

News and Views



Volume 39
Issue 4

News & Views is published bi-monthly - by the Auxiliary for the Auxiliary,
224 38th Street West Des Moines IA 50265

We are a proud member of the APWU Postal Press Association

Color editions of News and Views may be viewed on the Auxiliary Website:

www.apwuauxiliary.org

March-April 2023

Let's Be Ready

By: Trisa Mannion-President

Convention Preparation



It is time to prepare for your conventions. You can have a much better convention as state officers if you begin now. The following is a brief summary of the items that should be on your list to ensure a smooth and productive convention.

Page 92-93 of the Handbook has information about hosting and planning a convention.

Page 41-51 of the Handbook has information about running the meeting

(Hint: The Handbook of Information is undergoing an update. I advise waiting to print the document for about a month).

Convention Call

You must notify your members of the meeting time, place, and date at least 30 days before the convention.

Planning

Contact your state APWU President. Volunteer to assist where you are needed and ask for a table, a room to meet for the Auxiliary, and time to speak on the agenda.

The best practice is to include all officers in the meeting planning

before you make the call to the APWU President. Plan for what you might need to carry out your tasks. Common needs are raffle tickets and baskets to hold the tickets, paper for ballots, and a box to keep them secure and private.

Meeting Preparation

Next, the President should build an agenda for the meeting. This helps you organize the meeting and the purpose of the

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Postal Banking-A Way Out

By Janice Gillespie-Legislative-Aide Editor

I was a caretaker for my best friend a few years ago. She had a terminal illness, was on oxygen full-time, and could barely walk. She had a small limited income. One of the favors she would ask for is a ride to her payday loan office on the first of every month to pay off her loan. Then, on the second day of every month, I would take her to the same place to borrow the money back to make it through the month. Some days she did not have the energy to walk in, so one of the gals that worked there would come out to the car, so my friend could sign the paperwork. One of the rules for this so-called loan company was that a customer had to wait a day after paying

My friend was in a vicious cycle that had no way out.

off a loan before borrowing again. My friend was in a vicious cycle that had no way out. She wasn't alone, for we saw the same people every 1st and 2nd day of every month. One elderly lady rode her electric scooter every month, and many walked in with canes and walkers.

Payday loan companies are owned by thieves preying on the disadvantaged. The average interest rates for these loans are 391% up to 600%. As a result, these low-income people end up trying to survive with even less money. According to the FDIC, 4% of households are unbanked, and slightly over 14% or 18.7 million people are underbanked. An income of \$40,000 a year or less is a common thread with the unbanked which is more prevalent among minority Americans.

Another issue is the rise of bank deserts; bank closures doubled during the pandemic. A bank desert is an area without a bank in a 10-mile radius of its center. Alternative financial services, such as costly check cashers, take advantage of these communities.

The United States Postal Service could be the solution that the unbanked and underbanked need. Postal banking could have been a remedy for the endless downhill spiral that trapped my friend and still traps many others. Postal banking

could provide check cashing, pre-paid debit cards, bill and e-commerce payments, ATMs, savings accounts, and small loans. In addition, banking at the post office would be a non-profit, uniform, and affordable service.

Postal banking would help strengthen the Postal Service, which is in a perfect position to take on these added services. The USPS has more than 30,000 locations, with 59% in zip codes with none or only one bank. Post offices are already located in these bank deserts. So why not fill the void? According to the OIG, the USPS already has the legal authority to start offering banking services. Selling money orders is a banking service provided at post offices nationwide.

There would be obstacles to overcome to get offices ready to offer expanded services, and training programs would have to be implemented. A limited pilot program was launched in September of 2021. This program was executed in just four post offices with little publicity. It appeared to be set up to fail by postal management.

What is the hold up for this win-win opportunity? First, the banking industry has rejected the idea of non-profit postal banking; I imagine they are afraid it would cut their profits. Unfortunately, as some of the post office's largest mailers, they greatly influence postal policy.

The APWU and the Auxiliary are involved with the campaign for postal banking, which numerous consumers, labor, financial reform, and community groups support. Call or write to your representatives in congress and advocate for postal banking. You can also sign up to support postal banking at: CampaignPostalBanking.org

Bills in support of the USPS offering banking services have been introduced in the 115th, 116th, and 117th congresses. Hopefully, similar bills will be presented in the 118th and will be passed. We need to fill the gaps in the banking deserts and offer low-cost alternatives to the victims of thieving companies such as payday lenders and check-cashing stores. I see postal banking as a win-win for the American people and the Postal Service.



