



NEWS & VIEWS

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www.apwuauxiliary.org

New Year...New Members

By: Trisa Mannion - President

What is next for the Auxiliary

Come with us on this new and exciting adventure. We have created new lines of communication to make you, the member and officer, more in touch with the national officers and each other. The Ziplines are bi-monthly on the first Tuesday of even numbered months. The next one is April 2. You can find the link at our website www.apwuauxiliary.org Your District Coordinators are sending correspondence to you monthly. We have instituted monthly meetings for the Executive Board members. Each committee now has a private line of communication to make them more efficient. The Budget Committee meets weekly to plan and discuss anything that arises, yes, we still talk daily but this is a set meeting with an agenda. We changed our emails so they are more uniform and easier to remember, while providing more

functionality with a better service provider They are first initial+ last name @apwuauxiliary.org .the exception is .Secretary Tanguay who requested to use jetanguay@apwuauxiliary.org

Are you a Facebook user? We also have a Facebook page, search for "Auxiliary to the APWU". We post informational updates and new pictures as they are received in the president's office. We try to keep our website updated as the committees send the new information. News & Views is posted when it is mailed on www.apwuauxiliary.org. We have plans to activate the locals and states with fun ideas and welcoming attitudes. You will hear

a lot more about the Each one Reach One Plan, in the next few months, it is part of our membership building and organizing plan. We want you to be a part of this program **and to meet** with us on the Ziplines to learn about the ideas and training that is available to you. Legislative attacks on the Postal Service make it necessary to increase our work on the issues facing each family and member of this organization. HR 33, a bill in the House that opposes privatization, has been introduced and we will be working to get cosponsors and support for this bill. We

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To Do or Not to Do

Janice Gillespie -Editor-Legislative Aide



What does a New York postal clerk wearing a political button at work, a letter carrier from Wisconsin soliciting political contributions on his route, and a USPS maintenance worker from Florida running for a partisan office have in common? They are all in violation of the Hatch Act.

Carl Hatch from New Mexico, sponsored the Hatch Act in 1939. This seemingly obscure, but serious law protects federal employees from political coercion in the workplace, keeps elections fair, and enforces political neutrality among civil servants. It also places many prohibitions on federal employees including postal workers. Amended in 1993, this law is specific as to what a federal employee may or may not do in regard to political activities. The list of restrictions includes rules such as federal employees may not participate in partisan activity while on duty, at the workplace or in uniform or wear, display, or distribute partisan materials. This is where the Auxiliary comes in. Auxiliary members who are not employed by the USPS, are not bound by the Hatch Act and are free to take political actions that benefit our union brothers and sisters. This alone makes an Auxiliary necessary to the APWU. We can advocate in favor of the issues backed by the APWU and in turn help preserve postal jobs and benefits. It is imperative that all of us, postal employees or not, understand the restrictions and limits that are spelled out in the Hatch Act.

Social media has added many more avenues for communication. We can now tweet, retweet, post, chat, share, like, or comment with a keystroke. We need to be mindful that all rules still apply. If a postal employee is at work, they may not violate the law, for example, *like* a friend's post encouraging others to vote for a favored candidate in a partisan race, even if they are on break using their own private cell phone, tablet, or laptop. Employing an alias or screen name other than your own to circumvent the Hatch Act is **not allowed**. If something is not legal under your name it is not legal under any moniker you use. Employees may display a political party, logo, or a photo of a particular candidate on their personal Facebook or Twitter accounts as long as they do **not** post on those accounts while at work.

Employees are never to knowingly solicit, accept, or receive contributions for a candidate or party in a partisan race. This means they may not like, repost, retweet, or share a message from someone else asking for donations. Social media profiles with job titles and party affiliations are allowed even if the account is used, **off postal property**, for political activity, but comments supporting partisan candidates cannot include the postal worker's job titles. This falls under using official titles to influence political races.

The Office of Special Council, OSC, is authorized to investigate violations of the Hatch Act. Employees found guilty may be subject to discipline and or termination. Ignorance of the law is not an acceptable defense. Don't let confusion of the law get you in trouble. If in doubt, I urge you to contact the OSC. You may call (800) 854-2824 or go on-line to hatchact@osc.gov.

