

News and Views



Volume 39
Issue 7

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

September-October 2023

You are invited

By: Trisa Mannion-President



The National Auxiliary has classes planned for Auxiliary members during the Craft Conference in Las Vegas, Nevada. The main course will be how to grow and form a new local. It will incorporate several officer duties and expectations of officers with hints and best practices. We would appreciate a count of the number of people who plan to attend the classes so

we can have material and space available for you. Please email me if you are attending.

We will be registering delegates and staffing the Auxiliary Booth again this year. Help will be needed to share the news about Sleep in Heavenly Peace-No Child Sleeps on the Floor in our Town and raise funds for the various projects. If you plan to attend and are available to have fun with us, please email me.

Congratulations, Omaha, Nebraska, for reorganizing your local. Missouri added several more 100% locals this summer. Congratulations to the Missouri MALs, Kirksville, Cape Girardeau, and Saint Louis Gateway for joining this group. Contact me to start the process if you want your local to become 100%.

Remember to send membership dues collected at the conventions this year to National Treasurer Bonnie Sevre.

Do you have a member in your local that seems never to receive appreciation for the extra things they do to help the Auxiliary? The Bridge Builder Award is designed for just

this person. www.apwuauxiliary.org is the place to find more information about nominating this person.

Several companies make Halloween candy in the USA. Check the list for your favorites.

<https://www.usalovelist.com/candy-made-in-the-usa/>

See you in
Las Vegas!



L A S V E G A S

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What's in a ?

By Barbara Maciejewski-District 5 Coordinator

WHO? WHAT? WHEN? WHERE? WHY? are the basics that help you organize information. Write an article for your local or state paper. Write to your Representatives. Editors welcome members' ideas and thoughts. Sometimes just sitting down and putting pen to paper, or in my case, fingers to keyboard, can be the hardest thing to do. Remember, what you say is important, but be respectful!

The PPA Biennial Conference in Madison, Wisconsin, found editors and attendees immersing themselves in a four-day event filled with business sessions, workshops, sing-a-longs and even a Friday night movie called Amerconned (with popcorn and snacks). It is an inspiring movie about Chris Smalls, who leads a movement to unionize Amazon workers. There was some passionate discussion after the film; it was interesting to hear all the different points of view. Check the movie out on YouTube.

Raffle tickets were sold for two large boards filled with past political campaign and convention pins collected and donated by President Carobine. The money was donated to Sleep in Heavenly Peace. This human relations project was voted on at the past National convention. Over \$1000.00 was raised, and I would like to thank everyone who donated.

There was a sing-a-long held by the Solidarity Tree on the Wisconsin Capitol grounds. It was nice to see children as well as members participating. The "Social Justice for Music" shared their voices and music in the park and at one of the general sessions.

The ten classes at the conference covered everything from "Where to Begin" to "Public Speaking." President Carobine made sure that there was something for everyone.

The class instructed by Lance Coles, "Where do I begin,"

was so informative that I wanted to go home and start writing. It truly covered all the basics and then some. If you would like to request a copy of "Writing and Editing for the Union Communicator," here is the website:

www.continuetolearn.uiowa.edu/laborctr.

My next selection was "Building a 21st-Century Labor Movement through Social Justice Unionism". We discussed fights for working-class issues, along with three case studies: Chicago Teachers, Fighting for a Long-Term Care Providers Bill of Rights, and my favorite, STOPPING STAPLES. We discussed topics such as Planning a Public Rally, Working With a Coalition, and Reaching Out to Potential Allies. I attended three more classes and helped with registration.

Attending a general session with President Dimondstein and Legislative and Political Director Judy Beard was great. The information in the Legislative Priorities Edition 2023 was handed out. This packet covers *Legislative Priorities, How to Find Your Federal, State, and Local Elected Representatives, and How to Lobby* and pertains not just to the Postal workers or retirees, but to their families and friends as well. Please share this information with them and protect your job and retirement. You can find information on the legislative and political department webpage at apwu.org or call the hotline at 844-402-1001.

Thanks to the Wisconsin Auxiliary for all your help and to the Madison APWU for hosting the Hospitality room

I want to thank Tony, Cathy, and their family for all the time, blood, sweat, and tears that go into running such a prestigious organization. You have a great team of officers to make this well-oiled machine such a great success.

