

News and Views



Volume 39
Issue 3

News & Views is published bi-monthly - by the Auxiliary for the Auxiliary,
224 38th Street West Des Moines IA 50265

We are a proud member of the APWU Postal Press Association

Color editions of News and Views may be viewed on the Auxiliary Website:

www.apwuauxiliary.org

January-February 2023

2023 is a Book with 365 Pages

By: Trisa Mannion-President



How are you planning to fill your pages?

Let's start organizing ourselves so we have more time to work on the Auxiliary projects that we enjoy and are passionate about. Begin with an idea of what you want to accomplish. Help with remembering tasks, neater spaces, and less time consumption on the same things

over and over. Honestly, any steps you take will help with the items listed.

Here are a few tips that are considered the industry beginning standards.

Touch it once. That means when your mail comes into the house, you open it and do whatever task is required. You can write a check and date the envelope with the mailing date. Now, file the remainder or toss it. The same goes for your bed in the morning. Instead of pulling the covers up, make your bed, and you have accomplished at least one thing that day. (Borrowed from Coordinator Lisa Beer)

Make a list. Having multiple tasks helps to make a list, so you do not need to return to the same place. For example, forgetting the one thing you went to the store to buy but coming home with a car full of groceries is frustrating. Most phones have a Note app, or a piece of paper will work too. The point is to take a few minutes to avoid wasting time.

Clean a closet or drawer—Mark items with a simple tag on the hanger when you question keeping them. When you wear the garment, remove the tag. Next year, when you see the tag, you will know it is an item to donate because you have not used it for more than a year. This results in more space and less time to find the thing you want

Declutter and simplify. Is your desk or office space full of

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Working the Polls

Arline Holmes-District 6 Coordinator



I volunteered for the first time to be a poll worker for the November 8th election. I decided to because it is who I am. Being involved and contributing in some way that will be of good has always intrigued me.

I was warned and somewhat prepared for a very long day (15.45 hrs.). I arrived just before 5:00 am and jumped right in, helping to set up the intake table. First, we had to hook up the tablets to read the incoming identifications. This process also had a receipt retrieval that was given to the voters to take to the second step in the voting process.

I worked at the identification table for the day. Being the first step in the process of voting was exciting.

I love to interact with people. When a voter looked very young, or I could tell by their driver's license date, I would ask if it was their first-time voting. If it was, we would announce "first timer" and celebrate them with applause. As you can imagine, someone eighteen or nineteen could also find this somewhat embarrassing. However, they took it in stride, smiled, and continued in the voting process. Celebrating voting has a lasting impression on young people that they will extend to others. Hey! Voting is a good thing.

Yes, the day was long, the camaraderie was great, and I would definitely "Power the Polls" again.



cont. from page 1

piles and clutter? It is a psychological block to productive work, and it takes longer to find what you really need.



Walking into a mess does not inspire you to do anything but avoid digging into the things you want to accomplish. The solution is to get rid of the stuff you do not need. Note: I did not say throw it all away. Invest some time in creating files where the stuff can be organized and easy to find. Remember the "touch-it-once" idea because your files need to be simple and

marked to work efficiently. When someone calls and asks if you have a copy of your last minutes, you can have it in your hands within seconds. For personal information, IRS files must be retained for at least four years, and seven years for Auxiliary files.

I know you want extra time to go on a build with the Sleep in Heavenly Peace organization and attend our ZOOM meetings, so try these ideas to free up a little extra time for the fun Auxiliary projects.

I wish you a very successful New Year. I hope to see you at a convention this year.



Due dates are located on the News and Views envelopes in front of your name.

Please mail your dues to:

***National Treasurer: Bonnie Sevre
2836 Highway 88,
Minneapolis, Minnesota 55418***

Why Haven't they *Fired* Louis DeJoy?

By Janice Gillespie-Legislative-Aide Editor



Who makes up the Board of Governors, how did they get there, how long are they in office, and why oh why haven't they fired Louis DeJoy?

The Board of Governors is the Board of Directors

of the United States Postal Service. Nine governors, a Deputy Postmaster General, and the Postmaster General complete the board, with no more than five governors in the same party. The President, with Senate approval, appoints the Governors, who elect the Postmaster General, and they all vote on the deputy Postmaster General.

The governors serve nine-year appointments that end on December 8 of their last year. However, their term can be extended for an additional year if the vacancy is not filled. The position of Postmaster General has no term limits. The President can remove Governors for "cause," but only the board members can fire Louis DeJoy.

This board reviews and sets postal procedures and policies, governs daily operations on all postal matters, and conducts plans for the future of the Post Office. Unfortunately, led by a businessman and past CEO of a large freight company with no experience with the Postal Service has put our national treasure in peril.

Making changes that are slowing our first-class mail, raising rates, and closing facilities are a few changes since Louis DeJoy took office. Service to the American people has declined dramatically due to the restructuring under DeJoy's rule.

