



# NEWS & VIEWS

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## Building on Each Success

By: Kathy Danek, President

Each of us has a gift to share with our Auxiliary. Many of you joined our organization to support the organization as a whole. We all benefit from a growth in numbers. Our operation, our message, our strength comes from numbers. But numbers are only part of our strength. We need to translate those numbers into voices. Voices spread our message, our goals and our successes. Voices come in a variety of shapes, sizes, strengths, and ideas. Voices are a collective gathering of individuals to share the work of our organization. So how does this work?

For starters, we need to recognize that we must communicate with each other. We need to be open to new ideas, revisiting ideas of the past, reworking ideas to make them successful, and recognizing that some ideas might have a basis in good, but didn't quite meet our expectation or objectives.

Let's talk about ideas. Many of us are afraid to share ideas, especially if they have not been tried before. We need to

start with a brainstorming session. That's where everyone sits together and shares each and every idea. After about 15 to 20 minutes of brainstorming, we should ask people to share their ideas. As you share your ideas, highlight the end goal or objective. Don't worry too much on how to get there. That would be an action step.



Appoint a recorder and write them down. Use a white board, or a flip chart. You might want to have some stickers or dots – or you can use your initials. Each individual should look over the ideas and select their top 5 and put a dot or initial on only 5 spots on the ideas they would work on. You can put all of your dots (or initials) on the same idea or on 5 different ideas. Count the number of dots, with the highest number of dots gaining group consensus. That is a great way to agree on the ideas that your group should develop into action.

Now, the hard work begins. You need to create some small groups – or if you are a small group, and select the idea with the most support. How do we make it work? Many recommend putting the final objective or goal at the top of the sheet and work backwards. Our first job should be to create a starting point with a date and what should be accomplished. Then create a time line of objectives or actions that will help our final objective become a success.

Here's an example. Goal – raise \$1000 for our

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# Book of Memories

**Clara Hill - District 6 Coordinator**

The Book of memories is to celebrate the memory of members of the APWU and Auxiliary and their families, who have passed since the previous National Convention.

Donations are made during the time between the Conventions and the names of members or family members are printed in the Book of Memories at the Memorial Service, on Wednesday of the Convention, that commemorates those persons in a very respectful service. A minimum of \$10.00 is requested.

If you have someone you would like to honor and celebrate their life, this is a great way to do it. Using the form in this paper, fill out, legibly, with all information requested, the way you would like it in the Book of Memories, and send it, along with your donation to:

Trisa Mannion  
3038 Cloverdale Court  
Grand Junction, CO. 81506

# Book of Memories

## Auxiliary to the American Postal Workers Union

In Memory of:

Name of Local APWU or Auxiliary:

City:

State:

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

Submitted by:

Address:

**Send acknowledgement card to:**

Name:

Address:

City:

State:

Zip:

\$10.00 Minimum Donation Suggested

Amount enclosed \$

All proceeds go to the Auxiliary

Send to: Trisa Mannion, Treasurer  
3038 Cloverdale Ct  
Grand Junction, CO 81506

*Please print or type*

# Building Awareness Through Communication

By: Bonnie Sevre



How did you hear about the Auxiliary? Did someone sign you up in the Auxiliary and then casually mention that fact to you? I know that is how I became involved in the Auxiliary. My husband came home from work one day and said, "By the way, I signed you up in the Auxiliary." My response was, "And what is that?" Just because we know what the Auxiliary is doesn't mean others do. But how do we spread the word to let others know about our organization and what we represent?

Communicating, using your local and state newsletter, is a great way to begin. I encourage each officer to share auxiliary news in their local newsletter. This is an excellent way to educate other members in your local about the Auxiliary and some of the activities in which you are involved.

Not all union members have the privilege of attending state and national union functions where the Auxiliary is present. Many union members may not be aware of the Auxiliary. By putting articles in our local and state union newsletters we become more visible. There may be individuals who would like to be involved but are unaware of our organization.

If you are an Auxiliary that is newly organized and working to get more members, write about some of the human relations projects that the National Auxiliary is involved in such as Children, Incorporated and other projects done by local and state Auxiliaries around the country. Or perhaps some individuals like to be involved in legislative issues that affect the Postal Service - mention some of the postal legislation in Congress - such as H.R. 756 the Postal Reform Act of 2017.



