



# 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 6

FEBRUARY 2015

## Looking Forward

By Kathy Danek President



As Auxiliary members we all remain committed to the work of the American Postal Workers Union. Legislatively, we are working with a new Congress where the House of Representatives has a larger Republican majority. In the Senate control changed hands to the Republicans.

It's a change that will need more activity and many more Auxiliary members working at the grass roots level. If each APWU member signed up one Auxiliary member we would have doubled our voice with Congress. More importantly, we also add to the voices in the community who understand the many advantages of a strong viable USPS in each and every community. Organizing will be a huge push for us this coming year. While collecting dues helps us do the work, we really need active engaged families and friends of the APWU to win this fight. Are you ready? Let's get going. Get our Auxiliaries strong, active and growing.

So, why did we all become Auxiliary members? What possibly could bring us together? According to our Constitution and By-laws:

*"The objects of this organization shall be:*

1. *To bring together persons interested in the efforts of the American Postal Workers Union for better working conditions*
2. *To extend a knowledge of political operations of government and the responsibilities and duties of citizenship.*
3. *To render effective aid in securing the passage of desired remedial legislation.*
4. *To support all programs of the National American Postal Workers Union.*
5. *To support workers generally in their efforts to secure a higher standard of living.*

There really is something for everyone. Human Relations work will focus on the "Feeding America Backpack Program". Backpacks are distributed in schools to provide nutritional support when children are out of school. Just think about the value of one dollar. That's 100 pennies. Each dollar raised equals eleven (11) pounds of food, 9 meals or \$19 worth of groceries (wholesale value). District 7 Coordinator Joyce Tanguay heads up this committee for the national executive board. Look for more information and many ways that you can become involved in this incredible project.

We sponsor the Nilan Scholarship for continuing education. In the early years, many of our Auxiliary members were returning to the work force after spending time home raising their family. But times have changed. We have many two income families or people changing careers later in life. Those changes are sometimes the result of loss of a job or relocation. District 4 Coordinator Debra Stewart will be sharing much more information on the scholarship. Read the rules – you must have been an Auxiliary member for a year to apply.

For many of us, the Auxiliary has provided a network of colleagues and new found friendships. We share a common bond with the APWU and the need for a strong USPS. AND we need each of you to get active in the Auxiliary. You can contact any national officer for more information on activating the Auxiliary. Come join us. We can't wait to meet you and work with you.

Inside this issue:	
District Coordinator One Nilan Scholarship	2
Organizing & Membership: Let's Make it Happen Auxiliary in Action	3
Backpack Program	4-5
Ask Clara About the Health Plan	6
Backpack Program Flyer	7

# District One Coordinator

By: Colette Phillippe

## Things you may not know about me

My name is Colette Phillippe

I live in Great Falls, MT. I was born and raised in Great Falls and never left. I am the District One Coordinator I have been a member of the Auxiliary since 1984

I enjoy serving as a National Officer for the Auxiliary. I enjoy making new friends and spending time with the ones I already have. I have been married since 1983, to my husband Gary. I have one son and 2 wonderful grandkids I like to spend time outdoors. I snowmobile in the winter and spend my summer weekends in Lincoln, MT. at the cabin I also like to travel to new places. I work as a Child Care Provider for the Child Development Center at Malmstrom Air Force Base in Great Falls. I have worked there for 9 years and enjoy working with the kids



**And last, I like to have fun!**

## NILAN SCHOLARSHIP

**Are you going back to school? Do you need funds to help pay for your class? Then apply for the Nilan Scholarship. Please submit your application by July 1st, 2015. Applications are available on our web site [www.apwuauxiliary.org](http://www.apwuauxiliary.org). If you would like one mailed to you please contact your District Coordinator.**

**The essay topic for this years scholarship is**

***"How does the APWU Auxiliary make the Postal Service Better?"***



**An Opportunity  
to the Future**



# Let's Make It Happen!

By Clara Hill

## A contest for all and a fun way to increase your membership and add funds to your state or local coffers.

This is a contest for everyone to participate in. Just think positive and give it your best. You will never get anywhere if you are not a positive thinker and work to achieve results. The information you need follows. Good luck!

