



NEWS & VIEWS

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Starting the New Year with Resolve – Making a Difference Together

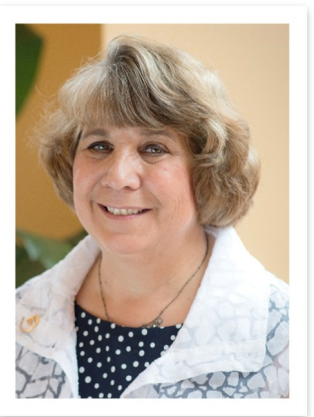
By: **Kathy Danek - President**

Happy New Year! And greetings for a wonderful new year to each and every one of you. As I've pondered about the year ahead, I'm reminded that many of us start each year off with a couple of profound life changing resolutions. Making them may be the easy part. Keeping them is a little more of a challenge. But really, is it the resolution or is it the ability to look at things around us and work to make them better.

For members of the Auxiliary resolutions need to be focused on saving the Postal Service before it is completely dismantled. We must also increase our activity in the political arena. So here are a few ideas to make this happen:

- I RESOLVE to do everything in my power to save the USPS from destruction
- I RESOLVE to build a communication relationship with all of my members of Congress. That starts with letters on a regular basis. Let's start with a request to sponsor legislation to preserve the postal network, the jobs of the APWU, and the service to our customers. But it is much more than just sponsoring legislation. We need our Congress to move bills to action that will restore this strong communication network – the fabric of connectivity for our nation.

So many times people look at one vote and say I'm through with this elected official. But the reality is that we need to work with them before, during and after the election. That means letters requesting help; letters acknowledging legislative bills that are in process; and letters expressing our thoughts on the voting record of our members of Congress.



- It also means visiting their offices when they are in their home states. You want to build that face to face relationship, one where they recognize you on the street or at events.
- I RESOLVE to work with my community to save the USPS. What that really means is carrying the message to your friends and neighbors, to the local businesses and to the local elected officials. All of our friends and neighbors need the USPS. They need the service, the protection and security of the USPS. During the holidays it was really evident that protecting items delivered to our homes was important. AND the USPS is protected by federal law. It is a federal crime to tamper with or steal items in the US Mail.

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Message from the APWU Health Plan Director

By: John L. Marcotte

In our constant efforts to improve our members' customer service, the APWU Health Plan is issuing new identification cards for High Option Members. The APWU Health Plan has mailed new identification cards to its High Option members. Members of the High Option should have these new cards in their possession already. The cards go into effect on January 01, 2018.

These cards have new ID numbers that will help us better serve our members. The Health Plan recommends that members destroy their old cards. In 2018, members should present their new High Option ID card at the doctor, pharmacy, hospital, or other

medical provider when they receive health care, **even if the member has visited the medical provider or pharmacy before.** This will allow the medical provider to bill the APWU Health plan directly for services without any delay.

These cards are part of an extensive effort to update our software system and improve our service to Health Plan Members. Questions about the cards or the APWU Health Plan can be directed to our Membership Services staff at 1-800-222-APWU (2798).

We at the APWU Health Plan wish all of you have a wonderful holiday season and a happy, healthy New Year. Together Better Health.

The Labor Union Struggle Continues

By: Bonnie Sevre - Legislative Aide Editor

Workers have been struggling since the beginning of the 19th century to receive safe working conditions, decent pay and reasonable work hours which are goals the various unions have fought for. Last month touched on the role of children in the labor movement. Labor union organizing has been a struggle over the years. Moving into the 20th century the labor union struggles continued.

Around 1900 corporations decided it might be better to work together helping stabilize conflicts within the various industries. Union leaders decided they couldn't defeat corporations through strikes and work stoppages and decided it might make sense to react positively with moderate corporates. The organization to develop from these changed attitudes was the National Civic Federation (NCF) which was formed in 1900 with leaders from both big corporations and major trade unions. The explicit goal of the NCF was to develop means to harmonize capital-labor relations and its chosen instrument for this task was the trade union agreement (now called collective bargaining).

The first president of the NCF was Senator Mark Hanna of Ohio, a mining magnate and Republican who was respected by labor leaders for the fair-minded way he had dealt with striking miners on some of his properties. Hanna also worked to convince his colleagues that improved productivity and efficiency would follow from good labor relations and would make it possible for American products to compete more effectively in overseas markets because the finished goods would be a higher

quality and lower price. Labor would benefit from employment security and the higher wages that would come with increased productivity and sales. (Weinstein, James. 1968. *The corporate ideal in the liberal state*. Boston: Beacon Press.)

