

News and Views



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January-February 2022

Celebrating the Past and Planning for the Future

By: Trisa Mannion-President



It is time to celebrate the good things that happened in 2021. Every year people make resolutions or set goals. The national organization is no different. We set goals each term and each year. The officers make quarterly reports highlighting the good events and sometimes issues that need attention. Coordinator Debra Stewart includes her plans for District 4

each time. It is impressive how that step helps District 4 stay vibrant and growing. She is always full of ideas and has many years of experience. I celebrate her as a constant force of good for the organization.

The Auxiliary has much to celebrate in the membership category. Three new locals were formed or revived, and two locals became 100% membership. Thank you to the leadership of Aurora, Colorado, and Colorado State. 100% membership is defined as an Auxiliary member for each APWU member. Any local or state organization can become 100%. Call or write me and ask how to achieve it.

The pandemic makes it challenging to have one-on-one time with the members and leaders. Dues are typically collected at state conventions, and new members are recruited by talking to the people. Treasurer Bonnie Sevre made it her mission to collect the dues and send dues notices to all members. Editor Janice Gillespie marks the due dates on the labels for News & Views. Secretary Joyce Tanguay sends welcome letters to each new member and invites them to our Zipline meetings. Arlene Holmes and Karen Wolver send letters to the officers in their Districts to keep them updated.

The ability to hold meetings and training via ZOOM is a game-changer for this organization. We celebrate that we had that set up before the pandemic began. We celebrate the members that attend, participate and share their ideas on these video chats. Several talented and knowledgeable people have treated us by teaching us new skills, ideas, and information in the last year.

The people who wrote letters, called, or visited their congressional representatives made a difference when the

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The “DeJoy ” or “Lets Not Destroy” Act

BY: Janice Gillespie-Legislative Aide-Editor

Why is the head of the most loved government agency taking measures to sabotage said company? It doesn't make sense unless money is a factor. But, of course, transportation and private companies would benefit from the demise of the postal service. In turn, DeJoy, who has his hands in many other entities, would quite likely profit as well. So we need to do all we can to prevent the destruction of the United States Postal Service.

A bill dubbed the “DeJoy Act” or “Delivering Envelopes Judiciously On-time Year-round Act,” H.R.2230, is presently in the House Committee on Oversight and Reform. The “DeJoy Act,” introduced in March 2021, with 33 cosponsors, requires the U.S. Postal Service to maintain the service standards for first-class mail that were in effect on January 1, 2021. H.R. 2230 is necessary to halt parts of the Postmaster General's 10-year restructuring plan that



would slow down much of the U.S. Mail. H.R. 2230 strictly addresses delivery standards and will not affect non-service-related changes, such as stamp costs. If passed, this bill would preserve the quality of the mail service that the American people deserve.

In the Senate, a companion bill with the same name is S.1678. This bill, introduced in May 2021 with only two cosponsors, is in the Committee on Homeland Security and Governmental Affairs.

Bills are not presented to the House or Senate until approved in their respective committees. This process is often long, which means there is time to act.

Call, write, email, and tweet your representatives in congress and encourage others to do the same. We cannot let DeJoy destroy the Postal Service.

Fair Treatment for the Postal Service

By: Janice Gillespie-Legislative Aide-Editor



It is no secret that the Post Office is in dire financial trouble, but how many know that 92% of the postal service's net losses since 2007

are from the pre-funding mandate? Congress passed the Postal Accountability and Enhancement Act in 2006, which required the USPS to pre-fund retiree health benefits 75 years in advance. No other business, no other government agency, no other corporation has ever been forced to pay that kind of money. So in 2006, the Postal Service became Congress's cash cow. Of course, many postal employees,

Auxiliary members, and retirees know this by now, which is good, but we all need to educate the public and urge their support.

Standard practice is a "pay-as-you-go" method for retiree benefits for federal agencies and private businesses. The post office used that method before the mandate and, with the passing of the Fairness Act, would return to that practice.

