



NEWS & VIEWS

News & Views is published bi-monthly - by the Auxiliary for the Auxiliary,
3038 Cloverdale Ct, Grand Junction, CO 81506.
We are a proud member of the APWU Postal Press Association

Volume 36
Issue 3

JAN-FEB 2020

Color editions of News and Views may be viewed on the Auxiliary Website:
www.apwuauxiliary.org

Resolution, Vision, Mission or Goals?

By: Trisa Mannion-President

It is very common for human beings to make resolutions this time of year, but what about organizations? Organizations tend to set goals that guide them for the next 3 months, a year and up to 25 years. Setting goals or making resolutions is a way to determine what your focus should be over the next year or term of office. A vision is a form of setting



goals that helps you dream what you want to achieve. Missions tell you what the purpose is for the organization. In the Auxiliary to the APWU we have used all of these tools. In fact, our national executive board has a Vision Setting Meeting set for this month. It is exciting and fun to dream about what you want to

accomplish and then make that the focus of the volunteer hours, funds and expertise of the organization.

I am certain most of you have heard of SMART goals in one form or another. I found several interpretations for this acronym. Specific, Measurable, Achievable, Realistic and Timed seem to be the ones that fit this organization the best. You can certainly substitute any of the others that work for your local or state organization. The main point is to choose a direction and focus your resources on the items chosen by your local or state. I liken it to taking a trip and knowing what roads you are going to travel to arrive at the set destination. Wandering about without a specific direction can leave you lost and unsuccessful in arriving at your ultimate destination.

Goals that are worthwhile will attract more volunteers to help. Dream a little while you are setting your long-term

goals. They can stay within reality, but stretching to achieve that goal means you can celebrate when you have succeeded. Setting a goal that says I want to increase membership is great, but, setting a percentage of growth is a better choice, because you know when you have reached your specific goal. Choosing a timeframe makes the membership accountable in completing the desired achievement. Prioritize the things that are most important to your members and the organization.

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Just Say “NO” To a Privatizer Postmaster General

Our current Postmaster General will retire Jan. 31st. This could be bad news for the APWU, other postal unions, and the Postal Service. The new Postmaster General will be appointed by the Board of Governors who were appointed by the President. A task force that was assigned by the White House submitted a damaging report in 2019 with suggestions such as limiting our union rights, privatizing the profitable parts of the post office, allowing licensing options to mailboxes to private companies, not expanding into services like offering postal banking, and not eliminating the prefunding mandate for health benefits. We desperately need to band together. We need to get a new Postmaster General who

We need to get a new Postmaster General who will be sympathetic to postal needs.

will be sympathetic to postal needs. It is crucial that we get someone in that office who is in favor of making improvements rather than chopping us into pieces and selling us to the highest bidders. The APWU website has a petition that can be printed out. This enables us to get signatures from family members, friends, and neighbors. There is also a link to sign the petition online and to share it to your social media sites. The printed versions can be sent to an address in DC that is included or they can be sent to me and I'll collect and send them in. I am counting on all Auxiliary members to participate. This is extremely important for the future of one of the oldest institutions in the United States.

Postal History: We must Keep Fighting

One of the recommendations from the President's Task Force is to limit the union's bargaining rights for salaries and benefits. Let's not forget that in the 1970's postal workers were union members, but, it wasn't until after the strike that they started making decent wages. Postal employees, prior to the walkout, were eligible for government assistance including food stamps. Strikers risked their livelihood and their homes by joining the picket lines. Auxiliary members stood with them as they all knew they needed to stand

up for their rights and the rights of future generations. We need to honor their sacrifices and protect what they won for us. It takes more than just joining a union, everyone must get involved.



