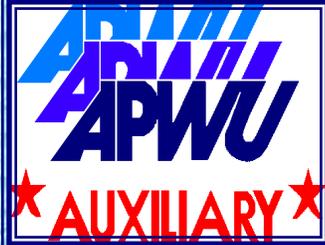


# News & Views



Volume 30 Issue 6

February, 2014

## February Notes 2014

Feb. 14th - Valentine's Day  
Feb. 17th - President's Day



## Gearing up for the National Convention

*Are you ready?* – Time is growing short – and we have a lot of work to do, but we can't accomplish it without your participation. What am I talking about??? It's the 2014 National Auxiliary Convention scheduled for July 21 through 25, 2014 at the McCormick Place Convention Center in Chicago, Illinois.

Every state Auxiliary and every local Auxiliary should be preparing to elect delegates for the convention. Members at Large, we need you too. The National Constitution and By-laws details the maximum number of delegates that can be sent by your respective organizations. But that's housekeeping.

What I'm really interested in is letting your voices be heard. We do that in convention, working on committees, preparing and discussing resolutions, and by participating in the convention.

We have a lot of great events scheduled. Here are a few things to help you plan your week. First, arrive early enough to participate in the pre-convention education classes on Sunday July 20. Chairperson Mary Lois Clayson, promises you educational experiences that will inspire and grow your Auxiliary. There will also be a class to help delegates navigate the proceedings of a national convention. Details on the classes will be in a future issue of News and Views but you can't participate if you are not in attendance, so make sure you plan to be there.

We also need your input and ideas in the form of resolutions. If you've had an idea that you would like considered for changing our Constitution and Bylaws, you need to write a resolution and submit to your local and/or state organization. Get them to adopt it and forward it for consideration at the convention. If big picture is your idea and you have a project, goal or vision that you would like to be a focus for the national organization, write the resolution and use a similar process for Miscellaneous Resolutions. We will be publishing all resolutions on our website so that delegates can be prepared for discussion, advocating for amendments if needed, and finally being prepared to vote on the submitted resolutions.

Wednesday is always a big day during the convention. We start the day honoring and remembering our beloved family and friends who have passed away during the past two years during our Memorial Service. Don't forget to submit those names by filling out the Book of Memories Form with the minimum suggested donation of \$10. To make sure that the book is ready for the service, please try to get those names in by July 1. Of course we will accept them later, but this really helps us honor them appropriately.

We'll have nominations and elections of our officers and we will celebrate the hard work of our members, their officers, and the local and state organizations during our Celebration. Don't forget the Awards of Achievement program. Each Auxiliary member can submit the form and be considered for their level pins. That inaugural presentation will be part of the celebration.



Check out our website  
[www.apwuauxiliary.org](http://www.apwuauxiliary.org)

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## Gearing up for the National Convention

CONTINUED FROM PAGE 1

We also want each local and state to be an active part of our Wounded Warrior Amputee Softball Team Project. Perhaps you can put together a little fundraiser in your organization to help us reach our \$20,000 goal. The members of this team are not only athletes, but they are role models of heroism and determination. They turned adversity into strength, and pain into success. Their mission of "Life without Limbs is Limitless" is a lesson for us all. Let's continue our work to make this the most successful project to date.

As you can see we have an exciting week planned. It's not just a convention, but a plan for the future. We are truly excited to share a week of work and friendship with each and every one of you. So come on. Mark your calendars. Plan your vacation and please join us at the 2014 National Convention in Chicago.

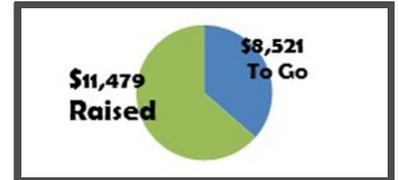
## 2013-2014 Auxiliary Human Relations Project Wounded Warriors Amputee Softball Team

Joyce Tanguay, District 7 Coordinator

**Thanks, Thanks, Thanks** to all of you that have donated to the Auxiliary Human Relations Project. But we are still shy of our goal. With the help of our hard working members, I am sure we will meet that goal of \$20,000. Please support this great team by taking part in the fundraisers at your state and local level.

No amount is too small and you may send your checks to the National Treasurer.

Trisa Mannion  
3038 Cloverdale Ct.,  
Grand Junction, CO  
81506.



## Reminder from the Treasurer

Please send your dues in as they are collected this year. We want to insure that every member can be seated at the convention and that the local receive their highest voting strength. Note the change in the Constitution, as printed below. All dues must be received by July 1<sup>st</sup> for delegates to be seated.