**Buy Your Tickets Today - \$5 each**  
**Win an Apple® - 9.7-Inch iPad® Pro**  
**with**  
**Wi-Fi + Cellular - 256GB**  
**Value approximately \$1,000**

**Drawing will be held at the 2017 All Craft Conference in Las Vegas Nevada  
October 4, 2017**

**Make checks payable to: Auxiliary to the APWU**

**Need not be present to win**

Tickets may be purchased from any National Auxiliary Officer or by contacting Trisa Mannion, Treasurer, 3038 Cloverdale Ct, Grand Junction CO 81506 or on the Auxiliary website: [www.apwuauxiliary.org](http://www.apwuauxiliary.org) Follow the links to buy tickets.



*All proceeds go to the Auxiliary to the APWU Equipment Fund (Risograph copier)*

# Illinois Postal Workers Union Honors National Auxiliary with Dick Jines Human Relations Award

By: Bonnie Sevre, Legislative Aide Editor



Bonnie Sevre accepting the IPWU - Dick Jines Human Relations Award

Bonnie Sevre, Legislative Aide Editor was in attendance at the Illinois State Postal Workers Conference. During the banquet the National Auxiliary to the American Postal Workers Union was presented the Dick Jines Human Relations Award which Sevre was honored to accept on behalf of the National APWU Auxiliary.

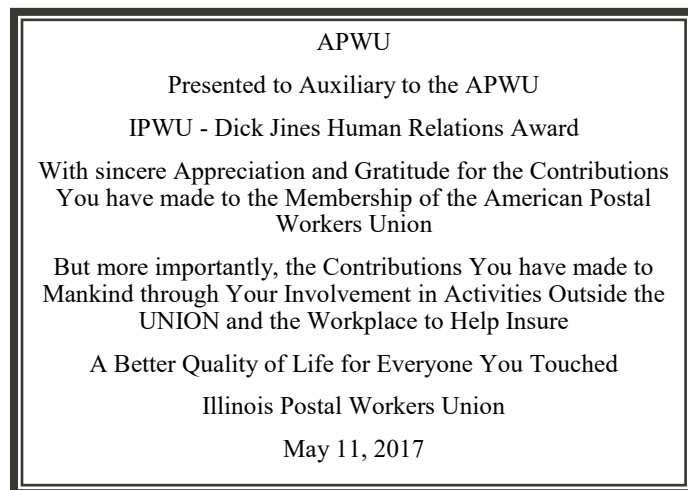
Since the Auxiliary is celebrating its 100 Year Anniversary the IPWU felt it was fitting to recognize the contributions the Auxiliary has made over the last 100 years. One of the main functions of the

Auxiliary is to promote human relations projects in our communities. We also choose a national human relations project in which the entire country participates. The current project of National Auxiliary is Children Incorporated which we will be promoted until the National Convention in Pittsburg Pennsylvania next August. A couple of other projects we have undertaken

are the Backpack Program and the Wounded Warrior Amputee Softball Team. Thanks to the support of our APWU brothers and sisters across the country these projects have been a huge success.

The National Auxiliary would like to thank the Illinois Postal Workers Union for honoring us with this prestigious award.

Below is the inscription which is on the plaque that the National Auxiliary received.



## Don't forget to file your IRS 990n

### Rhubarb Cake

Lucy Hauser

Green Bay, Wisconsin Auxiliary

Grease and flour 9 X 13 pan

½ cup shortening

1 ½ cups sugar

2 large eggs

1 tsp soda

1 cup sour milk (add 1 tablespoon vinegar to milk)

2 cups flour

1 tsp vanilla

½ tsp salt

3 cups raw rhubarb – cut fine

Cream shortening. Add sugar and eggs. Beat until creamy. Dissolve soda in sour milk. Add to mixture alternately with flour. Add salt and vanilla. Fold in rhubarb. Pour into pan. Sprinkle following mixture on cake: ½ cup sugar with 1 teaspoon cinnamon mixed in. Bake at 350° for 45 minutes.

**Lucy's note:** I put vinegar in the milk at least 15 minutes before starting the recipe.





# Join the Auxiliary to the APWU

## ~ Each one – Reach one ~

We will place a ticket with your name on it in a drawing for each new member that you sign up.  
**The drawing will be October 2017 at the All Craft Conference.**

**1st Prize \$250**

**2nd Prize \$100**

Another **\$50 drawing** will be held for each member that joins or pays dues.

