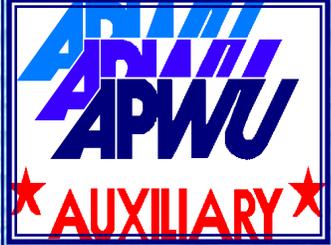


# News & Views



Volume 30 Issue 8

May, 2014

May Notes  
2014



## Building a Movement of Action

By Kathy Danek, President

What will Move YOU to Action? - A Question that should resonate with every activist in our cities, our states, our regions – ad our nation Let’s talk about the loss of jobs around our country. There has been a false Sense of Reality - So let’s Dispel a couple of myths.

**MYTH—“Trickle Down will help us all” – Really????? –**

Wages have been stagnant or are declining. The economic gap has widened and the middle class (built by organized labor and working men and women) continues to shrink.

**MYTH— “The USPS is making cuts to improve service. They want us to “ACT LIKE A BUSINESS” Really???**

Delays or new standards – reduce the effectiveness of the mail communication while eroding the confidence of our customer base.

Longer drives between collection sites, processing plants, delivery sites and carrier routes slow down the mail to our customers. It might only be 50 miles between plants, but the infrastructure to unload, load, process and serve is delayed – by days, hours, and minutes.

**MYTH— Management only has our best interest at heart – Really???**

Staples – outsourcing jobs, protecting the sanctity of the mail

**MYTH- Mid Term elections are not as important as national Presidential elections – Really???**

Restricting the right to vote for you and your neighbors. They do so in state houses all over our country – disenfranchising our hardworking blue collar neighborhoods, or our elderly, or our young voters. They have reduced your access to voting – because you work for a living. By limiting the hours of the polls, the early voting process, the absentee voter process, registration process, less places to cast my vote

The US MAIL is currently one of the safest ways to cast a ballot – and increasing voter turnout should be a priority. (increase turnout in Lincoln from 25K to 44K by all mail ballot) – state of Oregon (all Mail). continued on page 2



There is a 1920’s Theme for the celebration luncheon which will be held at the McCormick Place Convention Center on Wednesday July 23 at 1:00 p.m. Come dressed for the fun!

Check out our website  
[www.apwuauxiliary.org](http://www.apwuauxiliary.org)

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Wyoming State 100% Auxiliary

The News & Views is printed for the auxiliary by the auxiliary



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## Book of Memories

Form is also available on the website.  
Please submit form by July 1st, 2014

### MYTH— My family does not need to be involved – this is NOT my fight.

Here's the reality – your paycheck, child's education, ability to buy a home in the neighborhood of your choice are all directly affected by your action. They are also affected by your inaction.

What could you do – you could activate your local Auxiliary. If it is already active, you could start attending the meetings. You might attend your state convention or training. And don't forget that we are having a national convention in Chicago July 21 – 25, 2014. You could participate in the national convention. You need to be elected as a delegate if you are representing a local or state organization. If you are not organized, you can attend as a member at large OR as a LWOL delegate. Check out the National Constitution for more information, or call a member of the executive board.

### MYTH—"President Obama has been ineffective." REALLY????

Under President Bush we lost more than 600,000 jobs. Under President Obama we have gained more than 5 MILLION new jobs. The Lilly Ledbetter Act – promotes fairness in the work place for women – Forcing equal pay for equal work. More than 8 million individuals have signed up for health insurance because of the Affordable Care Act – more commonly known as Obamacare. It is truly about increasing access to health care, protecting your coverage and that of your children, and making sure those with pre-existing conditions will continue to have insurance and the care they need to treat those conditions.

### MYTH—"The scales of Justice are balanced and fair"

Well justice is no longer blind. Just look at the citizen's united judgment that invalidated name state campaign finance laws and now allow donations under the cloak of secrecy to the wealthy, allowing them to buy favor with millions of dollars to control school boards, city councils, state legislatures, and the US Congress and Senate.

But you can fight back with your right to vote. It takes time and thought. You need to be an informed voter – and you need to be responsible to gather information on candidates and issues. Most importantly, you need to take to vote. Give to COPA. The need to raise millions of dollars still exists. Each of us should be making this a priority. Sign up every member of your family in the Auxiliary. The Auxiliary continues to work side by side the APWU to affect positive legislation. But we must build our numbers and strengthen our voice.