### ARTICLE V - REPRESENTATION

#### SEC. 1:

(A) Per capita tax representation shall be based on the amount of per capita tax received twenty (20) days prior to the opening of the National Auxiliary Convention.

(B) In order to be seated as a delegate and able to vote on any issue during the National Convention, the per capita tax must be received by the National Treasurer at least twenty (20) days prior to the opening of the National Auxiliary Convention.

## Legislation and More

by Barbara Maciejewski  
Legislative Aid-Editor

The Executive Board was privileged to have Legislative Director, John Marcotte, share with us some legislative updates.

### The following are the bills that the APWU supports.

S. 316/H.R.630 Postal Service Protection Act  
H.R. 961 United States Postal Service Stabilization Act  
H.R.2459 Protect Overnight Delivery Act

Director Marcotte wanted to make sure that the Postal Reorganization Act was explained and could not emphasize enough that **it's the law!** For this reason I am sharing with those of you that don't know and reminding those of you that do the following words:

The Postal Reorganization Act of 1970 requires "prompt, reliable, and efficient services to the people." For many decades the definition of prompt service standard was overnight within the first 3 digits of a zip code (SCF or skiff in postal lingo). Slowing down the mail not only loses more revenue than it saves in expenses .....it is against the law. I don't know how many of you get your mail overnight anymore, but in Milwaukee it has taken 3 to 7 days for me to get mine.

John, shared with us how COPA contributions have gone from 113,000 in 2008 to 65,000 the same time in 2013. I am the COPA Committee National Auxiliary Chair and our organization works hard at getting those amounts as high as possible. Not only at the National level, but the State and Local as well. You can give thru the COPAmatic program even if you are retired. Just call them and they'll make sure you stay signed up.

Continued page 4

Share your  
Blessings  
with those  
in need.

Collecting Food for the hungry  
Warm Clothes  
Sharing gifts from the heart  
A child's Gift  
A Warm Blanket

Scan QR code to get connected to the Auxiliary Website.



## High Blood Pressure May Be Worse For Women

Study found differences in factors that cause condition. High blood pressure might be more dangerous for women than men, a new study suggests.



As a result, women may need earlier and more aggressive treatment for the condition, the study authors said. "The medical community thought that high blood pressure was the same for both sexes, and treatment was based on that premise," lead author Dr. Carlos Ferrario, a professor of surgery at Wake Forest Baptist Medical Center, said in a medical center news release. "This is the first study to consider sex as an element in the selection of [drugs to

treat high blood pressure] or base the choice of a specific drug on the various factors accounting for the elevation in blood pressure." Although deaths due to heart disease have dropped dramatically among men over the past three decades, the same is not true for women, the researchers noted. On the contrary, heart disease is a leading cause of death among American women, according to the news release. The new study was published in the December issue of *Therapeutic Advances in Cardiovascular Disease*.

The researchers conducted a series of specialized tests on 100 men and women aged 53 and older with untreated high blood pressure but no other medical conditions. Tests measured the forces involved in blood circulation as well as the hormones involved in blood pressure regulation. Their purpose was to determine if the heart or the blood vessels were primarily involved in participants' high blood pressure. Among women and men with the same level of high blood pressure, the women had 30 percent to 40 percent more vascular disease than the men, the study found. Significant physiologic differences were also found in the women's cardiovascular system, including the types and levels of hormones that regulate blood pressure.

The researchers said these differences influence how aggressively the condition needs to be treated. "We need to evaluate new protocols -- what drugs, in what combination and in what dosage -- to treat women with high blood pressure," Ferrario said.

### More information

The U.S. National Heart, Lung, and Blood Institute has more about high blood pressure. -- Mary Elizabeth Dallas

SOURCE: Wake Forest Baptist Medical Ctr, news release, Jan. 2, 2014

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### The Health Plan's Solution: Hypertension Management



(High Option members only)

Enroll and participate in the program to receive **\$0 out-of-pocket costs for:**

- In-network medical office visits for the specific purpose of lowering your blood pressure
- In-network lab tests related to hypertension management
- Generic drugs\*

### To Enroll

- Call 1-800-582-1314:
- **Prompt 6** (for Hypertension Management Program) After you enroll and speak to a Health Coach, you will be mailed a letter and Management Program ID card showing the effective date of entitlement to the \$0.00 incentives. Show this card when you visit your in-network physician.

\* Purchase through mail order

# Executive Board Meeting—San Antonio, TX

By Barbara Maciejewski, Legislative Aid-Editor

**Thank you to the San Antonio Local** for the great hospitality and warm weather. Leaving behind the sub-zero temperatures and heading south was just what this executive board needed.

We attended the local's union meeting where President Mark Dimondstein and Legislative Director John Marcotte were also in attendance.

