

News and Views



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May-June 2021

Help Stop Child Labor Abuse – Buy American

By: Trisa Mannion-President



Buying union-made items from the United States will guarantee that you are not buying things made with slave or child labor. The unions have agreements that prohibit those things.

It is essential to buy American-made goods for several more reasons. First, you help create jobs for the people in our country and today's children. Second, we do not want to be dependent on other countries to supply our critical supplies. We felt the sting of this during the last year when we did not have the companies or materials to make PPE. Next, we can ensure the quality of the goods produced here, unlike imports that can poison our pets or children with crayons laced with lead-based dyes or formula that kills babies.

Yes, the products made in foreign countries are less expensive but do they have the quality we need? Do we pay a higher price because of trade deficits? Is our unemployment or underemployment part of the cost of cheap goods? Absolutely, yes! Trade deficits create a situation similar to the company stores of coal mining eras. You know when they buy goods for more than the paycheck they earned. It makes the USA borrowers. We are in debt to other countries because we purchase more than we earn selling our goods to other countries.

Are you considering purchasing a new car? Why not check out cars made in the USA and one step better the union-made cars. I am all too familiar with the excuse that we cannot buy only USA-made products, but we can try. There was a time that a good unionist would never have purchased a foreign-made car. I know locals that will not allow a non-union-made

vehicle to park in their lots.

Lodge Cast Iron, Weber Grills, Crayola, Louisville Slugger, Kitchenaid, Pyrex, and Duraflame are all made in the USA. To find additional products to choose from when you are shopping, just Google “made in the USA” or even better, “Union made in the USA.”

The Auxiliary recognizes that May is Stop Child Labor Abuse month. You can help stop child labor abuse here and abroad, buy union-made products. Union-made cars have superior parts, and they last longer, making them a better buy in the long run. BUY UNION!



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Who are the Players?

Senate Hearing on the Board of Governors

By: Janice Gillespie-Legislative Aide-Editor

Listening to the Senate confirmation hearing on April 22nd for the Office of Personnel Management, OPM, Director, and the Board of Governors gave us an insight into the nominees. Committee members had seven minutes to question the panel on their vision and ideas pertaining to their new appointments. If confirmed, Kiran Ahuja of Massachusetts will be the new OPM Director, and Anton Hajjar of Maryland, Amber McReynolds of Colorado, and Ronald Stroman, of the District of Columbia, will serve on the Board of Governors.

Kiran Ahuja may soon be the first South Asian to lead the Federal government's HR shop. She has pledged to bring much-needed stability to OPM and work with agencies to better support and train managers. Ahuja is a former civil rights lawyer and takes discrimination based on race very seriously. She quoted Martin Luther King Jr that we should be judged by the content of our character and not the color of our skin.

Anton Hajjar is a legal expert who has worked in labor-management relations, in his words, for decades. He has worked with the APWU as a general counsel representing the union and its workers. He specifically expressed concerns that the slowing of the US mail is unacceptable.

Amber McReynolds has been the chief executive of a non-profit non-partisan organization ensuring every American can vote in a secure, safe, and equitable election. She championed the postal service for delivering democracy

during the pandemic. She promises to pay close attention to rural customers.

Ronald Stroman is a life-long public servant and former Deputy Postmaster General. The safety and well-being of postal workers are two of his highest priorities. He wants to return the USPS to its operational excellence, increase future growth, and achieve financial stability. Stroman specifically spoke about the significant turnover in noncareer employees and the importance of having lifelong trained workers.

Sen. Robert Portman noted that all of the nominees assured him that they were not committed to replacing DeJoy. Sen. Ron Johnson went as far as to praise DeJoy. He stated that the controversial Postmaster General was unfairly criticized and pressed the issue again whether or not anyone had approached them about or if they considered getting rid of DeJoy.

The consensus is that all of the attendees will be affirmed by the committee and then by the Senate.

I was impressed with the contenders. Kiran Ahuja is a good fit for OPM. Her civil rights background a real plus. The "good olé" boys" board of rich white men with little knowledge of the postal service will now have a more diverse and pro-postal approach to managing the "people's" post office.