### Rules and Guidelines:

- States will compete against states
- Locals will compete against locals
- Each state or local must participate in the Backpack Program and 2 other projects to be eligible
- At National Convention in 2016, each state or local will present a scrapbook of the work and projects they have done from January 1, 2015 to July 1, 2016. (A committee will judge the scrapbooks and verify the work)

Prizes are: 1st place \$300.00, 2nd place \$200.00, and 3rd place \$100.00

The Auxiliary Achievement Award is still in place. Get a calendar and when you do an auxiliary activity, write it down on the calendar. This is a way to keep up with what you are doing. You may be surprised to find all you do. More information is available on the website: [www.apwuauxiliary.org](http://www.apwuauxiliary.org).



## Des Moines Auxiliary Helps Wallop Walmart

"Let's make it happen" with:

- Discipline- focus to stay on track
- Desire- to organize, activate and build our organization
- Dedication- to the 5 points of the Auxiliary Star
- Determination- to reach the goals of activating membership

Clara Hill, Chairperson

Organizing and Membership Committee

Joyce Tanguay  
Trisa Mannion  
Rebecca Kingsley  
Debra Stewart

## AUXILIARY IN ACTION

When does a flash mob make a case for workers rights and benefits? - When they join a Black Friday event in Des Moines to send a message to the largest employer in the US. That's exactly what Des Moines Auxiliary member Mark Sarcone did on Black Friday. "We can't survive on \$7.25!!! Man, I had to really think about that as I was chanting," said Sarcone. "Wow, I thought to myself, these people, who could easily be you or me, are making near-poverty level wages! Working full time, that computes out to \$15,080 per year, a *fraction* of what you and I make at the Post Office," said Mark Sarcone (second from left in this photo).

Flash Mob participants realized the true value of their union wage postal jobs—and had great empathy for their minimum wage brothers and sisters. For these Des Moines APWU and Auxiliary members it highlighted the need to raise the standard of living from minimum wage to a living wage for everyone. Great Job Des Moines for reminding us all!

# Conquering Hunger ONE Backpack at a Time!

By: Joyce Tanguay, Advisor to the Auxiliary Human Relations Project

---

*“If we can conquer space, we can conquer childhood hunger” Buzz Aldrin*

Dear Auxiliary Members and Friends,

Once again, the National Auxiliary, with the help of our delegates at the National Convention, has picked a Human Relations Project that we hope you will want to support as much as we do.

Every day in America children are leaving schools on Friday with nothing to eat until they return to school on Monday. The **Feeding America Backpack Program** sends children home with healthy food and snacks for the weekends and vacations when school meals are not available. The **Feeding America Backpack Program** is one of the programs at most of the Food Banks across America. At the National level of Feeding America every dollar raised equals 11 pounds of food, 9 meals or \$19 worth of groceries (wholesale value).

We are asking for your support of the **Backpack Program** by:

- sending a donation to the National Auxiliary
- volunteering for a local Auxiliary **Backpack Program**
- making a donation to your local Auxiliary **Backpack Program**

Be sure to check out the Food Banks in your area. Please fill out the enclosed form so that we may keep track of the monies raised, number of volunteers, and volunteer hours donated for this very important project.

Checks may be made out to: **Auxiliary to the APWU** and sent to : **Trisa Mannion, Treasurer, Auxiliary to the APWU, 3038 Cloverdale Court, Grand Junction, CO 81506**

We are very excited about this project and do hope that we can count on your local and state auxiliaries to participate and support this project.