President Dimondstein addressed the importance of the auxiliary and the retirees support of the APWU and would keep us informed on how we can assist them.

Director Marcotte, explained how important it is to stay involved politically and what's going on in Washington. The local President Alex Aleman, spoke of his support of the auxiliary and had asked us to hand out information and membership envelopes.

President Danek, spoke to the members on how important it is to have family and friends involved in the support of the APWU.

On Monday, Martin Luther King Day, the Auxiliary was proud to walk along side of the San Antonio local in the march where 175,000 people took part. There were people lined up and down the street sharing smiles, water, stories and solidarity.

I have never taken part in anything so grand, and because of the opportunities that have been offered by the Auxiliary it will be something I will never forget. I know the rest of the board was just as excited about the march. The banner that we carried with us went from one side of the street to the other.

It was the largest one in the parade. Most of us are under 5'5", so you can barely see our heads over it (you will see in the pictures).. We walked approximately 4 miles wearing our COPA shirts and representing the APWU Auxiliary.

The San Antonio Local treated us to dinner at a beautiful local restaurant. Thanks for the great food and the great hospitality. I look forward to one day returning to San Antonio to visit my new friends.

The board had a very productive meeting. While working on everything from national convention committees to checking membership and all the other committees, we had a visit from President Dimondstein, Director Marcotte, Director Smith, Secretary-Treasurer Liz Powell and Retiree Director Judy Beard. They shared with us the importance of the Auxiliary with each of their departments and the APWU as a whole. San Antonio President Aleman, again thanked us for holding our meeting in there city and invited us back again to visit.

The Auxiliary board thanks everyone involved for making our meeting such a successful one.

Continues from page 2

## COPAmatic Giving Is The Way Forward!

Keeping it Local through COPA 3-6-9

Through COPA 3-6-9, contributors sign up to give on-going electronic contributions of \$3, \$6, or \$9 per pay period.

Even if you are an Auxiliary member or a retiree you can still get in the COPAmatic program.

- The first third of these recurring COPA contributions will go towards supporting local allies and interests in the contributor's home state.
- The second third will go to support Federal races in their home state.
- The final third will go to the general COPA fund.

Regular COPA contributions are unaffected and only individuals who opt into COPA 3-6-9 will have a portion of their contributions earmarked for their particular state.

You can check out the APWU.org for more information.

R-Pres. Kathy Danek and Pres. Alex Aleman



Above-District 4 Coordinator, Debra Stewart



# Super Local

## 2013 Was a Very Good Year!

The Des Moines, Iowa, Auxiliary is a great example how team work and hard work go hand in hand.

With prizes donated by the members, the local has held Valentines, Mother's and Father's Day raffles.

A Christmas in July event had the local collecting needed items for The Hawthorn Hill, women's and children's shelter. They added extra diapers and bus tokens to the several tables of items collected.

The Auxiliary caters two APWU Retiree luncheons per year. They also have been successful at getting new members and continue to work at increasing their membership.

In November the Auxiliary promoted it's annual "Angel Tree". A tree is placed in the main lunch room at the Des Moines post office where it is decorated with cut out paper angels that employees can choose what gifts to donate. The Auxiliary then wraps and matches the gift to each child and parent. What a great way to bridge a human relations project between the Auxiliary and the union members.

Another fundraiser was the Super Bowl Raffle. The money that was raised is to offset expenses for the National Convention.

The project to raise money for the National Human Relations Project (WWAST) is selling American made t-shirts that will be printed by a local print shop. The WWAST logo will appear on the back and the National Auxiliary logo with the "DMI Auxiliary" logo on the front. They have even gone so far as choosing the color Red (veterans wear red on Fridays) and dark gray and green camouflage.

I would not normally go into such detail of what a local is doing, but there are so many great ideas to share that I just had to do it.

Thanks for all your hard work Des Moines!

Anyone else who has great events to share, big or small e-mail them to me at [Angelmajek2@hotmail.com](mailto:Angelmajek2@hotmail.com).

## 2014 Nilan Adult Continuing Education Scholarship

Looking for a way to offset some of your tuition as a returning college student?

If you are a member of the Auxiliary for the past year and this current year, you are eligible to apply for our **\$750.00** scholarship.

The application request is available on the Auxiliary to the APWU website.

Fill out the official application form.

Write an essay on the 2014 topic:

**"Why is buying USA or Union-made products so important?"**

All essays must be typed, double-spaced on white paper and be between 175-250 words.

Send your **application and essay** together in an envelope via Certified Mail, Return Receipt requested, to:

Mary Lois Clayson  
180 W. Apple Blossom Way  
Salem, UT 84653

Entries must be postmarked on or before **July 1, 2014**.

