

News and Views



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www.apwuauxiliary.org

May-June 2024

Postal Service or Postal Business?

By: Trisa Mannion-President



It is time for this country to decide if they want a postal service or a postal business.

Some of the changes that are occurring are tearing down the service while leaving a mess in its wake. I know the financials look horrible, and something needs to be done. Perhaps the change needs to be for the American citizen to commit to

having a postal service again. A letter taking 10 days to get from one state to another drives customers away and forces people to pay their bills online. You can't count on something reaching its destination anymore.

A County Clerk and her assistant told me they have been tracking the mail, and it is increasingly taking longer to arrive by the week. News stories are popping up with on-time delivery being less than 70% most of the time. The prices are increasing as the service is fading.

Are we committed to having a postal service? Are we willing to make a drastic change to allow the service to return? Are we willing to pay taxes to support the postal service?

I know the American people do not want the service to deteriorate and would much rather have next-day mail delivery at the same time. They want a postmark they know will be applied the same day they mail the letter, parcel, or postcard. They do not want their mail to sit overnight at their local post office to be picked up and driven hundreds of miles to be postmarked the next day.

What are we willing to sacrifice to have a post office we can count on with reasonable postage rates for all Americans? It is the last remaining form of communication that cannot be hacked or opened without a warrant. A stranger walking by you cannot read or steal your information. Most forms of communication have been hacked, and our private information has been stolen and sold to unknown entities.

Ask yourself if it is time to call for action to restore the Postal Service. Can we preserve this organization? Some think the current changes are the only way to preserve a form of the service we have. Is it really? I don't have a crystal ball, but it looks like destruction to me, not salvation.

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More Over-Sight Please

By: Janice Gillespie-Legislative Aide-Editor

The USPS Board of Governors has had two vacancies since December of 2023. These seats must be filled by union-minded people who know the difference between a Postal Service and a Postal Company. The process of filling a position on the Board is for the President to nominate someone and then for the Senate to confirm. Presently, the Board of Governors consists of four Republicans, one Independent, and three Democrats. A Federal statute states that the Board must be bi-partisan, with no more than five seats filled by the same party.

President Biden has nominated Marty Walsh, former Labor Department Secretary, to fill one of the vacancies. During his two years serving as Labor Department Secretary, Walsh was pivotal in strengthening job quality and implementing training programs for millions of Americans. He credits his middle-class upbringing to unions and has co-founded pre-apprenticeship programs for the underserved. Walsh is a Massachusetts resident and is currently the Executive Director of the National Hockey League Players' Association, where he continues his labor leadership.

Call, write, and e-mail your Senators and ask them to confirm Walsh's appointment.



The APWU has endorsed Brenda Lawrence for a seat on the Board of Governors since October 2022. Retired Representative Lawrence, a long-time advocate for the Postal Service, worked for the Post Office for thirty years and has been a member of the American Postal Worker's Union and the National Association of Letter Carriers. Before she retired from Congress, Lawrence was on several committees overseeing the Postal Service and has always defended against privatization. Write, call, and e-mail President Biden to nominate Brenda Lawrence to the Board of Governors.

Filling the vacancies with two pro-labor governors would give more over-sight on the massive changes PMG Louis DeJoy is implementing.

COPA-Amplify Your Voices

By: Barbara Masiejewski

COPA information has been compiled from several sites (Wikipedia, APWU Legislative, APWU Auxiliary). The APWU Auxiliary and APWU Legislative website has a lot of information available to you. On my travels, I found many members who donated to COPA but didn't even know what the letters stood for—a little bit of history on this movement. The political action committee emerged from the labor movement of 1943. It was formed in July 1943 under CLO president Philip Murray and headed by Sydney Hillman. Murray was a Scottish-born steelworker and American labor leader. He was the first president of the Steel Workers Organizing Committee. Here is a description of COPA: What Is It and Why Does It Matter? COPA, the APWU's non-partisan Committee on Political Action, was created to raise voluntary political campaign contributions to support congressional members who champion working families and

the public Postal Service and help defeat those who do not.

COPA allows us to amplify our voices. Understanding how we can be impacted by federal law is critical to COPA. We need a strong voice on Capitol Hill to fight for issues.



