

# NEWS & VIEWS

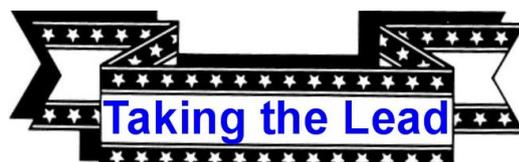
News & Views is published monthly – except for July and August by the Auxiliary for the Auxiliary, PO Box 4243, Lincoln, NE 68504. We are a proud member of the APWU Postal Press Association

Volume 31,  
Issue 8

APRIL 2015

## A Time to Gather - Planning Successful Auxiliary Conventions, Seminars and Meetings

By Kathy Danek, President



1. Convention and Seminar season is upon us. It is the time when we come together as states and regions to address the growth and direction of our Auxiliaries. As an Auxiliary, we have the responsibility to ensure all of our locals and members at large are informed on the issues affecting their organization, prepared to take action on issues coming before their state organization, have the ability to discuss and modify those actions, and finally know how to participate in the conventions and elections. For some states, they have a convention every single year. They transact business, have committees, send out convention calls, and meet in a publicized convention – usually held in the same location as the state APWU. For others, they have biennial conventions (every two years) They might be hosting a seminar alongside the union. While no official business takes place, these seminars can be a unique opportunity to grow and strengthen your state auxiliary. When looking at any meeting, remember to host a Friends, Fellowship and Fun component. Your district coordinator should be willing to help you with this activity. I know they all love hearing from each of you.

2. **Planning a Convention or Seminar:** Make sure you have a meeting room and scheduled time for the gathering meeting. Plan an agenda. Most times, if you contact the President of the State APWU they will help you with a space for your convention. Don't wait until you get to the meeting to look for a room – it is much more efficient and welcoming to have this done in advance.

3. **Invite your membership.** If people don't know you are having a convention, seminar or meeting, they cannot make plans to attend. These things don't just magically happen, but with a little planning, you can ensure that you will have members and prospective members join you. A small invitation sent out 3 to 6 weeks prior to the event really makes people feel welcome. They'll look for your smiling face and that hand of friendship. You can also have flyers at the registration desk for prospective members.

4. **State Convention:** Your state constitution should detail when you have a convention and where it should be located. All

members have a right to be represented at the convention. If they are members in a local Auxiliary, the local should elect their delegates and send that information to the state Auxiliary. Members at Large also have a right to be delegates at your meeting. **A convention call** should be sent to members and locals. In most states prospective members are invited to attend (but not vote) the convention. This is a great opportunity to build our membership and gain new friends. If you have elections scheduled at your convention, make sure you send out a notice of election. Your state constitution should detail the representation (voting strength), officers and their responsibilities, and the terms of office.



5. If it is a seminar, it is a little less formal, but still equally important to extend the hand of friendship. There is an old line, "you don't know – what you don't know". We cannot grow the activity of our organization if we do not invite others to join us. Here are a couple of ideas:

President's article continued on page 5

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## District Four Coordinator—About Me

By: Debra Stewart

I became an Auxiliary member in 1977. Soon after, I became the President of the Fort Worth, Texas Area Local Auxiliary, where I learned a lot from my mentor, Dolores Fuchs.

Later I became State President for the Texas Postal Workers Union Auxiliary. I was elected to the National Auxiliary Executive Board in 1994 as the District 4 Coordinator. District 4 is made up of five unique states, Arkansas, Louisiana, Mississippi, Oklahoma, and Texas.

I am very proud of my district. The auxiliary

members make this district what it is. Working together with each member is very rewarding. I have made many life time friendships while serving as the District 4 Coordinator for over 20 years.

My hat is off to all the auxiliary members, state presidents, and APWU members that support this auxiliary. My heart and passion belongs to this great organization. Working together we can make it HAPPEN!!!



## Events and Dates to Remember

By: Bonnie Sevre

This is the season of many state conventions and seminars. Remember to keep track of the various activities in which you participate.

