



NEWS & VIEWS

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Transitions - Endings and Beginnings

By: Trisa Mannion - President

Thank you seems trivial compared to what we wish to say to the people that assisted us with the convention, registration, exhibit booth and all of the many tasks that were performed by so many wonderful and capable volunteers. We really appreciate the assistance and use of your skills. **Thank you!**

Thank you is also something we want to say to the outgoing officers who each gave decades to the Auxiliary and many years of friendship and dedication. Clara Hill was the person that served us the longest and gave so many years of her time. She began her service as District 7 Vice President and then when the title changed she became the District 6 Coordinator. We will miss her smile and laughter that she shared so frequently with her friends. Kathy Danek served as the District 3 Vice President and then two years later became the Legislative Aide/Editor. She dedicated 20 years to this position before moving to President for 6 years. She will be missed for her strong knowledge of legislative matters and willingness to conquer any problem that crossed her path. Pat Lewis began as a District 8 Vice President, a position she loved and then became the Secretary for the 16 remaining

years. She helped guide this organization as a Budget Committee officer also. She will be missed for her wisdom, tact and ability to find an equitable solution to most issues. Colette Phillippe has served District 1 as a Vice President and then as District Coordinator. She left us for a brief time but returned to share her eagle eye skills and ability to raise Human Relation funds like no other district. She excels at helping others and giving of herself. We will miss those skills and so much more. We will miss the friendship of each of these officers that have served us so well for so many years.



We welcome new officers District 3 Coordinator Karen Wolver, District 5 Coordinator Dorlisa Elerby and the new Legislative Aide/Editor Janice Gillespie. Look for introductions to these officers soon. Although, Bonnie Sevre is not new to the Auxiliary Executive Board, we welcome her accounting background as the new treasurer. Joyce Tanguay brings her previous professional skills as an executive assistant to the position of Secretary, she was the District 7 Coordinator. I am pleased to be the President of this wonderful organization but leaving the position of Treasurer for 29+ years is bittersweet. We are excited to begin this new term with several great ideas and enthusiasm. The passion for the organization is evident in each of these officers.

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A Fond Farewell – But Never a Goodbye

By: Kathy Danek - Past President - Auxiliary to the APWU



It has been an honor and privilege to serve as your president from 2012 through August 2018. The membership of this organization has consistently met me with a vigor and desire to serve the APWU and our Auxiliary. I wish to take this opportunity to thank each and every member of the Auxiliary for your hospitality, friendship and

most of all your hard work.

We have seen a growth in our Auxiliary – especially in activity. In the last term we welcomed Erie, PA and Greater Los Angeles, CA as newly organized Auxiliaries. District Coordinators Joyce Tanguay and Rebecca Kingsley deserve a great deal of kudos for their hard work in getting these organizations up and running. The executive board of the auxiliary worked very hard – and I am proud to have been in a leadership position with them. They understand the need to engage, energize and activate the local and state organizations. Colette Phillippe was successful in efforts to keep the Oregon Auxiliary moving forward. She provided leadership in keeping our handbook up to date, helped with any duty that just needed to be done. . Debra Stewart headed the Organizing Committee and energized momentum in building activity. Clara Hill was beloved by her district and worked diligently with the Bridge Builders, Memorial Services, and keeping her states moving forward. Joyce Tanguay was a catalyst in promoting our Human Relations Program and worked to coordinate the collection of thousands of dollars to the Auxiliary’s dedicated projects. We had consistency in the office of the Treasurer Trisa Mannion and the Legislative Aide Editor Bonnie Sevre. That consistency helped us create a cohesive Auxiliary presence across the nation where we were able to build bridges and make many new friends and supporters.

Thank you to each member of the executive board for

your hard work. Thank you for the honor of Lifetime Membership for both me and my husband Terry. It is truly something I will cherish. Thank you for the lovely luncheon event at our convention. And thank you to the delegates and their outpouring of love and appreciation.

To every state president and their executive boards, thank you for your dedication, persistence and most of all your passion for the APWU and Auxiliary. You are the connection between the national and the locals. You are the organizers in every state, the friends to the locals, and the people each local and state member knows. Your hard work does not go unnoticed. A GIANT THANK YOU to you all.

It’s a start, but we need many more families engaged in protecting the jobs and services provided by the American Postal Workers Union. Those jobs and services of our APWU members will always be a passion for work for me. And legislatively speaking we still have a lot of work to do in each and every state. I am blessed to have an active state organization here in Nebraska and a strong local here in Lincoln Nebraska. I want to thank them both for their continued support, engagement and most of all their membership. I will continue to be engaged on the local and state level here in Nebraska.

