

News and Views



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Lions, Tigers, and Bears, Oh My!

By: Trisa Mannion-President



Are we living in The Wizard of Oz movie? Something or someone is constantly jumping out of the woods, the scary crows are sweeping in to take us, and torches (bombs) are burning things around us. Just when things seem to have calmed down a bit, a natural disaster ruins our armor (home). I am weary of feeling like I cannot ensure my safety or my family's

long-term well-being. Are you feeling the same way?

We can influence our lives, and we can fight back. Remember, The Wizard of Oz told Dorothy that she held the power to find her way home and to make the changes she sought. We, too, have the power to alter the events and the changes that are happening to postal workers and us, their families. There are over 20,000 Auxiliary members who stand together. We all have courage, a heart, and a brain to use in the fight against harm.

The Auxiliary to the American Postal Workers Union's main objective is to support workers generally in their efforts to secure a higher standard of living and to bring together persons interested in the efforts of the American Postal Workers Union for better working conditions. We are chartered to render effective aid in securing the passage of desired remedial legislation while supporting the programs of the APWU. This fight is precisely why we exist, and we need

to stand together.

You are taking the first step by staying informed of the facts rather than listening only to the opinions of people who stand to gain from your loss. You know who I mean, the people who make millions of dollars by telling you the facts of the matter, but they are doing the bidding of those who are trying

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In The Shadows

By: Janice Gillespie-Legislative Aide-Editor

The Women's Auxiliary to the National Federation of Post Office Clerks (NFPOC) was organized in Memphis, Tennessee, on Labor Day of 1917. Relatives of post office clerks from three local Auxiliaries (Chicago, Memphis, and San Francisco) formed the national organization. With almost unbearable working conditions existing



at the time and with an ever-increasing cost of living, the object of the Auxiliary to the National Federation of Post Office Clerks, NFPOC, was to bring together women interested in the efforts of the union to secure better working conditions, advocate for the union with congressional leaders, and support the APWU in their endeavors.

Even in 1917, there was debate about privatizing the post office; it was determined that if the mail were to be delivered by a private corporation, only letters going to routes that showed a profit would be delivered. Sound familiar?

The Auxiliary has undergone many changes in 108 years, paralleling the postal unions' mergers and transformations.

Following the strike of 1970, the Post Office Department became the United States Postal Service, and the American Postal Workers Union, our parent body, was established. Five unions merged to become the APWU, representing clerks, maintenance, special delivery, and motor vehicles. It was at this time that the five auxiliaries merged as well.

Looking back through history, there is very little mention of the Auxiliary to the APWU. Information about the Postal Service from the very beginning to present times and records of the postal unions can be found, but virtually nothing about

the involvement of Auxiliary officers and members through the years.

Does the lack of information mean that the Auxiliary has not participated in the progress of the APWU? No. Does this mean the Auxiliary has not played an integral role in gaining improvements for postal workers over the years? No.

Auxiliary families have been at the side of the APWU from the early 1900s when Mary Halas was the first president of the Auxiliary to the United Federation of Postal Clerks, to the present day. Mary Halas, not an APWU member, but the wife of a member and an Auxiliary trailblazer, was instrumental in getting the first raise for postal clerks.

Initially, Auxiliary members were the union members' wives, mothers, and daughters, and were addressed by Mrs., followed by their husbands' names. Our members now consist of APWU members, family members, and friends of all genders.

The objectives of the Auxiliary from day one have remained the same. We have always strived to help the APWU in any way that is needed. And we have succeeded.

The Auxiliary was picketing alongside their family members during the Wild Cat Strike of 1970, giving the APWU members the right to collective bargaining instead of collective begging.

The Auxiliary was there, boycotting Sears and Roebuck, in the 1980s, when they tried putting mini post offices in their stores staffed by non-union employees. They were stopped.

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to harm your family for their own gain. Reading this newsletter, the News Flashes, and attending the Ziplines will keep you informed and help you find other trusted sources.

Have you made the calls to your senators and congressional representatives? That is a simple step toward controlling the outcome and your future. Call 1 (844) 402-1001 and tell them the harm that will happen to your family if the current budget passes with so many cuts on the backs of the postal workers and their families. Thank you for making the calls. Keep calling because the message and

focus change as new actions occur.

I bet most of you have attended a rally to keep your mail processing in your town, support the efforts to save the USPS, or protest that 'US Mail is Not for Sale.' We would love to have pictures of you at these events and to hear about your efforts. This is a step toward regaining control of our futures.

We do not have to be in one location to be effective; we need to pull back the curtain on the stage and realize we can work together to take control back by taking a few small steps with several thousand members of the Auxiliary. Yes, we can!

We are not Alone!

The Unite for Veterans Rally was held on June 6, which was the 81st anniversary of D-Day. Several thousand veterans rallied at the National Mall in Washington, D.C. The nation's capital was the backdrop for this enormous demonstration of unity.