Be Informed

- [H.Res. 33](#) & [S.Res. 99](#) – Protect the Postal Service from Privatization
- [H.Res. 60](#) – Restore Service Standards
- [H.Res. 54](#) – Protect Six-Day Delivery
- [H.Res. 23](#) – Protect Door Delivery
- [H.R. 92](#) & [S. 26](#) – Vote By Mail Act
- [HR. 2382](#) & [S. 2965](#)– Repeal the prefunding requirements for future health benefits



For details on these and other legislation that is supported by the APWU please visit <https://apwu.org>

A GRAND ALLIANCE
TO SAVE OUR PUBLIC POSTAL SERVICE

TO THE POSTAL SERVICE BOARD OF GOVERNORS

We, the undersigned, believe in a public Postal Service committed to providing quality service to everyone, no matter who they are or where they live, at reasonable and uniform rates. Our United States Postal Service is an essential part of the fabric of the country and a source of good, living wage jobs for our communities. We call on you to appoint a Postmaster General who is fully committed to universal service and the public ownership of the Postal Service.

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Return to A Grand Alliance | P.O. Box 34273 | Washington, DC 20043

By writing your phone number, you agree to receive text messages from A Grand Alliance and the US Mail: Not for Sale campaign. Message & Data rates may apply.



APWU.ORG

Liaisons Needed



I need help! I am seeking Auxiliary members who are willing to get more involved in handling legislative issues. This would be a person who could print and hand out petitions, get them signed, and then sent in, organize informational meetings and phone banking, and post on social media the updates on the legislation the APWU supports, to name a few. This volunteer would be my go to person for their particular area, someone I could rely on to help communicate to our members on the current issues and provide me with feedback on what their members might need from the board. This is a critical election year and we need to be sure that members of the APWU and Auxiliary are heard. Together we can be a powerful force and ensure

legislators listen to us. If you are interested or you know someone who is, please contact me at: jgillespie@apwuauxiliary.org

Guidelines for Submitting Membership Dues

As the new year begins, many of our members have their annual membership beginning on January 1st. Local treasurers should remember to collect dues from their members, if they have not already done so. If state dues are collected along with local and national dues, please send the state dues to the state treasurer. State dues **should not** be sent to the national treasurer.

Also, when you are sending in dues it would be very helpful if you would list the members on an Excel spreadsheet. Included for each member should be their name, address, telephone number, email address, sponsor and the total of national dues paid (some members pay for more than one year). If you don't have access to Excel please include this information for each member in another format, either handwritten or in Word.

With this information we should be able to keep our membership records up to date.

2020 is the year of the National Convention. If you are planning to attend the convention, according to the National Constitution, Article V Representation, Sec.1: (B) In order to be seated as a delegate and able to vote on any issue during the 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. Dues must be paid current through the first day of the month following the National Auxiliary Convention. The National Auxiliary Convention is being held in August. Thus, your dues must be paid by July 28th 2019 and to at least September 1st, 2020 to be seated as a delegate at the National Auxiliary Convention.

Remitting National Dues

- ◆ Treasurers must pay all National per capita (dues) to the National Treasurer
- ◆ It is suggested you pay all members on the same date – this will eliminate confusion
- ◆ Per capita should be paid 30 days in advance of the due date
- ◆ When paying per capita be sure to include the name of the Auxiliary, a listing of the members, and a current officer listing
- ◆ Enter members and dues on a spread sheet alphabetically
- ◆ Have each local on a separate sheet. Or, separate by local
- ◆ Deposit your local dues in your local Auxiliary account.
- ◆ Send state dues to the state treasurer
- ◆ Mail national dues to the National Auxiliary Treasurer

If you have questions regarding the treasurer's responsibilities look in the Auxiliary Handbook which can be found on the Auxiliary website, www.apwuauxiliary.org, and the National Auxiliary Constitution.

Kudos Oregon Local Auxiliary

The members of the Oregon Area Local Auxiliary spread Christmas cheer last month by way of donated toys and cash to the Northwest Priority Credit Union's Annual Holiday Toy Drive. Volunteers Joe and Karen Miller, Mike and Sharon Parker, Linda Kluge, and Bob Cunningham distributed the toys and the Auxiliary gave an additional \$200.00. The spirit of giving is alive and well in Oregon.

Also in Portland, several Auxiliary members joined with APWU members, letter carriers, and postal patrons to protest the "testing" of sorting/delivery changes only being implemented at one postal station. Located at the Kenton post office, this was a great way to engage and educate postal patrons.



