



# NEWS & VIEWS

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## Celebrating our Past Working Hard for our Future

By: Kathy Danek, president



The 2016 national convention is in the record books – and there are a lot of accolades that must be shared. But first – we must again say, HAPPY BIRTHDAY to our Auxiliary. It is fitting that the birthday of the Auxiliary is Labor Day – and is traced back to Labor Day in 1917. This is our first week in our yearlong celebration of our century of service to postal workers. Letters were read from Past National President Myrnaloy Smith, Rapid City SD, and National Secretary Patricia Lewis, Richmond VA. Retired Health Plan Director Bill Kaczor and Retired Legislative Director Roy Braunstein also addressed the delegates.

During our Memorial Service, we honored many of our members and the following Auxiliary national officers who passed away during the past term: President Dorothy Burr and her husband Sherman Burr; Legislative Aide Editor Lorraine Dalman, District Vice Presidents: Dorothy Rollins; Marilyn Braunstein,

The convention was well organized, the volunteers were

plentiful and dedicated, the setting was beautiful and the delegates were engaged in setting a path for the next two years. Thank you to the Central Florida Area Local Auxiliary (Orlando) for your tremendous effort in making sure this was a convention to remember. Local President Wilda Alejandro-Caro was a beacon of light whenever we needed anything. She made sure we had everything that we needed for this convention. And Wanda Wroten shared her expertise in creating a beautiful celebration cake for our birthday celebration. She searched and found pictures to put edible images on cupcakes that brought back many memories. Wanda, Wilda and the entire Central Florida Area Auxiliary THANK YOU to you and your local and all the members who volunteered their time and talent to make this a successful convention. Florida State President Roseanne Hudson and Treasurer Phillip Breunig brought their time, talent and a bevy of volunteers to help at this convention. From Orlando to Gainesville to Pensacola the state of Florida truly welcomed us for our convention. State Editor Sandy Wheeler chronicled the weekend with photographs of every event and during our meetings capturing the hard work of delegates from Oregon to Maine, Florida to California, and the entire heartland.

Volunteers came from all over this country to again assist the National Auxiliary with the delegate registration. It was a much streamlined electronic process which served the delegates well. Special thanks to Kelly Luke and her daughters who came from Kentucky to work the registration for 3 days prior to the start of the convention. I'm highlighting them for a very important reason – the timing of the

### Inside this issue:

Thank you volunteers	2
President's Article - continued	3
2016 National Auxiliary Convention Committees - photos	4-5
Ask Clara About the Health Plan	6
Legislative - Get involved in the Election Hatch Act and Social Media Our Deepest Sympathy	7
Human Relations 2016-2018 Officer Listing	8

Continued on page 3



We want you to know how much we appreciate your help with the 2016 APWU and Auxiliary National Convention and Registration. These awesome volunteers from across the country made our efforts an enormous success. **THANK YOU!** If we omitted your name, please let President Kathy Danek know. We want to make sure everyone is recognized for their volunteer efforts. We could not have done this without you.

## **2016 NATIONAL CONVENTION**

### **REGISTRATION VOLUNTEERS**

**Sharronda Williams, Florida**  
**Phillip Breunig, Florida**  
**Roseann Hudson, Florida**  
**Wanda Wroten, Florida**  
**Wilda Alejandro-Caro, Florida**  
**Roseanna Conlin, Florida**  
**Julio Carios, Colorado**  
**Doris Poland, Maine**  
**Belinda Ward, Texas**  
**Arline Holmes, Virginia**  
**Janie Brown, New Mexico**  
**Earl Stewart, Texas**  
**Vivian Kolenda, Texas**  
**Monica Holefield, California**  
**Robin Gadbury, California**  
**Gracie Garcia, California**  
**Denise Larsen-Fischer, Florida**  
**Darin Kehmeier, Arizona**  
**Kelly Luke, Kentucky**  
**Kelsey Korfhage, Kentucky**  
**Talley Luke-Wright, Kentucky**  
**Kylie Korfhage, Kentucky**  
**Hervert Days, Missouri**  
**Bernie Wetherington, Florida**  
**Sandy Wheeler, Florida**  
**Carolyn Denton, California**

