

News and Views



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Updates and Celebrations

By: Trisa Mannion-President



We have a newly revised Handbook and Organizing Guidelines to send to members upon request. It is 117 pages of who, what, when, where, and how to accomplish the work of the Auxiliary. The Organizing Guidelines are a step-by-step method to organize an Auxiliary. The two work together to make the process easier. They are available upon request from Karen

Wolver, National Secretary. (see coupon page 6)

Since the beginning of this year, we have welcomed Columbus, Nebraska, as a newly chartered local. Congratulations to Amy Maschmeier, President Eric Korus, Vice President, and Elizabeth Belgum, Secretary/Treasurer. Wendy Morrissey is to be congratulated for helping them and encouraging their progress.

We welcome Saint Louis, Missouri, as the most recent 100% Auxiliary. To be considered a 100% local, you must have one Auxiliary member for each APWU member. Thank you for the support, Saint Louis. You join a growing list of 100% locals in Missouri. Congratulations to John and Beth Zamudio for excellently organizing this state.

Would you like information about becoming a chartered or 100% local? Contact me for help with the steps. Your District Coordinator is also available to assist you. The list is on the back page of this publication. It is not complicated, but it takes time and effort to become chartered.

Would you like to become part of the long and honored list of 100% locals and states? I can help you with the process. It is an excellent step toward having an active local or state.



Karen Wolver presenting the newest charter to Amy Maschmeier Columbus, Nebraska

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Too Many Hurdles?

By: Janice Gillespie-Legislative Aide-Editor

A charging station will be installed for each electric vehicle the postal service plans to buy in the next few years. Postmaster General DeJoy intends to convert 75% of the post office fleet to the tune of about 66,000. Does this mean the public will be able to charge their EVs? How about the workforce?

Postal officials have stated that opening the new charging stations to the public is not viable. Some roadblocks include parking and staffing issues, customers loitering, and providing safety for users at night.

There are also financial and legal issues to contend with. For example, a statute is in place to prevent the Postal Service from receiving revenue from sources other than its core business; they can, however, offer services on behalf of other parts of the government. On the other hand, the USPS cannot collect revenue on behalf of other parts of the government or by leasing out property to third parties.

Representatives Stephen Lynch, D-Mass.; Gerry Connolly,

D-Va., and Jamie Raskin, D-Md, have requested the Government Accountability Office, GAO, to investigate whether or not public use of postal charging stations is feasible. According to the GAO, spokespeople for the post office did not see a benefit in providing public chargers as opposed to some stakeholders who felt that it would increase our relevance in our communities.



Allowing the workforce to use the charging stations would be a valuable perk for postal employees, but an internal survey has indicated that very few postal workers own electric vehicles. Postal officials quoting the data from the survey have pushed workplace charging as something to look into down the line. The GAO has suggested that the Postal Service use its investments to prepare the USPS for future years rather than wait and spend more money on expensive upgrades.

Just Pick One!

By Janice Gillespie-Legislative-Aide Editor



Does anyone else want to know why President Biden hasn't appointed anyone to the Board of Governors yet? Currently, there are two governors in their holdover terms. They have both reached the end of their term, but as is customary, they fill the positions in

a holdover year until a successor is confirmed.

The APWU has recommended Brenda Lawrence (D) to replace Donald Moak (D). With her extensive experience and

knowledge of the Postal Service, Brenda would be a great addition to the Board. So, what could be taking President Biden so long to appoint her? There is a difference of opinion between the APWU and the NALC on who should be on the Board. The NALC recommends keeping Moak for another term. Carolyn Maloney has put her name in the game to complicate matters more. A Democrat, she recently lost her primary in New York's 12th congressional.

President Biden has some decisions to make. He also needs to find a successor for William Zollars (R). We need more diversity and members who are pro-Post Office.



In Honor of Their Sacrifices

By: Barbara Maciejewski-District 5 Coordinator



Did you know that Memorial Day was formerly Decoration Day?

As a child, I remember going to parades where

my World War 1 Grandfather would walk in the parade and was proud to wear his American legion uniform. I loved tossing flowers into the river and putting small flags on headstones. It was the start of my summer vacation, but I never really knew why we celebrated. Here is a bit of information that I hope all of you can share with your friends and family.

