

News and Views



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September-October 2025

What is Going Right?

By: Trisa Mannion-President



For starters, the Auxiliary is growing not just in numbers but in active members. Welcome to the new 100% Auxiliaries, Denver BMC, Maine MALs, Cape Girardeau, Missouri, Central Missouri, Kirksville, Missouri, Saint Louis, NDC, and Springfield, Missouri. Are you wondering why this is so remarkable? To be a 100% organization, there must be an Auxiliary member for every APWU member.

Another thing that is going right is the attendance at the Zipline meetings. You are showing up to learn, share, and be a part of our successes. The next scheduled Zipline is October 14.

The public is backing the People's Postal Service and not the politicians who want to privatize. America knows we will lose if big business privatizes our Postal Service. That is definitely going in the right direction. We need to keep reminding them of the potential consequences.



Have you noticed the growth in Missouri? Something must be going right there.... I credit the new leaders in the APWU and Auxiliary locals for the foresight to start the chapters. I also give a lot of credit to Beth and John Zamudio. They work hard to encourage these locals and guide them to the successes they have achieved. I am amazed by each of these leaders. Well done, Missouri!

Auxiliary members are at rallies, calling their congressional leaders, talking to their family and friends to encourage them to make those calls. We want to remain proud of the United States Postal Service. We recognize the need to be involved in the fight to prevent privatization and the destruction of the service. The result of that effort was the removal of the detrimental proposals that were harmful to postal families in the Big Beautiful Bill. That is what we are doing right and need to continue to fight for the right to have an affordable Postal Service with well-paid employees. These things affect our families in a positive way.

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We Declare...

By: Janice Gillespie-Legislative Aide-Editor

July 26, 2025, marked the 250th anniversary of the United States Postal Service. Two and a half centuries ago, members of the Second Continental Congress appointed Benjamin Franklin as the first Postmaster General, one year before declaring independence from Great Britain. The Postal Service is the oldest federal agency and is in fact older than the United States-and is worth protecting.

Big money conglomerates have wanted to tear apart the Postal Service for their own gains for years. The fight we are in is not a new one. We have fought this same battle for years. And through the efforts of members of the Auxiliary, the APWU, retirees, and the American people we have managed to keep the post office from being privatized.

The APWU has initiated a national campaign to introduce proclamations to local city councils, county commissions, state and tribal governments, and any other local or state governments, in order to bolster support in our fight against



privatization. Advocacy needs to happen on every level of the government. Our participation is crucial.

A proclamation is a public or official announcement dealing with a matter of great importance. A sample proclamation is on page three of this issue. It states the many values the post office offers customers, its wide range of deliveries, its source of good union jobs, and it is one of the largest employers of veterans. The benefits of keeping the Postal Service from being privatized is endless. The proclamation asks for an endorsement to keep the USPS of, by, and for

the people.

The Auxiliary to the APWU is committed to its mission to support the APWU in all of its endeavors, and this is no exception. Let's take this proclamation to our government entities and, if possible, speak at the meetings, to educate the importance of the "people's" post office and personally ask for support by way of a proclamation.

APWU POWER: Fighting for Our Future

By: Roxanne Heckman POWER Delegate



APWU Post Office Women for Equal Rights, POWER was first organized in 1979, and is incorporated into the APWU National Constitution. APWU POWER has helped open doors to opportunities for women across the country through educational seminars, workshops, and organizing on local, state and regional

levels. POWER contributes to raising money for COPA, as well as community involvement with the Sisters helping sisters initiative and PERF, The Postal Employees Relief Fund.

This year's 22nd Biennial POWER convention was hosted in New York City. Over 400 attendees were on hand, representing all 50 states, including some men, showing a

true testament to POWER involvement. Each year POWER focuses on a theme, for example, the slogan "A women's Place is in Her Union". This year's focus was on organizing, led by APWU National Vice President Debbie Szeredy. APWU POWER presented seminars on effective leadership skills, growing your locals, and the power, no pun intended, of networking.

Recognition awards were handed out to POWER Founders, Liz Powell and Joyce B. Robinson, and Judy Beard for their longstanding contributions to POWER women.

A sister to the APWU Auxiliary, POWER has been successful in educating, organizing and energizing our members of sticking together in the Union, for we are all in this together.

