

News and Views



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www.apwuauxiliary.org

January-February 2021

What was Old is New Again

By: Trisa Mannion-President



The former fight to protect the USPS is front and center again. Look for more information and instructions on how we will fight the plans to privatize the Postal Service. PMG DeJoy has already filed to have the injunctions lifted that stopped his drastic tactics last summer. An increase in parcels

and mail caused by the pandemic and online ordering have inundated the USPS and employees, not to mention the Christmas surge. For additional information, please read the article at the following link. <https://www.govexec.com/management/2020/12/dejoy-usps-look-strike-down-court-restrictions-blocking-reform-efforts/170687/>

The National Executive Board created a temporary position assigned by the President at the beginning of each office term. This appointment will require the approval of the Executive Board. Doris Poland, Past National President, has accepted the first appointment to the position of Historian.

With each new year, we find ourselves looking back to see what went well and what needs improvement. Please share your ideas, plans, and input with me at tmannion@apwuauxiliary.org. I am looking forward to reading your thoughts.

This organization will turn 104 this year. Some things have changed drastically, while others seem to be stalwarts. Please maintain your local's and state's history with clippings, pictures, membership lists, and now digital means. Someday, there will be a group of people going through records in awe of the great job done by their predecessors.

I look forward to seeing you on the next Zipline on February

2, 2021, at 8:00 pm EST. It will be the first Zipline of the new year. We have much to discuss and plan for the year ahead, including a National Convention, if possible. We will discuss your ideas to combat Postal Privatization and the Auxiliary's role during that meeting. One of the main objectives of the Auxiliary is Legislative Action; we plan to take action.

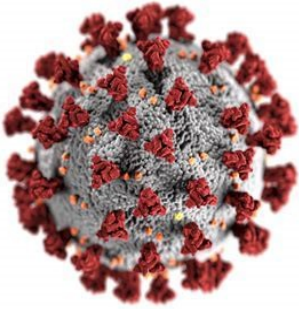
I wish you a New Year filled with wonderful events, love, friendship, kindness, and lots of fun Auxiliary moments so we can make the world a better place.

Join Zoom Meeting <https://zoom.us/j/368309307>

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Life with COVID-19

Joyce Tanguay-National Secretary



In March, when this whole COVID-19 started, my husband and I were on a cruise with my daughter and son-in-law and two very dear friends. When we were in our cabin, I would turn on the news to catch up on what was going on in the world. That is when we found out that COVID -19 was out there. As

soon as the news hit, everything changed. As clean as the ship was, the crew was now being extra careful, and they were making sure that everything was sanitized all the time. Fast forward to the final day of our cruise. We disembarked and headed to the airport for our flight home. We found out later that the ship that docked next to us had a couple of passengers with COVID-19, so no one was allowed to get off the ship. We were the lucky ones.

At first, the “new norm” didn’t seem too bad; wear a mask, wash your hands, and social distance. And we kept hearing from the President that it was not bad and would go away soon. And then the numbers started climbing, and most of us took it seriously. Continue to wear a mask, wash your hands, and social distance. I am

a busy person by nature, so I could keep active on the days when we usually met friends for breakfast, lunch, or dinner, and no longer did so, but not being able to travel and visit family or have them visit us was difficult. Summer came and went. We sold a house, bought a house, and were very busy from August to October. There were many Zoom calls and conference calls with the Auxiliary and the APWU, so I stayed busy.

Thanksgiving came, and after hosting this Holiday dinner for over 40 years, we told the family, no, we are not going to jeopardize anyone’s health, so we stayed home, and I fixed dinner for 3 (Don and I and my sister.) The upside was that we had a very quiet and peaceful day. We are making the same decision for Christmas and hope that the holidays next year will be back to normal. The sadness that I have felt by not being able to do the usual holiday gatherings and visit with family and friends is lightened by the fact that Don and I are healthy and never had to worry about being the ones to give someone else COVID-19. We have had time to slow down and smell the roses. We will all get through this and need to think of all the positive things in our lives. We cannot let COVID-19 get us down. This too, shall pass.

