

News and Views



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July-August 2021

APWU Contract Negotiations and the Auxiliary

By: Trisa Mannion - President



The wages and working conditions for the term of the contract currently being negotiated affect every family member, partner, and those that depend upon an APWU member or USPS retirement.

The Auxiliary wants to assist in ensuring the best outcome possible for all parties. So how are we

planning to do that? We need all members to help with any area they can of the following. We are developing a program that will evolve as the needs change. Can you write a letter, mail a postcard, or attend a rally? What about tying a red, white, and blue ribbon on your mailbox and encourage your friends and neighbors to do the same? Participate in a rally, tell your friends about the current situation at the Postal Service and the plan to destroy the service are we know it? Then you can help!

Share your ideas about encouraging our members to get "Fired Up and Ready to Go"! Joyce Tanguay sent a letter to the state and local presidents asking for ideas on the best ways to accomplish our goals. Please take a few minutes to respond to the letter. If you did not receive that letter, we want to hear from you too. Please send your ideas or thoughts to Joyce Tanguay, Secretary, before July 19th.

These may be very long and hard-fought negotiations, which have consequences on our daily lives and the future. Negotiations cover salary, benefits such as health plans, retirement, life insurance, annual and sick leave. Basically, it can make a difference in your daily life and the life to come. We need to give our best to help win public opinion, local

governing bodies support, and Congressional passage of needed legislation. This is what this organization was created to do. Step up and help!

We hear Fired Up and Ready to Go during all of the informational zooms. Are you Fired Up and Ready to Go? The Auxiliary Executive Board is Fired Up and Ready to Go! Together we can make a difference.



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It is Now Official

By: Janice Gillespie - Legislative Aide-Editor

Juneteenth is now a Federal Holiday. I'm not alone in believing this has been a long time coming. June 19th should have been a Federal Celebration decades ago. But do we know the history behind this date? Who was affected, how it came to be? And, one all-important question is why has it taken so long for this date in history to be recognized by the Federal government, and how does it affect people today?

The Emancipation Proclamation was an order issued by President Lincoln in 1862 proclaiming that all slaves be set free. The sixteenth President delivered this decree as a way to strengthen the union and weaken the confederacy. Unfortunately, the Emancipation Proclamation, given as a wartime measure, left the freedom status of slaves questionable. Nevertheless, Lincoln's decision to free the slaves in the South was the beginning of the end of slavery in the United States. The end of the Civil war and the passing of the 13th Amendment formally gave those indentured their freedom.

So why are we celebrating June 19th? This date in 1865 commemorates the actual day the union army, led by General Granger, arrived in Galveston to inform 250,000 enslaved people that they were free. Texas was the last confederate state reached by the soldiers.

I am shocked at all I've learned or relearned about my country's past. Unfortunately, the end of slavery turned into the beginning of the "Black Codes," discriminatory laws intended to keep white supremacy in place. It is uncomfortable reading about American history, but it is imperative to know about our past mistakes to do better.

Juneteenth, also known as Emancipation Day, Freedom Day,

and Jubilee Day, was signed into law as a national holiday by President Joe Biden on June 17th, 2021. The name is a combination of June and the nineteenth. Acknowledging Juneteenth is a much-needed step in the right direction. Ironically, at the same time, twenty-two states have passed laws prohibiting teaching critical race theory and racism in schools. Two steps backward.

On a lighter note, Juneteenth, recognized in 48 states and DC since 1886, is marked with parades, barbeques, festivals, parties, music, fellowship, and flag raising.

The flag representing Juneteenth has a blue and red stripe with a white star in the middle. The star has an outline surrounding it with an arc that extends across the width. The star represents the Lone Star State and the freedom of African-Americans in all fifty states. A burst outline around the star is a nova, an astronomy term to indicate a new beginning, and the colors red, white, and blue show that we are all Americans.

There is no good answer as to why it has taken so long for Juneteenth to be an official Federal holiday. However, it is recognized now, perhaps because of George Floyd, Breonna Taylor, Daunte Wright, and others. These deaths have brought racism to the forefront. In addition, Black Lives Matter groups have opened closed eyes to the discrimination that people of color experience daily.

Honoring Juneteenth is a way to acknowledge our past. History is there. It's not going to go away if ignored. We shouldn't allow it to be altered or denied. There are lessons to be learned if we open our hearts.



Denver Regional and Child Labor Ed Program

By: Trisa Mannion - President

The in-person Denver Regional held in Colorado Springs was a perfect opportunity to teach youngsters about unions and why it is essential to support and belong to your union. The children in attendance learned about the benefits, costs, and above-average wages that are received when you belong to a union.

We started a cookie business with plain cookies, lots of sprinkles, frosting, and the needed tools. Chairs are not required, but a perk of being a member. Knives and spoons both spread frosting. One of them works much better than the other, so those are what the union workers used. You see, it helps to be more productive if you have the advantage of better tools. The one glitch was they were not keen on paying dues with their hard-earned candy bars until they realized they would make more with the comfortable chair and better tools.

