



NEWS & VIEWS

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TALKING ONE ON ONE

By Kathy Danek President



“Up these steps the lobbyists of trusts and corporations have passed unchallenged on their way to the Committee rooms, access to which we, the representatives of the toiling wealth producers, have been denied. We stand here today in behalf of millions of toilers whose petitions have been buried in committee rooms, whose prayers have been unresponded to, and whose opportunities for honest, remunerative labor have been taken away from them by unjust legislation, which protects idlers, speculators and gamblers,” This is a quote from General Jacob S. Coxey of Massillon Ohio, a Greenbacker and Populist. It’s an important quote from Labor’s Untold Story, a collection of stories that has recorded our historical messages of labor. This particular quote is from May 1 1894.

Many of you may wonder why I would bring up something that is 121 years old. Here are a few realities – as you review the workings of today, the decision of the Supreme Court on Citizens’ United, and the lack of action to take care of the people’s business, you have to wonder – “Have we really moved forward.” It is the same fight. We win a battle, but the war wages on. Whatever we gained last year will be continually attacked until it is reversed – or until we engage our members, their families, and their communities in working to protect gains for all workers. This fight – the fight for fairness in the workplace - is truly the moral fight of our times.

APWU is in contentious contract negotiations with the USPS right now. AND the Auxiliary is ready, willing and able to help. We are lending our hands of support. For those of you who are attending conventions you have been able to sign petitions from the Auxiliary to Save the Post Office. We need you to distribute those petitions in your communities as soon as possible, get as many as you can signed and return them to PO Box 4243 before May 12. They will be sent to the APWU to present to Postmaster General Megan Brennan. This is truly the community lining up with the APWU to save the USPS – by supporting our workers. These petitions should be returned to APWU Auxiliary, PO Box 4243, Lincoln NE 68504. They will be copied and forwarded to President Dimondstein. This petition will be published in this issue of News and Views or can be obtained from any of the Auxiliary Officers.

Additionally, President Dimondstein has asked us to get signatures on postcards to be mailed from headquarters. We will have them signed by community members and returned in a large envelope to APWU Headquarters, Contract Campaign, 1300 L St NW, Washington DC 20005.

TALKING ONE ON ONE – Saving the Post Office – and Saving our Jobs.

Many have asked – “ How do we create concise and direct talking points”. Our issues seem very complex. We start by quoting facts and figures (see the March issue of News and Views on facts about the USPS). But what we really need to remind them are these few points:

1. We believe delivery standards need to be returned to those in place as of July of 2012. The denigration of these standards impairs our communications within our communities while hampering our businesses ability to conduct timely daily activities.
2. We need to fight for the retention of six (6) day delivery. Remember mail must be processed before it is delivered –

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District Six Coordinator - About Me

By: Clara Hill

I don't especially like to write about me, but I have been asked to introduce myself, so here goes.

I live in Knoxville, Tennessee and have since birth. I enjoy reading on my Kindle, crocheting, sewing and cooking. I have been married to my husband, Charles for 52 years, and we have 2 boys. Joe is 51 and Perry is 45.



Both of them has been a member of the auxiliary since we changed the Constitution to allow male members to join the auxiliary. Perry served as our local delegate for the State Conventions for a while, and then he went out and got a job. He enjoyed the time he was able to serve.

I am a member of West Lonsdale Baptist Church, where I grew up.

I have been an auxiliary member since 1965. I have served in every capacity there is to serve on the local and state level. I am currently serving my 23rd year as Coordinator for District 6. My district consists

of: Alabama, Florida, Georgia, North Carolina, South Carolina, Tennessee and Virginia.

I am Chairperson of the following committees:

- Organizing and Membership
- Bridge Builders
- Memorial Committee

I also serve on the Handbook, National Convention First Time Delegates Education Class and Program & Workshop Review Committees.

My district works in so many different areas. Some of the projects are: adopting families and furnishing some of the needs of that family, furnish snacks in the surgery lounge at a local hospital, provide school supplies for a class of autistic children, personal items for a women's center, supplying meals for Union members at the local meetings, informational pickets, and many, many more that I don't have room for. They are a busy group of members.

I have made so many friends in my time in the auxiliary from all over the country and some of them are very dear to me and lifetime friends. I am so lucky to have such good luck making so many diverse friendships.



April Showers Bring May Flowers!