**REALITY** It really begs the question – what will move YOU to action – How much will YOU take – How much does it matter to YOU and your family. How much does it matter to your neighborhood, your community and your state. The time is now- the message is clear – we will not go quietly – we will make our voices heard. By using our vote, We reinforce a government of the people, by the people for the people.

**It's up to you to act. It's up to you to speak up. It's up to you to vote.**

Scan QR code to get connected to the Auxiliary Website.



## Book of Memories

### Auxiliary to the American Postal Workers Union

Please list name **EXACTLY** as you want it to appear in the Book of Memories.  
Please type or print legibly.

In Memory of: \_\_\_\_\_

Name of Local APWU or Auxiliary: \_\_\_\_\_

**Send Acknowledgement card to:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Submitted by: \_\_\_\_\_

Printed by the Auxiliary for the Auxiliary

**APWU**  
**AUXILIARY**

**\$10.00 Minimum Donation Suggested**

**Please Send Checks to Treasurer Mannion**

"IN ORDER TO BE SEATED AT THE  
2014 NATIONAL CONVENTION, DUES MUST BE  
RECEIVED FOR THE CURRENT YEAR NO LATER  
THAN JULY 1, 2014.

<http://epostcard.form990.org//default.asp>

If your fiscal year ended December 31, it is time to complete this 10 minute task?

Use the link above to take you to the site. Call me and I will help you file. Make certain you receive the "Accepted" status email.

Please forward that email to me so I can preserve the record for your local or state.

Trisa Mannion, Treasurer  
Auxiliary to the APWU





# ASK CLARA ?

About the Health Plan

## The Healing Power of Zzzzzz's



Americans get an average 6.5 hours or less of sleep every night. This is well below the recommended 8-10 hours nightly. Lack of sleep causes fatigue, reduces your ability to focus; diminishes your cognitive skills, affects memory and your overall functioning competence. Sleep deprivation is shown to lead to many health problems but conversely getting more sleep can actually be a healing remedy for many ailments.

Adding a few extra hours every night can increase learning ability and critical thinking. Studies show a healthy sleep routine assist in achieving weight loss goals, attaining healthy beautiful skin and increases sex drive. Getting sufficient sleep also reduces the risk of heart disease, high blood pressure, diabetes and stroke.



So with all the benefits why not turn off the lights and catch some extra Zzzzzzzs? We all know it's easier said than done when managing the challenges of the daily grind.

Vital restorative functions take place while you sleep so it is best to practice good sleeping habits and let the healing take place.

Here are some tips to waking up feeling refreshed and ready for the day.

- Schedule Sleep: Go to sleep and wake up at the same time to develop a routine.
- Wind down: Meditate, lower lights, take deep breaths and get comfortable in preparation for a good night sleep.
- Cut down on caffeine: It's a stimulant and will keep you awake.
- Ban Blue Light from your bedroom: Leave cell phones, PDA's and TV outside the bedroom. The short waves of blue light can interfere with sleep.
- Don't bring work, stress and worry to bed: The bedroom should be reserved for rest and relaxation.
- Avoid Alcohol: Although effects may seem relaxing alcohol has been proven to inhibit reaching deep sleep.
- Exercise: Has been proven to greatly improve sleep.

1 (800) 222-2798 **APWU** www.apwuhp.com  
HEALTH PLAN  
Together. Better Health.

## State Convention News

### Northwest Multi State Convention

by Colette Phillippe Dist. 1 Coordinator

WWAST Donations

- \* Washington State-2000.00
  - \* Montana State-2500.00
  - \* Quilt-650.00
  - \* Auction-135.00
- Total—\$5285.00



Congratulations 2014 Mo Biller Award winners from the New England States  
*Joyce Tanguay and Doris Poland.*



### NEBRASKA

Food Drive-1687.00 Donated to Our Lady of Guadalupe Church. Collected 217books 177 stuffed animals and \$226.00 to be donated to Firefighters and Police Union. 505.00 WWAST and COPA \$1211.00 collected.

Membership drive: 16 new and 12 renewals.

### Wisconsin's

Legislative Director, Arlene Beisbier, selling tickets for their COPA raffle. Combined with auction, raised \$3317.00 for COPA!



**INDIANA** delegates along with the Evansville local (pictured here) attended a Staples Rally in Angola, IN. The members raised over 3000.00 for COPA and \$120.00 for WWAST.