Show Your Support Order Your Window Clings



1 Cling	\$ 2.00	Prices include Shipping
3 Clings	\$ 5.00	They are USA and Union-Made
10 Clings	\$ 15.00	A great way to show your support
50 Clings	\$ 75.00	for the United States Postal
100 Clings	\$140.00	Service. They are a 6X6 cling that
101 +	Call for Pricing (612) 788-3440	can be placed in a car or house
		window and will remove easily.
		If you need larger quantities
		you can contact Treasurer
		Bonnie Sevre for pricing
		details.

Send Checks payable to:

Auxiliary to the APWU

2836 Highway 88 Minneapolis MN 55418

Condolences to Michelle Hewett for the loss of her husband, James and to Anna Braun for the passing of her father, Edmund.

Our thoughts are with you and your families.



Make the Call

We need the Senate to back the Postal Service!

Keep making those phone calls asking for their support!

Share this number and ask everyone to call.

(844) 402-1001

For more information log-on to apwu.org

What is the Board of Governors?

By Janice Gillespie-Legislative Aide-Editor

The Board of Governors. When and why was the Board created? Who are they? What are the qualifications needed to serve on the Board? What do they govern? Why are they necessary? I intend to answer these questions.

The groundbreaking postal strike in 1970, the largest wildcat strike in US history, set the stage for the Postal Reorganization Act. The Postal Reorganization Act, passed by Congress, abolished the United States Post Office Department and created the United States Postal Service. This change enabled the postal service to be a corporation-like independent agency with a monopoly on first-class mail. The Postal Reorganization Act paved the way for the formation of the Postal Board of Governors. The intent was for the Board of Governors to be a cushion between Congress and the Postal Service and keep the postal service from being politicized. Since the post office was now considered a corporation, it needed a governing board, much like a publicly held corporation. Also, The Constitution requires all executive branch entities, including the Postal Service, to be run by presidential appointees. The United States Constitution established a need for a knowledgeable, independent body of governors to oversee operations. In other words, in 1970, the post office became a "company" that needed a "CEO" and a "Board of Directors".

The President of the United States, with the consent of the Senate, appoints the nine governors. They each have a nine-year term. The Board of Governors select the Postmaster-General, and he or she then helps to choose the Deputy Postmaster General. These two top positions hold indefinite terms. The highest post, Postmaster General, is appointed by the President with Senate approval. A quorum is met on the Board when there are six governor positions filled. There is never to be more than five governors of the same political party.

The current and highly controversial Postmaster

General is Louis DeJoy. DeJoy, a former republican fundraiser, was appointed in May. Many union officials are skeptical of DeJoy being the right person for the job due to his many conflicts of interest. He is an extreme contributor to President Trump's campaign, and he spent decades as the chairman and CEO of a rival company, "New Breed Logistics" and later XPO Logistics. DeJoy assumed office in June 2020 and immediately instituted so-called cost-cutting, in reality, mail delaying, measures. He started cutting all overtime hours and late or extra mail trips. He also ordered the dismantling of machines that were still being used and needed and blue collection boxes removed from the streets. DeJoy put all these changes on-hold due to Congressional pressure and court injunctions. At least twelve lawsuits were filed against DeJoys' mail delay changes. Some have said that this was all a set-up to delay the mail and therefore discredit mail-in voting. If that is the case, he failed. Congress and the American people forced him to reverse his plans, and the USPS handled the mail-in ballots perfectly. DeJoy is now again implementing his strategies to delay the mail. I mean to save money. The six governors on the Board are in full support of these plans.

Russell Reynolds Associates was the firm contracted to find and recommend a new candidate for postmaster-general. The Board of Governors chose to ignore Russell Reynolds Associates' advice and instead brought in Louis DeJoy, a suggestion by John M. Barger, a board member. Remember, the Board is not supposed to be political. All of the members sitting on the Board as of right now are President Trump's appointees. We need to get those other positions filled once President Trump has left office.