The kids decorated eight dozen cookies, most of them made it to the sale. The sale of the cookies and donations raised

\$148 for Fisher House.

The great cookie makers and learners are Niko Muhammad, Colorado Springs, Najya Clark, Denver BMC, Avery and Aiden McDonnell, Western Colorado Area Local, Peyton Henman and Avery Parke, Salt Lake City, Utah. Avery and Aiden McDonnell proved their marketing skills by selling the cookies to the delegates. Niko was the youngest attendee, and Najya was the oldest and helped with many other tasks.

The Auxiliary officers and members that helped are Beth Zamudio, Missouri State President, Marivel Fernandez, Vermont, Jody Helmig, Colorado State President, Julio Carios, Colorado State Vice President, and Ron Perez, Western Colorado.

We served them a pizza lunch while sharing friendship and the fun stories of making triple-decker cookies to sell.

This program can be brought to your function with a simple request to the Auxiliary President.

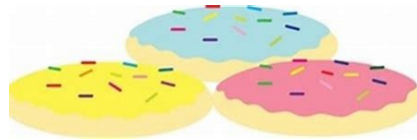


Busy making cookies after the vote to form a union.



Avery McDonnell is talking to a customer that wants to buy a few cookies. Aiden McDonnell is telling her about the double and triple cookies being the best deal. Sales profited Fisher House.

L-R Seated is Najya Clark, Jody Helmig, Beth Zamudio, Niko Muhammad, Marivel Fernandez, Avery Parke, Trisa Mannion, Payton Henman, Aiden McDonnell, Avery McDonnell, are all smiles while they show their creative sides.



Notice

Resolution Withdrawn

The resolution to increase the yearly per capita amount payable to the Auxiliary from the National APWU has been withdrawn.

Altogether

Iowa rocked the rally! When Des Moines Local 44 President Mike Bates puts the call out, they come. He invited all unions and AFL-CIO members, retirees, the Auxiliary, the press, local, state, national officers, and the general public. Over a hundred marchers representing all groups paraded in front of the Main Post Office in Des Moines. The energy was palpable. It was clear that all participants were passionate about recovering service standards for the post office. This was community in action. We all need to do what we can to

keep the postal service in the public eye.

Kim Karol, Iowa APWU President, Mike Bates, and National District 3 Coordinator Karen Wolver lead by example. Always present and engaging. Special guest Debby Szeredy arrived from D.C. and was a much-appreciated fellow demonstrator.

Thank you to all who attended rallies everywhere to save “the people’s post office.”



LIVING WITH ASTHMA:

HOW TO KEEP YOUR ASTHMA UNDER CONTROL

If you have asthma, exposure to certain triggers can cause a flare-up or an attack. Avoiding your triggers and making an asthma action plan can help you prevent an attack before it happens.

What is asthma?

Asthma causes inflammation in the airways of the lungs. Exposure to certain triggers can cause the airways to swell and the muscles to tighten, resulting in a flare-up or an attack. Symptoms of an asthma attack include wheezing, coughing, shortness of breath, and tightness in the chest.

How to avoid the ER if you have asthma.

A severe asthma attack can send you to the emergency room, especially if

your medicine isn't working properly or you're away from home without your inhaler. Getting your asthma under control—and making an asthma action plan—can help prevent visits to the ER.

Talk to your doctor about creating a plan for managing your asthma. Your plan may include medications to prevent symptoms and detailed instructions on what to do when you're having a flare-up.

1. Follow your plan. When you have an asthma action plan, you'll always know what to do in case of a flare-up. Include any daily requirements in your plan (such as taking medicine before you exercise), and work with your doctor to adjust your plan as needed.

2. Take your medicine. Maintenance medications can help prevent asthma flare-ups—and make them less severe—so be sure to take your medicine as prescribed.

3. Don't leave home without your inhaler. Always carry your quick-relief medicine, whether you're at work, at the grocery store, traveling, or just out for a walk.

4. Learn the signs of a flare-up. Early warning signs of a flare-up may include shortness of breath, sudden fatigue, irregular breathing, or trouble sleeping. Know what to do if you notice signs of a flare-up.

Learn more: <https://www.aaaai.org/conditions-and-treatments/library/asthma-library/asthma-triggers-and-management>

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(800) 222-2798

Make The Call!

H.R. 695 and S. 145 USPS Fairness Act-appeal the prefunding mandate

H.R. 119-restore service standards of 2012

H.R.109- ensure door delivery for business and residential customers

H.R. 114-continuation of 6-day delivery

(844) 402-1001

District 6 Updates

By: Arline Holmes - District 6 Coordinator



Life after Covid-19 becomes more apparent as we gather and begin to push on with old and new activities.

