

# NEWS & VIEWS

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## Fighting to Protect What We Have

By Kathy Danek President



As Auxiliary members, we support the programs of our American Postal Workers Union. But more than support, we depend on the American Postal Workers Union to lead the fight to preserve and protect the salaries and benefits our families enjoy. Contract negotiations began February 19, 2015. And so the fight to protect what we have and fight for what we need is under way.

We are not only negotiating with the USPS, but working to undo the damage of a “calcified” Congress who saddled us with the 2006 Postal Accountability Enhancement Act requiring prefunding 75 years of future retiree health benefits over the next 10 years. We must educate our members. AND our members must educate their friends, families, coworkers, neighbors, churches, clubs and more. Start with learning a little more about the current facts of the USPS. While mail volume has decreased, we still need to understand that we process 6050 pieces of mail each second. That equates to 158.4 billion pieces in 2013. It went to nearly 153 million addresses and had revenues of \$67.3 billion. As of January 2014, the USPS employed 489,727 career employees.

On January 5, 2015, the USPS implemented lower service standards which virtually eliminated overnight delivery of first class mail, periodicals, and most other mail. A bipartisan bill has been introduced in the House of Representatives H. Res 54 which would express a sense of the House to restore service standards in effect as of July 1 2012. We ask that each of you contact your member of the House and ask them to consider co-

sponsoring this resolution.

As the nation’s second largest employer the USPS also enjoys the highest approval rating of 13 major agencies. And that includes people from ages 18 to 29 with 81% excellent or good according to a Gallup poll November 11-12, 2014. Overall, 73% of women and 70% of men rate the job of the USPS as excellent or good. That good will could translate into a community of allies as we fight to reinstate service standards and protect the day to day impact of the USPS. President Mark Dimondstein calls it a “Grand Alliance”. The Auxiliary has extended our hand to join the Grand Alliance But really, it’s also a coalition of friends banding together to save the national treasure known as the Postal Service. You are on the front lines of this battle – and we have a lot of support in our communities. Let’s educate them, excite them and enlist their support.



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## District Two Coordinator—About Me

By: Rebecca Kingsley

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Hi, my name is Rebecca Kingsley and I am the District 2 Coordinator representing California, Nevada, New Mexico, Arizona, Hawaii, Utah and Colorado.

I was born and currently live in sunny, warm Southern California. In my younger years I stayed in Florida. I have lived in Georgia and North Carolina while my husband was in the United States Marine Corp. I have traveled cross country many times. Our family tradition while traveling is to eat at the local restaurants and try the local cuisine. As we travel I learn about the places we go and its history (thank you Google), as well as learn about and see the rich old architecture and landscapes that we pass by. Last summer we crossed the continental divide four times in one day! We take lots of pictures and enjoy the family time we have while traveling.

My husband, NBA Louis Kingsley, and I met in high school. This July will be our 20th wedding anniversary. We have three children, Keilah Rae, Caroline and Louis the fourth, plus we are the guardians of Kalub. I have spent many years volunteering with the kid's schools. For the past four years I have been the team nurse for my daughters high school basketball teams. It has been my pleasure to help. Although my daughter will be graduating this year I will continue to help as the team nurse and team booster manager for as long as they will have me. Along with coaching I enjoy teaching CPR to the coaches, teachers, and staff.

Volunteering is my passion and I look forward to building a great relationship with my brothers and sisters in the APWU Auxiliary in my district and throughout the United States.



## House Resolution 54

By: Bonnie Sevre

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House Resolution 54 was assigned to a congressional committee on January 27, 2015 which will consider sending it on to the House or Senate as a whole. As of this mailing the Resolution has 45 cosponsors. Be sure to contact your Congressman to cosponsor this resolution. The resolution is printed below. It expresses the sense of the House of Representatives that the U.S. Postal service should take all appropriate measures to restore mail delivery service standards in effect as of July 1, 2012.

Whereas on January 5, 2015, the United States Postal Service has implemented lower "service standards" to virtually eliminate overnight delivery of first class mail and periodicals, and further delay most other mail;

Whereas delayed mail negatively impacts businesses, hurts residents, rural communities and the economy, and drives customers away, resulting in lower revenue and worsens the Postal Service's financial situation; and

Whereas robust service standards implemented by the United States Postal Service are essential to providing prompt and timely delivery of all mail: online purchases, local newspapers, newsletters, bill payments, letters, invitations, packages, and medicines: Now, therefore, be it

Resolved, That it is the sense of the House of Representatives that the United States Postal Service should take all appropriate measures to restore service standards in effect as of July 1, 2012.