The bi-partisan USPS Fairness Act, H.R.695 in the House and S.145 in the Senate, would repeal this mandate and seem to be a no-brainer, but it's not. A similar bill passed in the House in 2020 and failed in the Senate. Currently, the bills are still in committees, with S.145 having only ten cosponsors. Contact your Senators.

Join or Renew Your Membership



Please mail your dues to:
National Treasurer: Bonnie Sevre
2836 Highway 88,
Minneapolis, Minnesota 55418

My Stay at Fisher House

By: Wendy Morrissey-
Nebraska State and Lincoln Local President



A loved one having surgery and needing to stay in the hospital is always a scary time. You hope that your loved one receives quality care from the time of scheduling until discharged from the hospital. As the caregiver, you also need care and relaxation of your own. One of the Fisher House goals is to reduce the stress on the family during trying times.

My husband scheduled his knee replacement surgery with the VA hospital in October, with the procedure planned for November 18. The surgery was to occur in Omaha, Nebraska, about 1 hour from our home in Lincoln. Many arrangements needed to be made, including care for our daughter, getting her to school, and housing for myself as we did not know how long he would be in the hospital following his surgery. Once the procedure was scheduled, the VA called and asked if we would like to utilize the Fisher House rather than paying for lodging and transportation. We excitedly said yes. The staff at Fisher House were very accommodating, including giving us housing the night before the procedure and allowing me to stay the entire time John was in the hospital. I can genuinely say this was a relief to me as they indicated that all arrangements could be flexible, and I could extend or decrease the time of my stay.

The night before surgery, we arrived at the beautiful Fisher House on the VA campus and were immediately met by the Assistant Director of the house. He went over the rules and gave us a tour. We were on our way to a wonderful stay with a beautiful room, a kitchen equipped with ovens, microwaves, stoves, dishes, a dishwasher, and plenty of food choices for breakfast, lunch, and dinner, and a beautiful commons area to meet and talk with other guests. Parking within minutes of the hospital was a bonus.

I relaxed in my room during the surgery instead of a hospital waiting room. In addition, I had the opportunity to meet and converse with other residents who were also going through a difficult time. Once the surgery was over, I was called back to the hospital, about a 2-minute walk. Again, I spent time with John as he recovered and returned to my room to sleep. The following day I woke up and was able to have a nice shower, hot breakfast, and some conversation with some of the other residents.



Well, a one-night stay turned into two nights as John needed one more round of physical therapy before they would release him. I informed the manager of the Fisher House that I needed the room for another night, and he made the arrangements. My parking place and accommodations were all set up within minutes. I was relieved not to drive back and forth between Omaha and Lincoln, particularly after a long day.

The residents and staff were all kind and welcoming. I had the opportunity to talk with a woman who had been at the Fisher House for an extended 2-month stay, and she shared her wonderful experiences with me. Having others to share my story with helped put me at ease.

I am happy to report that our National Human Relations project did not disappoint and went above and beyond to ensure I had a good experience. The Fisher House made what could have been a stressful experience less so. A warm room equipped with everything I needed, a house with all the amenities of home and camaraderie with others who were there under similar circumstances gave me comfort and peace during a trying time. Thank you for having this service available to our Veterans and their families. I am proud that the Auxiliary is supporting such a wonderful cause.



The National Auxiliary to the APWU recently recognized Anna Braun, Illinois, and Christine Sarcone, Des Moines, Iowa, for their dedication and excellent service to this organization. Both officers give of themselves, time, and excellence above reproach. Please celebrate with us in recognizing their contributions.

Contract Negotiations

Negotiations for the new collective bargaining agreement, started June 20, 2021, before the previous contract's expiration date of September 20. The APWU and the Postal Service announced a tentative agreement on December 11, 2021, after a unanimous vote by the rank and file committee.

Here is the process. Each member of the National Executive Board chooses one person for the rank and file committee, and the President chooses a fourteenth one who is a member of the Deaf/Hard of Hearing Task Force. The rank and file members advise the National Negotiations Committee and approve any tentative agreements before being presented to the members.