Yours in Solidarity,

Human Relations Committee:

Joyce Tanguay, Chair, District 7

Co-Chairs: Karen See, District 5/Bonnie Sevre, Legislative Aide Editor

# Feeding America Backpack Program Reporting Form

By: Joyce Tanguay, Advisor to the Auxiliary Human Relations Project



## AUXILIARY TO THE AMERICAN POSTAL WORKERS UNION

### Feeding America Backpack Program

The purpose of this form is to help us keep track of the total amount raised for this project. If you would be kind enough to fill it out either with your one time donation or if you are doing a project to raise monies; at the end of that project.

Thank you.

Date \_\_\_\_\_

Name of Local, State or Auxiliary \_\_\_\_\_

Contact person \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone number: Home: \_\_\_\_\_ Cell: \_\_\_\_\_

When doing a project, brief explanation of how the funds were raised: donations and/or volunteers and volunteer hours:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Amount raised locally or in-state \_\_\_\_\_ and name of Backpack recipient(s) \_\_\_\_\_

(Please send receipt or documentation of amount raised)

Please make checks payable to **Auxiliary to the APWU** and send to: **Trisa Mannion, Treasurer, Auxiliary to the APWU, 3038 Cloverdale Court, Grand Junction, CO 81506**

If you have any questions please contact Chairperson:

Joyce Tanguay at [jetang@maine.rr.com](mailto:jetang@maine.rr.com) H: 207-772-8521/C: 207-409-6032

# ASK CLARA

About the Health Plan



Get Care Quickly, Nationally, Anywhere and Everywhere: Access to Care



As an APWU Health Plan subscriber you have many health care resources at your disposal. Because there are many options to choose from, you are fortunate to have access to quality care quickly, when needed. With almost 1 million providers to choose from, you may wonder when you should go to a primary provider versus a specialist. You may also be questioning whether urgent care centers, a new concept, are safe and reliable. APWU Health Plan is proud of our broad network of health care choices and providers but wants to be sure that you understand and use all of your options when and where they are most beneficial.

## Primary Care

Primary providers, also known as family doctors, should be seen for well visits or check-ups and may also be your first visit in the event of an illness. The primary provider usually specializes in internal medicine, family medicine, pediatrics, or general practice and they understand your overall health and help coordinate any kind of healthcare services you may need, including preventive care and flu shot administration. **Unlike many other health plans, no referrals are needed!** While a referral to a specialist is not needed under your Health Plan, it's a good idea to seek recommendations from your primary provider.

## Specialist Care

A specialist is a doctor who focuses on a specific area of medicine, such as oncology, dermatology, endocrinology, etc.

Specialists help you navigate acute and chronic conditions and can work in partnership with your primary provider to help you achieve good overall health. Some services, other than an office visit, may require a prior authorization and will cost either 10% or 15% of the plan allowance for in-network services. You can find more information on surgical procedures in section 5b of the APWU Health Plan Brochure. See [apwuhp.com](http://apwuhp.com) and click on Federal Brochure.

## Urgent Care Centers

If you have an urgent medical need that's not life-threatening and your doctor's office is closed, consider visiting an urgent care center. These facilities, which are staffed by physicians with support from nurses, physician assistants and medical assistants, offer care for non-life-threatening medical needs, such as fever, colds, coughs, ear and sinus pain, sore throat, minor cuts where bleeding is controlled, rashes, sprains, abdominal pain, broken bones, painful urination, and mild shortness of breath, etc.

Urgent care centers are often open when your doctor's office is closed. They typically stay open late, on the weekends and on some holidays. Urgent care centers should not be used in place of a hospital. If you are experiencing a life-threatening condition, go immediately to your nearest hospital emergency room or call 911 for help.



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



# Feeding America



## Backpack Program

Thank you for supporting the **Feeding America Backpack Program**

*For 15 years this program has fed approximately 230,000 children per year*

*Your support will help children get nutritious and easy-to-prepare food they need over the course of the weekend.*



**Sponsored by the Auxiliary to the American Postal Workers Union**

*Please make checks payable to : Auxiliary to the APWU*

*Mail to : Trisa Mannion, Treasurer*

*Auxiliary to the APWU*

*3038 Cloverdale Court*

*Grand Junction, CO 81506*



# February 2015

### 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 Court, Grand Junction, CO 81506
- State and Local dues should be paid to your state and local treasurers.