# Ways to Increase Membership

By Trisa Mannion

What are the very best ways to increase your membership? Simply ask a person to join the Auxiliary.

Best ways to ask?

- In person or a phone call is the most effective method
- The next is a personal handwritten invitation
- The third is a mass appeal at a dinner or a convention
- The next is a mass letter or postcard
- And last is mass appeal in a newsletter or poster

Each one of the methods are appropriate at some time or in some way. But if you are trying to get new members so that you can win our membership contest I would advise you to use the personal touch.

You have signed up a new member and want them to be active and help you accomplish the tasks of the organization. How do you go about getting them to show up? You can make a phone call the day of the meeting and ask if they need a ride or offer to meet them outside of the meeting area so they don't feel alone walking into a strange environment. Send an email or a note a few days before the meeting to remind them of the date, place, and time.

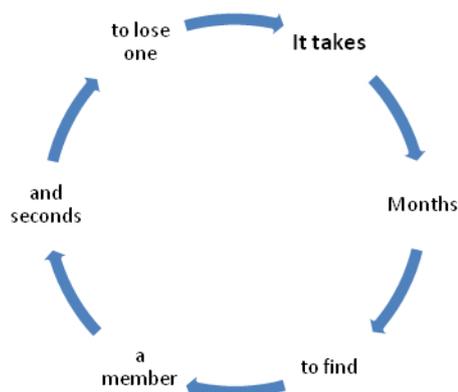
Now, they are coming to the meetings and you are thrilled to see all of the efforts of your recruiting working so very well. How do you keep them? Ask what your new members want to do. Give them a meaningful task that they enjoy or one that they would

like to spend the time doing. Some people volunteer to learn new skills and some to use skills that they already have and want to share. Most people like to be helpful and see the good things their efforts accomplish.

Make sure you tell them thank you and share the credit for a job well done by all involved. Effective leaders don't steal the thunder from the volunteers but readily share the glory.

Did you enjoy this brief idea of how to win the membership contest? We have several workshops that are available with more in depth methods to recruit and retain membership. Several of them were the result of many hours of research and reading on the latest ideas in the world of "Not for Profit" organizations. Give me a call or contact your District Coordinator for additional information.

**Remember this very important point:**





# USPS— Do you know the facts?

By: Kathy Danek, President

Since 1775, some 240 years ago, the US Post Office – now called the US Postal Service has served this nation. During that time, our nation has grown geographically; and the USPS continues processing and delivering mail to nearly 153 million addresses in every state, city and town. It's no wonder that the USPS is the most beloved of public services – because everyone living the US and its territories has access to postal products and services and pays the same postage regardless of his or her location.

We need to reinforce the fact that the USPS receives absolutely NO (that's ZERO) tax dollars for operating expenses and relies on the sale of postage, products and services to fund its operations.

There has been a huge focus on the financial losses of the USPS over the past 8 years. However, since 2006 Congress has required the USPS to prepay future retiree health benefits 75 years in advance over a 10 year period – at a cost of approximately \$5.5 billion per year. No other business or other government agency is required to do this. The Postal Service's "losses" are the result of the prefunding requirement. But the delivery of mail is ingrained into the daily lives of each business and individual in the United States. The mail is big business and the USPS is at the core of a \$1.3 trillion mailing industry that employs more than 8 million people \*(source The Mailing Industry Job Study, March 2012)

The facts and figures detailed here are from the USPS's own document "**POSTAL FACTS -2014**

- They go everywhere, even where private shippers do not serve. In fact, they deliver 2.2 million packages for FedEx every day which is about 30% of FedEx's total U.S. ground segment.