The qualifications of the Board members are extensive



cont. on page 4



\$\$\$ Dues Reminder \$\$\$



When this News and Views reaches the membership, we will be in the year 2021. Hopefully, this new year will be a better year and we will be able to get together again in a few months. With the new year upon us many states and locals start to send their dues to the treasurer. Most members dues expire on January 1st.

The following are some suggestions for submitting your dues to be sure they are recorded accurately.

We are hopeful that we will have our National Auxiliary Convention in October 2021. According to the National Auxiliary Constitution Article V – Representation, Sec. 1: (B) *In order to be seated as a delegate and able to vote on any issue during the National Convention, the per capita tax must be received by the National Treasurer at least twenty (20) days prior to the opening of the National Convention. Dues must be paid current through the first day of the month following the National Auxiliary Convention.* Please be sure your dues are current!

- If possible, type your list. Spreadsheets work great. Just make sure the font is large enough to read without a magnifying glass. Print in landscape if you need the space.
- Sort the members by local. Some locals have members with the same name but a different address. Please help us to make sure we credit the correct member.
- How much dues did each member submit? Dues for one year, two, or five?
- If your state or local has a set dues year (January to January, July to July), please note that for us. We will try to comply with your request.
- Be sure members names are spelled correctly

Updated lists can be obtained from the treasurer upon request.



cont. from page 3

and diverse. They cannot be representatives of special interest groups; they need to have experience in public service, law, or accounting. At least four governors must have demonstrated their ability in managing public or private organizations that employ at least 50,000 employees.

So what does the Board of Governors do? The Board controls all postal expenditures, reviews its practices, makes long-range plans, and sets policies on all postal matters. The Board considers service standards, capital investments, and facilities. They also approve officer compensation. They have a full-time corporate secretary who is the primary staff assistant to the Board, and the Board generally meets once a month. The next meeting is on February 8 and 9, 2021, and is open to the public. The public can view all open sessions on the USPS website.

If the Democrats win the Senate and if President Biden fills the Board vacancies, there is a chance that the Board can vote out DeJoy. The President needs to have Senate approval to appoint new governors

We are in desperate need of an innovative Board of Governors who want the Postal Service to succeed. There are additional means of income available to the Post Office. Services such as banking, offering local, state, and federal services, or even electric car charging stations. The post office's money problems started in 2006 when the post office became a cash cow for Congress. The pandemic hit, and the financial crisis just got bigger. We know it often takes money to make money and the postal service deserves to receive help via stimulus money just like other big companies. The United States Postal Service needs the Board of Governors to have its back.

Auxiliary in Action

Our very own long-time Auxiliary member and retiree Byron Denton stars in an ad to “Save the Post Office”. The ad can be accessed on the Auxiliary website at apwuauxiliary.org and the APWU website, awpu.org. Thanks Byron for your excellent representation of the USPS.



District 3 coordinator Karen Wolver recruited her granddaughter to help stamp handwritten postcards to voters in Georgia. Addie loves to play school with her Grandma. Way to go Karen and Addie!



Great Men Honored

“Injustice anywhere is a threat to justice everywhere”; so said Martin Luther King Jr. King was a Baptist minister and activist who became a remarkable spokesperson and leader in the civil rights movement in 1955 until his murder in 1968. A sagacious man who is known for his quotes. Notably, “A riot is the language of the unheard”; The time is always right to do what is right”; and one of my favorites, “In the end, we will remember not the words of our enemies, but the silence of our friends.” King is also known for his iconic speech, “I have a Dream,” which was instrumental in urging Congress to pass the Civil Rights Act. Dr. King’s assassination was in 1968 and sparked riots all through the country. His birthday is a national holiday celebrated on the third Monday in January.

And Did you know that George Washington did not chop down a cherry tree and then admit it to his Father by saying, “I cannot tell a lie”? One of Washington’s biographers made this story up to demonstrate Washington’s honesty. George might have been honest, but obviously, his biographer wasn’t.