Tell Me Your Stories

By: Doris Poland-Auxiliary Historian

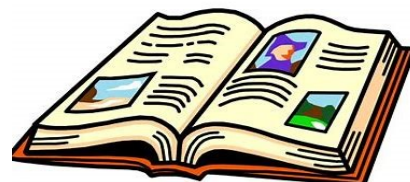
My name is Doris Poland. I am a former APWU Auxiliary National President and have been an active member since 1968. It was a great honor when your National Auxiliary Executive Board asked me to fill the newly established position of Auxiliary Historian. For many years I have stated that we do not utilize the great wealth of knowledge and the expertise of our retired Auxiliary officers and members.

I plan to put together a database of information from and about retirees and past Auxiliary activities. I welcome short articles about past experiences to be published in the News and Views. Anyone not interested in sharing their stories but still have paperwork such as old minutes, ledgers, pictures, anything about your Auxiliary and its activities, please let me

know. I will provide postage so you can send them to me.

Every organization needs to know where it has been before it can understand and focus on where it is going.

Thank You
Yours in Solidarity
Doris Poland
503 Falmouth Rd.
Windham, Maine
04062-5165
(H) 207-892-4067



The Pain is Real

By Janice Gillespie-Legislative Aide-Editor

Taking two aspirin and lying down with a cold pack often takes care of a headache. A toothache is fixed with a filling or extraction; a surgeon can remove a diseased appendix, and doctors repair broken bones all the time. What do you do when you or a loved one can't explain the pain? When the pain is invisible, and there is no apparent cause. Too many people consider self-harming to ease their pain or suicide as a solution to their suffering. What is self-harming? How do we recognize the signs that others are in crisis? How do we take care of our mental health? What will lessen the pain?

Self-harming or non-suicidal self-injury (NSSI) is generally a sign of intense anxiety or distress. It is not a suicide attempt but rather a way to numb emotional pain or to feel in control when other areas of life are out of whack. Cutting or burning oneself, headbanging, hair pulling, and scratching are examples of self-harm. Some behaviors that can also be signs of self-harming are overeating or spending, illegal drug use, and excessive drinking.

When you feel something, say something; when you see something, say something. Don't accept "I'm fine" from others when you know that it isn't true. Of course, in a suspected overdose or severe injury, get immediate help. Show compassion, sympathy, and understanding; there are no quick fixes. Encourage a dialog and listen. Suggest substitute behaviors such as squeezing an ice cube, snapping a rubber band, screaming into a pillow, writing about pent-up feelings, to name a few. Insist on therapy. Offer support not judgement and listen rather than criticize.

An estimated two million cases of self-injury are reported annually in the U.S. One in five females and one in seven males engage every year in a self-harming activity. These numbers are approximate due to many instances not reported.

Depression, sadness, anxiety, mental anguish are all real. Unfortunately, the signs and symptoms of "brain pain" are

often undetectable. There are no diagnostic tests to affirm mental illness or suicidal ideations, but there are often hints indicating distress. A change in behavior, isolation, making statements of wanting to die, a recent trauma, drug use, or previous suicide attempts are indications that someone needs help. Sometimes there are no signs.



Seeking and talking to a therapist is

difficult. It isn't easy laying your life out to another person. If it is a friend who is in trouble, be supportive.

When you feel something, say something

Acknowledge that you understand how hard it is to reach out. A medical professional can determine if a prescription medicine is appropriate.

44,834 Americans died from suicide in 2020 and 47,511 in 2019, a drop of 5%. The numbers are still too high. These are people in so much pain that they took their own lives. In many cases, if they had waited, opened up to someone, sought professional help, the outcome may have been different. We all know that life can change in a moment, for better or worse.

Take care of your mental health by staying in touch with your feelings. It is crucial to recognize your needs and to seek help for yourself. It isn't easy to overcome the stigma of mental illness, but one way is to educate yourself. There is no shame in being depressed, chronic or situational; having anxiety, any number of personality disorders, or even struggling with an addiction. Keep in mind that if you have a physical ailment, you get medical assistance; the same should go for your mental health. You are not alone. None of us are islands.



How would you like to zip line without leaving home?

Join Us for a Zip Line Meeting

When: June 1 Time: 8:00 ET

<https://zoom.us/j/93199666271>

Meeting ID: 931 9966 6271

Bears, and, Books, and Bags, Oh My!

By: Karen Wolver-District 3 Coordinator

District 3 has been plugging away and doing great things safely, even if they can't be in person.

Nebraska held its State Convention this past weekend which was a great success. They collected \$1,630.50 for COPA and \$878.50 each for the Human Relations Project (Fisher House) and their state Auxiliary. At each convention, they collect bears & books, and canned goods for a local food pantry. This year they collected \$1,480.98 (140 lbs.) for the food bank and 180 teddy bears and books! This winter, they also collected 439 brand new coats for "Operation Warming a Child's Heart" for preschool through 12th-grade students.

