



# NEWS & VIEWS

News & Views is published monthly – except for July and August by the Auxiliary for the Auxiliary, PO Box 4243, Lincoln, NE 68504. We are a proud member of the APWU Postal Press Association

Volume 32,  
Issue 5

FEBRUARY 2016



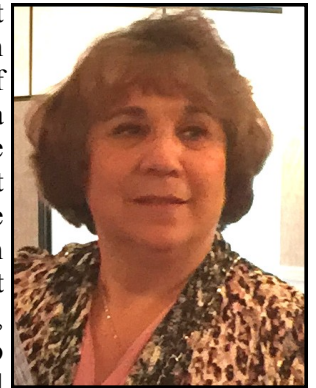
## 2016 – Get Involved – It’s Our Nation – AND We Need You!

Kathy Danek, President

As we enter this convention season we should refocus on the object of our Auxiliary: “To bring together people interested in the APWU – and improving the day to day lives for them at work and at home.” We want them to understand our government and the responsibilities of citizenship, especially the right and responsibility of voting. Only by active participation in the process through volunteerism and voting can we really create an environment where we can convince our Senators and Representatives to pass legislative issues that help the APWU members and preserve the USPS.

We are proud of all the projects and programs of the APWU and the Auxiliary. In 2014, the delegates at the convention in Chicago adopted through resolution the Feeding America Backpack Program. Every local and state organization can see the effects of poverty right in their own communities. In a country with the resources of the United States, no child should ever go to bed hungry. Our collective efforts as the Auxiliary help achieve success in this project, not just nationally, but also in our home towns. Let’s get a project going to help stamp out childhood hunger.

Over all, we truly believe that working men and women deserve a higher standard of living – looking forward to a quality life. Politically, we will be electing a new president of the United States. We’ve seen and heard so much rhetoric, bluster and anger. But we must each ask ourselves, “Where do I want our nation to go? Who can provide real leadership to get things done? Who will work to bring the world together in peace and harmony? Listen to these men and women for real ideas. AND listen to their plans for working men and women. Do they want decent US jobs with great pay, benefits like health care, retirement, sick leave, vacation, etc.? Don’t be afraid to volunteer. You have the strength and commitment to get things done. Volunteers are needed to canvas door to door, make phone calls, input data, prepare food for volunteers, and stuff mailings. It is that investment of your time that really will make a difference.



We are also in the midst of a Congressional election season. As you evaluate the candidates keep in mind the economy—and the changes that have occurred during the last decade. Has your buying power increased or decreased? Is there anyone listening to the needs of men and women fighting for jobs? Do we want candidates who offer no innovative ideas—only stale ideas from the past?

Many of our candidates only offer the words NO. They don’t understand compromise or working together — or that change is hard. In fact we need a collective voice of reason to mandate working together. It’s not

### Inside this issue:

National Convention-2016 A Celebration of Our Auxiliary	2
Bridge Builder Award - Rewarding a Lifetime of Auxiliary Dedication President’s Article - continued National Auxiliary Scholarship	3
A Brief History of “Why the Hatch Act”	4
The Hatch Act and Social Media Deepest Sympathy	5
Ask Clara About the Health Plan	6
Who Wants to be a Millionaire? Birthday Bags	7
Human Relations Backpack Project	8

*Continued on page 3*

# NATIONAL CONVENTION - 2016

## A CELEBRATION OF OUR AUXILIARY

**Kathy Danek, President**

It's time for our locals and states to begin planning for the 2016 National Convention in Orlando FL. This is your opportunity to chart the course for the Auxiliary for the future. The convention will begin Monday August 22 and end Thursday August 25, 2016. We will have more information in the March and April issues of News and Views.

But now, you need to think about the following :

- Are there any changes we would like to see in the National Constitution? - If so, work with your

local and/or state to draft resolutions for your meetings, get them adopted locally and have them forwarded to the National Auxiliary Secretary Patricia Lewis.

- Are you going to send delegates to the convention? If so, you need to make sure dues are paid for your members. Dues should be sent to National Treasurer Trisa Mannion. National per capita is \$5 per member per year. OR contact Ms. Mannion if you need help.

