

# News & Views



Volume 30 Issue 10

June, 2014



## READY, SET, GO, JOIN US IN CHICAGO FOR THE 2014 NATIONAL CONVENTION.

Preparations are almost complete, but we need one more thing to make this convention a success. WE NEED YOU – as delegates and guests at our 2014 National Convention. It will be an exciting week culminating two years of work for projects like our Wounded Warrior Amputee Softball Team fund drive. The Quilt Raffle will be drawn at the celebration luncheon. Tickets can still be purchased via our website or by mailing \$5 per ticket to National Treasurer Trisa Mannion, at 3038 Cloverdale Ct, Grand Junction, CO 81506.

This is your moment to impact the future of our Auxiliary. Your thoughts and actions drive our next two years. Resolutions, conversation, debate and action create the plan of action. We have a variety of committees to enhance your experience, We hope you will share your time and talent to serve on one of the committees.

The Committees are:

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



If committee work is not your cup of tea, you can always volunteer in the Auxiliary booth or help raising dollars for COPA. But we know that working with Auxiliary members from all over the country is part of the fun.

Bringing your children – well they can also be part of the action. We would love to have them serve as pages for the Auxiliary Convention.

Don't forget to sign up those new Auxiliary members. A drawing will be held for all NEW Auxiliary members on Monday July 21 for an iPad Mini

We'll hold our Memorial Service on Wednesday. Please send in your names with the completed Book Of Memories Forms as soon as possible. That will ensure ample time to get the pages printed and inserted in the book. PLEASE TYPE OR PRINT. We would not want any names to be misspelled.

Nominations for 2014-2016 Officers will follow the service. Elections will be held on Thursday. Please plan to attend the post-convention Board meeting if you are elected. It will be held on Friday afternoon.  
(more from the president on page 2)

### Summer Notes

#### June

15 Father's Day

#### July

4 Independence Day  
20 Auxiliary Classes  
21-25 APWU and Auxiliary Convention - Chicago

#### August

14 V-J Day

No News and Views in July and August.

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

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## NATIONAL CONVENTION JULY 21-25, 2014 IN CHICAGO.

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Nominations for 2014-2016 Officers will follow the service. Elections will be held on Thursday. Please plan to attend the post-convention Board meeting if you are elected. It will be held on Friday afternoon.

**DUES, DUES, DUES**  
"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

### 2014 Nilan Scholarship

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

OR request one from Mary Lois Clayson.

Fill out the official application form.

Write an essay on the 2014 topic:

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

And returned postmarked by July 1, 2014.

Certified Mail, Return Receipt requested,

to:

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

Scan QR code to get connected to the Auxiliary Website.



### Top 10 things to do before you arrive at National Convention

1. All Dues MUST be received by National Treasurer by JULY 1, 2014.
2. Delegates from Local and State Auxiliaries MUST be duly elected and credentialed. Credentials must be signed by the respective organization's president and secretary. Delegates can "pre-register" online at [www.apwuauxiliary.org](http://www.apwuauxiliary.org). Pre-registration will allow us to make committee assignments and notify the chairpersons prior to the convention.
3. Resolutions from Locals OR States should be sent in duplicate via mail to National President Kathy Danek AND Secretary Pat Lewis. They MUST be signed by the local/state President and Secretary. Resolutions should also be sent via email to President Danek & Secretary Lewis.
4. Pre Convention workshops will be held on Sunday July 20, 2014. They will include Officer and Leadership Training as well as an Orientation/Parliamentary Procedure Class. Make your travel arrangements in order to attend.
5. A Celebration Luncheon will be held on Wednesday July 23, 2014 at 1:00 p.m. at the McCormick Place Convention Center. The theme will be the Roaring 20's. Think about bringing a costume to create the "celebration" atmosphere. Prizes will be awarded.
6. Complete your Awards of Achievement forms and send the Chairperson Bonnie Sevre via email at [bsaux@aol.com](mailto:bsaux@aol.com) OR via US Mail at... (address on back)
7. Don't forget to turn in all your local/state fundraising for the Wounded Warrior Amputee Softball Team Project. The Presentation will be made at the Auxiliary's afternoon session on Thursday July 24.
8. The Memorial Service will be held on Wednesday morning at 10 a.m.. In order to ensure that all memorial pages will be printed and placed in the book for the service, PLEASE send them in before July 1.
9. Nominations for the national executive board will be held immediately following the Memorial Service. Elections will be held on Thursday at noon.
10. Please bring an item with you to donate for the COPA raffles. This makes our raffles more fun and totals bigger.

