



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 32,
Issue 5

JANUARY 2016

New Beginnings

By Kathy Danek, President



As we begin this new year, we are all reflecting on the past, figuring out how to tackle the problems, setting goals to achieve them, and finally celebrating the big win. Wait, does this sound a little like football – you know the game that literally consumed the last two weeks of the year and the first week of the new year. Maybe it’s an appropriate metaphor to put things in the context of a game. After all, we do use the last two weeks of the year to see where we have been. We celebrate various holidays with families and friends. We find the hustle and the bustle to get things done – and usually, we find a little inner peace to say that it was a job well done. That’s the victory in life

So now, we are amidst the new year of 2016. As Auxiliary members, we have a major celebration in our very near future. This celebration is actually in 2017, but we need a whole year to kick off the celebration. What is that milestone for our organization? It’s our 100th Anniversary; it’s a century of helping communities, dedicating ourselves to the legislative and community work of the APWU and finally, growing our membership and activity as an organization.

We have a great event in August of 2016. Our biennial National Convention will begin on August 22, 2016 and run through August 25. You may have noticed that we are ending on a Thursday – that day is in conjunction with the APWU reducing their convention to four (4) days. We will

have to be very diligent to get our work finished in a reduced schedule. We will again be helping the APWU with registration, so we would appreciate any and all volunteers to assist with the registration beginning the Friday before the convention. The APWU will have Clerk, Maintenance, and Motor Vehicle conventions preceding the convention on August 20 and 21. Preconvention workshops are on August 19. And where is this great event – in beautiful Orlando Florida at the Swan and Dolphin hotel and convention center. We hope all of your local and state organizations will begin planning to send delegates to create our direction for the future.

It’s about resolutions, revisiting our constitution and bylaws, committees on human relations, credentials, legislation & COPA, planning and ideas for our future, and much, much more. None of this works unless we have you and your organization represented.

But back to our celebration – the opening of a year to honor 100 years of Auxiliary members and their service to the APWU and their communities. If each state president could take a minute and review your own personal state history, it would help me as your president. Look through and send me the year you were organized, the officers who served our national organization from your state and local – and also, make sure we have a current listing of state and local officers. We want this to be a people centered celebration.

We will also honor our members or their family members who have passed away. We miss them all terribly and will celebrate with a beautiful Memorial Service. Make sure you send in those Book of Memories submissions as soon as possible. That way we will not miss anybody.

HAPPY NEW YEAR – As we’ve outlined a lot of work for the upcoming months, we also need to reflect on the beauty of each new year. January marks the

Inside this issue:

Be It Resolved - Starting the New Year	2
Let's Make our Numbers Grow President's Article - continued Editor's Note	3
Tips on Growing Your Grassroots Network	4-5
Ask Clara About the Health Plan	6
Postal Banking - A Brief History	7
Human Relations Backpack Project	8

Continued on page 3

Be it Resolved – Starting the New Year

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. So here are a few ideas to make this happen:

1. I resolve to do everything in my power to save the USPS from destruction
2. 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. 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 of request for help, letters of acknowledging bills that are in process and letters expressing our thoughts on their individual votes. 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.
3. 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.

4. 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".
5. 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.

Happy New Year from your Executive Board.



Let's Make our Numbers Grow

By: Rebecca Kingsley

The Auxiliary's Back Pack Program or Feed the Children will continue to raise funds and fill backpacks with food for school kids nationwide until the next National Convention in 2016. Have you raised funds or donated to this? Please let us know. We would love to hear what you're doing in your local to help. ALSO, there is a contest/raffle for the person or persons who sign up the most new Auxiliary Members. Will you be the one to win that prize?

We all need to get the message out that you, the APWU, will not bow down to privatization. We see all

President's Article

continued

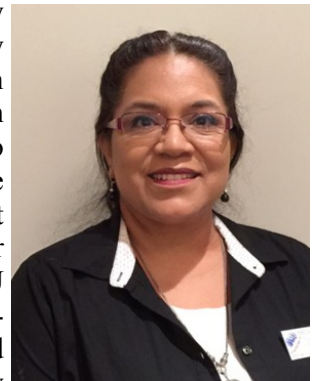
time we set resolutions – or a new game plan for the year. We look at little things that can become bigger celebrations as we march down the field of success. Set your resolutions for the Auxiliary as well. We are still working to raise money for the Feeding America Backpack Program. Donations can be sent to National Treasurer Trisa Mannion – with checks made out to the Auxiliary. But don't stop by just sending in a check to the National. You can also raise funds – and keep track of the work and amounts you raise on a form that acknowledges these efforts at the local and state level. Forms can be obtained on the Auxiliary's website at www.apwuauxiliary.org.