Plans by this administration to privatize much of the Veterans Health Care System to private-sector clinics and cut 83,000 staffing jobs were the motive that brought veterans out en masse. These changes would result in the loss of Veterans' jobs and benefits.



Daleo Freeman-
Director of Human Relations
Mike Gillespie-Iowa

backgrounds addressed the crowd. Senator Tammy Duckworth of Illinois, Representative Derek Tran of California, former Representative Conor Lamb, Irma Westmoreland, a registered VA nurse, and others all voiced their objections to the proposed cuts to Veterans' rights and benefits.

The fight to retain veterans' rights and benefits hits close to home as the United States Postal Service employs over 73,000 military veterans and is one of the largest employers of veterans in the US.

Signs saying "Do Not Privatize the VA" and "Hands off the VA" were waved as various speakers with military

only fight. We must support others in their fight and invite them to join us.



Des Moines, Iowa Auxiliary collecting donations for a family who lost 3 family members and all belongings from a fire.



Maine Auxiliary passing out flyers-
JB Whipple, Joyce Tanguay, and Doris Poland

Urge your Senators and Representatives to support these resolutions:

H.Res.70 and S.Res.147 both express the sense of the House and Senate that Congress should take all appropriate measures to ensure that the United States Postal Service remains an independent establishment of the Federal Government and is not subject to privatization. Urge your Senators and Representatives to support these resolutions.

"Unless someone like you cares a whole awful lot, Nothing is going to get better. It's not."

— Dr. Seuss, The Lorax

We are all in this Fight Together

By: Karen Wolver- Secretary

Brooke Schilling and I attended our first Human Relations Educational Assembly, held from June 12 to 16, 2025, in Houston, Texas. Brooke is the National Auxiliary Human Relations Chair, and I am the advisor to that committee.

I received a great deal of education from the Reverend Terrance (Terry) L. Melvin and Peter (Pete) Coradi. Terry is the Secretary-Treasurer of the New York State AFL-CIO, and Peter is the APWU National Business Agent in the Clerk Craft.

With everything happening today, we must improve in many ways. One of the classes I attended dealt with racism and how prevalent it remains in today's society. We need to start seeing everyone as human beings. It doesn't matter what color we are, who our partners are, or what religion we practice. We are all in this fight together, striving to improve our workdays, the world, our community, and our personal lives for ourselves and everyone around us.

To quote the cousin of Jeneen Barner (Baltimore Francis Stu



Filbey Area Local), Dr. Ruth Pratt Jones: "Good, better, best, never let it rest until your good is your better and your better is your best!"

The Auxiliary's Legislative Committee recently designed and printed a card explaining the results of privatization to the public with the

Congressional call-in number. An example of the card is on page 5. During this class, the delegates were asked to take their phones out and "make the call" to their senators (202) 224-3121 to urge them not to privatize the Post Office. It was awesome seeing 215 attendees all making "the call" simultaneously. We should all be making this call every single day! Two key issues are stopping privatization and letting our Senators know not to mess with Postal and Government employees' FERS pensions.

If given the chance to attend this Seminar, I highly recommend you go. You won't be disappointed. Daleo Freeman, our Human Relations Director, is undoubtedly in the right place to lead us and help us all become better human beings.



215 people making the call in Houston, Texas!



We Need You!



The United States Postal Service belongs to the American people and is NOT FOR SALE!

**Please call
(202) 224-3121
DEMAND THAT THE
POST OFFICE
NOT BE PRIVATIZED**

National Auxiliary to the American Postal Workers Union

- **Big business will buy parts of the Post Office to make more money - from you.**
- **Prices will skyrocket.**
- **Small post offices will be non-existent.**
- **Towns will lose their zip code - their identity.**
- **Rural addresses will lose mail delivery.**
- **Prices will skyrocket.**
- **The security of the mail will be gone.**
- **Small business will be hurt.**

**Is this what you want?
Stay informed – Call Now!**

New Cards: The wording has been changed from “Post office Closed!” to “We Need You!” Also, the call-in number has been changed from the APWU call-in number to the Congressional hotline number. This number will connect the caller to their Senators and Representatives.

The APWU call-in number has changed its message from stopping privatization to stopping the changes proposed to the FERS retirement. The FERS message is also essential; that number will connect the caller to their Senators.

To request cards, please e-mail Secretary Karen Wolver, kwolver@apwuauxiliary.org. Hand them out to customers, friends, and family. Explain how privatizing the postal service will effect everyone.

Bridgebuilder Award Recipients



Dena Briscoe-Maryland
presented by
Lisa Beer



Debbie Parks-Wyoming
presented by
Janice Gillespie



Rebecca Kingsley-California



Melony Harris-Illinois
presented by
Trisa Mannion



Amy Puhalski-Michigan
APWU Central Region Coordinator
presented by
Janice Gillespie

Ask us! ABOUT DIABETES

If you have diabetes, you already know how important it is to manage your health

But you may still have questions. As with any journey, it's good to have a guide to help you understand where to start, navigate the road ahead, and offer support every step of the way.