Some events and dates to remember are:

- **The Organizing and Membership Contest** (Details were outlined in the February issue of News and Views). Cash prizes will be awarded to the state and local auxiliary
- winners of the contest!
- The **Nilan Scholarship** applications must be postmarked by July 31st. The topic of the essay is "How does the APWU Auxiliary Make the Postal Service Better?" Graduating seniors are **not** eligible to apply for this scholarship.
- **Feeding America Backpack Program** - ongoing until our National



Auxiliary Convention in 2016.

- **Auxiliary Achievement Award** - also ongoing - awards to be presented at the National Auxiliary Convention next year. Perhaps you can work as a group to get your forms updated.
- **Bridge Builder Award** - which

needs to be postmarked by December 31st. This is several months away but you can start thinking about who you would like to nominate to receive this award now. Time creeps up on us and we can get busy in the fall. Details for this award will be in an issue of News and Views this fall.

Of course you have your state and local auxiliary activities to keep you busy. Hopefully, many of you are actively working to make your representatives and senators aware of the need to keep a public postal service. Also urge them to vote in support of bills that are favorable to postal workers and the public in general.

Please let me know of projects and activities that you are involved with in your local and state auxiliaries, including pictures. I would love to include the work you are doing in future "New and Views" issues.

\*The American Postal Workers Union is currently in the middle of contract negotiations. The contract expires on May 20th. President Dimondstein has asked us to help get the word out to the public to support the APWU. The motto is:

- Good Postal Service!
- Good Jobs!
- Good Contract!

As part of the contract negotiations the American Postal Workers Union is fighting to stop the closing of post offices and reductions in service. In fact, they want to expand post office hours and services. A good example is the Campaign for Postal Banking, which is fighting to secure postal financial services for the millions of Americans who don't have access to banks. \*(source: APWU)

# Organizing and Retaining Members

By: Kathy Danek

We all joined the Auxiliary for different reasons. It might be a great opportunity to ask your members that important question: "Why did you join the Auxiliary?"

In years of activity there have been many reasons. Here are a few of them: I like the people. I need to protect the job of my family member. I loved that human relations project. Somebody asked me. I have something to offer. They made me feel welcome. I wanted to support the APWU as a family member. I like their newsletter "Auxiliary News and Views." There are certainly many more reasons, but they all start with one question, "Would you like to join the Auxiliary?"

It seems simple enough, but we cannot stop with that first invitation. What do we do once they become members in the Auxiliary? Here are a few tips as you begin.

If you are a local or state Auxiliary have flyers to share the information about the Auxiliary. Make sure you also have a small sheet about your local or state activity. Include meeting times and places. FOLLOW UP – if they join the Auxiliary, make sure you get contact information including phone and

email information. Send them a welcome letter and ask them if they have any questions. You might ask for help from other active members. Perhaps you could have a "mentor" activity by assigning new members a "friend" in the Auxiliary. That person could make sure they know when events are held, pick them up and bring them to the meeting, and find out what inspires them to dedicate their time and talent.

This topic is an ongoing responsibility and will be expanded on in future issues of News and Views. We need to do more than collect dues - we need to organize local and state chapters, train leaders, and continue to strengthen a strong foundation. It's up to us. This Executive Board has prioritized the activation of new local auxiliary chapters across our country.

While we are short district coordinators, we do have officers stepping up to help in those areas. If you are in District 3, contact Legislative Aide Editor Bonnie Sevre or President Danek. If you are in District 5, contact Treasurer Trisa Mannion or President Danek. All other district prospects should contact their district coordinator OR President Danek.