POSTAL BANKING

meeting. Do you need to elect officers, update the Constitution, decide what you plan to do, and who will do what?

An audit needs to be done each year at the conventions. The President needs to remind the Treasurer to have the books available for the audit. It is easier if this can be done before the start of the convention.

National Officers can offer workshops and updates on current events. Notify them in advance of the convention of the material you wish presented. An invitation to the convention with the details and your expectations is the best way to notify us of how to prepare for your event.

During the Meeting

Conducting the meeting is easy when it is planned. You can appoint committees to carry out tasks that need to be completed, such as the audit, election, and Constitutional changes and compliance. Roberts Rules of Order is the guide for Parliamentary Procedure. Following Parliamentary Procedure helps the meeting flow better and speeds up the tasks.

The secretary should take the minutes of the meeting. They should read or provide copies of the previous minutes. All

motions and the action taken should be recorded in the minutes.

The treasurer should be ready to present a financial update that includes funds available, where all money was spent, and all income. Detailed information should be presented.

After the Meeting

Minutes should be typed as soon as possible or within 30 days.

The executive board needs to follow up on all actions taken at the meeting.

The secretary should update the constitution. Send updated Officers List forms to the National Officers.

The treasurer must send all dues to the National Treasurer. It must be typed. Sort the entries on the list by state, local, last name, and first name. That information must include the amount paid and preferred start dates for your state or local.

Send the COPA funds or money collected as donation money to the appropriate place within 10 days. Retain a copy of all documents, including the tracking number for the package.

More on the COPA policy on page 6

An Advocate for Us

By Janice Gillespie-Legislative-Aide

The USPS Board of Governors has two openings. Governors Donald L Moak and William D. Zollars are in their holdover years. They will continue to serve under their current appointments until December 8, 2023, unless a successor is nominated, confirmed, and appointed before that date.

The APWU typically gives recommendations to the President for new positions on the board. For example, APWU President Dimondstein has requested that President Biden nominate retired Congresswoman Brenda Lawrence to serve on the board in hopes that President Biden would then send her



name to the Senate for consideration. We need board members who have knowledge of the Postal Service and how it operates. Congresswoman Lawrence was a postal employee for over thirty years, including time as a clerk. As the mayor of Southfield, Michigan, Lawrence worked with the community to increase the quality of the mail service. While in Congress, she served on many committees advocating for the Postal Service. A former member of the APWU and the letter carriers union, Lawrence has been firmly against privatization.

She has the knowledge, experience, and dedication needed on the Board of Governors.



Nilan Scholarship 2023 Application

The National Auxiliary to the APWU is pleased to offer the 2023 Nilan Adult Continuing Educational Scholarship because we believe the following: Education is the key, instrumental in opening the door of opportunity, enabling one to advance, enrich lifestyles, and develop skills necessary to improve oneself in today's world. [This scholarship was first awarded at the National Convention in Las Vegas, Nevada, in August 1990.](#)

[Suppose you desire to update your skills or wish to make a career change requiring training to make your dreams possible. In that case, the APWU Auxiliary Adult Continuing Education Scholarship could help you reach these new heights.](#)

NO 2022-2023 HIGH SCHOOL GRADUATES WILL BE CONSIDERED FOR THIS SCHOLARSHIP.

Applicants Name: _____

Mailing Address: _____

City _____ State _____ Zip _____

Telephone # _____ SS # _____

Last school attended _____ Date(s) _____

College or vocational school you plan to attend and course of study or degree(s) completed _____

School name: _____

Address: _____

City _____ State _____ Zip _____

Sponsoring APWU Member's name _____ Tel.# _____

Name of Local & State _____

Signature of Applicant _____

Essay Topic

Why is diversity important in the Union and Auxiliary?



INSTRUCTIONS FOR THE 2023 ESSAY

All essays must be:

- Typed
- Double spaced
- On white paper

Between 175 and 250 words

The essay must be accompanied by the official application form.