We have been more or less dormant in our activities physically but still connecting virtually.

Richmond, Virginia local has not missed a beat, meeting monthly on zoom. They are just completing a fundraiser selling gourmet popcorn on the web.

Knoxville, Tennessee provides dinners for the local APWU meetings and continues

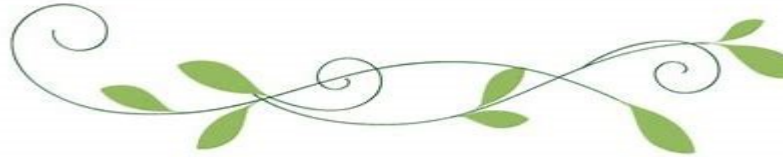
to serve by donating to "Operation Honor Guard." In addition, the military volunteers donated five hundred dollars to hospice. Great job!

Sandy Wheeler of the Greater Smoky Mountain Area local represented the Auxiliary at the Tennessee state convention in Nashville.

North Carolina State has been busy collecting money and donations for Fisher House.

Thanks to everyone for their continued efforts on behalf of the Auxiliary. You are much appreciated.

I am looking forward to seeing everyone and participating in the upcoming meetings and conventions to be held soon.



Show Your Support Order Your Window Clings



1 Cling	\$ 2.00	Prices include Shipping They are USA and Union-Made A great way to show your support for the United States Postal Service. They are a 6X6 cling that can be placed in a car or house window and will remove easily. If you need larger quantities you can contact Treasurer Bonnie Sevre for pricing details.
3 Clings	\$ 5.00	
10 Clings	\$ 15.00	
50 Clings	\$ 75.00	
100 Clings	\$140.00	
101 +	Call for Pricing (612) 788-3440	

Send Checks payable to:

Auxiliary to the APWU

2836 Highway 88 Minneapolis MN 55418

Ice Cream Social

Join us at the next Zipline!

We will have a slideshow of members from the past to the present. The theme will be :

"Remembering our Past, Preserving our Present, and Inspiring our Future".

Bring Your Own Ice Cream!

When: August 3 Time: 8:00 pm ET
<https://zoom.us/j/93199666271>
 Meeting ID: 931 9966 6271

BOARD OF *Governors*

We now have a full Postal Board of Governors for the first time in decades. The Senate confirmed Amber McReynolds and Ron Stroman on May 23rd, followed by Anton Hajjar on May 28th. The new governors bring their collective experiences with the postal service, elections, and unions to the table. They are now in the position to push for speedier delivery times and universal service and fight against post office closures. They are taxed with defending and expanding postal services, making sure election ballots are processed and delivered timely, and preventing post office closures. Welcome to all three of them.

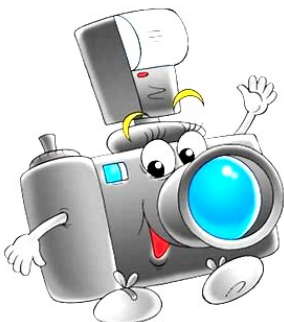


Colorado State Convention 2021

Pictured are Jody Helmig and Julio Carios with a basket donated by Shelly Lucido, CPWU Vice President. The basket raised \$420 for Fisher House. Thanks to Colorado State for all you do!



Share Your Pictures



Share your pictures! We want to see those from the past and the present. We will incorporate what we can into the slideshow on the August 3rd Zipline. As always, we want to give credit for what you are doing for the Auxiliary and your communities and we want to honor past accomplishments. You could be a star!

Human Relations Project

By: Karen Wolver - Human Relations Chair

We make a living by what we get, but we make a life by what we give." ~ Winston Churchill



Caregiving starts at an early age for some of us. Whether it is raising our children, caring for a spouse who has been diagnosed with cancer, caring for a sibling who has fallen and shattered their knee, a stepdaughter going through breast cancer, or an 87-year-old mom who needs help, It all takes time and patience.

Fisher House was thinking about time and convenience when they started building their houses close to VA Hospitals. They realized

that getting a person in a car and driving them to an appointment sometimes took longer than the actual appointment! Many people who have stayed at one of their homes are thankful that they are near and can even transport their loved ones by walking to appointments on nice days.

Not only does caregiving take time, but it can also cause great worry for the caregiver. Many families have remained lifelong friends to those that they have met at Fisher House. Everyone is going through something different; however, they also have much more in common than they think. It is nice that they can share a kitchen, cook a meal together, and have a common room where they can sit together at the end of a day and tell others how they feel. It gives them a little bit of sanity during a crisis in their lives that they were not expecting.

No one said life was going to be easy. But, when life gets tough, remember that a flower is popping through some concrete somewhere in the world. Fisher House is like that flower. They are here to help make things better and more beautiful for our veterans and their families when their lives have been interrupted by something unexpected.



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