Look over the Constitution and Bylaws and see if there is anything that needs clarified or changed. Prepare resolutions and have them adopted by local and state organizations with a resolved to send them to the National Auxiliary for consideration at the 2016 Convention. Make sure copies of those resolutions go to National Secretary Patricia Lewis and President Kathy Danek.

Also, look at proposing a direction or plan for the Auxiliary through a miscellaneous resolution. That's how we set our sights on the next 100 years.

We have our work cut out for us. By working together, we can set the path for the next 100 years. We hope to see you all at the 2016 Convention in Orlando Florida. It will be an event to remember. 2016 will be more than a football game, or a big score, it will be a year to remember and a path for the future. The National Auxiliary would like to wish a "Happy New Year" to each and every Auxiliary member.

the hard work each and every one of you do day in and day out. But do you have enough help? Do you have enough voices to be loud enough so that the Nation can hear? The Auxiliary can help in different ways so that you are heard. For example, if you have 10 APWU members (plus they are Auxiliary members themselves), and you have a rally, how many



people will you have there? The answer is 10. But, if you have 10 APWU Members and they each bring **5 Auxiliary members** (not including themselves; family and friends) with them, how many people then will you have attend? **SIXTY!!!!** Brothers and Sisters, united we must stand! It is the privilege of the coordinators to help you reach this goal. If you do not have a Local Auxiliary Chapter, call your coordinator and let's get one started!

I wanted to also remind you that we need our Auxiliary Chapters to start thinking about their representatives that will be going to the National Convention in Aug of 2016 in Orlando Florida. Let's work together to have the country well represented.

Editor's note:

I would like to take this opportunity to thank you for all of the expressions of support from cards, texts, e-mails and Facebook messages which our family has received from across the country on the passing of our son and brother, Kipp. I never realized how a few words of kindness can help a person make it through the day.

As some of you know my son, Kipp, was my "go to" guy. When I had computer issues, needed my car fixed or there was something around the house that needed fixing, he was the person I called, because he could fix just about anything.

However, he suffered from mental illness and depression. The pain finally became too great and he ended his life on Halloween night.

He will be missed!

Tips on Growing Your Grassroots Network

Assisting the Union

Human Relations

Legislation



Political Action

Public Relations

1. Organize your grassroots network and keep them informed about education issues.

- Determine your goal for expanding your grassroots network (i.e. I would like to expand my list of personal and professional contacts to be an advocacy resource to my community on labor, workers, post office and working family issues and to provide more timely and aggressive grassroots support on state and federal legislation when necessary.) Once you determine your goal, you can decide who you would like to ask to be a part of your network and create your plan for communicating with them.
- Create an email list of your friends, supporters of the APWU, Auxiliary, labor and coalition partners and give your network a name ,i.e. Friends of the APWU & Auxiliary. Programs such as Microsoft Outlook and Magnet Mail can help you create a new mail list that will enable you to communicate with your network on a regular basis with ease. Start with individuals with whom you already have a personal and professional relationship; and individuals who are willing to become and remain active for an extended time rather than “one-time-only.”
- Create a file for your Friends of the APWU and Auxiliary that includes their name, address, fax, phone, e-mail list, and their relationship to you. An Excel spreadsheet can be used to obtain specific information. As an example, if you have an issue that pertains to a specific area, you can extract the individuals that fit your criteria using an Excel spreadsheet. The important thing is to maintain a ready list of contacts that can be updated easily.
- Consider identifying a vendor that could send out voice messages for you and your local or state organization when issues arise that might be of an urgent nature to your community. As an example, if there was a call to action from your state association or from APWU & AUXILIARY, you may want to send a voice message to your network. Voice messaging is an inexpensive way to contact a large group of people in a short amount of time. With a voice messaging service, you simply record your voice and then the company will send it to your call list instantaneously for a small fee.
- If you would like to add the personal touch, enlist volunteer(s) to help you make phone calls. You would provide your volunteer(s) with a script and ask them to note any feed back that they receive from the phone calls. This approach would be useful if those in your network do not have regular access to personal computers and are willing to participate in your grassroots network. A special “phone tree” is one way to reach larger number of individuals through “team captains” or other designations.