Completed applications and essay

must be sent via Certified Mail,

Return Receipt Requested To:

Lisa Beer, Chairperson

3006 N 5th Ave

Whitehall, PA 18052

E-mail:

lbeer@apwuauxiliary.org

****Must be postmarked on or before July 1, 2023**

RULES & GUIDELINES - FOR THE 2020 SCHOLARSHIP

1. NO 2022– 2023 high school graduates will be considered for the 2023 scholarship. Applicant MUST have had a break from High School of one year or more.
2. Applicant must be a member in good standing with APWU National Auxiliary. The applicant must have been an Auxiliary member in good standing for at least one (1) year prior to the application deadline.
3. Application must be on the official application form from the APWU National Auxiliary Continuing Education Scholarship Program.
4. Applicant must write an essay on the designated subject of no less than 175 and no greater than 250 words.
5. Completed application form with the essay must be mailed to Chairperson Lisa Beer (the address included with instructions) postmarked by July 1, 2023, by certified mail with the return receipt requested.
6. Applicant must be registered, enrolled, or attending an accredited college (college, university, vocational or technical school, etc.) at the time the scholarship is given.
7. The APWU National Auxiliary will award one (1) yearly scholarship of \$500.00
8. After verification that the recipient has enrolled with the school of their choice. The award will be sent to the business office of the school. The funds can be applied to the cost of books, food vouchers, or tuition. Scholarship must be used within 18 months of the award date.
9. The scholarship recipient is eligible to receive one (1) yearly scholarship for a maximum of two (2) years upon reapplication & selection process in accordance with the rules and guidelines of the scholarship.
10. If the recipient drops out before the completion of the course(s) (and within the refundable time frame), any unused funds that have already been sent to the recipient school for continuing education shall be refunded back to the National Auxiliary to the APWU.
11. No APWU Auxiliary National Executive Board member or family will be eligible for this scholarship.
12. No exceptions will be made to these rules.

PERSONAL INFORMATION (Will be used for press release information if your entry is the selected winner.)

Spouses Name (if applicable) _____

Children's Names & Ages _____

DOB _____ Sex: M ___ F ___ Current Occupation _____

Hobbies, special interests: _____

Community Involvement: _____

Additional Comments and Future Goals: _____

I grant permission for the above information to be used in a press release.

Date: _____ Signature: _____

Give to COPA-Increase our Voice

The acronym COPA stands for Committee on Political Action. Money voluntarily given to COPA goes to support members of Congress who advocate and vote in favor of issues supporting postal workers and their families. It is like having a union steward speak for you and have your back when needed. Congressional members that we want on our side are those who will fight for worker's rights, higher wages, and better benefits, as well as voter's rights and retirement security. Raising COPA dollars raises those voices in Congress.

How can you help? Increase awareness of the importance of COPA donations by educating members at conferences and conventions. Learn the proper way to collect and secure funds for COPA and volunteer to help if your union or Auxiliary has a COPA table at an event. If you can't help man the table, think about donating an item to raffle off, with the proceeds going to COPA. The following are some rules that are important to follow when handling funds for COPA.

COPA Collection Policy

This is intended to increase the security, accuracy, and record-keeping of COPA funds. It will also protect the integrity of those responsible for the funds and allow for tracking them in case of a discrepancy or missing funds.

- Use the Auxiliary COPA forms whenever you are responsible for tracking or collecting COPA funds.
- Always have at least two people verify the money, checks, and forms at the beginning and end of each day. Initial or sign a tally sheet. Check for dates on money orders. Verify dates, amounts, and signatures on checks.
- Store money, checks, and forms in a secure place. A safe is the preferred method of security.
- After the fundraising, count all funds with more than one person and initial or sign the sheets and tally sheet.
- Make copies of all of the information prior to mailing and file for up to two years.
- Obtain a money order or counter check, within ten days, for all cash before sending to the designated COPA address. Use a type of USPS mailing service that allows for tracking the funds. Print the proof of delivery and file with the copies.

Do You Know?

1. The Postal Service has the country's largest retail network — larger than McDonald's, Starbucks and Walmart combined, domestically.
2. The first post office was in a bar. The very first post office in colonial America was established in 1639 in the Boston home—which was also a tavern that sold “strong water”—of a man named Richard Fairbanks.
3. After the U.S. president and vice president, the postmaster general is the next highest-paid federal government employee.
4. Until the mid-19th century, recipients—not senders—usually had to pay for postage on the letters they received. As a result, people tended to refuse so many letters in order to escape paying for them, which caused the post office to spend an inordinate amount of time returning mail to senders. Postage stamps—which were prepaid—were introduced in America in 1847 and eliminated this problem.
5. Babies by mail. In 1913, when young parents wanted their babies to go to their grandparents, it was cheaper and easier to mail them. Yes, that's right, it was legal to mail children. Americans could send packages weighing up to 11 pounds through the post office, the beginning of “Parcel Post.” Children were “packaged” with stamps on their clothing and rode with carriers to their destination. A 1920 law made the practice illegal.