The unionism that NCF leaders were willing to support was a narrow one, focused almost exclusively on skilled workers, to the exclusion of unskilled industrial workers in mass-production industries.

As the union's membership grew and they began making more demands, the employers' dislike of unions resurfaced accordingly. Class conflict once again emerged, which led to organized opposition to unions within the same employer organizations that had been created to encourage trade agreements. This sequence of events revealed the difficulties of maintaining cross-class coalitions, which were to break down often in future decades as well.

Even though bad feeling and violence return, union membership grew an average of 2% a year from 1904 to 1915 despite the renewed warfare. (Nelson, Daniel. 1997. *Shifting fortunes: The rise and decline of American labor from the 1820s to the present*).

The struggle continues!



Putting an End to Illegal Robocalls

U.S SENATOR for Pennsylvania

BOB CASEY

Ranking Member

U.S. Senate Special Committee on Aging

SENIOR SPOTLIGHT



Dear Friends:

Last week (Dec.1), the Federal Communications Commission (FCC) heeded [my calls](#) and announced new rules to block illegal robocalls.

All too often, con artists and fraudsters perpetrate scams through robocalls. Many con artists fool consumers on the phone by masking their identity, sometimes appearing to call from a number that technically doesn't exist. They even pretend to call from a government agency or legitimate business.

I developed tips that may help you and your loved ones avoid becoming the victim of a fraud or scam:

Tips from Senator Bob Casey for Avoiding Phone Scams

- Con artists force you to make decisions fast and many threaten you.
- Con artists disguise their real numbers, using fake caller IDs.
- Con artists sometimes pretend to be the government (e.g. IRS).
- Con artists pressure you not to call friends and family.
- Con artists try to get you to provide them personal information like your Social Security, or account numbers.
- Before giving out your credit card number or money, ask a friend or family member about it!

If you receive a suspicious call, hang up and please call the U.S Senate Special committee on Aging's Fraud Hotline at [1-855-303-9470](tel:1-855-303-9470)

If you would like to receive fraud prevention materials from my Aging Committee office, please email Casey_SeniorSpotlight@aging.senate.gov or call 202-224-0185.

Sincerely,

A handwritten signature in blue ink that reads "Bob Casey".

Bob Casey

United States Senator

Ranking Member, Senate Special Committee on Aging

Thank you to Nancy Olumekor, National Retiree Director, for providing this information.

Fourteen Bags of Baby Blankets Delivered

By: Anna Braun - Illinois State Auxiliary President

Approximately, 9 years ago, I found myself in one of our local hospitals, recovering from emergency surgery. This hospital has the women's/children's floor being shared by the obstetrics wing. During the week I was in the hospital, I became friends with some of the nurses and the subject that I quilted came up. Several of the nurses spoke of how many of the mothers that came in to have their child often only had a receiving blanket to take them home in. Illinois is cold and damp and a receiving blanket is not adequate.

That fall, I approached my union president about running a baby blanket drive to help out the hospital. It was met with enthusiasm by both the executive board and the membership. I don't remember how many blankets we gathered that year but throughout the years, we have gathered as many as 120. Most of the blankets are new or lightly used, and include quilts and throws. One of our members routinely crocheted blankets until her retirement.

Every November/December, we collect the blankets and try to deliver them before Christmas. Before we deliver the blankets, we wash and dry them, using laundry soap that contains no fragrance and do not use any dryer sheets. Allergies are the reason for this.

In our situation, I collect a majority of the blankets each year. I often stop at resale shops after dropping off that year's blankets. I shop all year, washing them as they come into the house and bag them up. In the past two years, I have made several quilts that were donated. However, the membership often has about a 4-6 week period to donate.

I can't imagine any child not having a warm blanket to start their life or a mother not being able to provide that. Gathering blankets is an easy way to assist and the expense is minimal.



Anna Braun delivering 14 bags (about 80 baby blankets) to her local hospital nursery.

This project could be used to help supply blankets to the homeless or to Veterans homes. It could be used as a template for assisting the elderly or in emergency situations. Collect small throws and donate them to people in wheelchairs. Make shrugs for the elderly. You get the idea. You have to find your passion or an area that touches your heart and the heart of your members.

As I head into retirement, I hope to continue to gather the blankets and perhaps make a few more. It warms my heart to know that somewhere there is a child or infant who is warm today because of this project.

2018 IRS Standard Mileage Rates

WASHINGTON — The Internal Revenue Service issued the 2018 optional standard mileage rates used to calculate the deductible costs of operating an automobile for business, charitable, medical or moving purposes.