## **Committee Chairs and other appointments**

Audit and Finance	Jody Helmig, Colorado State
Consolidated Report	Wanda Wroten, Central Florida
Constitution & By-laws	Mary Lee Brennan, MO State Mike Parker, Oregon State
Courtesy & Greetings	Bernie Wetherington, North Central Florida
Credentials	Arline Holmes, Virginia State
Human Relations	Anna Braun, Illinois State
Miscellaneous Resolutions	Wendy Morrissey, Nebraska State
Nominations & Elections	Roseann Hudson, Florida State
Planning & Ideas	Donna Van Voltenberg , Omaha, NE
Political Action (COPA)	Barbara Maciejewski, Wisconsin State
Registration	Belinda Ward, Fort Worth, TX
Rules	Gloria Adams, North Carolina State
Sergeant at Arms	Earl Stewart, Texas State
Parliamentarian	Doris Poland, Maine State
Page	Louis Kingsley

### **Thank you**

to the Central Florida Area Local Auxiliary for all of their hard work.

A special thank you to Wanda Wroten for baking the beautiful cake for our Celebration Luncheon kicking off the 100 year anniversary of the Auxiliary to the American Postal Workers Union.

# Thanks for a Great Convention

## President's Report continued

convention conflicted with the start of school in many parts of the nation. Because the Auxiliary is comprised of family, friends and retirees of APWU members the late September date impacts family participation. The Lukes worked registration in the land of Mickey Mouse, where the entertainment pull from multiple attractions could have diminished our pool of help. But that's the beautiful part of the Auxiliary. Age didn't matter. Dedication mattered. We had many volunteers from across this entire country. So I say Thank You – to all of you – not just those mentioned in this article, but recognition that they are an example of your individual dedication to the Auxiliary to the APWU. The next national convention is in Pittsburgh PA. It's a bastion of labor history and we hope you will all plan to attend.

### NOW FOR THE CONVENTION –

Election of officers was held. Thanks to the following officers who were elected to serve during the next two years:

#### General Officers:

President - Kathy Danek  
Secretary - Patricia Lewis  
Treasurer - Trisa Mannion  
Legislative Aide Editor - Bonnie Sevre

#### District Coordinators:

District 1 – Colette Phillippe, Great Falls MT  
District 2 – Rebecca Kingsley, Whittier CA  
District 3 – Tina Beaton, Greater Kansas City MO  
District 4 – Debra Stewart, Fort Worth TX  
District 5 – **Vacant** – *(If you are interested in serving please contact President Danek)*  
District 6 – Clara Hill, Knoxville TN  
District 7 – Joyce Tanguay, Portland ME

### Some committee work

Constitutional changes updated language on our election process, while fixing minor language and omission passages. The Consolidated Report gave an accurate picture of two years of hard work. And our Human Relations project of the Backpack Program will impact the ability to provide food for children all over this country. The backpack project had a lot of local impact during the last two years. Thousands of dollars were collected and donated locally. Additionally, we had many APWU and Auxiliaries donate funds in our fight against child hunger. Thank you to each and every one of you.

### State President recognition

We recognized state presidents and I must take this opportunity to apologize to Karen Wolver – newly elected Iowa state president. Karen's certificate was accidentally omitted during the celebration.

Alabama - Wanda Summers  
California - Barnesia Chatterfield  
Colorado - Jody Helmig  
Florida - Roseanne Hudson  
Illinois - Anna Braun  
Indiana - Renee Brown  
Iowa - Karen Wolver  
Maine – Doris Poland  
Missouri - Mary Lee Brennan  
Nebraska - Wendy Morrissey  
North Carolina - Harry Bowers  
Oregon - Mike Parker  
Virginia - Arline Holmes  
Wisconsin - Barbara Maciejewski  
**Not in attendance and greatly missed:**  
Kentucky - Gerry Parker  
Minnesota - Carol McGuire  
Mississippi - Carrie Edwards  
Montana - Mary Miller  
Ohio - Barbara Bartchy  
Tennessee - Judy Bright  
Texas - Letty Reyna

### New Human Relations Project

Children Incorporated (you may remember them as Child Inc.) was selected as our two year Human Relations Project. We recognized and thanked our 100% Auxiliaries and our largest locals; additionally, we noted the large number of first time delegates at this convention. Long time members Harry Bowers and George Pierce of North Carolina shared, "the revitalized interest and participation in the Auxiliary convention, gives them great hope for our future." I concur. This truly was a great celebration of past present and future. Thanks to all who made it a great convention.