The mission of the Auxiliary is to assist APWU in their endeavors. Political action is huge. This is where we can make the most difference. Our efforts are needed so it is imperative that we stay informed of the issues facing the APWU and become familiar with the candidates who support those issues. Our organization is one of the best of its kind and together we can make a difference.





NATIONAL APWU AUXILIARY MEMBERSHIP DRIVE



"EACH ONE REACH ONE"

- January 1st, 2019 - July 1st, 2019
- New Members will earn a chance to win a \$25.00 Amazon gift card.
- The member who signs up the largest number of new members will win a \$50.00 gift card.
 - * In the event of a tie member names will be entered in a drawing to determine the winner.
- Please mail member information and checks made payable to Auxiliary to the APWU:
 - * Bonnie Sevre, Treasurer
Auxiliary to the APWU
2836 Highway 88
Minneapolis, MN 55418-3243

How Many new members can you reach?

*To qualify as a new member a person must not have been a member for the past two (2) years. *



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 _____

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: _____

 I hereby grant my permission for the above information to be used in a press release
 Date: _____ Signature: _____

Essay Topic

How does the Union impact my life?

INSTRUCTIONS FOR THE 2019 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

And must be postmarked
 On or before July 1, 2019

Auxiliary Scholarship
 An Opportunity To The Future
 Printed by the Auxiliary for the Auxiliary

NILAN
SCHOLARSHIP
 FOR LIFELONG LEARNING
 FOR AUXILIARY MEMBERS TO THE APWU



2019
APPLICATION

Applications can be found on our website at www.apwuauxiliary.org

Remember to File Your 990n

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.**

Dues Reminder

If your dues are not current, please send a check for \$5.00 per year for National dues. Mail them to:

Bonnie Sevre
 2836 Highway 88
 St Anthony, MN 55418

State and Local dues should be mailed to your state and local treasurers.



Auxiliary to the APWU

Nilan Scholarship for Lifelong Learning

RULES & GUIDELINES - FOR 2019 SCHOLARSHIP

1. NO 2018– 2019 high school graduates will be considered for the 2019 scholarship. Applicant MUST have had a break from High School of one year or more.
2. Applicant must be a member in good standing with APWU National Auxiliary. The applicant must have been an Auxiliary member in good standing, for at least one (1) year prior to application deadline.
3. Application must be on official application form from the APWU National Auxiliary Continuing Education Scholarship Program.
4. Applicant must write an essay on the designated subject of no less than 175 and no greater than 250 words.
5. **Completed application form with essay must be mailed to: Chairperson Rebecca Kingsley (the address on back) postmarked no later than July 1, 2019, by certified mail with return receipt requested.**
6. **Applicant must be registered, enrolled or attending an accredited college (college, university, vocational or technical school, etc.) at the time the scholarship is given.**
7. The APWU National Auxiliary will award one (1) yearly scholarship of \$500.00
8. Upon verification that the recipient has enrolled with the school of his/her choice, the award will be sent to the business office of the school to be applied to the cost of books, food vouchers, and or tuition. Scholarship must be used within 18 months of award date.
9. The scholarship recipient is eligible to receive one (1) yearly scholarship for a maximum of two (2) years upon reapplication & selection process in accordance with the rules and guidelines of the scholarship.
10. In the event that the recipient drops out before the completion of the course(s) (and within the refundable time frame) any unused funds that have already been sent to the recipient school for continuing education shall be refunded back to the National Auxiliary to the APWU.
11. No member of the APWU Auxiliary National Executive Board or their family will be eligible for this scholarship.
12. **NO EXCEPTIONS WILL BE MADE TO THESE RULES.**

Essay Topic

How Does the Union Impact my Life?