To my family – my husband Terry, four daughters, their families including eight beautiful grandchildren, I can never thank you enough for the sacrifices you made during my 28 years on the executive board. You understood the gift of the APWU membership for our family. It provided us with a good standard of living, health insurance, benefits of a great retirement, and all other benefits of the collective bargaining process. Your sacrifices in love, time and talent will forever live in my heart. Thank you.

Finally, I challenge each and every member of the American Postal Workers Union AFL-CIO to support, promote and activate an auxiliary across this nation. We need you and your families to build a voice and effort that cannot be silenced or stopped. We must continue to promote the American Postal Workers Union AFL-CIO and Auxiliary. I wish you all a very fond farewell with my thanks and my love. God Bless You All.

Goodbye Clara & Meet the New Board



To all my friends in District 6 and all over the country, I would like to thank you for all of the support and encouragement that you have given me the past years. You have been a part of my life for 26 years, whether you know it or not you were the reason that I could keep on going, when it seemed hopeless sometimes.

I will miss each one of you and wish for you all the

best. I am not going away, but cutting back due to the health issues of my husband and my own. I will be active on the state and local level and hopefully we will meet at a national level sometime in the future.

Please keep doing what you were doing now and working as hard as you are doing. **DON'T GIVE UP!**

You will always be my District no matter who is your leader and coordinator. After 26 year as your leader, first as District 7 Vice President and then District 6 Coordinator, I feel a little possessive of you, I want you to give Arline Holmes, your new Coordinator, all your support. She will serve you well.

Love and Thanks,
Clara Hill

2018 - 2020 National Auxiliary Executive Board



Standing left to right: Debra Stewart - District 4 Coordinator; Rebecca Kingsley - District 2 Coordinator; Arline Holmes - District 6 Coordinator; Karen Wolver - District 3 Coordinator; Dorlisa Elerby - District 5 Coordinator **Seated left to right:** Bonnie Sevre - Treasurer; Trisa Mannion - President; Joyce Tanguay - Secretary; Janice Gillespie - Legislative Aide-Editor

Coordinators for District 1 and District 7 are currently vacant.

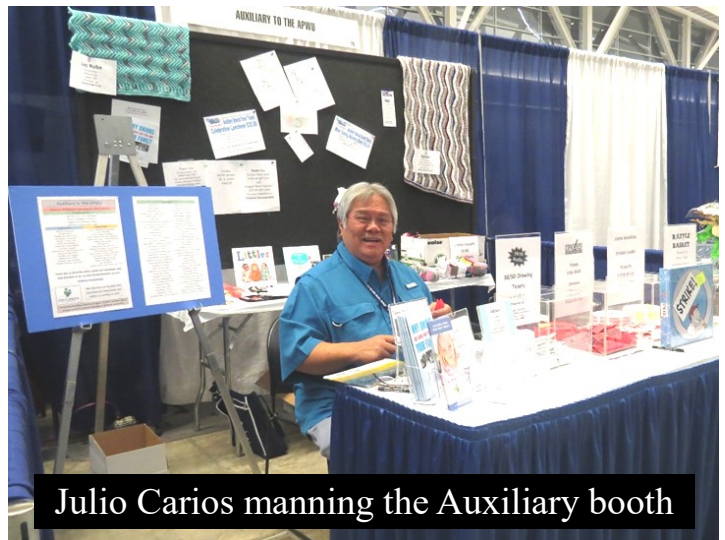
Thank you Convention Volunteers



2018 National Convention Volunteers

We want you to know how much we appreciate your help with the 2018 APWU and Auxiliary National Convention. These awesome volunteers from across the country made our efforts an enormous success. THANK YOU! If we omitted your name, please let President Trisa Mannion know. We want to make sure everyone is recognized for their volunteer efforts. We could not have done this without your help. Thank you!!!

Harry Bowers - North Carolina
Julio Carios - Colorado
Barnesa Chatterfield - California
Sharon Collin - Maine
Roseanna Conlin - Florida
Terry Danek - Nebraska
Hervert Days - Missouri
Carolyn Denton - California
Marivel Fernandez - Vermont
Robin Gadbury - California
Janice Gillespie - Iowa
Jody Helmig - Colorado
Monica Holefield - California
Arline Holmes - Virginia
Shirley Johnson - Maryland
Rebecca Kingsley - California
Linda Mahone - Virginia
Lorraine Miller - Pennsylvania
Wendy Morrissey - Nebraska
Teresa Oakden - California
Janeil Paine - Oregon
Colette Phillippe - Montana
Doris Poland - Maine
Mary Pomeroy—Maine
Lisa Reid - Missouri
Trinitti Roane
Nettie Sabin - Illinois
Patricia Scott - Maryland
Debra Stewart - Texas
Earl Stewart - Texas
Joyce Tanguay - Maine
Kathy Walker - Minnesota
Sandy Wheeler - Tennessee
Karen Wolver - Iowa



Julio Carios manning the Auxiliary booth

Farewell Pat Lewis



It has been a joy being a part of your life during my time as a national officer of the Auxiliary. After 45 years of service leaving this board was not an easy choice but the time has come as life takes us in a different direction. We are blessed to have the friends and friendships that give us happiness in our lives. My work in the Auxiliary was always a pleasure. As we move forward let us strive to make this organization what it can be.