In May 1865, in Charleston, South Carolina, a large congregation primarily involving African Americans held a formal observance for both Union and Confederate dead. Then, Monday, May 30th, 1868, John A. Logan, the

commander in chief of the Grand Army of the Republic, an organization of Union veterans, promoted a national holiday to decorate the graves of comrades who died in defense of their country during the late rebellion. After World War 1, the day came to be observed in honor of those who had died in all U.S. wars, and its name changed from Decoration Day to Memorial Day.

Since 1971 Memorial Day has been observed on the last Monday in May. Some of the traditions are flowers and flags placed on the graves of veterans in local cemeteries: religious services, parades, and speeches. In addition, a wreath is laid at the Tomb of the Unknown Soldier in Arlington National Cemetery in Arlington, Virginia.

Enjoy your friends and family this Memorial Day.

“The willingness of America’s veterans to sacrifice for our country has earned them our lasting gratitude.” – Jeff Miller



He never looks for praises.
He’s never one to boast.
He just goes on quietly working for
those he loves the most.

Father’s Day Trivia

1. Who invented Father Day?
2. Since when has Father’s Day been officially celebrated?
3. In 1924 President _____, made Father’s Day a national event.
4. In 1966 a presidential proclamation declared the ____ of June as Father's Day?
5. Father's Day is the ____ most popular card-sending holiday.
6. What is the official flower of Father's Day?
7. There are approximately 70.1 ____ Fathers in America.
8. What is the most popular Father's Day gift?



1.Sonora Dodd 2.1972 3.Calvin Coolidge
4.5th 6.Rose 7.Million 8.Necktie

Neither Blizzard, Plane Delays, nor Snow-Packed Roads Stopped Us!



Trisa Mannion
and Susan Ryan

The National Auxiliary Board held an in-person meeting in Minneapolis the last week of February. A Midwest city was decided to be the most cost-efficient location, but the weather did not cooperate. There were plane delays, snow-packed roads, and even a fall or two, but we persevered. It was great seeing everyone and getting to know the new members. We bonded while trudging through the snow and trying to stay warm.

We were able to get a lot of work done. We worked on committee items, with every committee chair presenting, finished the Handbook, and held training for the newly elected and refresher training for the incumbents. In addition, conventions were assigned, supplies handed out, and instructions given.

Discussions were held about getting ready for the next National Convention in Detroit. It is never too early to start planning. New board members bringing new ideas and experience helps all of us improve on the year before. We always strive to make the next convention better than the last.

We were fortunate to be able to welcome guest Susan Ryan, head of donor relations, for SHP South Metro chapter in Minneapolis. Susan gave a moving PowerPoint demonstration on Sleep in Heavenly Peace. Her passion and enthusiasm for our new Human Relations Project was infectious. Our Auxiliary has always made good choices regarding Human Relations, and the project for 2022-2024 is no different. Listening to Susan made us even more determined to be a part of another success story.

We are all proud of this board and anticipate a great two years of state and local events, Zipline meetings, and forming new friendships. We aim to continue to be available to our members and to help whenever we are needed.



Bonnie Sevre (standing)
Arline Holmes, Barb Maciejewski



Bonnie Sevre, Kath Walker,
Susan Ryan, Janeil Payne



Debra Stewart

Zipline

Join us at the next Zipline meeting!

June 6, 2023

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 8656

All meetings are at 8pm EDT

APWU Legislative & Political Department

Current Legislative Priorities in the 118th Congress

With the 118th Congress in full swing, it is important that we update you on some of our legislative priorities this session. While this list is not exhaustive, it highlights what we are currently fighting for on Capitol Hill to improve the lives of the working class.

The Social Security Fairness Act (H.R. 82, S.597)

Senior citizens collecting Social Security have faced unfair reductions in their monthly benefits due to the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO). These two provisions of a 1983 law penalize Civil Service Retirement System (CSRS) retirees and their spouses who found secondary employment outside of the federal system. The fact is that these retirees have paid their fair share into Social Security and meet the necessary requirements, but are not receiving the benefits they have earned.

The Social Security Expansion Act (H.R. 1046, S. 393)

Aside from simply fixing current Social Security law, APWU is fighting for the expansion of senior Social Security benefits. This bill, if passed and signed into law, would increase benefits by \$200 a month, raise COLAs, and bring back student benefits for dependent children. Notably, this legislation would lift the cap on Social Security taxes so that the rich will begin to pay their fair share into the program.

The Equal COLA Act (H.R. 866)

Currently, there is a disparity between Social Security Cost-of-Living Adjustments (COLAs) for those who retired under the Civil Service Retirement System (CSRS) and those who retired under the Federal Employees Retirement System (FERS). The difference can be up to one percentage point, which can equal tens of thousands of dollars over the course of a retirement and is felt more deeply during times of high inflation.