You are not alone

38.4 million Americans — more than 1 in 11 — are living with diabetes*.

Let's get healthier together. We're here to help.

MANAGING YOUR DIABETES

These 3 checkpoints are designed to help people who have diabetes stay healthier now and into the future:

1. **Getting started with regular A1C screenings is a step in the right direction.**
2. **Keeping up with daily habits goes a long way toward maintaining your health.**
3. **Seeing your doctor and dentist as recommended helps ensure timely care year after year.**



HOW CAN THE APWU HEALTH PLAN HELP?

We offer personalized resources to help you along the way:

One Pass Select®

Access online workouts and thousands of gyms with a single membership. Plans start at \$34/month — or \$10/month for digital only. Get started at onepassselect.com.

Rally®

Rally® offers fun ways to help improve your health and earn rewards. Start with the Rally Health Survey to receive personalized recommendations designed to help improve fitness, diet, mood, and more. Sign up for Rally at www.rallyhealth.com/member-login.

Virtual behavioral healthcare

Receive caring support from a licensed therapist via your mobile device or computer. Visit www.teladohealth.com if you're enrolled in our High Option Plan or member.uhc.com/myuhc if enrolled in our Consumer Driven Option Plan.

Calm Health

Consumer Driven Option members only: Get personalized recommendations to help with well-being goals like sleeping better, being more resilient and mindful, and managing stress. On myuhc.com, members can find the Calm Health page and register for a Calm Health account. Then download the Calm Health app and finish setting up your Calm Health account.

LOOKING FOR A DOCTOR?

For our High Option members: go to apwuhp.com, log into your Member Portal, or call us at 1-800-222-2798.

For our Consumer Driven Option members: go to myuhc.com®, use the UnitedHealthcare® app or call 1-855-808-3003.

* Source: American Diabetes Association, 2021



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
Court Appointed Special Advocates
Guardians ad Litem
By: Brooke Schilling-Human Relations Chair**

Unfortunately the National CASA/GAL Association for Children is still closed due to the termination of three federal grant awards by the U.S. Department of Justice. Some state and local CASA programs are still operating with independent funding as long as possible.

We will continue to collect donations in the form of checks only to support these remaining programs. If your local has already donated and wants a refund, one will be provided upon request.

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The Auxiliary was there during the Stop Staples protest in 2012—another attempt by postal management to privatize window services. We won.

Attending rallies, making phone calls, and sending e-mails helped pass the Social Security Fairness Act—a huge win for Civil Service retirees.

We are now fighting to stop Congress from interfering with Postal and Government workers' FERS retirement benefits.

The continuous fight against privatizing the postal service has resulted in rallies nationwide and inundating the phone lines to Congress.

We reach out to APWU and Auxiliary members and the community to educate them on the issues effecting postal workers. Everyone needs to know what is really going on and what can a person can do to help—we are here to teach them.

Yes—we have worked in the shadows, but we have had huge successes. We can't stop now. We make a difference.

Invitation!

You are invited to our next Zipline meeting.

We will discuss how to manage in the times we are living. How do we stay positive? What can we do ? How do we help?

We welcome your ideas and input. Lets put our heads together and brainstorm how we can make a difference..

Next Zipline is: August 5 at 8:00 p.m. ET,

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 +1 646 558 865

National Officers

PRESIDENT Trisa Mannion
970-424-5131 (fax) 970-424-5856
3038 Cloverdale Ct
Grand Junction, CO 81506-1960
tmannion@apwuauxiliary.org

SECRETARY Karen Wolver
515-771-7183
208 Brick St SE
Bondurant, IA 50035-2020
kwolver@apwuauxiliary.org

TREASURER Janeil Payne
503-931-3441
4678 Duke Ct NE
Salem, Oregon 97301-2025
jpayne@apwuauxiliary.org

LEGISLATIVE AIDE-EDITOR Janice Gillespie
515-664-1154
224 38th Street
West Des Moines, IA 50265-3917
jgillespie@apwuauxiliary.org

DISTRICT 1 Brooke Schilling
541-821-3959
10 Rachel Drive
Central Point, OR 97502-1726
AK, ID, MT, OR, WA,
bschilling@apwuauxiliary.org

DISTRICT 2 Roxanne Heckman
505-227-7248
1735 Tramview Ct NE
Rio rancho NM 87144-5446
AZ, CA, CO, HI, NM, NV, UT, WY
rheckman@apwuauxiliary.org

DISTRICT 3 Kath Walker
651-395-0919
1363 Roselawn Ave W
Roseville, MN 55113-5823
IA, KS, MO, MN, NE, ND, SD
kwalker@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 Barbara Maciejewski
414-550-2169
635 Shumway Ave
Faribault, MN 55021-4418
IL, IN, KY, OH, MI, WV, WI
bmaciejewski@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, MD, MA, NH, NJ, NY, PA, RI, VT
lbeer@apwuauxiliary.org