It was a pleasure to present North Platte, Nebraska, with their Charter. Wendy Morrissey (Nebraska State Auxiliary President) has been working on achieving this goal for some time, and now we can give a hearty welcome to North Platte. I'm sure they will do great things! Martin Linn is their President.

Missouri has been busy as well. Their State Convention is slated for June 18-19 in Columbia. Effie Sickle (APWU President from Kirksville), is busy making another beautiful quilt to be raffled during the convention. Beth Zamudio (Missouri State Auxiliary President) has been traveling with her husband John and sharing the "Save the Post Office"

Campaign with people.

Minnesota Auxiliary has been having brief meetings making plans for upcoming fundraisers. They have also been making calls to their Senators and writing lots of postcards to "Save the Post Office". They held their state convention last fall in Brainerd, .

Des Moines, Iowa Local, had its first-ever drive-thru Christmas party. Forty children got a goody bag, a gift, and a cookie from Santa. This year they donated \$250.00 each to DMARC Food Pantry, Salvation Army, Hope Ministries, and Toys for Tots instead of hosting "An Auxiliary Christmas" (Angel Tree) due to Covid. The Auxiliary has been meeting every month via Zoom. They are currently partnering with United Way, filling donation bags for the homeless, and hosting a "Drive-by Luncheon" for the Retirees. The DMI Auxiliary usually hosts a luncheon for the retirees twice a year and cooks a delicious meal for them. This year they will be ordering sack lunches from a local restaurant.

Kansas, North Dakota, and South Dakota do not have an active Auxiliary at this time, but it is our goal to get them all going.



Swearing in newly elected officers at the Nebraska banquet.



"Two Can Do" donations in Nebraska.



Martin Linn and Erin Linn accepting their charter from Wendy Morrissey



Selena Meyer-DMI Local with bags for those in need.



Selena Meyer, Janice Gillespie, and Karen Wolver



John and Beth Zamudio Missouri State Auxiliary

TOBACCO CESSATION PROGRAM

Smoking and tobacco use can cause a host of preventable health problems, but quitting isn't always easy. We are here to help our members move beyond tobacco and take control of their own health. This program is designed to give you the help you need and to make participation easy and convenient – all at no extra cost to you.

Members will have access to the following:

- Telephonic counseling sessions
- Group therapy sessions
- Educational sessions with a physician
- Select over-the-counter and prescription tobacco cessation medications approved by the FDA to treat tobacco dependence

How to enroll

To enroll in the Tobacco Cessation Program, just call:

High Option Members
Call Cigna/CareAllies
(800) 582-1314

www.apwuhp.com
(800) 222-2798



TOGETHER.
BETTER HEALTH.



Organizing

By: Debra Stewart-Committee Chairperson, District 3 Coordinator



The organizing committee is responsible for membership growth and the activation of State and Local Auxiliaries. We coordinate programs within the Executive Board to build a vital Auxiliary. We use innovation and recruiting skills to be successful. Our Zipline and Zoom meetings are designed to communicate with Auxiliary members

and are a way for us to implement training programs and workshops. These programs assist and educate officers and the membership.

The pandemic has caused us to be creative. It is not easy to reach potential members without meeting in person, but it can be done. We urge everyone to reach out to family and friends and invite them to join us. Attending APWU meetings, in person or via Zoom, and requesting to speak for the Auxiliary has shown to be successful. Reach out to your district coordinator for assistance.

We use rewards, recognition, and appreciation incentives for every level of the Auxiliary. We are proud of all of the efforts made across the country to help local communities and the union.

"The Auxiliary National Convention scheduled for October 4-7, 2021 is canceled, in accordance with the National Constitution Article IV-Time of Convention. It states: "This organization shall convene at such time and place as shall be determined by the parent body, The American Postal Workers Union, AFL-CIO. Election of officers will coincide with national convention years".

The Executive Board is working hard in and out of committees, preparing educational Zipline meetings, attending local and state Zoom conventions, and preparing for the next National Convention. We look forward to personal gatherings when it is safe.