Presidents’ Day is celebrated every year on the third Monday of February. It commemorates the birthdays of both George Washington and Abraham Lincoln. Initially, George Washington’s’ birthdate became a national holiday in 1879 when it was signed into law by President Rutherford B. Hayes. The US first celebrated

Washington’s’ birthday only in the District of Columbia, and in 1885 Congress expanded it to the whole country. Washington’s’ birthday was the first national holiday to honor an individual American.

The Uniform Monday Holiday Act, in the 1960s, was a law to shift several federal holidays from their original dates to predetermined Mondays. This law also included a provision to combine Washington’s’ birthday with Abraham Lincoln’s’ birthday. Interestingly enough, fourteen states do not recognize President’s Day, Delaware, Florida, Georgia, Iowa, Kansas, Kentucky, Louisiana, New Mexico, North Carolina, Ohio, Rhode Island, and Wisconsin. The Postal Service does acknowledge Presidents’ Day as a holiday.

President Abraham Lincoln’s’ birthday was celebrated in many states as early as a year after his assassination in 1865; it was never an official holiday. Two of his many notable quotes are:

“America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves”; and “Nearly all men can stand adversity, but if you want to test a man’s character, give him power.” Very insightful!

Washington, Lincoln, and Dr. King were great men who deserve to be honored.

Scholarship Official Application Form

Applicant's name: _____

Mailing Address: _____

City _____ State _____ Zip _____

Telephone # _____ SS # _____

Last school attended _____ Date(s) _____

College or vocational school you plan to attend and
Course of study or degree(s) completed _____

School name: _____

Address: _____

City _____ State _____ Zip _____

Sponsoring APWU Member's name _____ Tel.# _____

Name of Local & State _____

Signature of Applicant _____

Essay Topic

Why is diversity important in the Union and Auxiliary?

INSTRUCTIONS FOR THE 2021 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

On or before July 1, 2021

Auxiliary Scholarship

An Opportunity To The Future



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: _____



HEALTH NEWS

Heart Anatomy May Put Blacks at Higher Stroke Risk

Consumer news



WEDNESDAY, Nov. 25, 2020 (HealthDay News) -- Black Americans face a heightened risk of stroke, and a new study suggests that abnormalities in the heart's upper chambers play a role.

Experts said the findings, published Nov. 25 in the journal *Neurology*, point to an under-recognized factor in Black Americans' stroke risk.

It has long been known that in the United States, Black adults are particularly hard-hit by ischemic strokes -- where a blood clot impedes blood flow to the brain. Their rate is twice that of white Americans.

Part of the disparity is related to health conditions that can lead to stroke: About half of Black Americans have high blood pressure, and they often develop it at a relatively young age, according to the American Stroke Association.

Some other stroke risk factors, like diabetes and sickle cell anemia, are also more common among Black adults.

Yet those "classic" risk factors do not tell the whole story, Dr. Hooman Kamel, the lead researcher on the new study, said in a journal news release.

The racial disparity in stroke risk is greatest when it comes to "cryptogenic" strokes -- where doctors cannot pinpoint the source of the blood clot.

"Better understanding of the underlying causes of these strokes is important for addressing these racial disparities," said Kamel, a neurologist at Weill Cornell Medicine in New York City.

So his team looked at whether Black and white stroke patients differed from each other in the functioning of the atria -- the heart's upper chambers.

It's well-known that atrial fibrillation (a-fib), a common heart arrhythmia, can cause a stroke. If the atria are not contracting normally, blood can pool in the heart and form clots. If a clot breaks free and travels to the brain, the result is a stroke.

But the atria can be dysfunctional in other ways, too. And in recent years, that so-called "arteriopathy" has been recognized as a potential source of stroke, according to Dr. Natalia Rost.

Rost, a neurologist at Massachusetts General Hospital in Boston and fellow of the American Academy of Neurology, was not involved in the study.

"The concept of arteriopathy is fairly new," Rost said. Essentially, she explained, it describes atria that are not completely healthy and have abnormal "hemodynamics" -- or blood flow -- that may raise the risk of clots.