**Who can join?** Family, friends, retirees, and APWU members may join the Auxiliary to the APWU.

### Why Join?

- ◇ Be a part of a team ~ a cause ~ a family
- ◇ To help make a difference in your community, politically and socially.
- ◇ Spread the word for our postal members about better postal jobs, better benefits, a better environment.
- ◇ Speak to our friends, family, community, and local/state government representatives about why the United States Postal Service is important to us all. It is in the United States Constitution because it is a service to our family, businesses (small and large), and our communities.

### APPLICATION FOR MEMBERSHIP Auxiliary to the American Postal Workers Union

Name			
Address			
City	State	ZIP	Phone(    )
Email Address			
Sponsoring APWU Member Name			
Local Name			

Local Dues \_\_\_\_\_  
 State Dues \_\_\_\_\_  
 National Auxiliary Dues     \$5.00/year      
 Total Amount Enclosed \_\_\_\_\_

Member signed up by: \_\_\_\_\_

**Make checks payable to:** *Auxiliary to the American Postal Workers Union*

**Mail to:** Auxiliary to the American Postal Workers Union  
 3038 Cloverdale Ct  
 Grand Junction, CO 81506

**Or:** [www.apwuauxiliary.org](http://www.apwuauxiliary.org)  
 Follow links to join or pay dues  
 National dues - \$10 for 2 years *or* \$5 per member per year

# Ask Tina? *About the Health Plan*

## Smartphones May Hinder a Good Night's Sleep

Study suggests a link between the devices and troubled slumber

If you're in need of a good night's sleep, it might be wise to give your smartphone a rest from time to time. New research suggests that the light from smartphones, especially before bedtime, may affect how long and well you sleep. During the month-long study, participants used their cellphones an average of 38 hours -- nearly 4 minutes each hour. And the more screen-time people spent with their phones, the poorer and shorter their sleep, particularly if they used their smartphones near bedtime, the researchers said.



"A substantial amount of our time is spent engaging with smartphones," said study senior researcher Dr. Gregory Marcus. "These may have important health effects, including influencing fundamental needs, such as our ability to acquire and maintain a good night's sleep," added Marcus. He is director of clinical research in the division of cardiology at the University of California, San Francisco. Fitful sleep has been linked to health problems such as obesity, diabetes and depression, the study authors said. Marcus cautioned, however, that the study didn't prove that smartphones have a negative effect on sleep, only that the two seemed to be associated. But, several prior studies have suggested that the blue light from electronic devices such as smartphones and tablets can overstimulate the brain, making a good night's sleep elusive.

"These data [from the new study] suggest that reducing screen-time, particularly prior to bedtime, may help enhance the duration and quality of sleep," Marcus said. He added, though, that it's important to acknowledge a limitation of the study. "We cannot exclude the possibility that those with difficulty sleeping -- for some reason unrelated to their smartphones -- spend more time on their phone as a result, rather than a cause, of their inability to sleep," Marcus said. The study findings were published online Nov. 9 in the journal *PLOS ONE*. For the study, Marcus and his colleagues recorded smartphone use and sleep quality among approximately 650 adults who took part in the Health eHeart Study.

The participants used a smartphone app that recorded their screen-time, which was defined as the number of minutes in each hour that the screen was turned on during the one-month period. They also recorded their sleep hours and sleep quality. "Those with more screen-time exhibit shorter sleep and reduced sleep quality," Marcus said. "Increased screen-time just around bedtime, in particular, was strongly associated with poor-quality sleep," he added. Kristen Knutson, a research fellow at the National Sleep Foundation, said, "Sleep quality plays a critical role in our health and well-being. Given how pervasive mobile devices are today, we need to know how much of an impact our use of these and other backlit technologies has on our sleep quality." Despite the study's limitations, Knutson said the "question remains an important one, and well-designed studies to test the effect of illuminated screens on our sleep are needed urgently."