## This Month in History - April A Little Bit of Trivia

- 1 Oliver Pollack invents the dollar sign \$ (1778)
  - 2 Congress passes the Coinage Act and the U.S. Mint is born. (1792)
  - 3 The Pony Express begins delivering the mail. (1860)
  - 4 Susanna Medora Salter is the first woman to be elected mayor in the nation in Argonia, Kansas. (1887)
  - 4 Martin Luther King Jr. is assassinated. (1968)
  - 4 The North Atlantic Treaty Organization (NATO) is signed. (1949)
  - 6 Twinkies hit the market. The first Twinkies were banana-filled.(1930)
  - 7 The musical *South Pacific*, by Rodgers and Hammerstein, opens on Broadway. (1949)
  - 7 The World Health Organization (WHO) is founded. (1948)
  - 8 Hank Aaron of the Atlanta Braves hits his 715th home run to surpass Babe Ruth's 714 home run record. (1974)
  - 9 French explorer LaSalle reaches the Mississippi river (1691)
  - 10 The "unsinkable" RMS Titanic departs on it's maiden voyage from Southampton, England. (1912)
  - 10 The first professional golf tournament was held. (1916)
  - 12 By an Act of Congress, Puerto Rico becomes a U.S. territory. (1900)
  - 12 Russian cosmonaut Yuri Gagarin becomes the first person in space. (1961).
  - 14 President Abraham Lincoln is shot by John Wilkes Booth at Ford's Theater in Washington, D.C. He died the next day. (1865)
  - 15 The Titanic hits an iceberg in the Northern Atlantic ocean and sinks. (1912)
  - 18 Paul Revere makes his famous ride from Charlestown to Lexington, Ma., shouting "the Red Coats are coming" as the American Revolutionary War begins. (1775)
  - 18 The Great San Francisco earthquake hits, killing 700 people. (1906)
  - 19 The Revolutionary War begins. (1775)
  - 25 Delegates from 45 countries meet in San Francisco to organize the United Nations. (1945)
  - 27 Senior citizens take note, the first Social Security checks were distributed on this day in 1937.
  - 29 Gideon Sundback of Hoboken, N.J. patents the zipper. (1913)
  - 30 The Vietnam War ends with the fall of Saigon (later renamed Ho Chi Minh City) (1975)
- \* source: the internet - "Holiday Insights"

# Budget Bills, Congressional Legislation Affecting Postal Employees

Compiled by Bonnie Sevre - information taken from [www.APWU.org](http://www.APWU.org)

## Budget Bills: Cut Postal, Federal Pay

In March the House and Senate Budget Committees released their budgets for Fiscal Year 2016 and both contain severe hardship for federal and postal employees. Among other harmful provisions, these recently unveiled budget bills call for significant increases in the amount federal and postal employees must pay into their retirements - without any increase in benefits. Under plans endorsed in the FY2016 congressional budgets, up to 6% of a postal worker's wages would go towards retirement payments - reducing wages by thousands of dollars each year for the same benefits. In recent years, employee contributions under FERS (Federal Employees Retirement System) have risen from 0.8% all the way to 4.4%, with further increases now being considered.

Over the past five years, lawmakers have already cut federal and postal workers pay and benefits by \$159 billion - and now they want more.

"There is no justification for these pay cuts," said APWU President Mark Dimondstein. "The Postal Service is 'off budget' and doesn't get a dime of taxpayer money," he pointed out, "and postal pension accounts are almost fully funded."

"If Congress was serious about reducing the deficit, they would eliminate the tax breaks for the Wall Street crowd instead of coming after workers," he added.

Legislative and Political Director John Marcotte also condemned the proposals. "This is a blatant pay cut for postal workers," he said. "Congress can't continue to balance the federal budget on employees' backs.

"We will vigorously fight these bills," Marcotte said.

## Congressional Legislation

Following are bills and house resolutions which are being proposed in the House of Representatives with a brief description of each bill. The APWU opposes H.R. 1230 and is in support of H.R. 784, H. RES 54, H. RES 28, and H.RES 12.

### H.R. 1230 Government Employee Pension Reform Act of 2015 (OPPOSE)

While the House and Senate budgets seek to increase employee retirement contributions, another new piece of legislation aims to cut the amount we receive in retirement benefits. H.R. 1230, introduced by Rep. Bruce Westerman (R-AK), would "tweak" the way the federal retirement system calculates annuities. Rather than average the highest three years of an employee's salary, H.R. 1230 would take the average of the five highest years. The net effect would be

big cuts in how much federal and postal employees receive in retirement benefits. According to the Congressional Budget Office, over ten years, the bill would take over \$3 billion out of the pockets of retired workers.

### H.R.784 (SUPPORT)

To reinstate overnight delivery standards for market-dominant products, and for other purposes.



### H. RES 54 (SUPPORT)

Expressing the sense of the House of Representatives that the United

States Postal Service should take all appropriate measures to restore service standards in effect as of July 1, 2012. To date this resolution has 124 cosponsors - 18 Republicans and 106 Democrats.