- Do you want to set a new course with a project or plan for the Auxiliary? Consider drafting a miscellaneous resolution outlining your ideas. Make sure you include some rationale for the ideas and put it in resolution format—with each “Whereas” defining the reasons for the changes—and the “Resolved” the actual conclusions or objectives. Plan to have fun and meet new friends. You'll reacquaint yourselves with old friends elect officers for the Auxiliary for 2016 through 2018. The convention only happens if each and every local and each and every state send delegates to participate. We also welcome our members at large to participate as delegates. If you need information on how you can be a delegate at the convention, first read your National Auxiliary Constitution or contact any officer of the Auxiliary.

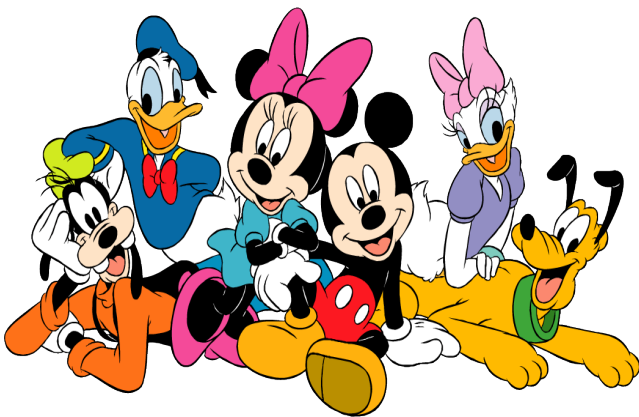
The Postal Service is in tenuous times. We need to increase our strength at the local and state levels, while taking the opportunities to become better informed on postal and legislative issues. It will also be a very fun time. In 2017, we celebrate our 100<sup>th</sup> Anniversary. We will be taking this opportunity to celebrate our golden anniversary. Won't you consider helping us kick off our year of celebration? **IT'S UP TO YOU—WILL YOU JOIN US? WE CAN'T WAIT TO HEAR FROM YOU ALL!**

### SAVE THE DATE!

## National Auxiliary Convention

### August 22-25, 2016

### Orlando, Florida



# Bridge Builders Award

## Rewarding a Lifetime of Auxiliary Dedication

By: Clara Hill, Chairperson



The Auxiliary Bridge Builders was first awarded in 1998, when then President Myrnaloy Smith envisioned a way to recognize and reward those members who have gone the extra mile in their support and dedication to the Auxiliary. This goes unnoticed by many and she thought it was time the National Auxiliary Executive

Board gave an award, nominated by you the members of the auxiliary, to recognize them.

The rules and guidelines were set in place and we have many members of both the auxiliary and APWU who have been nominated and received this award. Only one member from each state will be awarded each year, and can only receive it once. If we have two nominations from a state, the name that did not win can be resubmitted and voted on the next year. It must be resubmitted to

the Bridge Builders committee to be eligible, it is not an automatic nomination.

The names of the previous winners are on the website if you would like to see who has won. [www.apwuauxiliary.org](http://www.apwuauxiliary.org).

The deadline to submit nominations is December 31. You can send them in as early as you like, but they must be dated by the deadline. The rules and guidelines are also on the website.

It is a prestigious award, as only one from each state can be awarded. It is a humbling feeling to receive this as well. Most who have won say "I didn't do anything, I don't know why I am getting this", but someone in your state thinks otherwise.

### 2015 Bridge Builder Recipients:

- Paul McKenna- Milwaukee, WI
- Mary Miller- Lewiston, MT
- Tony Ridder- Lincoln, NE



### National Auxiliary Scholarship

#### "An Opportunity for the Future"

Look for the 2016 Nilan Continuing Education Scholarship application in our next News and Views. If you are planning to continue your education "You Will Want to Apply!"