Remember when purchasing items for COPA that you must follow the FEC's "one-third rule." For instance, if you have received \$1000.00 worth of gifts, you must raise \$3000.00. We do raise a lot of COPA money with donated items as well. We ask members to bring items to an event by phone call, e-mail or submit an article in our newsletter. Remember to say thank you and write a thank you note when possible.

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Reminder: All credentials must be returned by June 15, 2024

Classes at National

Workshops at the National Convention in Detroit will be held on Sunday, July 14, 2024.

Time	Room 354	Room 355
10:00-12:00	Conventions 101-New Delegates	President and Secretary Training
12:00-1:00	Lunch Break	Lunch Break
1:00-3:00	I'm not Lion-It Otter be Fun	Treasurer's Training

Class Descriptions

Conventions 101-New Delegates

This class will be helpful for new delegates and a refresher for those who want to improve their Parliamentary skills. Instructors will review basic rules to be followed at conventions and introduce Robert's Rules, the parliamentary procedures we follow. Participants will practice speaking at a mic and receive handouts for reference. This class is a great way to meet new people and get comfortable addressing an audience.

President and Secretary Training

National President, Trisa Mannion, will talk about the responsibilities and expectations of the President including, leadership skills, communicating with the members, and recruitment. National Secretary, Karen Wolver, will present a PowerPoint on the secretary's duties, including keeping good records, taking minutes, preparing convention calls, and distributing supplies.

I'm not "Lion"-It "Otter" be Fun! Knowing Your Member's Strengths

Are you a Lion, an Otter, a Beaver, or a Golden Retriever? Maybe a little of all four? Join us as we learn about our strengths, the strengths of others, and how to best utilize them. We will take a test first to see where our strengths lie and then discuss how to build on those strengths. Spoiler alert-masks may be involved.

Treasurer's Training

National Treasurer, Bonnie Sevre, will talk about money. How to keep track of it, what documents need to be filed and when, and how to perform audits. The Treasurer keeps track of membership dues, the data base, and keeps our bills paid. Bonnie will explain the 990N form, and how to prepare monthly and quarterly financial reports.

cont. from page 2

Members volunteer and go above and beyond with donations at these events. A copy of the Summary of Regulations Governing COPA Solicitations, 50/50 and COPA sheets can be found in the Auxiliary Handbook and on the Auxiliary website.

What to Do After Your COPA Event Has Ended

Please be sure to send in COPA funds collected along with supporting documentation as soon as possible following your fundraiser. According to FEC regulations, there are strict time limits depending on the amount of money collected.

- You should make a copy of any checks that you send, if possible
- Please use a money order to submit any cash that you collected. **Union checks should not be used.**
- Be sure you include a list naming all contributors with

their EIN, or whatever identifying information you collected. We recommend using the APWU contributions sheets for this purpose.

- Please sign the contribution sheets & include your phone number in case anyone needs to contact you regarding your submission

We recommend that you send your contributions via priority mail so that tracking is available if it is needed.

Send contributions directly to:

**American Postal Workers Union
Attention: Legislative & Political Department
1300 L St. N.W.
Washington D.C. 20005**

By sending contributions directly to the Legislative and Political Department, their staff will log receipt of the contribution and ensure that contributors are properly credited.

National Convention

By: Trisa Mannion-President



The national convention is approaching very quickly. Are you ready for it? Do you have your credentials signed and sent to National Secretary Karen Wolver? Are your dues paid until August 1st? You can send a check to National

Treasurer Bonnie Sevre if not. Look at your News & Views label. It has your paid-to-date before your name.

Resolutions should be sent as soon as they are passed at your convention. If you are sending one as an individual, please send it now. We want to include them in the Consolidated Report for consideration at the National Convention. The plan is to begin printing them in mid-June. Send them to National Secretary Karen Wolver.

We have several classes for the delegates to attend on Sunday, July 14th. Plan to attend at least two of the classes offered: President/Secretary, Treasurer/990N, I'm not Lion-It Otter Be Fun, and Conventions 101 for first-time delegates or those who want to attend again.

We will have a Celebration Luncheon on Wednesday for you to attend. We chose Motown as a theme for those who would like to dress for the occasion, please do.

The Memorial Service is on Wednesday to honor those who have passed in the last two years. (see the form in the Handbook or on the website).

Youngsters 13 or older who plan to attend the convention can apply to become a page. They will assist the officers and delegates during the convention. Passing out materials, conveying messages, and attending the luncheon as our guests. At the same time, they learn about families supporting the union. Call, write, or email me the name and age of the volunteer, along with contact information.

