Security benefits are at risk. There is talk about partially privatizing Social Security, which could put people's retirement money at the whim of the stock market.

All aspects of health care need to be improved. Tax reform is a must. I believe there are misconceptions about gun control; stricter laws on weapons of mass destruction do not take away the 2<sup>nd</sup> amendment rights. We have to get serious about controlling this pandemic and climate change. Yes, it's real. There are so many issues and so many opinions.

I have talked to people who feel strongly about one or two issues and vote accordingly. I know others who

vote strictly for a particular party. Some people just simply don't vote at all. They throw away their voice.

US history is full of grassroots actions to win battles for individual rights. The civil rights movement during the post-world war II era, workers, as early as the 1700s fighting for fair pay and safe working conditions, and just a hundred years ago, women were marching to gain the right to vote. Throughout history, people of all nationalities have used their collective voices to demand fair treatment and just laws. Don't throw your voice away.

I believe in looking at the issues and prioritizing them by their importance in mine and my family's lives. Privatizing the Postal Service and busting the unions would be devastating to more than 600,000 postal workers and their families. Fifty years ago, postal employees were eligible for welfare and were working in deplorable conditions. The union members went on strike and demanded fair wages and benefits. Those men and women not only made the postal unions what they are today, but all jobs benefit from the standards that are set by union jobs.

The public would also suffer from the privatization of the post office. Instead of being a service to the American people, the post office would become a moneymaker for big business.

So, yes, my number one issue is my livelihood. I then list other issues in order of importance to me, to most people, or if the two parties are so far apart that the plans of one party are just too unacceptable.

We all need to decide for ourselves what matters the most and who to believe. Most importantly, we all must choose to vote.

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## Coming Soon!

The executive board is planning to issue special bulletins, "Auxiliary Newsflash", when the need for quicker correspondence with our members is needed. This will be sent out via e-mail to members as an added form of communication to keep everyone informed of timely updates and deadlines. Members who would like to be included need only to send a request by e-mail with your name and state of membership to President Trisa Mannion at: [tmannion@apwuauxiliary.org](mailto:tmannion@apwuauxiliary.org)



# Stress and the Holidays

By Lisa Beer-District 7 Coordinator



Is this you during the Holidays? Do you want to pull your hair out? The year 2020 has undoubtedly been stressful enough, and now the holidays are coming. UGH!

What if you could enjoy the holidays? Is it possible, could it happen? Sometimes when life

gets stressful, it is hard for us to stop and take a breather. One tip that is put out by the Mayo Clinic for dealing with stress is:

## Be Realistic

The holidays do not have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to and be open to creating new ones. For example, if your adult children cannot come to your house, find new ways to celebrate together, such as sharing pictures, emails, or videos.

As we know, 2020 has been the year of Zoom, thanks to COVID-19, but this is a great tip, especially the suggestion of sharing videos and the statement that it doesn't have to be like last year, we all know nothing in 2020 is like it was in previous years. If you are unable to visit relatives in person, why not have a Virtual Holiday Cocktail Party? If you live in a warm state, have a holiday party in the driveway or backyard. If you cannot visit your children or grandchildren, you could watch them open gifts via Zoom. While some of these are not the same as being with others in person, it is a better option than not being with family and friends at all. As they say, when life hands you lemons, make lemonade. Think outside the box and come up with "new" ways to visit others.

Some other tips from the Mayo Clinic are:

## Stick to a Budget

Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Do not try to buy happiness with an avalanche of gifts.

## Plan Ahead

Set aside specific days for shopping, baking, visiting friends, and other activities. Plan your menus and then make your shopping list. That will help prevent last-minute scrambling for forgotten ingredients. And make sure to line up help for party prep and cleanup.

## Take a Breather

Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing, and restoring inner calm.

Some options may include:

- ⇒ Taking a walk at night and stargazing.
- ⇒ Listening to soothing music.
- ⇒ Getting a massage.
- ⇒ Reading a book.

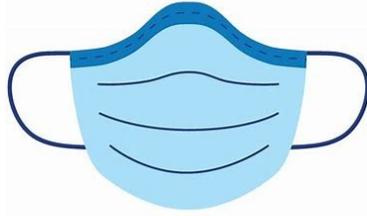
Planning is also an excellent tip. Keep track of your holiday activities by putting them on a calendar, either on your phone, computer, or the old-fashioned way of writing it down. With stores having limited hours or not being open at all, your holiday shopping will need to be planned well in advance. If you plan to shop online, you will need to consider slower shipping times. If you plan to shop in person, you might want to call ahead and find out the exact hours the store is open.