File your 990N today

Due Date of the e-Postcard

The *e-Postcard* is due every year by the 15th day of the 5th month after the close of your [tax year](#). For example, if your tax year ended on December 31, the *e-Postcard* is due May 15 of the following year. If the due date falls on a Saturday, Sunday, or legal holiday, the due date is the next business day. **You cannot file the e-Postcard until after your tax year ends.**

How to File

Use [this link](#) to file the *e-Postcard*. If you have trouble accessing the system using that link, you may be able to access the filing site directly by typing or pasting the following address into your Internet browser: <http://epostcard.form990.org>. When you access the system, you will leave the IRS site and file the *e-Postcard* with the IRS through our trusted partner, Urban Institute. The form must be completed and filed electronically. There is no paper form.

Auxiliary Handbook of Information

By: Colette Phillippe

The Auxiliary handbook is a valuable tool for any Auxiliary Local, State or member. It is full of all kinds of important information, from being a member to “How to Organize a Local or State Auxiliary”.

Are you wondering how to run an effective auxiliary meeting, how to recruit new members, how to promote the auxiliary, or what you need for a convention? The Auxiliary Handbook will have the answers to these questions!

The Handbook covers many items such as: writing a letter to your congressman, a letter to your local editor and how to write a speech. Ideas are given for Human Relation projects and how to promote your projects.

For Local and State Officers, there are sections for each position that provides much needed information on the duties of the Office that member holds.

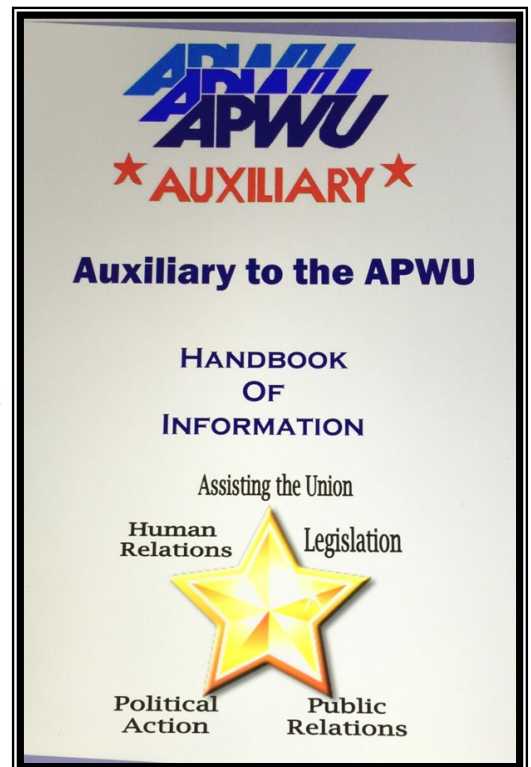
Names and contact information for the Officers of National Auxiliary is included. A map shows what States are in which District, along with who your District Coordinator is and how to contact that person.

It even has the forms that you need for ordering supplies for your new officers, and forms for members listings that need to be sent to the National Treasurer.

And, if you like pictures, there are even a few of those of your Officers and members from throughout the United States.

The Auxiliary Handbook was recently updated and we invite you to take a look!

The Auxiliary Handbook can be found on the Auxiliary website, www.apwuauxiliary.org.



President's Report - continued

(Continued from page 1)

- that is your work. You are the first cog on the delivery wheel. But you are essential – and so is the USPS.
3. Sanctity and protection of the US Mail – it is a federal offense to tamper with the US Mail. That means anything in the hands of a sworn USPS employee is protected by those laws.
 4. The USPS is the most trusted form of communication. Businesses require a postmark – not an email or a fax – but a postmark. We even entrust the ballot box to the US Mail – that's our vote. Many states are moving to a larger use of vote by mail. We need to ensure the sanctity of the ballot box by protecting the sanctity of the mail.

5. End the onerous prefunding of \$5.5 billion per year – and then ensure the dollars collected are used only for the purpose intended.
6. The public supports the US Mail – more than 80% --and it crosses all age groups and all demographics.

The US Mail is in our Constitution – while it might seem that we are protected, it is important to remember that many laws can be voted on and signed into law to tell our nation how to operate the USPS. You must engage your families, friends and communities in this very real fight – Let's understand the importance of the mail, and the effects on each and every one of the 153 million addresses served daily.

TOGETHER WE CAN WIN

Save America's Postal Service!

The U.S. Postal Service is under attack. Our national treasure is in the grips of a *manufactured* financial crisis that is being used to justify an all-out assault on postal workers, on service to the people, and on the USPS as a great *public* institution.

The American Postal Workers Union will bargain with postal management for a new contract from Feb. 19 until May 20, when the current contract expires. The contract will cover more than 200,000 workers.

Our goal is to win a labor agreement that protects stable jobs and guarantees Americans their *constitutional right* to have good postal services, regardless of who they are, where they live, or how much money they have.