The convention is at Huntington Convention Center in Detroit, Michigan, from July 15 to 18. Since Canada is so close, bring your passport to visit if you have free time.

If you are not attending the convention but want to keep up with the news, then you can do a few things. Request a Consolidated Report from Janice Gillespie, ask Karen Wolver for the minutes from each day, and attend the August 6th Zipline. I am sure we will update the members regarding the changes that were made and announce the next Human Relations project.

Speaking of Human Relations projects for the next two years, send us information about a great nonprofit organization that covers all or most states, is not a huge conglomerate but is doing fantastic work.



Need Money for School?

By: Arline Holmes-District 6 Coordinator

Why not apply for the Auxiliary's Nilan Scholarship?

The scholarship will award you \$1000.00.

You must be a member of the Auxiliary for at least one year (dues up to date) and provide an essay on the topic:

The pros and cons of joining a Union in today's society

An application and instructions can be found on page 5 of this issue and on our

Website: www.apwuauxiliary.org



Nilan Scholarship 2024 Application

The National Auxiliary to the APWU is pleased to offer the 2024 Nilan Adult Continuing Educational Scholarship because we believe the following: Education is the key, instrumental in opening the door of opportunity, enabling one to advance, enrich lifestyles, and develop skills necessary to improve oneself in today's world. This scholarship was first awarded at the National Convention in Las Vegas, Nevada, in August 1990.

Suppose you desire to update your skills or wish to make a career change requiring training to make your dreams possible. In that case, the APWU Auxiliary Adult Continuing Education Scholarship could help you reach these new heights.

NO 2023-2024 HIGH SCHOOL GRADUATES WILL BE CONSIDERED FOR THIS SCHOLARSHIP.

Applicants Name: _____

Mailing Address: _____

City _____ State _____ Zip _____

Telephone # _____ SS # _____

Last school attended _____ Date(s) _____

College or vocational school you plan to attend and course of study or degree(s) completed

School name: _____

Address: _____

City _____ State _____ Zip _____

Sponsoring APWU Member's name _____ Tel.# _____

Name of Local & State _____

Signature of Applicant _____

Essay Topic

The pros and cons of joining a Union in today's society.

INSTRUCTIONS FOR THE 2024 ESSAY

All essays must be:

- Typed
- Double spaced
- On white paper

Between 175 and 250 words
The essay be accompanied
by the official application form.

Completed applications and essay, if
mailed, must be sent via Certified Mail,

Return Receipt Requested To:

Lisa Beer, Chairperson
3006 N 5th Ave

Whitehall, PA 18052

or may be E-mailed to:

lbeer@apwuauxiliary.org



****Must be postmarked on or before July 1, 2024**



Book of Memories



Auxiliary to the American Postal Workers Union

In Memory of: _____

Last known residence: City: _____ State: _____

List any titles held in APWU or Auxiliary:

Please list name **EXACTLY** as you want it to appear in the Book of Memories

Submitted by: _____

Local/State APWU, Auxiliary: _____

Address: _____

City: _____ State _____ Zip _____

Send Acknowledgement card to (if different):

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Remembered by _____

(This line must be completed)

\$10.00 Minimum Donation Suggested Amount Enclosed: _____

Make checks payable to:

Auxiliary to the APWU

Mail checks to:

Karen Wolver Secretary
4631 NE 29th St
Des Moines, IA 50317



All proceeds go to the Nilan Scholarship

Forms must be received by July 1, 2024 to be honored at the 2024 Convention

Ask us! ABOUT DIABETES & DIET

Diabetes is a common chronic disease that affects more than 100 million Americans (~30% of the total population). This disease involves problems with the hormone insulin. Normally, your pancreas produces insulin to help store fat and sugar in the foods you eat, and a diabetic person's pancreas doesn't produce enough of this hormone.