### More information

Article by Steven Reinberg - *HealthDay Reporter*

For more on the need for good sleep, visit the U.S. National Heart, Lung, and Blood Institute. SOURCES: Gregory Marcus, M.D., director, clinical research, division of cardiology, University of California, San Francisco; Kristen Knutson, Ph.D., research fellow, National Sleep Foundation, Washington, D.C.; Nov. 9, 2016, *PLOS ONE*, online

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## Looking for Volunteers for All-Craft Conference

Planning ahead! The APWU All-Craft Conference will be held in Las Vegas Nevada Monday, October 2nd through Wednesday, October 4, 2017. If you plan to be in Las Vegas during the All Craft Conference and would like to volunteer a little time at registration or the exhibit booth please contact Kathy Danek or Trisa Mannion (contact information on back page under officer listing).

This is a great opportunity to connect with old friends and meet new friends - and help the Auxiliary and APWU.

### Auxiliary Drawings During All-Craft Conference

Besides helping with the registration at the All-Craft Conference, the Auxiliary will also be conducting a couple of raffles with the drawing to take place during the Conference.



We will have a drawing for **Each One - Reach One** contest - details are on page 5 of this issue.

Also, we will have the drawing for the **iPad Pro** (see details on page 3). The proceeds from this drawing will go to the equipment fund. The copier used to publish News and Views is 20 years old. If it breaks down there are no longer replacement parts to fix the machine. Since News & Views is our primary form of communication we feel that this is an important piece of equipment to replace. Thank you to all who have supported this project with ticket purchases and donations!

## Building on Each Success President's Report - continued

Auxiliary or fundraising project. Questions to ask – when do we need to have this project completed? How many events will we need to meet our goal? Who will lead each event? Where will it be held? What will need to be done to promote this event? What supplies, assistance, number of workers, will be needed to make it a success? So let's say we are going to have a yard sale on September 28, of this year. John and Mary will chair the project and have donated their home. Pat and DeAndre will solicit items for sale. Janae and Paul will handle promotion. The treasurer will handle the money. As you can see, dividing up the work makes a project much more manageable. With each person taking a small part of the work, we create a cohesive project that will be successful.

But one more step is needed. After any project is

## Father's Day - June 18th By: Bonnie Sevre

Father's Day is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. The United States, along with several other countries, has adopted the third Sunday in June as the official holiday. The officially recognized date of Fathers Day varies from country to country. In the Middle Ages in Catholic Europe the celebration of fatherhood, known as the feast day of Saint Joseph, was observed on March 19.

Several attempts to make Father's Day a national holiday were made in the early 20th century. It wasn't until 1966 that President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Six years later, the day was made a permanent national holiday when President Richard Nixon signed it into law in 1972.

Americans resisted the holiday for a few decades, viewing it as nothing more than an attempt by merchants to replicate the commercial success of Mother's Day, and newspapers frequently featured cynical and sarcastic attacks and jokes.

Ties and pipes were typical Father's Day gifts of the past. Today, I bet 18 holes on the golf course would be a welcome treat. (Source: Wikipedia)



completed, you must collect information from all involved. You need to ask the following questions: What did we do well? What could we have done better? What did we not communicate well and how do we fix it? By analyzing our success and failures, we create a working template for future successes.

As Auxiliary members, we have a major objective to support the work of the American Postal Workers Union. We are in tenuous times and sometimes we struggle to find the path for success. We also need to realize that the work done by the APWU and the USPS touches each business and resident in our country. Using our members and our voices, we create a booming sound of success. *Create a project. Share an idea. Get involved. It's up to us.*

## 2016-2018 Human Relations Project

By: Joyce Tanguay - Human Relations Chair

*"People who give will never be poor" ~Anne Frank~*

If you or your local or state would prefer to sponsor a child in lieu of sending a one time donation that is also an option.

Sponsorship does more than feed or clothe a child- it has the potential to change lives too – it goes beyond helping to meet basic and critical needs today- it is an investment in the future. You are letting a child know that you care about him or her and his or her well-being. This message leaves a lasting impact on a child's life.

Children Incorporated's policy has always been to consider the needs of each sponsored child on an individual basis. Different than other child sponsorship organizations, our volunteer coordinators personally shop for the children enrolled in their respective schools, orphanages, and community center on a regular basis- and therefore, they know each individual circumstance and need.

Please take the time to go to <https://childrenincorporated.org> for more testimonials and information. No donation is too small (or large) and checks may be made payable to *Auxiliary to the APWU* (designate Child Inc.) and sent to:

*Trisa Mannion, Treasurer  
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3038 Cloverdale Court  
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