**Wyoming** even with a smaller delegation this year, they still averaged 25.00 per person for COPA and a \$70.00 donation for WWAST.  
**100% Auxiliary!**

### PLEASE \$COPAS\$COPAS\$COPAS PLEASE

PLEASE bring any donations for COPA to National Convention. Homemade items are always just as appreciated as purchased ones. If you are flying, you can send them to my address listed on the back of the paper before July 10th, and I will bring them with me. Thanks, Barb M.

## WWAST

Joyce Tanguay – District 7 Coordinator - Chair  
Bonnie Sevre – District 3 Coordinator – Co-Chair

From the moment it was voted on by the delegates at the National Convention in Los Angeles to Support the Wounded Warriors Amputee Softball Team, we knew it would be a successful Human Relations Project. With the National Convention in Chicago just around the corner we are doing our final push to reach our goal of \$20,000.00. We have had so much support with this project; Iowa had t-shirts made up and has been very successful selling them; 14 year old Auxiliary member Bailey Gocke, of York, Nebraska, made a quilt for us to raffle off at National Convention; we've had donation boxes at both local Union meetings and at State Conventions and we have received checks from many of our Locals and States. At this time we have raised almost \$17,000.00. Please keep those checks coming and a big **Thank You** to all of you who have already supported this project. See you in Chicago!

Send Checks to:

Trisa Mannion, National Treasurer  
Auxiliary to the APWU  
3038 Cloverdale Ct  
Grand Junction, CO 81506  
[tmaux@aol.com](mailto:tmaux@aol.com)  
(970) 245-3912



## 2014 National Convention Education Classes

By Mary Lois Clayson-District 2 Coordinator

**Classes:** "First Timers", and "Officers Training"

**When:** Sunday July 20th, 2014

**Where:** McCormick Place ♦ 2301 S. Lake Shore Drive  
Chicago, Illinois 60616

**Times:** 10:00 a.m. until 12:00 p.m., and 2:00 p.m.  
until 4:00 p.m.

**Teachers:** District Coordinators Debra Stewart, Clara Hill,  
and Colette Phillippe

**Price:** Free

Please pre-register now by e-mailing me your name, Local Auxiliary, address, phone number, e-mail, and your choice of classes so that we will be prepared for you. If you Plan now to join us for these informative and energizing classes.

Mary Lois Clayson,

Education Committee Chairman

e-mail address: [mlcaux@aol.com](mailto:mlcaux@aol.com)



## 2014 Nilan Scholarship

Applications for the \$750.00 scholarship are available on the Auxiliary to the APWU website.

All you need to do is:

Fill out the official application form.

Write an essay on the 2014 topic:

**“Why is buying USA or Union-made products so important?”**

All essays must be typed, double-spaced on white paper and be between 175-250 words.

Send your **application and essay** together in an envelope via Certified Mail, Return Receipt requested, to:

Mary Lois Clayson  
180 W. Apple Blossom Way  
Salem, UT 84653

Entries must be postmarked on or before **July 1, 2014.**

You will be notified by mail whether or not you have won.



**“Why is buying USA or Union-made products so important?”**



# Time to Get Ready for Convention

Are you excited about seeing old friends and meeting new ones? Attending a National Convention is just the place to make that happen. Not only are there social events but to enhance your experiences take a chance and be a member of one of the many committees needed to maintain our Auxiliary.

Committees not only enable you to learn more about your organization, but they also introduce you to members from across the nation to share ideas from your own states and locals. Many lifetime friendships share a beginning at a National Convention committee meeting.

- For those of you who enjoy learning about the guidelines of the Auxiliary I would recommend the **CONSTITUTION AND BY-LAWS COMMITTEE**. Resolutions coming from all over the country, as well as our Executive Board. The committee studies these resolutions and can recommend them for consideration by the entire delegation or kill the resolutions in their committee. The committee may also suggest their own substitute amendments to the delegation.
- **MISCELLANEOUS RESOLUTIONS** are also submitted from across the nation. Those resolutions included such things as the new logo, endorsements of political candidates, the TWO-CAN-DO projects, Labor Education, legislation and so on. Both resolution committees give you the opportunity to learn how to write a resolution, amend a resolution and support or defeat a resolution.
- For those with a political interest perhaps the **NOMINATIONS AND ELECTIONS** committee is your forte'. Your responsibilities include setting up the nominations according to the Constitution, putting together the ballot, running the election and making certain each delegate receives the proper number of votes as accorded by the Credentials committee. You then count the votes and present the elected officers and vote tallies to the delegations.
- The **CREDENTIALS** committee is responsible for the assignment of appropriate voting strength for each delegate. Upon arrival at the convention, delegates are asked to present credentials bearing the signatures of the President and Secretary of their state or local Auxiliary. The Treasurer verifies dues. After all of this the delegates are seated (allowed to be on the convention floor and vote. Daily credentials reports of the number of delegates present and voting strength are given to the delegation. Guidelines for the voting structure are in the National Constitution and Bylaws.