Kamel's team found that Black stroke patients showed signs of such atrial dysfunction more often than white patients did.

The study involved nearly 2,400 ischemic stroke patients who did not have atrial fibrillation.

Heart imaging showed that Black patients generally had more signs of scar-like tissue in the left atria, compared to white patients. And on electrocardiograms, they showed more evidence of impaired electrical activity between the two atria.

Past studies, according to Kamel's team, have uncovered similar differences in people who have never suffered a stroke. On average, Black adults in the general population show more markers of abnormal electrical activity in the atria than whites do.

It's not clear why.

But, Rost said, the roots of Black Americans' stroke risk go deeper than health conditions such as high blood pressure and diabetes. Social and economic disparities, chronic stress and "adversities" that go back to childhood can all take a physical health toll, she said.

"So even when we say high blood pressure or diabetes can partly explain the stroke risk, it's more complex than that," Rost said.

Kamel made a similar point, saying the findings do not mean that Black and white patients have "innate biological differences" in the heart.

Instead, he said, doctors may need to update their definition of what constitutes a "disease" of the atria. To Rost, the findings highlight a wider truth in cardiovascular disease: Much of what doctors know is based on studies of white people, particularly white men. Historically, Rost said, there has been "tremendous under-representation" of people of color, and women.

Right now, it's not clear how to detect these types of atrial dysfunction before a stroke happens -- whether the abnormalities can cause symptoms people can recognize, or whether some kind of simple testing can catch them.

With more research, Rost said, that will hopefully change.

Each year in the United States, more than 795,000 people suffer a stroke, according to the U.S. Centers for Disease Control and Prevention.

Stroke warning signs include sudden weakness in an arm, "drooping" on one side of the face, and sudden difficulty speaking, seeing or walking. Any of those problems, the CDC says, should prompt a call to 911.

More information

The American Stroke Association has more on [stroke and Black Americans](#).

SOURCES: Natalia Rost, MD, chief, Stroke Division, Massachusetts General Hospital, and professor, neurology, Harvard Medical School, Boston, and fellow, American Academy of Neurology, Washington, D.C.; *Neurology*, online, and news release, Nov. 25, 2020

2018-2020 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

New Year, New Goals.

I'm feeling pretty confident 2021 will be better than 2020! With that in mind, how about helping us show Fisher House how much better we can be for them? I'd like to share some goal setting points that may help you as you share with others to keep Fisher House in the forefront.



1. Set goals that motivate you to save for Fisher House. Is your local having zoom meetings? Mention that we are raising funds for our Human Relation Project and ask that they help us raise money. Make a motion for a specific amount.
2. Set **SMART** goals: **S**pecific, **M**easurable, **A**ttainable, **R**elevant and **T**ime bound. Let them know how much you would like your local to contribute. Maybe you could have a friendly competition with another local or state. Keep your contribution within reason (but GO BIG). Let your members, family and friends know how Fisher House helps with our veterans and their families. Set a deadline so you have plenty of time to send in your check to our Treasurer, Bonnie Sevre.
3. Set goals in writing. Do you have a local or state newsletter that goes out to your members? Keep mentioning Fisher House so that they will remember how important their services are.
4. Make an action plan. If you have meetings and collect spare change at them, keep track of those monies and keep them separate. Are you having a convention? Make up gift baskets to raffle off and start getting your items together now. If you need help with posters for advertising Fisher House, let me know. I'd be happy to mail information to you. We also have brochures to hand out.
5. Stick with it. You may feel like you sound like a broken record, but please keep mentioning Fisher House at every event and meeting you attend. If your local produces an agenda before each meeting, ask that they add the Auxiliary to their agenda. This is a great way to keep them up to date on everything that we are doing.

Thank you for your continued support towards Fisher House and best of luck to you all in 2021!

Training: Parliamentary Procedures

April 6, 2021 by Joyce Robinson, National
Research and Education Director for the APWU.

2018 – 2020 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 Diena 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, MDDC, MA, NH, NJ, NY, PA, RI, VT
lbeer@apwuauxiliary.org