## Welcome Tina Beaton District 3 Coordinator

The National Auxiliary Executive Board would like to welcome Tina Beaton as our new District 3 Coordinator. We look forward to working with her and having her fresh ideas and outlook. She will tell you more about herself in an upcoming issue of News and Views.





# 2016 National Auxiliary Convention



**Election Committee**  
Wilda Alejandro-Caro, Roseann Hudson, Donny Brooks, Debra Stewart (advisor), Arnetta Harris



Roseann Hudson & Roseanna Conlin – auxiliary booth



Earl Stewart and Louis Kingsley



**Finance Committee**  
Jim Klein, Wanda Summers, Jody Helmig, Trisa Mannion (Advisor), Tim Kramasz



**Human Relations Committee**  
Janice Gillespie, Bernita Jones, Joyce Tanguay (advisor), Rebecca Kingsley (advisor), Mary Pomeroy, Anna Braun



**Constitution & By-laws Committee**  
Debra Dickerson, Nettie Sabin, Joyce Tanguay (advisor), Michael Parker, Mary Lee Brennan, Barnessa Chatterfield



Kathy Danek and Doris Poland



# Committees - Orlando Florida



Miscellaneous Resolutions  
 Julio Carios, Marie Clark, Hervert Days, Colette Phillippe  
 (Advisor) Mary Pomeroy,  
 Wendy Morrissey (in front)

Political Action(COPA) Committee  
 Carolyn Denton, Sharon Parker, Sandy Wheeler, Barb Maciejewski



Credentials Committee

Tina Beaton, Arline Holmes, Arnetta Harris, Harry Bowers, Trisa  
 Mannion (advisor)



Registration  
 Sandy Wheeler, Belinda Ward, Clara Hill (advisor)



Courtesy and Greetings Committee  
 Bernie Wetherington, Debra Stewart(advisor), Bonnie Kroeger, Karen  
 Sonderegger



Consolidated Report Committee  
 Shelby Anderson, Wanda Wroten, Bonnie Sevre (advisor) Kath-  
 leen Edwards



Planning and Ideas Committee  
 Karen Wolver ,Donna Van Voltenberg, Gracie Garcia, Maggie  
 Hopwood



Prescription drug abuse kills more people than cocaine and heroin combined. Here are some simple DOs and DON'Ts to keep your family safe from this epidemic. Prescription drug abuse has reached epidemic proportions across the U.S. According to the National Survey on Drug Use and Health, more than 6 million Americans abuse prescription drugs, and much of the abuse begins at home. In fact, more than 70% of those who illegally use prescription pain relievers obtained them through friends or family, including surreptitiously raiding the home medicine cabinet.

However, a recent study revealed that only 19% of parents are concerned about the misuse of narcotic pain medications in their own families, showing that many do not recognize the severity of the problem. The most commonly abused prescription drugs are opioids (narcotic pain medications). When used along with other prescription medications such as benzodiazepines and muscle relaxers, they deliver a cocaine-like high. Our data show that abuse accounts for 84% of patient-related prescription-drug fraud.

The Centers for Disease Control and Prevention estimates that about half of all overdose deaths include opioids along with at least one other medication. Narcotic pain killers can be essential in the treatment of a variety of serious medical conditions; unfortunately they also can ruin lives when used improperly. Properly storing and disposing these and all other medications can help reduce the risk of abuse and help prevent the national epidemic of addiction, overdose and death from prescription drugs by not letting them fall into the wrong hands.

### **Tips to Increase Prescription-Drug Safety at Home**

There are some simple DOs and DON'Ts you can follow at home that can reduce the risk of drug fraud and abuse.

#### **DO:**

Keep drugs out of reach. Be sure to store your medications in a locked area out of children's reach. Ask your pharmacist if they can provide medication bottles with child-resistant caps. Keep track of your treatments. Keep a list of the medications in your home, especially those prone to abuse. Periodically count the medications remaining in the container, and make sure that it's the correct amount according to the prescribed dosage. Dispose properly. If specific disposal instructions are provided on the label, follow them. Otherwise, remove the medication from its original container or vial, mix them with an undesirable substance such as used coffee grounds, kitty litter or saw dust, and place them in a sealable bag that can be disposed in the trash.