Dismantling the nation's postal system doesn't only harm postal workers; it robs the people of speedy delivery of their medicine, their online purchases, local newspapers, bill payments, letters and invitations. It also robs communities of a vital public service, secure jobs, a strong tax base, and an important component of our nation's infrastructure. And the USPS doesn't use a dime of taxpayer's money!

Good Service, Good Jobs

The American Postal Workers Union is fighting to stop the closing of post offices and reductions in service. In fact, we want to expand post office hours and services. A good example is the *Campaign for Postal Banking*, which is fighting to secure postal financial services for the millions of Americans who don't have access to banks.

We need your help. Please support the fight for better postal services and for a labor contract that is fair to postal workers. For more information, contact us at nccc@apwu.org

or visit our website, at www.apwunccc.org. **APWU** American Postal Workers Union. AFL-CIO

Submitting Dues to Insure Proper Credit

By: Trisa Mannion

Sending in membership dues is not a hard task but it does take a little organization to make sure it is credited properly. Make sure the envelope is complete with the name, address, local, and sponsor all legible. The email addresses and phone number are all bonus information but need to be legible too. No one likes to have their name misspelled but if I am guessing the letters in a name, it is very likely to be the wrong guess. If you are not sure what it says, please ask the member to clarify the information.

I must know the amount paid so mark that on the outside of the envelope. Checks are perfectly good methods of payment. We strongly suggest collecting 2 years of dues so the member lapses less often and the need to send dues notices is half of the single year payment.

When sending a large group of dues it is recommended that, you type the list of members. This is when you can let me know that your state begins your dues on a certain date so I will follow your request when it is not in conflict with the national constitution. Sort the members by local, last name, and first name. Alphabetizing the entire state by last name is very time consuming for everyone and is not the best method. The information that I need is the same information that is on the envelope; Local, last name, first name, address, city, state, zip, email, phone and sponsor.

Building a spreadsheet is not a hard thing to do and it will help you maintain all of the information that we both need. If you need assistance give me a call or send an email and I will help you get started.



**Let your voice be heard!
Support the fight to stop
the closing of post offices
and reductions in service.
We need your help!**



Remembering Sherman Burr

Sherman Burr was two days short of his 97th birthday when he passed away on April 11th. Sherman began working for the Post Office in April 1947 and retired April 1, 1984. When he retired from the Postal Service and APWU he joined his wife Dorothy (former National President) in the Auxiliary. He was a delegate to many auxiliary conventions and was also a lifetime member of the Auxiliary.

The members of the Auxiliary Executive Board extend our condolences to Past President Dorothy Burr and family.

Cards can be sent to:
4824 - 62nd St, Sacramento, CA 95820



Dorothy and Sherman Burr with President Kathy Danek at the APWU Health Plan Seminar in Las Vegas, Fall 2013



It is said that happiness begins with a bright smile and to keep your smile white and bright good dental hygiene is a must. Teeth, gums, and tongues are often neglected in overall healthcare and studies are finding that simply brushing just isn't enough. Here are a few reasons why you should schedule routine dental checkups and understand proper oral care.

Remember dental health is essential to overall good health. So neglecting to care for your mouth can lead to a variety of oral problems, including cavities, bad breath, dry mouth, canker or cold sores, temporomandibular joint disorders, tooth decay, plaque, tartar or thrush. These ailments are all preventable and treatable with proper diagnosis and care. The healthier your teeth and gums are, the less risk you have for tooth decay and gum disease. All too often people don't understand the medical/health conditions that can be affected by your teeth or oral health. For example, cancer treatments, pregnancy, heart diseases, diabetes, dental appliances (dentures, braces) can all impact your oral health and may necessitate a change in the care of your mouth and/or teeth. Be sure to tell your dentist if you have experienced a change in your general health or in any medications you are taking since your last dental visit.

Taking care of your mouth can prevent loss of teeth and a host of other oral problems and diseases. Here are some basic tips to improve oral care.