### H. RES 28 (SUPPORT)

Expressing the sense of the House of Representatives that the United States Postal Service should take all appropriate measures to ensure the continuation of door delivery for all business and residential customers.

### H.RES 12 (SUPPORT)

Urges the U.S. Postal Service (USPS) to take all appropriate measures to ensure the continuation of its six-day mail delivery service.

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We need to continue calling, meeting or writing our Congressmen and urge them to oppose H.R. 1230 and to support the other House Bills and Resolutions noted. APWU activists are being asked to send the message that 'mail matters:'.

A month ago House Resolution 54 had 45 cosponsors. This resolution now has 124 cosponsors. It does make a difference when the public lets their Congressmen know how they feel about the post office.

Many of our Congressmen are getting a lot of pressure from special interest groups to vote on legislation that would have a very detrimental effect on the postal service. We need to let our elected Congressmen know that they are there to represent us and not some special interest groups. We need to let them know that we will vote for candidates who want to preserve the Postal Service as a public institution!

## Resignation of District 5 Coordinator: Karen See

The Auxiliary is sad to announce the resignation of District 5 Coordinator Karen See. We wish Mrs. See well in her future endeavors and we know things happen for a reason,. The following is the letter from Mrs. See.

*I am sorry to tell you this, but I am going to have to resign my position as the District 5 Coordinator. I have had some changes in my personal life and I will be moving out of the district very soon. I am really disappointed that I cannot continue. I so enjoyed working with everyone and was looking forward to future endeavors. I always believed that everything happens for a reason so I am sure there is a reason for this change in my life as well.*

*I will continue to do everything I can to support the Auxiliary and my family members will be members as long as I'm able.*

*Thanks for having confidence in me.*

*All the best,*

*Karen J. See*

Because of this resignation and the appointment of Bonnie Sevre to Legislative Aide Editor, we are in need of a coordinator in both District 5 and District 3. The Auxiliary is looking for an individual to fill each of these positions. If you have an interest in serving as an officer on the Executive Board, please contact President Kathy Danek, 4261 Knox, Lincoln, NE 68504, email [kmdanek@apwuauxiliary.org](mailto:kmdanek@apwuauxiliary.org) OR [kmdanek@aol.com](mailto:kmdanek@aol.com) , 402-464-8557.



**A TIME TO GATHER** - President's article concluded

- a. A small training about the Auxiliary might be in order.
  - b. You might have a group working on a human relations project. Many of our most active members loved their opportunity to work within the community in the name of the APWU and Auxiliary.
  - c. Include a social or local experience. Food, fun and friends – a less formal time where we can get to know each other and encourage them to join us.
  - d. An information item on the need for their help to save the Post Office.. We are all here because we rely on the jobs of the APWU at our local Post Offices. These good paying jobs with benefits affect every APWU family and we are at risk of losing them. Building on the shared need to keep that income should give us something to talk about.
6. Your district coordinator, or officer assigned to your event should be in contact with the state president prior to the event. They can also assist you with the education part of your convention. They have been trained in many workshops, know the things the APWU has asked us to help with, and are experienced in COPA drives, and ready to share the National Auxiliary information.
7. Have great conventions and seminars.. This is your time to shine, your time to grow and your time to make new friends.

### PLEASE NOTE:

**RE: Check the "Dues Expired" on your envelope label**

Several members have inquired about the date of the dues on their News and Views envelope.

If you have paid your dues in the last few months and it is not showing on your envelope label, **don't panic!** It can take awhile for the updated dues to appear on the label. Local and state treasurers don't always mail the dues immediately. Once it reaches our national treasurer, she might have a lot of members to update, or she might be traveling, etc. After she updates her records they are sent to our national president who is currently updating the mailing labels.

Since a lot of members submit their dues at the beginning of

the year it may take a few months to show up on the mailer. If, after a few months you still don't see the date changed let Bonnie Sevre, our Legislative Aide/ Editor know. Your membership is **very** important to us and we want to be sure all dues are credited properly!





Lace up your walking shoes, cue the playlist and step into spring with a brisk energizing walk. Putting one foot in front of the other is one of the simplest ways to head out doors, breathe fresh air and get fit. Walking is one of the easiest ways to get your exercise in and the benefits are worth every step.