#### **DON'T:**

Make it easy. Don't store narcotics or potentially addictive drugs in a medicine cabinet. If that is the only option, add a lock to the cabinet and hide the key. Don't save for "next time". Once your condition has been treated and your prescription regimen is complete, properly dispose of the drugs. Never keep extra medication for potential use in the future. Don't share your medication. The specific drug and dosage was selected specifically for the person it was prescribed for and could lead to dangerous drug interactions and serious side effects if used by someone else.

By following these simple steps, you can help protect your family and friends against the nation's costly problem of prescription-drug fraud and abuse

*Written by: Jo-Ellen Abou Nader, CFE, CIA, CRMA, Express Scripts (Sep 25, 2015)*

*\*See more at: <http://lab.express-scripts.com/lab/insights/drug-safety-and-abuse/tips-to-prevent-prescription-drug-abuse-at-home#sthash.s0Ne2W7S.dpuf>*

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# Legislative Update– Get Involved in the Election

## Volunteers Needed

With elections less than 2 months away we need to think about getting candidates elected who will be supportive of keeping the United States Postal Service a public entity that is here to serve every household in this country. The AFL-CIO needs volunteers to help in the campaign. There are six key states that are being targeted. They are:

- Florida
- Missouri
- Nevada
- Pennsylvania
- Wisconsin
- Ohio

If you are interested in helping with the 2016 campaign contact Judy Beard for more information. The AFL-CIO will be paying volunteers \$15.00 an hour.

The plan is to appoint coordinators at every local. The goal is to talk to at least 50% of our members, build an internal rapid response network and maximize electronic communication with our members. We need to mail the membership, make phone calls and increase voter registration.

Even if you are not in a key state, it is important to take an active role in the campaign whether it be door knocking, phone banks, making sure people are registered to vote or taking people to the polls on election day. Our postal jobs depend on who gets elected - not only our president, but our senators and legislators as well. If you do nothing else - DON'T FORGET TO VOTE!

## Social Media and the Hatch Act

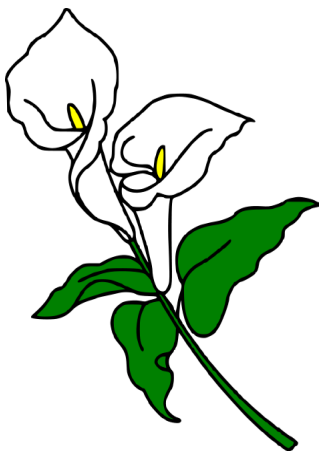
With more and more people making use of the internet and social media, it is important to remember some of the restrictions of the Hatch Act which are still in place. If you are a federal employee or your family member or friend is, be aware of the dangers of social media in the workplace.

When a federal employee is on duty or in a federal building, they are prohibited from engaging in partisan political activity.



Federal employees are prohibited from soliciting, accepting, or receiving political contributions at any time. However, they are not responsible for the acts of a third-party, even if the third party's actions appear on their Facebook pages. Thus, if a federal employee's "friend" posts a link to the contribution page of a political party, partisan candidate, or partisan political group, or otherwise solicits political contributions, the employee does not need to take action. However, he should not post any comments that would tend to encourage other readers to donate.

For further detailed information on use of social media in the federal workplace google: *Hatch Act and Social Media - Office of Ethics*. If you have questions not addressed in the article you can contact the *Office of Special Counsel (202)254-3650*.



## Our Deepest Sympathy

To the families of:

Past National President Dorothy Burr,  
Sacramento CA, who passed away in August  
and

Past District 6 Coordinator Dorothy Rollins of  
Memphis TN who passed away in late June



Joyce Tanguay and Trisa Mannion showing off the bat and softball from the Wounded Warrior Amputee Softball Team received in appreciation of the donations from the Auxiliary to the APWU human relations project 2012-2014.

## Feeding America Backpack Program

On behalf of the National Auxiliary to the American Postal Workers Union we want to thank every State and Local APWU and every State and Local Auxiliary and the many, many individuals, who donated so generously to our Human Relations Project, the Feeding America Backpack Program. We have just come from a National Convention and the checks are still coming in so we do not have a total for you at this time but hopefully we will have one for the October issue. We do know that it is over \$20,000 and it is because of all of you. Thank you, again, for all your support.

Chair: Joyce Tanguay – Co: Chairs: Bonnie Sevre , Legislative Aide Editor and Rebecca Kingsley, District 2 Coordinator

Coming in the October issue: Information about our 2016-2018 Human Relations Project.

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