2. Send regular communications to your local networks about education issues affecting your community.

- Set up a timetable to communicate with your Friends of the APWU and Auxiliary and determine what issues you would like to address. For example, you may want to explain what is happening in your local community or legislatively at the state and federal level. Share activities you are involved in as an advocate, highlight contributions you have made to legislative successes or report on your meetings with state or federal legislators. Remember to keep your information as brief as possible. If you have too much information your contacts may not have the time, and will soon delete your e-mails.
- Keep your network informed about Postal and Labor issues needing action and how it will positively affect them individually and the community at large. Let them know what you are doing to improve the working conditions for employees, their families and the workers in general. .
- Show case your involvement and knowledge of state and federal issues. Use information from APWU legislative highlights, your state and/or local organizations to show your involvement and knowledge of legislative issues affecting your local and state..

3. Ask your local networks for help with key issues.

- Call on your network to take action on issues that require grassroots mobilization. Thanks to your communication efforts, your Friends of the APWU and Auxiliary will be informed about the issues affecting your membership and when an issue requires action, they will be knowledgeable and willing to help.
- Forward APWU & Auxiliary calls to action to your network and explain how the legislation could affect your membership, i.e. how much funding from the federal government your post office job or retirements might be in jeopardy. Contact the APWU & Auxiliary if you need help tailoring the information to your district.
- Ask the members of your network to let you know when they respond to your calls to action. In turn, share the effectiveness of your network with the APWU & AUXILIARY! Let APWU & Auxiliary know how many people in your network contacted Congressional offices and if there was any feedback from the offices. This information helps APWU & Auxiliary's lobbying activities tremendously.

Assisting the Union



4. Consider using technology to increase your visibility.

- Regularly monitor local blogs. Blogs enable an individual to post their thoughts and actions informally. In the internet age, blogging is popular, and the exchange of ideas happens quickly. It's a great way to get your voice heard, and give a personal spin to the local, state, and federal issues affecting your district. Find blogs that have already been established about your local community issues and post comments.
- Consider starting your own blog about your role as a APWU or Auxiliary member and issues important to your membership. Invite those who read your blog to join your Friends of the APWU & Auxiliary. Some providers such as Blogspot, enable you to set up a blog for free.
- Regularly check any APWU & AUXILIARY's blog, to see what the APWU & AUXILIARY is blogging about and share it with your local network. If you have an APWU or Auxiliary blog spot let us know at kmdanek@aol.com
- Set up a hotline where you record your weekly messages and include an option on the hotline for your Friends of the APWU & Auxiliary to contact you.

A Guide for Effective Meetings with Members of Congress

Overview

A member of Congress is elected to represent the people in a district or state. Therefore, it is important that postal workers and their families and friends meet with their members of Congress to discuss postal issues. Constituents should not be intimidated to meet with members and/or their staff. An important part of the member's job is to listen to constituents and then make informed decisions based on these conversations. Congress will make decisions that will impact the postal service for years to come. As a leader, you have the firsthand understanding of what is needed to ensure the best service for our public. Members of Congress listen to people from back home, particularly those who have knowledge in the area they are advocating.

Meeting with the member and/or staff

Members of Congress have very busy schedules and cannot meet with all of the constituents who request a meeting on a given day. Additionally, a constituent meeting that the member planned to attend might be interrupted or cancelled by an unscheduled vote. As a result, members rely heavily upon their staff members. "Staffers" have a great deal of influence and can be instrumental in conveying the significance of an issue to the member.

Adapted from lobbying information prepared by the National School Boards Association, Alexandria, Virginia

ASK CLARA

About the Health Plan



Hypertension

A common condition that carries with it very serious risks

Hypertension, also known as high blood pressure, is a common condition that carries with it very serious risks if left unchecked, including heart attack, heart failure, and stroke. Most often, hypertension develops silently over the course of many years without any symptoms. The few symptoms that may present themselves—headaches, shortness of breath, and nosebleeds—are such common conditions they aren't typically recognized as symptoms of high blood pressure and even worse, these symptoms don't occur until hypertension has reached a life-threatening stage. There are two types of hypertension—primary and secondary. Primary hypertension simply develops over time while secondary hypertension presents itself suddenly, results in even higher blood pressure, and can be caused by such things as sleep apnea, kidney problems, adrenal gland problems, thyroid problems, defects in blood vessels, certain medications