Instructions For The 2019 Essay

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

Official Order Forms can be found on the National Auxiliary to the Apwu website:

www.apwuauxiliary.org

It's Back

The National Auxiliary to the APWU is pleased to offer the 2019 Nilan Adult Continuing Education Scholarship because we believe that education:

- . Opens the door to opportunity
- . Enables one to advance
- . Enriches lifestyles
- . Helps in developing skills necessary to Improve oneself

Watch Your Pressure

National Health Plan

High blood pressure threatens your health and quality of life

In most cases, the damage done by high blood pressure (HBP, or hypertension) takes place over time. Left undetected (or uncontrolled), high blood pressure can lead to:

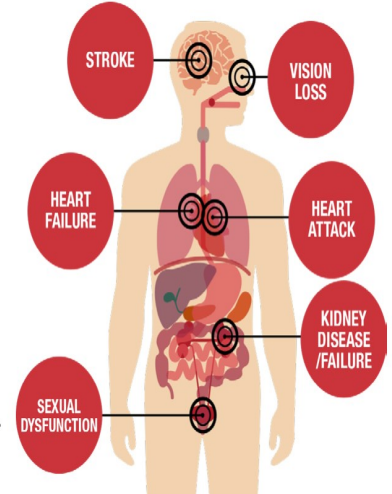
- **Heart attack:** High blood pressure damages arteries that can become blocked and prevent blood flow to the heart muscle.
- **Stroke:** High blood pressure can cause blood vessels in the brain to clog more easily or even burst.
- **Heart failure:** The increased workload from high blood pressure can cause the heart to enlarge and fail to supply blood to the body.
- **Kidney disease or failure:** High blood pressure can damage the arteries around the kidneys and interfere with their ability to filter blood effectively.
- **Vision loss:** High blood pressure can strain or damage blood vessels in the eyes.
- **Sexual dysfunction:** High blood pressure can lead to erectile dysfunction in men or lower libido in women.
- **Angina:** Over time, high blood pressure can lead to heart disease or microvascular disease (MVD). Angina, or chest pain, is a common symptom.
- **Peripheral artery disease (PAD):** Atherosclerosis caused by high blood pressure can cause a narrowing of arteries in the legs, arms, stomach and head, causing pain or fatigue.

Your best protection is knowledge, management and prevention

- **Know your numbers:** The best way to know if you have high blood pressure is to have your blood pressure checked.
- **Understand the symptoms and risks:** Learn what factors could make you more likely to develop high blood pressure and put you at risk for serious medical problems.
- **Make changes that matter:** Take steps to reduce your risk and manage your blood pressure. Make heart-healthy lifestyle changes, take any medication as prescribed and work in partnership with your doctor.

High blood pressure and hypertensive crisis

- If your blood pressure readings suddenly exceed 180/120 mm Hg, wait five minutes and then test your blood pressure again. If your readings are still unusually high, contact your doctor immediately.



(800) 222-2798

APWU

HEALTH PLAN

www.apwuhp.com



**TOGETHER.
BETTER HEALTH.**

A benefit plan focused on you and your family.

Congress Update

H.Res.33 - Expressing the sense of the House of Representatives 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

House resolution 993 is now house resolution 33. We have another chance to get a bill passed to stop privatization. Let's make those phone calls, send letters and e-mails to our legislators. Communicate to family, friends, neighbors, and co-workers just how much we need their help. Get on Facebook and twitter and snapchat. Show everyone who will listen just how important this bill is, not only to postal employees and their families, but to everyone in our communities. H.Res.993 had a majority congressional bi-partisan support in 2018. bipartisan This is a fight we can win.