- In 2012, the USPS delivered approximately 37,000,000 packages for United Parcel Service or 40% of the total increase in UPS' ground shipments. That equates to more than 470 million of UPS and FedEx ground packages to residences.
- The USPS handles 40% of the world's mail volume and \$67.3 billion dollars in revenue – with \$28.2 billion in First Class Mail.
- In just one day, the USPS processes and delivers 523 million mail pieces. That's 363,300 mail pieces each minute or 6,050 pieces processed each second. Four million miles were driven by carriers and truck drivers to make sure each and every address received their mail.
- Our Postal Service has the country's largest retail network – larger than McDonald's, Starbucks, and Walmart combined, domestically.
- The US Mail is reliable, trusted and secure. There are more than 200 federal laws that protect the sanctity of the mail. Enforcement is handled by the US Postal Inspection Service who are federal agents mandated to safeguard the nation's mail.
- As an extension of the USPS, the Military Postal Service Agency provides mail services around the world to Department of Defense personnel their family members and other authorized users. In 2013, that equated to 8.5 million pounds delivered from the U.S. to military installations around the world

It's an amazing operation staffed by hundreds of thousands of dedicated men and women represented by the American Postal Workers Union AFL-CIO with deliveries done by our brothers and sisters of the National Association of Letter Carriers. Let's learn the facts and educate our friends and neighbors and coworkers. We all rely on the Postal Service- and it belongs to each and every one of us.

# File Your 990N Today

By: Trisa Mannion

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## Due Date of the e-Postcard

The e-Postcard is due every year by the 15th day of the 5th month after the close of your [tax year](#). For example, if your tax year ended on December 31, the e-Postcard is due May 15 of the following year. If the due date falls on a Saturday, Sunday, or legal holiday, the due date is the next business day. **You cannot file the e-Postcard until after your tax year ends.**

## How to File

Use [this link](#) to file the e-Postcard. If you have trouble accessing the system using that link, you may be able to access the filing site directly by typing or pasting the following address into your Internet browser: <http://epostcard.form990.org>. When you access the system, you will leave the IRS site and file the e-Postcard with the IRS through our trusted partner, Urban Institute. The form must be completed and filed electronically. There is no paper form.

# Nilan Scholarship Application Now Available

By: Debra Stewart

If you are thinking of going back to school to continue your education the National APWU Auxiliary would like to help you accomplish your goals. Use this scholarship to help pay your expenses, and help you find a better work-life. To apply for the Nilan Scholarship, you must be a member in good standing with the APWU National Auxiliary who has been out of school for at least one year. Our essay topic is “How does the APWU Auxiliary Make the Postal Service Better?” Applications must be postmarked on or before July 1, 2015. Applications are available on our website [www.apwuauxiliary.org](http://www.apwuauxiliary.org) or if you would like to have an application mailed to you contact your District Coordinator or any National Auxiliary Officer.





After a cold long winter it's only natural to look forward to milder conditions and the bloom of spring. The anticipation of unbundling, going outdoors and getting physical can come with apprehension if you suffer from allergies and asthma. For many, the season comes with pollen allergies which trigger nagging symptoms and unbearable ailments that force sufferers to remain locked indoors.

Asthma is a lung disorder that affects breathing. It can bring about severe, recurring episodes of wheezing and breathlessness, known as asthma attacks. The symptoms stems from inflammation in the tubes that carry air to the lungs. Unfortunately, there is no cure, but there are effective strategies for relief and treatment. If you have asthma, allergies, or both, the pollen that comes with the season can take a serious toll. Studies indicate that spring pollens result in airway inflammation that aggravates underlying asthma and significantly increase hospital visits related to asthma attacks especially for those who work outdoors, are performing strenuous exercise or participate in sports.



When outdoors pollen a fine to coarse powder travels through the air and is easily inhaled, bringing it into contact with the sensitive nasal passages and cause irritation and lead to asthma attack.

Symptoms of an asthma attack include:

- Wheezing
- Coughing that won't stop
- Shortness of breath
- Tightness in the chest

These attacks should be taken seriously as they can be life-threatening.

For those who spend a good deal of time outdoors and participate in sports can suffer from exercise-induced asthma symptoms, which are triggered by brisk or prolonged physical exertion. There are many people without chronic asthma who develop symptoms only during exercise.

We tend to breathe through our mouths during exercise, and inhaling colder and drier air. In exercise-induced asthma, the muscle bands around the airways are sensitive to changes in temperature and humidity and react by contracting, the airway narrows and results in symptoms of exercise-induced asthma, including:

- Coughing
- Tightening of the chest
- Wheezing
- Unusual fatigue
- Shortness of breath

The symptoms of exercise-induced asthma generally begin within 5 to 20 minutes into activity, or 5 to 10 minutes after exercise has stopped.