**Debra Stewart**

**Scholarship Committee**



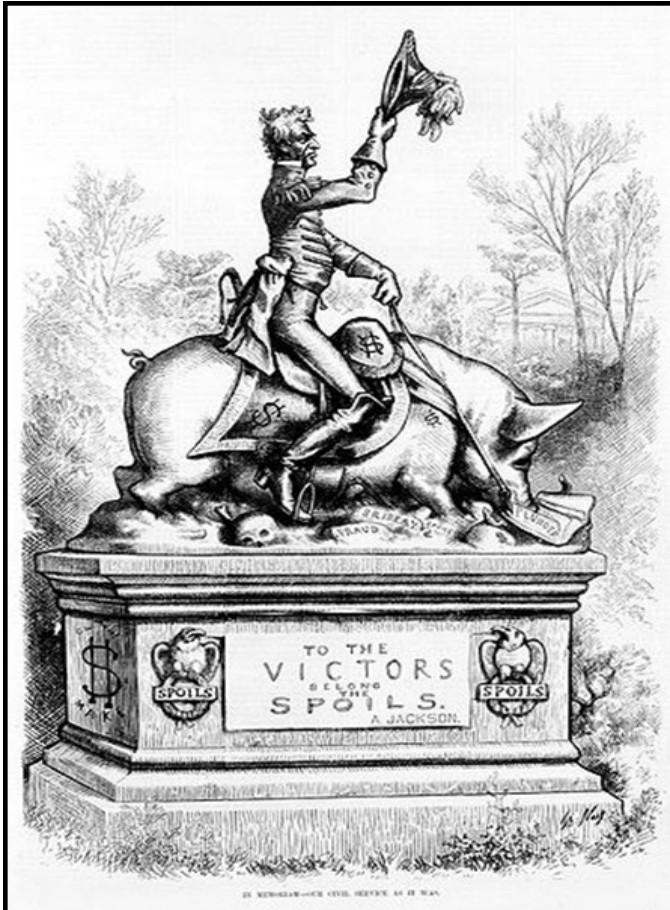
## President's Article

continued

about Republicans. It's not about Democrats. This is about Americans. We have real pain, real poverty and real unemployment. Within the USPS, we are losing jobs, fighting the closure of stations and the gutting of customer service. Do we want candidates who would destroy the USPS and the jobs that support our families with a decent standard of living? We have the opportunity to influence the direction of the House of Representatives and the US Senate, and the office of the President of the United States of America. It will take quality candidates, dedicated volunteers and a communication effort that engages our members. Let's work together these next 6 months for a very successful national convention and the presidential election in 10 months. That momentum can inspire our efforts to work towards improving conditions for our working men and women. It's up to us. Take a chance. Get Involved. It's our right and our responsibility.

# A Brief History of "Why the Hatch Act"

By: Bonnie Sevre



Spoils system (also known as a patronage system) is a practice in which a political party, after winning an election, gives government jobs to its supporters, friends and relatives as a reward for working toward victory and as an incentive to keep working for the party - as opposed to a merit system, where offices are awarded on the basis of some measure of merit, independent of political activity.

Before the election of Andrew Jackson moderation had prevailed in the transfer of political power from one presidency to another. President Andrew Jackson's inauguration signaled a sharp departure from past presidencies. Jackson supporters had been lavished with promises of positions for political support. These promises were honored by an astonishing number of removals amounting to 10% of government postings. The hardest hit organization within the federal government was the post office. In one year 423 postmasters were deprived of their positions, most with extensive records of good service.

Less obvious than the incompetence of its political appointees was the spoils system's propensity for installing already corrupt public officials. The spoils system for filling government positions continued for almost 50 years.

After the assassination of President James A. Garfield by a rejected office-seeker in 1881, the calls for civil service reform intensified. Moderation of the spoils system at the federal level came with the passage of the Pendleton Act in 1883, which created a bipartisan Civil Service Commission to evaluate job candidates on a nonpartisan merit basis. By 1900 most federal jobs were handled through civil service and the spoils system was limited to very senior positions.

The separation between the political activity and the civil service was made stronger with the Hatch Act of 1939 which prohibited federal employees from engaging in many political activities. It prohibits any government employee from participating in political activities such as canvassing or intimidating, influencing or affecting the voters by any means. This act provides the much needed assurance to the public of the political neutrality of government employees. The Act also prohibits the use of any federal funds for political purposes or benefits.