#### WE NEED YOU!

Please tuck something in your suitcase for our COPA raffle or send to:

Barb Maciejewski  
2145 s 89  
West Allis, WI 53227

I am driving and will bring them with me.  
All donations will be greatly appreciated.

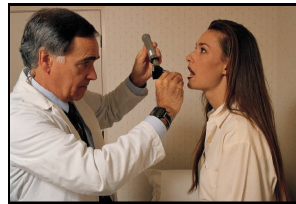




An annual routine exam provides members either with a confirmation of good health or raises a red flag to indicate there's a problem. Either way, you want to understand your health and prevent health problems from becoming more advanced. The APWU Health Plan would like all our members to visit their health care provider at least once a year. A visit to an in-network provider, for a routine examination, is covered at 100%, which means you pay nothing for the visit and the screenings.

The purpose of this annual visit is to:

- Screen for illnesses
- Assess overall health
- Handle vaccine administration, including flu shots



This yearly appointment allows for an overall healthier lifestyle and gives members an opportunity to maintain a good relationship with a health care provider in case of an illness. You want to become comfortable with your provider while you are healthy; don't wait for an illness to set in.

**The office visit** to an in-network provider, for a routine examination, is paid at 100%; no co pay or deductible is applied.

**Lab tests** and screenings are also a major part of your annual exam. Covered labs performed at LabCorp and Quest Diagnostics are covered at 100%. Preventive lab tests ordered for an annual exam will be covered at 100% at an in-network provider.

- Comprehensive metabolic panel
- Lipid panel
- Urinalysis
- Total blood cholesterol, once annually
- Fasting lipoprotein profile, once every 5 years for adults age 20 or over
- Fecal occult blood test, once annually, age 40 and older
- One-time hepatitis C test for those born from 1945-1965

**Screenings** conducted in-network will be covered at 100%.

- Osteoporosis screening, once every two years, for women age 60 and older
- Sigmoidoscopy screening, starting at age 50
- Colonoscopy, starting at age 50
- Routine Prostate Specific Antigen (PSA) test – one annually for men age 40 and older
- Routine pap test
- Abdominal aortic aneurysm screening, once for men between the ages of 65 and 75 with a smoking history
- Routine mammograms-covered for women age 35 and older; as follows:
  - From age 35 through 39, one during this five year period
  - From age 40 through 64, one every calendar year
  - At age 65 and older, one every two consecutive calendar years
- HPV testing for women
- HIV screening
- Chlamydial infection screening

**Vaccines:** Adult routine immunizations endorsed by the Centers for Disease Control and Prevention (CDC) are covered. Don't forget your flu shot and shingles vaccine (age 60 and above)! Schedule your physical today. If you don't have a preferred provider, check our provider directory at apwuhp.com or call Cigna at 1-800-582-1314 to locate a provider.

This is a summary of benefits and features offered. Please see the official Brochure RI-71-004 for limitations and exclusions.

## State and Local News

Illinois raised over 500.00 for  
WWAST  
\$1000.00 for COPA  
Attended a Rally at HyVee!



Barb selphie with Illinois  
Auxiliary officers!  
Nettie Sabin, Anna Braun and Jackie

Des Moines Auxiliary raised \$1000  
for WWAST by selling shirts they

**Want to win an  
Apple iPad  
Mini?**



**Then join us by becoming an  
APWU Auxiliary  
Member\***

**Membership will qualify you to be  
entered into this drawing.**

**Winner will be drawn at  
National Convention in Chicago, IL  
on July 21st, 2014**

**\*new member anyone who has not been a  
member since 1/2012**

### NATIONAL CONVENTION ROOM ASSIGNMENTS

- \* Auxiliary General Session—W185BCD
- \* Auxiliary Education Classes—W178B  
and 179B—Sunday
- \* Auxiliary Luncheon—W183B
- \* Auxiliary Office—W474 A and B
- \* Auxiliary EBoard Meeting (Thurs-Fri) W476