Although there are risks you shouldn't eliminate physical activity because of exercise-induced asthma. Maintaining an active lifestyle, even exercising with asthma, is important for both physical and mental health. There are steps you can take for prevention of asthma symptoms that will allow you to maintain normal physical activity. In fact, many professional athletes compete with asthma and you should be able to participate in sports and activities by seeing a doctor if you are affected and discussing some of the following treatments:

- Asthma inhalers or bronchodilators used prior to exercise can control asthma symptoms.
- Albuterol taken 10 minutes before exercise can prevent the airways from contracting
- Inhaled corticosteroids, taken 15 to 20 minutes before exercise

In addition to taking medications:

- Warming up and cooling down before and after exercise can help prevent attacks
- Limit exercise during high pollen days or when temperatures are low and air pollution is high
- Restrict your exercise when you're sick with a cold or flu
- Stick to activities that involve short, intermittent periods of exertion



Taking control of your treatment regimen will help prevent exercise-induced symptoms.

Proper diagnosis and treatment should allow you to enjoy the benefits of an exercise program without experiencing asthma symptoms.



(800) 222-2798  
[www.apwuhp.com](http://www.apwuhp.com)

# Auxiliary Achievement Award

By: Bonnie Sevre

Don't forget to be tracking your auxiliary activities on your Auxiliary Achievement Award (AAA) form. We will issue awards at the next National APWU Auxiliary Convention in August 2016. It will be a cumulative award. Points will be calculated from the National Convention in Chicago in July 2014 to July 1, 2016. Points you earn during this time period will be added to those you have already submitted. This way you will continue to progress up pin levels.

It is so easy to forget all the things that you do. You can keep track on your AAA form or use a calendar to record your activities. Let's see how many of you can submit forms and start earning points toward a pin and moving up the pin levels.

Are you having trouble figuring out how to fill out the form? Why don't you try working together at an auxiliary meeting to fill out the form. That is what some of the local auxiliaries did before the last convention. If you are still stumped about a section of the form, don't hesitate to contact your district coordinator or one of the general officers.

Filling out the AAA form will also help you when you start working on your scrapbook for the Organizing Contest which will be judged at the National Auxiliary Convention in 2016.

Those individuals who submitted forms and received awards at the 2014 convention were as follows:

Marie Clark - Portland OR Area Local  
Liz Fraser - Portland OR Area Local  
Laura Graham - Portland OR Area Local  
Michael Parker - Portland OR Area Local  
Joe Miller - Portland OR Area Local  
Karen Miller - Portland OR Area Local  
Marvin Hopwood - Portland OR Area Local  
Maggie Hopwood - Portland OR Area Local  
Mary Lois Clayson - Salem UT Local  
Trisa Mannion - Grand Junction, CO Area Local  
Christine Sarconne - Des Moines IA Area Local  
Mark Sarconne - Des Moines IA Area Local  
Karen Tallman—Des Moines IA Area Local  
Kathy Danek - Lincoln NE Area Local  
Wendy Morrissey - Lincoln NE Area Local  
Don Sevre - Minneapolis MN Area Local  
Bonnie Sevre - Minneapolis MN Area Local  
Debra Stewart - Fort Worth Area Local  
Barb Maciejewski - Milwaukee WI Area Local  
Clara Hill - Knoxville TN Greater Smoky  
Mountain Area Local  
Joyce Tanguay - Portland ME Area Local



*Thank you to each of you who took the time to fill out and submit the Activity Achievement Award Form and for all of your hard work and dedication!*

***"Our Deepest Sympathy"  
On the passing of Jean Shaffer  
of the Canton, Ohio Auxiliary***



# March 2015

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



### Feeding America



### Backpack Program

### Care to Donate?

Make checks payable to:  
National Auxiliary APWU  
and mail to:  
Trisa Mannion  
3038 Cloverdale Court  
Grand Junction, CO 81506

**Your Impact**  
**\$1=10 meals**

For every dollar donated, the Feeding America network of food banks secures and distributes 10 meals to people facing hunger.

**Our Impact**

The Feeding America network leads the fight against hunger.

- 46.5 million** people served
- 3 billion** meals sourced
- 800 million** pounds of produce delivered

\*Fiscal year 2014 annual results