With the right planning, the right mindset, and a little luck, the holidays can be a joyful time of the year. Just remember that rule #1 is to take care of yourself, schedule in some "me" time, and have a holly jolly holiday season.

# It Can't Hurt

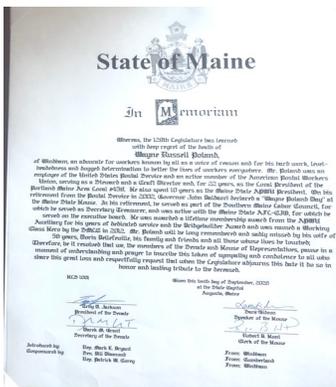
By Janice Gillespie-Legislative Aide-Editor

I think we've heard it all. The coronavirus is a hoax. COVID-19 is no worse than the flu. The virus was made in a lab. Kids can't catch COVID-19. Wearing masks can cause CO2 poisoning. Mandating masks violates human rights. Seriously, people. The US has had over 5 million people test positive for COVID-19, and over 215,000 people have passed away. 3-4 % of reported COVID-19 cases have died compared to far fewer than 1 % of those from influenza. I have listened to people say that the numbers are wrong, that we shouldn't count the people in nursing homes. They were dying anyway. The scientists and medical personnel who have studied the coronavirus have advised the best way to stop the spread is to wear a mask, social distance, and wash your



hands often. A person doesn't have to drink bleach, take experimental drugs, or move to a deserted island. Just wear a mask in public. If wearing shoes doesn't violate your rights, why does wearing a mask? Social distancing shouldn't be that difficult, at least not in public places. Most people learn how and when to wash their hands at a very young age. It is something that should already have been a habit.

So wear a mask. It's the right thing to do. If you don't believe the virus is real, wear a mask anyway, it can't hurt. By the way, experts all agree that you cannot get CO2 poisoning from masks, not even the N95 type used by medical personnel. Wear a mask.



Doris Poland, receiving an award from the State of Maine honoring her late husband Wayne.

Pictured from left to right are: Senator Bill Diamond (D), Representative Patrick Corey (R), Representative Mark Bryant (D), and Doris.

## WHAT IS A BRIDGE BUILDER?

This award is given only once a year and to one person per state. The letter of nomination must come from an Auxiliary Member and must list the areas the person is active in. The person may only receive the award one time. We encourage all Auxiliary members in good standing to submit a letter of nomination for a member Local or State Auxiliary or APWU. That person may be someone that no one really sees. It may be the member who sells all those entire rolls of raffle tickets to help raise funds or the member who lugs all the boxes and helps set up. That member may have written countless letters to their representatives or helped during a campaign. The list goes on and on. Those members are out there, and they deserve to be recognized and rewarded. Take a few minutes to tell us about that member by filling out the form on page 5.

# BRIDGE BUILDERS AWARD NOMINATION FORM

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Please send (via U.S. Mail or email) completed form of nomination to Arline Holmes,  
8205 Tarkington Dr, Richmond VA 23227 contact her @ [aholmes@apwuauxiliary.org](mailto:aholmes@apwuauxiliary.org)

**PLEASE USE BLACK INK TO FILL OUT FORM**

THIS FORM MUST ACCOMPANY YOUR NOMINATION

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

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

1 Name of person being nominated: \_\_\_\_\_

2 City and State that nominee is from: \_\_\_\_\_

3 Which of the following areas has the nominee been active in? (Check one or more that apply)

a. Assisting the Union/Auxiliary \_\_\_\_\_

b. Human Relations \_\_\_\_\_

c. Legislation \_\_\_\_\_

d. Political Action \_\_\_\_\_

e. Public Relations \_\_\_\_\_

f. Organizing/Recruiting \_\_\_\_\_

g. Other \_\_\_ Please Specify: \_\_\_\_\_

4. Please give details of what they have done in the above areas: \_\_\_\_\_

5. Please tell us about any Community Service or activity they are or have been involved in: \_\_\_\_\_

6. Has nominee been or is an Officer in the APWU or Auxiliary to the APWU? \_\_\_\_\_

7. Offices held and at what level? \_\_\_\_\_ State \_\_\_\_\_ Local \_\_\_\_\_

8. How many years has this person been a member? \_\_\_\_\_

9. Is their family involved? (brief description) \_\_\_\_\_

10. Did they chair any committees for their local or state? (Please give details) \_\_\_\_\_

11. Did they implement any new programs at the state or local level? (please give details) \_\_\_\_\_

12. Name, address and local of person submitting this nomination: \_\_\_\_\_

Date submitted: \_\_\_\_\_

Submitted by (name and Local)

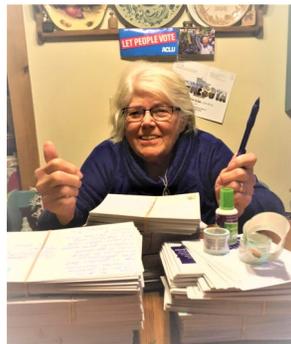
# Auxiliary in Action

Auxiliary members have been busy writing, stamping, and mailing thousands of letters, flyers, and postcards all over the country encouraging recipients to vote in the upcoming election.