The constitutionality of the Hatch Act has been challenged numerous times over the decades, as it can be interpreted as infringing on the First Amendment rights of government workers, but the U.S. Supreme Court has largely upheld the law's provisions. However, federal employee labor unions successfully lobbied for changes to the Hatch Act that were eventually passed in 1993. While the effect of those changes - known as the Hatch Act Amendments of 1993 - was less than the unions had hoped, it did remove some of the restrictions on whether federal employees could engage in partisan political activities in their free time. The revised Hatch Act continues to prohibit political participation on the part of government employees under certain circumstances, such as the prohibition on the employee's using "his official authority of influence for the purpose of interfering with or affecting the result of an election," and "knowingly soliciting, accepting, or receiving a political contribution from any person," unless such person is a member of the same federal labor organization and there is no superior-subordinate relationship involved among interested employees.

This being a presidential election year, postal workers - being federal employees - need to be especially aware of the Hatch Act restrictions.

# The Hatch Act and Social Media

Compiled by Bonnie Sevre



With the popularity of social media, primarily Facebook and Twitter, we need to take a look at how federal employees can and cannot use social media and still be in compliance with Hatch Act restrictions. These Hatch Act restrictions apply to all forms of social media.

**May a federal employee write a blog on which he or she expresses support or opposition to partisan political candidates and political parties?** Yes, but subject to the following limitations, Federal employees are not prohibited from expressing their opinions concerning partisan political candidates and political parties.



However, they are prohibited from engaging in "political activity," that is, activity directed at the success or failure of a political party, partisan political candidate, or partisan political group, while on duty or in a building occupied in the discharge of official duties by a federal officer or employee.

However, doing so outside of duty hours and in another location would not violate the Hatch Act.

The Hatch Act also prohibits federal employees from using their official authority or influence to affect the result of an election. Therefore, they should not identify their official titles or use their statuses as federal employees to bolster the opinions concerning political parties, partisan candidates, or partisan groups that they post on their blogs.

Finally federal employees are prohibited from soliciting, accepting or receiving political contributions at any time. Thus, at no time should they suggest or ask that readers of their blogs make contributions to a political party, partisan political candidate, or partisan political group. Further, they should not post links to the contribution page of any of those entities' or individuals' websites.

**If a federal employee has listed his official title on his Facebook profile page, may he fill in the field provided for "political view" on his Facebook profile?** Yes. Although the Hatch Act and its attendant regulations prohibit federal employees from using their official titles while engaging in political activity, simply identifying the political party that they support on the Facebook profiles, without more, is not "political activity," that is, activity directed toward the success or failure of a political party, partisan candidate, or partisan political group.

**May federal employees advocate for or against a political party, partisan political group, or candidate for partisan public office on their Facebook pages or on the pages of others?** Yes, to the extent such activity is not expressly prohibited by the Hatch Act. Federal employees must not post comments or opinions on Facebook that advocate for or against a political party, partisan political group, or candidate for partisan political office, while they are on duty or in a federal workplace. They may, however, do so after duty hours and in another location.

**What should a federal employee do if one of his Facebook friends posts a comment on the employee's Facebook page that solicits contributions to a political party, partisan political group, or partisan candidate, posts a link to the contribution page, or otherwise solicits political contributions?** Although federal employees

are prohibited from soliciting, accepting, or receiving political contributions at any time, they are not responsible for the acts of a third-party, even if the third party's actions appear on their Facebook pages. However, he should not post any comments that would tend to encourage other readers to donate.

**May a federal employee become a "friend" or "fan" of, or "like," the Facebook page of a political party, partisan political group, or partisan candidate?** Yes, but subject to the following limitations. Specifically, federal employees are prohibited from engaging in political activity while on duty or in a federal building. In addition, federal employees are prohibited from soliciting, accepting, or receiving political contributions at any time. Thus, if an employee receives an invitation from the party, group, or candidate to a fundraising event via Facebook or Twitter, the employee would be prohibited from sharing that invitation with others.