Some members of Congress have called for President Biden to fire the Board members who support DeJoy and appoint new members who will oust him. However, Biden has declined to go that route. It also seems that DeJoy has the backing of the current board members. There is some hope. Two board members who have defended DeJoy are in holdover years. The terms for both Donald Moak and William Zollars expired on December 8, 2022, opening up the opportunity for President Biden to replace them. Two possible candidates recommended by the Save the Post Office Coalition are Rep. Brenda Lawrence, who worked for the post office for three decades, and policy expert from the Global Economy Project Sarah Anderson.

What can we do? We can keep the post office in the limelight. Write letters and e-mails to President Biden urging him to act. We can keep holding informational rallies to inform the public and get their help. We have done it before. We can do it again. In February 2021, the APWU, Auxiliary members, and retirees collected over 400,000 signatures urging President Biden to fill board vacancies. We were successful then, and we can be successful again.

A new Congress is in place. They need to hear us.



Not Enough

It is so imperative that the Postal Service start slashing emissions from its fleet that in August 2022, President Biden signed a huge climate law allotting \$3 billion for the US Postal Service to buy electric vehicles.

New postal vehicles to replace the currently driven 30-year-old postal vehicles sounds great. And it is, to an extent. Sixty-six thousand new vehicles are a lot, but only 40% will be electric. That boils down to a measly 10% of the federal fleet of cars, SUVs, and trucks will be electric. Most postal

vehicles will still run on fuel, with the new postal "Next Generation Delivery Vehicles" getting only 8.6 miles per gallon.

Environmentalists and many members of congress say this isn't enough.



2022-2024 Human Relations Project

Sleep in Heavenly Peace

By Jancil Payne-Human Relations Chair

“No Kid Sleeps on the Floor in Our Town”



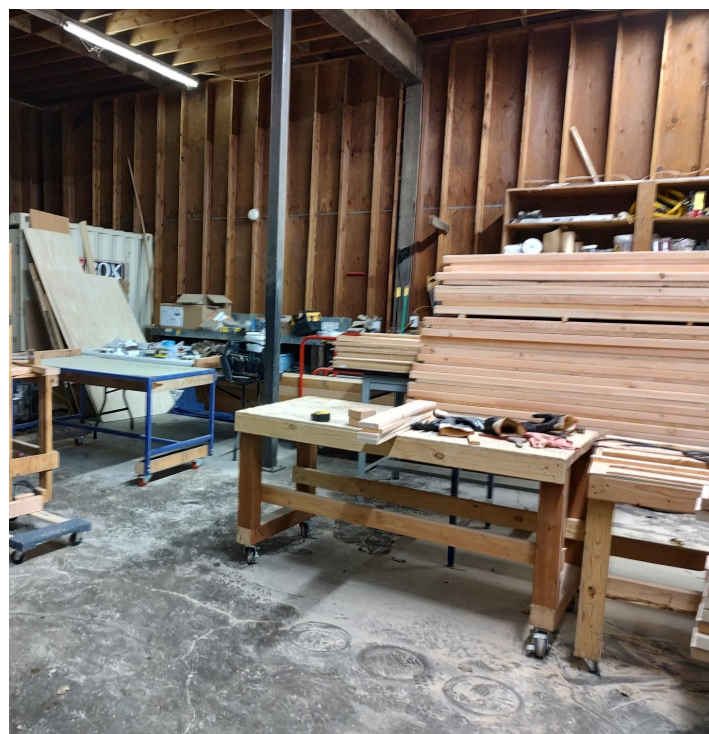
I believe we have discovered a real gem of an organization with SHP. Unfortunately, I could not go on the build as planned (I was writing letters to encourage people in Georgia to get out and VOTE in the run-off election). But from the pictures, you can see they had a great time. There were twelve volunteers, six from the SHP Portland

Oregon Chapter and six from the business Sanofi. They built a total of fifteen beds. The next phase that happens every Tuesday and Thursday evenings, plus on Sunday, is the delivery of the beds. I hope to help deliver on December 11. Everyone I have spoken with who has participated in the deliveries says it is a life-changing experience that is a positive thing all the way around. No matter what state you are in, please see if there is a local chapter near you. You can help build the beds, deliver them, collect supplies, and donate twin-size bedding. If you want to make a monetary donation,

please check out the website, www.apwuauxiliary.org. On the home page, you will find a link there to donate. Click on that button, and it will take you to a page with options. You can mail a check to National Treasurer Bonnie Sevre or click on the link to donate via the internet. Please complete the entire application if you go the internet route so that the Auxiliary can track how much we have raised for this group, and thank you for your donation. You can also use the link:

<http://weblink.donorperfect.com/AuxiliaryAPWU>.

What I like most about this organization is the involvement of family and friends. It doesn't just have to be an Auxiliary or a Union person doing it; you can take your family/friends to help with a build and to help with delivery. What a special gift you would give this holiday season and throughout the year. You could start a new chapter in your area if there isn't one. There are so many possibilities for participation. Please join us in supporting SHP.