"The only effective answer to organized greed is organized labor." – Thomas Donahue



Proclamation on the 250th Anniversary of the United States Post Office



Whereas, 2025 is the year of the 250th Anniversary of the creation of the United States Post Office, the predecessor of the modern Postal Service, one year earlier than the founding of the country itself, and later enshrined in the U.S. Constitution,

and Whereas, the Postal Service has played a significant role in the historical development of the country from the establishment of roads, railways, and airlines, and a vital part of the fabric binding together the people of the country,

and Whereas, the Universal Service Obligation (USO) in current law which enables the population to receive equal and affordable services no matter who we are or where we live is a democratic right of the people,

and Whereas, the U.S. Postal Service serves 169 million addresses six, and sometimes, seven days a week, and

Whereas, the USPS does not receive taxpayer money but rather runs on its own revenue created by postage and postal products, and

Whereas, due to its public mission, the Postal service is the low-cost anchor of the \$1.3 trillion dollar mailing and package industry which supports 7 million jobs across the country, and

Whereas, the Postal Service is an important source of good, union, living-wage jobs with fair hiring practices and equal pay for equal work for workers from all walks of life, and is one of the largest employers of Veterans, and

Whereas, any effort to privatize the USPS, in whole or in part, would undermine the very public mission of the Postal Service, the Universal service mandate and the dedicated work of hundreds of thousands of public servants, and

Whereas, while communication habits are always changing, the USPS remains a vital source of communications, the exchange of ideas, financial transactions, private and secure correspondence, mail-order medications, mail-in voting and e-commerce packages, and a host of opportunities for new and expanded services, and

Whereas, the United States Postal Service is owned by the people and is a wonderful national treasure encapsulating the best of government "of, by and for the people," therefore be it

Resolved, that on this _day/month /year the City Council (or appropriate government entity) of goes on record in support of the public mission of the USPS contained in the 1-970 Postal Reorganization Act which says; "The United States Postal Service shall be operated as a basic and fundamental service provided to the people by the Government of the United States, authorized by the Constitution, created by Act of Congress and supported by the people. The Postal Service shall have as its basic function the obligation to bind the Nation together..." and be it further Resolved that this body appreciates the role of the U.S. Postal Service on its 250th Anniversary, salutes the hard-working postal workers from all walks of life who serve the people and business community, and supports a robust and thriving public Postal Service for generations to come!

Special Zipline!

**Legislative Committee Updates
September 16 at 8:00 p.m. ET**

We will discuss legislative priorities, strategies to defeat privatization,
ways to motivate our members into action,
and discuss our next steps moving forward.

The Freedom to Vote Act

The Freedom To Vote Act (H.R. 11, S. 2344) is highly supported by the APWU. Its main components are:

- 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
- Bans partisan gerrymandering
- Requires all entities spending over \$10,000 to disclose donors

This bill, when passed, will increase the integrity of our elections, eliminate voter roll purges, and restore voting rights of felons if they have served their time and are released from custody.

Voting by mail is more popular now than even during the pandemic. The Pew Research Center's Study of validated

voters during the 2024 Presidential election showed that voters were pretty evenly divided between voting in person on Election Day (34%), early in person (32%), or by mail (34%). This bipartisan support for mail-in voting is a testament to its reliability and convenience.

73% of voters in states that have universal mail-in voting, 58% of voters in states that allow voters to request absentee ballots without a reason, and 45% of voters in states that require an approved reason for an absentee ballot are in favor of allowing all voters to mail in their ballots.

Some of the benefits of mail-in ballots are a reduction in mail fraud and the cost of training poll workers, increased voter participation, better informed voters, and it allows voters to vote from the comfort of their home and eliminates standing in line at polling sites.

There is support from both sides of the aisle for voting by mail. We need to keep urging our members of congress to support H.R.11 and S. 2344. Let's continue to educate our friends, families, and co-workers about the value of mail-in ballots.

Paycheck Protection Act

The Paycheck Protection Act (H.R. 2174) sounds like something good to fight for. Paycheck protection? Of course, we want to protect our paychecks. That is not what this bill does.

This bill, if passed, would prevent federal and postal unions from deducting union dues from employees paychecks-even though it is at the request of the union member. This bill would also affect TSP and COPA contributions. Essentially, this bill, as written, would take away a person's right to spend their earnings the way they choose. Do we really need the "powers that be" to tell us what we can have deducted

from our pay and what not to have deducted? Having union dues, COPA and TSP contributions automatically taken out of our payroll is a convenience to us and the organizations that the money is to be given.

Denying a person's right to choose their deductions would negatively effect the unions and other denied organizations. Union officers would have to try to collect dues on the workroom floor or send out dues notices. This would cost the unions time and money. Maybe that is the whole idea. Maybe H.R. 2174 is just one more way to try to weaken the unions.

Federal Workforce Freedom Act

The Federal Workforce Freedom Act (S.1006) intends to ban federal employees from organizing or joining a union. Federal agencies would also be banned from collectively bargaining with labor unions.