Beginning on Jan. 1, 2018, the standard mileage rates for the use of a car (also vans, pickups or panel trucks) will be:

- 54.5 cents for every mile of business travel driven, up 1 cent from the rate for 2017

Editor's note:

I am sure that there are many more stories like Anna's around the country. If you would like to share your story please email your articles to me at bsaux@aol.com or send in the U.S. Mail. Send your stories to me by the 15th of the month and I will try to have them in the next issue of News and Views - room permitting.

I look forward to hearing from you and about your auxiliary activities!

Some of the Effects of the New Tax Bill

Information from www.aflcio.org

Republicans in Congress have reached agreement on a job-killing tax plan that makes working people pay the price for massive tax giveaways to millionaires and wealthy corporations.

Here are the main reasons the legislation is bad for working people:

Rigging the rules. Big banks, hedge funds and other Wall Street firms are the biggest winners from this tax bill. The richest 1% of households would receive 83% of tax cuts, and the richest 0.1% would get an average tax cut of more than \$148,000. The tax bill is full of complex tax gimmicks that would encourage tax dodging while enriching lawyers and accountants.

Job-killing tax breaks for outsourcing. The Republican tax plan would lower the U.S. tax rate on offshore profits to zero, giving corporations an incentive to move American jobs offshore.

Medicaid and Medicare benefit cuts. Republican leaders in Congress already have signaled that once they're done increasing the deficit with their wasteful tax boondoggle, they plan to use the deficit as an excuse to cut Medicaid, Medicare and Social Security. The Republican budget already would cut Medicaid and Medicare by \$1.5 trillion – the same price tag as the tax bill.

Tax increases for millions of working people. The average household making less than \$75,000 would pay more in taxes by the year 2027. In all, 70 million households making less than \$100,000 eventually would pay more.

Partial repeal of the Affordable Care Act. By partially repealing the Affordable Care Act (Obamacare),

the tax bill would mean health care premiums in the individual market would rise by 10%, 13 million people would lose health insurance, and many as 15,000 or more people would die every year.

Cuts to public education. By limiting the state and local tax (SALT) deduction, the Republican tax bill would reduce state and local funding for education, infrastructure and other essential public services we all depend on. A new backdoor school voucher program would give tax breaks for tuition at private K-12 schools. Republican leaders in Congress also plan to use the deficit they created as an excuse to cut federal funding for education and other essential services.

Taking sides. While corporations still could deduct their payments to lawyers to fight union, working people no longer could deduct union dues or such work-related expenses as travel, work clothes, work-related education, work tools or work supplies.



President's article

Continued from page 1



- I RESOLVE to get involved at my local Auxiliary meetings. AND if I'm already active I'm going to open the doors to new people and new ideas. So many times it's a friendly word from someone else that brings you to a meeting. It's an "I'll pick you up and introduce you". It's about welcoming prospective members, encouraging their ongoing participation, and being able to work together to move our Auxiliary forward.

- I RESOLVE to recognize the hard work of others. Noticing the good deeds of others should not end with the holiday season. Good deeds are needed year round. Recognition is really important.

These are a few examples to build your local Auxiliary, save our postal jobs and most importantly to create a better place for each of us to live. Our world depends on the actions of each and every one of us.

On behalf of your entire Auxiliary Executive Board we wish each and every one of you a VERY HAPPY and HEALTHY NEW YEAR.

Ask Tina? *About the Health Plan*

Will This Year's Flu Shot Be as Weak as Last Season's?

Lots of people came down with influenza last year despite getting a flu shot – and researchers can't promise this season's vaccine will be any more effective. Last year's shot was only 20 percent to 30 percent effective because it was grown in eggs, according to the authors of a new report. The egg process is not unusual. But a mutation in the predominant flu virus, called influenza A H3N2, limited the vaccine's potency, said study co-author Dr. John Treanor. When H3N2 comes in contact with eggs, it changes, making it different from the virus that's circulating, he and his colleagues explained. So last year, when H3N2 was the most common flu virus around, the shot was pretty lousy.

And what about the 2017-2018 flu season?

"It's too early to say which strain of flu will be predominant this year," said Dr. Daniel Jernigan, director of the influenza division at the U.S. Centers for Disease Control and Prevention. "If it's an H1N1 year, then the vaccine is closer to 60 percent effective," Jernigan said. Treanor pointed out that the year's flu vaccine contains the same strain of H3N2 as the 2016 vaccine, so if the new flu season is dominated by the H3N2 again, it could be another bad season. Treanor, a professor of infectious diseases at the University of Rochester in New York, said major efforts are under way to understand the factors that contribute to the less-than-perfect protection of flu vaccines. "There are some emerging new findings that can contribute to developing better vaccines in the future," he said. Growing influenza virus in eggs, then inactivating it and purifying it is the traditional method. "But there are some downsides to using chicken eggs as the production material," Treanor noted. Two new methods of producing vaccines are being tried, he said.