### Summer Firework Safety

by the National Council on Fireworks Safety

- Always purchase fireworks from a reliable source.
- Use fireworks as directed on consumer product safety label; never alter products.
- Observe local laws and use good COMMON SENSE.
- Have a designated shooter to organize and shoot your family show.
- A responsible ADULT should supervise all firework activities.
- Parents should not allow young children to handle or use fireworks.
- Alcohol and fireworks do not mix. Save your alcohol for after the show.
- Use fireworks OUTDOORS in a clear area; AWAY from buildings and vehicles.
- NEVER carry fireworks in your POCKET.
- Wear safety glasses whenever using fireworks.
- Always have water ready if you are shooting fireworks.
- Do not experiment with homemade fireworks.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Soak spent fireworks with water before placing them in an outdoor trash can.
- Report illegal explosives, like M-80s and quarter sticks, to the fire or police department.

The National Council on Fireworks Safety urges Americans to follow common sense safety rules in their holiday celebrations.



A dad is someone who holds you when you cry,  
scolds you when you break the rules,  
shines with pride when you succeed,  
and has faith in you even when you fail.

— unknown —

# WWAST

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

# WWAST

Human Relations Co-Chair -District 7 Coordinator,  
Joyce Tanguay

It is almost convention time and the clock is ticking so if you have not yet sent in your donation to the Wounded Warriors Amputee Softball Team, now is the time to do so. This Project has been ongoing for the past year and a half and we are very excited with the responses we have received. To learn more about this amazing team, grab a cup of coffee, go to [woundedwarrioramputeesoftball-team.org](http://woundedwarrioramputeesoftball-team.org) and find out more. Click on Home and “Our Videos” then click on Kid’s Camp and “Videos.” Only then will you understand why we are so excited about supporting them and reaching our goal of \$20,000. Thank you Leonard, Saul, Zachary, Thomas, Nicholas, Manuel, both Michaels, Kyle, Justin, Matias, Lonnie, William, Carter, Timothy, Matthew, Daniel, Nathaniel, Robert, Ryan, and Todd for your service to our country and for changing so many lives. Thank you Coach David P. Van Sleet for believing in each and every one of them.



2 players  
at the  
WWAST  
Kids



## 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,

# WWAST SCHEDULE

## WWAST Schedule

### JUNE

9-13 WWAST Kid’s Camp  
14 Lexington Kentucky  
20-22 Sulphur, LA  
27-29 Bismark, ND

### October

3-5 Pomona, CA



### JULY

11-13 Brooklyn, NY  
15-16 Altoona, PA  
18-20 Cincinnati, OH  
25-27 Lake Tomahawk, WI

### November

8 Scottsdale, AZ  
9 Las Vegas  
14-16 Atlanta, GA

### August

1-3 Cooperstown, NY  
8-10 Maine  
14-17 Panama City Beach, FL

### December

12-14 Tampa, FL

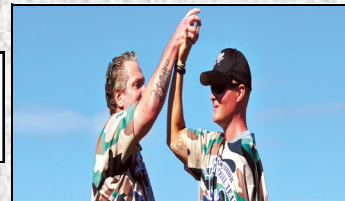
### September

5-7 Manhattan, KS  
12-14 Waukesha, WI  
19-21 Indianapolis, IN  
26-28 Springfield, IL



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



IT'S  
FOR  
YOU

“How important it is for us to recognize and celebrate our heroes and she-  
roes!” ~ Maya Angelou

## National Convention Tips and Info.

Submitted by Barb Maciejewski



It's that time again where our APWU FAMILY reunion is about to happen. I remember my first convention and how overwhelmed I was. Now this is my 9th National Convention and each one has been special. I think if you can remember to have a good time and attend as many functions

as you can...The icebreaker, COPA night, Parade of States, the Auxiliary Luncheon and check out what the local has planned for activities. If you are bringing children, Kid Corps has a great week of fun planned for the kids. Navy Pier is only a short walk from most of the hotels. Check out the Lake front or take a tour on the water with one of the cruise lines.

If you have attended classes before and think you don't need to again, try one of them this year. There are great instructors and there is always something new to learn. Make sure you visit the vendors in the exhibit area. Most have giveaways and information to take back with you. One of our biggest sponsors of our Luncheon is the Voluntary Benefits Plan. Stop by and say thanks for being such great supporters and learn about the plans that the auxiliary is now eligible for.