## 2014– 2016 National Officers

**PRESIDENT** Kathy Danek  
402-464-8549 402-464-8557 (fax)  
4261 Knox, Lincoln, NE 68504-1955  
[kmdanek@aol.com](mailto:kmdanek@aol.com) or  
[kmdanek@apwuauxiliary.org](mailto:kmdanek@apwuauxiliary.org)

**SECRETARY** Patricia Lewis  
804-644-3843 (fax/voice-office)  
804-644-6454 (home)  
1500 N 30 St, Richmond, VA 23223  
[netta15@aol.com](mailto:netta15@aol.com)

**TREASURER** Trisa Mannion  
970-245-3912 (fax) 970-243-7706  
3038 Cloverdale Ct  
Grand Junction, CO 81506  
[tmaux@aol.com](mailto:tmaux@aol.com) or [tman-nion@apwuauxiliary.org](mailto:tman-nion@apwuauxiliary.org)

**LEGISLATIVE AIDE-EDITOR** Bonnie Sevre  
612-788-3440  
2836 Highway 88  
Minneapolis, MN, 55418-3243  
[bsaux@aol.com](mailto:bsaux@aol.com)

**DISTRICT 1** Colette Phillippe  
406-453-6085  
5600 57th Ave. SW,  
Great Falls, MT 59404  
AK, ID, MT, OR, WA, WY  
[cpauxdc1@aol.com](mailto:cpauxdc1@aol.com)

**DISTRICT 2** Rebecca Kingsley  
562-355-3308  
PO Box 93686  
City of Industry, CA 91715 -3686  
AZ, CA, CO, HI, NM, NV, UT  
[rkingsley@apwuauxiliary.org](mailto:rkingsley@apwuauxiliary.org)

**DISTRICT 3** VACANT  
Please contact President Danek  
IA, KS, MO, MN, NE, ND, SD

**DISTRICT 4** Debra Stewart  
817-534-9130 fax 817-534-2279  
6400 Guilford, Fort Worth, Tx 76119  
AR, LA, MS, OK, TX  
[tycozz@aol.com](mailto:tycozz@aol.com)

**DISTRICT 5** Karen See  
419-565-1356-  
751 Reynolds Rd  
Greenwich, OH 44837  
IL, IN, KY, OH, MI, WV, WI  
[kj12see@aol.com](mailto:kj12see@aol.com)

**DISTRICT 6** Clara Hill  
865-637-1867  
2710 Waverly St  
Knoxville TN 37921  
AL, FL, GA, NC, SC, TN, VA  
[wavechill@att.net](mailto:wavechill@att.net)

**DISTRICT 7** Joyce Tanguay  
207-772-8521-  
236 Westbrook Street  
South Portland, ME 04106-3326  
CT, DE, ME, MD/DC, MA, NH, NJ, NY, PA, RI, VT  
[jetang@maine.rr.com](mailto:jetang@maine.rr.com)

## Presidential Names Word Scramble

Ben needs someone to test out his new word scramble for his newspaper, the *Pennsylvania Gazette*. Can you figure out the U.S. President's last names?

- DORF
- TRANG
- JANSOCK
- SINGNOWHAT
- LIONSW
- HUBS
- VELLDANCE
- COLLINN
- TNNOLIC
- RUNMAT
- MBAOA
- NNEKDEY



Answers: FORD, GRANT, JACKSON, WASHINGTON, WILSON, BUSH, CLEVELAND, LINCOLN, CUNTON, TRUMAN, OBAMA, KENNEDY

**CORRECTION** – In the January issue of News and Views Louisiana was listed instead of Kentucky from the list of District 5 states. The article should have stated, "Karen See was appointed as the new District 5 Coordinator and represents the following states: Illinois, Indiana, Kentucky, Michigan, Ohio, West Virginia and Wisconsin"