Tony, enjoy your retirement, and we will miss you!



Auxiliary in Action



Why is diversity important in the Union and Auxiliary?

By Erin Kolenda



Diversity isn't just important, I believe it's absolutely necessary for the future of the Union and Auxiliary. Because my mother helps postal workers navigate the retirement process, I have been a member of the Auxiliary for many years and joined her at many Union meetings, state conventions and member appreciation events throughout the years. She is a single mother, so she took me with her to union events and one-on-one meetings with members all over Texas since I was seven years old.

I got to witness first-hand how vital diversity is within the union and auxiliary. A diverse organization (whether union, auxiliary or other group) has a much greater chance of achieving greatness. When people are from different backgrounds and cultures, they bring different perspectives. It allows members the chance to grow and appreciate those with differing viewpoints, even if they disagree with each other. When the organization encounters a problem, because they are diverse and have different perspectives, they can explore solutions that would

probably never even occur to a more homogeneous group. The brainstorming sessions would be more robust and even sometimes contentious, but it is through that process that the merging of seemingly incompatible ideas and solutions can occur...and that is when greatness becomes possible. Greatness is our goal and diversity is a vital step in achieving it.

Congratulations to Erin Kolenda, who has won a \$1000 scholarship to the accredited school of her choice. Our judge, Mary Jane Csencsits, had a difficult job. She stated that all entries submitted were very well done. Thank you to all who entered, and remember that you can enter again. A new form with the dates to enter and a new topic will be ready soon and announced here in the "News and Views" and on our website, apwuauxiliary.org.

A special thanks to our judge, Mary Jane Csencsits, from Northampton Pennsylvania.

Zipline Information

The Zipline scheduled for October 3rd is canceled to enable the National Board members to attend the All-Craft conference. The next Zipline will be held on December 5th. We will draw for the \$50 gift card at that time. All who have attended the Zipline meetings are entered into the drawing, with one entry for each meeting attended. Join us as we celebrate our many successes.

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/368309307>

Or iPhone one-tap :

US: +16699006833,,368309307# or +16465588656,,368309307#

Or Telephone:

Dial for higher quality, dial a number based on your current location):

US: +1 669 900 6833 or +1 646 558 8656

All meetings are at 8pm EDT



BRIDGE BUILDERS AWARD NOMINATION FORM

Please send (via U.S. Mail or email) completed form of nomination to Lisa Beer, 3006 N 5th Ave, Whitehall, Pennsylvania 18052 or email lbeer@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: _____

Please give details of what they have done in the above areas: _____

Please tell us about any Community Service or activity they are or have been involved in: _____

Has nominee been or is an Officer in the APWU or Auxiliary to the APWU? _____

Offices held and at what level? _____ State _____ Local _____

How many years has this person been a member? _____

Is their family involved? (brief description) _____

Did they chair any committees for their local or state? (Please give details) _____

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

Name, address, and local of person submitting this form _____

Date submitted: _____

Submitted by (name and Local) _____

Bridge Builders Nomination Form (revised) 10/8/2022 Bridge Builders Nomination Form (revised 10/8/2022

****FORMS MUST BE RECEIVED BY January 1, 2024****

Ideal UNION World

The following is a story about the daily lives of a **union** family:

Joe and Jessie Burrow live a middle-class neighborhood. The father is an electrician for the **IBEW**, and the mother is employed as a nurse and a member of the **NNU**. Transportation to and from work are possible with their **Ford Super Duty Pickup** and **GMC Acadia**. Immediately after work, they take off their **Thorogood Boots**, and **Naturalizer Shoes**.

They have two children in elementary school. When the kids get home from a long day, they like to enjoy a bowl of **Campbell's Soup** after washing their hands with **Dial** soap. Homework is completed on **MEAD** school supplies. For the evening dinner, **Tyson** turkey, **Birdseye** green beans and **Kraft** macaroni and cheese are served. **A&W Root Beer** washes everything down nicely. There was a small spill, but **Brawny** paper towels took care of it.