(birth control pills, cold remedies, over-the-counter pain relievers), and alcohol abuse and illegal drug use. Risk factors for hypertension include age, race (hypertension is particularly common among African Americans), family history, being overweight, not being physically active, using tobacco, too much salt in your diet, too little potassium and Vitamin D in your diet, drinking too much alcohol, stress, and certain chronic conditions. Testing for high blood pressure is done simply with an inflatable arm cuff, something that is part of every regular medical appointment. You can also monitor your blood pressure in between doctor's visits with a home blood pressure monitor or with a blood pressure cuff machine often available for use in a drug store or pharmacy. If you have hypertension the most important thing you can do to get healthy is to change your lifestyle by eating a healthy diet with less salt, exercising regularly, quitting tobacco products, and maintaining a healthy weight. If these things are not enough to control your high blood pressure, your doctor may prescribe medication. Health Plan offers the members free access to the Hypertension Management Program. Health Plan members with hypertension should enroll and participate in the Hypertension Management Program to receive 100% coverage for:

- In-network medical office visits for the specific purpose of lowering your blood pressure
 - In-network lab tests related to hypertension management
 - Generic drugs purchased through mail order
 - Phone consultations with a coach every 90 days at your convenience
- Hypertension A common condition that carries with it very serious risks.

www.apwuhp.com

(800) 222-2798



Postal Banking: A Brief History

By: Bonnie Sevre



Postal banking is not a new concept. In 1861 the United Kingdom established the first post office savings banks. In 1871 Postmaster General Cresswell recommended that we provide a similar system in the United States. The proposal was not adopted. In 1907 Theodore Roosevelt proposed postal banking but Congress did not act. William Howard Taft's presidential platform in 1908 argued in favor of a postal banking system. In 1910 Congress finally acted and the "Postal Savings System" was established. It was a safe place for people to put their money because it was guaranteed. It was also the hope that people would take their money out of their mattresses and put it in the postal savings banks. The first deposits were limited to \$500 and in 1918 the limit was raised to \$2500. The post office paid 2% interest which was less than the banks. However, there were a lot of runs on the banks and people could lose part or all of their money. Although the post office paid less interest the money was safer.

Any one over the age of 10 could legally open a postal savings account. A married woman was authorized to open an account in her own name without any interference from her husband. (Source-Raymond Natter, Postal Savings Banks; Allowing Immigrants and Workers to Invest

Savings)

Banks were not available to a lot of people as they were mainly located on the east coast. It was thought that farmers and those in the west would be the biggest investors in the postal savings banks. However, it was the immigrants that were the biggest investors. They were familiar with the postal banks in the countries they had left and trusted the post office banks.

Deposits grew until after the Second World War. In 1933 the Federal Deposit Insurance Act was passed by Congress which offered a guarantee on a portion of deposits in the banks and restored people's confidence in banks. After World War II people could purchase goods which they had not been able to obtain during the war and they were spending their money rather than saving. Also, the banks started paying more interest so people were putting their savings in banks.

In the 1950's it was being questioned whether there was a need for the Postal Savings Banks. With more banks in different areas it became more easy for people to get to and use the banking system. In 1965 the Postmaster General recommended that the government abolish the postal banking system that President Lyndon Johnson endorsed. In 1966 Congress passed legislation to phase out the Postal Banking System. The Postal Banking System officially ended on July 1, 1967.

Today, we are faced again with the bank dilemma. Bank branches in the United States are declining and low-income neighborhoods have been the hardest hit. Many low income families have to depend on check cashing services and payday lenders. As much as 10% of their checks go to use these services. However, there is a post office in every zip code in the US. Reestablishing Postal Banking would help level the playing field by providing affordable financial services.





January 2016

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

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

2014- 2016 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 tman-nion@apwuauxiliary.org

LEGISLATIVE AIDE-EDITOR Bonnie Sevre
612-788-3440
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 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

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, MA, NH, NJ, NY, PA, RI, VT
jetang@maine.rr.com

Human Relations Backpack Project

Portland Oregon Auxiliary In Action

By Marie Clark

The Portland, Oregon Auxiliary held a workshop at president Maggie Hopwood's home on November 27th to fill our 24 stockings. Each stocking has a toothbrush, toothpaste, dental floss, a Hot Wheels vehicle (we even got a few postal vehicles!), variety of stickers to use, few pieces of Christmas candy, including two candy canes, a pair of mittens and a few hair ties for the girls. On Saturday, December 5th, the stockings were given to Principal Joe Galati of Llewellen School for distribution. We hope to be able to contribute money to assist the school on behalf of these kids sometime in January.

Care to Donate?

Please make checks payable to:

National Auxiliary APWU

and mail to:

Trisa Mannion

3038 Cloverdale Ct

Grand Junction. CO 81506

www.apwuauxiliary.org



HAPPY ★ NEW ★ YEAR