

# News and Views



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[www.apwuauxiliary.org](http://www.apwuauxiliary.org)

## May-June 2022

### Convention Season is Back

By: Trisa Mannion-President



Our APWU and Auxiliary families are meeting in person again. It has been a wonderful homecoming for so many of us. The ability to sit and talk about things is much better than a ZOOM meeting for many reasons. I am thankful we have the ZOOM meetings and that we had been using this tool for two years before the pandemic hit. It was a lifeline to many of us who were not leaving our homes for prolonged periods of time. It also allowed the Auxiliary to continue to work toward our mission.

Let's review a few things that we need to do at conventions to be successful and fun. Let members know at least 30 days ahead of the convention that you are meeting. This process is commonly called the convention call. It should include the following: date, time, place, and expected events. If you are conducting an election, voting on delegates to the National Convention, then that needs to be clearly stated.

If you pass resolutions to be considered at the National Convention at the Gaylord Resort on August 14-18, the resolutions need to be sent to the Auxiliary National Secretary. It should be signed by the President and Secretary. Please send a digital copy, if possible, to the president, secretary, treasurer, and editor. The resolutions must state the article, section, and subsection being changed. If you need guidance or an example, please contact me or visit [apwuauxiliary.org](http://apwuauxiliary.org)

COPA collections require specific handling. We have a COPA policy that needs to be strictly adhered to for compliance with the FEC regulations. Ask if you are not aware of this policy. You need to account for every dollar collected on the COPA sheets that are available on the website. You can print them at any hotel business center or at home.

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# Child Labor and Human Trafficking

By: Arline Holmes-District 6 Coordinator



## Child Labor: Not Gone, But Forgotten

Millions of children are trapped between extreme poverty and the profits of others.

It is despicable that an estimated 218 million children as young as five years old are employed and that at least 152 million are in forced child labor, according to basic facts about child labor published by the Child Labor Coalition.

The facts also reveal several other startling realities about child labor. For example, children under the age of 12 perform up to a fourth of all hazardous child labor and almost half of all forced child laborers are between the ages of 5 and 11. More than 134 million children in forced labor are in Africa and the regions of Asia and the Pacific.

Poverty is the most significant cause of child labor. Ours is not a race to eradicate child labor. Instead, it is a journey to provide and care for those relegated to the lowest positions in life.

Excerpt from an article written by Lou Gutheil <https://www.gfa.org/special-report/child-labor-today>

## Human Trafficking

What is Human Trafficking? It is the illegal exploitation of a person.

The United States is again ranked as one of the worst countries globally for human trafficking. According to a recently released report by the State Department, the top three nations of origin for victims in 2018 were the United States, Mexico, and the Philippines.

At the heart of the human trafficking trade in America is simply economics: supply and demand. An unceasing demand fuels the industry. The United States is the No. 1 consumer of sex worldwide, and we are driving the demand as a society.

50% to 60% of victims are coming out of the foster care industry. The state department's report found that children in foster care, homeless youth, undocumented immigrant children, and those with substance abuse problems were especially at risk of falling into the human trafficking trap. The demand is global; men travel the world to places like Thailand and East Asia to purchase sex with kids. The demand is so great that the supply needs to be filled with our US children here in the United States.

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## A "Super" Time

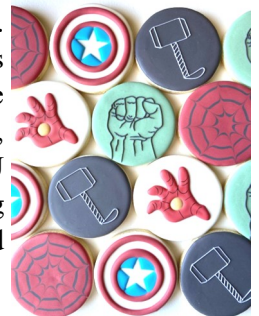
By: Jacque Childs-Secretary-Treasurer-Madison Wisconsin

It seems like forever since we had our last Wisconsin State Convention. Unfortunately, due to covid, we had to cancel the convention two years ago. But finally, we made it! This past April, the 2022 Wisconsin APWU State Convention and the Auxiliary to the Wisconsin APWU Convention were held in Madison, Wisconsin. It was great to see everyone in person. The preconvention classes were well attended, with everyone eager to learn. The delegates of the Wisconsin APWU worked hard on resolutions and constitutional changes.

The Wisconsin Auxiliary members held their convention and set to work to provide hospitality and fundraising with auctions, raffles, and sales of union-made t-shirts and mugs.

The theme for the Wisconsin Convention banquet was superheroes! A theme was picked because of our superhero's retirement, NBA Willie Nellen. Marvel superheroes

decorated the banquet tables and walls. Captain America and Spiderman cookies were the hit of the banquet. The highlight was a special visit from Thor, his hammer and all. Thor, State APWU President Paul McKenna, gave a rousing testimony of Willie's escapades and business agent moments.