After dinner, Joe checks his **American Time** watch and notices it is time for one of the families favorite tv shows on **Paramount+**. They share a bag of **ACT II** popcorn. Joe, enjoying a **Michelob Ultra**, notices it's not a new episode on TV, as the **Writers Guild of America** is on strike for higher wages, and better working conditions.

While the family is being entertained, Jessie sips on a glass of **Carlo Rossi Wine**, cleaning the dishes with **Palmolive**, her favorite dish soap. Meanwhile, the washing machine is agitating clothes with **Ajax** laundry detergent and **Clorox** bleach. After the laundry finished, the family dog began whining for his dinner and was promptly given a bowl of **Purina Dog Chow** and a **Milk-Bone Dog Biscuit** for dessert.

The children, eventually realizing their show was a re-run, decided to play with some of their games, a **Barrel of Monkeys**, and later, **Clue**. Soon it was bedtime. They brushed their teeth with **Colgate** toothpaste, and it was off to bed to read a comic book by **Image Comics**.

Joe and Jessie decided it was time to turn in themselves. Their **Serta** mattress provided a night of wonderful sleep. As they slept, dreams of their children being **union** organizers one day, filled their night.

(Every (bold) or blue highlighted word refers to a **union**, **union** product or **unionized** brand). **Shop Union Made – American Made Products**. A complete list of do-buy products can be found on the AFL-CIO website (aflcio.org).

(Reprinted with permission from the IPWU Dispatch)



A basket donated to be raffled at the IN-KY-OH Tri-State Training Conference by Renee Brown, Indiana Auxiliary President. Renee's contribution includes two towels, two sixteen-inch pillows, four bowl koozies for hot and cold, four Corelle bowls, in a wooden crate, all American-made or hand-made with American-made fabrics. Plus, two US flags. Thank you to Renee and all of our members for your continuous support.

VIRTUAL REALITY SET RAFFLE

META - QUEST 2 ADVANCED ALL-IN-ONE VIRTUAL REALITY HEADSET - 256GB




(\$500.00 VALUE)

TICKETS \$10.00



APWU
AUXILIARY



SHIP
SLEEP IN HEAVENLY PEACE

**NO KID SLEEPS
ON THE FLOOR
IN OUR TOWN!**

ONE WINNER TO BE DRAWN
DRAWING TO BE HELD ON **OCTOBER 4TH, 2023.**
AT THE ALL-CRAFT CONFERENCE, LAS VEGAS
NEED NOT BE PRESENT TO WIN

Ask us!