Valentines Day-Where it Began

While looking up the origins of Valentine's Day, I was struck by the various myths and the lack of an actual concrete source. Some historians say that Valentine, who was either a Roman priest or bishop, in the 3rd century, was jailed by the Roman Emperor for performing marriage rites for Christian lovers and that he carried messages between jailed Christians. Sadly, he was executed, but it has been rumored that he left a letter to a young woman and signed it "your Valentine".

The name Valentine means "powerful" or "worthy", and actually was a very popular name in the Roman Empire. There were three different martyrs named Valentine who all died on February 14th during the reign of Emperor Claudius Gothicus (r268-270), but none of them in any other way can be connected to marrying couples or anything romantic. They all met with tragic ends.

Modern literary scholars credit Geoffrey Chaucer for turning "Valentine" into the patron of love. His book, "The Canterbury Tales" and some of his other poetic works mentions, "Saint Valentine's Day, when every bird comes there to choose his mate". He may have researched any number of "Valentines", but the connection of love and Valentine was all his creation. Chaucer's writings were obviously very influential. People everywhere started calling their sweethearts their "Valentines" and writing love letters.

Valentine's Day has now morphed into one of the biggest mailing days for cards and letters outside of Christmas. It's not just for partners and sweethearts anymore. The store racks are full of cards and gifts geared towards children, grandchildren, parents and grandparents. Retailers have taken the day by storm. Cards and gifts get more extravagant and expensive every year. Expectations get bigger as well.

Unfortunately, all of the hype and hoopla that surrounds this holiday can cause many to feel sad and can even deepen preexisting depression. A day set aside for love, romance, and, gifts is great for those who are in a good place in their lives and or have someone special. This same day can be miserable to others, those not in a relationship, have recently lost someone, or are already feeling down. There are ways to make the day easier.

Keep an eye on those around you. The smallest acts of kindness can make a big difference to someone who is suffering. A smile, a note, a hug, an understanding ear.



- * Ignore the date and treat it like any other day.
- * Treat yourself to candy, flowers, a nice dinner.
- * Pamper yourself, get a manicure, or massage.
- * Exercise.



George Washington was born on February 22nd 1732. Following his death in 1799, his birthday became a perennial day of remembrance and in 1879 the first Federal Holiday to honor a person. Originally known as Washington's Birthday, the name became known as Presidents' day as part of the 1971 Uniform Monday Holiday Act. This act was created in an attempt to create more three-day weekends for the nation's workers. It is also now recognized to celebrate the birth of Abraham Lincoln who was born in the same month. This year Presidents' Day falls on February 17th.

Misunderstood?

February 2nd, or Groundhog's Day as we are familiar with falls halfway between the winter solstice and the spring equinox and is a significant day in many ancient and modern traditions. The first official Groundhog's Day began in 1887 in Punxsutawney Pennsylvania. A newspaper editor is responsible for this superstition, which simply states that if Phil, the groundhog, sees his shadow then there will be six more weeks of winter, if not, then spring is near. Phil's entire name granted by the Punxsutawney Groundhog Club is Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators, and Weather Prophet Extraordinary and yes, he has a wife named Phyllis. Unfortunately, he doesn't have a very good track record, or maybe he's just misunderstood.



2020 is Convention Year

A lot of preparation goes into our National Conventions and August will be here before we know it. The executive board wants to make sure that everyone has the guidance they need to be ready. In order to ensure that information gets out to our members in a timely way, we have decided to publish a special "National Convention" edition of the News and Views. Our goal is to have it in your mailboxes by mid February. You can still expect to get reminders and updates throughout the year as well.



feedback you may have. Our bi-monthly zip line meeting is a perfect venue for this. Information and directions are on the opposite page. One way for all of us to get reacquainted and share in each others activities is pictures. It would be great fun to see scrapbooks of the different Locals and States. They could be as simple or as extravagant as you want. We will have more information later, but this will give you a heads up to start planning.