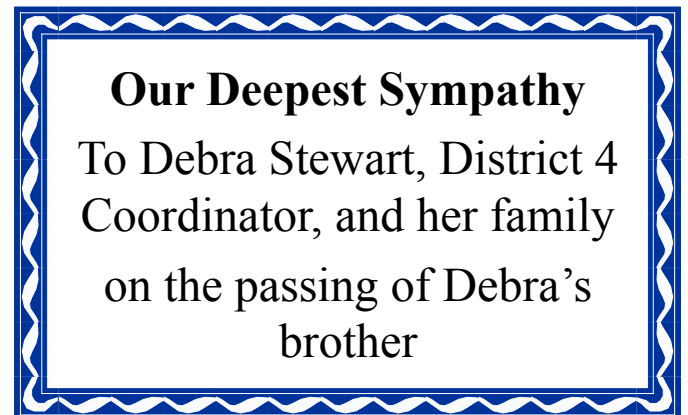
**May a federal employee continue to "follow" the official White House Twitter account, or be a "fan" or "friend" of, or "liking" the official White House Facebook page, after the President has become a candidate for reelection?** Yes, a federal employee may continue to follow the "official" White House Twitter account, i.e., the account the President uses to comment on his official functions, even after the President begins his reelection campaign. The same is true for being a "fan" or "friend" of, or "liking" the official White House page on Facebook.

**May a federal employee "follow" the Twitter account of a political party, partisan political group, or partisan candidate's campaign?** Yes, but he must not engage in any activity that would otherwise violate the Hatch Act, as previously stated.

**May a federal employee use an alias to create a Facebook page or Twitter account and be a "fan" of, "like," or "follow" a political party, partisan political group, or partisan candidate?** Yes; however, be advised that employees remain subject to the Hatch Act even when they act under an alias.



*This is a partial list of questions and answers put out by the Office of Special Counsel (202)254-3650.*





With heart disease being the cause of death in 1 and 3 women each year, it's a good time to have a "Heart to heart" about risk, symptoms and prevention.

A great source of information in the fight against heart disease is the "Go Red for Women" campaign (<https://www.goredforwomen.org/>).

Heart disease remains the number one killer of women, with about 90% of all women showing one or more risk factors for developing some form of the disease. It is estimated that one woman dies every minute from a heart related condition. These staggering statistics are cause to broaden awareness and defeat this killer of women. Here are some facts to get you started on a path to prevention.



#### Forms of Heart Disease include:

- Heart failure or congestive heart failure
- Arrhythmia or an abnormal rhythm of the heart
- Heart valve problems

#### Symptoms often consist of:

- Shortness of breath
- Persistent back, neck or jaw pain
- Nausea or flu like symptoms

#### To Lower Risk:

- Don't smoke
- Manage your blood sugar
- Get your blood pressure under control
- Lower your cholesterol
- Understand your family history
- Stay active and develop a consistent exercise routine
- Lose weight
- Eat a healthy low fat diet



For more information on better health; visit [apwuhp.com](http://apwuhp.com) and click on the "Healthy Living" tab.

**(800) 222-2798**



**[www.apwuhp.com](http://www.apwuhp.com)**

# WHO WANTS TO BE A MILLIONAIRE?

**"LET'S MAKE IT HAPPEN"**

**One Hundred Dollars at a time**

**Well, we can't go that far.**

**However, we can give you a chance to win**

**\$100.00**

If you sign up fifteen (15) or more new members before the National Convention, your name will be entered into a drawing for \$100.00.

An individual who signs up the most new members will automatically win \$100.00 with a minimum of 25 new members. A new member is a person who has not paid dues since January 1, 2013.

**"LET'S MAKE IT HAPPEN"**

Let's get busy and sign up family, friends, and retirees so they can be part of the APWU Auxiliary family.

In order to get proper credit for the drawing, the membership envelope needs to be complete.

## Backpack Project/Birthday Bags

Along with sometimes not having enough to eat many children have never had the opportunity to celebrate their birthday. A great idea for a special auxiliary project is the Birthday Bag. Fill a birthday gift bag with colored tissue paper and add: cake mix, frosting mix, candles, favors and other goodies and paper plates and napkins.

People can donate the goodies and a group can fill the bags. These bags could be handed out as part of the Backpack Project or sent to the food pantries and handed out to a child when it's his/her birthday.

Like the Oregon Project (Dec. 2015 issue) these are something special for the children but would be extra special as part of the Backpack Project.