This is another bill with a misleading name. Workforce freedom? That sounds good. Right? It's not. It is giving management the

right to do whatever they please and treat people however they want.

This bill has only one co-sponsor and is in committee. It is straight forward and self explanatory. We need to keep a watch on this.

Postal Press Association

By: Janice Gillespie-Legislative Aide-Editor

The Postal Press Association, PPA, held its 2025 biennial conference at the Prairie Meadows Event Center in Altoona, Iowa. President Dena Briscoe, along with her Secretary-Treasurer Chiezika Nwanyanwu (Chez), did a great job. Over a dozen workshops were scheduled, these ranged from Revamping Your Newsletter to Building Our Labor Movement to Labor History. If you needed to brush up on Microsoft Office Word, Excel, PowerPoint, or Canva, it was offered. There was even an exciting class on Artificial Intelligence (AI). I'm still not sure what I think of it, but I was amazed.



Mike and Julie Bates, Dan Ramirez, Lance Coles, and Christine Sarcone

Maryland facility and talking about their colleagues who died from exposure to anthrax, really opened my eyes to the terror these postal workers felt - all the while, being told there was nothing to worry about. The investigative teams that assured them that everything was safe were the same ones wearing hazmat gear from head to toe.

After the show, we were joined by Zoom with Terrell Worrell and one of the film's producers, Sweta Vohra. The whole

audience was captivated, and it was obvious that the emotions from those days were still being felt.

I highly recommend this documentary. It can be found on Netflix. There is also a book titled, "American Anthrax: Fear, Crime, and the Investigation" by Jeanne Guillemin. Guillemin interviewed and became friends with Dena and Terrell both.

Passionate and experienced labor leaders and instructors, including some from the University of Iowa Labor Center, the PPA's seasoned executive board, the APWU National Communications Department, and even Charlie Wishman, President of the AFL-CIO, conducted the classes. Their expertise and dedication were evident in every session.

A movie night brought out emotions in everyone. The documentary presented was "The Anthrax Attacks", about the FBI investigation into who was behind the bioterrorism attacks in the mail after Sept. 11. I, like most Americans, and especially since some of the victims of these heinous crimes were postal workers, had heard about, read, and discussed what was happening. Still, I really had no idea. Safety protocols throughout Postal Facilities were discussed, but few if any were implemented.

Listening to this documentary featuring none other than PPA President Dena Briscoe and her co-worker and friend, Terrell Worrell describing their experience while working at a

A banquet was held on the last night with several guest speakers and a memorial for three PPA leaders who have recently passed. Ed Brennan from Missouri, Florence (Flo) Summergrad from New York, and Mark Sarcone from Iowa were honored.

Eligible members to the PPA include editors and associate editors of local, state, national, auxiliary and retiree publications and websites of the American Postal Workers Union. Elected officers of local, state, national and auxiliary affiliates of the American Postal Workers Union are eligible for associate membership, as well as active or retired members of the APWU. Check out the website at apwupostalpressassociation.gov

NOTICE !

No Zipline on October 7 due to the All-Craft Conference

Next regular Zipline is on:

October 14, 2025 at 8:00 p.m. ET

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/368309307>

Or iPhone one-tap :

US: +16699006833,,368309307# or +16465588656,,368309307#

Or Telephone:

Dial: (for higher quality, dial a number based on your current location):

US: +1 669 900 6833 or +1 646 558 865



Scholarships

Patrick & Sally Nilan Memorial Scholarship Winners!

The 2025 Auxiliary Scholarship Committee verified the applications and the documents for this year's winners. The continuing education scholarship is just one of the extra perks of being an APWU Auxiliary member. The applicants must be an auxiliary member for the previous year before applying, be out of High School for one year, and write a 175-250-word essay on the chosen topic. This year's topic was

"How does the Union protect all marginalized people when the political climate changes?" We are proud to announce the following two winners: Erin Kolenda and Makayla Walker. Ms. Kolenda's APWU Sponsor is Earl Stewart. Ms. Kolenda will be attending Boston College. Ms. Walker's APWU Sponsor is Peggy Whitney. Ms. Walker will be attending Arizona State.

How does the Union protect all marginalized people when the political climate changes?

Makayla Walker 2025 Nilan Scholarship Essay

When the political climate changes like after an election or a shift in leadership, oftentimes marginalized groups feel more at risk. These are people who already face unfair treatment, like people of color, LGBTQ+, immigrants, people with disabilities, and those living in poverty. During these times, the Union has a responsibility to protect everyone, especially those most vulnerable.