If you have never attended a convention before, there is a day fondly referred to as "state day". This is when everyone wears a state or local shirt and gives little gifts representing their state or something they would like to share. Sometimes it's treats or its crafts that the auxiliaries have made. This is not mandatory but It's information that I would like to share.

At the memorial service you will find the officers dressed in black and pastels so remember this is a service that is treated as if we were attending one back home.

The Luncheon has a 1920's theme and we hope to see as many people dressed for the period as possible. There will be prizes awarded and great food. Our luncheons are always fun so please come and join us.

Remember to bring a light jacket for the convention hall. Sometimes it can be a bit cool. Bring comfortable shoes. I have been known to let fashion dictate what I wear on my feet and I have had seven sets of blisters to show from seven pairs of shoes. My go to footwear now are flip flops or tennis. Remember it can be very humid and warm in Chicago, so stay hydrated.

Be Safety minded. Chinatown is about 7 blocks from the convention center. Visit during the day but make sure male or female, not to be walking around by yourself at night. Use the buddy system. Make sure you walk in groups and let someone know when you are going by yourself.

Come visit any one of the officers at registration or in the Auxiliary office at the convention center if you have any questions. We want you to have a great time at convention, so make the most of it.

See you in a few weeks!

## *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



## Book of Memories

Form is also available on the website.

Please submit form by July 1st, 2014

**\$10.00 Minimum Donation Suggested**

**Please Send Checks to Treasurer Mannion**

## Auxiliary Achievement Award

The first Auxiliary Achievement Awards will be presented at the National Auxiliary Convention in July. To be one of those to receive your award at the Convention fill out the form and submit it to:

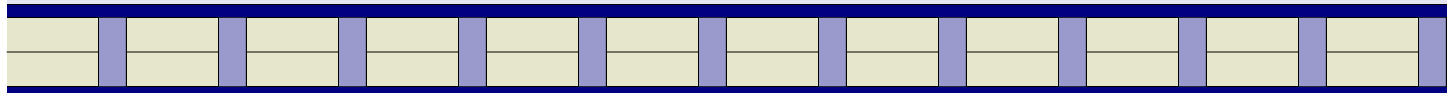
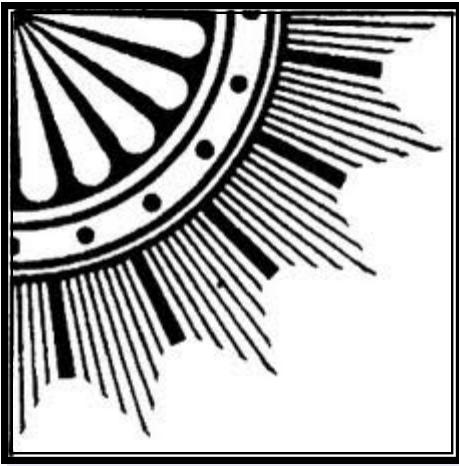
Bonnie Sevre

2836 Highway 88

St. Anthony, MN 55418

or email your form to [bsaux@aol.com](mailto:bsaux@aol.com) by June 15th, 2014

You can contact Bonnie to request a form or download it from the Auxiliary Website.

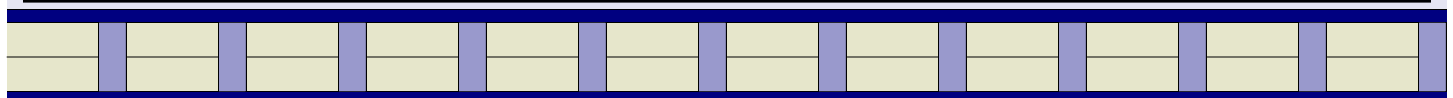


Come Join us at the **1920's** themed  
**Auxiliary Luncheon  
Celebration!**



Come in costume or come as you are.  
This event will be held at the  
**McCormick Place Convention Center.**  
Room W183B—1:00 p.m. Wed. July 23rd, 2014  
Tickets are \$30.00 each

Tickets will be available at registration.  
You can also purchase them on the Auxiliary website.



Auxiliary to the APWU , AFL-CIO  
News & Views  
P.O. BOX 44113  
Milwaukee, WI 53214

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## HELP WANTED

*We need volunteers to help  
with registration at national  
convention on  
Sat. July 19th and  
Sunday July 20, 2014*

*please contact Kathy Danek  
by phone or e-mail.*



## 2012—2014 National Officers



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