

News and Views



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November-December 2024

It is Time to Heal

By: Trisa Mannion-President



This article was written and printed before election day; it's important to note that it's not a sour grapes or a gloating article. Instead, it's a timely resource for those who have experienced strain in their relationships due to political differences. Have you found yourself in a situation where you've lost friends or family due to political disagreements? If so, this article may offer some guidance on

how to heal the damage, whether it was your words or theirs. The following tips are suitable for any kind of loss of someone who once meant a lot to you.

It's important to consider if you truly want to heal the relationship or if you might benefit from some time apart. Taking a hiatus from the person in question can provide a much-needed breather, allowing the intense emotions of anger and disappointment to subside. If you're committed to healing the relationship, then read on for some helpful tips.

Have you considered that everything you hear or read may be sensationalized to get a strong response from you and aimed at your heartstrings more than your rational brain? They call these things dog whistles, intended to make you fearful, angry, or outraged.

Try to see it from the other person's perspective. I am not telling you to forget your own convictions. Is it possible you were both so passionate that you both momentarily lost track of each other's feelings? Did you behave badly, or were you

unkind? Was the other person out of control?

Reach out with a small gesture to test the water. Someone must take the first step, and since you consider the loss a bad thing, it may as well be you.

Be ready to listen more than defend. When they are finished, you can add your thoughts. This is not easy because one of you may still harbor anger. However, it is a great time to be patient, empathetic, and compassionate. Is the relationship worth repairing? If it is, then this will be easier.

Avoiding the blame game is key. Dwelling in the past will

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Fundamental Rights

by: Janice Gillespie-LegislativeAide-Editor



The right to vote is a fundamental right of U.S. citizens, as it should be. Every American has the right to vote for their representatives on every

governmental level. But is the right to vote unfairly hindered for those without access to the polling place due to disability, lack of transportation, or work schedules? What happens if you are out of town on election day or out of the country? Does that mean that you give up your right to vote? Maybe you are a caretaker who cannot leave your person or persons and have no way to take them with you. A parent of small children might find it challenging to bring their young ones to the polls with them. What about those patients who are hospitalized? How about people with low incomes and unhoused who cannot think past their next meal? So many scenarios could prohibit a voter from exercising their right to vote. What does this mean? Does it mean only eligible voters have the right to vote if life circumstances align perfectly with election day? Currently, state voting laws vary, which can be confusing. We need consistent laws nationwide.

Two of the bills in Congress are:

H.R. 11: S. 2344 Freedom to Vote Act

Makes election day a federal holiday, mandates two weeks of early voting, expands voter registration through automatic, same-day, and online registration, requires states to allow vote-by-mail and eliminates burdensome excuse requirements. This bill would also ban partisan gerrymandering and require all entities spending over \$10,000 to disclose donors. The bill also restores the right to vote for felons who have served their sentence and been released from prison. Regarding election administration, this bill limits voter roll purges, increases voter accessibility, and ensures mail-in ballots are tracked. States with voter identification requirements will be directed to allow various forms of I.D., increasing everyone's ability to vote and ensuring secure elections.

H.R. 1439:S.700 The Vote at Home Act

This bill would require every registered voter to receive their ballot via USPS with prepaid return postage. Implementing this policy would allow all to access the ballot box and reduce voter suppression through obstacles such as absentee ballot excuse requirements or polling location inaccessibility.

Annie Malone Children and Family Services

Lisa Reid-St. Officer of the St. Louis Gateway Local 8



At Annie Malone, I proudly serve as a Board Member. I believe and share the same sentiments that every child is a person of worth and that the children of our community are our most valuable resource. Children and families should have the opportunity to live in an environment that enables them to develop healthy self-concepts to achieve their potential and to become productive citizens.

Malone is to be a premier organization that offers diverse services advancing the quality of life for children and families.

Annie Malone Children and Family Services have been committed to the St. Louis Community. It opened in 1888 as the St. Louis Colored Orphan's Home. Helping St. Louis families for more than a century, the agency today has grown into a multi-service center in the community, addressing the social and education needs of children and families in crisis and at risk throughout St. Louis. The St. Louis Auxiliary proudly supports the programs at Annie Malone.

Annie Malone Children & Family Services is a long-standing social service agency in the St. Louis area. The programs aim to reduce the presence of crisis in the community. The goal is to improve the quality of life for children, families, older adults, and the community by providing social services, educational programs, and advocacy. The vision at Annie

Below are just a few of the programs offered:

- * Parent Advocacy and Education Program and Services
- * SAFER Teen Drug Program and Services
- * Crisis and Emergency Respite Program
- * Economic Mobility Program (EMP)

Day of Action

Union and auxiliary members, retirees, and the public rallied for the “people’s post office on October 1st. The message country-wide was that We won’t be silenced. The messages were clear: vote-by-mail is safe, better staffing is a must, and all mail should be treated with care and expediency. The American people deserve good, reliable service and a voice in how the Postal Service is run. We can’t stop now; we all need to keep our voices heard and demand that our senators and representatives in Congress pay attention.