You will be notified by mail whether or not you

**"Why is buying USA or  
Union-made products  
so important?"**

# New Member Contest



You're invited  
to join the  
Auxiliary to the  
APWU

**New members**  
Will be  
entered into a  
drawing for an  
**Apple**  
**iPad Mini**

**WHEN:** July 21, 2014

**THE DRAWING WILL BE:** National Convention in Chicago

**PRIZE:** Apple iPad Mini

**NEW MEMBERS:** Anyone who has not been a member since 1/2012

# IF WE DON'T CARE WHO WILL?

By Dave Daniel, National Director- APW-ABA and member of the New Hampshire Seacoast Auxiliary

As National Director of the APW-ABA, I recently cancelled our accounts with Staples and Quill. This was precipitated by their callous decision to provide Postal Services in their retail outlets. Many APWU Clerk jobs will be lost by Staples' action, which replaces good, living wage union jobs with starvation rate scab jobs.

In Physics there is a law which states that for every action there is an equal but opposite reaction. The reaction to Staples' action for all union people everywhere should be to stop patronizing Staples and its mail order affiliate, Quill. But more than that you need to let them know you are doing it and encourage everyone you know to follow suit.

Fellow ABA Board member Pete Furgiele (Pete Fud) made a great point to me when we discussed the staples situation. He said "back in the 80s thousands of us shredded our Sears credit cards when Sears pulled the same stunt....Sears has never recovered".

This is just the tip of the iceberg, however. We as union people walk into Wal Mart and other stores every day and buy merchandise that is made in China and other slave labor countries. Virtually all of this merchandise is manufactured by American companies and/or their wholly own subsidiaries in slave labor countries. These goods used to be produced by good paying, American/ Union jobs. We have become complacent. Have we forgotten where we came from? The entire Union movement is based on protest and boycott, i.e. protesting poor wages and working conditions and boycotting goods and services which used scab labor and strike breakers. The big companies found a way around all that by taking their factories to, (first), Taiwan and Japan and then *anywhere* where they could exploit labor and freely pollute the environment.

So, every time you buy these slave labor made good, from the American companies who have abandoned American workers, you are putting more of your friends, neighbors and coworkers out of a job while rewarding big business for doing it.

I went to a Wal Mart, just before Christmas and gathered up a bunch of stuff in a basket. All of it was on my Christmas list for various family members and friends. I then took it to the service counter and asked to see a manager. When he came up and asked what the problem was, I showed him my Shopping list. Then I told him that I had found all of these presents in his store: But, that I was not going to buy any of them because they were made in China, Vietnam etc. I had a small group of things including some cookware from Anchor Hocking, a Marshall Window flag from Annin, a Slinky and some chocolates from Russell Stover. They were the only items on my list of 45 which were "American made".

The manager's response was, "I know, it is disgraceful, it is no wonder everyone is out of work, we just don't make anything anymore". I bought the four American made items and left the store. I ended up finding a majority of the other items in places like, Kohl's, Penny's, Macys and little shops in Downtown Huntington. The things I could not find made by Americans, resulted in my changing the presents. Not all of the American made gifts were union made. Many were home/craft made. I gave a lot of craft beer and California and New York wine this year as well as coffee that was blended and roasted in Huntington.

The whole point is that you can make a difference just by not buying their junk and telling them why. The market is regulated by what we buy and what we don't. Gas prices, availability of goods and where they are made can be affected by customer protest and by the withholding of your dollars.

And when you do have to buy something that is not made in the USA, I suggest making a selection of an item that was never made in the USA so that you don't reward the American conglomerates who sold us all out. It is about time that we stop "letting it happen". Make the effort to buy American, and Union. Take the time. Spend a little more. Or do without it! The job and way of life you are protecting is your own. If we don't care, who will?



Youngstown Area Local



Retirees and Auxiliary



San Francisco Local



How many of you hit LIKE on Facebook when it came to Staples Please unlike it. These are just a few of the groups that have taken a stand.

More than 80 Staples stores in California, Pittsburgh, Atlanta and Central Massachusetts are participating in the trial program. If Staples and USPS executives consider the trial successful, the program could be expanded to the chain's 1,600 other stores.

Postmaster General Patrick Donahoe told the Associated Press that he would like to expand the program "as soon as possible."

"We intend to stop it," Dimondstein said. "We believe we can, and we will."

Pictures and info from the Postal Worker and Facebook

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## Save the Date

*National Convention to be held  
in Chicago, Illinois  
July 21st-25th, 2014  
Look for pre-convention work-  
shop information coming soon.*

**REMEMBER!**

*Get your membership dues  
sent in as soon as possible.*



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# February 2014