The Protecting the Right to Organize (PRO) Act (H.R. 20, S.567)

With union membership declining and the rich getting richer off of the backs of hard working Americans, now is the time to protect the right to organize. Provisions of this bill would make it easier to join unions and allow workers to get rid of anti-union “right-to-work” laws. Additionally, the PRO Act would increase worker protections, namely from being replaced during strikes and through both monetary fines and personal liability for employers that violate workers’ rights. The last component of the bill helps to promote fair union elections, without the interference of management.

The Vote at Home Act (H.R. 1439, S.700)

APWU hopes to expand access to vote-by-mail to all Americans. This bill would require that every registered voter in the nation receive their ballot via USPS with prepaid postage. Implementation of this policy would allow access to the ballot box for all and result in less voter suppression through obstacles such as absentee ballot excuse requirements or polling location inaccessibility. Both the 2020 and 2022 elections have proven the efficacy of vote-by-mail, and it is time that everyone can reap the benefits of this program.

For more information on our legislative priorities, please visit the Legislative and Political Department page at apwu.org. As more bills get reintroduced this Congress, our web page will be continually updated. The web page also has information on how you can find your federal, state, and local representatives, as well as tips on how to lobby. We thank you in advance for all of your lobbying efforts.

2023 Legislative Conference: Building Grassroots Power

If you are interested in learning more about what we do here in the Legislative and Political Department, please join us for our legislative conference on Sunday, October 1, 2023 in Las Vegas, NV. We hope to increase your legislative knowledge and teach you some grassroots strategies to hold our elected officials accountable. More details are located on the events page of the APWU web page under the title “2023 Legislative & Political Conference.”

Handbook of Information

Name _____

Local _____

State _____

Address _____

Phone # _____

E-Mail _____

Send completed coupons to:
Karen Wolver-Secretary
4631 NE 29th St
Des Moines, Iowa 50317

Handbooks are free of charge and are available
to download on the Auxiliary website:
www.apwuauxiliary.org



Is it time to pay your dues?

Dues are \$5.00 per person annually. We suggest you send \$10.00 per person annually to cover state dues. (If you do not have an organized state, we will credit your national dues for 2 years.)

Dues may be sent payable to the National Auxiliary
Attention Treasurer Bonnie Sevre at:

**Auxiliary to the APWU
2836 Hwy 88
Minneapolis, MN 55418**

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.



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-Committee Chair

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



It is convention season for our brothers and sisters of the APWU and the Auxiliary. This is our opportunity to spread the word about the Human Relations Project, Sleep in Heavenly Peace!

I was recently lucky enough to attend the Washington State 50th Anniversary Convention, which was held in beautiful Coeur d'Alene, Idaho. That upper section of Idaho is part of the Inland Empire Area Local out of Spokane, Washington. It was a wonderful convention; I worked hard to spread the word about Sleep in Heavenly Peace and hopefully have several members interested in contacting the local chapter in Spokane. It would be great if they could help do a build, donate bedding, or help deliver beds. Next will be the Oregon State Training Convention, held in Ashland, Oregon, on April 15-16th. I am looking forward to working with the home local there, and I believe they already may have plans to work with the local Sleep in Heavenly Peace chapter for that area.

If you received your last issue of the APWU American Postal Worker. I hope you noticed the article on page 6 of the magazine written by our Editor, Janice Gillespie. Her article promotes the Sleep in Heavenly Peace project. It is rewarding to see this article appear in the national magazine Recognition from the APWU National officers just added emphasis to how important the activities of this organization are and the impact it has on the lives of the children for whom they provide beds.

Have you ever wished to travel to Paris and see the Eiffel Tower? Take a boat ride on the Amazon? Tour the fiords of Finland or Sweden? Well, perhaps you can, virtually, and all for the wonderful price of \$10.00! The National Auxiliary is selling tickets for \$10.00 each for a chance to win a **Virtual Gaming System** which we will raffle off on October 4, 2023, at the All-Craft Conference in Las Vegas, NV. This is a complete system with a value of \$500.00. You can purchase a ticket at your next convention or contact your District Coordinator or National Officer. All proceeds from the sale of tickets will go to Sleep in Heavenly Peace. Please be sure to stop by the table at your next convention and purchase a ticket or two!



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