Feeling overwhelmed about what to eat? Living with diabetes means you'll need to manage your condition by taking insulin, monitoring your blood sugar levels, and being mindful of when and what you eat. Whether you're managing your diabetes or want to avoid developing the disease, here are 11 foods you'll want to avoid eating:

1. SUGAR-SWEETENED DRINKS
2. TRANS FATS
3. SIMPLE CARBS (PASTA, WHITE BREAD, WHITE RICE)
4. YOGURT WITH ADDED SUGAR
5. STORE BOUGHT BREAKFAST CEREALS
6. HONEY AND MAPLE SYRUP
7. DRIED FRUIT
8. FRUIT JUICE
9. DEEP FRIED FOODS
10. PIE, COOKIES & CAKE
11. SALT

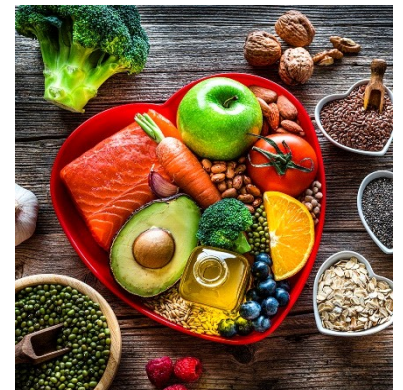
Tips for cutting these out:

- Cook more meals from scratch at home, where you can control the amount of salt you use.
- Check food labels – some products have color coding on the front which tells you if the food has high (red), medium (orange) or low (green) amounts of fat, saturated fat, sugars and salt.
- Try unsweetened teas and coffees – they're better than fruit juices and smoothies as they don't add any extra calories and carbs.
- Banish the salt shaker from the table – black pepper, herbs and spices are great ways of adding extra flavor to your food.
- Make your own sauces, like tomato ketchup and tandoori marinades.

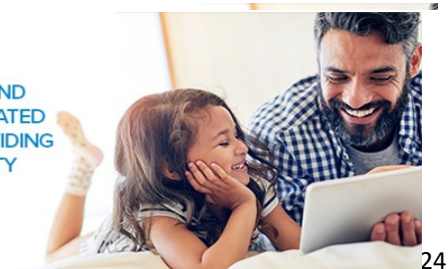
How Can the APWU Health Plan Help?

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.

Also, for High Option members, office visits to a registered Dietician/Nutritionist is a \$0 copay when you stay in-network. You can speak to a specialist to learn more about how to eat a healthier, balanced diet.



APWU HEALTH PLAN PARTNERS WITH POSTAL AND FEDERAL FAMILIES TO CREATE A LIFESTYLE DEDICATED TO HEALTHY LIVING. WE ARE COMMITTED TO PROVIDING OUR MEMBERS WITH INNOVATIVE HIGH-QUALITY PRODUCTS AND SERVICES.



Human Relations Project

Sleep in Heavenly Peace

By: Janeil Payne-Human Relations Chair

Sleep in Heavenly Peace, “No Kid Sleeps on the Floor in Our Town”



SLEEP IN HEAVENLY PEACE

Hey, you - Yes, you, and me too! We can help change a child's life by donating to the National Auxiliary's Human Relations Project, Sleep in Heavenly Peace. If you have been reading my articles and those by some of the members who have taken the leap to get involved in building the beds, donate bedding, or helping with deliveries, you know that this organization builds beds for kids ages 3-17, that do not have a bed to sleep in. While having a bed to sleep in is something most of us take for granted, there are too many kids in

the United States who do not currently have a bed or have never had a bed where they can comfortably sleep and get the rest for proper growth of not only their body but also their brains. Sleep in Heavenly Peace has chapters in most of the fifty states, Canada, and a couple of other countries. They accept donations of new twin-sized sheets, mattress covers, blankets, comforters, pillows, and cases. Each delivered bed is complete with all the bedding. There is a single bed or a bunk bed, which can be delivered to the home, depending on the needs of the family.

In addition to donating bedding, you can work on a build where the beds are made (yes, you get to use power tools and leave feeling wonderful), or you can help the chapter near you take the beds to the homes, assemble them, complete with bedding for each child. I participated in a delivery, and it was an amazing experience. If you or your local would rather make a monetary donation, you can do that as well. Visit their website at www.shpbeds.org. You can make monetary donations through our website, www.apwuauxiliary.org. You can send a check to the **National Treasurer, Auxiliary to the American Postal Workers Union** (please see her address in the Officer section of this newsletter) and make a notation of SHP on the check. This will help ensure the total amount of your donation goes to SHP. You will find the address on the Auxiliary website under the Human Relations Project.

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Visit the Auxiliary booth!
National Convention
Purchase raffle ticket for \$5.00 each
The winner will receive \$500 cash!

PROCEEDS TO BENEFIT
SLEEP IN HEAVENLY PEACE