Stay Vigilant-Stay Informed

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

H.R. 47— ensure the United States Postal Service remains independent



Honoring Those Who Have Passed



The Auxiliary honors those who have passed with a “Book of Memories” celebration during our national conventions. A memorial certificate and a program with your loved one’s name and a keepsake is given. If you would like us to pay tribute to a loved one at our 2022 convention, please fill out the form on page 7 or go to our website at apwuauxiliary.org. We do ask for a donation of \$10.00, which is used towards the Nilan Continuing Education Scholarship. This is a thoughtful way to pay tribute to those we have lost.



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: _____

Send Acknowledgement card to (if different):

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Is this a COVID-19 related death? Yes

\$10.00 Minimum Donation Suggested

Amount Enclosed: _____

Make checks payable to:

Auxiliary to the APWU

Mail checks to:

Bonnie Sevre

2836 Highway 88

Minneapolis, MN 55418-3243

All proceeds go to the Nilan Scholarship

Please Print or Type



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

Each February, the Human Relations Chairperson sends a letter to the Top 500 Local union leaders asking them to donate to our Human Relations Project. I'm happy to report that they have been answering our plea and sending in their donations. It's more challenging, of course, because few locals are meeting in person.

The amount collected from 2018-2020 was \$32,186.28. So far this year, since April 15th, we have collected \$7,725.00. That tells me that we all care about what Fisher House stands for.



I don't know if you have ever heard of The Starfish Story written by Loren Eiseley, but it goes like this: One day, a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean. Approaching the boy, he asked, "What are you doing?" The youth replied, "Throwing starfish back into the ocean. The surf is up, and the tide is going out. If I don't throw them back, they'll die." "Son," the man said, "don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference!" After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, he said..." **I made a difference for that one.**"

I'm asking you that each time you have a meeting, whether in person or via Zoom, please keep our Human Relations Project in the forefront and make a motion to contribute to Fisher House. By working together, we can make a huge difference.

We thank you so much for your support in the past as well as in the future. Please stay safe in the meantime.

Have you Filed Your 990N?

The e-postcard is due every year by the 15th day of the 5th month after the close of your tax year. For example, if your tax year ended on December 31, the e-postcard is on due May 15 of the following year. If the due date falls on a Saturday, Sunday, or legal holiday, the due date is the next business day. You cannot file the e-postcard until after your tax year ends.



2018 - 2020 National Officers

PRESIDENT Trisa Mannion
970-424-5131 (fax) 970-424-5856
3038 Cloverdale Ct
Grand Junction, CO 81506-1960
tmannion@apwuauxiliary.org

SECRETARY Joyce Tanguay
207-289-6775 (cell) 207-409-6032
10 Juneberry Lane
Scarborough, ME 04074-7404
jtanguay@apwuauxiliary.org

TREASURER Bonnie Sevre
612-788-3440 (cell) 612-889-4111
2836 Highway 88
Minneapolis, MN, 55418-3243
bsevre@apwuauxiliary.org

LEGISLATIVE AIDE EDITOR Janice Gillespie
515-664-1154
224 - 38th Street
West Des Moines, IA 50265-3917
jgillespie@apwuauxiliary.org

DISTRICT 1 Vacant
Please contact President Mannion
AK, ID, MT, OR, WA,
tmannion@apwuauxiliary.org

DISTRICT 2 Rebecca Kingsley
562-355-3308
PO Box 93686
City of Industry, CA 91715 -3686
AZ, CA, CO, HI, NM, NV, UT, WY
rkingsley@apwuauxiliary.org

DISTRICT 3 Karen Wolver
515-771-7183
4631 NE 29th Street
Des Moines, IA 50317-4833
IA, KS, MO, MN, NE, ND, SD
kwolver@apwuauxiliary.org

DISTRICT 4 Debra Stewart
817-534-9130 fax 817-534-2279
6400 Guilford,
Fort Worth, TX 76119-7111
AR, LA, MS, OK, TX
dstewart@apwuauxiliary.org

DISTRICT 5 Donnita Cameron
248-878-6538
13342 Diena Dr
Warren Mi 48088-6654
IL, IN, KY, OH, MI, WV, WI
dcameron@apwuauxiliary.org

DISTRICT 6 Arline Holmes
804-266-2451
8205 Tarkington Dr
Richmond, VA 23227-1448
AL, FL, GA, NC, SC, TN, VA
aholmes@apwuauxiliary.org

DISTRICT 7 Lisa Beer
610-762-5759
3006 N 5th Ave
Whitehall, PA 18052-7404
CT, DE, ME, MDDC, MA, NH, NJ, NY, PA, RI, VT
lbeer@apwuauxiliary.org