Pat Lewis, Past National Secretary

2018 Convention Highlights



Mystery Party characters Kristi and Brian Brommel

“A Wine Tasting Mystery” Party

On Monday night of the National Convention the Auxiliary held “A Wine Tasting Mystery”. Characters were Auxiliary and union members from around the country. Guests enjoyed wine and snacks while the cast circulated the room and answered questions about their character. The cast came with attire to match their character. Guests could guess who the murderer was and could buy additional chances to guess. Guests could also vote on who they thought came with the best costume. The character with the most votes for best costume was presented with a gift card. The best costume winner was Kristi Brommel from Des Moines, Iowa (see picture). Her husband, Brian, won the prize for guessing the murderer. The event was a huge success. The proceeds from the event will go to the Auxiliary’s Nilan Scholarship Fund.

Thank you to all who participated in the event to make it the success it was.

Monthly Newsletter Will Become Bi-Monthly

Because dues do not cover the publication and mailing expense of the monthly newsletter. Therefore be it resolved to prepare, publish and mail a bi-monthly newsletter starting with January of each year.

This resolution was submitted to the National Convention and passed.

News and Views will now be published and mailed six times a year starting in November.

As stated in the President’s article we will plan to have a Zipline call in the months that there will be no issue of News and Views. Hopefully we will be able to keep members up to date on issues with these calls. So watch in News and Views the dates of the calls. The next Zipline call will be on October 2nd.

I apologize for the lateness of the September issue of the newsletter. With the lateness of the convention in August and changes in the Auxiliary Executive Board articles were delayed in being submitted.

Bonnie Sevre



Mystery Party Cast

Memorial Service Held Wednesday Morning

A memorial service was held on Wednesday morning, August 22nd to remember union, auxiliary and family members who have passed away during the last two years. Nettie Sabin from Schaumburg, Illinois played her guitar and sang for the delegates during the memorial service. Names are submitted of those who have lost loved ones.

During the service the names of those who have passed are read and entered into the Book of Memories.



Ask John? *About the Health Plan*

Heat Waves Can Dull Even Young Minds, Study Says

As America sweats through another summer, new research suggests that heat waves can slow the brains of even healthy young adults. In the face of extreme heat, college students living in dorms without air conditioning did worse on tests of mental skills than their cooled-off counterparts, researchers found. Both test-taking speed and accuracy seemed to suffer, said study lead author Jose Cedeno Laurent. "We are starting to experience the effects of climate change, and these include detrimental effects in the cognitive function of young and healthy individuals," said Cedeno Laurent, a research fellow at the Harvard School of Public Health. Young people are usually considered resilient to heat exposures, but the study suggests they can experience negative effects in the way they learn, said Cedeno Laurent.

The findings also reveal a need to improve indoor temperature control, he added. In many parts of the world, more frequent and severe heat waves will test the limits of existing infrastructure and "will demand adaptation measures to cope with unprecedented temperature levels," Cedeno Laurent said. His team pointed out that 2016 was the warmest year on record for the past two centuries and that U.S. adults spend 90 percent of their time indoors. "We see our study as a pioneering effort to find recipes for health, a set of recommendations on how to control our environments to cater to the needs of indoor living," Cedeno Laurent said. The solution? Develop more energy-efficient buildings, he said. For the study, Cedeno Laurent and his team followed 44 Boston students in their late teens and early 20s for 12 days in the summer of 2016. Twenty-four lived in dormitories with central air conditioning. The others lived in dorm rooms without air conditioning. All the rooms had devices that measured temperature, carbon dioxide, humidity and noise levels. The researchers also tracked the students' physical activity and sleep patterns. After five days of seasonable temperatures, the students endured a five-day heat wave followed by a two-day cool-down. They took two tests every morning on their smartphones.

In one test, they had to identify the color of word displays. This evaluated mental speed and focusing ability. The other test used basic arithmetic questions to assess cognitive speed

and working memory. Compared with students in air-conditioned rooms, those without cooling had 13 percent longer reaction times on color word tests. Their math scores were also 13 percent lower. The study cannot prove a direct cause-and-effect relationship. Still, "our findings have profound implications to the way we see the impacts of climate change," said Cedeno Laurent. The differences in mental ability were most significant when the outdoor temperature started to fall. That's likely because indoor temperatures remained high in the uncooled dorms. When a heat wave breaks, the researchers said, people could be lulled into thinking the danger has passed, not realizing that many structures were built to retain heat.