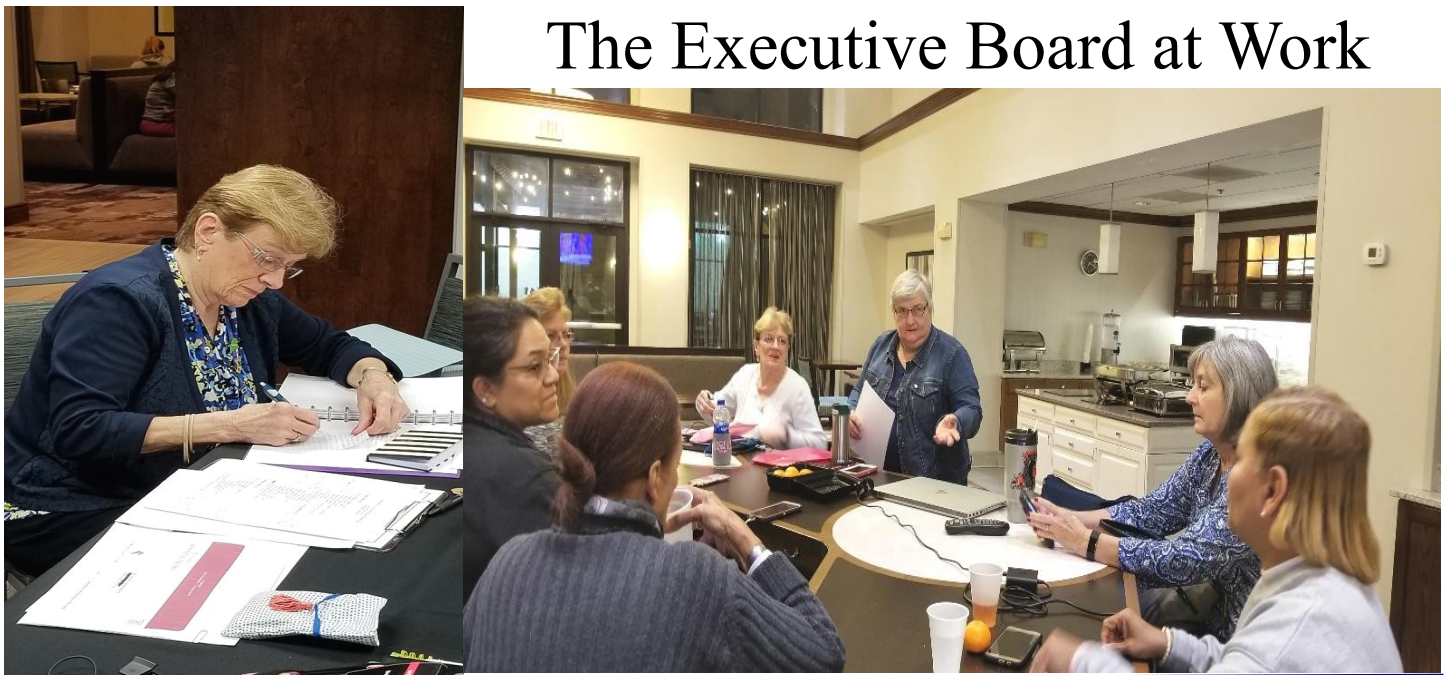


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must fight to maintain our quality of life as family, friends and retirees of the APWU. All of this can be a fun activity so please reach out to a non-member and bring them with you to the next event. The best way to invite them is with a personal invitation either by telephone, in person or a text. Let's sign them up to be a part of this organization. You will both be entered into the contest.

Are you ready to be part of this organization and get the locals and states activated? I am pretty certain that I heard a collective YESSSSSS. Let's join hands and work for better working conditions and quality of life in our APWU Auxiliary families.

The Executive Board at Work



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

As I sit here today, I can feel spring just around the corner. Or is it just wishful thinking? January brought record breaking below zero temperatures in the Midwest.

We had an awesome Board Meeting in January (before the freeze). We met in Minneapolis and were fortunate to be granted a visit to the local Fisher House. Everyone was in awe of this home away from home. When Zachary and Elizabeth Fisher started building Fisher Houses in 1990, the government wanted them to build the homes using specifications from the government. The Fishers wanted to make sure these houses were indeed “Comfort Homes” for our military families. They knew that having a serene and well supplied refuge was important for the loved ones of hospitalized veterans. I can guarantee that the families who stay at Fisher Houses are thankful that Mr. and Mrs. Fisher designed these homes themselves from top to bottom! These houses are truly warm, comfortable and inviting places to be under any circumstances. The bedrooms are complete with linens, the staff provides meals, and the kitchens are well stocked. We saw rocking chairs and high chairs, books and toys.

As board members we set our goal to raise \$20,000.00. We can attain our goal as an organization with commitment, enthusiasm, and determination

The Fisher House also has a webpage. It was here that I learned of their semiannual magazine. Subscriptions are available. I've looked at a few of their past issues and I can honestly say, they are heartwarming! On days when we are feeling down or have the blahs, reading these articles will have you feeling blessed and thankful. A great motivation for raising funds for this organization. Together we can make a huge impact for the visitors of Fisher House.



2018 – 2020 National Officers

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