More Pictures from Sleep in Heavenly Sleep



118th Congress

118th congress runs from January 3, 2023 and continues until January 3, 2025

Among the notable facts about the 118th Congress:

- A record 149 (106D, 42R, 1Ind) women will serve in the U.S. Congress as of January 3, 2023.
- A record 124 (91D, 33R) women will serve in the U.S. House.
- While the freshman class of women in the 118th House is notably large (22 [15D, 7R]) in historic terms, the gains by non-incumbent women winners in election 2022 were offset by the highest count of incumbent House women departures in history (21 [15D, 6R]).
- Of the 22 new women serving in the 118th House, 14 (63.6%) previously served in state legislatures. Perhaps more notably, almost one-third (7) of the newly-elected women in the U.S. House were *first* elected or appointed to state legislative office since the 2016 election, suggesting that the increase in women's success at the state legislative level from 2017 to today has had important implications for women's representation at higher levels of office.
- The start of the 118th Congress marks the swearing in of the most racially/ethnically diverse group of women officeholders in the U.S. House to date, including new record highs in representation for Black and Latina/Hispanic women. The limited racial/ethnic diversity of women in the U.S. Senate, however, remains unchanged from the 117th to the 118th Congress.
- 1 (1D) Middle Eastern/North African woman will serve in the 118th Congress.
 - *1 (1D) in the House.
 - *Zero in the Senate. No Middle Eastern/North African woman has ever served in the Senate.
- 2 (2D) Native American/Alaska Native/Native Hawaiian women will serve in the 118th Congress.
 - *2 (2D) in the House.
 - *Zero in the Senate. No Native American/Alaska Native/Native Hawaiian woman has ever served in the Senate.
- 94 (55D, 38R, 1Ind) white women will serve in the 118th Congress.
 - *72 (43D, 29R) in the House.
 - *22 (12D, 9R, 1Ind) in the Senate. The previous record of 21 was set in 2021.



Taken from **The Center for American Women and Politics (CAWP)**, a unit of the Eagleton Institute of Politics at Rutgers
<https://cawp.rutgers.edu/>





HEALTH NEWS

www.apwuhp.com | (800) 222-2798

Statins May Lower Risk of Deadly 'Bleeding' Strokes

Consumer news



THURSDAY, Dec. 8, 2022 (Health Day News) -- Statins may do more than help your heart: New research shows the cholesterol-lowering drugs may also lower your risk for a bleeding stroke.

An intracerebral hemorrhage, which involves bleeding in the brain, comprises about 15% to 30% of strokes, according to the American Association of Neurological Surgeons. It is also the most deadly. With this type of stroke, arteries or veins rupture, and the bleeding itself can damage brain tissue. The extra blood in the brain may also increase pressure within the skull to a point that further harms the brain.

“While statins have been shown to reduce the risk of stroke from blood clots, there has been conflicting research on whether statin use increases or decreases the risk of a person having a first intracerebral hemorrhage,” said study author [Dr. David Gaist](#), of the University of Southern Denmark in Odense.

“For our study, we looked at the lobe and non-lobe areas of the brain, to see if location was a factor for statin use and the risk of a first intracerebral hemorrhage,” Gaist said. “We found that those who used a statin had a lower risk of this type of bleeding stroke in both areas of the brain. The risk was even lower with long-term statin use.”

The researchers used health records in Denmark, identifying 989 people who had an intracerebral hemorrhage in the lobe area of the brain.

The lobe area includes most of the cerebrum, such as the frontal, parietal, temporal and occipital lobes. The non-lobe area includes the basal ganglia, thalamus, cerebellum and brainstem.

People included in the study had an average age of 76. Researchers compared them to 39,500 people who did not have this type of stroke and were similar in age, sex and other factors.

The researchers also looked at 1,175 people with an average age of 75 who had an intracerebral hemorrhage in the non-lobe parts of the brain, comparing them to more than 46,000 people who did not have this type of stroke.

Statin use was determined using prescription data.

After adjusting for factors like high blood pressure, diabetes and alcohol use, the researchers found that people taking statins had a 17% lower risk of having a stroke in the lobe areas of the brain. They had a 16% lower risk of stroke in the non-lobe areas of the brain.

Lower risk of stroke in both areas of the brain was associated with longer statin use. People had a 33% lower risk of having a stroke in the lobe area of the brain and a 38% lower risk of stroke in the non-lobe area of the brain when using statins for five years.

The findings were published online Dec. 7 in the journal [Neurology](#). The study was supported by Novo Nordisk Foundation.

“It’s reassuring news for people taking statins that these medications seem to reduce the risk of bleeding stroke, as well as the risk of stroke from blood clots,” Gaist added in a journal news release. “However, our research was done in only the Danish population, which is primarily people of European ancestry. More research should be conducted in other populations.”

More information

The American Association of Neurological Surgeons has more on [intracerebral hemorrhage](#).

SOURCE: American Academy of Neurology, news release, Dec. 7, 2022

Zipline/Zoom Meetings 2023

February 7

April 5

June 6

August 1

October 3

December 5

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 8656

All meetings are at 8pm EDT

Gift card drawing for all attendees - join us!



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