Ask Us! ABOUT QUITTING SMOKING

Benefits of Quitting Smoking

No matter how much you smoke — or for how long — quitting will benefit you.

Quitting smoking can lower your risk of:

Various cancers, including lung cancer

Heart disease, stroke, emphysema, vision loss, and other serious diseases

Disease and cancer in family members including children, and pets, who otherwise would be exposed to your secondhand smoke

How to Choose a Smoking Cessation Product That's Right for You

Smoking cessation products approved or cleared by the U.S. Food and Drug Administration are shown to help people quit smoking and can even double your chance of quitting successfully.

Nicotine replacement therapy, also known as NRT, helps you quit smoking by gradually providing the body with smaller doses of nicotine over time, without exposing you to the toxic chemicals found in cigarette smoke.

Over-the-counter NRTs are approved for sale to people age 18 and older. They include:

Skin patches (also called “transdermal nicotine patches”). These patches are placed on the skin, similar to how you would apply an adhesive bandage.

Chewing gum (also called “nicotine gum”). This gum must be chewed according to the labeled instructions to be effective.

Lozenges (also called “nicotine lozenges”). You use these products by dissolving them in your mouth.

Prescription Smoking Cessation Products That Contain Nicotine:	FDA-Approved Prescription Smoking Cessation Products That Do Not Contain Nicotine:
Nicotine spray	Varenicline tartrate
Nicotine inhaler	Bupropion hydrochloride

How Can APWU Health Plan Help?

Both High Option and Consumer Driven Option members can enroll in the Tobacco Cessation Program at no extra cost!

High Option Members: call Cigna/CareAllies at 1-800-582-1314 to enroll.

Consumer Driven Option Members: call UnitedHealthcare at 1-800-718-1299 to enroll.

APWU Health Plan also covers Lung Cancer Screenings at no additional cost for adults ages 50-80 who have a 20 pack-year smoking history. So if you're concerned that you might have lung cancer call your primary care provider



APWU HEALTH PLAN PARTNERS WITH POSTAL AND FEDERAL FAMILIES TO CREATE A LIFESTYLE DEDICATED TO HEALTHY LIVING. WE ARE COMMITTED TO PROVIDING OUR MEMBERS WITH INNOVATIVE HIGH-QUALITY PRODUCTS AND SERVICES.



Human Relations Project

Sleep in Heavenly Peace

By: Janeil Payne-Committee Chair

Sleep in Heavenly Peace, “No Kid Sleeps on the Floor in Our Town “



One of the best ways to beat the winter blues is to help someone else. It just makes all the good feelings inside you increase. My parents instilled this concept in me and reinforced it through years of Scouting, both boy and girl, with my kids. I received a gift card for Christmas and felt that sharing it with others was the best way to honor those who gave it to me. I purchased three comforter sets for Sleep in Heavenly Peace, then added three pillows and three mattress protectors to go with them. I took them to the Portland chapter of SHP

today, along with a beautiful quilt a friend had made and donated. While there, I learned there was a recent Tik Tok video on SHP. The incoming order for beds is very heavy all over the country. They need more builds, more donations of bedding, more help with deliveries, and more monetary donations.

I challenge each of you to find a chapter near you and see how you can help! This might be through collecting donations at meetings and upcoming events, collecting supplies, helping go on deliveries, making new twin quilts, or attending and sponsoring a build. Sleep in Heavenly Peace needs your help! Let's show them what a mighty force we can be. Visit their website at www.shpbeds.org. In addition, you can make monetary donations through our website, www.apwuauxiliary.org. It is preferred that you send a check to **National Treasurer, Auxiliary to the American Postal Workers Union** (please see her address in the Officer section of this newsletter) and make a notation of SHP on the check. This will help ensure the total amount of your donation goes to SHP.

Zipline

Join us at the next Zipline meeting!

April 4, 2023

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/368309307>

Or iPhone one-tap :

US: +16699006833,,368309307# or +16465588656,,368309307#

Or Telephone:

Dial for higher quality, dial a number based on your current location):

US: +1 669 900 6833 or +1 646 558 8656

All meetings are at 8pm EDT

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