Janeil Payne  
President  
Oregon State



Sandra Sevre  
Minneapolis Local  
Auxiliary



Karen Wolver  
Secretary-Treasurer,  
Kristy Brommel  
President, and Janice  
Gillespie-Editor  
Iowa State

Doris Poland  
Vice-President  
Portland Maine  
Local



## Honoring Those we Have Lost

### Bernie Wetherington

Bernie Wetherington (Wayne is her spouse) lost her long and hard-fought battle with cancer. She served in many positions in Florida and was always welcome and a loved member that helped at the National

Conventions. She was always smiling and kind. Your contributions to this organization were always very much appreciated.

### Bernard Lewis

The Executive Board extends our sympathies and hopes that the heartache begins to fade caused by the death of Bernard Lewis. He was the beloved spouse of Pat Lewis, Past National Secretary. Bernard Lewis of Henrico, departed this life Wednesday, August 26, 2020. He was the last surviving member of the first African American Firefighters in the City of Richmond (Engine Company #9). He retired from the United States Postal Service in 1989 after 26 years of service.

so much more to this organization. Bernard had an amazing history and was loved by all of the board members too. Many community groups honored this man for his contributions to humankind. President Mannion related, "I will miss his laugh (giggle) when he knew it was me on the phone. Thank you, my friend, for the many years of support you gave Pat. She was a vibrant and significant influence in this organization for several decades, partly because you were by her side the entire time."

Above is a passage from Bernard's obituary, but he was



Our deepest sympathy to all those who have lost loved ones in 2020.

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[apwuhp.com](http://apwuhp.com)

## HIGH OPTION



Cigna network of 1 million+ providers.  
No referrals needed.



In-network you pay:  
• \$15 copay for virtual visit  
• \$25 copay for office/specialty visit  
• \$30 copay for urgent care  
• 15% coinsurance for other care



**NEW** Medicare Advantage benefits.

Diabetes medication:  
• \$25 copay for most insulin  
• \$0 copay for generic oral medications, blood glucose test strips and lancets

**100%**

Paid 100% in-network:  
• Preventive care/screenings  
• Maternity care  
• Labs  
• Outpatient accidental injury within 72 hours



### High Option Premiums 2021

Enrollment type	Enrollment code	Postal	
		APWU career (biweekly)	Retiree (monthly)
Self Only	471	\$103.66	\$224.60
Self Plus One	473	\$207.51	\$449.61
Self and Family	472	\$266.30	\$576.98

## CONSUMER DRIVEN OPTION



UHC network of 1 million+ providers. No referrals needed.



The plan funds a Personal Care Account for each member:  
• \$1,200 Self Only  
• \$2,400 Self Plus One  
• \$2,400 Self and Family

**100%**

Paid 100% in-network:  
• Preventive care/screenings  
• Maternity care

**NEW** \$25 wellness incentive when you complete an annual exam.



Covers medical care, virtual visits, prescriptions, hospital stays, labs, X-rays, physical therapy, behavioral health and more.



### Consumer Driven Option Premiums 2021

Enrollment type	Enrollment code	Postal			
		APWU career greater than 1 year (biweekly)	APWU career less than a year in FEHB (monthly)	PSE (biweekly)	Retirees (monthly)
Self Only	474	\$13.93	\$69.65	\$69.65	\$150.91
Self Plus One	476	\$37.76	\$151.38	\$151.38	\$327.99
Self and Family	475	\$43.67	\$165.14	\$165.14	\$357.81

# Training: Parliamentary Procedures

Join our Zipline on December 1, 2020, featuring guest speaker, Joyce Robinson. Joyce is the National Research and Education Director for the APWU, and she will be giving a training session on Parliamentary Procedures. This class will prove invaluable for any of us who attend meetings and conventions.



We also will be drawing for the contest. Everyone who has joined a Zipline has had their name entered once for each meeting attended. The prize is a \$50 gift card. Join us to see who the lucky member is. It might be you.

<https://zoom.us/j/368309307>  
Meeting ID 368 309 307  
Or call 1 (669) 900-6833  
8:00 pm EST

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**[bsevre@apwuauxiliary.org](mailto:bsevre@apwuauxiliary.org)**

Send Checks payable to: ***Auxiliary to the APWU***  
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