- Financial wizards may prefer to be on the **AUDITING AND FINANCE** Committee. An independent audit of the National Auxiliary Treasurer's books is done and presented to the convention. The committee looks over the books and records as well as the auditor's report and reports back to the convention their findings. The **FINANCE** committee may also make recommendations that could be help-ful to the National Treasurer.

## The Committees are:

- Resolutions - Constitution
- Resolutions - Miscellaneous
- Consolidated Report
- Rules
- Political Action
- Courtesy and Greetings
- Auditing & Finance
- Nominations and Elections
- Human Relations
- Planning and Ideas
- Credentials

- For those who want to know everything that went on in the past two years, consider being on the **CONSOLIDATED REPORT** committee. They look over the prepared consolidated reports of officers and committees from the National Auxiliary Executive Board.
- **RULES** committee members meet to decide the schedule of convening and recessing each day of the convention. Rules for delegates' participation at the convention are also a responsibility of this committee. Usually rules from the previous convention are submitted to the committee for them to study, amend, and recommend to the delegation.

- The **POLITICAL ACTION** committee members use innovative ideas to raise additional COPA dollars from the Auxiliary. Other legislative activity may also be directed from this committee.
- **COURTESY AND GREETINGS** - If you like to spread sunshine, this is the group for you. Salutations, greetings, and gifts are presented under the direction of this committee. Special courtesies are extended through this committee as well as condolences, get well wishes and so on. 
- And of course, we've saved the best for last. **PLANNING AND IDEAS** sets the direction for the future. This is the committee of vision -- the maker of dreams. From the notebooks of this very committee came the "ACES Scholarship, our new logo, TWO-CAN-DO and other human relations activities. Brainstorming for the future, that's why this committee is the favorite of many.

Committee participation allows us to share ideas. It enables our delegation to learn more about each other and about the actions to be taken. Give a little of your time on a committee. It will make the week fun, informative and filled with excitement. We will enrich our knowledge of the Auxiliary. But mostly, we will find out more about ourselves by sharing with others the gift of our ideas.

So don't forget to fill out that little line on your credential that says,

COMMITTEE PREFERRED: \_\_\_\_\_

# Resolution Information

If your local or state has a resolution that was passed and want to submit it, please read the following information.

## BE IT RESOLVED

**WHEREAS:** Our state or local auxiliary passed several resolutions to be considered at the 2014 National Convention and

**WHEREAS:** : All resolutions must be submitted no more than 30 days prior to the convention to be printed in the Resolution Book; and

**WHEREAS:** : Our state and local delegations rely on these books and consolidated reports to reflect the proposed business of the convention:

**THEREFORE BE IT RESOLVED** that I will mail in all passed resolutions to be received by the National Secretary and President no later than June 20, 2014 for publication.

**BE IT FURTHER RESOLVED** that an electronic copy will be sent to the Legislative Aide Editor Barbara Maciejewski to insure the correct resolution language is published.  
Submitted by President Kathy Danek and Treasurer Trisa Mannion

100th Anniversary  
1914-2014

Come Join us at the  
1920's Auxiliary Luncheon Celebration  
Come in costume or come as you are,  
to have a roaring good time with  
good friends, good food and a good time.  
This event will be held at the  
McCormick Place Convention Center.  
Room and time TBA  
Tickets will be available at  
registration.



Auxiliary to the APWU , AFL-CIO  
News & Views  
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## Save the Date

*National Convention to be held  
in Chicago, Illinois  
July 21st-25th, 2014  
Look for preconvention work-  
shop information inside.*

**REMEMBER!**

*Get your membership dues  
sent in as soon as possible.*



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