Find a Dental Partner	Your dentist should become a life partner in your long term oral care. Select a dentist that you are comfortable with and be sure to schedule routine check-ups twice a year.
Stick to a daily routine	Brush for at least two minutes twice daily and floss every day. Dentists recommend that you should brush after every meal especially if you've consumed acidic foods or drinks like coffee or tea that can stain teeth and erode enamel.
Use good Dental Care Products	Include a combination of toothpastes, toothbrushes, flosses and mouthwashes. With so many choices from Tartar control to whitening or electric tooth brushes to standard bristle who knows which is best? Ask your dentist which is the best for you.
Don't Forget the Fluoride	Fluoride is a mineral that occurs naturally in many foods and water and is essential to good dental health. Select a tooth paste that contains fluoride to protect tooth enamel.
Say no to the Sugar	Eat foods that contain less sugar as sugary foods cause cavities and tooth decay.
Stop Smoking	Smoking cigarettes or using smokeless tobacco products increases the risk of oral cancer and cancers of the larynx; esophagus; gum disease; bad breath; tooth discoloration; and other oral and general health problems.
Check Yourself	Routinely perform self-examination of your mouth, teeth, gums, and tongue so that you can immediately recognize abnormalities and see your dentist.
Know your Dental Health Plan	Understand how your APWUH dental plan is designed and be aware of your coverages and out of pocket expenses.
APWU Health Plan High Option Covers	Preventive dental is covered at 70% including: Office visits (routine limited to 2 visits per year) including examination and fluoride treatment <ul style="list-style-type: none"> • Restorative care (fillings) • X-rays of all types (limited to 2 per year) • Prophylaxis (cleanings), (limited to 2 per year) • Simple extractions When you complete the HRA, we will enroll you in the CignaPlus Savings discount dental program for extra savings on non-preventive procedures (i.e. root canal)!
APWU Health Plan Consumer Driven Option Covers	Dental services are reimbursable out of your Personal Care Account and must be paid up front by you. We will reimburse up to a combined maximum of \$400 per Self Only enrollment or \$800 per Self and Family enrollment each calendar year, including: Dental treatment (including examinations, cleanings, fillings, restorative treatment, endodontics, and periodontics)



www.apwuhp.com
(800) 222-2798

Coordinators are There to Assist You!

By: Bonnie Sevre

Spring is the time of year for many state conventions and seminars. APWU officers are traveling around the country attending conventions and letting the delegates know what is happening with the contract, grievances and so on. The Auxiliary Executive Board is also traveling to the various conventions and seminars to lend their support. We are there to educate and help the delegates with problems they might be encountering and try to answer any concerns the auxiliaries might have. In states where there are no active auxiliaries we are there to try and get family involvement. With the attacks being made on the United States Postal Service we need more than just the members speaking up. We need family and community involvement as well.

The Auxiliary District Coordinators and General Officers have petitions for the delegates to sign. We also have extra copies for the delegates to take into their communities to get as many signatures as possible. President Danek has explained in her article about the petitions and what will be done with them. We are also promoting the COPAmatic "Ten to Win", encouraging members, retirees and auxiliary members to sign up for the automatic payroll or EFT deduction. This is a much less painful way to contribute to our political action fund since the money is taken out of checks before you ever see it. Also a few dollars each paycheck is felt less than writing a large check once or twice a year. And for anyone interested in signing up a new member we always have Auxiliary Membership Applications for you to fill out.

Don't be afraid to approach your District Coordinator or General Officer in attendance and ask questions. Also, we are there to assist in any area where you need

help. We're there to help with registration, COPA fundraisers, hospitality - just let us know where and how we can assist you.

If you have pictures of your events and activities please feel free to share them. Below is a picture taken in Portland, Maine when some of the delegates from the convention made a trip to the Portland Lighthouse. Wouldn't you love to see your picture in the News and Views?



New England States Auxiliary members with President Kathy Danek and Terry Danek

"Our Deepest Sympathy"
On the passing of Bessie Jones
Past President of the Virginia State Auxiliary



May 2015

2014-2016 National Officers

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THINGS TO REMEMBER:

- Check the "Dues Expired" date on your envelope label. If your dues are not current, please send a check for \$5.00 per year for National dues. Mail them to:
Treasurer Trisa Mannion at
3038 Cloverdale Ct, Grand Junction, CO 81506
- State and Local dues should be paid to your state and local treasurers.

Human Relations Backpack Project

Joyce Tanguay - Chair, Bonnie Sevre - Co-chair

We are only 2 months into this much needed program and have already received checks from States, Locals, Auxiliaries and individuals from California to Puerto Rico. Not only is this a great National Project but we are hearing from many of you that you would like to keep the monies raised to support the children in your own state or communities. If you decide to do so please fill out the form that was in your February News & Views. If you do not have one, please contact one of the National Auxiliary Officers. Thank you everyone for your support.

Feeding America Backpack Program



Care to Donate?

Make checks payable to:
National Auxiliary APWU
and mail to:
Trisa Mannion
3038 Cloverdale Ct
Grand Junction, CO 81506

Your Impact \$1=10 meals

For every dollar donated, the Feeding America network of food banks secures and distributes 10 meals to people facing hunger.

Our Impact

The Feeding America network leads the fight against hunger.



46.5 million
people served



3 billion
meals sourced



800 million
pounds of
produce delivered

*Fiscal year 2014 annual results