We are putting our heads together to make this the best convention ever. We welcome all ideas and

So, watch your mail, log on to the zip lines, call your coordinators. Let's stay connected.

Flu Season is Here

People at High Risk of Developing Flu-Related Complications Most people who get the flu will have mild illness, will not need medical care or antiviral drugs, and will recover in less than two weeks. Some people, however, are more likely to get flu complications that can result in hospitalization and sometimes death. Pneumonia, bronchitis, sinus infections and ear infections are examples of flu related complications. The flu also can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may experience a worsening of this condition triggered by flu. Listed below are the groups of people who are more likely to get serious flu-related complications if they get sick with influenza.

- Children younger than 5, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women (and women up to two weeks postpartum)
- Residents of nursing homes and other long-term care facilities
- Also, American Indians and Alaska Natives seem to be at higher risk of flu complications.

People who have medical conditions including:

- Asthma
- Neurological and neurodevelopmental conditions
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
- Blood disorders (such as sickle cell disease)
- Endocrine disorders (such as diabetes mellitus)
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- kidney disease
- Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)
- People younger than 19 years of age who are receiving long-term aspirin therapy
- People with extreme obesity (body mass index [BMI] of 40 or more)

SOURCES: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases
https://www.cdc.gov/flu/about/disease/high_risk.htm

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AUXILIARY ZIPLINE INVITATION

YOU ARE INVITED TO PARTICIPATE

Join Zoom Meeting

<https://zoom.us/j/368309307> Meeting ID: 368 309 307

The first Tuesday of even numbered months at 8 pm EST

February 4, 2020	April 7, 2020
June 2, 2020	August 4, 2020
October 6, 2020	December 1, 2020

Each time you attend the meeting your name will be entered into a drawing for a \$50 gift card.

The next drawing will be at the National Convention

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We currently have a short-term goal of getting the Grand Alliance petitions signed and returned to Legislative Director Janice Gillespie. That should be one of the 3-month goals or Vision items. Add detail to make it happen. The goal could state: We are going to get 200 signatures by February 1st on the Grand Alliance Petitions and send them to the national auxiliary within a week of completion. Long-term goals should include something similar to this goal: This organization will have 25% more members participating each year for the next 5 years. To achieve this goal, we will increase our numbers

by having a membership drive. The Organizing Committee will be charged with the specifics of the drive. Funds will be set for the drive by the members at the March 2020 meeting.

Sharing the goals and dreams will help you hold yourself accountable and encourage others to help achieve them. Setting these goals should be open to all members in the local or state. Set a specific time and date and advertise your plan. When you reach the goal announce the success and then re-evaluate that goal. Remember to celebrate and thank the members who participated in the triumph.

2018-2020 Human Relations Project

By: Karen Wolver - Human Relations Chair

We make a living by what we get, but we make a life by what we give.” ~ Winston Churchill

I want to share some thoughts on why we donate to Fisher House and some personal ways we can all come together to reach our goal. When we work together, we CAN and WILL reach our goal!! I'd love each and every one of us to participate in reaching our goal of \$40,000.00 before the next National Convention. Won't you join me??

Experience More Pleasure

Donating money to Fisher House through the Auxiliary to the APWU simply makes you feel better, which is something we can all benefit from.

Help Others in Need

We don't live in a perfect world, and there's never going to be a perfect time to give—but there are always people and families at Fisher House in need of help on any given day.

Bring More Meaning to Your Life

When you donate money to Fisher House, you create opportunities to meet new people who believe in the same causes that inspire you.

Promote Generosity in Your Children

When your kids or grandkids see you donating to Fisher House, they're much more likely to adopt a giving mindset as they grow up.

Motivate Friends and Family

When you let your friends and family know of your donations to Fisher House, they may find themselves more motivated to undertake their own efforts to give.

Realize that Every Little Bit Helps

You don't need \$10,000 to make a difference in someone's life. It truly does take a village to make a difference in someone's life.

Improve Personal Money Management

If you set a scheduled \$10 donation each month for Fisher House, that can motivate you to be more attentive to your own finances in an effort to ensure you don't default or fall behind in your monthly donations.



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