With many American's piling on excess pounds as a result of conforming to a more sedentary lifestyle, campaigns for fitness walking are an important initiative for organizations like The American Heart Association (AHA), and the National Association for Sport & Physical Education (NASPE). The goal is to share how easy and convenient it is to incorporate physical activity into daily life.

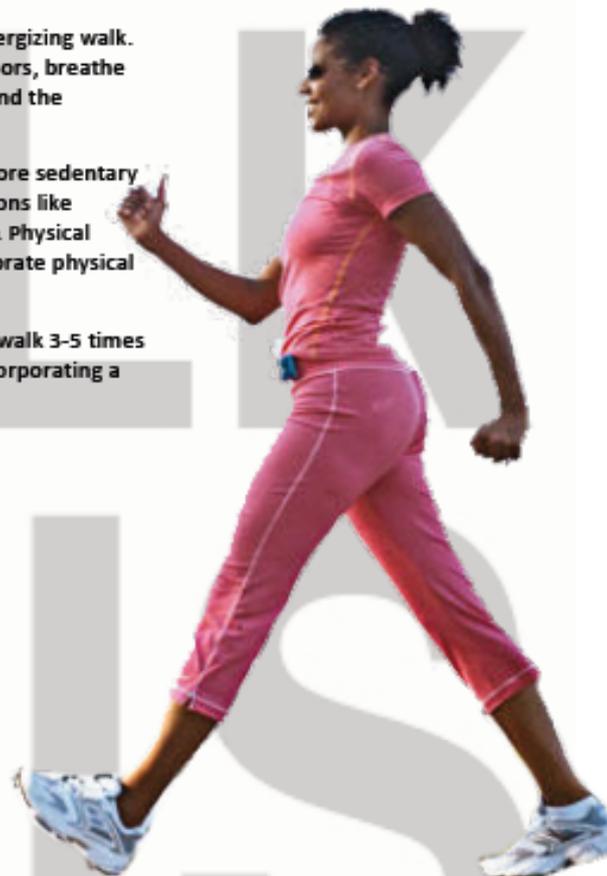
Many people are discovering how beneficial walking can be. A brisk 10 minute walk 3-5 times a week can result in decreased stress, increased focus and reduced fatigue. Incorporating a daily walking routine over time can produce the following life altering benefits:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Reduce the risk of non-insulin dependent (type 2) diabetes
- Improve blood lipid profile
- Reduce risk of hypertension
- Maintain body weight and lower the risk of obesity
- Lose fat around your mid-section
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Boost immunity
- Improve glycemic control

The great thing about walking is that there is no need for an expensive gym membership, or complex exercise equipment. All you need is a little motivation and a good pair of walking shoes. Here are some expert tips to get you started on your walk to better health. It is important be sure to have to best form possible to reduce injury:

- **Get the right gear.** Pick shoes with proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock. While walking outdoors, wear bright colors or reflective tape for visibility if it is dark.
- **Kick-off with a stretch.** Be sure to warm up before you begin, then cool down at the end of your walk to avoid cramps or injury.
- **Keep good form.** Stand tall with your head up looking forward, not at the ground. To avoid straining your back don't lean forward or backward as you walk.
- **Set your pace.** It is important to get your heart rate up. So if your hands are just dangling at the sides, you're probably not walking fast enough.
- **Shrug your shoulders.** Then relax them occasionally so you are not tense. Keep your shoulders loose as you walk.
- **Join a walking group.** Having a partner will help you stay committed and provide good company.
- **Purchase a pedometer or fitness tracker to monitor your steps.** These cool tech watches count every step you take and track your daily steps.
- **Choose your course carefully.** If you'll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven turf. Choose well lit areas.
- **Set realistic goals.** 10,000 steps per day or 30 minutes per week. Start where you are comfortable and continue to work your way up by increasing your time and steps.

Start off slow if you have not been exercising regularly. Walking your way to wellness is a long term lifestyle change. Once you take that first step, you're on the way to better health.