The U.S. Constitution is the foundation of that protection. It guarantees rights like free speech, fair treatment, and equal protection under the law. These rights apply to all people, no matter their race, religion, gender, or background. Even when political leaders change, the Constitution stays the same. It helps stop harmful laws and ensures people can seek justice. The courts, especially the Supreme Court, are independent from the president and Congress. This allows them to block laws that violate constitutional rights. This legal system is a key way the Union protects marginalized communities, even in divided times. But the government can't do it alone. Communities play a powerful role, too. Protests, advocacy, and collective action have helped push for civil rights, immigrant protection, LGBTQ+ equality, and more. When people stand together, they can hold leaders accountable and make real change.

The Union protects people through its laws, courts, institutions, and citizens. I believe we all have a part in making these systems stronger. As a student and advocate, I want to help build a more just and equal future for all.

Erin Kolenda 2025 Nilan Scholarship Essay

The American Postal Workers Union has always been about more than contracts and paychecks, it's about people. Especially people who are often overlooked when political tides shift. I've seen that up close throughout my life. As a member of the APWU Auxiliary for over 10 years I've attended state conventions, sat in on union meetings, and tagged along as my mom met with postal workers to help them understand their benefits. Through all of it one thing has been clear, the union shows up for everyone and especially those who need it most. When politics change and new policies threaten things like healthcare access, job security, or retirement protections the APWU doesn't just sit back, it pushes forward. It fights for fair wages, safe working conditions, and equal treatment no matter your race, gender or background. It creates space for real conversations. The union doesn't just protect its members but it empowers them. It helps marginalized voices be heard and ensures they're not left behind when the world feels unstable. Being involved in the Auxiliary has taught me that collective action isn't just powerful but that it's necessary. In times of change the APWU's commitment to justice and inclusion reminds us that when we stand together we all rise.

Congratulations!

The Auxiliary wishes both of you success in your future endeavors.

Ask us! ABOUT PREDIABETES

Prediabetes – Your Chance to Prevent Type 2 Diabetes

What is Prediabetes?

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Approximately 96 million American adults—more than 1 in 3—have prediabetes. Of those with prediabetes, more than 80% don't know they have it. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.

The good news is that if you have prediabetes, you can prevent or delay type 2 diabetes and other serious health problems.

Signs & Symptoms

You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems such as type 2 diabetes show up. It's important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 pounds
- Having polycystic ovary syndrome

Race and ethnicity are also a factor: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk.

Preventing Type 2 Diabetes

If you have prediabetes, losing a small amount of weight if you're overweight and getting regular physical activity can lower your risk for developing type 2 diabetes. A small amount of weight loss means around 5% to 7% of your body weight, just 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity. That's just 30 minutes a day, five days a week.

Learn more at:

<https://www.cdc.gov/diabetes/basics/prediabetes.html>

How Can the APWU Health Plan Help?

As part of the preventive benefits for both the High Option and Consumer Driven Option, adult members can screen for diabetes at no extra cost! If you have any of the risk factors for prediabetes make sure you talk to your doctor to get your blood sugar tested.



Human Relations Project Court Appointed Special Advocates Guardians ad Litem



At the 2024 APWU National Convention, the Auxiliary selected CASA (Court Appointed Special Advocates) as our Human Relations project for the 2024–2026 term. CASA's mission to support children who have experienced abuse or neglect truly touched our hearts and aligned beautifully with our values

In April of this year, the Trump administration terminated National CASA's federal funding, prompting the organization to file appeals. Due to CASA having to close its doors, the funds the Auxiliary has collected thus far for CASA have been on hold. We have just received notice that the lengthy appeals process is now complete.

CASA has received notice from the Department of Justice that, after a thorough review of all available information on and from CASA, it has been determined that CASA's mission aligns with the Department of Justice's priorities, resulting in the reinstatement of all three grants.

The restoration of federal funding is great news for the CASA organization and for all of the children who benefit from the services it provides. We will now renew our fundraising for CASA and urge all Auxiliary and APWU locals and states to continue their support. Your contributions are vital to our cause.

Thank you to everyone for their time, energy, and donations to the CASA project. Your compassion and generosity have been instrumental in our efforts to support CASA and the children it serves. Your contributions are what make our Auxiliary so special.

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VOLUNTEERS WELCOME!

Where: All-Craft Convention in Las Vegas, NV

When: October 6 - October 8, 2025

What: Assist in the APWU registration process, working the Auxiliary booth, etc.

**If interested please contact:
President Trisa Mannion at
tmannion@apwuauxiliary.org.**