Pennsylvania



Lisa Beer
Pennsylvania



Scott and Joyce Tanguay
Maine



Janeil Payne
Oregon



Janeil Payne, Becky Jones-Longden, and
Brooke Schilling
Oregon

Day of Action continued



Doris Poland
Maine



Jesse Walker, Kurt Zetterwall, Ann Zetterwall, Kath Walker
Minnesota



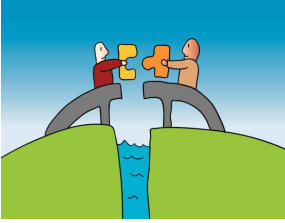
Lacon Bacon and Kim Karol
Iowa



Iowa



Bridge Builder Guidelines



The Bridge Builders Award was designed to recognize those members of either the Auxiliary or the APWU who have supported the Auxiliary. Those honored with this award are active in one or more areas: 1.

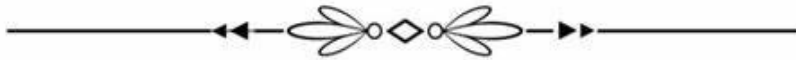
Assisting the Union/Auxiliary 2. Human Relations 3. Legislation 4. Political Action 5. Public Relations 6. Organizing/ Recruiting. This award is given to one person per state only once a year. The nomination letter must come from an Auxiliary Member and list the areas where the person is active. A recipient may only receive the award one time. We encourage all Auxiliary members in good standing to submit a letter of nomination for a Local or State Auxiliary or APWU member. That person may be someone that no one

sees. It may be the member who sells all those rolls of raffle tickets to help raise funds or the member who lugs all the boxes and helps set up. That member may have written countless letters to their representatives or helped during a campaign.

The list goes on and on. Those members are out there, and they deserve to be recognized and rewarded. Please take a few minutes to tell us about that member.

The deadline is January 1, 2025. You may email the completed form and optional nomination letter to Lisa Beer at lbeer@apwuauxiliary.org, or mail the form and optional letter to Lisa Beer at 3006 N 5th Ave, Whitehall, Pennsylvania 18052-7404I.

The form can be found on page 6 of this issue.



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rehash the problem that started the need to apologize for any part you played in making them angry. You do not have to eat dirt, but you do need to tread lightly. Be honest without being brutal, keeping in mind that you want to heal the damage done.

If the other person is amenable to mending things between you, try meeting in a public place where you can both be reminded to act like adults and be calm and rational. Make it a place that will not commit to hours of time or a large expense. If things can't be repaired, keep the time together

short to avoid additional damage. Try texting a joke that you will both find humorous. Laughter is the best way to start. It makes you both feel good.

This article was a compilation of several articles I read to help us all heal from the fray. I hope we all can mend any situation that needs a little help. This can apply to arguments among Auxiliary members wanting to heal their organization. We have a great cause to share, so let's get on with working to improve the APWU and Auxiliary.

What Animal Are You?



Are you a Lion? Or a Beaver? Are you detail-oriented or someone who goes along with the crowd? Join us on the next Zipline, where we will *explore* the four personality traits outlined by Dr. Gary Smalley, an American counselor and author. A simple question-and-answer exercise

will help us identify how we naturally respond to others. This will be a fun interactive meeting that might open our eyes to our strengths and weaknesses and those people around us. It takes all kinds to make the world go around and to make an Auxiliary.

Zoom Meeting <https://zoom.us/j/368309307>

Meeting ID: 368 309 307 One tap mobile

+16699006833,,368309307# US (San Jose)

+16465588656,,368309307# US (New York) Dial by

your location +1 669 900 6833 US (San Jose) +1 646

558 8656 US (New York) Meeting

Find your local number:

<https://zoom.us/j/368309307>

The next meeting is December 3, 2024.