It is a great accomplishment to have reached an agreement so

soon. The executive board will present this to the union body for a vote soon. The next contract will run from September 21, 2021, through September 20, 2024.

The new agreement includes provisions such as wage increases and cost of living allowances, an additional paid holiday, Juneteenth, no-layoff protection continued, and new opportunities for career employment. This is great news for APWU and Auxiliary members.



Go to apwu.org/tasummary for the Tentative Agreement.

Martin Luther King Jr. Quotes The Words of a Great Man

“In the End, we will remember not the words of our enemies, but the silence of our friends.”

“Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed.”

“The time is always right to do what is right.”

“Injustice anywhere is a threat to justice everywhere.”

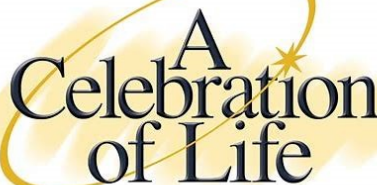
“I have decided to stick with love. Hate is too great a burden to bear.”

“If a man has not discovered something that he will die for, he isn't fit to live.”

“We may have all come on different ships, but we're in the same boat now.”

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

“We must accept finite disappointment, but never lose infinite hope.”



The Book of Memories celebrates the life and dedication of Auxiliary and APWU members and their families. A Memorial Service is held Wednesday morning during the National Convention. We encourage our members to help us honor the memory of their loved one who has passed by joining in this ceremony. We ask for a \$10 donation that goes to the Nilan Scholarship. Also, please indicate if the death is due to Covid. You may complete the form on the opposite page and send it to the address listed.



Book of Memories



Auxiliary to the American Postal Workers Union

In Memory of: _____

Last known residence: City: _____ State: _____

List any titles held in APWU or Auxiliary:

Please list name **EXACTLY** as you want it to appear in the Book of Memories

Submitted by: _____

Local/State APWU, Auxiliary: _____

Address: _____

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Name: _____

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City: _____ State: _____ Zip: _____

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Standing United with Labor and Community



The Des Moines, Iowa, DMI, Local 44 Auxiliary spread their holiday spirit once again. This amazing group in past years joined the APWU in hosting a Children's Christmas party with games, food, and Santa Claus. However, the pandemic halted in-person parties, so the Auxiliary came up with a drive-up party. First held last year in 2020, parents and grandparents drove up to the doors of the union hall with their children to be greeted by Santa Claus, Mrs. Claus, and

helpers. In addition, the kids received a special gift and a goody bag with little games, candy, and a cookie. Drive-up party 2021 was a huge success.

The DMI Auxiliary also hosted a Christmas party for the Des Moines Retiree chapter. As in past years, several Auxiliary members volunteer food, drinks, and time to let the APWU retirees know they are appreciated. Events such as these add to the unity between the APWU, the retirees, and the Auxiliary.



Auxiliary members also unanimously passed a motion to donate \$250 to DMARC Food Pantry (Des Moines Area Religious Council), Toys for Tots, Meals on Wheels, and The Salvation Army.



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the new members of the Board of Governors were selected. The APWU leadership suggested 3 new Governors, and President Biden chose them, and the Senate confirmed their selection. President Biden recently rejected the bid by Ron Bloom to remain as a Governor past his term. Jon M Barger is also being replaced by President Biden in his effort to preserve the Postal Service. This will set up the ability to remove Louis DeJoy as the Postmaster General. This event should be appreciated and celebrated by all of us who want a healthy and enduring Postal Service.

Our goal in the coming year is to help the APWU as they continue to build a strong and capable union and preserve the Postal Service as a premier communication service. We encourage you to set goals, a calendar of events (even if they

need to be canceled for health concerns), participate in the rallies. Dream a little when you plan the events; it is fun. We invite you to add the dates for the Zipline meetings on Zoom to your calendar. The next meeting is on February 1. A Zipline schedule is in this issue of News & Views. We encourage you to save it to remind you that your presence and ideas are wanted and needed.