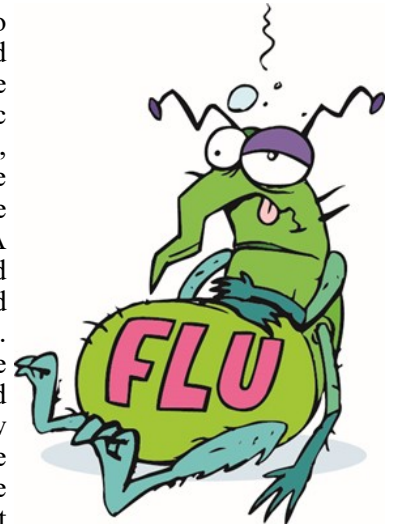
One approach – using animal cells as the production material – allows the use of more standardized methods.

"Another approach is to use DNA techniques and to synthesize the vaccine directly from the genetic sequence of the virus, Treanor said. Both these methods – cell culture (Flucelvax) and DNA (Flublok) – are licensed by the U.S. Food and Drug Administration. Jernigan said that these new technologies are used for the production of new vaccines, such as the Ebola vaccine. He cautioned, however, that it is not yet known if these methods produce a more effective flu vaccine than using eggs. Manufacturers would have to do studies comparing egg-grown vaccine with vaccine produced by these other methods to really see if they are better, he added. "That's information that's really needed in order for us to really say one kind of technology gives better protection than another," Jernigan said.

More information: For more about flu vaccine, visit the U.S. Centers for Disease Control and Prevention.

SOURCES: John Treanor, M.D., professor, infectious diseases, University of Rochester, Rochester, N.Y.; Daniel Jernigan, M.D., director, influenza division, U.S. Centers for Disease Control and Prevention; Nov. 6, 2017, *Proceedings of the National Academy of Sciences*, online

By **Steven Reinberg** – *HealthDay Reporter*, WEDNESDAY, Nov. 8, 2017 (HealthDay News)



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MLK Jr. - 50 Year Anniversary of His Death

By: Bonnie Sevre - Legislative Aide Editor

April 4, 2018 will mark the 50 year anniversary of the assassination of Martin Luther King Jr. On the evening of April 4, 1968, Martin Luther King was assassinated. He was fatally shot while standing on the balcony of a motel in Memphis, where King had traveled to support a sanitation workers' strike. In 1983 President Ronald Reagan signed a bill creating a U.S. federal holiday in honor of King. Observed on the third Monday of January, Martin Luther King Day was first celebrated in 1986.

Martin Luther King Jr. was born on January 15, 1929, in Atlanta, Georgia. He grew up in the city's Sweet Auburn neighborhood, then home to some of the most prominent and prosperous African Americans in the country.

A gifted student, King attended segregated public schools and at the age of 15 was admitted to Morehouse College where he studied medicine and law. Although he had not intended to follow in his father's footsteps by joining the ministry, he changed his mind. After graduating in 1948, King entered Crozer Theological Seminary in Pennsylvania, where he earned a Bachelor of Divinity degree, won a prestigious fellowship and was elected president of his predominantly white senior class. King then enrolled in a graduate program at Boston University in 1953 and earned a doctorate in systematic theology two years later. While in Boston he met Coretta Scott. The couple wed in 1953 and settled in Montgomery, Alabama, where King became pastor of the Dexter Avenue Baptist Church.

The King family had been living in Montgomery for less than a year when the highly segregated city became the epicenter of the burgeoning struggle for civil rights in America, galvanized by the landmark *Brown v. Board of Education* decision of 1954.

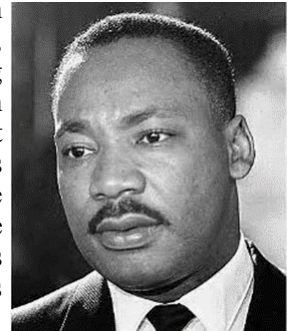
On December 1, 1955, Rosa Parks, secretary of the local chapter of the National Association for the Advancement of Colored People (NAACP), refused to give up her seat to a white passenger on a Montgomery bus and was arrested. Activists coordinated a bus boycott that would continue for 381 days, placing a severe economic strain on the public transit system and downtown business owners. They chose Martin Luther King Jr. as the protest's leader and official spokesman.