As with many State Conventions all over the country, the Wisconsin Auxiliary was able to raise money for COPA. The APWU delegates to the convention became superheroes themselves by voting to give \$3,903 of the monies collected to the World Central Kitchen, which provides meals to the Ukrainian refugees in Poland. That is the APWU working for their members and those in need. As we say, "When you say Wisconsin, you said it all!"

# Auxiliary in Action!



Tri-State Convention-South Carolina, North Carolina, Georgia



Iowa State Convention

## Mother's Day

By: **Donnita Cameron-District 5 Coordinator**

Mother's Day began in the early 1800s by Anna Reeves Jarvis, who started a "Mother's Day Work Club" to teach women how to care for their children properly. In 1905 Anna Reeves Jarvis passed, and her daughter Anna Jarvis began her mission to turn Mother's Day into a national holiday to honor the sacrifices mothers made for their children. In May of 1908, she organized the first official Mother's Day celebration at a Methodist church in West Virginia, where thousands of people attended the event.

In 1914 many states, towns, and churches had adopted Mother's Day as an annual holiday. In 1914 President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother's Day.

Sisters, neighbors, teachers, and babysitters help take care of our children, some who may not have children of their own, and we thank them.

We celebrate all the women who have played a part in our children's lives. Happy Mother's Day.



## Father's Day

Mother's Day may have inspired the idea of Father's Day. Father's Day is a holiday honoring fathers and paternal bonds. In addition, it is a day to celebrate the influence of fathers and father figures in society.

A memorial service held in 1908 for a large group of men killed in a mining incident was also instrumental in designating a special day for fathers. This tragedy was the worst mining accident in US history. Many of the deceased had been fathers.

Sonora Smart Dodd, whose own father raised her and her five siblings alone after the death of their mother, admired the work of Anna Jarvis. Sonora wanted recognition for her father and other men like him and was influential in establishing Father's Day, first held in June 1910.

Father's Day was officially recognized as a holiday in 1972 by President Richard Nixon.

"Happy Father's Day" to all of the men who have contributed to the life of the children around them.



# All in the Family

By: Janice Gillespie-Legislative Aide-Editor

## The Auxiliary is here for the American Postal Worker's Union at every level.



Attending APWU and Auxiliary Conventions is like going to a family reunion with both sides of the family. You recognize almost everyone, although some of the younger ones are new. Some names are elusive, just like extended family but at the convention, you know the relationship of everyone. They are all brothers and sisters.

Many of us in the Auxiliary wear many hats. Some wear an APWU hat, some are local leaders of the Auxiliary, some represent their State, and all of us are there for National. Wearing more than one hat can sometimes be confusing. Are you speaking for the Local, your State, or the National Auxiliary? Many retirees are also members of their retiree chapters-another branch of the same family. One constant thing is the APWU, for it is in our name. It is our family name. It is who we all ultimately represent.

Speaking at conventions can be tricky. First, the moderator must know their audience and remember which hat they have

on. For example, are they at an APWU state convention speaking for their State Auxiliary, or are they there to speak for their Local or the National? Does it even matter?

Sometimes it does not. The Auxiliary at every level operates under the same principles and has the same purpose, although, committees, projects, and charities will vary between Local, State, and National. Asking for volunteers, announcing upcoming activities, and honoring special members will take place according to individual auxiliaries.

The Auxiliary is here for the American Postal Worker's Union. It is up to us to remind APWU officers and members to reach out when they have a need.

We are representatives of the Auxiliary to the APWU and the APWU at all times. It is important to remember that we are examples for other members. We are looked at for guidance. We also have each other for leadership and advice. Therefore, sharing information with fellow officers and members is a must. Communication is necessary for an organization to grow.

## Organize!

The National APWU is putting on an organizing drive from May 1st to June 1<sup>st</sup>. Anna Smith hosted a Zoom meeting to kick off the dates and goals and offer tips and advice on successful organizing.

Some takeaways from the Zoom adapted for the Auxiliary:

- Get the next generation-encourage members to invite their family members, young and old alike. Our youth can learn about the union, community giving, activism, and solidarity. Our elderly can feel useful by helping with mailings, phone calls, and other office work.
- We are the educators-we can teach each other, and the public about the problems the Postal Service is facing and the issues the APWU is supporting.
- When someone approaches a raffle or informational table, ask if they are a member of the Auxiliary. Then ask about family members. Start the conversation.
- Invite people to "stand with us" instead of "please sign up." How a question is worded can make a difference.
- Take time to listen. Assign projects that match a member's interest or describe possible activities for those on the fence. Help them get involved.
- Have competitions between Locals or States. A friendly rivalry can be fun and challenging.
- Offer incentives when appropriate. Drawings with new member entrees are popular.
- Guide new members to websites for more information. Offer written materials and contact names.