Keep us informed of events you plan or conduct. We may be able to support your efforts or assist you with the project. We look forward to seeing the pictures and reading about your triumphs.

Happy New Year to you and your family. May you be blessed with love, friendship, good fortune, successful Auxiliary events, and great adventures in life.

Shingles Vaccine Bonus: Reduced Risk of Stroke?

Seniors who get the shingles vaccine may gain stroke protection as well, a new study suggests. Shingles is a viral infection tied to heightened risk of stroke. But overall stroke risk dropped 20% among patients under age 80 who got the shingles vaccine. In patients 80 and older, risk was cut by about 10%, said researchers led by Quanhe Yang, a senior scientist at the U.S. Centers for Disease Control and Prevention. “This is a win-win for vaccination,” said Dr. Gregg Fonarow, director of the Ahmanson-University of California, Los Angeles Cardiomyopathy Center. “Less shingles, less stroke,” said Fonarow, who was not involved in the study.



The findings follow a review of Medicare records for more than 1 million patients over age 66. All received the shingles vaccine between 2008 and 2014. Stroke incidence was tracked for four years afterward. Shingles is a painful bout of rashes and blisters caused by the chickenpox virus, according to the U.S. National Institute of Neurological Disorders and Stroke. If you’ve had chickenpox, you face a significant risk for eventually developing shingles. Nearly all Americans 40 and up carry the dormant chickenpox virus, or varicella-zoster virus. That, said Fonarow, means that “almost one in three adults in the U.S. will develop shingles at some point in their lifetime.”

However, Yang and his colleagues noted that overall shingles risk drops by about half with vaccination. Given that most shingles patients are at least 50, the CDC recommends all adults 50 and older get the shingles vaccine. Yang’s team concluded that vaccination also reduced the risk for clot-induced (ischemic) stroke by about 18%, while cutting the risk for a bleeding (hemorrhagic) stroke by roughly 12%. Stroke protection was found to be particularly strong among patients between 66 and 79. But why would a vaccine focused on reducing shingles risk also protect against stroke?

According to Fonarow, the answer may have to do with inflammation. “Prior studies have shown that adults developing shingles have a greater risk of heart attack and greater risk of stroke,” Fonarow said. “This increased risk is greatest within the first 12 months of developing shingles, and decreases over time. The inflammatory response to shingles has been thought to account for this increase in heart attack and stroke.” So it stands to reason that a vaccine that can prevent shingles from taking hold might also prevent a shingles-provoked stroke.

There are some caveats, however. For one, the vaccine used was Zoster Vaccine Live. Introduced in 2006 with the brand name Zostavax, it is no longer the vaccine of choice. A newer vaccine -- the Adjuvanted, Non-Live Recombinant Shingles Vaccine (brand name Shingrix) -- is more effective and is the CDC’s preferred choice. But Yang’s study was completed before the 2017 introduction of Shingrix. So follow-up research will need to look into whether the new vaccine also appears to lower stroke risk. The findings are scheduled for presentation Feb. 20 in Los Angeles at the American Stroke Association International Stroke Conference. Research presented at meetings is usually considered preliminary until published in a peer-reviewed medical journal.

More information: Learn more about shingles from the U.S. National Institute of Neurological Disorders and Stroke.

SOURCES: Gregg Fonarow, M.D., director, Ahmanson-University of California, Los Angeles Cardiomyopathy Center; American Stroke Association International Stroke Conference 2020, Los Angeles, Feb. 19-21, 2020, news release

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Special Edition-April 2022

Watch your mailbox in April for a special issue of the News and Views. We will be coordinating with the APWU and finalizing details on transportation, lodging, classes, and more. The dates for the National Auxiliary Convention are August 15-18, 2022. We will share as much information as possible concerning the upcoming convention. In addition to the Special Edition we will keep everyone updated via regular editions of the News and Views, Zipline meetings, newsflashes, and letters from the District Coordinators. A close eye on recommendations from the CDC will also be monitored. As is customary, the Auxiliary will be following along with the decisions made by the APWU. We want to have a successful and safe 2022 convention.

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