**(800) 222-2798**  
[www.apwuhp.com](http://www.apwuhp.com)

**APWU**  
HEALTH PLAN  
Together. Better Health.

# COPA "TEN TO WIN"

Compiled by Bonnie Sevre - information from APWU Legislative Department

It is no secret that educating and lobbying Congress are critical to the short- and long-term welfare of our members. Many of our benefits are under attack on Capitol Hill. Enemies of the middle class are looking for ways to extend a system where postal workers are taxed at a higher rate than many venture capitalists, and they are using the federal workforce as a piggy bank to balance the federal budget.

Rep. Paul Ryan's (R-WI) recent budgets that force federal and postal employees to pay three times more for FERS retirement – with no increase in benefits – amount to a pay cut. Unfortunately, there are plans to increase employee contributions again this year.

Bills are lurking that would take away the retirement supplement for FERS retirees, cut federal and postal health care, slash benefits for injured federal workers, and cut Medicare and Social Security, to name a few.

In the past, bills like these would garner little congressional support, but that's no longer the case. Moderate members of Congress are being defeated in primaries or general elections by a flood of money from undisclosed donors. A few wealthy individuals and corporations have tilted the scales by delivering dollars, not voters.

How can workers fight back against the influence of money in politics? We can complain about it, do nothing, and wait for change. No matter how tempting this strategy may be, it's doomed to fail.

Current campaign finance laws are a severe threat to our republic. However, we can get into the game, play by their rules, and fight back. By combining the modest contributions of a large number of workers we can counterbalance the large contribution by the few.

That's where COPA, the APWU's Committee on Political Action, comes in. COPA seeks to elect members of Congress – regardless of their party affiliation – who defend postal workers and a vibrant, public Postal Service.

The focus of our COPA efforts will be to involve a greater percentage of our members and to sign them up for automatic

contributions. **Sign up has been simplified, eliminating the need for active members to use *PostalEase* to set a payroll deduction for COPA!**

The APWU is offering incentives for locals, states and retiree chapters to increase member participation in "*COPAmatic*" giving.

Why "Ten to Win"? Currently 1% of the APWU membership gives to COPA using the reoccurring contribution method while 8 % of retirees give to COPA by reoccurring contributions. The goal is to get 10% of the membership to sign up for the payroll deduction with a \$10 contribution per pay period. This allowed using the number 10 as a goal for the percentage of local or state membership enrolled in reoccurring contributions to COPA and the amount of the suggested contribution. Any reoccurring contribution counts toward the ten percent goal. Annual and biennial incentives will be offered to encourage members to sign up for the reoccurring deduction.

The Auxiliary to the APWU will be assisting in signing up members at state conventions and seminars.

**Remember**, this COPA money will go to help support candidates of both Republican and Democratic parties who support postal issues!



<http://epostcard.form990.org/>

**Have you filed your IRS 990N yet? If your tax year ends on December 31st your 990N must be filed annually by May 15 to retain the organization's Not For Profit Status. If you need assistance call Treasurer Mannion. When it is complete send the accepted notice to Treasurer Mannion.**



# April 2015

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### THINGS TO REMEMBER:

- Check the "Dues Expired" date on your envelope label. If your dues are not current, please send a check for \$5.00 per year for National dues. Mail them to:  
Treasurer Trisa Mannion at  
3038 Cloverdale Ct, Grand Junction, CO 81506
- State and Local dues should be paid to your state and local treasurers.

## Human Relations Backpack Project

Joyce Tanguay, Chair, Bonnie Sevre Co-chair

The Backpack Project is off to a great start. We have already received many generous donations from across the country.

Several Local Auxiliaries are doing the Backpack Project in their own state.

### Feeding America

### Backpack Program



### Care to Donate?

Make checks payable to:  
**National Auxiliary APWU**  
and mail to:  
Trisa Mannion  
3038 Cloverdale Ct  
Grand Junction, CO 81506

## Your Impact

# \$1=10 meals

For every dollar donated, the Feeding America network of food banks secures and distributes 10 meals to people facing hunger.

### Our Impact

The Feeding America network leads the fight against hunger.



**46.5 million**  
people served



**3 billion**  
meals sourced



**800 million**  
pounds of  
produce delivered

\*Fiscal year 2014 annual results