# The Name Says it All

By: Janice Gillespie- Legislative Aide-Editor

The “For the People Act” passed as H.R.1 in the House on April 3, 2021, is now pending in the Senate. The “For the People Act” expands voter registration by allowing automatic and same-day registrations and increases voting access with vote-by-mail and early voting. This bill would also limit removing voters from voter rolls. There is no evidence that mail-in votes cause an uptick in voter fraud.

Additionally, this bill would outlaw partisan gerrymandering of congressional districts.

The American Postal Worker’s Union is backing the “For the People Act,” which also sets forth election security and transparency provisions. In addition, campaign-related spending and fund-raising are addressed, as is ethics in all three branches of government.

Furthermore, this bill would require the President, the Vice-President, and specific candidates to disclose ten years of tax returns.

This bill is enormous. Forty-eight states have tried or are trying to enact legislation to make voting harder. Voting for our leaders should be a fundamental right, a right that could be taken away with laws requiring roadblocks for many voters. We can’t let this happen.

All eligible Americans, including the disabled and those who live in rural areas, should have the opportunity to cast a ballot securely. No one should find it difficult to vote, so complicated that they give up. Exercising our rights should not be a hardship. For those afraid of an increase in voter fraud, It is more likely for an American to be struck by

lightning than commit mail voter fraud.

This bill will not allow underage voting or votes by those who are not citizens, as many proponents are saying. Sixteen and seventeen-year-olds will be able to preregister under this bill but will not be able to vote until they are eighteen.

Money is always an issue in politics. A dozen megadonors or their spouses contribute \$1 out of every \$13 to campaigns. A small donor matching system would level out the playing field. Small contributions would be matched at a 6-1 ratio. For years, this system has been used in primaries and local and state elections. It would not use taxpayer money, but would be funded by a surcharge on penalties from corporate lawbreakers.

This bill has widespread bipartisan support, but we must not relax our advocacy. Some say the enormous scope of this bill could make it harder to pass. Still, a vast coalition of civil rights activists, labor organizers, faith-based organizations, environmental groups, consumer activists, and voting rights experts say that the size of this bill is its greatest strength. Opponents win people by spreading misinformation. We must continue to be educators.

The APWU, the Auxiliary for the APWU, retirees, and the public fought hard and won the Postal Reform Act. The passing of the reform act was a monumental victory for all of us. We helped educate the public so they could make informed decisions, and now it is time to spread the word about the need for the “For the People Act.” The name says it all.



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After electing delegates to the National Convention, send the credentials to Secretary Karen Wolver. They require the signature of the President and Secretary. If that person cannot attend, then ask about a different option. Check your state or local constitution for details on the process of electing delegates. MAL and LWOL members do not need to be elected, but you still need to submit your credentials.

We want to process the new and renewing members on a timely basis. Please send them within ten days of the close of the convention. They need to be in order by State, Local, last

name, and first name.

You can call me if you hit a snag and need help. I try to be available during reasonable times of the day and evening. Please keep in mind that my time zone is the Mountain Zone.

Assist where the APWU needs help, anything from registering delegates to hosting a hospitality room.

The last thing is important too. Have fun! Enjoy the friendships that you make and the fulfillment of helping others.

**Nilan Scholarship Official Application Form**  
**Essay Topic: Why is Diversity Important in the Union?**

**Applicant's name** \_\_\_\_\_

**Mailing address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Telephone #** \_\_\_\_\_

**Last school attended** \_\_\_\_\_ **Date** \_\_\_\_\_

**College or vocational school you plan to attend and  
course of study or degree completed** \_\_\_\_\_

**School name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Sponsoring APWU member's name** \_\_\_\_\_ **Telephone #** \_\_\_\_\_

**Name of Local & State** \_\_\_\_\_

**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** \_\_\_\_\_

**All essays must be: typed-double-spaced-on white paper-and postmarked on or before July 1, 2022**  
**Word count between 175 and 250 words**

**Applicant must be an Auxiliary member in good standing for at least one year and  
out of school for at least one year. See the Auxiliary website for more information:**

**[apwuauxiliary.org](http://apwuauxiliary.org)**

**Nilan Scholarship Amount to be Awarded : \$500.00**

Essay must be accompanied  
by the official application form.  
Completed applications and essay  
must be sent via Certified Mail,

Debra Stewart, Chairperson  
6400 Guilford  
Fort Worth, TX 76119-7111  
E-mail: [dstewart@apwuauxiliary.org](mailto:dstewart@apwuauxiliary.org)

# TYPE 2 DIABETES – MYTHS AND MISCONCEPTIONS

Type 2 diabetes is a lifelong disease that keeps your body from using insulin the way it should. People with type 2 diabetes are said to have

insulin resistance. While close to 10% of Americans have diabetes, there's a lot of

misinformation about the disease. This is especially the case for type 2 diabetes, the most common form of diabetes.