More information: For more on climate change, visit [NASA](#).

SOURCES: Jose Guillermo Cedeno Laurent, Sc.D., research fellow, Harvard T.H. Chan School of Public Health, Cambridge, Mass.; David Katz, M.D., M.P.H., director, Yale-Griffin Prevention Research Center, Derby, Conn., and past president, American College of Lifestyle Medicine; July 10, 2018, *PLOS Medicine*, online. **Article by Steven Reinberg -HealthDay Reporter** | Copyright © 2018 [HealthDay](#). All rights reserved.

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Joint Day of Action - October 8, 2018

Stop Postal Privatization

All four unions which are part of the Postal Service will be participating in the Joint Day of Action to be held on October 8th, which is a postal holiday. This means that more postal workers will be able to take a part in the rally. The letter carriers have agreed to take the lead. There will be one state organizer. Each local will set up teams. Not only do we want to have postal workers participate, but we also want family and friends taking a part in this action. We will also be reaching out to young voters.

This event is timed to encourage people to talk to their Congressmen to stop privatization of the Postal Service. We need to inject into the mid-terms.

Some of the responsibilities include passing out flyers and talking to passers-by. Hopefully we will have a large turnout to encourage coverage by local media.

This event will be put together quickly, so stay tuned. Keep in touch with your auxiliary or union for more information.

Many on Wall Street and in Congress are eager to dismantle the Postal Service so they can turn over the profitable pieces to their cronies in private industry. And they are willing to undermine universal service to the American people to make it happen.

Unfortunately, the top leadership of the USPS has aided and abetted the privatization efforts.

APWU activists and allies put an end to the deal between the Postal Service and Staples, but post offices are still constantly threatened by Approved Shipper Programs, which outsource postal work into private retailers.

Privatization of postal service doesn't just hurt postal families; it thwarts a constitutional right that is guaranteed for all Americans: A public Postal Service.

The Postal Service justifies many of its service-cutting policies by claiming it is suffering multi-billion-dollar losses.

But the USPS, which doesn't use a dime of taxpayer money, is profitable. In fiscal years 2013, 2014, 2015 and 2016; the USPS earned profits from its operations. The red ink stems from Congress, which requires the Postal Service to pre-fund future retiree health benefits – something no other public agency or private firm is required to do. That costs the Postal Service \$5.6 billion a year – and that's the red ink.

The American Postal Workers Union isn't taking the assault lying down. The union is constantly fighting for a vibrant, *public* Postal Service for generations to come.

Source: *APWU Website - Fighting Privatization*

President's Article

By : Trisa Mannion

We extend an invitation to each of you to visit our Facebook page and the website www.apwuauxiliary.org. The Facebook page offers immediate news while the website offers forms, publications and static information.

Ziplines is the name of our new form of communication. We want your active participation and feedback during these meetings. Eventually, we plan to have training, president meetings, treasurer tips, etc. using this technology. It is simple to use and everyone has the ability to connect. If you prefer to receive a link just send an email to tmannion@apwuauxiliary.org and request a link and a schedule for future meetings. The next one is scheduled for October 2 at 8:00 pm ET. You have the option to use video capabilities or just call the number listed below.

Time: Oct 2, 2018 8:00 PM Eastern Time (US and Canada)

Join our video from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/368309307> (any computer, phone or tablet can connect with video)

Or Telephone: Dial 1-669-900-6833 or +1-646-558-8656
Meeting ID: 368 309 307



2016-2018 Human Relations Project

By: Joyce Tanguay - Secretary, Past Human Relations Chair

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

The APWU National Convention is behind us and I want to take this opportunity to thank everyone who so generously donated to our Human Relations Project, Children Incorporated. If you attended the Convention and stopped by the Auxiliary Booth you would have seen a list of names of those who had donated before the Convention. Below is a list of those who donated AT the Convention:

Gift Basket/ Utah State Auxiliary/raffle
Afghan/ Marivel Fernandez/raffle
\$100 gift card/ Tucson Arizona Area Local
\$50 gift card/ Oregon State Auxiliary
\$1004/ Central Florida Gainesville Auxiliary/Orlando Auxiliary
\$1400/Alabama State Auxiliary
\$125/Texas State Educational Conference
\$100/Sarasota Florida Local 1073

As of Thursday, August 23rd over \$27,000 had been raised with donations still coming in.

Again, thank you to all of you. Another successful project because of your generosity.

Look for information on our 2018-2020 Human Relations Project, Fisher House, in our next News and Views. Check it out at www.fisherhouse.org.

Human Relations Committee: Joyce Tanguay, Colette Phillippe and Bonnie Sevre



Trisa Mannion, and Joyce Tanguay delivering clothes and books to Scott Osborne at a school serviced by Children Incorporated in Vanceburg, Kentucky.

2018 – 2020 National Officers

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