By the time the Supreme Court ruled segregated seating on public buses unconstitutional in November 1956, King had entered the national spotlight as an inspirational proponent of organized, nonviolent resistance.

King had also become a target for white supremacists, who firebombed his family home.

Emboldened by the boycott's success, in 1957 he and other civil rights activists - most of them fellow ministers

- founded the Southern Christian Leadership Conference (SCLC), a group committed to achieving full equality for African Americans through nonviolent protest. The SCLC motto was "Not one hair of one head of one person should be harmed." He would remain at the head of this influential organization until his death.



In his role as SCLC president, Martin Luther King Jr. traveled across the country and around the world, giving lectures on nonviolent protest and civil rights as well as meeting with religious figures, activists and political leaders.

Martin Luther King Jr. worked with a number of civil rights and religious groups to organize the March on Washington for Jobs and Freedom, a peaceful political rally designed to shed light on the injustices African Americans continued to face across the country. Held on August 28, 1963 the event is widely regarded as a watershed moment in the history of the American civil rights movement and a factor in the passage of the Civil Rights Act of 1964.

The March on Washington culminated in King's most famous address, known as the "I Have a Dream" speech, a spirited call for peace and equality that many consider a masterpiece of rhetoric. Standing on the steps of the Lincoln Memorial - a monument to the president who a century earlier had brought down the institution of slavery in the United States. The speech and march cemented King's reputation at home and abroad; later that year he was named "Man of the Year" by TIME magazine and in 1964 became the youngest person ever awarded the Nobel Peace Prize.

In the spring of 1965, King's elevated profile drew international attention to the violence that erupted between white segregationists and peaceful demonstrators in Selma, Alabama, where the SCLC and Student Nonviolent Coordinating Committee (SNCC) had organized a voter registration campaign.

Captured on television, the brutal scene outraged many Americans and inspired supporters from across the country to gather in Alabama and take part in the Selma to Montgomery march led by King and supported by President Lyndon B. Johnson who sent in federal troops to keep the peace.

That August, 1965, Congress passed the Voting Rights Act, which guaranteed the right to vote - first awarded by the 15th Amendment - to all African Americans.

(Source: various)

2016-2018 Human Relations Project

By: Joyce Tanguay - Human Relations Chair

“People who give will never be poor” ~Anne Frank~

Another year has come and gone. In 2017 this country experienced many disasters; tornados, floods, hurricanes and wildfires, to name a few. I am sure that many of you, including myself, were deluged with many requests for financial assistance during at least one of these disasters. So, knowing this, I write this with a bit of hesitance, knowing that some of you might say, “Oh, no, not another request.”



Trust me, I do understand. But, I also know that the National Auxiliary and the delegates of the 2016 National Convention made a commitment and it is important that we follow through with it. Our commitment was to support Children Inc. until the 2018 National Convention in Pennsylvania. The needs of these children never stop and many of them live in the areas of some of those terrible disasters so if you have not yet had a chance to support this project, we ask that you consider doing so.

No donation is too small (or large) and checks may be made payable to Auxiliary to the APWU (designate Child Inc.) and sent to:

*Trisa Mannion, Treasurer
Auxiliary to the APWU
3038 Cloverdale Court
Grand Junction, CO 81506*

**My hope is that 2017 was a good year for you and that
2018 will be even better!**

JANUARY



2016– 2018 National Officers

PRESIDENT Kathy Danek
402-464-8549 402-464-8557 (fax)
4261 Knox, Lincoln, NE 68504-1955
kmdanek@aol.com or 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

TREASURER Trisa Mannion
970-245-3912 (fax) 970-243-7706
3038 Cloverdale Ct
Grand Junction, CO 81506
tmaux@aol.com or tmannion@apwuauxiliary.org

LEGISLATIVE AIDE-EDITOR Bonnie Sevre
612-788-3440 612-889-4111 (cell)
2836 Highway 88
Minneapolis, MN, 55418-3243
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

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

DISTRICT 3 Tina Beaton
816-786-5572
409 Belmont Dr.
Raymore, MO 64083
IA, KS, MO, MN, NE, ND, SD
tbeaton@apwuauxiliary.org

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

DISTRICT 5 VACANT
Please contact President Danek
IL, IN, KY, OH, MI, WV, WI

DISTRICT 6 Clara Hill
865-637-1867
2710 Waverly St
Knoxville TN 37921
AL, FL, GA, NC, SC, TN, VA
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