**At least 90% of people with diabetes in the U.S. have type 2.**

So to help clear up misinformation, here are eight myths about type 2 diabetes — and the facts that debunk them.

<p><b>1. Diabetes isn't a serious disease.</b></p> <p>Diabetes is a serious, chronic disease. In fact, <b>two out of three</b> people with diabetes will die from cardiovascular-related episodes, such as a heart attack or stroke.</p>	<p><b>5. Having diabetes means your body isn't producing enough insulin.</b></p> <p>People with type 2 diabetes typically have enough insulin when they're first diagnosed. The insulin just isn't working properly. This means the insulin doesn't cause their cells to absorb glucose from food. Eventually the pancreas may stop producing enough insulin, so they will need injections.</p>
<p><b>2. If you're overweight, you'll automatically get type 2 diabetes.</b></p> <p>Being overweight or obese is a serious risk factor, but there are other factors that put you at an increased risk.</p>	<p><b>6. Diabetes requires giving yourself shots.</b></p> <p>While injectable medications require shots, there are many other treatments available. These include insulin pens, blood sugar meters, and oral medications that don't require injections.</p>
<p><b>3. Exercising when you have diabetes only increases your chances of experiencing low blood sugar.</b></p> <p>If you're on insulin you have to balance exercise with your medication and diet. Talk to your doctor about creating an exercise program that's right for you and your body.</p>	<p><b>7. Being on insulin means you don't have to make any lifestyle changes.</b></p> <p>When you're first diagnosed, your blood sugar may be controlled adequately by diet, exercise, and oral medications. Eventually, however, your medications may not be as effective as they were, and you'll likely need insulin injections to help control your blood sugar levels.</p>
<p><b>4. Insulin will harm you.</b></p> <p>Insulin is a lifesaver, but it's also difficult to manage for some people. New and improved insulin allows for much tighter blood sugar control with lower risk of low or high blood sugar.</p>	<p><b>8. People with diabetes can't eat sweets.</b></p> <p>There's no reason people with type 2 diabetes can't eat sweets, as long as they fit into a normal meal plan.</p>

## How Can APWU Health Plan Help?

The **High Option Plan** has great benefits for diabetes! With this plan you can get your diabetes medications delivered through mail-order:

**\$0 copay for generic oral medication, formulary blood glucose test strips and lancets**

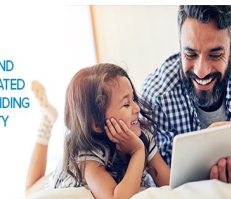
**\$25 copay for a 30-day supply of certain Insulin and non-Insulin drugs to treat diabetes**

**\$75 copay for a 90-day supply of certain Insulin**

If you have the **Consumer Driven Option** then you may already know that your costs for your diabetes medications come straight out of your PCA funds but did you also know that diabetes screenings are covered at 100% if you stay in-network? So make sure to take advantage of that and get your blood sugar tested!



APWU HEALTH PLAN PARTNERS WITH POSTAL AND FEDERAL FAMILIES TO CREATE A LIFESTYLE DEDICATED TO HEALTHY LIVING. WE ARE COMMITTED TO PROVIDING OUR MEMBERS WITH INNOVATIVE HIGH-QUALITY PRODUCTS AND SERVICES.



# Human Relations Project

We are still accepting ideas for the 2022-2024 Human Resources Project. Do you have an organization that is close to your heart? Do you know of a non-profit that has a nationwide reach? Please make submissions to your District Coordinator or any of the General Officers.

## Special Convention Issue

Please review the special issue of the "News and Views" mailed the first week of April. Take note of the committee descriptions. Delegates are asked to submit their committee preferences on the credentials. We want to be sure that everyone is on a committee that suits them.

If you did not receive the special issue that included the credentials, please let your district coordinator or one of the general officers know.

## National Auxiliary Memberships

⇒ Membership dues are \$5.00 a year.

Current members can find their due date on the "News and Views" envelope to the left of their name.

⇒ Please remit dues to:

Bonnie Sevre-Treasurer  
2836 Highway 88  
Minneapolis, MN 55418-3243



## Running for National Office?

- ◆ All candidates may submit an article to be printed in the July-August "News and Views" stating their intentions. The word count for all articles must not exceed 250 words. The deadline for articles is June 15, 2022.
- ◆ All candidates, prior to being nominated, must be a member in good standing of the Auxiliary for no less than one year.
- ◆ Nominations will take place as the last order of business on Tuesday afternoon.
- ◆ Candidates for nominations must be present when being nominated for the desired position. In addition, the election committee must receive a letter before the nominations at the convention stating they would accept the nomination for the elective position.
- ◆ The nominating speakers shall be allowed two minutes, and no second speeches for nominations shall be allowed.



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