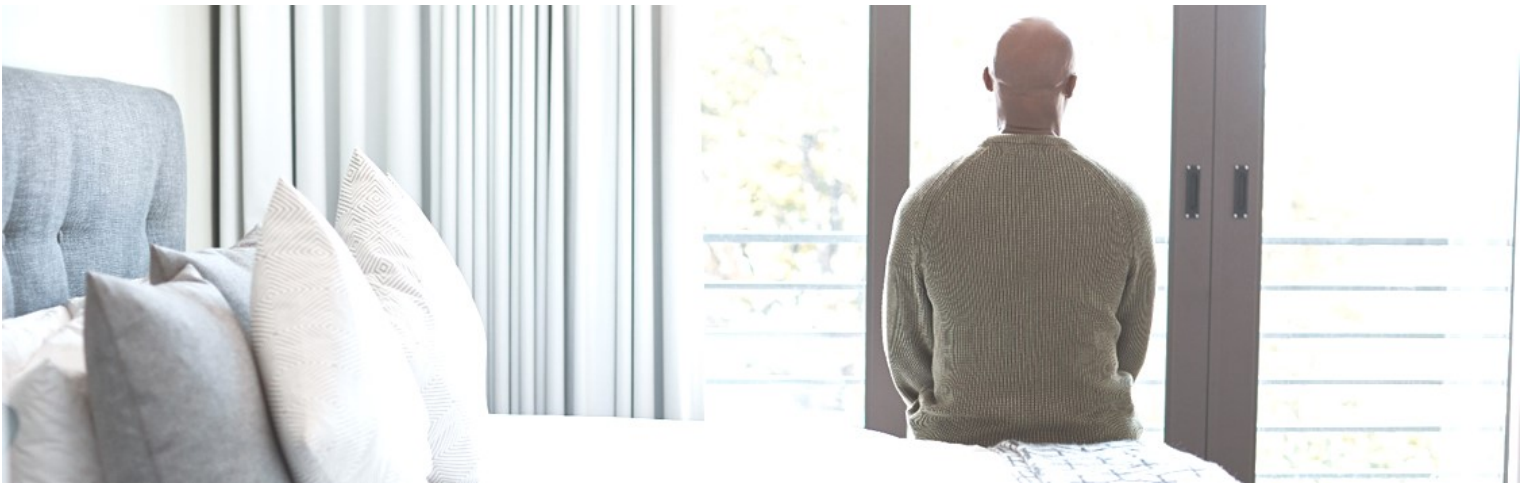
ABOUT ED DISCHARGE

Leaving the emergency department after receiving mental health or substance abuse treatment can be a vulnerable time. To help protect the health and safety of APWU Health Plan members, anyone who receives treatment in the emergency department or hospital for mental health or substance abuse must have a follow-up appointment with a primary care doctor within 30 days.

Research suggests that follow-up care for people with mental illness is linked to fewer repeat emergency department visits and avoidable readmissions, improved physical and mental function, and increased compliance with follow-up instructions. Among other benefits, close follow-up:

- **Reduces incidents of suicidal ideation, suicide attempts, and completed suicide**
- **Reduces substance abuse and improves entry into recovery**
- **Reduces emergency department use and hospital admissions, and lengths of stay**
- **Leads to better identification and treatment of behavioral and physical health issues**

This is also important when seeking substance use treatment. Hospitals are increasingly filled with people suffering from medical complications of substance use disorders (SUD). Patients with SUD have longer lengths of stay, higher costs, and higher readmission rates.



Both the High Option and the Consumer Driven Option cover mental health and substance abuse care. For services received in a network emergency department, members pay 15 percent of the plan allowance. Please refer to your plan documents for more details about your specific coverage.

Need help finding a doctor?

To find a primary care doctor, log into your member portal, visit our website, or contact APWU Health Plan at: 1-800-222-2798 / 1-800-622-2511 (TDD) 8:30 a.m. – 6:30 p.m. ET Monday – Friday apwuhp.com



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-Committee Chair

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

HELPING CHILDREN IN NEED SLEEP BETTER

We fully believe that a bed is a basic need for the proper physical, emotional, and mental support that a child needs. When it was brought to our attention that the need for beds went far beyond our own neighborhoods, we stepped up and took initiative. We're a national organization answering the call to a national problem.

All children deserve a safe, comfortable place to lay their heads. In Idaho and across the U.S., too many boys and girls go without a bed – or even a pillow – to sleep on. These children end up sleeping on couches, blankets, and even floors. This can affect their happiness and health. That's where “Sleep in Heavenly Peace” comes in. We're a group of volunteers dedicated to building, assembling and delivering top-notch bunk beds to children and families in need. Our organization has grown steadily over time, and we're working on opening more chapters in different states to serve more people.

Taken from the: Sleep in Heavenly Peace website: shpbeds.org



Thank you to everyone who has donated money, bedding, or their time to help our Human Resources project “Sleep in Heavenly Peace.” Summer seems to be zipping along, and soon it will be Fall! That means it will be time again for the All-Craft Conference in Las Vegas.

We will have a special day for Sleep in Heavenly Peace to help raise donations. Come to the Auxiliary booth on October 2nd for a special raffle for \$100 cash. The tickets will be \$1.00 each, or six tickets for \$5.00. The drawing will be held at the end of the day. We will also have other things happening there all week, such as selling Virtual Reality tickets for \$10.00 each. The drawing for that will be on October 3rd. The proceeds for these raffles will go to “Sleep in Heavenly Peace.”



Update to Submitting Form 990-N (e-Postcard)

The IRS now offers two sign-in options to submit a [Form 990-N](#), Electronic Notice (e-Postcard) for Tax-Exempt Organizations Not Required to File Form 990 or Form 990-EZ. Both Login.gov and ID.me provide additional security for tax-exempt organizations by adding multi-factor authentication to the sign-in process. When establishing either a Login.gov or ID.me account, previous 990-N filings can be accessed using the same email address associated with your legacy IRS username.

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