# FEBRUARY 2016

## 2014- 2016 National Officers

### 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.**

**Color editions of News and Views may be viewed on the Auxiliary Website: [www.apwuauxiliary.org](http://www.apwuauxiliary.org)**

## Human Relations Backpack Project

Joyce Tanguay, District 7 Coordinator  
Rebecca Kingsley, District 2 Coordinator  
Bonnie Sevre, Legislative Aide-Editor

Here we are in 2016 already, and the National Convention is just a few short months away. Many of you have been working diligently since our 2014 convention to raise monies for our project, the **Feeding America Backpack Program**. Some of you have chosen to provide assistance in your own communities or your own state and others have chosen to send checks directly to our National Treasurer to send to the National Organization that supports this much needed program.

For those of you who have not yet had a chance to do any of the above, we are asking that you would please consider doing so today. Checks may be made out to: Auxiliary to the APWU and sent to Trisa Mannion, Treasurer, Auxiliary to the APWU, 3038 Cloverdale Ct, Grand Junction, CO 81506.

For any of you who are unaware of our **Feeding America Backpack Program**, please go to our website [www.apwuauxiliary.org](http://www.apwuauxiliary.org) or check your monthly News & Views. We have tried to add a little something about the **Feeding America Backpack Program** in each issue as a reminder of how important helping these children is.

If you, your local or your state have already donated, we thank you so much. To those of you who have not yet done so we do hope we can count on your support. To insure recognition at the National Convention, please have donations sent in no later than July 15th. Regular donations will continue at the National Convention and all donations will be recognized in either the September or the October issue of the News & Views.



Auxiliary News and Views

**PRESIDENT** Kathy Danek  
402-464-8549 402-464-8557 (fax)  
4261 Knox, Lincoln, NE 68504-1955  
[kmdanek@aol.com](mailto:kmdanek@aol.com) or  
[kmdanek@apwuauxiliary.org](mailto:kmdanek@apwuauxiliary.org)

**SECRETARY** Patricia Lewis  
804-644-3843 (fax/voice-office)  
804-644-6454 (home)  
1500 N 30 St, Richmond, VA 23223  
[netta15@aol.com](mailto:netta15@aol.com)

**TREASURER** Trisa Mannion  
970-245-3912 (fax) 970-243-7706  
3038 Cloverdale Ct  
Grand Junction, CO 81506  
[tmaux@aol.com](mailto:tmaux@aol.com) or [tman-nion@apwuauxiliary.org](mailto:tman-nion@apwuauxiliary.org)

**LEGISLATIVE AIDE-EDITOR** Bonnie Sevre  
612-788-3440  
2836 Highway 88  
Minneapolis, MN, 55418-3243  
[bsaux@aol.com](mailto:bsaux@aol.com)

**DISTRICT 1** Colette Phillippe  
406-453-6085  
5600 57th Ave. SW,  
Great Falls, MT 59404  
AK, ID, MT, OR, WA, WY  
[cpauxdc1@aol.com](mailto:cpauxdc1@aol.com)

**DISTRICT 2** Rebecca Kingsley  
562-355-3308  
PO Box 93686  
City of Industry, CA 91715 -3686  
AZ, CA, CO, HI, NM, NV, UT  
[rkingsley@apwuauxiliary.org](mailto:rkingsley@apwuauxiliary.org)

**DISTRICT 3 VACANT**  
Please contact President Danek  
IA, KS, MO, MN, NE, ND, SD

**DISTRICT 4** Debra Stewart  
817-534-9130 fax 817-534-2279  
6400 Guilford, Fort Worth, TX 76119  
AR, LA, MS, OK, TX  
[tycozz@aol.com](mailto:tycozz@aol.com)

**DISTRICT 5 VACANT**  
Please contact President Danek  
IL, IN, KY, OH, MI, WV, WI

**DISTRICT 6** Clara Hill  
865-637-1867  
2710 Waverly St  
Knoxville TN 37921  
AL, FL, GA, NC, SC, TN, VA  
[wavechill@att.net](mailto:wavechill@att.net)

**DISTRICT 7** Joyce Tanguay  
207-772-8521-  
236 Westbrook Street  
South Portland, ME 04106-3326  
CT, DE, ME, MD, MA, NH, NJ, NY, PA, RI, VT  
[jetang@maine.rr.com](mailto:jetang@maine.rr.com)