Bridge Builders Award Nomination Form

**Please Send (via U.S. Mail or email) completed form of nomination to:
Lisa Beer 3006 N 5th Ave Whitehall, PA 18052 lbeer@apwuauxiliry.org**



**PLEASE USE BLACK INK TO FILL OUT FORM
THIS FORM MUST ACCOMPANY YOUR NOMINATION**

1. Name of person being nominated:

2. City and State that nominee is from:

3. Which of the following has the nominee been active in? (Check all that apply)

- a. Assisting the Union/Auxiliary
- b. Legislation/Political Action
- c. Public Relations
- d. Human Relations
- e. Organizing/Recruiting
- f. Other (Please Specify)

4. Has the nominee been or is an Officer in the APWU or Auxiliary to the APWU? APWU AUXILIARY

5. Offices held and at what level?

_____ State _____ Local _____

6. How many years has this person been a member (if known)

7. Is their family member involved? (Brief description)

8. Did they chair any committees for their local or State? Yes please give details

9. Did they implement any new programs at the State or local level? yes please give details

10. Please tell us about any community service they are or have been involved in:

11. Name, address, and local of the person submitting this nomination:

Date Submitted _____

Submitted by (name and local)

****FORMS MUST BE RECEIVED BY JANUARY 1st, 2025****



I was elected as director of APWU Health Plan in 2019 to help create and foster the kind of health insurance benefits and services you and I would want for our families—and to keep your best interest at heart. I'm not only the Health Plan director, I'm also a member and feel a huge sense of security knowing my family is protected from high-cost healthcare bills.

Sarah J. Rodriguez
Director, APWU Health Plan

APWU HEALTH PLAN

All eligible postal employees and retirees can enroll.

Compare premiums for the 2025 plan year.



High Option premiums

★★★★★
HO

High Option members will pay a lower premium in 2025. A yearly savings up to \$829.

Self PSHB enrollment code 23A		Self Plus One PSHB enrollment code 23C		Self & Family PSHB enrollment code 23B	
Biweekly	Monthly	Biweekly	Monthly	Biweekly	Monthly
\$109.86	\$238.03	\$213.05	\$461.61	\$277.28	\$600.77
★★★★★		★★★★★		★★★★★	

Consumer Driven Option premiums

★★★★★
CDO

Self PSHB enrollment code 23D		Self Plus One PSHB enrollment code 23F		Self & Family PSHB enrollment code 23E	
Biweekly	Monthly	Biweekly	Monthly	Biweekly	Monthly
\$80.62	\$174.68	\$175.23	\$379.66	\$191.16	\$414.17

★ APWU special rates biweekly ★

For APWU career bargaining unit employees with more than 1 year in PSHB/FEHB.

Self PSHB enrollment code 23D		Self Plus One PSHB enrollment code 23F		Self & Family PSHB enrollment code 23E	
APWU career less than 1 year and PSE	APWU career more than 1 year	APWU career less than 1 year and PSE	APWU career more than 1 year	APWU career less than 1 year and PSE	APWU career more than 1 year
\$80.62	\$16.12	\$175.23	\$35.05	\$191.16	\$38.23
★★★★★		★★★★★		★★★★★	



OPEN SEASON HOTLINE:

800.PIC.APWU (Opens Oct. 28)
 openseason@apwuhp.com
 (response within 48 hrs)
 openseason.apwuhp.com

subject to the definitions, limitations, and exclusions set forth in the Plan's Brochure (RI 71-004).

Human Relations Project Court Appointed Special Advocates Guardians ad Litem

By: Brooke Schilling-Human Relations Chair



The National Auxiliary to the APWU is excited to share our new human relations project for the next two years: supporting CASA (Court Appointed Special Advocates). CASA is all about making sure every child in the foster care system has a voice and gets the care they deserve. As a crucial organization providing support and advocacy, CASA relies on the generosity and involvement of community members, and that is where we come in!

CASA/GAL programs work hard to advocate for the best interests of children in foster care. Trained volunteers, called advocates, speak up for these kids in court and strive to help them find safe and permanent homes as quickly as possible. Advocates consider each child's emotional, physical, and educational needs and work closely with the community because CASA/GAL programs depend on community support to thrive. Research shows that children with a CASA/GAL advocate are likelier to find a safe, permanent home. With about 400,000 children in foster care in the U.S. at any given time and over 1,000 CASA/GAL programs nationwide, advocates play a vital role in ensuring these children spend less time in foster care. They typically complete 30 to 40 hours of training before taking on a case, highlighting how vital their work is.

Your donations are crucial for supporting CASA and the children it serves. Consider donating new clothes to provide comfort and dignity to kids who arrive in foster care with very few personal belongings. Items like shoes, clothing, and accessories are always appreciated. Monetary contributions also make a big difference, as they help CASA fund essential programs and resources. Whether you make a one-time gift or set up a recurring donation, your support goes a long way. CASA also welcomes donations of school supplies, toys, books, and hygiene products, which can help kids feel more normal during a tough time. Please check with your local chapters for a list of accepted items.

Please join us in supporting CASA/GAL.

Health Plan Seminar 2024



Several National Officers attended the APWU Health Benefits Seminar in Baltimore, Maryland, on October 18-20. Sarah Rodriguez and her team did an excellent job, which included providing classes with knowledgeable instructors. Throughout the seminar the health plan was broken down in layperson's terms so that the participants could understand and explain it to others in their home states.

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